

own sons, and to that "tight little island" on whose shoulders the greater part of the burden of this terrible war now rests—the nation which has the safety of the world's future welfare in her keeping. She could not feed for a single month all her own hard working, brave, unselfish people, or for a single day, those millions across the channel who are fighting and dying for you, without the precious food you and her other faithful children send over to her. She doesn't even ask you for your comforts, your selfish luxuries (such things are too humiliating to ask for when not given up instinctively, as they should be by every decent-minded man and woman), but only for you to substitute other things for the foods without which no man can fight, or even keep in a working condition; bacon, the lack of which would mean a lowered vitality; without beef, of course, no army *could* fight, and bread is truly what it is called, the staff of life. As an army fights on its stomach, a full adequate supply of those three B's is absolutely necessary for its very existence.

Can't you understand and remember that there are 40,000,000 men fighting, 20,000,000 souls working at high pressure to supply them with munitions? That is, 60,000,000 who produce nothing but use just about five times the amount of food that you use, or that they have used in ordinary times. For there is not only the hideous loss of foodstuffs wantonly destroyed by the submarines—millions of tons—but there is the necessary waste in reducing the bulk and the almost unavoidable loss in perishable stuffs.

All that wastage is inevitable, and it is up to you to make that good, for there isn't actual enough food in the world to send to the army and for you to go on consuming as you have done in the past—and, to their eternal shame, as so many are doing yet. *There is not enough food in all the world for them, if you refuse to do your small individual share, and it is so very little that is asked of you.* Only to do without beef and bacon on two days of the week, and to substitute the largest possible percentage of oatmeal, barley, rye, cornmeal or buckwheat for white flour. Cut down sugar to the lowest point.