

# That THEY May Have

*Wheat, Fats and Sugar—  
the kind of food they need and sufficient of it—*

Every Canadian home must use

Fish for Meat / Vegetables for Bread  
Fruit for Pastry / Dripping for Butter  
and

Keep the garbage can empty.

☞ The Canada Food Board is backing the army; Canadians must back the Food Board. Food regulations should not only be obeyed; they should be *read carefully*—and *lived up to*.

