

Real Sugar Saving

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centres—the creams, the fondants, the sweet coatings? With the snows of yesteryear and the hopes of German victory.

Nut centres, fruit centres, bitter-sweets, fruit pastes, nougats, made from syrup, honey and molasses candies—these are the new sweets, although many of them appear under the old names. And they have a quite conceivable place in the diet—especially in the case of growing children, whose strenuous exercise in the pursuit of perpetual motion causes the radiation of much heat from their bodies and makes the need of sweets not merely the desire of a palate accustomed to them, but the craving of a system that calls for the great producer of energy and heat. The same craving so much commented on in the soldier to-day, arises from the same cause.

The greatest error we make, however, in the eating of chocolate in any form, and the less concentrated sweets, is in our usual failure to include what we consume as an actual part of our dietary. They are foods—good foods—and whenever eaten should be credited as such. War-time candies eaten instead of puddings, jellies and our national pies, are a distinct and justifiable part of a meal that otherwise goes light on sugar. Promiscuous eating of candy at any and all times and without the omission of other sweets from the diet is in times of special stringency, open to very adverse criticism. Like all our other lines of endeavour, however, this one needs calmer judgment, and a better understanding of the actual conditions now pertaining.

It behooves each one of us, before we call for the total demolition of industries that have tied up in them much capital and years of patient business building, to look again at the "second spoon of sugar," of which Mr. Thompson speaks. The saving of that 50,000 tons of sugar in a year, when reduced to the individual teaspoonful that you and I use more as a matter of habit than of necessity, does not look like a too-impossible undertaking. A talk with almost any grocer will undo the possibly preconceived idea that his customers are getting along on very little sugar. One ventures to believe that the "very little" that goes into the average Canadian home, would have made good Queen Elizabeth's eyes open with amazement. As individuals, *men and women*, we have not yet done by any means our personal best, on this sugar question. In the kitchen we women might well take a leaf from the average food manufacturer's book, and use more syrup, molasses, honey, sweet fruits, and above all, *the sparing hand*.

And our men—let us whisper it low—how many men can any of us name, who have actually decreased the amount of sugar they have been in the habit of using in their tea and coffee? Who hasn't seen, with mounting scorn, the man who, after receiving his "ration" in a public restaurant, slips his fingers into a side-pocket, and with the nonchalance of well-established habit, draw forth one, two or three additional lumps of sugar for a single cup of coffee?

Will that man, given the freedom of the family sugar bowl, think once of the need to go lightly, to trim his sugar appetite a little, that he may help send the sugar where it is more needed?

To many of us, it comes easier to suggest what might be done outside the sacred portals of the home. And be it admitted, few of us are conscious of hypocrisy—it's the old, old tale of the mote in "the other fellow's" eye, and the bean substitute in our own!

Let's try, instead, the efficacy of the sugar substitute, the use of a lid on our sugar-bowls, the discouragement of the pocket-auxiliary-sugar corps, and a little patriotic abstinence!

War Worker's Income

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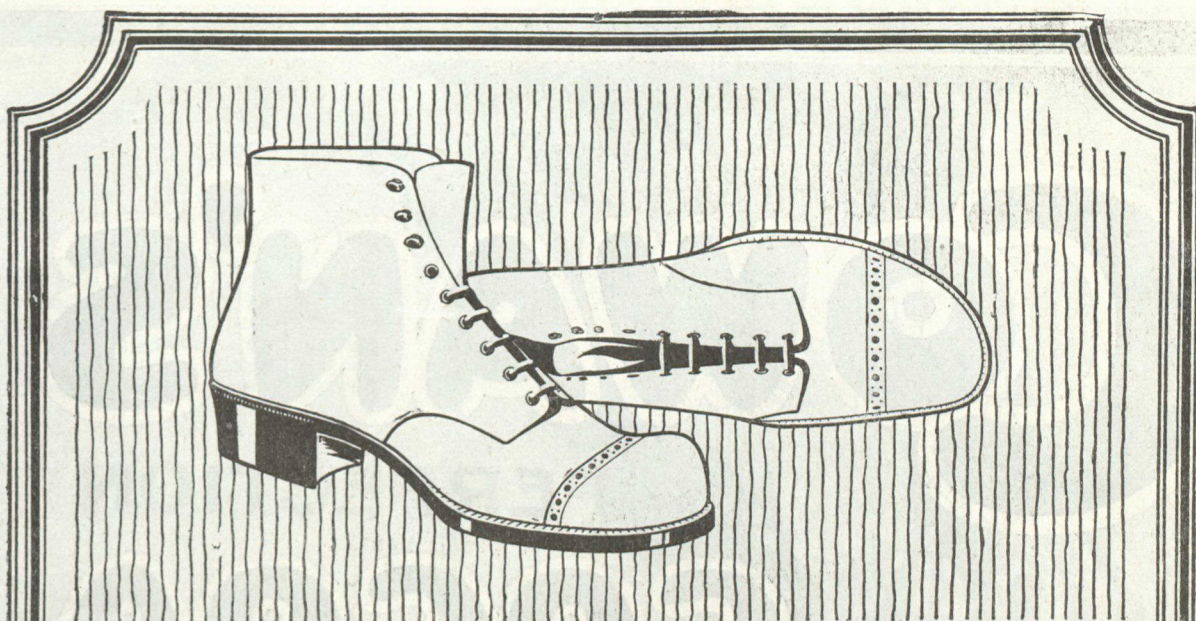
silk fringe, a row of beads, or bugles and bell sleeves, and finished in the same manner are receiving a fair share of consideration.

Conservation and practicability being the two essentials in the world of women's wear to-day, it naturally follows that the well-cut practical lines in shoes and boots, the integral part of the tout ensemble, are in greatest demand. Where, in former years, the shop keeper displayed a countless diversity of styles, he has come to the realisation that it is the well-selected sensible, comfortable boot that his patrons want, and so well has he followed this plan that the superfluous models of other seasons are not even missed.

High-cut, low-heeled, smart boots and oxfords will be worn by the well-dressed woman to accompany her tailored person. Either gaiters or the coarse-ribbed woollen stockings in heather mixtures not unlike golf hose, are worn with the latter and offer a point in favour of the leather conservation which taboos the manufacture of anything over eight inches in height.

French heeled slippers, of fancy, plain, or self-coloured brocaded satin are destined for formal afternoon wear. Cloth-of-silver slippers have long been conceded the most practical investment for evening wear as they harmonise with many gowns.

The woman in uniform who must be carefully and comfortably shod and clothed is the latest consideration and by no means the least. High leather puttees firmly fitting the calf of the leg are equally as smart as the all-leather riding boot. Both are worn, however, in tan to match her khaki costume.



The medium broad high toe is popular with many men who want a roomy wide-fitting shoe. Blucher: black or brown leathers, \$6 to \$10

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THE United States Government has found it necessary to issue strict orders regulating the styles of shoes. Why? Because the high cost of fads imposes a burden all along the line—upon manufacturer, dealer and consumer, and upon the Government itself.

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