THREE KNIGHTS HAVE ALREADY ENTERED LISTS TO GET FRIEND BORDEN NEW LEASE OF LIFE

Sir Bill, Sir Dan and Sir Joe,
Transportation and Pood
Barons, Show Activity in
Western Ontario—Farmers
Will Not Be Deceived—
Believe Sir Wilfrid Can Be
Trusted.

Trusted.

**Trust

food given to man. But be sure you get the whole wheat grain in a digestible form. Shredded Wheat Biscuit is 100 per cent. whole wheat and is made digestible by steam - cooking, shredding and baking. It contains more real body-building nutriment than meat, and costs much less. Delicious

cream, and fruits. Made in Canada.

for any meal with milk or

Quebec, the west and Ontario. The west and Quebec have not together. The farmers of Ontario are going to join them. It is not going to be a happy outlook for the trusts and combines and the bankers' associations.

The war is being thought of, and it is being discussed. It is the great thing in the minds of the men in the village and the country. The great struggle has cost them dearly, many of them having lost sons in France and Flanders. They don't forget that, not for a minute. They have worked hard this summer for the Allies. They have not been given much assistance. They are not complaining. They are ready to do more, but they are not going to adopt the principle that only Sir Robert is loyal and good and righteous; that he alone can save the situation. They are willing to trust Sir Wilfrid, and unless all signs fail, the old chief will be given his chance.

Quebec Will Get Chance.

It does not mean that he will not be called to account if he does not take advantage of his opportunity. Sir Wilfrid will have the confidence of the Liberals and a great sprinkling of Independents and Conservatives. Quebec

Liberals and a great sprinkling of Independents and Conservatives. Quebe will have to show the faith that is not. The province will be given its opinion.



Once More Canada Must Stand in the Gap. Once More Must Hold the Lines of Communication

As, when at Ypres, Canada's Gallant Sons stood in the Gap and held back the Hunnish Hordes---and shed Immortal Glory on Canada's fair name---

So, in their homes, Canada's Noble Women are now called upon to Stand in the Gap and hold back the spectre of hunger from our troops.

The men "out there" must have sufficient food. Only certain kinds of food are suitable for export.

And so we ask you to Pledge yourself and your family to eat less of these foods, so that there may be sufficient of them for export.

For example---if you do your own baking use one-third oatmeal, corn, barley or rye flour with your white flour. If you buy from a baker, order some brown bread each day.

Substitute for beef and bacon such equally nutritious foods as fish, peas, lentils, potatoes, nuts, bananas, etc.

And---this is most important---positively prevent the waste of a single ounce of food in your household.

Next week a Food Service Pledge and Window Card will be delivered to you. The Pledge is your Dedication to War Service-The Window Card is your Emblem of Honour.

Woman's Auxiliary, Organization of Resources Committee, in Co-operation with The Hon. W. J. Hanna, Food Controller.

Practical Housekeeping Hints

People have got more or less into the habit of ating fish on Friday only. Fish are just as appetizing and nourishing on Tuesdays and Thursdays as on Fridays, and if you and your neighbors will buy fish any day in the week, you will get cheaper fish and better fish. Hundreds of carloads of fish are exported from Canada because the people living here do not appreciate the value of fish as a food, and do not buy it as often as they should.

Fish supplies the body with material for building and repair, and with energy for heat and muscular work. The value of any food to the body is reckoned upon its yield of digestible nutrients, chiefly in the form of protein, fat, starch and sugar. The demand for it frequently depends upon its cost.

Like meat, eggs, and milk, fish yields a great deal of protein (the chief body-building material), and in many cases at considerably less cost, e.g.,

One pound of protein obtained:

From salt mackerel at 10c per pound will cost 61a. From fresh codfish at 10e per pound, will cost 90c. From halibut, at 18c per pound will cost \$1.18. From sirloin steak at 35c per pound will cost \$2.13. From milk at 12c per quart will cost \$1.82. From eggs at 50c per dozen will cost \$2.80.

The energy value of a food is reckoned in calories. The calorie is the unit of heat or energy generated in the human body by the assimilation of a certain amount of food. In other words, the heat necessary to raise four pounds of water one degree Fahrenheit is one calorie; or, the amount of energy required to raise one pound one foot, is one calorie. The energy value of fish, especially of the oily

fish, compares favorably with other foods: 1 pound of salt mackerel at 10c per pound gives 998

10c worth of salt codfish at 15c per pound gives 360 calories. 10c worth of fresh haddock at 10c per pound gives

335 calories. 10c worth of sirloin steak at 35c per pound gives 380 calories.

10c worth of eggs at 50c a dozen gives only 190

Generally speaking, fish has about the same digestibility as meat, the non-oily kinds being more easily digested than the oily ones.

The caloric rating of different foods is not an absolute measure of their value. A better test is the proportion absorbed by the human body as

tissue and blood-building elements. From this point of view fish foods rank very high.

PURCHASING.

The fish appears on the market in the ferm of fresh, salt, dried and smoked, shredded, frozen and

In purchasing fresh fish, see that the eyes are bright and prominent, that the flesh is firm, and the

PREPARATION.

When fresh fish are prepared by scaling or skimming, they should be wiped with a clean, dry cloth, and placed in a dry place. If put in cold water, food substance will be dissolved, and so lost.

Before boiling, salt fish must be soaked for several hours in cold, unsalted water to remove some of the salt. This water should be changed several times, or, better, place the pan containing the fish under a tap, which is allowed to drip, thus ensuring constant change of water.

Frozen fish must be placed in cold water to have the frost drawn out. When this is completed, clean and prepare as any other fish, and cook in any desired form. This kind of fish is just as nutritious as any other fish, and its cheapness should make it more widely known.

Serve Our Heroes—Sign the Food Service Pledge



portunity, under right conditions, and with sympathy and kindliness.

The wool will not be drawn over the eyes of the people, if one is to judge from known sentiment. There will be no pseudo patriots given a chance to hoodwink the electors. The oily hand of capital always betrays itself in time, but it has been seen this election much earlier than usual.

Canada's best days are ahead United CANADIAN GUNNERS earrier than usual.

Canada's best days are ahead. United, concentrated to great tasks, with sympathy and co-operation between the various parts, Liberalism is facing a new dawn. The real fusion candidates will be the Liberal candidates—they will fuse Canada into an unbreakable whole.

The elections will be purifying. There is so much to settle, and it will be settled and settled right.

DRIVE FOE IN HOLES, THEN SMOTHER THEM

IS SOON COMING HOME Holds British Record for Dropping Foe

TORONTO, Sept. 14.—Acting-Major William Avory Bishop, the young Owen Sound aviator, who was recently awarded the Victoria Cross, is leaving England for Canada, according to a cable received from him last night by a friend in the city. Major Bishop cabled that he had been awarded the bar to the D. S. O. He is also said to have received the appointment of chief instructor of aerial gumnery and squad-

near breaking the world's record. He was forced to take leave of absence when he fell 4,000 feet with his machine

ATTEMPTED MURDER

IS ADDED CHARGE

AGAINST TREMBLAY

forty Boche planes that he has bagged. CRASHED INTO BRIDGE, for machines brought down, and came BUT ESCAPED UNHU

CLANDEBOYE, Sept. 14. — While returning from London Fair last night Harry Kuhn of Crediton crashed into the second concession McGillivray bridge and badly damaged his big car. None of the occupants were injured.

Thomas not a tissue

With either present or

Part premier of france. Yis London, sept. 14—By

Repart Lyon, special correspondent of

the Capadian Press.—The German in

Lens are given no rest. Early last

might they were subjected to a heavy

bombardment from large calibre guns.

Socialist member of the Ribot ministry, in a statement to the Journal today declared
that his refusal to collaborate with

forming a cabinet, was not because of
personalities involved, but because of
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BUT ESCAPED UNHURT CALLED TO WASHINGTON OTTAWA, Sept. 14.—Lord Reading, who is in the United States on a financial mission for Great Britain, has asked Sir Thomas White to join him at Washington for consultation. The minister of finance will leave Candal within the next few days.

None of the occupants were injured.

Mr. Kuhn states that poor lights were the cause of the accident.

Threshing is in full swing in this district, some of the farmers still having oats in the field, waiting to get their barns threshed out to make room for the oats. Very little grain has turned out as large as was expected, one thresher stating that so far in his route none of the wheat had averaged more than 30 bushels per acre.

The acreage being sown to wheat this year will be about the same as last year, and is being sown in good shape, the rains of the past couple of weeks having helped the farmers in plowing and working the land.

