FOURTEEN -

If You Hold

THE COURIER, BRANTFORD, CANADA, SATURDAY, SEPTEMBER 15, 1917

World of Labor Gleaned from Exchanges and Other Sources. St. John, N. B., painters and dccorators, as a result of trade union organization, recently secured an advance in wages from \$18 to \$21.

60 per week.

working hours.

The minimum wage rate for bricklayers in Vancouver, B.C., is seventyfive cents an hour, time and a half for overtime and double time for **Engineer** Certificate

The Department of Labor reports

that according to reports received for the second quarter of 1917, there were 150 changes in hours, affecting approximately 81,800 workers,

145 of these were for straight in-

creases in wages, one for reduction

of working hours only, and four were for increased wages and reduction in

The civic employees of North Van-

couver have organized a real live

old-time union, and got in line with

the local labor movement. Many previous attempts to organize these

workers proved unavailing but the spirit of unionism is in the air at

present, and the civies have come to

a position to go after them right.

realize if they desire fair wages and working conditions, they must be in

The various locals of the Boot and

Shoe Workers' International Union in

Canada nearly all find a slackening

for the same week last year, and \$49,393,867 for 1915. It is satis-

as issued by the Depart-ment of Marine or its English equivalent and are a British Subject you are probably eligible for one of the vacancies as Engine Room Artificer in the newly commissioned ships of the

A 4th Class

Canadian Naval Patrol

It is an effective way to place your qualifications at the service of your country during the War, while the pay is good, from \$1.85 TO \$2.50 PER DAY with free food, lodgings and kit, together with \$25.00 monthly to dependents.

There are vacancies also for Stokers at \$1.20 PER DAY plus similar allowances, also for some seamen and other ratings.

Apply to :

Commodore Æmilius Jarvis Naval Recruiting Officer Ontario Area 103 Bay Street, Toronto

or to the Department of the · Naval Service, Ottawa.

CONDENSED TIME TABLE

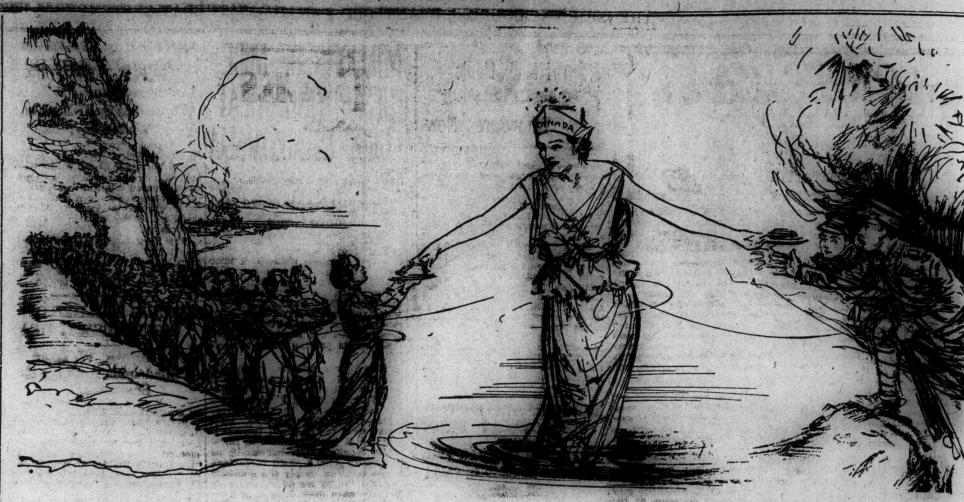
Grand Trunk Railway

factory to know that all Canadian cities made a proportionately good showing during the same period, which is proof positive that the war has not hurt the Dominion's banking MAIN LINE EAST Eastern Standard Time. 2.01 a.m.—For Hamilton, St. Catharines, Niagara Falls and New York. 6.30 a.m.—For Dundas, Hamilton, Ni-agara Falls and Buffalo. 6.47 a.m.—For Toronto and Montreal. 9.30 a.m.—For Hamilton, Toronto and Untermediate stations. facilities

9.50 a.m.—For Hamilton, Toronto, t. Catharines, Niagara Falls, Buffalo. 1.53 p.m.—For Hamilton, Toronto Ni-gara Falls and East. 4.05 p.m.—For Hamilton, Toronto, Ni-igara Falls and East. 6.00 p.m.—For Hamilton, Toronto, Niagara 4.05 n.-For Hamilton, Toronto and Fdmonton are extensive deposits of

athracite coal that is equal in qual-ity to the best obtainable in the LINE WEST Pennsylvania district and what makes them especially valuable 's Detroit, Port Huron the fact that it is not necessary to MAIN LINE WEST Departure

-For London, Detroit, Port mine under the water line, as the de-posits are situated right to the side of the mountains and can be uncova stations. 3.52 p.m.-For London, Detroit, • Port ered with practically very shallow surface work The west has been Detroit, Port looked upon largely as a great agri-



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.

THE FOOD VALUE OF FISH

eating fish on Friday only. Fish are just as appe-

as on Fridays, and if you and your neighbors will buy fish any day in the week, you will get cheaper

fich 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 reck-

oned 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.

deal of protein (the chief body-building material),

One pound of protein obtained:

From salt mackerel at 10c per pound will cost 61c. From fresh codfish at 10c per pound, will cost 90c.

From sirloin steak at 35c per pound will cost \$2.13.

and in many cases at considerably less cost, e.g.,

From halibut, at 18c per pound will cost \$1.18.

From milk at 12c per quart will cost \$1.82.

From eggs at 50c per dozen will cost \$2.80.

Lil.e meat, eggs, and milk, fish yields a great

tizing and nourishing on Tuesdays and Thursdays

People have got more or less into the habit of

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.

(From Friday's D Such spirit was not alt in his experience, but it day one met a girl who h ever her social status, here fire—or the promise of it. he undervalued her. His lips tightened, his mered ominously. And she was, in a nercy. If what she were true, he need only sp and she would be as good cut. Even Abigail Bosn protect her, insist on peop a shop-girl to their houses such drudgery were really had come up from, you mig she'd break her heart ra forfeit all this that she ha And then again she ha for him from the very first, admitted as much out of mouth. Only the surprise own dumb unreadiness. onted lack of ingenuity natics had almost lost Not quite, however; it w too late; and though the great, the penalty heavy i discovered carrying on an ler this roof, the game rorth the candle Thus Mr. Lyttleton to

when she turned to go, 1 uickly to her side and sa Oh, please, my dear—on The unexpected humilit The unexpected humility tone, mixed with the impu-that term of endearment, her that she hesitated de counsel of a sound intuit "We mustn't part this understanding one anothe sisted, ignoring the hostil attitude and modulating h a tone whose potency off proved. "Three words proved. "Three words right with you, if you'll

ten—" She said frostily: "W "Three words." He nearer. "I've said them night. Will you hear th No—please listen! I me said, but I was carried of clumsy-bungled m misunderstood, m and before I could lost my temper. You things—just enough, no view—a your point of view—a words into my mouth, r into my mind that never And I let you do me th ecause I'm hot-temper 'm not altogether a fre not my own master, quite; difficult to explain. If I o Grown a little calmer. leny there was something in his argument. She

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

Canada nearly all find a slackening up in business with a considerable number of the members unemployed, most of whom, however, have se-cured temporary jobs in other fields of activity. All however report that the movement is in splendid shape, the finances in good condition and the craft better organized than at any previous period in its history. any previous period in its history.

Since the war began there has been an enormous increase in bank clearings in Montreal. . Those for the week ending August 30 were \$74,-969,187, compared with \$54,554,604

Huron and Chicago. Huron and Chicago. 8.25 p.m.—For London, Detroit, Port Huron and Chicago. 8.25 p.m.—For London and intermediate stations. Huron and Chicago. Huron And parently the best great west of the

BUFFALO AND GODERICH LINE

Leave Brantford 10.05 a.m.-For Buf-

Leave Brantford 10.05 a.m.—For Butfalo and intermediate stations. Leave Brantford 6.00 p.m.—For Butfalo and intermediate stations. Leave Brantford 10.10 a.m.—For God-reich and intermediate stations. Leave Brantford 5.5 p.m.—For God-reich and intermediate stations. Leave Brantford 5.5 p.m.—For God-reich and intermediate stations.

Leave Brantford 8.55 a.m.—For Galt, Leave Brantford 8.55 a.m.—For Galt, Leave Brantford 8.55 a.m.—For Galt,

and Guelph. Leave Brantford 3.55 p.m.—For Galt, Guelph, Palmerston and all points north.

BRANTFORD TILLSONBURG LINE Leave Brantford 10.35 a.m.—For Till-senburg, Port Dover and St. Thomas. Leave Brantford 5.15 p.m.—For Till-sonburg, Port Dover and St. Thomas. From South—Arrive Brantford 3.45 a.m.; 5.00 p.m.

Brantford Municipal Ry.

For Paris-Five minutes after the

T. H. & B. Railway EFFECTIVE JUNE 24, 1917. Eastband 7.36 a.m. except Sunday.—For Hamilton and intermediate points. Welland, Ni-agara Falls, Buffalo and New York. 2.47 p.m.—for Hamilton and intermedi-te points, Toronto, Peterbon, Winnipes and Buffalo. Westbarrd

and Buffalo. Westbourd 9.47 a.m., except Sumiay-For Water-ford and intermediate points, St. Thomas Detroit and Chicago. 4.36 p.m. Daily-For Waterford and in-termediate points, St. Thomas, Chicago

 $\begin{array}{c} 6.48 \\ 9.50 \\ 10.50 \\ 2.59 \\ 4.15 \\ 4.59 \\ 6.48 \\ 7.00 \\ 10.03 \\ 11.12 \\ 3.12 \\ 4.31 \\ 5.12 \\ 7.13 \\ 0.18 \\ 11.26 \\ 3.26 \\ 4.45 \\ 5.26 \\ 7.26 \\ 10.32 \\ 11.40 \\ 3.46 \\ 5.00 \\ 5.40 \\ 7.46 \\ 9.46 \end{array}$

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the statute a state . ----

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.

Practical Housekeeping Hints

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 calories.

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 calories.

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

- Our Heroes-Sign the Food Service Pledge

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

PURCHASING.

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

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

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.

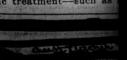
Before boiling, salt fish must be soaked for sev eral hours in cold, unsalted water to remove some of the salt. This water should be changed several times, or, better, place the pan containing the fish under a tap, which is allowed to drip, thus ensuring constant change of water.

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.

323 Colborne Street

ing her to jump at conclus however well-founded in without excuse in act. kissed her, it wasn't wit cation, nor against her w got no more than she as trouble was, she no longer She had been the dupe o folly, blinded by her own ent and the magnetism to the essentially meretri clothed in the flesh of h

It had been a simple an inevitable infatuation of too ready to be infatuate heroic treatment—such as





In Dealer In







BELL 90 MACHINE 46