

## Save Food

In a time needing food economy many people are not getting all the nourishment they might from their food. It is not how much you eat, but how much you assimilate, that does you good. The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

## The Safest Matches in the World! Also The Cheapest ARE Eddy's "Silent 500s"

Safest because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

Cheapest because there are more perfect matches to the sized box than in any other box on the market.

War Time economy and your own good sense, will urge the necessity of buying none but EDDY'S MATCHES.

"Is Jiggins a man of independent views?" "No; he's married."—*Baltimore American*.

## THE LEGEND OF CREEPY SWALLOW

Bill Finn, "I never tell you fellows 'bout me an' the Creepy Swallow Inn?" It was twenty below zero, an' the wind wuz everywhere. The trees wuz ghostly gibbets, that mock-ed at our despair. I'll own we had a drink or two, but we were sober quite. When we cranked up that motor car and rode into the night. The old car stalled and stopped dead still, with snow up to our knees. I says, "Bill, you sure forgot to get that anti-freeze." And Bill, he says, "Oh, what's the odds, we got some licker here. That surely will do just as well, if it don't it's mighty queer. They say a quart of licker which they sell in that there place Will make a tame old rabbit spit right in a tiger's face."

"So it oughta stop the freezin', come on, let's don't delay. We'll licker up the old machine and then be on our way." I took a drink, Bill took a drink, the cold ran up our backs. We had to have a stimulant or freeze right in our tracks.

Bill poured about a gallon in the radiator hole. An' then we took another drink becuz we wuz so col'. I got in behind the wheel and Bill sat by my side. I throwed the clutch right into high and sez, "Begosh, we'll ride."

"Hold on," sez Bill, "before we start, let's have another slug." He took a swig o' licker, and handed me the jug. That automobile gave a leap, and then whirled round and round. It revolved twenty times before it hit the ground.

And then it pranced jest like a colt the first time that it's free. It kicked and bucked and rared and jumped, and tried to climb a tree. "Look out, Ike," Bill yelled to me, "this car will soon be junk."

I never saw the like before; this darned machine is drunk."

Bill wuz sober, so wuz I; we both know when to stop. And when we reach our limit, we don't drink another drop.

Well, that car staggered, slipped, and slewed, just like a drunken man. It hic-cuped, snorted, wheezed, and coughed, and roared to beat the band.

It shivered like an earthquake, then laid down with a sigh. Dumped me and Bill both in the road, and left us there to die.

We scrambled through six feet o' snow a-lookin' for that jug. But 'twan't no use, 'twas gone fer good, although we dug an' dug.

We had to walk clean home that night without another drink. The terrible hardships we went through would make the bravest shrink.

Bill sold the car next mornin', for he said he didn't care. To own an automobile that'd go off on a tear.

If gasoline should get so skeerce you can't buy it at all. You betcher life I'll never run a car with alcohol.

It costs enough for tires and oil, and taxes keep you poor. Auto-intoxication though would mean the Keeley cure.

—The Timken Magazine.

## HOME EFFICIENCY CLUBS OF NEW BRUNSWICK

During 1916, "The Home Efficiency Clubs" of New Brunswick were organized, as a means of giving girls from ten to eighteen years of age, an opportunity to do their bit in Food Preservation. Last year, nearly 100 Clubs were formed, embracing 1700 girls. These reported 50,000 quarts of food canned, or otherwise preserved, and doubtless much was done that was not accounted for.

At the beginning of 1918, Miss Marjorie Flewelling was appointed Supervisor of the Girls' Clubs, and she has now over 200 live organizations of young people under her direction. During the winter months, the club members devoted their energies to Red Cross Sewing. During the summer they will carry on an extensive Food Preservation Campaign.

Last year the Domestic Science Teachers of the Province volunteered to help in the work and gave three weeks of their vacation to the service, free of charge.

This year, these Teachers will be employed by the Education Department to serve the Clubs, during the latter part of July and the first part of August.

To prepare for this, they will meet at the Normal School, Fredericton, from July 9 to 13, and take a short course in methods of Food Preservation, Food Values and Club activities generally. While here the itinerary of each teacher will be planned, and after the Convention, each will go directly to work among the girls in the various parts of the Province. Those in charge hope to accomplish twice as much as was done last year.

## IF RATIONING SHOULD COME

GLOOMY OUTLOOK FOR NON-REGISTRANT IF SUCH A PERSON EXISTS AFTER 22ND JUNE

The Canadian people may, probably will, have to submit to food rations if the war is unduly prolonged. If rationing comes it will be based on the information obtained on Registration Day, 22nd June. This means that any person who fails to register will experience considerable difficulty in obtaining a food card. And without a food card it is extremely difficult to exist under a system of compulsory rationing.

Canada means business. She proposes, along with the other members of the Alliance, to see the war through to the only conclusion possible for the free people of the Earth. She proposes to maintain her overseas army at its full striking power. She further proposes to increase her export of food to the Allies, first by increasing her production of it, and second by economizing in her consumption of it. This necessitates the intelligent direction of man power and the elimination of waste. The registration of the civilian population is to be made the foundation for all subsequent war efforts.

## FOOD DEALERS LICENSED

Canada's new system of license control of dealers in foodstuffs involves over 80,000 retail establishments and about 23,500 wholesalers. Of the total number of retailers there are 30,000 grocers; 16,000 butchers; 50,000 public eating places; 5,000 bakers; 2,000 fish dealers; 4,500 fruit and vegetable dealers, and 4,000 produce dealers.

## VOLUNTEER RATIONING IN CANADA

Each Province in the Dominion has been asked to form a scheme of rationing for its own people. Thus the Canada Food Board hopes to provide for each Province's own particular conditions.

Keep Minard's Liniment in the house.

## SANDWICHES

The bread used should be war bread, rye, oatmeal or buckwheat.

### MOCK CRAB SANDWICHES

2 tablespoons creamed oleomargarine  
1 cup grated cheese  
1 tablespoon chopped olives  
1 teaspoon lemon juice  
1 teaspoon anchovy paste  
1 teaspoon each salt, paprika, mustard

### CHEESE AND EGG SANDWICHES

Grate soft rich cheese, and to each cup add the yolks of three hard boiled eggs; rub to a powder; season with cayenne and salt, and mix to a paste that will spread nicely with melted butter.

### TOMATO AND LETTUCE SANDWICHES

1 lb. ripe tomatoes  
1 head young lettuce  
4 tablespoons salad dressing.  
Peel tomatoes by pouring boiling water over them, cut up in small pieces, and add salad dressing. Then place lettuce leaves on one thin slice of bread and butter; spread thin layer of tomato mixture over this and cover with another slice of bread and butter. Cut in desired sizes.

### LOBSTER SANDWICHES

1 can lobster  
4 tablespoons salad dressing  
Remove bones from fish, add salad dressing, and spread between thin slices of bread and butter.

### ALMOND SANDWICHES

1 lb. almonds blanched and chopped fine  
10 tablespoons grated celery  
13 cups sweet cream (whipped)  
Salt and a dash of paprika  
Spread between thin slices of buttered bread. Use a leaf of lettuce between the slices.

### CHOCOLATE SANDWICHES

Beat 1 cup butter to a cream, add 1 cup sugar, 1 or 2 oz. chocolate, 1 teaspoon cinnamon, vanilla. Use to spread lady fingers or narrow strips of bread. Put together in pairs as any sandwiches.

### COCONUT SANDWICHES

1 cup grated coconut  
1 cup nuts ground fine  
1 teaspoon lemon juice  
2 teaspoons powdered sugar  
3 tablespoons cream, worked in  
Spread between thin buttered bread

### NUT AND RAISIN SANDWICHES

1 cup chopped raisins  
1 cup chopped nuts  
4 tablespoons corn syrup  
Mix well together and spread between thin slices of buttered bread.

## A WELL KNOWN SHIP

The S. S. Tacoma, which is reported to have been lost in Alaskan waters, was known thirty years ago as the *Batavia*, when, with the *Parthia* and *Abyssinia*, she was leased by the Canadian Pacific for trans-Pacific service pending the construction of the first white Empresses. Thereafter she was taken over by the Northern Pacific, which sold her twelve years ago to the North-Western Steamship Company, in whose service she has been running to Alaska.

## A BRUTAL RECORD

London, June 11.—The Germans bombed British hospitals in France seven times between May 15 and June 1, according to a statement made in the House of Commons yesterday by J. I. Macpherson, under-secretary of the War Office.

The casualties numbered 991. These are as follows: Killed, officers, 11; other ranks, 318; nursing sisters, 5; Women's Auxiliary Army Corps, 8; civilians, 6. Wounded, officers, 18; other ranks, 534; nursing sisters, 11; Women's Auxiliary Army Corps, 7; civilians, 73.

## BRITISH CASUALTIES

London, June 14.—British casualties reported in the week ending to-day totalled 34,171 officers and men. Of this number, 4,447 were killed. The casualties were divided as follows:

Officers killed or died of wounds, 231; men, 4,216.  
Officers wounded or missing, 898; men, 28,825.

## Newspaper Waifs

Mrs. Noel—"My husband has had dyspepsia dreadfully lately." Mrs. Noel—"I am so sorry, but I had no idea you were without a cook."—*Boston Transcript*.

"Ever take your girl to a baseball game?" "Once," replied the fan in disgusted tones. "Had to explain it all to her eh?" "I should say not! She wasn't sufficiently interested to ask me a single fool question."—*Birmingham Age-Herald*.

"Is Bliggins a profiteer?" "No. He doesn't get into the big figures far enough to be in the three-syllable class. He's only a grafter."—*Washington Star*.

"Have you anything deleterious in your diet, Mrs. Comeup?" "I'd have you know sir, we have everything going."—*Baltimore American*.

Young Lawyer—"How do you think I acquitted myself in that trial?" Old Friend—"Much better than you did your client."—*Baltimore American*.

"Aren't you suspicious of Miss Flirty's symmetrical eyebrows?" "Well, I don't think they're as black as they're painted."—*Baltimore American*.

## KENNEDY'S HOTEL

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## CANADA FOOD BOARD NOTES

The farmers of Canada will very shortly have to undertake the harvest work with the help of green labor. In this connection they should remember that we are at war. They should adjust the work throughout the farm to suit the new conditions and they should begin right in their own minds.

The first adjustment necessary is to change the point of view from one of criticism, discouragement, and fault-finding with labor conditions, to that of the soldier and war worker, and realize that we are going through a crisis, the most serious the world has ever witnessed with out any exaggeration whatsoever.

There used to be talk among farmers derogatory to the city man and other inexperienced laborers who sometimes sought work temporarily on the farm. Such talk is out of place now, with Hunas sixty miles from Paris and every available man in Britain and France fighting to save not only his own country but this country as well. Such Canadian farmers forget that they themselves have been farmers all their lives, and in war time they can't expect to secure men volunteering from the cities with an experience in farm work equal to their own. That is an impossibility. But it is not impossible that farm production of this country be increased, despite the shortage of experienced labor. That this is true is proven by the experience of this country in the manufacture of munitions.

When the war started Canada was absolutely inexperienced, unskilled in, and without the machinery for the manufacture of munitions. But the manufacturers got to work. They studied the problem and they solved it.

To-day Canada is turning out millions of dollars worth of shells every month from the largest to the smallest, and the most minute mechanical contrivances in connexion with fuses and time charges. Canada's record in the manufacture of munitions is one of the surprises of the war. It was not made by Canada saying "Canada Can't" but by adopting the motto "Canada Can." Canada did not refuse to try because of the scarcity of labor but set to work to organize, and employed men and girls who had never been inside a factory before. They accomplished the impossible. These inexperienced helpers were speedily taught their parts, and the result is shown in the products of munitions from Canadian factories now known all over the world—not excepting Germany.

The result of organization and the willing war time spirit in Great Britain is equally convincing. Great Britain last year, largely with inexperienced labor on the land, increased her cereal production by 850,000 tons, its potato production by 5,000,000 tons. The cultivated area was increased altogether by 1,000,000 acres. When in 1917, 820,645 men were taken from industrial organizations placed and in the Army the War Office replaced them with 804,000 women, and yet the production of guns was increased 30%, air craft 250%, while the shipping tonnage amounted to 1,165,000 tons additional.

The best recent illustration of what can be done in an emergency when only inexperienced men are available is that of the battle of Picardy, when the fifth army under General Gough was overwhelmed and out-numbered. It looked inevitable that the Hunas would break through and capture the city of Amiens, which would have meant the interruption of railway communication between Channel ports and Paris, cutting off the British from one of their chief bases of supplies. General Carey, however, saved the situation. He called upon all classes of men behind the lines, whether they were soldiers, cooks, camp followers, railway construction men,

Chinese laborers, medical service men, or whatever they were and organized them to fill the breach. With these men he succeeded in doing what the 5th Army failed to do—he held the line! With no training in trench warfare, and no fighting organization before that time, General Carey gathered them together, and this nondescript gathering of troops kept the Hunas back for six days and nights until reinforcements arrived. General Carey did not say "I can't use this untrained class of men," but he set to work without a moment's hesitation to make the best of them, and he succeeded in saving the British army and its allies from a desperate crisis.

Similarly, if the Canadian farmer makes up his mind that these are war times and war measures are necessary, there is absolutely no doubt he can utilize to a tremendous advantage the man power and the woman power of the towns where people are only too willing to go to his assistance, if they are organized to do so. He must not expect them to be experienced and to know as much about the details of farm work as he does. It has taken him a lifetime to acquire his information. Townspeople have spent their lives at different work, but with his knowledge of farming and his intimate acquaintance with his farm and all its needs, he should have the ability to organize inexperienced help and show each helper his or her particular job and how best to accomplish it. A few hours patient teaching in any one particular line of work will very soon enable a greenhorn to "Carry on," as they say in the Army. By patience and consideration the farmers of Canada can, without question, effect an organization from green but willing help from town that will not only surprise themselves but will also be of tremendous benefit to the Empire by the increased results of their harvest.

## GET OUT ON THE FARM

Every man is wanted on the farm this year who ever handled a hoe, or drove a team. Get in touch with the situation. Find out who is handling the employment agency in your town. Sign up for service where you will count most during this harvest.

## KEEP HOEING

War gardeners should not relax their efforts because it is too hot to be comfortable in the garden. It is too hot to be comfortable in the trenches, but the war goes on. Keep hoeing. The results will be worth it.

## Simple Herbs Cure Serious Troubles

MANY of the diseases of womanhood may be prevented with care. Unusual excitement—mental or physical—disturbs the delicate balance of woman's sensitive nerves, and upsets her whole system. At the first indication of nervousness or any irregularity, take

## Dr. Wilson's HERBINE BITTERS

It's safe and certain—purely vegetable—regulates kidneys and bowels—overcomes headaches, indigestion, stomach trouble—purifies the blood—tones up and invigorates mind and body.

At most stores, 25c a bottle; Family size, five times as large, \$1.  
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