



## 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.

A food service Pledge and Window Card has been or will be delivered to you. The Pledge is your dedication to War Service—The Window Card is your Emblem of Honour.

## Serve Our Heroes—Sign the Food Service Pledge

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