

their own household requirements, while cooked in the usual way it serves as the most important item in replacing our bread supply. There is, however, no food whose useful possibilities have been more restricted in America, than the potato. With 80 per cent of water and sold generally at a low price, the cost of transportation of the raw product limits its use largely to its home district. By dehydration or drying and its conversion into chips or potato flour it could become here as well as in Germany one of the most important sources to replace wheat-flour as a food for our people. How important these alternative food supplies are may be judged from the fact that the saving of a single pound of bread in America per person weekly will increase the wheat export by 100,000,000 bushels annually.

Incidentally it may be stated that the use of the sweet potato and the banana in the South is in the same category and, as Professor Prescott states, the banana at 5 cents per pound is next to dried beans and bread the cheapest food when measured in calories or fuel value. But the war garden has played a further use in its supplying food during the summer from the earliest onions, lettuce, beets, peas, and beans, to the later corn, tomatoes, carrots, parsnips, and celery, all of which in succession have supplied material for canning and drying up to the needs of the many householders. In addition to home products, it is probable too that the output of the canning companies in these and other vegetables and fruits has been notably increased and will be made ancillary, as canned goods, to the overseas supplies for the army.

In addition to the war gardens Canada has seen during the year a very notable increase in the home consumption of fish. With an abundance of meats from home-grown animals the Canadian people,

chiefly located inland, have preferred through convenience to eat animal rather than fish food. The increase in the number of fishermen and the capital invested in fishing showed no marked increase in the decade 1900-1910. Possessed on both coasts of probably the most valuable fisheries in the world, both on account of the climate and the indented character of the coasts, Canada until only recently, owing to other more attractive or less strenuous occupations, has allowed this great source of food and wealth to remain undeveloped in proportion to its possibilities. Enormous supplies of a variety of edible fish as halibut, sole, skate, and flat fish exist in Canadian waters; while in the Great Lakes and the thousand inland lakes of the Laurentians immense quantities of the best fresh water fish are available. To indicate how rapidly this source of food supply has been utilized, it may be stated that since the Food Board took up the matter seriously, the number of licensed wholesale fish establishments in Canada increased from 900 to 1,550, including 900 headquarters; while 55 per cent of the total western fish catch was consumed at home as compared with 15 per cent the previous year. A single trawler caught 120,000 pounds of flat fish and cod in eight days off the North British Columbia Coast which were frozen when landed, when not sold for immediate consumption; while cod and halibut from the west coast sold in Montreal at 12½ cents per pound and mackerel from the Atlantic was sold at similar prices. Indeed in May, 1918, the fish consumption of Canada was one pound per week per capita, and 8,500,000 pounds were sold in the first five months of 1918 as compared with 5,000,000 pounds last year.

In no item perhaps have the people of this continent been more disturbed than in the restriction of the sugar supply.