

Retailers should keep their stores free from insect infestation as cereals in sacks, or even in sealed packages, will become infested. In addition to such preventive measures, every effort should be made to avoid large stocks and to dispose of cereal products rapidly. Care should be taken to avoid the breaking or damaging of packages.

Consumers should only purchase small quantities of cereals and coarse flours. Sealed packages which have been damaged should be avoided. If cereals are bought in sacks they should be heated when received at home to a temperature of from 130 to 150 deg. Fahr., and then left for nearly an hour in the oven while

it cools off. This treatment will kill any insect eggs or grubs that may be present. As many of these pests enter the house from out-of-doors, great care should be taken in storing cereals and wheat substitutes; whenever possible they should be kept in tightly closed tin boxes or other indestructible receptacles that can be tightly closed. If due precautions are taken, a very considerable saving in the aggregate of foodstuffs will result.

The Hay Situation in Manitoba

It is now abundantly certain that every ounce of hay and straw obtainable in Western Canada this year will be badly needed. Already the larger markets are feeling the weight of heavy shipments of cattle, many of these animals being neither fully grown nor properly finished for the block. The extreme scarcity of feed in some portions of Saskatchewan and Alberta, and also, to a limited extent in Manitoba, together

with the natural gravitation of stock to Winnipeg at such a time, will bring within the borders of Manitoba an even greater number than usual of cattle that are available for further feeding. The necessity for maintaining our maximum output of meat for the overseas trade, as well as the future of the live stock industry, demand that the sacrifice of breeding and stocker cattle be reduced to the minimum.

As an incentive to everyone in the province to obtain all the hay possible, the Manitoba Department of Agriculture has sent out 3,000 posters urging settlers to cut all hay obtainable. These posters have gone to every corner of the province—newspaper offices, post offices, business places, agricultural society headquarters, etc. As a result a large departmental correspondence with stock owners has sprung up and much information has been supplied as to hay permits and hay supplies.

The department also is despatching a staff of about one dozen experienced men,

who will personally cover large tracts of the country where unappropriated hay marshes are most likely to be located, and before the close of July will know where almost all the wild hay possibilities in the province are situated.

Information along two other lines is also being sought. The department wishes to know of parties with haying equipment who may be engaged to go to parts indicated and cut hay. Also it wishes to get into touch with live stock owners who own cattle that must be sold at a loss unless hay is located for them, and who would undertake to send outfits into other parts of the province and cut and feed hay if they were told where it could be had.

Three main objects are being sought: First—That all possible supplies of hay be located, gathered and used by someone.

Second—That as few breeding and stocker cattle as possible be sacrificed.

Third—That farmers everywhere take steps to save all straw at harvest and threshing time.

Food Prices in France

Here are some present war-time prices in France, as compared with prices as they were before the war:

	1918	1914
Butter, per lb.	.90	.30
Pork, per lb.	.70	.28
Potatoes, per lb.	.06	.02
Roast Beef, per lb.	.65	.30
Beans, per lb.	.28	.12
Coffee, per lb.	.60	.40
Chocolate, per lb.	.65	.25

Conservation

The potato is a great patriot. It has helped to save nations. Let it help to win the war by releasing other essential foods for export.

How many slices of white bread can a family do without if a few more potatoes are on the table at every meal?

Potatoes and other starchy vegetables can save wheat. Use them in bread making.

One medium-sized potato gives you as much starch as two slices of bread.

When you have potatoes for a meal you need less bread.

Potatoes give you the salts you need to build and renew all parts of the body.

The best potato can be spoiled by a poor cook. Legend has it that a famous king in history tested each cook before hiring him by asking him to boil a potato.

Savory stews provide an excellent means of using carrots, onions, turnips and potatoes.

Vegetables are invaluable for growing children. Adults must have vegetables to make up the wastage caused by work.

Potatoes at home make more wheat for the allied armies; it is your fight.

Every little bite makes a muckle; use vegetables.

Doctors say that the tired-out feeling—"spring fever"—often comes from a lack of fruits and vegetables.

Increase in our consumption of vegetables means an increase in the export of wheat.

To aid in feeding the soldiers overseas eat more cereals, fish, potatoes and vegetables. It's patriotic.

Keep your food pledge card. Obey the Canada Food Board's advice to—Eat more Vegetables.

Share your meat with the meat at the front by using potatoes, carrots, onions and turnips.

To send the most food possible in the least shipping space, grow and eat bulky vegetables at home in Canada.

Chili Sauce

Chili sauce is a welcome addition to the winter supply. It is good with hot or cold meat. A little added to a stew gives it a pleasing flavor.

One peck ripe tomatoes, 3 pounds brown sugar, 1 quart of small onions, 1 bunch of celery, 3 pints of vinegar, 1 teaspoonful of cinnamon, 1 teaspoonful of black pepper, 2 teaspoonfuls of mustard, two-thirds cup of salt. Mix the spices with the sugar, add the vinegar and salt, chop the tomatoes, onions and celery, mix with the other ingredients. Put on fire and boil one hour, put in bottles, cork and set away.



They Save Money—Give Comfort

In a twelve-month you spend dollars in new hosiery. Isn't it worth while to insist on getting stockings that you know will wear well—that save darning, save money—that are made by the biggest concern of its kind in Canada?

Buy hosiery by name. In the "Sunshine" line are famous brands—names you know well.

Good value won these brands their nation-wide reputation—and preference.

They offer you good wear plus comfort. You'll recognize them in your dealer's, because they are well-shaped and soft—made from the finest yarn procurable.

Note the brands listed alongside.

"Three Eighties"—A seamless cotton hose for ladies and misses. Three-ply heels and toes. Save darning. Has the largest sale of any one style of hose in Canada. In black, tan and white.

"Buster Brown"—The most popular stocking made for boys. Mothers know how much darning the three-ply heels and toes save. Double elastic leg, narrowed foot and ankle. In black and tan. Sizes, 5 to 10½.

"Little Darling"—Made from Australian lambs' wool. Fast, stainless dyes, black, tan and colors. Silken heel and toe. Sizes, 4 to 7. A dainty hose that pleases any girl.

Also "Little Daisy"—All sizes for children up to 12 years old. Reinforced heel and toe.

"Marathon"—A low-priced half-hose for men. Quality considered, it is wonderful value. "Pedestrian"—A better hose, two-ply soft lisle yarn. Both come in black, tan and colors.

The CHIPMAN-HOLTON KNITTING CO. Limited, Hamilton, Ont.
Mills also at Welland

Largest Hosiery Manufacturers in Canada

Sunshine Hosiery

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