

WIN-THE-WAR SUGGESTIONS AND RECIPES.

This is not a cookery book, only a few recipes and some sketchy hints to help those who want to do more towards economizing our food supply. That economy is one of the most important factors in the successful carrying on of the war, though only one woman in a thousand or so seems to be in the least conscious of the fact.

Food *must* be conserved; the Government *must* have our money; women *must* sacrifice their vanity, their mean self-indulgence and criminal selfishness on the altar of their country's safety. They must do it in order to back up all those who are suffering, and striving, and in such dreadful anxiety at the front; above all, to make good the supreme sacrifice of all the beloved ones who lie forever in the fields of France and Flanders, and those, who, after going through hell, sleep at peace in German prison yards. Every ounce of food saved, *every single solitary ounce*, will do its bit. For every single cent, saved and given or lent to the Government, who can transmute it into munitions while you wait, will tell. "Many mickles make a muckle," or, as those of us who have the misfortune not to be Scotch can say in a free translation, a mighty lot of nickels will make shells, bullets, gun, tanks, aeroplanes, warships—yes, and the clever magicians of munition can even make warm clothes and bully beef out of them. You save money and the Government does the rest.

Without women's sacrifices there will be but little money, as men can't give if all they earn is squandered or carelessly wasted by their womankind. This little book may encourage and decide some women to do a *little* of their bounden duty, and to give their earnest help in getting a proper amount of food over to our