

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 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.

LORD HIGH PROVOST

MARSHALLER
(SOLO)

IN turning my attention to the gent who loafs and shirks, I made a little list, I made a little list, Of well-dressed persons who would look fine in munition works, They never will be missed, they never will be missed, There's the gloomy Gus who thinks the war is almost nearly lost, The chap who won't subscribe because it's very badly bossed, The party with the horn-rimmed specs and tin watch on his wrist, They never will be missed, they never will be missed.

I've got my eye wide open for the dolos far niente guy, I have him on the list, I have him on the list, And military critics who have always guessed awry, They never will be missed, they never will be missed, The man who swears von Hindenburg is surely, truly dead, And the man who heard from A. Balfour what Trotsky really said, The party with the bated breath, and dreadful secret hist!

He never will be missed, he never will be missed, Yes, now that I'm on the warpath for every shrinking bloke, I use my little list, I use my little list, Of chaps with irksome habits whom I'd gladly, freely choke, They never would be missed, they never would be missed, The guy who has it all doped out upon some bally map, The lad who wants to give advice just how to end the scrap, The party with the fallen arch and slightly starboard list, They—surely won't be missed, they surely won't be missed.

There's the boy who says it's England's fault and the boy who says it's France, I've got him on the list, I have him on the list, The youth who means we've never given Russia half a chance, He never will be missed, he just could not be missed, The chap who goes to meetings where they call you "Tavarish," And rig up good old Karl Marx with Lenin in a niche, And stand up for democracy—with a little twist, He never will be missed, take it from me!

OLD KAFFEE HAG,
—New York Evening Post.



Improve Your Looks by purifying the blood. Sal-low skin, liver spots, pimples and blotches are usually due to impure or impoverished blood. Clear the skin, put roses in pale cheeks, brighten the eyes, build up the whole system by taking

Dr. Wilson's HERBINE BITTERS

It's a wonderful tonic for women, especially. Prepared of Nature's herbs and gives the happiest results when used regularly and according to directions. At most stores. 25c. a bottle; Family size, five times as large, \$1. The Brayley Drug Company, Limited St. John, N.B.

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Your Home Needs Protection

You can't afford to "let the painting go this year". Rot and decay are the greatest menace to property. You keep up life and fire insurance—why neglect your home?

A little paint or varnish on the outside or inside now will save you much greater expense later on.

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C. K. GREENLAW, ST. ANDREWS.

RECIPES

RYE PUDDING

1 quart of milk
1/2 cup rye flour
1 tablespoon sugar
salt

Put milk in double boiler, when it boils add sugar, salt, and rye flour mixed to a paste with a little milk. Cook half an hour. Put in moulds to cool. Serve with nutmeg sauce or preserves.

ECONOMY PUDDING

1 tablespoon Indian Meal
1 tablespoon minute tapioca
1 tablespoon coconut
1/2 cup sugar
1/2 cup molasses
1 tablespoon margarine
1 pint of milk
salt

Bake in a moderate oven 2 1/2 hours stirring the first half hour.

POOR MAN'S PUDDING

4 cups milk
1/2 cup rice
1/2 cup of molasses
1/2 teaspoon salt
1/2 teaspoon cinnamon
1 tablespoon butter

Wash rice, mix ingredients, pour into buttered pudding dish; bake three hours in a very slow oven, stirring three times during the first hour to prevent rice from settling.

TAPIOCA GUSTARD PUDDING

4 cups scalded milk
3/4 cup pearl tapioca
3 eggs
1/2 cup sugar
1 teaspoon salt
1 tablespoon butter

Soak tapioca one hour in cold water to cover; drain, add to milk, and cook in double boiler thirty minutes; beat eggs slightly, add sugar and salt, pour on gradually hot mixture. Turn into buttered baking dish, add butter. Cook 30 minutes in a slow oven.

ORANGE PUFFS

1/2 cup butter
1 cup sugar
2 eggs
1/2 cup milk
1 1/2 cups flour
3 teaspoons baking powder.

Cream butter. Add sugar gradually, and egg well beaten; mix and sift flour and baking powder; add alternately with milk to first mixture. Bake 35 minutes. Serve with orange sauce.

ORANGE SAUCE

1/2 cup butter
1/2 cup flour
1 1/2 cups brown stock
1/2 teaspoon salt
Juice of two oranges
2 tablespoons sherry wine

Rind of 1 orange cut in fancy shapes. Brown butter, add flour and salt. Add stock gradually, and just before serving, orange juice, sherry, and pieces of rind.

GRAHAM PUDDING

1/2 cup butter
1/2 cup molasses
1/2 cup milk
1 egg
1 1/2 cups graham flour
1/2 teaspoon soda
1 teaspoon salt
1 cup raisins, seeded and cut in pieces

Melt butter add molasses, milk, egg well beaten, dry ingredients mixed and sifted, and raisins; turn into buttered mould, cover, and steam two and one half hours. Dates or figs cut in small pieces may be used instead of raisins. Serve with salt.

CANADA FOOD BOARD NOTES

Farmers may be reassured that there is no intention on the part of the authorities to inconvenience them unduly in their busy season with unnecessary restrictions and regulations as regards the hoarding of foodstuffs.

An Order of the Canada Food Board recently made it illegal for people to have more than 15 days supply of flour, made wholly or in part from wheat, on hand at any one time. For people living at a greater distance than two miles and not less than five miles from dealers licensed by the Canada Food Board, sufficient for their ordinary requirements up to 30 days only was allowed, and for persons 10 miles or more 120 days supply.

Further, it was required that any such surplus holdings should forthwith be returned to the miller or dealer from whom they were purchased, at the purchase price or at the market price, whichever were the lower.

This Order was designed primarily to remedy a state of things in the towns and cities, as it was commonly reported that some people had laid in undue quantities of flour in view of the world's scarcity, selfishly thinking that they would be sure of a normal supply for the next year or so whether the people in Europe starved or not.

In the case of farmers, however, it pointed out that it was their custom in many cases to take wheat to the mill and get several months supply ground on one occasion so as to save frequent trips and waste of time. To require that such a farmer return all surplus flour to the mill and then come back every couple of weeks or like short intervals, for supplies of their own flour, would seriously interfere with farm work, occasioning unnecessary traveling and the waste of days precious, especially at seeding and harvest time, to the cause of production, a cause more important, even, than that of conservation.

Bona fide farmers are now permitted to hold flour in excess of the amounts provided for other people. An Order-in-Council passed on May 17th makes this express provision:—

"A bona fide farmer shall be permitted to hold, subject to the order of the Canada Food Board, the amount of flour, made wholly or in part from wheat, he may have in his possession in excess of the amount prescribed by Order no 31 if, on or before the 15th day of June, 1918, he reports to the miller or dealer from whom it was purchased or by whom it was manufactured, the excess amount held by him."

When these reports are received it is the duty of the miller or dealer to pass them on to the Canada Food Board and thus it will be known by the authorities what the supply of flour in the country is and where it is. Further, this Order provides that in cases where a farmer or any other person has in his possession one partly used barrel or package he shall not be required to return his surplus requirements nor shall he be required to return amounts of less than 25 pounds. Thus it is seen that the intention of the Order is entirely reasonable and will not work hardship or inconvenience unnecessarily.

WANTED—CANADIAN CANNED MACKEREL

Among all the fine food fish which we have in Canada there is none better than the mackerel. Excellent and distinctive in flavor, firm of flesh, and free from small bones, the mackerel is of the very highest esculent quality.

The mackerel is an inhabitant of the North Atlantic. On the coast of this continent it is found from Cape Hatteras to the Straits of Belle Isle, while in European waters it occurs from Norway to the Mediterranean.

This species comes in on the coast of North America from a south-easterly direction, first appearing in the spring off Cape Hatteras, in the Bay of Fundy about the middle of May, and in the Gulf of St. Lawrence in June. In the fall they leave Canadian waters early in November.

The spawning grounds of this species are in rather deep water from Long Island to the Gulf of St. Lawrence, and the spawning season extends from May to July, June being the main spawning month.

The mackerel feeds upon the small crustaceans and other small forms of animal life which occur in the sea, its favorite crustacean being the minute copepod known as the "red feed."

Mackerel frequently occur in immense schools, one such school being recorded which was half a mile wide and twenty miles long.

The mackerel fishery in Canada has not increased during recent years, but has rather, on the other hand, fallen off. Some twenty years ago the catch of Canadian mackerel was valued at about \$2,000,000, while in recent years it has fluctuated between \$800,000 and \$1,600,000. This falling off is not due to any depletion in the supply of mackerel, as this species, like the herring, is ocean-wide in its distribution, and is not, like the halibut, lobster, and oyster, confined to comparatively narrow limits. The falling off is due to the fact that this fishery is now prosecuted in a rather half-hearted manner.

Of the catch of mackerel in Canadian waters about one-quarter is sold in the fresh condition, the rest being "pickled." Now there is no fish which suffers more

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from improper treatment than the mackerel and the condition in which this superb fish reaches the inland markets is most unsatisfactory. It arrives in inland towns with no flavor left except that of salt. It is in fact so strongly brined that even hours of soaking fail to reduce its saltiness to a point which renders it in the least degree palatable. I do not for a moment believe that these fish need be so heavily brined in order that they will keep in a satisfactory condition until they reach the consumer, and it would be a distinct gain to the trade in sea-fish in inland localities, which we are doing our best to further, if a few experiments were undertaken to find out the minimum amount of salt which will keep the fish satisfactorily.

But there is a far better way of treating mackerel for inland consumption than by salting, and that is by canning the fresh fish. Before the war we were able to obtain most excellent canned fresh mackerel from Norway—a high-grade product which reached the consumer in a condition very nearly equal to fresh-caught mackerel eaten within a few hours of leaving the water. Now this Norwegian product is entirely off the market, and now is the chance for enterprising Canadian canners to put up a really good canned mackerel, an article of such quality that when the war is over and Norwegian fish once again comes into competition with our Canadian product, it will be able to hold the market.

We have the mackerel, we have the factories, and I believe we have the men in the fish-canning business who can, if they devote their attention to the matter, turn out a product equal to that of any other country. I am much gratified by the fact that our sardine factories are now putting out a most excellent product, a product which fulfills the requirements I pointed out in an article on the sardine industry last year. If this can be done with the sardine it can be done with the mackerel.

A. BROOKER KLUGH,
in Canadian Fisherman

Freshman—"What made you vote against Jones at the Frat election?"
Soph—"Oh, he'll never amount to anything around college. He never does a thing but study."—Life.

Minard's Liniment used by Physicians.
MARGARET McLAREN
—Canadian Fisherman for May

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Of greater value than gold and silver is health restored. Up in the mining district of Larmer, Lake, Ont., Mr. Sid Cawdren discovered something—that the high words of praise given to Gin Pills are true. Here is his story, in part.

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