

Grows Her Own Vegetables

Mrs. C. J. Doherty Endorses The Home Garden Movement



MRS. C. J. DOHERTY, Wife of the Minister of Justice.

"A few practical and patriotic women in each community—women who are thorough housekeepers—were to give demonstrations on the proper use of substitutes, and on how to buy and prepare food in the most economical manner. It would reach women who are not touched by newspaper or platform publicity, and I believe it would have far-reaching results."

What, after all, are luxuries in food? One man's necessity is another man's luxury. To a certain percentage of the community roast beef is and always has been a luxury—not to be had except on very special occasions. To others it is a commonplace on the table.

"When I was in the States recently I visited the School of Domestic Arts and Sciences, Chicago, where great work along this line is being carried on. Their motto is one that applies to Canada quite equally well: 'The spirit and efficiency of the home underlie human welfare and the very life of the country.'"

After what she heard at the women's conference with the cabinet, Mrs. Doherty thinks that it would be impracticable to attempt to enforce rationing in a great, sparsely populated country like Canada, with eighty per cent. of her people in the country and the small towns and villages.

She believes that the recent conference will have a marked effect in linking the women of the country together on the food issue and that great good was done by the explanations made by Henry B. Thomson, chairman of the Canada Food Board. Having conditions frankly laid before them would have far-reaching effects with these patriotic and practical women, she was sure.

"What would you suggest as being the best means of reaching all the women?" Mrs. Doherty was asked.

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MAGIC BAKING POWDER ASSURES SUCCESSFUL BAKING. Guaranteed to be made exclusively from the ingredients specified on the label.

Women and The Farms

Halifax Writer Says Duty of Every Nova Scotia Woman, Every Nova Scotia Girl is to See That the Men Folk Fight or Farm; Women Must Show the Way to Loafers, Funkers, and Pink Tea Tango Boys!

There are two distinct classes. No man of spirit wants to see a woman working in the fields to feed him while he continues to sit, motionless, among the city amusements which lure him. Yet that is what many of the parasitic class are doing.

"It makes the country-woman mad to come to the city and find husky men running devotely and longingly a yard of ribbon over a counter. It doesn't make us particularly anxious to go back and help those who are loafing in the city," she declared.

"Mrs. Buchanan knows what it is to rise at 8 o'clock in the morning and sit idle spending the live-long day in outdoor work so that she has some right to the rewards of her toil."

Once again—if they only will—they can supply the inspiration and help to fill up the ranks of the agriculture army. Only the other day one of the wisest men in the cabinet remarked: "The cry of the world for food now has a positive pang in it."

It takes time to free people from the shackles of habit, however. The enervating life of the city has its grip on many a man who would be a thousand times better if he were on the land. It is frequently a sign of physical deterioration and corresponding mental decline that a young man will hang around a store from preference, doing namby-pamby work behind a counter and spend his nights in the pool-room or the moving picture house.

The time has come when the man who cannot serve in the army, and who is not engaged in other essential industries, must go back to the farm. He is needed for the second line of defence. There is no use blinking at facts. Every thinking person must now be aware of the salient features of the food situation of Europe. And anyone with a conscience must ask himself, "How does this affect me? Am I a parasite or a producer?"

LEGAL TABLE SALT FREE RUNNING. The Handy Little Spout Lets the Salt Run out.

The farmer is in dire need of his assistance. It is no longer fashionable to be a lily-fingered Beau Brummel. It is a matter of reproach, not only to say necessary to do something, but to produce something—above all, produce something. And last something is food!

There are countless other ways and means by which women, with the exception of a little sewing, can simplify modern trade conditions, lessen the complexity of the industrial system and lighten the burden of the man who works for the place where they are most needed—on the land.

There are hundreds of men all over the country who would be glad to do the work of the Dominion in a mighty and immediate effort to clear the pool-rooms, to sweep the street corners clear of loafers and to fill the fields—with men. It can be done from the home. Every woman has an influence over some man. She can shame, if not inspire him into doing his duty.

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BAKER'S BREAKFAST COCOA The food drink without a fault. Made of high grade cocoa beans, skilfully blended and manufactured by a perfect mechanical process, without the use of chemicals. It is absolutely pure and wholesome, and its flavor is delicious, the natural flavor of the cocoa bean.

VALE OF GLENDALOUGH (Christian Science Monitor). The vale of Glendalough is known as one of Ireland's beauty spots. It is in the heart of the Wicklow mountains and in these days of motors is easily reached by road. The road from Rathdrum winds along the valley, at the bottom of which the cheery little river, fed by the stream which forms the Glendalough lakes, bubbles its way to the sea.

PRINCESS MAHALIA Beauty is more dependent upon a clear complexion than upon regular features. A woman may have a pug nose and a large mouth but if her skin is clear and her teeth good she will be attractive.

Unselfish Service S.O.S. Soldiers Of the Soil

Men may go to the front and fight but boys can go to the farm and help raise the food for the fighting men. You see the war is a circle of duties. It is the duty of the fighting man to fight, but he must have food or he cannot fight. And it is the duty of the farmer to grow crops and produce the food but we must help to do it. So Canadian boys have a chance to do their part to help the farmer who grows the food to feed the fighting men.

Every boy of 15 to 19, inclusive, is eligible. It is a national army just as truly as that of the soldiers who go to France. The young Soldiers of the Soil who serve their country on the farms of Canada this summer will be presented by the Dominion Government with Bronze Badges of Honour, just the same as the soldiers who go to the front are decorated with service medals.

CANADA FOOD BOARD Ottawa Henry B. Thomson, Chairman