



PREVENT TH

**DO NOT TAKE
MORE FOOD
THAN NEEDED!**

CHECKING WASTE OF FOOD.

Unloading of Cars Expedited and Many Disputes Adjusted.

The Canada Food Board, through its Fruit and Vegetable Section, working in co-operation with Mr. G. E. McIntosh, of the Fruit Branch, Department of Agriculture, has established a system whereby immediate action has been obtained in unloading of cars and the adjustment of disputes.

The Railway Companies, as required by the Car Detention Order, report either to the Board or to Mr. McIntosh. An effort is made to bring the buyer and the seller into agreement and in case this be found impossible, such action is taken as is necessary in order to prevent waste of the food-stuffs involved.

From January 1st to date, more than 225 cars have been handled in this way. In practically every case of dispute a satisfactory settlement has been obtained and in cases of detention delivery has been taken.

WHEATLESS PASTE.

From Ohio comes this suggestion to solve the problem of wheatless paste for paper hangers. The substitute should be made 1 part by weight of dried glue in 10 parts by weight of water, melted in a glue pot surrounded by boiling water. To this should be added slowly 4 parts of laundry starch stirred up with 10 parts of warm water. This is said to produce a perfectly smooth paste, the consistency of which can be varied by changing the proportion of water used. If the paste is to be kept for any length of time some preservative such as oil of cloves, oil of wintergreen, or oil of sassafras, should be used.

WOMEN'S COMMITTEE ACTIVE.

Manitoba Ladies are Promoting the Conservation of Wheat.

Since the visit of Mr. Edward F. Trefz, to Western Canada, the Women's Conservation Committee which is a subcommittee of the Manitoba Food Resources Committee, has been doing splendid service in the interest of conservation of wheat. Through its effort and the co-operation of the Winnipeg School Board, 25,000 copies of Mr. J. D. McGregor's appeal to eat nothing made of wheat that can possibly be done without, were distributed to the homes of Winnipeg. Several thousand more copies were distributed to the pledge signers and at the Trefz meeting. The committee has also issued an appeal to 350 women's societies asking that they refrain from serving anything made wholly or in part from wheat at their afternoon and evening gatherings.

The letter also asked that this rule should be strictly observed in all entertainments to raise funds for patriotic or philanthropic purposes. The committee has secured from a large number of women, special pledges that they will use as little wheat flour as possible and that they will serve nothing made wholly or in part at afternoon teas or late suppers.

The committee has mailed to every pledge signer a request that each one who has already signed a pledge would secure the names of five others willing to do so. The returned mail brought numerous responses and the committee is very hopeful that in this way the list of those involved in food service will be largely increased.

CARRY YOUR OWN PARCELS.

Grocers and butchers in Hamilton have decided to conduct a campaign to educate the people of that city to carry their own parcels to the largest possible extent. Teams have been organized and a fund started to pay the expenses of advertising in this connection.

AT PICNIC WASTE!

FLOUR SALESMEN RELEASED.

They are not Needed in View of Importance of Conserving Wheat.

One of the large Canadian milling companies withdrew all its travellers from the road several months ago, and during the summer many of these men are going to work on farms, at the suggestion of the company.

An official of this company has expressed the opinion that the 1918 harvest will only mean a temporary improvement in the food situation of the Allies, and that salesmen of flour will be no more justified in the fall than at the present. "People must not only not eat wheatstuffs, but they must not buy more than they can possibly get along with," he stated. "When they must have supplies, let them write to the mills. Every one knows our addresses, and in any case people will order all too quickly, and all too much flour without any encouragement from us."

NO WHITE BREAD IN ENGLAND.

Canadian mills are now producing 196 pounds of standard flour from 258 pounds of wheat. In the United States the mills are using 265 pounds of wheat to produce 196 pounds of flour. In France, where they are milling to an 85 per cent extraction, 196 pounds of flour are produced from 230 pounds of wheat; and in England, where the extraction is 90 per cent, they are using only 215 pounds of wheat. The difference between the weight of the wheat and the weight of flour produced therefrom represents by-products used for cattle feed. In both England and France from 15 to 30 per cent of substitutes, chiefly corn, barley and rice are required with the wheat flour. The people of Great Britain are not now making any white bread.

SODA FOUNTAIN WASTE.

Leaking and Excessive Service of Syrup Mean a Heavy Loss.

The Soda Fountain, a trade paper, says that waste at the soda fountain has resulted in losses of thousands of dollars especially sugar waste in the form of leakage and excessive service of syrups. Clerks often prepare syrups by guess, using more than is called for in directions, while dispensers fill sundae dishes nearly to overflowing with crushed fruit and draw material from 1½ to 3 ounces to a drink, the result being a cloying, sickening dish, instead of the fruity, refreshing soda that people like best. Too much sugar in soft drinks is not merely wasteful in ingredients, cutting down profits, but it also results in loss of trade.

The North West Confectioner advises candy dealers to turn their attention to fresh fruits as merchandise, and to build up a thriving fruit trade. This action is suggested in view of the prospect of reduced sales in candy, due both to sugar restrictions and reduced candy consumption by the public.

A SUGGESTION FOR HOTELS.

A hotel in Atlantic City publishes the following at the bottom of their menu cards: "At the suggestion of Food Administrator Hoover we omit from this menu all food containing wheat products. For growing children and others whose health from a medical viewpoint may require a proportion of wheat products a special wheat list will be supplied on request."



**DO NOT
THROW AWAY
LEFT OVER FOOD!**