# TITCHENER'SMOB <br>  



The Walker House The Houso of Peanty
Toronro, owx
Food Control Corner


## 

## FOOD SERIES. No. v.-FISH

$\qquad$

 ind proper ities or meat and wind whit



 $\qquad$ take the matter seriously to heart.
Virtually they are going to control and
broaden the fish market. They must broaden the fish markect. They must if well cooked are extremely whose-
remember that they are not necessar- $\mid$ some and palatable.. The fisherman
knows their
 than meat but because meat is needed He is ready to supply them. The
in Europe. The appeal of the Allied dealer is ready to carry them if he is
people is one which can neither be din
denied nor ig s sced. And there is the assured that there will he a market
 taining foods.
The war should be the means of $\begin{aligned} & \text { can do io th persistently demanding } \\ & \text { bringing fish into its tue and proper } \\ & \text { the unfamiliar varieties. } \\ & \text { They will soon find them making }\end{aligned}$ place in the diet of the people of of They will soon find them making
Canada. Fish has been much neglect.
theirance on the market if the
Cemand is kept up. $\begin{aligned} & \text { ed and it is only now that it is being } \\ & \text { seriouly thought oo as a national } \\ & \text { source of food supply } \\ & \text { Che Fod }\end{aligned}$
$\begin{aligned} & \text { Fiod }\end{aligned}$ the necessity for the use of more fish
and the Fish Committee has promoted
a vigorous campaign for the popular--
ization of various kinds of fish hither-
to deprived of an honorable place on
$\qquad$ THE "vERY HARDEST AGE."
It was a very young mother who ant, superior, patronizing sort of way,
old me yesterday that her child was it is really more than he can do to told me yesterday that her child was
just at the hardest age. She is just reader unquarififed obedience to
learning to walk and is into every- mother who only weighs ninety-five earning to walk and is into every- mother whe lots of the "fellers"
thing. I have no doubt every mother pounds when lot
of a real, hive child of any given age, younger than he is don't have to mind would claim loudly that her offspring a mother that weighs one hundred and
was at the every hardest age, for at fifty. Every once in a while he makes
any age the child presents problems a dash for liberty. any age the child presents problems
that turn one's hair gray; unless the The for liberty.
the last time was told to be
thild happens to be of the sort that home from school at four aclock
 I am positive that no age could be
harder to manage than that at which Loo when he is too old to spank and
Just what not to need it occasionally.
most as big as you a boy who is al.
dd enough to have arre, anden yentiel not self-government, I'll admit is beyond
me at times. It wouldn't be quite so
hard if this particular boy didn't have ne to go through of all the sheding stages
ernal wrath, and was very po
calm. me at times. It wouldn't be quite so
hard if this particular boy didnt have
quite so much masculine contempt for


