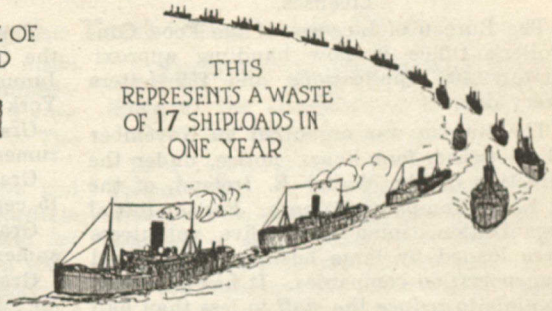


SAVE THE BREAD:-



WASTED
ONCE A DAY BY 8,000,000 PEOPLE
IN CANADA - BY THROWING AWAY
THE CRUSTS - THE LEFT-OVERS - THE
SLICE UNNECESSARILY EATEN

THIS
REPRESENTS A WASTE
OF 17 SHIPLOADS IN
ONE YEAR



*THIS WASTE ADDS THREE OF THE MOST MODERN
SUBMARINES TO THE GERMAN NAVY.*

"I am a Slice of Bread.

"I measure three inches by two-and-a-half, and my thickness is half-an-inch.

"My weight is exactly one ounce.

"I am wasted once a day by 8,000,000 people in Canada.

"I am 'the bit left over'; the slice eaten absent-mindedly when really I wasn't needed; I am the waste crust.

"If you collected me and my companions for a whole week you would find that we amounted to 1,750 tons of good bread—WASTED.

"Seventeen shiploads of good bread wasted every year by the people of Canada—more than 3 German submarines could sink—even if they had good luck.

"When you throw me away or waste me you are adding three of the most effective submarines to the German Navy."

STOP ALL WASTE.

(Adapted from a pamphlet issued by the National War Savings Committee, London, England.)

SAVING IN COST OF MILK.

A news despatch from Chatham, Ont., says:

"The establishment of milk depots in many parts of the city by the Mechanics' and Workmen's Board of Trade has resulted in the price of the commodity being reduced in the centre of the city to 8 cents a quart and in the outlying districts to nine cents. The depots have been established in grocery stores and by doing away with the cost of delivery the Board has found it possible to effect a material saving to the consumer."

FILMS ARE "BOOKED UP SOLID."

The Motion Picture Committee of the Food Controller's Office reports that food conservation films are "booked up solid" until early in March.

"The theatre managers and owners are all giving the heartiest co-operation" writes a member of the committee.

Motion picture slides with food conservation messages have been prepared and will be distributed within the next couple of weeks to all motion picture theatres in Canada.