



BOVRIL
Take it as Soup
before Meals

RECIPES

The June number of the *Women's Magazine* contained some excellent recipes with-out white sugar. The following are a few.

PEACH MARMALADE

- 3/4 pound dried peaches
 - 1 pint cold water
 - 1 cup corn syrup
 - 1 orange
 - 1 lemon
 - 1 cup chopped raisins
 - 1/2 pound chopped walnuts
- Soak peaches over night in cold water. Next morning add corn syrup, raisins, lemon juice, and orange pulp peeled and cut very fine. Cook gently for an hour or more. Add nuts 25 minutes before removing from fire. Pour into sterilized jelly glasses. When cold cover with a thin layer of parowax.

PARISIAN DELIGHTS

- 1/2 pound figs
 - 1/2 pounds dates
 - 1/2 pounds walnuts
- Mix fruits and nuts and force through meat chopper. Place mixture on board dredged with powdered sugar. Roll out in balls an inch in diameter. In making fruit and nut candy, dampen the hands while rolling the candy. Roll it out in a long roll about an inch in diameter, and from that break off small pieces.
- Use granulated, grated coconut or ground nuts for the final rolling.

BUTTER SCOTCH

- 1 cup brown sugar
 - 1 teaspoon vinegar
 - 1/2 cup water
 - 4 tablespoons butter substitute
- Boil together sugar, water, and vinegar for ten minutes, then add butter substitute and boil until brittle when dropped in water. Do not stir at all; turn into a greased pan.

MAPELENA

Peel 5 medium ripe bananas cut in halves and place in a greased dish with 1 1/2 cups maple sugar. Bake in a moderate oven 20 minutes. Baste bananas frequently with the syrup. Before serving add 2 tablespoons chopped nuts to the sauce. Serve hot.

MAPLE PUDDING SAUCE

- 1 cup maple sugar
- 1 1/2 cups boiling water
- 2 tablespoons butter substitute
- 2 tablespoons corn starch

Melt butter substitute in a pan, combine with flour, and cook for 3 minutes. Add maple syrup. Mix with the boiling water cook until thick, stirring constantly.

RYE FLOUR PIE CRUST

- 1 cup rye flour
 - 3/4 cup butter substitute
 - 1 teaspoon salt
 - Cold water to moisten
- Rub butter substitute into flour and salt; add cold water slowly until crumbs are all taken up. Roll out, fill and bake.

She—"How have you been economizing?" He—"Used last year's resolutions over again."—*Yale Record*.

"It's when a man is in trouble that he realizes the value of a wife." "Sure! He can put all his property in her name."—*Boston Transcript*.

"Are you going to rusticate this summer, Mrs. Comeup?" "No, indeed; we can't afford anything that expensive. We're just going down on the farm."—*Baltimore American*.

"You know these war rates?" "Yes." "Are they going to hurt matters?" "I dunno. I fear that three-cent postage is going to put a lot of poets out of business."—*Louisville Courier-Journal*.

CANADA FOOD BOARD NOTES

Enforcement of the Canada Food Board's regulations as to food conservation has been placed in the hands of the police machinery of the municipalities and of the different Provinces throughout the Dominion.

It is the duty and privilege of the Provinces to enforce federal laws; and the Orders of the Canada Food Board have the effect of federal law, being passed upon authority of Orders issued by the Privy Council and published in the *Canada Gazette*. It, therefore, becomes the duty of police officers throughout the Dominion to acquaint themselves with these regulations regarding our food supply and to see that they are obeyed. At this stage of the world's food situation, when 4,750,000 people in Europe have starved to death as compared to 4,250,000 soldiers who have died as the result of battle, it is beyond cavil or dispute that these food regulations are absolutely necessary. Indeed many people in communication with friends in England or in France think our Canadian regulations mild in view of what people on the other side are undergoing. Patriotism as well as duty should inspire submission to these restrictions by the public and vigilant enforcement of them by the officers of the law.

In cases of convictions secured by the municipal police officers, it should be noted that where these convictions result in the imposition of fines, the money from these fines is to be paid to the municipal treasuries, and similarly in the cases where Provincial officers secure convictions. The Canada Food Board has circularized these Orders in official form throughout the police machinery of the various Provinces, beginning with the Attorney-General and continuing through the lists of Crown Attorneys and Crown Prosecutors. In some Provinces the Chief Constables have also received copies of the various Orders affecting the public. As a result, throughout Canada of recent weeks there has been a crop of convictions. In all cases the Magistrates have stood firmly behind the regulations and imposed the penalties as provided. These run from \$100 to \$1000 in fines, or imprisonment up to three months, or both. Restaurant keepers, who have served meat on prohibited days and hours, served sugar on the tables or wasted food, have been brought to task; and the wide spread publicity this has entailed will do a great deal more to assure conservation of food in public eating places than anything else.

The Anti-Loafing Law, also bearing upon our war-time food production, has likewise been enforced. Magistrates have seized the opportunity of dealing with loafers, tramps, and "Sports" by putting them to work on the farms, "Non-essential" industries have been interpreted by some Magistrates into more or less definite groups, and men who had no better excuse than employment in said questionable industries have been ordered to get into more useful occupations. In Winnipeg a great change has been observed in the streets since this law went into effect. The idlers and loafers have disappeared.

Patron—"Bring me an infinitesimal portion of cheese." Waiter (dubiously) "I am afraid we have not that much in the house, sir."—*Baltimore American*.

"Pa said you had more money than brains." "Ha! That's one on him, for I'm broke." "Pa added that."—*Boston Transcript*.

"Bragg enlisted, I hear. I wonder what kind of a soldier he'll make." "Don't worry, he'll give a good account of himself."—*Judge*.

IN A CHOP-HOUSE

ICHABOD! The glory has departed!
See where the manager despairing stands,
He who was once so blithe and genial-hearted,
And mutely spreads apologetic hands.
Each waiter seems a funeral procession
Bearing in dismal state the ravished tray;
Choking the sobs that scarcely bear suppression,
This is their meatless day!

Whefe once amid the incense of his altar
There stood the great high priest of boiled and roast,
Whose flashing blade would never stay nor falter,
I seem to see a wan, despairing ghost.
At the mere thought of armored prawns in curry
Or tiny denizens of ocean's deeps,
Poor fare o'er which once leisured diners hurry,
He bows his head and weeps.

And yet, while I regard my meatless platter,
I take a somewhat broader point of view;
It seems, in fact, a very trifling matter,
That joint and chop to-day should be napoo.
It may be that the erstwhile food-hog blanches
To think he cannot eat another's share,
But while there's meat for Tommy in the trenches
My soul will not despair.

"Touchstone," in *London Daily Mail*.

THE AMERICAN SARDINE INDUSTRY

H. M. Loomis, director of inspection of the National Cannery Association, Eastport, Me., has prepared the following interesting statement on the American sardine industry, particularly as relates to Maine:

The sardine industry of the United States has a great opportunity to extend its markets on account of the practical shutting off of European sardines from the western hemisphere; but in order to hold such business a reasonably high standard of quality must be established and maintained. With the wonderful development of the industry in Southern California, competition in domestic sardine production promises to become very keen as soon as conditions return more nearly to normal, and it behooves the Maine packers to prepare for this.

California sardine packers have one great advantage over the Maine packers in that they can operate their factories for almost, if not quite, the entire year on account of favorable climatic conditions, and because tuna are caught and packed the months of the year when sardines are scarce, and a factory can readily be fitted for packing either kind of fish. The prospects are, that the California packers will also be able to secure their fish for sardines at lower cost than in Maine, on account of the difference in the fishing methods and available supply.

One factor that is a great injury to the Maine sardine industry, and which certainly will have to be remedied in the course of a few years, if that industry is to meet the competition which is continually growing keener, is the great fluctuation in the price of raw fish, due to the buying of fish at auction from the fishermen or weimen. As packers are anxious to keep their help employed when once the packing season opens, they will bid against each other, and sometimes pay exorbitant prices for fish, and these exorbitant prices at one part of the season must be offset by correspondingly low prices paid at other times when fish are plentiful. The result of such conditions is that many are dissatisfied and the industry is placed on a very uncertain basis.

As Maine sardines have formed quite an important and economical article of diet among large classes of people, particularly in the Middle West and South, and it would be very unfortunate for the industry if the price of these sardines should go so high as to put them out of reach of those people, or lead them to turn to other varieties of nitrogenous food.

The pack of Maine sardines last year amounted to over 2,500,000 cases, and almost the entire pack was disposed of before the winter was over at prices agreed upon with the Food Administration. Presumably the Food Administration will again reach an agreement with the packers on the price of sardines for 1918.

The increase in price of domestic sardines during the last two years has not been any greater proportionally than for most classes of food, but there still seems to be a chance for considerable reduction in the cost of producing sardines through the exercise of greater care in the selecting and handling of the raw fish, and by improved mechanical methods for preparation of the finished product. Although the days of hand-made cans have passed, and there is a great reduction in the relative amount of labor employed in the sardine factories, the cost of labor and materials has advanced so rapidly that any gain from this reduction has been more than offset. The following approximate figures relating to the sardine industry in 1916 and thirty years ago may be of interest:

	Persons employed	Cost. of fish	Cases packed.	Av. price per case.
1886	45	34,875	166,000	\$4.50
1916	42	4,800	2,100,000	5.60

"From report of United States Fish Commissioner, 1887.

In my annual report to the sardine section of the National Cannery Association was included a recommendation on the adoption of three grades of Maine sardines with general specifications to cover those grades. I believe such a step would be a benefit to the industry.

In this industry the association is confronted at present with the same difficulty as in all other lines; that is, that the demand is so large that there is difficulty in maintaining quality. Fortunately, however, the provisions of the Food Administration Act, together with the requirements of the Food and Drugs Act, will tend to hold in check any reckless attempt to overlook the interests of the consumer in the matter of quality, and will be of great help to the inspection carried on by the National Cannery Association. Special benefit will be afforded by two new rules of the United States Food Administration applying specially to the canning industry and providing for a proper fill of cans, and for the maintenance of sanitary factory conditions and for the handling of the raw materials so as to eliminate waste. To these should also be added rules that would govern the quality and the amount of fish per day that might be delivered at any one factory.

Though the war has made severe inroads on the personnel of the association's inspection force, nevertheless we have a nucleus of experienced men, and hope to make the work more efficient and valuable to the packers than in the two previous years. The sardine factories under inspection in Maine now are well equipped to produce sound, clean food products, of good quality.

This spring fourteen of the twenty factories under inspection in the Passamaquoddy Bay district have or are making extensive alterations and improvements in their factories or equipment. Five of the other six factories made similar improvements the year before. The association hopes to improve the quality of goods bearing certificates of inspection during the coming season. The requirements covering quality of goods entitled to bearing certificates have been made more strict, and we believe that there is a better spirit of co-operation with the association on the part of packers and fishermen than ever before.

TWO OF A KIND

Every man examined at Camp McClellan, Anniston, Ala., is asked what his business was before entering the army. For some reason this duty is entrusted to the examining doctor.

"And what was your business before you gave your services to Uncle Sam?" he inquired of one smiling recruit.

"I was an undertaker," came the reply.

"What made you take up that business?" snapped the doctor.

"I'll answer that question," replied the soldier, "if you will answer one question for me."

"Go ahead," said the doctor.

"What made you go in for doctoring?" "Blessed if I know," admitted the M. D.

"That's the way with me," replied the former undertaker.—*New York Evening Post*.

GENERAL TURNER

London, May 22.—The following announcement appears in the *London Gazette*—Lieut. General Sir Richard Turner to be the general officer commanding the Canadian forces in the British Isles on his appointment as chief of the general staff of the overseas militia forces of Canada.

GEN. TURNER HONORED

London, May 26.—The King held a unique investiture at Buckingham Palace yesterday, the ceremony for the first time being held in the inner quadrangle to which the subject was admitted. Among the recipients of the decorations was Lieut. General Sir Richard Turner, V. C., D. S. O., chief of staff of the Canadian overseas forces, who is now a K. C. B.

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THE NEW WAY TO EAT

I USED to pick a restaurant with very thoughtful care. And with discriminating eye peruse the bill of fare. I liked to let the waiter stand in deferential way. While I decided what I'd like and what I'd care to pay. No more do I assume the air of a fastidious man. I'm eating anything I get just when and where I can. I say, as I with fortitude approach the dining spot, "Just give me seven dollars' worth of anything you've got."

O, be it ham and eggs, or pork and beans, or cheese and pie. Or, sausages and cabbage and bread made of bran or rye. I shall not lift a murmur, but I'll sit right up and eat. And never kick because the service isn't prompt and neat. And as to cost, so humbled is my once exalted pride. A little change, enough to keep the waiter satisfied. Is all I ask, as I exclaim, in tones of empty mirth, "No matter what it is! Just bring me seven dollars' worth!"—*Washington Star*.

BRITISH BOMB STRUCK PALACE AT MANNHEIM

Basel, Switzerland, Friday, May 24.—The east wing of the Grand Ducal Palace at Mannheim was struck by bombs during the British air raid of Tuesday. The royal residents had left for Berlin. Two tons of bombs were dropped within the city. They destroyed the chemical factory and damaged the railway station. Incomplete accounts of the raid describe it as the most terrifying of any of the three which have been carried out there during the war.

WEEK'S BRITISH LOSSES

London, May 28.—British casualties reported in the week ending to-day reached a total of 33,694. They are divided as follows: Killed or died of wounds, officers 168, men 3,527; wounded or missing, officers 735, men 29,264. The total for last week was 36,677 and for the week before 31,612, the largest of any week since the beginning of the German offensive. The falling off in the totals reflects the lull in the fighting between the attack which ended in April and the one now beginning.

GERMAN BOOTY AT SEBASTOPOL

Amsterdam, May, 26.—While two big steamers and two destroyers of the Russian fleet got safely away when the Germans occupied Sebastopol, the vessels falling into German hands, according to the war correspondent of the *Frankfurter Zeitung*, included seven battleships of the pre-Dreadnought class, including four launched since 1896; two protected cruisers of the Kague class, three modern destroyers, seven old destroyers and a number of submarines. The correspondent says the ships, engines, and guns are in good condition in almost every case.

DANISH EXPLORER HOME

London, May 23.—Knud Rasmussen, the Danish explorer, according to an Exchange Telegraph dispatch from Copenhagen, has reached Long's Firth with his Arctic expedition and has charted all the firchs of northern Greenland. Important scientific results, the explorer says, have been attained. Rasmussen and his second Thule expedition left Denmark in April, 1916.

RELATIONS NOT SEVERED

Havana, May 27.—The Cuban state department to-day dispatched a circular cablegram to the Cuban diplomats in all foreign countries advising them that diplomatic relations between Cuba and Mexico had not been ruptured. Washington, May 27.—A statement issued to-day by the Cuban legation here says the Mexican government has informed the Cuban chargé in Mexico that the recall of the Mexican chargé at Havana does not imply a severance of relations. The Cuban minister expressed confidence that the affair would prove nothing more than a passing incident.

"On what platform were you elected?" "I don't remember," replied Senator Sorghum. "Every candidate was trying to promise everybody everything. As near as I can recall, I was elected on pretty much the same platform as the one my opponent was defeated on."—*Washington Star*.

Lawyer—"Have you ever been in jail?" Witness—"Yes, sir, once." Lawyer (triumphantly)—"Ah! For how long?" (Witness—"Long enough to whitewash a cell which was to be occupied by a lawyer who cheated one of his clients."—*Boston Transcript*.

"The cavaliers used to drink a toast to some court beauty and then smash the glass so that it could never be used again." "We get the same results with the sanitary paper cup."—*Louisville Courier-Journal*.

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