

clusively as a breakfast food in the province of Saskatchewan, there would be a monetary saving of more than \$2,000,000 annually.

"From the standpoint of health, the people would be equally, if not better, nourished," he said. "Further, rolled oats may be substituted for flour in baking bread, cakes, pastry, etc. The price of oats has not increased in the same proportion as wheat, consequently rolled oats is relatively cheaper than it was before the war. Rolled oats costs on the basis of nutrition value one-fifth as much as bacon and eggs, one-fifth as much as steak and potatoes, one-fifth as much as chicken, one-half as much as bread and milk, and one-quarter as much as the average food. A tremendous economy can be effected by using rolled oats instead of wheat cereals. Not only without the slightest inconvenience, but with profit, and, more important, **THE WHEAT CAN BE CONSERVED FOR THE ALLIES.**

"Another source of waste wherein appetite triumphs over reason and economy is in the enormous consumption of meat. . . . Physiologically, the enormous consumption of meat per capita cannot be justified, and economically it is exceedingly wasteful.

PRICES AND PRODUCTION.

Winning of the War Makes Greater Production Essential.

In the November issue of *The World's Work* appears an editorial article on Price-Fixing and Production. Following is an extract:—

"For the winning of the war the amount of production of food and other products is far more important than the price at which they are sold. It would not help to win the war to sell wheat at a dollar a bushel if there was not enough wheat. And if there is enough wheat, paying two, three, or even four dollars a bushel would not lose the war. It is easier to raise more money—as hard as that is—than it is to raise more wheat, and wheat is the more important—likewise coal, steel, etc., etc."

ONIONS SOLD BY ORDER.

Ten tons of Spanish onions, shipped from the West Indies in bond and placed in storage at the Verral Storage Company by the Canadian Espanio Company, 32 Front Street West, Toronto, were ordered to be sold immediately for what they would bring, on representations made last week by the Food Controller, as they had sprouted and were likely to spoil.

FOOD PRICES IN EUROPE.

How War has Increased the Cost of all Foodstuffs.

The National Food Journal, published by the British Ministry of Food, says that those people who are tempted to grumble at the high prices which rule in England would do well to remember that in this particular they are no worse off, even if little better off, than their neighbours, be these friend or foe.

In Germany the price of average beef in August was 2s. 3½d. as against 11d. before the war. The amount of beef to be obtained was a little over 8 ounces per head per week. In Paris the average price of beef for September was 2s. 4d. per pound. In Berlin and Paris the price of butter before the war was 1s. 4d. and 1s. 3d. per pound, respectively; much the same as in London, England. The latest quotations for both cities are about 2s. 7½d. In France butter can be obtained in reasonable quantities, but in Germany the amount allowed is limited to 2 ounces per week. In Germany rye bread before the war was sold at 6d. per 4 pound, while now it is 10d. In France wheaten bread was 7½d. before the war, whereas now by State intervention it has been fixed at 8½d., rising to 9d. in certain places.

The following table shows the percentage of increase in the retail prices of leading commodities since July, 1914.

Commodity.	United Kingdom.	France.	Germany.
Beef	115	166	160
Butter	100	120	97
Bread	55†	11†	66
Milk	78	50	90*
Potatoes	40	25	150
Sugar	190	85	36
Mutton	60	110	—
Pork	—	125	266

*For children and invalids only.

†This is a war bread containing other cereals than flour. The price is fixed by the Government, which pays from the Exchequer a very large sum in order to make up the loss to the trade.

In comparison with these figures the average increase in the retail price of 29 representative foods in Canada was only 57 per cent.

The distribution of sugar and the price are being closely watched by the Food Controller's office. Steps have been taken to check hoarding, to prevent an advance in retail prices, and to secure an equitable apportionment of supplies.