

SAVE FOOD

In a time needing food economy many people are not getting all the nourishment they might from their food. It is not how much you eat, but much you assimilate, that does you good.

The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

CHAMCOOK, N. B.

May 9.
Mr. and Mrs. Melville are the proud possessors of a bouncing baby boy, born Thursday morning, May 9.
On Sunday Mr. and Mrs. George Newton were tea guests of Miss Nellie Stuart at her home in St. Andrews.
Mrs. Wm. McCracken has returned from Calais, where she went to attend the funeral of her niece, Miss Irene Graham. It was with great regret that the friends of Miss Graham received the news of her death. She spent part of last summer here and won many friends by her sunny disposition. For her mother there is widespread sympathy.
Mrs. John Greenlaw entertained a few friends at a birthday gathering for Miss Gladys on Wednesday afternoon.
Mr. Fred Beane has kindly placed his power boat at the disposal of the men who are endeavoring to recover the bodies of the unfortunate men who were drowned in Chamcook.
Mr. and Mrs. Austin Bucknam departed for Eastport on Wednesday for a few days.
Mrs. Melville Cockburn, Mrs. Ed. Cockburn, and Miss Nellie Stuart, of St. Andrews, paid calls on Mrs. Roy Webb and Mrs. George Newton on Wednesday afternoon.
Mrs. Roy Webb entertained Mr. and Mrs. Arthur Mason and their son, Morris, and Miss Margery Babbitt to tea on Sunday afternoon.
A hearty welcome was extended by the many friends of Mr. John Thompson and his bride on Tuesday when they arrived on the train from a flying visit to St. John. A shower of rice was rained upon them on their arrival at their new home.
Mrs. Jane Wilson and family are here for the summer. Mr. and Mrs. Wilson expect to work in the factory as soon as fish arrive.
Miss Mary Hanigan, of St. Andrews, has taken a position as stenographer in the office of the Booth Fisheries.
On Tuesday evening last, the many friends including friends from St. Andrews of Mr. and Mrs. Jack Thompson, invaded their home for a reception and house-warming, and a most enjoyable evening was passed. Postmaster Thompson, Mrs. Thompson, and Miss Francis Thompson, of St. Andrews, assisted in receiving, also Mrs. Webb. During the evening a very comprehensive musical programme was rendered, consisting of many songs by the quartette; piano solo by Mr. Osborne, special representative of Booth Fisheries Co.; and a vocal solo, the gem of the evening, by Mr. Wm. Bowden, who has no superior as an entertainer. Dainty refreshments were served during the evening.
All present were enthusiastic in expressing their good will and best wishes for a most successful future for our popular Postmaster and wife. Jack is soon to leave for the front, and while he will be missed by all, we know he feels it his duty, and all wish him a safe return.
Below is a list of the many presents, which were both pretty and useful; 1/2 Doz. Silver Knives, Forks and Spoons, from Mr. and Mrs. A. Thompson, Father and Mother, of the groom. One Silver Carving Knife and Fork from Francis and Florence Thompson. Silver Tea-spoons, Mr. and Mrs. Hartford Thompson, bride's parents. Silver Butter knife, Lucy Calder. Silver Butter knife, Mr. Ed. Cummings. Silver Butter knife, Mrs. Howard Butler. Silver Butter knife, Miss Irma Leslie.

Silver Cream ladle, Mrs. M. Ingalls. Silver Cream Ladle, Mr. and Mrs. L. Wentworth. Sugar shell, Mr. Arthur Fountain. Silver and Cut Glass Pepper and Salt, Mr. and Mrs. H. A. Wentworth. Aluminum Tea-pot, Mr. Lindeh Leslie. China Tea Set, Messrs. Roy and Leslie. Stuart. China Fruit Dish, Mr. Edgar Fountain. China Fruit Dish, Miss Myrtle Stuart. Two China Bon Bon Dishes from the bride's Mother. Wedgewood Fruit dish, Mr. Frank Farris. One Glass Berry Set, Lionel Leslie. One Glass Pickle dish, Addie Leslie. 1/2 Doz. Linen Napkins, Mr. and Mrs. James Calder. 1/2 Doz. Linen Napkins, Miss Marietta Thompson. Linen Bureau scarf, with insertion and lace tating, Mrs. L. Parker. One pr. Linen towels, Hazel Marshall. Quilted Bed Spread, Mrs. George Thompson, of Deer Island. Afternoon Tea Cloth, Mr. and Mrs. Arthur Gove, Embroidered Table Centre, Mrs. W. Clarke, of St. Andrews. One pr. embroidered Guest towels, Mrs. A. Bucknam. One pr. Turkish Bath towels, Mr. Roy Webb. One pr. Hemstitched Linen towels, Mrs. G. Newton, of Chamcook.

BEAVER HARBOR, N. B.

May 7.
Mrs. Geo. A. Eldridge is on the sick-list. Albert Eldridge is spending a few days in St. John.
Miss Amanda Eldridge has gone to St. Andrews for the summer.
Mrs. Martin Eldridge spent the week-end with friends in St. John.
Miss Winnie Hawkins, who teaches at Graniteville, spent the week-end with her parents, Mr. and Mrs. Ira Hawkins.
Miss Rhetta Hutton has arrived home, after several months spent in Boston.
Mrs. Archie Harris has been very ill, but is recovering.
Mrs. Annie Crickard has returned to her home in St. George, after spending several weeks with friends here.
Mrs. Mayhew, of Boston, is visiting her parents, Mr. and Mrs. M. Nodding.
Mr. and Mrs. Blanchard Outhouse have returned to their home in Tiverton, N. S.
Mr. and Mrs. Albert Paul are rejoicing over the arrival of a baby boy in their home.
Mr. and Mrs. Robert Barry spent Saturday and Sunday with friends at Leonardville, D. I.
Our teacher, Miss Armstrong, spent Sunday at her home in St. George.
Private Calvin Eldridge, who has been in a hospital in Toronto, arrived home on Monday.

WILSON'S BEACH, C-BELLO

May 9
Mrs. H. G. Wooster, of Seal Cove, G. M., was a recent guest of Mrs. Ernest Lank.
Mrs. Edward Phinney, who was in Boston for medical treatment, is home again much improved in health.
Mr. Walter Henderson, of Gloucester, Mass., visited friends here recently.
Mr. Burton Morrison, of Perry, Me., is a guest of his sister, Mrs. Edgar Newman.
Mr. and Mrs. Herman Brown went to St. John last week to see their son, Private Archie Brown, who will sail shortly for England.
Mr. Albert Newman moved his family to Lunenburg, where they will remain for the summer months.
Mrs. Margaret Cross, of Eastport, is visiting her sister, Mrs. Henry Langmaid.
Mr. Charles Henderson and Mr. Merton Newman, who have been in Nova Scotia for a number of months, are home again.

WARTIME RECEIPTS FOR HOT BREADS

LIBERTY BREAD
1 1/2 cups white flour
1 cup corn-meal
1/2 cup bran
6 teaspoons baking-powder
1 teaspoon salt
1 1/2 cups liquid
2 teaspoons fat

Sift the corn-meal, flour, salt, and baking-powder together. Add bran and stir thoroughly, adding all the moisture, then the melted shortening, beating all the time. Turn into a well-greased bread tin. Bake in a moderate oven for 40 minutes.

BARLEY SPOON BREAD
2 tablespoons fat
4 cups boiling water
1 cup barley meal
2 eggs
1 tea-poon salt
Add the barley meal to the boiling water, stirring constantly. Cook in a double boiler one hour. Cool, and add the well-beaten eggs. Turn into a greased dish, and bake in a moderate oven 1/2 hour.

NUT BREAD
1 cup brown sugar
1 cup chopped nut meats
1 cup chopped dates
2 cups rye flour
2 cups white flour
1 teaspoon salt
4 teaspoons baking-powder
2 cups milk
1 egg

Place the dry ingredients in a bowl. Mix the milk with the egg, and mix thoroughly with the dry ingredients. Set to rise for fifteen minutes in a warm place.

OATMEAL BREAD
5 teaspoons baking-powder
2 cups flour
1 teaspoon salt
1 tablespoon molasses
2 cups oatmeal
1 egg
1/2 cup milk or water

Cook one cup of oatmeal in three cups of water until a thick porridge is made; add salt and sugar, and set aside to cool. Beat egg, add the milk and egg to the cooked oatmeal. Add flour and baking-powder sifted together; mix thoroughly; turn out on a moulding board and knead well. Bake one hour in a moderate oven.

RYE AND CORNMEAL BREAD
6 cups rye flour
2 cups corn-meal
1 teaspoon salt
6 teaspoons baking-powder
1 tablespoon sugar
2 tablespoons shortening
1 1/2 cups milk and water
Sift the dry ingredients. Add the milk and water and melted shortening. Beat well; put into a greased pan and allow to stand in a warm place for 25 to 30 minutes. Bake in a moderate oven 50 minutes.

BARLEY SCONES
2 cups barley-meal
1/2 teaspoon salt
2 teaspoons baking-powder
2 tablespoons fat
1/2 cup sour milk
1/2 teaspoon soda
Sift together the dry ingredients and work in the fat. Dissolve the soda in a little cold water and add the milk. Combine all to form a soft dough. Turn out on a well-floured board; knead slightly, and roll to one half inch thickness. Cut into diamond shapes and bake in a hot oven.

BROWN BREAD (Without Wheat)
2 cups yellow corn-meal
1 cup rye
1 cup molasses
2 cups sour milk
1 teaspoon salt
1/2 tablespoon soda
Mix the dry ingredients. Add the molasses and sour milk. Put into moulds or one pound baking-powder tins. Steam three hours, then dry in the oven for fifteen minutes.

CORN DODGERS
2 cups yellow corn-meal
1 cup milk
1 cup water
1 teaspoon salt
Boil together the milk and water; pour this over the salted meal; bake about thirty minutes in a hot oven.

SPOON CORN BREAD
2 cups water
1 cup milk
1 cup corn-meal
1 tablespoon butter
2 teaspoons salt
2 eggs
Mix boiling water and corn-meal together and bring slowly to the boiling point and cook five minutes. Add the well-beaten eggs and the other ingredients. Beat thoroughly, and bake in a well-greased pan in a hot oven for twenty-five minutes. Serve from the same dish with a spoon. Sufficient for six people.

CHINESE TROOPS AETER REBELS

Amoy, China, May 2—Heavy reinforcements of Government troops are moving toward the Fukien-Kwangtung border, concentrating chiefly at Tung Shan and Chaon. An offensive operation against the southern rebels is imminent.

WHAT THE WORLD'S AUTHORITIES SAY AS TO THREATENING FAMINES

Lord Rhonda, Food Controller for Great Britain:
"The Allied larder is dangerously empty but we are carrying on in the resolute belief that we can rely on the people of North America to prevent our food supplies from becoming so diminished as to imperil the issue for which we are all fighting."

Sir William Goode, Secretary for the British Ministry of Food:
"Few people have yet grasped the fundamental fact that Great Britain still relies upon the United States and Canada for 65% of her essential food stuffs. Unless we get this food, or nearly all of it, we shall peter out."

Dr. J. W. Robertson, Chairman of the Advisory Council, Canada Food Board:
"Unless we can get more food now, we shall go under, and 1,000,000 people will starve. This is my conviction, and I know as much about the situation, perhaps as any one."

The British Ministry of Food:
"War is making bare the world's cupboards; the granaries are being emptied; the flocks thinned; the herds butchered; the mines scraped. War is making everything dear except human life. The whole world is threatened with hunger, the menace of which will become greater with the prolongation of hostilities."

Sir Robert Borden, Premier of Canada:
"I can not emphasize too strongly the absolutely urgent necessity for increased food production. The issue of the War may depend on the quantity of food production. The issue of the War may depend on the quantity of food produced in Canada and the United States."

Hon. Charles A. Dunning, Director of Production, Canada Food Board:
"I have no cut and dried scheme whereby a magic wand can be waved and the production of food increased 50%. The only way that we can bring that about is for every man to do a little here, a little there, and every body of men in the country helping."

Sir Robert Borden, Premier of Canada:
"The campaign for the increased production of food stuffs, now launched by the Canada Food Board, is of the most vital importance to the Allied cause. The crisis is grave and urgent beyond possibility of exaggeration."

H. B. Thomson, Chairman of the Canada Food Board:
"Great Britain is on shorter rations than at any time in the last one hundred years. The situation is not only grave but its possibilities are terrifying. A large measure of responsibility for providing food for Europe falls upon Canada. Every available force in the cities must be utilized. Men in non-essential industries at the present time are simply destroyers of rations. To the men who should be on the farm, the Canada Food Board appeals: get out of the rut—do not be merely a destroyer of rations while our food supplies are so dangerously low and starvation is threatening our Allies."

Archbishop Bruchesi:
"We must come to the aid of our soldiers by sending the food which they ask for."
S. E. Todd, Secretary of the Canada Food Board:
"In Italy, above all, there is extreme need of cereals, and scarcity of meat, codfish, and wheat."

Earl of Derby, late Secretary of War for Great Britain:
"When the whole nation is being asked to reduce food consumption, in the interests of our armies abroad, it is the duty of the army at home to set the whole nation an example of determination."

Mr. Herbert Hoover, United States Food Administrator:
"The cereal exports to the Allies from this continent are 45,000,000 bushels short of the amounts promised, while meat exports are also very far behind the quantities which it had been planned to send, and upon which the Allies were counting."

Hon. Sydney Fisher, Ex-Minister of Agriculture for Canada:
"Canadians must go back on the farms if we are to keep the Allied nations from famine, and lay the spectre of starvation that is to-day beginning to menace Europe."

Lord Rhonda, Food Controller for Great Britain:
"The food wanted by mankind does not exist. The word 'shortage' is not strong enough for the situation. To put the matter bluntly, the whole world is up against a nasty thing, familiar to the people of Central India, called 'famine'."

Food Control Administration in France:
"The supply of breadstuffs is causing grave anxiety. Imports are very short. The consumption of meat has been restricted to within the limits of the greatly depleted stocks. Butter is very scarce and milk even more difficult to obtain. Oils and fats are practically unobtainable."

T. K. Doherty, Commissioner for Canada of the International Institute:
"It is probably well within the truth to state that our European Allies are, for

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the current year, over 109,000,000 bushels short of their absolute needs, and that it is only by careful husbanding, drastic rationing, and the shipment of North American supplies and more Argentine wheat, that wide-spread starvation has been so far avoided. It is apparent that North America is the Allies' only refuge, and we now hear their repeated appeals imploring us to wake up to the terribly tragic situation.

Dr. Alonzo Taylor, Chairman of the United States Food Administration:
"You can go into any section of France to-day, and see women hitched to the plow and cultivating the soil. All of the agriculture rests upon their shoulders. The home contains a few old men, the wounded and the tubercular."

Dr. C. A. Zavitz, Professor of Field Husbandry, Agricultural College, Guelph, Ontario:
"Facts point directly to the duty and to the opportunity of Canada in the performance of a great service to the world at this critical time. In crop rotation such as is followed in Ontario, spring wheat fits in very nicely. Of all crop cereals grown in Ontario, wheat should be grown earliest. It is essential if the best results are to be obtained to sow spring wheat as early in the spring as the season will permit."

Hon. C. A. Dunning, Director of Production, Canada Food Board:
"The Allies require from every farmer in Canada at least 10 acres of wheat in 1918 for every 7 acres grown in 1917, on the basis of average yield."

Hon. C. A. Dunning, Director of Production, Canada Food Board:
"The merit system of appointments will be strongly promoted through the appointment of a Forestry Advisory Commission, consisting of the Minister and Deputy Minister of Lands and Mines, the Provincial Forester, one prominent lumberman

NEW BRUNSWICK HAS NEW FORESTRY SYSTEM

Through the recent enactment of the new Forest and Forest Fires acts, the province of New Brunswick has aligned itself with the most progressive governmental agencies on the continent in forest conservation. The administration of the Act will be under the Minister of Lands and Mines. A provincial forester will be in charge of the administration of scaling, enforcement of cutting regulations on Crown lands, continuation of the forest survey, forest fire protection, and the enforcement of the laws and regulations concerning fish and game. The organization of the staff is now under way.
The merit system of appointments will be strongly promoted through the appointment of a Forestry Advisory Commission, consisting of the Minister and Deputy Minister of Lands and Mines, the Provincial Forester, one prominent lumberman

selected by and representing the licensees of Crown timber lands, and one other lumberman or forester associated with the ownership or management of Crown-granted forest lands. This Commission will supervise appointments, which are to be based upon a practical examination, written and oral, designed to test the knowledge and ability of the applicants to perform the duties of the office which they seek.
The provisions relative to forest fire protection are based upon the most advanced legislation in the several provinces and states. The organization will cover Crown timber lands, licensed and unlicensed, as well as the larger bodies of timber land in private ownership. A fire tax of one-half cent per acre per year is to be collected from licensees, supplemented by an allotment from the wild land tax and by an annual appropriation which will bring the Protection Fund up to \$100,000 per year.

It is to be anticipated that the consolidation of all these lines of forestry activities in a single organization, under a technically-trained head, will make most decidedly for efficiency in results and economy in administration.—C. L. in *Conservation*.

LOSS OF LIFE IN COLLISION ON YANGTSE RIVER

Peking, April 30—More than 500 Chinese passengers were lost in the recent collision off Hankow, in which the Chinese steamer *Kiang Kwan* was sunk by the Chinese gunboat *Chutai*.

Simple Herbs Cure Serious Troubles

MANY of the diseases of womanhood may be prevented with care. Unusual excitement—mental or physical—disturbs the delicate balance of woman's sensitive nerves, and upsets her whole system. At the first indication of nervousness or any irregularity, take **Dr. Wilson's HERBINE BITTERS**. It's safe and certain—purely vegetable—regulates kidneys and bowels—overcomes headaches, indigestion, stomach trouble—purifies the blood—tones up and invigorates mind and body.
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