

200,000,000 bushels. Is that enough? It would require nearly 3 wheatless days each week—and that on the part of every individual in the two countries. Three days a week by all would do it well.

But there are bound to be many people who do not understand, or who are too selfish, and possibly some who would fire a grain elevator or destroy a wheat loaded ship. And to offset this there will be found many people who will endeavor to do without wheat flour at all. So three days abstinence from wheaten food per week is the minimum. Many people may plan to use wheaten food only one day a week, some two days a week, and some three days a week. If this is not done voluntarily, the Food Controller may have to make it illegal to sell flour beyond a supply for a day or two each week. This illustrates the principle applying to other war food necessities.

What are the *most necessary* War Foods?

We are informed that they are Wheat and its flour, Beef and Bacon. These contain the most nutriment needed by our soldiers, in a form most easily preserved, and most readily cooked by the army caterers. We can use and cook at our leisure and in the most appetizing manner other meats, fish, eggs, milk, butter, cheese, oats, buckwheat, barley, rye, corn, potatoes, and fresh vegetables from the garden and cellar storage, and the canned stores which should preserve every vegetable for which the cold cellar is not sufficient. On 8 Sept. last the following instructions were sent in a circular letter to inspectors and others in educational authority.

Preservation by Canning, Drying, etc., should be brought thru every educational agency to a knowledge of the people—at Institutes, in public addresses in the schools, especially in the *Rural and Domestic Science Schools*, and in the press.

Many of us might not only keep our good Fridays, but a year of lent on reduced rations, with improvement to our health. This would liberate full rations for our hard-working, weather-beaten, shell-pounded soldiers, who must always be ready to move at the "double" with bayonet and bomb.

The Food Controller does not appear to be able to lower the high prices. Perhaps he cannot in every case. High prices may be nature's way of enforcing abstinences upon us, and possibly without injury. But to prevent injury we must exert every effort to produce food in the absence of perhaps 50,000,000 producers now turned into destroyers of the cancer of Hohenzollern absolutism which is endeavoring to envelop the earth and forestall the federation of a free world and the Parliament of man.