

CANADIAN FOOD BULLETIN

(Issued by The Canada Food Board.)

No. 20.

Ottawa, November, 1918.

No. 20

WORK FOR THE COMING MONTH

“What should we do in food work during November?”

It is a very natural inquiry by the hundreds of willing co-workers of the Food Board in every province. The month is awkward. Workers have time to undertake many things before the winter sets in. Yet seen from within the Food Board, November is not so easy to define. In the new knowledge of food control it appears to be between the full time of bounteous production and the leaner time which will come when the cellar stocks will run lower and lower. We see much food at close range now and we conclude that all the world is as amply supplied.

It is exactly against this too human trend to self-satisfaction that our workers can give warning. The food supplies of the world, let it be repeated and re-emphasized, are worse than they were a year ago. Shipping, which is an essential in the Allied “common table,” is more called upon the more troops are sent. New tonnage cannot yet keep pace with the demand for men and food from this side of the Atlantic. Stores and stocks have been eaten into. Even our advantages on the field of battle add to the food problem, for every released Belgian, hitherto fed partly at least, by the Germans, now becomes dependent on ourselves. In the middle week of October, 20,000,000 rations for the liberated civil population of Northwestern Belgium had to be supplied from the stores of the British Army alone.

So it will be wherever the foe is driven back. Our obligations to feed those whom we succour must grow. What will it be when we are able to reach the 100,000,000 in Russia and Roumania?

Before the war, the North American continent annually shipped to the Allies 5,500,000 tons of foodstuffs. That was doubled last year. This year we are under pledge, with the United States, to send 17,500,000 tons, an increase of 300 per cent. There has been a tremendous slaughter of livestock all over the world, and Mr. Hoover last month, writing to the American Agricultural Advisory Board, said the indications of the war demands are “that the supply of pork products should be kept up on the present level of production. It is obvious that after peace the world demand for pork will be greatly increased over even the present large war demands.”

The answer to the November inquiry is that, instead of slackening, every effort in food control should be doubled in the coming winter. Our workers will find in this Bulletin, month by month, guidance and requisite facts on which to speak and act.

SHORT FOOD SUPPLIES IN FOREIGN LANDS.

UNDREAMT OF DEPLETION ALL ROUND IN EUROPE.

Food conditions in other countries, Allied, neutral or enemy, are little known in Canada. A glimpse at the facts revealed in the subjoined summary should show how literally the food stocks of the whole world have been eaten into and should help to remove the too prevalent idea that somehow our increased shipments from Canada have brought about a surplusage in Europe.

This readiness to accept the ostrich-like view of the world from within its sand-hole is one of the chief difficulties in getting the food problem known anywhere; the provincial view of life is hard to change. The information has been chosen from September issues of a journal published by the General Staff of the British War Office, and from independent sources.

The extracts show plainly a state of affairs which justifies the Food Board's claim that food regulations in Canada cannot be relaxed and that the depleting of European live stock will give a vast field for Canadian farmers to fill after the war.

A glance over certain German newspapers which have crossed to neutral countries shows that criticism of the German system of rationing admits advantages in the English system. Berlin's claim to special rations is denied by other large towns. The harvest reports speak of the bad effect of the continued cold and wet on the crops, and complaints about the potato harvest are increasing. Hanover states distinctly that it will not be as good as last year. In Silesia grubs and field mice are destroying the potatoes. In many parts of Germany torrential rains have greatly hindered the carrying of the wheat, oats, and hay. The bean crop in Brunswick is diseased in many districts. An article in an agrarian paper gives a very depressing account of the state of the German cattle stocks, and complains that the meat ration is too high. Livestock registers are being introduced in Bavaria and Thuringia. The number of illicit slaughtering is very great. More than half a million cattle have disappeared in Germany, and over a million sheep.

Bohemian papers state distress is still acute. There are numerous labour strikes for food. Conditions in Aussig and Eger are bad. Marienbad has suffered from inclusion in the West Bohemian Economic Zone. The Cattle Trade Commission advises further reduction in meat consumption. The bread issue was adequate in the middle of August and later.

In Hungary presumably the nation is enjoying the new harvest. Bread and flour claim most attention. The National Union of Trade Guilds has petitioned the Minister of Commerce for an increased ration. The Government commandeered horse-chestnuts, bean-pods and stalks, and fixes the allowance of straw. Budapest slaught-

erings have been reduced; veal and beef have risen in price. The meatless days order is further complicated by contradictory poultry regulations.

The Ministry of Agriculture in Bulgaria is encouraging the cultivation of vegetables by supplying motor-ploughs to prepare the land. An inventory of fodder stocks is being taken. The cultivation of rice has increased. The prices ruling at Sofia are causing much comment in the press, being higher than in any other locality. Various local market prices are also reported. The bread ration has been raised, but the permanent ration can only be fixed when the results of the harvest are known.

A statement by the Food Minister on the situation in France shows the harvest in the reconquered regions is now completed. Supplies in the Paris market continue to be small.

New taxes in Portugal, especially as they apply to foodstuffs, are criticised. A decree has been issued creating a general Food Commissariat, divided into four Directorates, and the labours appertaining to each of them are given in detail. A decree has also been published on the subject of the new rations. Hotels are to be restricted, and the courses at meals limited.

Certain parts of Dalmatia have been breadless for two months.

Cheap kitchens for the educated classes are to be opened in Warsaw, Poland.

The British Board of Trade Journal of September 5 contains a notice regarding the complete withdrawal of the British Government from all obligations under the International Sugar Convention signed at Brussels on March 5, 1902.

MUST BE NO BEGGARY FOR OUR ALLIES.

ITALIAN DIGNITY POINTS THE WAY FOR CANADIAN DUTY.

"The right of equality cannot and must not be confused with beggary on the one side, and plenty on the other".

In these words an editorial article in the leading newspaper of Northern Italy, "The Corriere della Sera", sums up proudly their claims as Allies to share our food. Italians are fighting a fight which is our own from end to end of Canada; they have a full, moral and manly right to demand equal treatment in food for their soldiers and for their civilian population with our own.

There is no foremost and no last where Allies and equals are concerned. The proud Latin spirit is shown throughout the newspaper comment on the circular recently sent out by the Italian Food Controller Signor Crespi.

"He urges" says the writer "that the strictest economy should be recommended to Italians, since "for every ton of flour saved to-day the Allied Governments can guarantee an hour less of war," and since "every ten tons saved on consumption means a fighting unit added to the line of battle." In no other country is the watch-word 'sacrifice'—so how shall we put it?—so indigenous as in Italy. To-day Italy still stands out among the Great Powers of the Entente as the country in which the smallest amount and the worst quality of bread and meat and sugar are eaten, where bacon is weighed out as though on Shylock's balance, and where oil—oil in the fair mother-land of the olive—is measured out grudgingly. With our deficiency of meat (which will be felt yet more acutely this winter, when a cabbage will be worth nearly the price of a man-of-war) more than one tin, once a month, for every twenty persons, will be required so as to provide for the most moderate daily meal.

We must reckon with the possible and the impossible. If citizens and soldiers form a single army, it follows that the feeding of the people constitutes a factor of resistance and victory, and that the voyages accomplished by ships assigned to the minimum, but irreducible, programme of the people's food, are not altogether lost from the standpoint of the war and victory. We recognize the loyalty of our Allies. Your circular should be translated into the Allied languages, for the Allied ears. We are certain, and you also should not, cannot, and must not, be confused with beggary on the one side and plenty on the other....."

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There should be but one food force for the Allies. The recent war news has shown how essentially all the nations on the Allied side make but one united front. British, French, Italian, Serbian, Greek and Yugoslav troops all took part in the drive in the Balkans; on the West Front, French, British, American, Belgian and Colonial troops are fighting shoulder to shoulder; Arabs helped the British, Indians and Australians who together swept up the three Turkish armies; and in the Far East Japan has captured the last Bolshevik stronghold. The whole of the battle-line is now working under one supreme mind. And in the line behind the battle-line—the food front at home—there must be the same singleness of purpose, or we cannot give the men at arms the support they need and have so richly earned.

It is difficult to understand just how hungry a person at the other side of Europe may be. But if one would only acquire the habit of thinking in Allied terms, instead of personal ones, most would cease grumbling, and instead of indulging incessantly in fault-finding, thoughts and energies would be set to helping the food authorities in their stupendous task of providing all the Allies with the food without which there can be no victory.

AN ALL-WOMEN FARM.

A year ago the West Devon Executive Committee took over Great Bid-lake Farm, Bridestowe, England, which is being used as a training center for women. The farm, which consists of 134 acres, was formerly all in grass, but 73 acres have been ploughed up and are now carrying good crops of corn, roots and potatoes. All the work on the farm, with the exception of a little ploughing last autumn, has been done by women. The Food Production Department state that the buildings are in excellent condition and that the farmyard is one of the best kept in the West Country.

Beginning on November 1, the British people have a new form of rationing book, not the least interesting feature of which is a liberal line of quotations intended to influence the patriotism of the people, from various Allied sources, concerning the war and its lessons and problems, and headed by a message from President Wilson.

PLAIN TALK TO LABOUR MEN.

BRITISH MINISTER APPEALS TO SENSE OF FAIR PLAY.

Mr. J. R. Clynes, M.P., the British Minister of Food, who is himself a Labour man, attended the fifth Labour Conference early in September and spoke on aspects of food matters in Great Britain. A fair reading of his remarks by Labour men and others in Canada whose patriotism is beyond reproach, but who see only one side of the question of food supply, will give matter for reflection.

The Canada Food Board adopts the same frank attitude as the British Food Ministry and adheres as firmly to its decisions when made with the full understanding that those whom the entire facts are not available may see minor points for criticism. Mr. Clynes expresses for all the Allied Food Controllers the main article of their creed when he says: "It was not his job to rearrange the whole social order but it was his job to see that the people should not go short of an indispensable article of food."

Mr. Clynes said that he welcomed conferences as affording opportunities for serviceable criticism and securing information of value to the staff in their various spheres of activity. Until quite recently the organization of the Ministry of Food was, he believed, a perfect one for its purpose, and it had worked very well; but latterly they had to deal, not with the food problem merely affecting the United Kingdom, but affecting the Allied nations. That problem was not one of distribution merely—it was one of supply and of purchase. It had become necessary therefore to effect greater co-operation of action, of effort and of review amongst and between the representatives of the Allied nations who had charge of food matters. It was necessary to have unification of effort, and that factor had been sought and secured in order to confer considerable and immediate benefits with respect to food on the population of the Allied nations.

There was proceeding on the Western Front an effective military offensive of the Allied powers, and Mr. Clynes' belief was that they could back up that triumphant military offensive by an effective food offensive, which could take the shape of giving the Allied Governments the exclusive power to secure the food supplies of the world outside the Central Empires and Russia. Those measures must have their effect upon the German mind, and at worst they were much more human than the barbarous measures used by the enemy in the prosecution of the war.

The Ministry had recently had to sanction an increase in the price of milk, which had brought down upon him many critics. He had fixed the price of 2s. 3d. a gallon to the farmers with reluctance, and only after very mature consideration.

It was not his job to rearrange the whole social order, but it was his job to see that people should not go short of what was an indispensable article of food if it was to be obtained.

Mr. Clynes added that what the Ministry of Food had to do was to put such a price on food production that it would attract it and not repel it. There must always be a fair and reasonable price for the services rendered by any useful person whose services were at all necessary for the production and distribution of articles of food. There were people who would commandeer the farmer and ask the State to take hold of his cattle; who would in every sense apply to food producers exactly the same measure of compulsion which they said should never under any circumstances be applied to labour itself. If, went on Mr. Clynes, it was right that labour should be free, and that its terms of service must be terms of consent and that those things should be arranged between the buyer and seller of labour, then he said that the terms of service in the case of the food producers must in the same way rest upon the same principle of consent.

People would only deceive themselves by putting their view in the terms "Conscript life, and therefore you can conscript food." That was merely playing with facts. While they could turn a civilian into khaki, they could not turn a workman or farm labourer into the dairy shed unless they arranged with him as to the price for the work he was going to do; and in every branch of agricultural service they came back to the fact of the necessity of not trying to seek any advantage by mere physical force. They could not dragoon the farmer to produce milk for them, getting up at all hours for the purpose—they could not do that without coming to terms with the carriers of the pail.

BRIEF TALKS TO JOURNALISTS.

Next to a news "scoop" a journalist's joy is an editorial that can set a new current of thought. Newspaper men to-day have a golden chance to lead their communities anew. This is under the provisions of the Fair Price Order. No instrument has been more used in the call for control of profiteering than the trumpet of the Correspondent's Column. Brief reflection will show that for purposes of price-fixing Canada cannot be zoned. The value of the dollar differs in East and West; local conditions, caused by the inverse ratio of transportation facilities, affect wages and, consequently, all prices within the same province. The return to labour varies widely within a five-mile radius of the centre of our eight or ten large cities.

Plainly, the fixing of prices cannot be done by a centralized control at Ottawa, and it is worth noting that all food orders must, under our Constitution, be made for the whole of the Dominion; the only way to limit their application to one area is to make exceptions of all other areas. That is, the order must be chipped and whittled down negatively to the required size if it is to be localized. If prices are to be fixed

in a way which shall not cut off supplies, it must be done by local power. What other power better represents the people than a properly elected municipal council?

It is like preaching to the converted to say that editorials—and newspaper direction through carefully selected headings, too—have always been the lever by which municipalities are moved.

Another aid from the press that the Food Board can legitimately ask is the removing of the idea that food conditions are being normalized. A glance through an article in this issue on food facts in foreign and neutral countries would soon remove the belief. It is possible indeed that for a couple of seasons after war closes our obligation to Russia, Serbia and half a dozen of the neutral countries will impose on Canada a greater tax in food supply than even war brings at present.

To add to our farm output, new modes will have to be introduced. The illustrations in this issue show what can be done by means of the newest of these ideas—the "tractor and contractor" plan of business farming.

NEW INTER-ALLIED PROGRAMME.

The new conservation programme is being worked out on international lines. The conclusions reached by the Inter-Allied Food Council last August have been checked. All the Allies will eat the same war bread, four parts of wheat to one of substitutes. For the Allies the danger of famine is passed, but the need of rigid economy is still present. Now it is a unified programme, with calculation of all the resources in the Allied pool, of the shipping available, of the military effect of employing the vessels for all or another purposes. The new international food programme, like the unified military command, strikes discomfiture to the Germans and spells the triumph of the common cause.

America and Canada are pledged this coming year to send the Allies half as much again of food supplies as last year. In place of eleven and three-quarter million tons the shipments this year will be seventeen and one-half million tons.

The new programme is less specific but no less definite than that of the last twelve months. Then the food administration was meeting one emergency after another as it rose. This year it will be a long, steady pull.

TRAP OF THE ARCH-ENEMY.

Sir Eric Geddes, First Lord of the British Admiralty, is visiting the United States on an official mission. Here are some arresting facts he gives:

Germany is not beaten.

Germany is far from beaten.

The submarine is still a menace.

A submarine effort of unprecedented scope is expected shortly.

The enemy can be defeated only by continued war service, unabated and undiverted. The hanging out of flags over a Hun defeat is natural but somewhat premature. Canada's war spirit, Canada's intelligence is on trial. The best way to bring the boys back soon is to bend unceasingly to the nearest task.—Montreal Star.

Sarajevo, in Bosnia (where the act which brought about the war was committed) has introduced free school dinners.

Because of the epidemic of Spanish influenza, the United States Food Administration has postponed the distribution of its new home card until December 1. The original plan contemplated the opening of this campaign October 27.

Editors: Clip and quote.

HOW "FAIR PRICES" WILL WORK.

Fair prices should soon be possible in Canada. Under Order in Council 2461, dated October 4 last, the power is definitely delegated to all municipalities to form a committee which will deal directly with the cost of food and other prime needs. It is plainly now a matter for local action. The fair price food project in essence is briefly told. Each municipal area, having appointed its committee, will take evidence as in a public inquiry, taking all local factors into consideration. The committee will then decide on a fair price which the consumer should pay for each article. This must give the retailer a reasonable profit. If the findings, which will be published, do not conform to the notion of consumers in the district, they have the means either of verifying the committee's decision, or of having it immediately revised in the light of local knowledge.

The following are the pertinent clauses of the Order in Council:—

(1) The Council of any Municipality may appoint a Committee of two or more of their officers, to be known as the "Fair Price Committee" and shall submit the names of the Committee to the Minister who shall in writing authorize it to investigate,—

- (a) The amount of any necessary of life specified by the said Council and held by any person for sale or disposition, within such Municipality, at any indicated time or times, including any time preceding the making of these regulations;
 - (b) The time when any or all of such necessary of life was acquired, produced, or brought within or into such Municipality;
 - (c) The cost within such Municipality of such necessary of life, including all charges of an overhead or other nature affecting such cost;
 - (d) The price at which such necessary of life is held in such Municipality for sale, or at which any sales of part of the same or of a similar necessary of life have been made by such persons within such Municipality at any indicated time or times, including any time preceding the making of these regulations;
 - (e) The price which in the opinion of such committee would be a just and reasonable one at which to hold such necessary of life for sale within such Municipality;
 - (f) The amount of wastage or destruction of any such necessary of life, and the reason for same;
 - (g) The fair rental value of any dwelling held or offered for rental within the Municipality.
- (2) For all such purposes the committee shall have the powers of a commissioner appointed under the provisions of Part 1 of The Inquiries Act.

(3) Whenever in the opinion of the Committee or of the Council there is evidence disclosing any offence against these regulations

either the Committee or the Council may take such proceedings thereunder as they may deem proper, or may remit the evidence to the Attorney General of the Province within which such offence shall have been committed for such action as such Attorney General may be pleased to institute.

(4) All lawful expenses incurred by the said Committee shall be payable by the Municipality.

Immediately upon the close of the investigations the said Committee shall report their findings to the Minister and to the Council by which they are appointed, and shall publish over their signatures in the paper or papers published in the said municipality, or where there is no such paper in a paper published at the nearest point thereto, the fair price to the consumers in that municipality of the necessities of life investigated.

(1) Except in investigations had by a "Fair Price Committee," whenever in the opinion of the Minister there is evidence disclosing any offence against these regulations, the Minister shall take such proceedings as he may deem necessary, or shall remit the evidence to the Attorney General of the Province within which such offence shall have been committed, for such action as such Attorney General may be pleased to institute.

(2) Prosecutions under these regulations shall be commenced only in the county or municipality in which the alleged offence was committed were situated.

FIELD FOR FAIR PRICES.

The Ottawa Citizen, commenting on an editorial in last month's Canadian Municipal Journal, the official publication of the Union of Canadian Municipalities, which had been written just before the promulgation of the Government order, endorses the view that price-fixing is peculiarly a thing which should be done by localities. It is interesting to note that the Canadian Municipal Journal suggested, it might almost be said forecast, the very things which form the groundwork of the Order.

Under the head "Name the Fair Price Committee," the Telegram, Winnipeg, says in part: "It would be well that a Municipal Fair Price Committee be appointed under the new food control regulations. These regulations, made public more than a week ago, have not yet been acted upon by the city of Winnipeg. Certain of the city's elder statesmen are reluctant to do anything about it, resenting anything at all that calls for action and that entails responsibility. We have a better situation in Winnipeg. The authorities at Ottawa are plainly leaving the situation up to the municipal authority under the new regulations. Here, then, is a concrete case to start upon.

WAR-TIME FARMING IN ENGLAND.

1,152,620 MORE ACRES UNDER THE PLOUGH.

Striking figures showing the remarkable changes that have taken place in agriculture during the last year are contained in the preliminary statement of agricultural returns for England and Wales.

Information collected on June 4 shows that the total arable area in England and Wales this year is 12,398,730 acres, representing an increase of 1,152,620 acres, or 10 per cent over the arable area of 1917. This is the largest area returned for the last 20 years. The area under permanent grass is 14,588,900 acres, a decrease of 1,246,470 acres on the year. The total area under crops and grass thus amounts to 26,987,630 acres, as compared with 27,081,480 acres in 1917.

The greater part of the grassland ploughed up has been placed under wheat and oats. The increase in the area under wheat is 638,260 acres, or 33 per cent, and the total now under this crop amounts to 2,556,740 acres, which is the largest since 1884. Oats cover 2,778,980 acres, the largest on record, and 520,070 acres (23 per cent) more than last year. The other corn and pulse crops also show increases: barley by 42,000 acres, rye by 45,000 acres, beans by 40,000 acres, and peas by 19,000 acres. To these cereal areas there have to be added 141,580 acres under mixed corn now for the first time separately distinguished.

Potatoes have been increased by 125,850 acres, or 25 per cent, and the total area (633,840 acres) is much the largest on record.

The total of cows and heifers, in milk or in calf, 2,578,000, is 113,000 more than last year, and the largest on record, being nearly 100,000 more than the previous highest (1914). The increase occurs in all categories of the dairy herd, but chiefly among the cows in calf but not in milk. Beef cattle, however, show a decline, particularly the older groups, and the total of all cattle, 6,200,000, is some 27,000 less than the record total of last year.

Sheep show a considerable reduction, in spite of a small increase in lambs; the total 16,475,000, is 4 per cent less than last year, and (like the ewes) represents the smallest number ever kept, so far as the records show; the number of lambs is the lowest since 1883. Pigs show a decline of 220,000 (over 11 per cent); and the total of 1,697,000 is the lowest on record. Breeding sows, however, show a material increase of 35,000, or 14 per cent.

BRITISH AND FOREIGN CROPS.

The International Institute of Agriculture gives the following crop estimates:

England and Wales: Production of wheat in 1918, 84,000,000 bushels, compared with 57,317,000 in 1917, and 57,487,000 the average of the five years, 1912-16; barley, 50,000,000 bushels, against 46,162,000 in 1917; oats, 124,000,000 bushels, against 99,719,000 in 1917; potatoes, 153,000,000, against 124,693,000 in 1917.

Spain: Production of wheat in 1918, 127,982,000 bushels, against 142,676,000 in 1917, and a five years' average of 24,372,000; barley, 84,464,000 bushels, against 77,957,000 in 1917; oats, 29,113,000 bushels, against 31,116,000 last year.

Japan: Production of wheat in 1918, 31,127,000 bushels, against 25,860,000 in 1917, and a five years' average of 24,327,000; barley 76,053,000 bushels, against 95,750,000 in 1917.

Egypt: Production of wheat in 1918, 32,555,000 bushels, compared with 29,835,000 in 1917, and a five years' average of 35,409,000; barley, 9,870,000, against 13,598,000 last year.

EUROPEAN COST OF LIVING.

Following is a table showing how the war has increased food costs in Europe:

Italy, February, 1918—153 per cent.
 Norway, March, 1918—137 per cent.
 Sweden, March, 1918—134 per cent.
 Germany, November, 1917—125 per cent.
 Great Britain, June, 1918—108 per cent.
 France, December, 1917—100 per cent.
 Switzerland, December, 1917—96 per cent.
 France (Paris), January, 1918—91 per cent.
 Holland, March, 1918—82 per cent.
 Denmark, February, 1918—73 per cent.

Boarding-house keepers must get a license from the Food Board if they serve fifteen meals a day outside their families. It is illegal not to get the license, and the penalties may be heavy. The grocer must not knowingly serve boarding-house keepers who have no license. He risks having his own license taken away, which would put him out of business. Order 46 of the Food Board—which, it must be emphasized, is the law of the land to-day—specifically includes among public eating places private families keeping boarders and boarding-houses, provided, of course, they serve fifteen meals.

FISH CATCH IMPROVING.

An increase of \$13,143,666 in the marketed value of Canadian fisheries during the year 1917, as compared with 1916, is shown by a statement issued through the Department of the Naval Service. The statement shows that the total marketed value of Canadian fisheries for 1917 was \$52,352,044, to which total the sea fisheries contributed \$47,052,605 and the inland fisheries \$5,299,439. The two provinces which were chiefly responsible for the increase were British Columbia and Nova Scotia. The fisheries of the former reached a total value of \$21,558,595, which was \$6,921,249 greater than the total for 1916. The figures for the province of Nova Scotia were \$14,468,319 in 1917 against \$10,092,902 in 1916, an increase of \$4,375,417. The products of New Brunswick fisheries, which came next to those of Nova Scotia, had a marketed value of \$6,143,088 in 1917, and those of Quebec \$3,414,378. All the provinces showed an increase.

The department explains that the price of all fish was higher than in the preceding year, but the greater total value is not due altogether to that circumstance. The catch of salmon was greater by 300,000 cwts., cod by 236,000 cwts., haddock by 130,000 cwts., pollock by 46,000 cwts. and mackerel by 10,000 cwts. On the other hand the herring catch was 476,000 cwts. less, while the lobster catch was slightly less, notwithstanding an extension of the fishing season.

Gasoline engines are being used more and more by the fishermen on all parts of the coast to enable them to get to and from the grounds. In 1917 there were 14,823 boats with such engines in use against 12,828 in the preceding year.

ODE TO THE TENDER TUBER.

On the fifteenth of October, Nineteen seventeen,
The Ground froze hard, the likes we've seldom
seen.

Both North and South, and all the country 'round

We read of 'taters frozen in the ground.
I wonder now if we have learned a thing.
If not, we'll repent before next spring.
'Tis but a slacker that will sit at ease
In times like these, and let his 'taters freeze.

On corn bread and rye we can live if we try,
And most of us have some tomatoes.
But I'll tell you right now, I will hear from
my frau
If she has to eat frozen potatoes.

Monroe County, Wis., Democrat.

The harvest in Livonia and Esthonia has been requisitioned.

FOOD STANDING OF POTATOES.

The potato has valuable qualities that are lacking in some of our most popular articles of diet. The best way to get at the real value is to see what is left when the water is taken out. A potato of good keeping quality contains about 21 per cent of dry matter, real food. Most of this is retained in potato flour which consumers are now using in increasing quantities. This flour gives us the right basis on which to compare the potato with wheat.

Dr. LeClerc of the American Bureau of Chemistry, says that natural potato flour is worth 8 cents a pound when wheat flour is worth 6 cents. Most of the food in this flour is a highly digestible form of starch, but the superiority to other flours is due to the high percentage of alkaline salts which help to keep the blood alkaline and neutralize the acids of meat.

Potatoes baked or boiled "in the jackets" contain within their germ-proof coverings all the food value that is found in the flour; but cooked in any form, from the old standby "mashed" to the fanciest inventions of a French chef, they are better body builders than most of us have ever imagined.

While we are saving wheat the question of proper nutrition can be fully solved by the use of the cheap but valuable potato.

WORLD-WIDE BEEF PRICES.

Food experts have been compiling data as to the relative costs of meat (beef) in all the countries at war and the results, show that whereas the opening of the war found the United States paying the highest price for beef of twelve countries tabulated, it now pays the lowest, the advance having been only fourpence (about eight cents), and being exactly the same as the price now paid by Great Britain, because buying is consolidated. The list is as follows:

	1914.		1915.		1916.		1917.		1918.	
	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	
Austra-H.	0 9	2 0	3 0	6 0	6 0	6 0	6 0	6 0	6 0	
Germany.	0 10	1 2	2 10	3 0	3 10	3 10	3 10	3 10	3 10	
Norway.	0 8	1 5	1 6	1 4	1 4	1 4	1 4	1 4	1 4	
Denmark.	0 8	0 10	1 3	0 11	2 0	2 0	2 0	2 0	2 0	
Holland.	...	0 9	1 2	0 11	2 0	2 0	2 0	2 0	2 0	
Switzerl'd.	0 8	0 10	0 10	1 5	1 8	1 8	1 8	1 8	1 8	
Sweden.	0 7	0 9	1 1	1 1	1 1	1 1	1 1	1 1	1 1	
France.	0 10	1 2	1 4	1 5	2 7	2 7	2 7	2 7	2 7	
Italy.	0 6	0 8	0 10	1 2	2 6	2 6	2 6	2 6	2 6	
U. S. A.	1 0	0 11	1 0	1 2	1 4	1 4	1 4	1 4	1 4	
Canada.	0 11	1 0	1 1	1 5	1 6	1 6	1 6	1 6	1 6	
Un. King.	0 8	0 10	1 0	1 2	1 4	1 4	1 4	1 4	1 4	

These are "representative" prices—that is, not in all cases the prices actually paid, but prices computed with regard to all the relevant conditions as giving a fair average.

THE STORY OF PACIFIC FISH.

HOW FOOD BOARD REVOLUTIONIZED A TRADE.

A year ago, Pacific flat-fish was practically unknown in Canadian markets. To-day, it is a staple food in ever-increasing demand that bids fair to become as popular as salmon and halibut.

Twenty car-loads of frozen Pacific flat-fish recently left a British Columbia fishing port for Canada's National Fish Day—October 31st. This shipment went to Calgary, Edmonton, Saskatoon, Regina, Moosejaw, Winnipeg, Toronto and Montreal.

The Pacific Coast has long been famous for salmon and halibut. Efforts of British Columbia fishermen have mainly been directed to marketing these two species. The ready market for these fish resulted in depletion and for the past three years both climbed into the luxury class. Halibut, once so plentiful within a few hours' steaming from Vancouver or Prince Rupert, is now caught up in the Gulf of Alaska. In former years, trips of halibut could be got in small sail and motor craft within a few days. Nowadays, only large steamers with ample bunkers and oil tanks and capable of a lengthy steaming radius can get them. Their voyages run from two weeks to a month.

In 1917, the fishing interests on the Pacific Coast were awakening to the fact that the halibut fishery was showing signs of depletion and that the day was fast approaching when halibut fishing would be no longer possible or profitable. Just when they were casting about for means of future employment of plants, vessels and men, the Canada Food Board was looking for supplies of cheap sea fish for the citizens of the Western Provinces

It so happened that Mr. H. B. Thomson, now Chairman of the Food Board, as member of a Pacific Fisheries Commission had secured a wealth of information as to the unutilized fish of the Pacific Coast. These were brills, soles, plaice and witches—and red cod, grey cod and ling cod. All were found in Pacific waters in enormous quantities but no fishery existed for them.

After studying the problem and making investigations into the most economical methods of catching and marketing these fish, Mr. Thomson enlisted the aid of Mr. John P. Babcock, Assistant Commissioner of Fisheries for British Columbia and through him the Canadian Fish & Cold Storage Co., Ltd., of Prince Rupert, B.C., were induced to fit out one of their halibut steamers as a trawler to engage in the fishery for flat-fish and cods.

Arrangements were made with the fishermen to bring the fish in at a set price; the profits of wholesalers and retailers were limited to a reasonable amount, and the Department of Fisheries further aided the scheme by bearing two-thirds of the transportation charges to all points west of the Manitoba boundary. The trawler "James Carruthers" commenced operations in March, 1918, and has been landing a monthly average of 400,000 pounds of flat-fish and cods ever since.

Later in the summer the Canadian Fishing Company, Limited, of Vancouver, B.C., fitted out the halibut steamer "Imbricaria" with trawling gear, and this vessel is now landing capacity catches for the Canadian market.

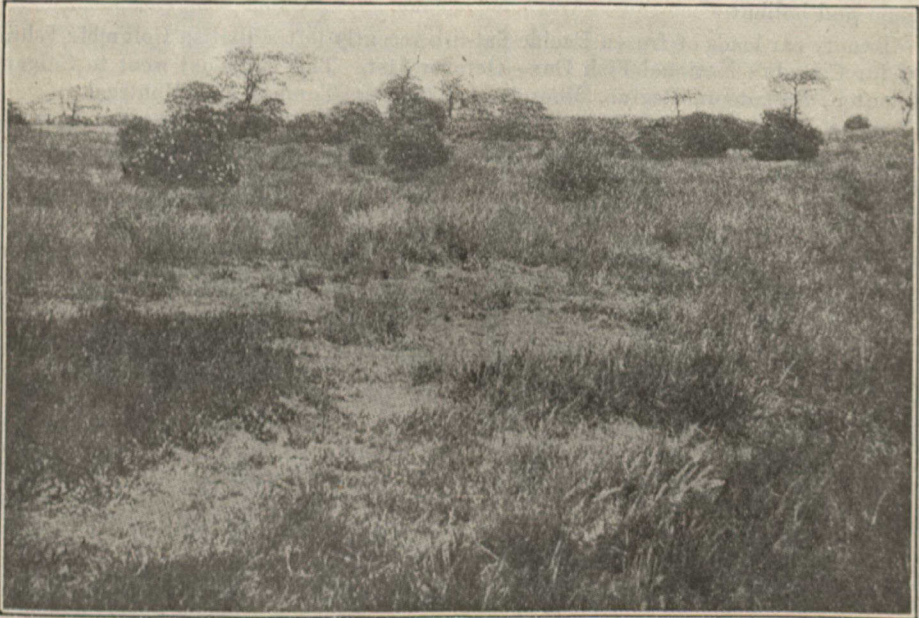
These two vessels are revolutionizing the Pacific fisheries. A new industry is being rapidly built up to take the place of the declining halibut fishery.

Experienced fishermen sort, gut and clean the fish and they are stowed away upon crushed ice in the fish rooms below. After forty to sixty hours' continuous fishing without cessation, the trawler steams to port and the fish are landed, cleaned, graded, frozen and glazed, and packed in 50-pound, 100-pound and 200-pound boxes for shipment to market in express refrigerator cars.

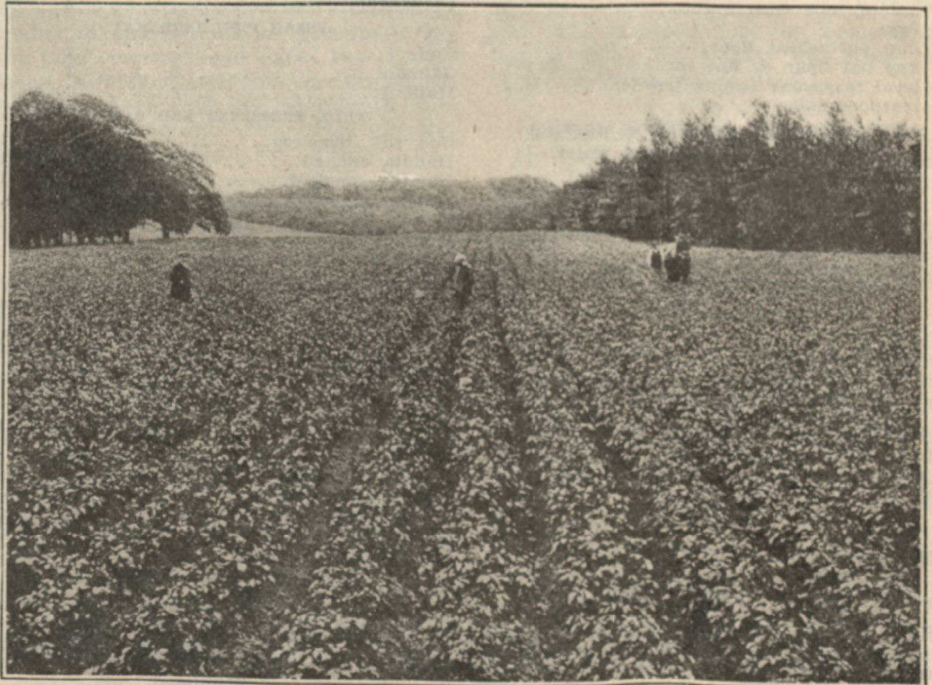
The Food Board, having arranged for the supply, set to work to create a demand. They had a good product to advertise, but the unaccountable prejudice against eating any other fish but halibut and salmon had to be overcome. The Board determined to show Canadians how these fish were caught; how they were marketed, and their food value. Capt. F. W. Wallace of the Food Board's Fish Section, took the work in hand, and made two voyages on a trawler accompanied by an expert motion picture camera-man, and a film was prepared which was later circulated throughout the West. Recipes, showing how to cook flat-fish and cods, were embodied in the Board's Fish Recipe Book, and the press was supplied with data regarding them.

TRACTOR AND CONTRACTOR.

These four illustrations are eloquent of what can be done in one season under the new "tractor and contractor" plan of farming. No. 1 shows part of 200 acres waste land in Lancashire, England, as seen in May, 1917. A firm of produce merchants took it over and farmed it. The second illustration shows the military tractors ploughing up the soil; No. 3, a corps of



women voluntary workers planting potatoes; and No. 4, taken in July, shows the fine crop. The idea of tractors on the farm is well known in the Canadian wheat farms of the West. Here is a striking example of its applicability to the rougher soil and more difficult conditions of the East and the Maritime Provinces.



A CHAPTER FOR EVERY WOMAN.

NEW WHEATLESS RECIPES SPECIALLY RECOMMENDED.

There is no wheat whatever in the recipes given below:—

STEAMED BROWN BREAD.

- 1½ cups cornmeal,
- 1½ cups barley flour,
- ½ cup molasses,
- 1½ cups buttermilk or sour milk,
- ½ cup raisins,
- 1 teaspoonful soda,
- ½ teaspoonful salt.

Mix together the dry ingredients, add the molasses, buttermilk and raisins. Beat well and steam for three hours in moulds.

BARLEY MUFFINS.

- 2½ cups barley flour,
- 1 cup milk,
- 1 egg,
- 2 tablespoons corn syrup,
- 3 teaspoons salt,
- 4 teaspoons baking powder.

Mix the dry ingredients together and the beaten egg, milk and fat. Bake about 25 minutes in a moderate oven.

GRIDDLE CAKES.

- 1½ cups barley flour,
- 1 cup corn flour,
- 3 cups liquid,
- 2 eggs,
- 1 teaspoon salt,
- 4 teaspoons baking powder.

Sift the dry ingredients together, add the beaten egg and the liquid. Drop by spoonfuls on a hot greased griddle.

BUCKWHEAT AND OAT MUFFINS.

- 1 cup liquid, milk or milk and water,
- 1 tablespoon fat,
- 2 tablespoons corn syrup,
- 2 eggs,
- 1 cup buckwheat flour,
- ¾ cup oat flour or fine meal,
- 4 level teaspoons baking powder,
- 1 teaspoon salt.

BUCKWHEAT AND CORNFLOUR MUFFINS.

- 1 cup liquid, milk or milk and water.
- 1 tablespoon fat,
- 2 tablespoons corn syrup,
- 1 egg,
- 1 cup buckwheat flour,
- 1 cup corn flour,
- 4 level teaspoons baking powder,
- 1 teaspoon salt.

BARLEY FLOUR BISCUITS.

- 1½ cups milk,
- 4 cups barley flour,
- 3 tablespoons fat,
- 6 level teaspoons baking powder,
- 1 teaspoon salt.

These biscuits are dark in colour, which is typical of barley; they are not light and fluffy as wheat biscuits are, but they are very desirable.

CORN FLOUR BISCUITS.

- 1 cup milk,
- 2½ cups corn flour,
- 3 tablespoons fat,
- 6 level teaspoons baking powder,
- 1 teaspoon salt.

These resemble the wheat biscuits. If it is desired to have them as drop biscuits, the quantity of liquid must be increased to at least 1½ cups instead of 1 cup.

OATFLOUR AND CORNFLOUR MUFFINS.

- 1 cup liquid,
- 1 tablespoon fat,
- 2 tablespoons syrup,
- 1 egg,
- ¾ cup oat flour,
- 1 cup cornflour,
- 1 teaspoon salt,
- 4 level teaspoons baking powder.

BARLEY FLOUR AND CORNFLOUR MUFFINS.

- 1 cup milk,
- 1 tablespoon fat,
- 2 tablespoons syrup,
- 1 egg,
- 1½ cups barley flour,
- 1 cup corn flour,
- 1 teaspoon salt,
- 4 level teaspoons baking powder.

TO REPLACE MEATS.

As much protein, which is the chief single ingredient of human nourishment, is contained in the quantities given below of fish and other foods as is found in one pound of beefsteak, round, lean. The amounts are of foods as purchased today:—

FISH, FRESH, WHOLE (ENTRAILS REMOVED).

	Lb.	Oz.
Pollock	1	4½
Herring	1	11½
Cod	1	12
White fish	1	13½
Mackerel	1	14½
Salmon trout	2	2½
Haddock	2	5
Hake	2	10½
Flounder	3	1½

FRESH FISH (STEAKS).

Cod	1	2½
Salmon	1	2½
Halibut	1	4½

FISH, PRESERVED AND CANNED.

Cod, salt, boneless	11½
Haddie, canned	14
Herring, smoked	15½
Salmon, canned	1
Finnan haddie	2½
Mackerel, salt	3½

GENERAL.

Eggs (average size)	13
Milk, whole	2½ quarts.
Milk, skimmed	2½ "
	Lb. Oz.
Powdered skim milk	8½
Milk, evaporated, unsweetened	2 ½
Milk, condensed, sweetened	2 3½
Cheese	12
Rolled oats	1 2½
Beans, dried, small white	13½
Beans, dried, lima	1 ½
Beans, dried, soy	8½
Baked beans	2 13½
Lentils, dried	12
Peas, dried	12½

A Toronto firm was summoned on a charge of allowing fruit suitable for food to go to waste, but as it was shown that the defendant had taken all necessary and reasonable precaution, the case was dismissed.

WHO'S WHO AT THE FOOD BOARD.



G. M. MORGAN.

Mr. G. M. Morgan, in charge of the Export and Import Section, was born in Tiverton, Bruce County, Ontario. The family soon moved to Meaford and afterwards to Picton, Prince Edward County, where he attended public and high schools. He entered the employ of the Grand Trunk Railway in 1901, and subsequently filled positions at Goderich, Barrie,

Peterborough and Midland. Eventually, in 1908, he was appointed agent at Meaford, where he remained five years. Mr. Morgan was then appointed to be Soliciting Freight Agent in Toronto, and after two years of brilliant service there became Chief Clerk in the Divisional Freight Office, Ottawa. It was from this post early this year that he came to the Food Board to supervise the exporting and importing of foods. The Department since his appointment has steadily grown. It now numbers a staff of ten, and is constantly dealing with a large number of applications for permits to import and export food into the United States, Newfoundland and foreign points. The Section, through its underlying principle, has proved one of the most effective means of food control in Canada.

QUEBEC FARM WORK.

A circular letter to all parish priests in the province of Quebec, with the request that it be read from the pulpit, was issued by the provincial Minister of Agriculture, Hon. J. E. Caron.

"The following points are brought to the attention of farmers:

1. Fatten the animals for slaughter to a standard weight.
2. Sell only hogs weighing at least 150 pounds, and not more than 250 pounds. Exporters will pay 1½ to 2 cents more per pound than for other cattle, heavier or lighter.
3. Put on sale only oxen weighing 500 pounds.
4. Learn market prices and the exigencies of the market".



C. W. BAXTER.

Mr. C. W. Baxter has been twenty years continuously in the fresh fruit and vegetable business, which included buying, packing, marketing and exporting. He entered the Government service in 1912, and was appointed Chief Fruit Inspector for the Prairie Provinces, which position was held for two years. The work in connection with this position necessitated several

visits to the Pacific fruit growing districts. In 1914 he was transferred to Eastern Ontario and the Province of Quebec, with headquarters at Ottawa. With the formation of the Fruit and Vegetable Committee of the Food Board, Mr. Baxter acted in an advisory capacity, giving special attention and direction to the movement of apples and potatoes. In addition to supervising the work of the Fruit and Vegetable Section, he also enforced the Orders of the Board with regard to waste and the detention of cars loaded with food, and upon completion of the licensing system in July, Mr. Baxter was made chief of the Enforcement Section.

FRENCH CROPS ARE GRAVE.

All optimistic reports to the contrary, the French food situation this year is even more grave than it was last year. The French Food Controller, M. Victor Boret, on October 21, issued a report outlining the food situation in which he states unequivocally:—

"It should be stated clearly that the total nutrition value of the 1918 crop of cereals as well as of beans and potatoes in France, is below the total nutrition value of these products for last year. The wheat crop, fortunately, is larger and of better quality, but the maize, barley, oats, beans and potato crops are considerably smaller.

"The potato situation is particularly grave, for whereas the average for the last ten years is 12,000,000 long tons, this year the potato crop will not exceed 7,500,000 long tons

ENFORCING BOARD ORDERS; TYPICAL CASES.

It has been necessary to establish an Enforcement Section of the Food Board to follow up Orders made as to food. Its work is growing month by month, and it is now an integral part of the food police of the Dominion. A staff of inspectors is employed, whose duty it is both to watch for and to follow up infringements of the regulations, whether in public eating places, cold storage, wholesale and retail businesses and all other places where food is handled in bulk. As much as possible, the Food Board prefers that prosecutions for infractions should be undertaken by the provincial police. To enable this to be done by every municipality, a standing clause in practically every Order empowers the police to bring summary action before a Police Magistrate or two Justices of the Peace. On conviction these may impose a penalty up to \$1,000 or imprisonment, should they deem it desirable, not exceeding three months, and even to impose both fine and imprisonment. Where proceedings are instituted at the instance of a municipality or its officers, the fine is to be paid to the Treasurer of the municipality; if instituted by a provincial officer, the fine shall be paid to the Provincial Treasurer. It is thus plain that the expenses of such proceedings are amply covered to the prosecuting authority.

Where other means, however, have not succeeded, the Canada Food Board has direct power to suspend or to cancel the license of any food dealer. The following cases taken during the month of October are typical:—

SUSPENSIONS.

A drastic step for a second offence against food regulations has been taken in the case of L. Welmer, Baker, 191 Dundas St., Toronto. His license to manufacture or trade in bread or other dough products was cancelled on October 12. He continued making sole bread contrary to the rules of the Canada Food Board, despite warnings. In August last, for the same offence, his business place was compulsorily closed for seven days. In a nutshell, this means that Welmer is put out of business as a baker.

For selling wheat flour, without the required proportion of substitutes for wheat flour, Maddin Brothers of Ericksvale, Manitoba, had a suspension of their license for two weeks, commencing October 11. During this period they were not able, directly or indirectly, to deal in food or food products except for their own personal use.

David Girouard, of Somerset, Manitoba, was closed for seven days on October 12 for selling flour without substitutes.

I. Wagman, of 54 Centre St., Toronto, for making sole bread contrary to Food Board regulations, license suspended for fourteen days.

S. Pecl, 279 Orchard Avenue, Montreal, who continued to make short-weight bread in spite of warnings by the Provincial Supervisor and who conducted his bakery without a license from the Food Board, was ordered to close for a fortnight, October 19.

William Knechtel & Sons, millers, Hanover, Ontario, had their license to mill suspended from October 21 to November 4 for making an extraction of flour from wheat less than permitted by the Board. During the closure this firm was not allowed to buy nor sell any grain, nor to operate its mill, only to receive the grain under allotment from the Board of Grain Supervisors.

Charlottetown Bottling Works, Charlottetown, P.E.I., was ordered to discontinue use of sugar in manufacturing until January 1, and until a permit for cane sugar from the Food Board had been secured. Their allotment of sugar for three months ending September 30 was 790 lbs. By their own statement, they used 1,500 lbs. The firm was ordered in addition to return any sugar on hand to the dealer from whom purchased.

PROSECUTIONS.

A large number of prosecutions were taken during the month. The following sentences are samples:

Louie Ark, Rockyford; J. T. Boone, Coronation; S. E. Ayres, Taber; Edward Dase, Taber; G. B. Garge, Three Hills; Loy Lee, Irricana; Moy Joe, Grainger; Sing Lee, Walsh; all in Alberta were fined \$100 each. Karl Fisher, of Belsecker, Alta., was fined \$250. Fisher, a German, was found guilty of hoarding flour last winter.

Wong O. Noon, owner of the American Cafe, Edmonton, twice served two lumps of sugar with coffee without being asked to do so. He was given the option of a \$100 fine or two days' imprisonment. He chose the latter.

A waiter at the Commercial Cafe, Edmonton, who also served sugar without being asked, was sent to prison for three days.

Charles Benjamin, Medicine Hat, for hoarding sugar, was fined \$100, and .160 pounds of sugar were confiscated.

L. Rotman, Calgary, for carrying on business without a license, was fined \$100.

Mark Bros., Exchange Cafe, Main street, Winnipeg, were fined \$100 on each count for hoarding surplus lots of sugar. They pleaded ignorance of the law. The sugar was confiscated.

J. Solomon of Morris, Manitoba, was fined \$100 for collecting and selling thirty dozen eggs without a license, contrary to the Food Order No. 41.

Several firms who had advertised in newspapers without giving their license number in their advertisements, were warned, and two prosecutions are pending.

Two chinamen at 517 Queen street West, and 422 Queen street West were fined \$100 each for serving Hamburg steak on restricted days.

Emma Hammond, Toronto, for having sugar bowls on the table and serving more bread than is permitted, was fined \$100.

George Troctor and R. J. Kidd, for allowing onions in the one case and apples in the other to go to waste were fined \$100 each.

HOME BAKING WITH SUBSTITUTES.

A large quantity of wheat could be saved if the housewives of Canada would not use less than 20 per cent, which is one pound of substitute to every four pounds of standard flour, when making bread, cake or pastry. The Food Board restricts substitutes chiefly to rye, corn, oat and barley flours. The baker is restricted to the same flours and is under a close supervision, having to report weekly the quantity of flour and substitutes used in the manufacture of his products.

During the war the British Government does not allow the making of home-made bread. It would be a patriotic move by Canadian women, who live in the cities at least, to follow voluntarily the British ruling. Bakeries are in most cases to-day pictures of cleanliness, and with the up-to-date method of bread-making produce a loaf that is nutritious, palatable and digestible. The larger volume of business done by the baker, the less is his overhead expenses, and the cheaper the bread to the consumer.

Now it is almost impossible to get the necessary temperature in the home to produce a loaf, in which the volume of expansion compares with the manufactured article. The housewife who makes her own bread usually is to be congratulated on the very sweet and delicious article she produces, but by not getting the necessary temperature for correct fermentation, her loaf is considerably smaller in size, although of the same weight as the manufactured loaf. Though the loaf, however, being smaller in size, conservation of wheat is not being aided. If one slice of bread could be saved by every family each day throughout Canada, 36,000,000 pounds of bread could be saved each year. Yet the home-made loaf is two or three slices smaller than the manufactured loaf.

Housewives claim that the home-made loaf is more satisfying, and if they only could get the volume, would be just as economical. To attain that end, with the compulsory use of the substitute flours the best method is sponge dough.

The Standard flour should be set as a dough just before retiring for the night and the sponge dough mixed first thing in the morning by adding the substitute flour, salt, shortening and a small portion of brown sugar and the balance of the water. Allow the dough to stand for an hour and a half to rise; then pan, allowing the dough to rise again for 35 to 45 minutes before placing in oven to bake.

The temperature is the most important part, for if too hot, the dough loses the necessary spring to give it the rise in the oven, and if too cold gets chilled and will not rise at all. The correct temperature is as follows:—The sponge should be mixed at a temperature of 76 per cent Fahr. and allowed to stand where the temperature is 80 per cent so that the natural fermentation takes place, the amount of yeast used as in the following formula being sufficient.

When the sponge dough is made the temperature, when mixed, should be as near 80° as possible, and when panned the temperature of the room, to get the necessary rise, around 90°. The oven should be hot when the bread is baked. The science required to produce the correct kind of bread can only be obtained by study and the art by practice. Canadian women should give this matter the most careful consideration when the vital necessity of saving wheat is paramount to-day.

The average amount of water used is three parts water to 5 parts flour and substitutes (or 60%).

The formula, if carefully followed out with the correct temperature in the preparation, should produce a loaf good in texture, volume and expansion.

SPONGE.

Standard Flour	2 lbs. 8 ozs.
Yeast (compressed) 2 cakes	1 oz.
Water, average 10 lbs. to 1 gal.	

Temp. when mixed about 76° Fahr.

DOUGH.

Standard flour	8 oz.
Substitute	12 oz.
Salt	3 oz.
Sugar, one teaspoon level.	
Water	12 oz.

Temp. when mixed about 80° Fahr.

The sponge being set overnight is allowed to stand for ten hours and the dough is then mixed. The 12 ozs. of water, in which the salt, sugar and shortening has been dissolved is added to the sponge and mixed when the balance of the flour and substitutes are added, completing the dough. Allow the dough to rise for one and a half hours then put into the pans. Care should be taken at this stage to have the correct temperature around 90°, the dough being covered to prevent a skin crust forming, allowing from 45 to 50 minutes to rise. Place in a hot oven and bake for 35 to 45 minutes according to the size of the loaf. This should produce 5½ pounds of bread when baked.

TIT-BITS OF FOOD CONTROL.

The price of sugar in Petrograd last July ranged from \$3.31 to \$3.55 per pound.

German estimates say the use of all drying apparatus in that country would dehydrate about 184,000,000 bushels of potatoes.

Winter and summer wheat, rye, winter and summer barley, rape seed, linseed, oats, beans, peas, buckwheat and seeds have been requisitioned in Holland.

The United States breadstuffs export programme for the coming year will aggregate 409,320,000 bushels, more than 60 bushels for every farm in the United States.

By the display of fair-price certificates in the windows of loyal retail grocers the public in the United States will be able to determine what stores are co-operating in the food-saving programme.

Forty-five per cent of California's pack of canned tomatoes, which represents about 30,000,000 cans, has been reserved for government uses, while the entire output of solid pack tomatoes will be taken.

The city of Paris has arranged to open a series of public restaurants for the supply of food at cost price. These restaurants will be modelled on the British national restaurants.

The Food Administration has no intention either of moving its headquarters to New York or of transferring to Washington any of its offices now located outside that city. This announcement is made in view of many rumours.

With "Admission 200 Peach Stones," an Indiana moving picture theatre at an afternoon performance took in four barrels of pits—enough to make many a gas mask. Two hundred pits or seven pounds of nut shells yield enough charcoal for one mask.

With the closing of breweries in the United States after December 1, any temporary dislocation in the barley market should cause producers little concern. Barley formerly used for brewing will, it is hoped there, result in increased amounts of milk, meats, flour, poultry products and other foods.

Manufacturers of condensed milk have been ordered by the Food Board to limit their use of sugar in the making of condensed milk for the domestic trade during the remainder of the present month, or any month hereafter, to no more than that used in corresponding months of 1917, except under special permit.

Practically the entire crop of California prunes will be taken for army, navy and marine corps requirements.

Two new ships have been added to the service between Argentine and Brazil, so that flour can be exported from the former country.

There is famine in the Portuguese Indian Colonies. The Colonial Minister ordered ships returning from the Colonies to reserve space for foodstuffs.

The Government of Peru is acquiring wheat from Australia and other countries. Sugar is to be exported. The Government has forbidden the export of cattle.

The Canada Food Board has no intention of interfering with dealers who legitimately store potatoes, apples and vegetables for the requirements of their trade.

There is much dissatisfaction at general conditions and prices in Greece, especially at Athens. The vegetable market is erratic and unsettled, and potatoes were completely absent for a week.

Federal Food Administrators in all American states have been advised that sugar allotments for household use will be held rigidly to two pounds per person per month, and announcing further restrictions for manufacturers.

The latest Norwegian harvest reports are on the whole fair. The production of fish meal fodder is to be greatly increased. Maximum prices have been fixed for Icelandic mutton, and the price of Danish meat has been increased.

Violation of sugar regulations and falsification of reports by a company, which operates sixty retail stores in and near Boston, Massachusetts, has resulted in a contribution of \$20,000 being paid to the United War Fund Work Campaign.

A summary of the nation's oatmeal industry lately announced by the United States shows the increasing extent to which oats are being used as a human food. Practically the entire output of oatmeal and rolled oats in the United States is produced by 17 mills.

Canadian consumption of butter could profitably be reduced by 25 per cent, according to a Canadian authority. If such measures were adopted it would release for export 56,000,000 pounds per year. Another technical advisor states that national consumption averages 28 pounds a head per year.

SUMMARIES OF FOOD ORDERS.

The following summaries are given of the more recent Orders issued by the Canada Food Board. They are intended chiefly as a quick reference guide, but for a fuller statement of the exact terms, reference must be made to the Orders themselves.

No. 62 revokes Section 8 of Order 49, and orders bakers anew not to use for each barrel of wheat flour and substitutes more than one pound of sugar, 2 pounds of fats and 6 pounds milk, and instructing licensees using rice flour or corn starch as substitutes to use an equal weight of oat flour, oatmeal or rolled oats.

No. 63 regulates prices of salmon caught in British Columbia.

No. 64 prohibits sale of sugar by refineries or importers to any purchaser who does not produce a Food Board permit to buy. This must be endorsed by the seller. These permits are issued on a basis of 80 per cent of amounts sold in 1917.

No. 65 sets maximum prices to be paid for winter-caught fish taken through the ice in Manitoba, Saskatchewan and Alberta.

No. 66 limits makers of condensed milk exceeding each month the quantity of sugar used in the corresponding month of 1917. Special permits will be granted for condensed milk for British or Allied agents.

No. 67 deals comprehensively with the cereal substitutes. In the order the term "Substitutes" when sold to bakers for use in their bakeries means pure and wholesome barley, rye, and corn flour and oat products; and when sold to wholesalers, retailers and consumers, pure and wholesome barley, rye, oat and corn flour. "Consumers" includes any person buying for consumption but who does not sell the flour or the product. "Wheat flour" means Government Standard Wheat Flour.

No miller shall sell wheat flour to any person who does not, at the same time, purchase substitutes in one-quarter the quantity of flour.

A miller may deliver wheat flour without substitutes to wholesale dealers who have received permission from the Food Board to do so, and to manufacturers of bread, biscuits, and alimentary pastes for use in their factory only.

Dealers shall purchase on the "one-in-four" plan.

No miller shall exchange flour for wheat without substitutes.

Wholesale dealers whose sales of flour in 1917 amounted to 100,000 barrels or more may get a special permit to purchase without substitutes.

No miller shall manufacture substitutes without first having obtained a permit from the Canada Food Board and from November 15, 1918, all packages must be plainly marked with the permit number. Violation is an offence. Fines for infringement may go to municipalities or Provincial treasurers if prosecutions are undertaken by their respective authorities.

No. 68 repeals Section 22 of Order 49 and prohibits licensees holding flour in excess of reasonable requirements for 60 days unless by written permission of the Food Board. Provision is made for flour in transit.

No. 69 permits manufacturers and licensed dealers and consumers who may be shut off from the source of their supplies by the closing of navigation or other transportation, or who may live in distant, isolated parts to have sufficient flour and sugar for two hundred days.

No. 70 defines the only four substitutes for wheat flour as oat flour, barley flour, corn flour and rye flour. All consumers must now take one pound of substitutes to four pounds wheat flour.

The main features of the Order allow any one to have on hand 100 pounds of flour or sufficient for 60 days ordinary requirements; while any farmer whose home-grown wheat has been ground by or exchanged directly with a miller, and any person living more than five miles from a mill or licensed dealer, may keep on hand 200 pounds flour or what is sufficient for 200 days.

Feeding milling wheat or its mixtures to livestock or poultry is forbidden except where wheat and other grain grown together cannot be separated easily and if it does not contain more than 25 per cent of milling wheat.

Orders Nos. 31 and 40 are repealed.

MARITIME BANNER CROP YEAR.

In an article in the Farmers' Magazine on "The New Maritime Outlook" by Mr. R. W. Reek, Secretary for Agriculture in New Brunswick, he states that the year 1918 is a banner one in the agricultural history of the Maritime Provinces. The yield of crops was one of the greatest known, and he looks forward to more progressive developments, especially with the increasing use of farm machinery. Mr. Reek quotes the acreage in 1917 under crops in the three Maritime Provinces as follows:—

	P.E.I.	N.B.	N.S.
Wheat.. . . .	36,000	16,000	16,000
Oats.	201,000	190,000	123,000
Barley	3,500	1,800	4,800
Buckwheat	2,500	57,000	10,900
Mixed Grains	7,800	840	4,000
Potatoes.	35,000	46,000	41,000
Turnips, etc	8,100	7,700	9,100
Hay.	197,000	568,000	542,000

The estimate for New Brunswick for this year is given as:—Spring Wheat 49,450 acres; Oats 224,442, acres; Buckwheat 72,480 acres; Potatoes 57,270; and Turnips 15,000.

Mr. Reek adds:—"Undoubtedly, the acreage of 1918 is quite as large as the supply of labour will allow during coming seasons unless large machinery is used, but there is some food for thought when looking toward 1919 regarding increased total yields caused by other agencies rather than by acres. Already considerable ploughing is under way in New Brunswick; the soil shows evidence of excellent condition and should the winter not set in too early a large acreage will be turned over in every province. Careful experimentation has given abundant proof that selection of seed with the ordinary fanning mill will increase yields several bushels per acre.

The existence of large grain-stocks in Siberia is reported.

NEW SPIRIT IN CANADIAN LIFE.

Co-operation and community effort in food production in 1918 has shown a marked advance in keeping with the needs of the Allies for food. This spirit of brotherhood bids fair to make even greater progress in the coming year.

In Ontario, community farming, gardening, berry picking, canning, hog raising and flax pulling have made a remarkable record, which is embodied in a circular issued by the Organization of Resources Committee of that province. This binding together of Canadians in unselfish, co-operative, patriotic enterprises is one of the best and most significant results of war necessity. It is practical conservation and largely tends to reduce the cost of living.

The Organization of Resources Committee proposes to carry on what it has begun and to increase its usefulness by utilizing the tractor and contractor idea of farming idle lands close to cities and large towns in the province of Ontario. In the spring of 1918 co-operative farming companies were organized in Sarnia and St. Catharines along lines similar to those initiated by the Border Cities' Agricultural Association at Windsor.

This was the largest town community farming enterprise carried on in Ontario. Seventeen manufacturing firms organized to cultivate 500 acres adjoining the city. Shares were allotted at \$30. Two calls totalling one-half the value of the shares have been made. The work was under the charge of a special Executive Committee with a practical and experienced farmer supervising it. A tractor and other equipment were bought by the Association, but men and horses were hired when required, being obtained where possible from the firms interested. Two hundred and fifty acres were in crop in 1918, producing potatoes, corn, beans and flax. Land has been prepared for fall wheat so that for 1919 the prospects are that the whole five hundred acres will be producing foodstuffs or flax. The Executive sells the crops. The proceeds first apply to cover the cost of operation.

The initial consideration is not profit but increase of foodstuffs. The testimony of one of the committee is:—

"I have never known in all my years of public life any scheme which has been taken up more energetically and more enthusiastically or with a greater degree of public spiritedness than this public undertaking. So far there has not been a single hitch."

The Lincoln County Greater Production, Limited, operated at St. Catharines. It has a capital of \$25,000, with shares of \$20 value. There are 250 shareholders, chiefly among the business men of the city. Two Fordson tractors, a complete set of ploughs, seeders and cultivators and other implements have been purchased. The company has a Board of Directors and an Advisory Committee, composed of practical farmers. The secretary is the Agricultural Representative of the county. W. H. Secord is Chairman of the Advisory Committee and also the working farm manager. He is paid \$100 a month and expenses during the working season and provided with a Ford truck.

The Indian Lands Company, Limited, of Sarnia, leased 175 acres of Indian reserve for a term of years. In 1918 fifty acres were put in grain, flax and potatoes. The work was done by hired teams, but in 1919 the company plans to buy its own outfit. A competent and experienced manager supervises the work.

Community gardening was developed widely by manufacturing companies and their employees. Where space was available on factory sites large plots were cultivated in the larger towns and smaller cities. Church organizations were not behind hand in co-operative production, while the schools of Ontario did much elementary work along the same line. The Vacant Lot Associations, Board of Trade Production Committees, Rotary Clubs, Town Council Committees and Horticultural Societies cultivated twice as much private back-yard gardens in 1918 as they did in 1917 under community schemes, and the good work is only begun.

Women's Institutes arranged for canning outfits to be set up in many cities in the province. The products are used in military hospitals in Canada and for the troops Overseas.

Community hog-raising caught on with the people of the province, and the results of 1918 indicate that greater production will ensue by continuation of the work in 1919.

Flax-pulling was done by helpers from towns and villages throughout the flax-growing area, with the result that men, women and children turned out and worked.

All these efforts of community co-operative farming by public spirited citizens have assisted in 1918 to meet the shortage of food, which is one of the grave war problems confronting the Allies.

HANDY GUIDE TO FOOD BOARD ORDERS.

Below is given a handy guide to Food Board Orders, and such Orders in Council as concern food. It is purposely grouped in the smallest compass to be of easy reference. The compilation is made up to October 15. After that readers may keep the list up to date by reference to the "Summary of Food Board Orders" given monthly in the Bulletin.

BAKERS.

- Order 16. Revoked by Order No. 49.
 " 20. Revoked by Order No. 23.
 " 23. Standard Flour.
 " 34. Confectionery, Biscuits, Pastry.
 " 49. License (see also 51-62).
 " 50. Flour Substitutes (55).
 " 51. Re Order 49.
 " 52. Bread (Vancouver) revoked by No. 57.
 " 53. Cereal Substitutes.
 " 54. Use of Sugar.
 " 55. Substitutes.
 " 57. Bread—British Columbia.
 " 62. Revoking Sec. 8, Order 49.
 " 60. Use of Sugar.
 " 67. Wheat Flour Substitutes.
 " 68. Amending Order 49, Sec. 22.

CANNERS.

- Order 39. License.
 " 54. Use of Sugar.
 " 66. Condensed Milk.

CEREALS.

- Order 1. Exemption from License.
 " 4. Re License.
 " 53. Substitutes.

CONFECTIONERS (MANUFACTURING).

- Order 33. License.
 " 34. Biscuits, Cakes, etc.
 " 44. Extension of Time.
 " 50. Flour Substitutes.
 " 51. Amending 33.
 " 54. Use of Sugar.
 " 55. Flour Substitutes.
 " 60. Use of Sugar.
 " 62. Substitutes.

EATING PLACES.

- Order 25. Revoked by Order 46.
 " 29. Revoked by Order 46.
 " 43. Extension of Time.
 " 46. License.
 " 23. Baking, Standard Flour.
 " 34. Confections, Biscuits, Cakes.
 " 49. Bakers (reference).
 " 50. Flour Substitutes.
 " 55. Flour Substitutes.
 " 54. Use of Sugar.
 " 16. Bakers (reference).
 " 62. Substitutes.

FISH (WHOLESALE).

- Order 3. Western Caught Fish.
 " 6. License.
 " 12. Prices.
 " 18. Pacific Fish Prices.
 " 28. Pacific Fish Prices.
 " 42. Sardine Herring Prices.
 " 47. Western Summer White Fish.
 " 63. Salmon—Prices to B. C. Fishermen.
 " 65. Prices Western Caught Winter Fish.

FLOUR AND FEED (WHOLESALE).

- Order 31. Flour Hoarding.
 " 36. License.
 " 56. Refuse screenings.
 " 50. Flour Substitutes.
 " 55. Flour Substitutes.
 " 67. Wheat Flour Substitutes.

FRUIT AND VEGETABLE (WHOLESALE).

- Order 3a. License.

GROCERS (RETAIL).

- Order 21. License.
 " 30. Sugar Hoarding.
 " 31. Flour Hoarding.
 " 37. Extension of Time.
 " 50. Flour Substitutes (55).
 " 54. Manufacturers Using Sugar.
 " 55. Flour Substitutes.
 " 41. Produce.
 " 67. Wheat Flour Substitutes.

GROCERS (WHOLESALE).

- Order 17. License.
 " 30. Sugar Hoarding.
 " 31. Flour Hoarding.
 " 50. Flour Substitutes (55).
 " 54. Manufacturers Using Sugar.
 " 55. Flour Substitutes.
 " 64. Refiners, re Sugar.
 " 26. Hoarding Produce.
 " 45. Profits—Produce.
 " 64. Sugar Refiners.
 " 67. Wheat Flour Substitutes.

LICENSE REGULATIONS.

- Order 27. Powers of Food Board.

MILLERS.

- Order 5. Revoked by Order 32.
 " 11. Revoked by Order 32.
 " 13. Revoked by Order in Council 180.
 " 14. Bran and Shorts.
 " 15. Revoked by Order 32.
 " 31. Flour Hoarding.
 " 32. License.
 " 50. Flour Substitutes.
 " 55. Flour Substitutes.

- O. in C. 180. Licensing Flour Mills.

- Order 63. Cereal Substitutes.
 " 56. Refuse Screenings.
 " 67. Wheat Flour Substitutes.

OLEOMARGARINE, ETC.

- Order Importers.

PACKERS.

- O. in C. 580. Abattoirs, Packing Houses.
 Order 38. License.
 " 48. Amending Order 38.
 " 59. Amending Order 38.

PRODUCE (WHOLESALE).

- Order 19. Revoked by Order No. 41.
 " 24. Eggs, Storage.
 " 41. License.
 " 45. Profits.
 " 26. Hoarding.

RETAIL (GENERAL).

- Order 22. License.
 " 30. Sugar Hoarding.
 " 31. Flour Hoarding.
 " 50. Flour Substitutes (55).
 " 54. Manufacturers Using Sugar.
 " 55. Flour Substitutes.
 " 38. Butchers, reference.
 " 65. Fish Dealers, reference.
 " 67. Wheat Flour Substitutes.

SUGAR, MANUFACTURERS USING.

- Order 30. Sugar Hoarding.
 " 54. License.
 " 60. Use of.
 " 66. For Condensed Milk.

SUNDRY ORDERS.

- Order 9. Cost of Milk.
 " 24. Eggs Storage.
 " 26. Hoarding Produce.
 " 35. Candles, Icing in Private Families.
 " 40. Farmers Under No. 31.
 " 57. Bread, Vancouver.
 " 58. Pork (Restrictions).
 " 61. Yukon Territory.
 " 64. Sugar Refiners.
 " 66. Sugar for Condensed Milk.

“THE WORK AHEAD.”

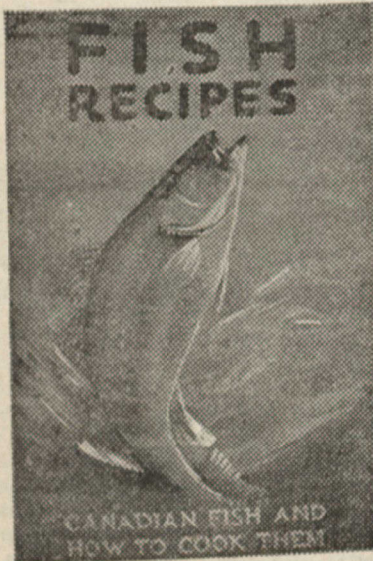
Average export of foodstuffs from the North American Continent

before the war, annually 5,553,000 tons.
 Export of foodstuffs during 1917-18 11,820,000 “
 Next year United States and Canada are pledged to send overseas. 17,550,000 “

The wartime increase is over 300 per cent.

This is no time for slackening.

First Victory—Then Peace.



Reproduction of attractive cover of a booklet, obtainable from the Canada Food Board and its Provincial Secretaries for five cents.

FOOD SIDE OF VICTORY LOAN.

This is the food aspect of the Victory Loan:—

Over \$636,000,000 were received for farm products bought in Canada by the Allies, chiefly Great Britain, in the last fiscal year.

This is made up thus:—

Butter	\$ 2,000,000
Cheese	36,602,000
Eggs	2,271,000
Oats	37,644,000
Wheat	366,341,000
Flour	95,896,000
Meats	76,729,000
Vegetables	19,034,000

The total Canadian war expenditure for the same period was \$342,762,000.

The incoming value for wheat alone was \$23,000,000 more than all our war expenditure. Besides this, Canadian industries received from the Allied powers the stupendous total of \$620,000,000.

FAIR PRICES, SQUARE DEALING.

In an able article by Dr. W. C. Keirstead, M.A., Ph.D., professor of Philosophy and Economics at the University of New Brunswick, on "The City Council and the Cost of Living", in which he deals with the now authorized appointment of a Fair Price Committee in each municipality, he says:—

"This puts the matter where it belongs. The Canada Food Board has already regulated the profits of manufacturers and wholesalers, but the retail prices of such articles as fish, milk, bread, substitutes or other necessities is a municipal problem, of fundamental interest to the citizens in the municipality and a proper subject of municipal jurisdiction. This Order in Council gives the municipality ample power to deal with all complaints regarding prices, supplies or the wastes of necessities.

The officers of a council will have the intimate knowledge essential for the proper regulation, and the sense of municipal responsibility will have a tendency to limit criticism to what is reasonable and constructive. It would be a mistake to unload upon the Food Board the problems that rightly belong to our municipality.

Further, necessities include fuel, clothing and other items of common household expenditure. Thanks to the Food Board, the gains of speculation have been largely eliminated from dealers in food supplies, and their profits or spread are narrow and have not advanced with the higher level of prices or the increased cost of living or of doing business. In other lines of necessities, however, such as shoes and clothing, dealers have taken without hindrance or criticism the speculative gains of a rising market, and have profited by war conditions. The Fair Price Committee may turn its attention to these necessities also.

Prospects of export of cereals from Chile are much more favourable, owing to the supply of shipping.