

# CANADIAN FOOD BULLETIN

(Issued by The Canada Food Board.)

No. 19.

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## POINTERS FOR OUR WORKERS.

“How can we help the Food Board?”

The question is the most frequent in the correspondence with which the central staff at Ottawa and the Provincial Committees of the Food Board deal. It is an expression not merely of individual good will, but of an underlying desire, a restless aspiration, felt in a far wider circle than those who say it, to do something towards bringing the war to the only end we dare contemplate. Timely hints will be given on this page henceforth as to what our voluntary workers may do in each ensuing month.

Beyond question, the most pressing thing for which the Board now can ask the aid of outside workers is the combating of the misconception that we may “rest on our oars.” Further food saving and greater farm production are as imperative as ever. The clearer one sees the world’s needs, the more does methodic saving seem requisite.

Tension in the food situation in Europe, let it be repeated, has been eased. The acute shortage of last winter is not present. But they have not relaxed a particle of their strict individual rationing in Great Britain, France or Italy. A perusal of the unexpected conditions described by Dr. James W. Robertson in this issue will surprise most readers.

Besides there is the gaunt fact that nearly 5,000,000 people have died of starvation or malnutrition through the war. Can we, dare we, in Canada ignore a decimation which would total over one-half of our own population?

Reserves of food must be built up where reserves should be built up—in Europe. That food must come from this side; it cannot come by the work of those whose husbands and sons are fighting. Common prudence dictates this. Harvests are always uncertain; millions who were well off four years ago are living literally from hand to mouth. Some French towns have still but three days’ supply of bread. A break in railway transportation may mean privation, hunger and all its inconveniences. The U-boat campaign continues unabated. Directed first here and then there it requires a continual vigil of the Allied fleets of four nations to overcome it.

Food workers at the beginning of the winter season can do nothing better, nothing more patriotic than to repeat again and again that our share of food war work is only just beginning. Measured by our unpreparedness of fifteen months ago, we have done well. But a higher standard than ever has been set by our own success. To-day we have the organization; we have a much better understanding among the people, and we have, consequently, a far greater obligation. The work must be carried on.

# KEEN SACRIFICE IN ITALY.

STARTLING FACTS NOW REVEALED BY CANADIAN EDUCATIONIST.

Dr. James W. Robertson, who has just returned to Canada after an extended tour in the Allied lands of Europe, furnishes an illuminating, almost a startling, view for us in the Dominion of food conditions there. Indeed he has lifted the veil of what was almost an unknown world.

He looked at facts with the eyes of a Canadian having a wide knowledge of ample food supplies in his own country. His statements and deductions cannot be too attentively weighed by food workers.

No more interesting statement of food conditions in Italy—unquestionably the Allied land of which we know least on this side of the water—has been given than that supplied in his report to the Chairman of the Food Board.

Dr. Silvio Crespi, Italian Food Controller, replying to Dr. Robertson's questions on Italy's effort, said: "We have faced all forms of sacrifice. We have fought, and are fighting amidst the malaria or on the summits of most awful mountains; we have relinquished every comfort of life and have come near to hunger; we are giving the lives of our most splendid youth, while at home our farms are left to the care of women and children who are working heroically day and night with marvellous success to keep the country fed. We are now organized in the discipline of privations and under the most severe control of all foodstuffs in a manner which arouses the admiration even of our enemies. To-day we have made a religion of the war, and victory is our universal faith."

## Less than German Ration.

Bread, paste (macaroni, etc.), flour, rice butter, oil and fats are rationed on the ticket system; meats are rationed to the butchers. Meat before the war was consumed in quantities four times as great as the present ration allows. Italy has three meatless days per week, and the individual ration for the four remaining days allows a little more than 4 ounces, or about 1 ounce per day. When the different rations allowed are added together, including bread, paste, rice, fats, sugar and meat, it will be seen that the Italians still receive a daily ration considerably short of 1 pound. Dr. Crespi added that for a long time a very large number was compelled to live for many months on a total ration of not more than 12 ounces a day of the staple foodstuffs per person. And he added: "The total ration in Germany is better than the Italian."

Signor Crespi's last words to Dr. Robertson were: "The rationing of food is equal for all classes, and in all cases in which exceptional rations are allowed, it is for the benefit of the working classes. This is the policy which keeps up the Italian morale. Profiteering has been checked so far as the supply of bread, cereals, sugar and fats is concerned. Good progress has been made also with regard to other foodstuffs. I have now practically all forms of foodstuffs under control. In cases where complete control is not possible, I check exorbitant prices by buying abroad or requisitioning on the home market."

Dr. Robertson's general conclusion was that the Italian crops of 1918 were uncommonly good, and the civilian population seemed well-nourished owing to the abundance of green vegetable foods. There were, however, marked shortages of wheat, meat and milk. He learned that the actual privation in Italy during the winter and early spring had been very great.

## Store Cattle Slaughtered.

In order to meet the enormous army demands, the slaughter of cattle for the civilian supply had to be reduced from the pre-war consumption of 70 grammes a day per person to only 6 grammes a day. Nor could importation of frozen meat help the civilians, as all of it is reserved for the army. The extreme shortage of beef had reacted on the consumption of substitutes so that there was now a very great demand for these, especially fish in all forms and pork. There has also been a diminution of over 50 per cent in the production of milk, butter and cheese.

## BETTER FARMING IN ENGLAND.

### WOMEN SHARE IN FIELD PRODUCTION.

In a sketch of the food crops in Great Britain, Dr. J. W. Robertson states that the latest returns available show the following additional acreage of cereals and potatoes in 1918 over 1916:—

England and Wales .....	2,125,000
Scotland .. . . . . .	300,000
Ireland .. . . . . .	1,500,000
	3,925,000

Of the increased area in England and Wales, 753,000 acres were under wheat. He mentions the legal power by which county agricultural committees were enabled to compel farmers to improve systems of farming, method of cultivation and use of fertilizer where necessary. Over 40,000 acres were compulsorily taken over from farmers who did not improve their ways. Farmers obtained credit for increased production; tractors and horses were rented to them; labour was found among soldiers, women, part-time volunteers and prisoners of war. At one time as many as 60,000 army men had been allotted to work on the farms, but soon after farmers were very much dissatisfied with the calling up for army service of 30,000 additional men from farms. About 8,000 prisoners of war were used, and Dr. Robertson states that they worked willingly and diligently. He found their daily ration good in quality, and adequate, and he added (what will be somewhat new to us in Canada) that the German prisoners each received two parcels a month of food from Germany.

#### Women in the fields.

It is estimated that there are now about 270,000 women working on farms in Great Britain. A few run tractors and some do horse ploughing, but the bulk of them are employed in dairying. About 13,000 women serve as voluntary workers in the Food Production Department, on county committees and as village registrars. Farmers generally give willing co-operation to the Food Production Department, and Dr. Robertson saw very few examples of where breaking up the land had resulted in failure of the crop. He pays tribute to the excellence of the work done on these voluntary committees by men who give their whole time to the work, and he remarks: "It appeared to me that the organization work of this year would have substantial influence in improv-

ing the methods of farming, in increasing the yields of crops and raising the whole standard of agriculture. . . The advantage from increased production of grain would mean that at least part of the increase would be maintained after the war.

#### Price fixing illusory.

Dr. Robertson points out that the prices fixed for the 1918 crop had no real bearing on the situation. The price fixed for this and next year for wheat was 55s. a quarter. The discussion when he left England was whether the price for 1918 should be 72s. or 75s., or even higher. In Great Britain the subsidy for bread, due to selling the loaf at less than cost price last year, was reported to be about £40,000,000, but some authorities believed that it would total nearly £60,000,000.

#### Bread uncertain in France.

In the course of notes on his visit to France, Dr. Robertson, relying on actual observation, mentions that while in the army zone, and for the army itself, food was sufficient and excellent, no white bread was seen outside that zone. "At the time of the German advance," he says, "I understood that the needs of the refugees were met for a time from the army supplies. At that time and for a period afterwards there was a severe scarcity of bread in many French towns. Sometimes at some places there was no bread at all. France for nearly a year past has been getting on with the reserves of flour and bread sufficient for one week's consumption. Any interruption of the railway service is liable to prevent some part of the population from obtaining bread at all. In one town of considerable size there was said to have been no bread at all for a month."

#### Priority over the Army.

The effect of want of bread in some of the towns near which the American troops were located was such that Mr. Hoover came to the conclusion that essential breadstuffs and fats for the civilian population should have priority over the tonnage even of the American army and its equipment.

The following were the comparative yields of wheat in France for four years:—

Year.	Bushels.
1913. . . . .	324,464,000
1915. . . . .	226,352,000
1917. . . . .	149,333,000
1918. . . . .	224,000,000

## VOLUNTARY HOME RATIONS ADOPTED.

### NEW BRUNSWICK LEADS PROVINCIAL PLAN.

To New Brunswick has fallen the honour of precedence in a voluntary rationing scheme for the home. The week beginning September 29 was devoted to a province-wide campaign for its adoption. It is too early to report results in this issue. This voluntary rationing is part of Canada's further share in the supply of foods for war purposes. Plans had been drawn up in most of the provinces of the Dominion. Broad lines in all were similar, but in each case local conditions and modes of living had been considered. The step corresponds with a much more intensive rationing plan which was found of enormous value in food saving in Great Britain before the submarine menace made a compulsory system desirable; it corresponds also with the "Honour System" in the United States.

The policy was told in detail in a neat booklet of eight pages issued by the New Brunswick Committee of the Canada Food Board, of which Mr. E. A. Schofield is Chairman, and Dr. W. C. Keirstead, Secretary. Clergymen, school-teachers, women's organizations and every person having influence to frame public opinion or to lead a community movement were enlisted to aid the movement, which certainly proved one of the most popular in the old Loyalist Province. The booklet set out the reason for the home scheme as being that "people who live in private homes shall line up with those who eat their food in public eating places." The ration plan was prepared in conference with representatives of local food committees, women's institutes and domestic science teachers. It was revised and approved by the Canada Food Board. The same plan will be carried out when the time is ripe in the other provinces.

The New Brunswick Committee clearly pointed out that food conditions, like other aspects of the war, are changing continually so that voluntary effort must concentrate in the future first on one class of food and then on another. It adds: "This food conservation policy applies not merely to existing conditions, but in its fundamental features to the situation so long as the war lasts," and emphasized that above all this scheme of home rationing is woman's opportunity for war service.

Part 1 of the scheme details the regulations of the Canada Food Board which now apply compulsorily such as prevention of

hoarding, feeding of wheat, etc., to live-stock or poultry, milling, baking and the purchase of substitutes. Part 2 sets out the voluntary household regulations at length, prefaced by the remark: "The aim of these regulations is to save every ounce of wheat, beef, veal, pork, fats and sugar to send overseas as much food as possible in the most concentrated form of best-keeping properties, and requiring least shipping space." The points under which they are dealt are wheat, including baking, meat, fats, sugar, milk and its products, fruit and vegetables, and hoarding, while a convenient summary of recommendations and "Don't's" closes the booklet.

Up to the time of this Bulletin going to press, the reports from New Brunswick showed that the people had willingly taken up the proposal.

### LADY RHONDDA'S GRATITUDE.

In reply to the message of condolence on the death of Viscount Rhondda, late British Food Controller, sent by the Chairman of the Canada Food Board, the following message was received from Lady Rhondda, sent from Llanwern, Monmouthshire:—

"I shall be glad if you will express to the members and officers of the Canada Food Board my heart-felt thanks for their very kind and touching message of sympathy in my great sorrow.

—Sybil Rhondda."

The cable message sent by the Chairman of the Canada Food Board was in the following words:—

"The members and officers of the Canada Food Board share with the British Ministry of Food and the people of Great Britain, sorrow and sense of great loss in death of Viscount Rhondda. In all our relations we found him most cordially disposed towards Canada, and not only this Board but the whole Dominion have lost a true friend.

H. B. Thomson."

In an interesting article on the foreshadowed rise in meat prices during the winter months in England and Scotland the "National Food Journal" points out that the main reasons for the rise are the increased prices for live cattle which must be paid to the farmer in the winter, the increase in distribution charges under a rationing scheme, and the high price of meat in the United States.

# TALKS TO JOURNALISTS.

There are probably 1,200 editorial writers in Canada. Ours is an anonymous journalism, and it is, therefore, the influence of these writers which the Canada Food Board bespeaks. The aid they have already given is immeasurably useful. To keep on giving it predicates a high patriotism of the type that holds to the end.

But the man who knows what newspapers have done since war began assumes their patriotism. In the hands of the editorial writers chiefly lies the changing of unwilling followers of Orders issued from Ottawa into cheerful co-workers in a Dominion-wide war measure. They can combat negligence and selfishness; they can enlighten by showing the end to which the measures are directed. They can, above all, suppress that brilliant but easy form of criticism—fault-finding.

We have a right now to speak of the technicality of food control. Only those who have had the technical training in the hard, grim course of the last eighteen months know how sensitive its mechanism can be. Is it fair to judge the stream by the bubbles on the surface? So long as voluntarism remains, as it must in Canada, the chief force among the people, so long will there be defects and difficulties.

Editorial writers are asked to give this new form of knowledge the same considerate treatment they would aerial flight and undersea navigation.

Writers will find surprising light and field for comment in the statements by Dr. J. W. Robertson given in this issue on food conditions in Italy and France, especially; they will find ample scope for a study of economics on his remarks on farming in England under war. So long as that is the state in Europe, so long must food control go on here.

Then there are the present sugar distribution difficulties. Writers can tell the public the why and the wherefore; can teach the people to take what is its first dose of a rationed commodity with a good grace.

Everything cannot be done by a small publicity staff at Ottawa. The moral obligation in national work is shared by every moulder of opinion. It will be the aim in these columns to give monthly "pointers" of special use to men in active newspaper work—a calling in which more than any other R. L. S.'s words are true:—"If a man love the labour of his hand, the gods have called him."

## INTER-ALLIED FOOD COUNCIL.

An Inter-Allied Food Council, consisting of the Food Controllers of the United Kingdom, United States, France and Italy, was set up to co-ordinate the food programmes of the Allied countries, and provide one general food supply scheme which would eliminate competition in purchase and transport. Acting immediately under the authority of the Council is the Inter-Allied Food Council Committee of Representatives, with headquarters in London, and to whom the Council has delegated wide powers. This Committee is constituted as follows:—

- Chairman—Sir John Beale, K.B.E.  
 United Kingdom—Major the Hon. W. Astor, M.P., and Mr. W. H. Beveridge, C.B., with Captain J. R. Brooke as an additional member.  
 United States—Mr. J. B. Cotton and Mr. L. P. Sheldon, with Mr. G. S. Jackson as an additional member.  
 France—Major R. Filloux and Mons. Genestal, with Mons. Destombea as an additional member.  
 Italy—Commendatore Professor Attolico, C.B., and Signor Nimmo, with Lieutenant Amadio as an additional member.

## BUTTER OVER-STOCK SEIZED.

The Canada Food Board has seized and forced the sale of 392,800 pounds of creamery butter stored by the Dominion Fish and Fruit Co., Ltd., Quebec.

The Dominion Fish and Fruit Co., Ltd., without permission and in spite of remonstrance from the Canada Food Board, held a greater quantity of butter than was reasonably necessary to supply its own Canadian requirements, based on last year's sales to the ordinary trade.

Under the waste order the Canada Food Board seized 392,800 pounds of the 632,800 pounds the company had in its possession, and gave it the option of having the excess butter confiscated or sold to the Dairy Produce Commission for shipment to Great Britain and her allies. The company choose the latter alternative, and the butter is now on its way to Britain.

The accumulation of butter during the recent butter producing season for Quebec storage was in competition with the purchasing agents of Great Britain and her allies and prevented needed supplies reaching them.

## MORE FISH AT LOWER PRICES.

The Cost of Living Branch, in its latest report issued in the middle of September, remarks that the quantity of butter in storage is excessive, but adds that the whole trade is by no means involved in what is described as "hoarding." The Food Board has already taken steps to force this butter into proper trade channels. Stocks of beef had also increased, and it is stated that no new high records of price should occur. Mutton and lamb stocks had declined decidedly, as much had been sold for consumption.

Regarding fish, the report states:—

"The stocks of fish are greater than a month ago and much greater than a year ago. The only gratifying thing in this, is that the submarines operating off the Atlantic coast apparently have not stopped the catching of fish. We would suggest to the fish dealers that they give greater encouragement to the consumption of this fish by selling at more alluring prices than those ruling to-day in the fish markets."

Statement comparing holdings on Sept. 1, 1918, with Sept. 1, 1917, taking from such limited lists of firms as the records of last year allow.

Com.	1917. Pounds or dozen.	1918.
Butter. . . . .	19,824,423	24,645,793
Cheese. . . . .	23,279,838	6,893,446
Eggs. . . . .	15,350,291	12,777,693
Fork. . . . .	38,026,411	34,510,852
Beef. . . . .	14,487,097	19,913,043
Mutton and lamb. . .	256,130	1,867,249
Fowl. . . . .	1,010,777	267,398
Fish. . . . .	7,332,605	16,146,969

### SUBSTITUTES LOWER PRICES.

Dr. R. J. McFall, cost of living commissioner in the Department of Labour, in a published statement on the use of substitutes for flour in baking, says:—

"There has been considerable fear lest the orders of the Canada Food Board requiring the use of substitutes in baking would necessitate an increase in the cost of bread. This department is very pleased to note that the orders have had an opposite effect. The activity of the board regarding substitutes has been the chief factor in offsetting a threatened rise in the cost of bread-making."

Dr. McFall points out that several factors had been working towards increased prices of bread. Freight rates had gone up, and with them the cost of wheat flour at most points in the Dominion. Further, patriotism required Canada to share with others the wheat she would otherwise have used herself.

"We all know what would have happened to prices," Dr. McFall continues, "had bakers been restricted to this limited supply of wheat unless

regulation of prices had been adopted. A much saner policy has been carried out. The millers have been induced to make substitute flours from other grains to relieve the shortage which would and should exist in wheat flour. These substitutes are wholesome and nutritious and anyone who objects to their use should be reminded that our bread is still made up of a larger proportion of wheat than that of our allies."

"Domestic substitutes are now on the market for the bakers at lower prices than wheat flour and there is every reason to believe that they may be kept at these low figures if the bakers provide a steady market for domestic substitute flours."

The cost of living branch has notified bakers that, in future, published estimates of costs of bread in each locality will take into account the cost of the lowest-priced substitute available.

### NO RELAXING IN ENGLAND.

A cable from the British Minister of Information to the Food Board, Ottawa, says:

"Early threshing reports show a lower yield than was anticipated. The food controller, speaking at Derby, said, notwithstanding the bountiful harvest, no relaxation of food restrictions and economics is possible. It must be remembered ships are needed to transport American troops to France.

"It is hoped the fruit shortage will be remedied by using vegetable marrows at fixed prices for jam, also blackberries collected by school children. The price of wheat is unchanged. An increase has been allowed to cover the increased cost of production of barley and oats.

### FIVE FACTS TO REMEMBER.

Farmers should realize that:

1. Farmers in enemy countries are supporting their Governments.
2. Certain kinds of food are still fairly abundant.
3. The Central Powers are using every possible means to maintain agricultural production.
4. Isolated cases of food shortage are not necessarily typical of large areas.
5. Reports that farmers are slackening in their efforts bear the earmarks of German propaganda.

If every suitable freezer in the world were packed to the roof that supply of meat would last the Allies only a few days. Crops that are growing and the meat animals that are developing on farms and all the food supplies constantly coming to market are the dominant factors in the food situation.

## PLAIN WORDS TO LICENSEES.

In the last few weeks what might be called a development of Food Board policy towards its licensees has taken place. A series of letters usually dealing with one specific point has been drafted for several of the subdivisions of licensees. These have been addressed personally, according to trade group, and sent out both in English and in French. It has been found that business men did not fully understand the importance of reading the Orders which concerned their trade with strict care, and the circular letters were framed to remind them of important passages bearing on their different trades. For instance, the new regulations which the certificate system, found necessary in the distribution of sugar, had brought in were communicated direct to all the trades concerned. Letters were also sent on the use of substitutes for wheat flour, as it had been found that some confusion existed.

The intention is not that these letters shall supplant the printed Orders of the Food Board, which, it must be clearly understood, form the law of the land so far as they go, but they are intended to give enlightenment and direction as to what are the essential points to be observed. This is only carrying out the idea which has always actuated the Food Board, that it has an obligation in an especial sense to assist the food trades to adjust themselves to the new war conditions. The same policy is being carried out in the numerous experiments which the Bakery Division, for instance, is carrying out with loaves made of wheat flour substitutes. These recipes are tested on a commercial scale, and when found suitable are published for the information of bakers and confectioners, who are thus relieved of costly experiments. The certificate system of sale of sugar has been found to work well as a means of control of our much depleted supplies, and so far as can be seen in the short time the system of direct communication has been operating, its results are highly satisfactory.

The trades which have already received these licensees' letters include public eating places, as to the issue of sugar certificates, mentioning the available substitutes; wholesale grocers as to the certificate plan of sugar purchase and sale; retail grocers, forbidding them to take advantage of the public through the Order making substitutes compulsory, and mentioning the possibility of the Canada Food Board issuing public

statements of set prices of commodities; flour and feed licensees, pointing out to them that the word "substitutes" must be substitutes for human food, and that animal feed is not properly classified as a substitute; to public eating places, on a still stricter conservation of sugar; retail grocers, again detailing the classification of substitutes and the grocer's duty in respect to their sale; and a further letter to the same trade group correcting a misapprehension that they required sugar certificates.

### FILLING IN FORMS CORRECTLY.

A vast amount of work is given to the Licensing Division of the Canada Food Board by errors and oversights on the part of business people which could be avoided by reading instructions. In the applications for licenses the following are the chief omissions.

1. The annual turnover is not given. This is absolutely necessary as otherwise it is impossible to compute the fees payable, which are based on the amount of the turnover.
2. Money is sent in without the application form. This necessitates much correspondence to trace the missing form.
3. Application forms sent without the fee or with the incorrect amount. This also means much correspondence in returning the form for the money.
4. Applications are sometimes not signed.
5. Incorrect or incomplete addresses are given.
6. Particulars not given as to trade classification. A butcher, for instance, who also sells produce, vegetables and canned goods, who simply describes himself as a "butcher" cannot receive the class of license which will entitle him to his sideline trade.
7. Affidavit not sworn to before a magistrate or justice of the peace. This means that the whole form has to be returned to get the necessary sworn statement.

All license holders are required by law to give plainly their license number in any correspondence with the Board. It is the easiest method of filing and tracing previous correspondence. The saving involved in this may be judged from the fact that over 150,000 application forms have gone out. It cannot be too deeply impressed on all food traders that "No license, no business" is the new rule that war has imposed from end to end of the Dominion.

## YIELD OF WHEAT SHOWS SLIGHT DECREASE.

An average yield of twelve and a half bushels per acre for spring wheat and sixteen and a half bushels for fall wheat for all Canada is given by the Dominion Bureau of Statistics in its preliminary estimate of average yields per acre of the principal grain crops of Canada during 1918. Last year fall wheat averaged twenty-one and a half bushels per acre while for the ten-year period 1908-17 the average was twenty-three bushels. Spring wheat averaged fifteen and a half bushels last year and nineteen bushels for the decennial period.

For other crops the respective averages are in bushels per acre—Oats, 33 as against 33½ and 35½; barley, 25½ as against 23 and 27; flax, 5½ as against 6½ and 10½.

### ONTARIO CROPS GOOD.

Canada has responded well to the Greater Production campaign. The farmer has given Famine a striking rebuff. Basic grains have been satisfactory in Ontario and there have been great crops of beans, peas, and vegetables. Wheat returns do not show as good results as anticipated. The fall wheat crop, much of which was destroyed by frost, with yield, it is estimated, 6,270,706 bushels, or 7,113,501 bushels less than in 1917. Spring wheat is better, giving 8,209,689 bushels, an increase of 4,611,173 bushels over 1917. On those figures, it would appear that there is a net loss of about 3,500,000 bushels. However, this is offset by the fact that much of the fall wheat, in some sections as much as 75 per cent, was resown with barley, giving a mixed crop. It is known that 619,389 acres were sown to mixed grain, an increase of 103,796 acres over the previous year.

Barley production totals 23,416,798 bushels, 5,000,000 bushels more than in 1917, and 11,000,000 bushels more than in 1916. Oats show amazingly well. The total production is figured at 124,622,893 bushels. This is approximately 13,500,000 bushels more than in 1916. Rye will give about 1,824,616 bushels, or about 400,000 bushels less than last year.

To the total of the basic cereals, one must add the value of 2,397,263 bushels of peas, of 1,469,799 bushels of beans, of the production of 223,662 acres in buckwheat, 15,925 acres in flax, of 576,256 acres in corn, and 284,400 acres in potatoes, turnips and other vegetables.

### BANK VIEW OF CROPS.

The Monthly Commercial Letter of the Canadian Bank of Commerce, in its summary of the business in Canada, thus sets out the conditions of crops and agriculture generally:—"It is difficult to arrive at a definite conclusion as to the actual volume of the crop. It is now apparent, however, that it will considerably exceed the estimates formed during the bad weather of July and the early part of August, as is shown by the demand for farm help in practically every part of the Dominion, and by the renewal of orders for general merchandise and for articles that cannot be ranked as necessities which had been cancelled owing to the anticipated failure of the crops. The keenest demand, exists in the wheat districts of the prairies. Considering the weather conditions which have prevailed, the returns are satisfactory in both quality and yield.

The rains materially improved the outlook for fodder and root crops. Manitoba, British Columbia and New Brunswick will all have a large surplus of potatoes. Fodder, corn and roots in Ontario, and pasturage in the southern districts of the western prairies, have recovered substantially from the unfavourable weather conditions during July, and the selling of unfinished stock will thus be checked. At Calgary the volume of cattle marketed at the close of August was three times greater than in the previous year, yet no serious recession in prices took place. Where feed is plentiful the number of livestock being marketed is either normal or, because of increased production, slightly greater than a year ago. When three-year-old steers fresh from the prairie pastures bring \$170 each, as they did in Lloydminster, Sask., late in August, there can be little doubt as to the future of the cattle industry on the prairies. One railway system carried 11,363 cars of cattle in 1917 as compared with 7,245 in 1916, an increase of 57 per cent while the increase in western dairy produce shipped was 15 per cent."

### GRAIN MEN UNDER LICENSE.

Grain dealers throughout the Dominion must henceforth have licenses to do business which will be issued to them from the Board of Grain Supervisors. The new Order in Council extends the area to which this is applicable from Winnipeg eastward to the coast. It was already enforced from Winnipeg westward.



## THAT BAD EGG MYSTERY CLEARED UP.

As the result of the investigation ordered by the Food Board into the story that a large quantity of eggs held in storage, had become unfit to eat and had been dumped into a field near London, Ont., it has been found that they were the result of candling and sorting of eggs received by Silverwood's Limited during July and August, 1918. The record and receipts of eggs and candling reports were examined by an inspector of the Board showing during the months of July and August that 228,853 dozen eggs were purchased, 14,360 dozen of which were cracked, could not be stored and from which the contents were extracted and canned, and 6,594 dozen were bad. From this it will be seen that there were 20,954 dozen broken shells or bad eggs which had to be put in the dump.

Satisfactory evidence was given that none of the eggs had been taken from cold storage. Mr. J. Parker, solicitor of the Board, under whose directions the investigation was made, in writing to Messrs. Silverwood's Limited afterwards stated:—

"Perhaps the public are not aware of the fact that you were compelled to candle these eggs before placing them in cold storage to make absolutely sure that no bad eggs are paid for by you in excess of one per cent and to ensure as far as possible that the eggs reaching the consumer are fit for consumption. Until made so by the Canada Food Board, candling of eggs was not compulsory, with the result that the consumer often purchased eggs that were unfit for food before reaching storage."

Sir Patrick T. McGrath, K.B.E., chairman of the Food Control Board of Newfoundland, and editor of the St. John's, Nfld., Evening Herald, has been in Ottawa and Washington in the interests of food control.

A correspondent of the London Times says that in Great Britain they have been so much impressed by the success of the voluntary principle in the United States that they are in danger of overlooking the Canadian effort. The correspondent then lengthily describes the work of the Canadian Food Board.

Mr. Almy Staples, of Fredericton, N.B., last year had the option of a farm or of a motor car. He bought the farm, 30 acres in extent, and this year the man he put on it will raise 300 bushels of oats, 40 bushels of wheat, 30 bushels of barley and 150 barrels of potatoes, besides other roots. He has also 2 Clydesdale horses, 2 Holstein cows and 4 hogs.

### GERMANY'S FOOD OUTLOOK.

Germany and her Allies face another serious food shortage. Roumania and the Ukraine, which were counted on to supply a large part of the Central Powers' needs, will themselves have a shortage and will have nothing to export. A drought is responsible. Roumania provided the Central Powers with 3,000,000 tons of grain last year, but this year it really needs imports to fill its own needs. The Ukrainian supply is disappointing to the Germans, and may be regarded as negligible. The German crop is of average dimensions, Hungary's the same, but Austria has a crop failure. Hence the Central Powers face a hard winter in respect to food conditions.

### GAS MASKS FROM NUTSHELLS.

The Food Administration in the United States is stimulating the saving of fruit pits and nut shells from which will be made a high grade of carbon for gas masks that will withstand the ravages of German poison gas. It takes two hundred peach pits or seven pounds of shells to furnish enough carbon for one mask. Only the following material can be used: peach, apricot, prune, olive, date, cherry and plum pits and Brazil, hickory, walnut and butternut shells.

### COMBATTING THE CUT WORM.

"The destructiveness of the cut worm has not been so evident for years," declares Mr. F. Abraham, Chairman of the Home Gardens and Vacant Lot Section of the Canada Food Board. "An early season to some extent minimized the loss from this pest. If after all eggs are laid, the ground is well broken up or ploughed, 95 per cent of the larvae will be destroyed. "I strongly advise," he added, "that every available foot of town land be ploughed this fall."

### CITY WORKERS HELP.

Shortage of farm labour in the Estevan district of Saskatchewan led to the formation of an energetic committee to look after the supply of labour necessary to save the crops. Applications for assistance were received and owners of cars who had volunteered for the purpose organized and drove out gangs of men to the fields. Wages were set at 30 cents an hour.

The British Food Controller does not think it desirable in the interests of food production that the price of seed potatoes of first early varieties should be controlled.

# CANADA TAKES A SEAT AT ALLIED TABLE.

## THE "WHY" OF THE 80-20 LOAF EXPLAINED.

So far as food conservation applies to the use of our cereal crops, it might be said that Canada only "found herself" last April. At that time the new milling regulations, put into force by the Canada Food Board, lengthened the extraction of flour for all purposes throughout the Dominion. It is not intended to go into minute details as to how many loaves of bread may have been saved between April and the close of the milling season in September, but rather to deal with what Canada has been doing to add to her conservation and outline the programme for the next milling year, or until September, 1919. Many have no idea of what the Allied countries have been suffering or of the way they have handled their supplies during the past year. The following are briefly the facts of the world's bread ration:—

	Wheat Flour Extraction.	Substitutes Required.
Great Britain ...	83 per cent.	20 per cent.
Netherlands ...	70-75	24-30
Sweden ...	75-80	33-66
Switzerland ...	90	..
Tunis ...	85	15
Germany ...	94	30-50
Austria ...	82	50
Hungary ...	80	25-50
United States ...	74	25-50

France started with 74 per cent, or practically standard extraction, and in 1916 raised this to 80 per cent. In 1917 this was further increased to 85 per cent, but on their finding this too long and the flour not satisfactory, it was reduced to 80 per cent early in 1918. On the present crop year it has been brought down to 72 per cent. Adding the 20 per cent of cereal substitute flours it might be said that France has taken the lead in the "Allied Loaf" movement, which is now the agreed basis for England, France, Italy, United States, and by the recent announcement of the Canada Food Board, it is the approved programme for the Canadian people for the coming year.

There seems to be a wrong idea among the people about the question of substitution. Some people think that if they eat oatmeal porridge for breakfast, they are using substitutes. That is not the meaning of the word "substitutes" at this time. What is required is the saving, through substitution, of all the wheat flour possible. The best technical knowledge and practical experience obtainable by the Allies convinces them that 20 per cent of suitable cereal flour substitutes can be mixed with

wheat flour in the process of baking and produce a good loaf with a saving of that amount of wheat. Yet the people would be well nourished. This is substitution as the Food Board desires the term to be understood at this time.

For rolled oats, oatmeal, rice, beans, peas and cornmeal, statistics show that Canada has been a liberal consumer of these very wholesome cereal products and the people will be expected to continue to use them, as in the past, but add 20 per cent of cereal flours to other wheat flour supply, thereby decreasing the actual consumption of wheat products by this amount.

It may be truthfully claimed that Canada, at this time, is taking her seat at the "family table," and will make the "Allied Loaf" a part of her diet or daily bread, with France, Italy, United States and all the other allied countries.

### THE HOUSEWIFE'S PART.

Again the housewife has to prove "the policeman of food control." In her hands lies mainly the success of making 1½ pounds of sugar do for each person in the family for a month. The burden of maintaining the Allied sugar supplies falls on us. There is not enough sugar available for us all to live in our peace time habits. Our great war programme has reduced our sugar-carrying fleet; the sugar requirements of the army are very large; the American crop is less than we expected; we have diverted 50,000 tons of sugar shipping in order that Belgium should have food; Germans have destroyed sugar beet fields and factories in northern France and Italy; more than 50,000,000 pounds of sugar was sent to the bottom of the ocean off the United States coast recently.

Since about 70 per cent of the country's sugar supply passes through the hands of the housewife, it is evident that she has a most important role to play in its conservation.

Just as in the use of flour substitutes, she will learn from experiment and practice many ways of using other sweetening. She will also learn how to substitute other energy and fuel-giving foods for the sugar she has relied upon in days of plenty.

All this takes time and thought, but it is a voluntary contribution to ultimate victory.

## CANADIAN BEEF ON BRITISH MARKETS.

### MINISTER OF AGRICULTURE ON UPHOLDING MERIT.

A timely statement by the Hon. T. A. Crerar, Minister of Agriculture, applies to both production and conservation methods to be followed in the next twelve month in our Dominion beef supplies. Some misunderstanding of the requirements has been caused by the differing conditions in the markets of the United States and by the reflex effect of the temporary withdrawal of all pork restrictions.

Hon. Mr. Crerar's statement makes it patent that from the farmer's point of view there should be continued breeding and feeding of cattle and from the consumer's point of view that there should be no relaxation whatever in our methods of avoiding waste.

The statement, given in an interview with the Canadian Press, follows, in extenso:—

"The British Minister of Food," said the Hon. Mr. Crerar, "states that, so long as space for trans-atlantic cargoes is so very limited as at present, it will be unable to accept unfinished beef carcasses for transportation to Great Britain or the Allies. Beef of this class includes a considerably larger percentage of bone and waste than does the well-finished article, and at the same time is more difficult to handle and less easily preserved. For somewhat similar reasons the ministry states that it will pay the top prices only for bacon which is cut from select hogs, weighing between 150 and 250 pounds, live weight. The beef carcass, in order to be favourably considered should weigh at least 500 pounds. It is of the greatest importance, therefore, that our farmers and feeders should make every effort to finish their stock before marketing. If any are in such a position that they find they cannot finish it themselves, they should do their best to place it in the hands of those who can.

"The situation in Eastern Canada is unquestionably good, so far as roughage is concerned, and we are just finishing harvesting one of the best crops of grain that we have ever taken off, and, while Western Canada has suffered somewhat from drought, conditions have improved immensely since July last. I feel justified, therefore, in asking the farmers throughout the country to make a special effort to market any finished product within the weights indicated."

"Production is exceedingly important," continued the minister, "but quality, condition and finish, are even more essential, if we are to ensure our products reaching the markets of Great Britain and our Allies, as is evidenced by the statement of the British Ministry of Food. There is, however, another reason, and to our farmers and, in fact, to all Canadians, an almost equally important reason why we should do our

utmost to put only meats of the best quality and finish on the export market at the present time, and in the immediate future; practically all our bacon surplus and a very large portion of our surplus of beef must find its outlet in Great Britain. If, therefore, we would retain our place on the British market, both now and in the future, it is apparent that we must retain the good reputation we already have for a superior article of bacon and improve our present status as a beef-producing country, and, since the very existence of our bacon industry and, in no small measure, the continued prosperity of our beef producing interests, depend upon our standing in the British markets, I make this appeal, feeling convinced that the standard set this year may easily determine our reputation and largely establish our commercial position in these lines for not only the immediate but also for the more distant future.

It seems to me, therefore, that I am not exaggerating when I say that, upon our handling of this situation at the present time depends in no small degree, the life of our bacon and beef trade, and I feel that I am not asking too much when I urge upon every individual farmer and feeder the importance of each one doing his utmost to insure only finished animals going to the block.

#### ALL MUST BE LICENSED.

In order for a dealer to obtain a license to start a new business, buying and selling foodstuffs, it is necessary for him to send in full reports showing the population he is likely to serve, the number of existing dealers doing a similar business in his locality, and the necessity, from the consumers' point of view, for an additional dealer. The Canada Food Board warns people not to open a new food shop without first obtaining a license.

# A CHAPTER FOR EVERY WOMAN.

## HOME-MADE BREAD WITH SUBSTITUTES.

Recipes prepared by Miss Alice M. Purdy, Flour Testing Branch, Department of Chemistry, Ontario Agricultural College, Guelph, follow:—

The use of substitutes has presented new problems to the woman who bakes her own bread but all difficulties may be obviated if a few simple rules are kept in mind in baking a home-made loaf:

- (1) The sponge should be made in the usual way, using all standard flour. The wheat substitute should be added to the dough stage, allowing it less time to rise from then on, because the substitutes are deficient in strength.
- (2) A strong, healthy fermentation in the sponge stage where all standard flour is used and a shortening of the time in the dough stage after the wheat substitute has been added are two factors that help to insure a light, palatable loaf of good texture.
- (3) Because of the absence of gluten in all the substitutes, with the exception of rye, the dough should not get too much kneading but just enough to give it a smooth consistency.
- (4) Potato water and a little mashed potato (cooked) in the sponge furnish good yeast food. They take the place of sugar in war-time wheat substitute breads.
- (5) Honey, molasses, corn or maple syrup are satisfactory substitutes for sugar in the preparation of these breads. If added to the dough in small quantities they improve the flavour of the bread without imparting too sweet a taste.
- (6) More yeast should be used with substitutes than with all wheat flour.
- (7) The sponge or dough should not be chilled or over heated at any stage.

*Sponge:* General proportions—any multiple of this amount may be used:—

- 1 cup scalded and cooled sweet milk.
- 1 cup lukewarm potato water containing from  $\frac{1}{4}$  to  $\frac{1}{2}$  of a cup of cooked mashed potatoes.
- 1 teaspoon salt.

Sift and add standard flour to these ingredients until you get the consistency of pancake batter. If your flour is cold be sure to warm it before you start making bread. Add your favourite yeast to the batter, prepared as required, just before starting to beat. The amount of yeast used depends upon the length of time the sponge is to be allowed to rise. Over night will require much less than day-time or five-hour bread. Beat the sponge until smooth and elastic. Cover and set aside in a warm, draught-free place until light and foamy.

N.B.—Directions for preparation of various kinds of yeast:—

- (1) Compressed yeast should be dissolved in lukewarm water.

- (2) Dry yeast (Royal Yeast) should be dissolved and fermented according to the directions on the yeast cake box.
- (3) Home-made yeast should be warmed in a dish of warm water.

*Dough Stage:*—

- 1 tablespoon warmed shortening.
- 1 tablespoon sweetening (honey or syrup).
- 1 teaspoon salt.

Add these ingredients to the risen sponge and mix in sufficient wheat and substitute flour to make the dough stiff enough not to stick to the hands or board but just sufficiently slack to handle without stickiness. Knead lightly until smooth and well mixed. Place in a warm, lightly greased dish, cover and put in a draught-free place to rise until practically double in bulk. Be careful not to let it rise too high. Knead down in the dish and put it aside to rise again, using the same precaution in seeing that it does not over rise. Remove from the dish. Knead just enough to remove the air bubbles. Portion and shape for well greased bake pans, filling them about two-thirds full. When it has risen to about two-thirds its original size, bake in a moderate oven for at least an hour. Keep the dough warm by avoiding draughts and have it sufficiently moist to prevent a dry crust forming on the top—a covered box or a cupboard with a dish of steaming water answers this purpose well.

N.B.—The wheat and substitute flour may be mixed in the proportion desired. If 20 per cent substitution with rye, barley, oat, corn or other substitute is aimed at, the flour used in making the dough should be blended so as to take into account the wheat flour used in making the sponge. The point of this is to have one part of substitute flour for every four parts of wheat flour—one cup to four.

## FOOD VALUE OF EDIBLE OFFALS.

Below are the food values of certain edible offals, with their values in calories per lb.:

Ox-kidney	527
Sheep-kidney	446
Ox-liver	602
Sheep-liver	911
Ox-heart	1,206
Sheep-heart	873
Ox-lungs	434
Sheep-lungs	490
Sweetbreads	847
Blood	335
Tripe	678
Fresh ox-tongues	1,122
Smoked and salted tongues	1,859
Brains	577

The average caloric value of beef is 623 calories per lb.

## WHO'S WHO AT THE FOOD BOARD.



C. J. Bodley.

C. J. Bodley is a Canadian of British descent, born in 1876 at Toronto. He has the distinction of being the second tallest man at the Food Board offices, first place in the record still being held by the Chairman, Mr. Thomson. Mr. Bodley is 6 feet 2½ inches and to date only weighs 210 pounds. He has been connected with the confectionery trade from youth up, and for the ten years before 1915 he was manager of one of Toronto's largest cake and biscuit houses. He is now President of C. J. Bodley, Limited, Cake and Fancy Biscuit Manufacturers, Toronto. Mr. Bodley's thorough knowledge of conditions of the business and the present situation have been of great service in enabling the trade to meet the many changes imposed by war. His advice has been especially useful in framing conservation measures. He has charge of the Food's Board's sugar division. No sketch could overlook his keen business ability, which he has been frequently called upon to use in an advisory capacity in other sections of Food Board work.

### SUGAR DEAL ENDS SPECULATION.

The Sugar Equalization Board on September 13, closed a contract with the Cuban Minister for the purchase of the Cuban sugar crop at a price basis of about \$5.50 per hundred pounds f.o.b. Cuban ports. This purchase is made on behalf of the American, English, French and Italian Governments. The crop will begin to be available in December, and its division between the Allies will be directed by the United States Food Administration. These arrangements put an end to all speculation in sugar and assure an equitable distribution between all Allies.

Exports of beef from the United States for June totaled 92,173,000 pounds of which 95 per cent went to the United Kingdom, France, Italy and Belgium, ninety times the monthly average preceding the war.



Walter H. Linn.

Walter H. Linn was born in London, England, in 1877, and educated at the Model School, London. He became connected with the wholesale produce business in London, coming to Canada in 1903. Taking an interest in the baking industry, he experimented with the use of substitutes as far back as 1911 and produced a loaf of 60 per cent

substitutes of bran and deoderized linseed with 40 per cent of wheat flour, unequalled in Canada at that time. Since war made the wheat situation acute, Mr. Linn has made a study of substitutes. He believes that only by scientific methods will the baker be enabled to get results. The suggestions given to bakers in the use of substitutes, time of fermentation, temperature of the dough, etc., to get a satisfactory loaf has been greatly appreciated by the trade throughout the Dominion. The Bakery Section under Mr. Linn is ready to give what aid it can at any time to any baker who wishes to make application and the following summarizes his attitude of ready help: "The splendid spirit of co-operation existing between the Board and the baking industry has made my task a pleasure."

"Our existing supplies of food, whether home grown or imported foodstuffs, ought not to be taken by our people as a guarantee of absolute permanent security" said Mr. J. R. Clynes, British Food Controller recently, "All the same, economy of every kind is so direct a contribution to shipping resources that waste of any kind, or even the failure to sacrifice when sacrifice can be made, is at best a thoughtless offence against national interests."

One battalion at Niagara Camp is credited with saving 1,600 pounds of sugar in a month. Even the grease in the camp kitchens is saved and sold, and there is always a market for good dripping.

## ENFORCING BOARD ORDERS: SOME CASES.

Prosecutions for breaches of Food Board Orders are being taken up vigorously in several provinces. A staff of inspectors is now employed who are following up cases of alleged infringements, and generally seeing that the rules are applied so as to secure that for which they were drawn up, namely, the more equitable distribution of food among all classes. Where other means have not succeeded, the Food Board has suspended the license of offending dealers. The following cases are typical of a much larger number:—

For serving veal during the mid-day meal, Allan Mann of the Touraine Hotel, Chatham, N.B., was ordered to close his dining-room under suspended license for fifteen days.

The Princess luncheon, the Crystal Palace luncheon, Patricia Tea Rooms, and the lunch counter of the Dunlop Drug Store, Winnipeg, were closed for seven days for selling sandwiches during prohibited hours.

For selling flour to be exported to the United States without a Food Board permit, E. Huard, Lake Megantic, P.Q., had his license suspended for an unnamed term.

A similar order was made on Henry Laporte, Lake Megantic, for exporting flour and sugar without a permit.

For selling flour to American citizens for export and for selling the same without substitutes in the proportion called for by the regulations, the Board suspended the license of James Rideout, St. Croix, N.B., and ordered him not to buy, sell, or deal, either directly or indirectly, in any food commodity.

The license of D. J. Long, general merchant, Clair, N.B., was cancelled for similar reasons.

The Commercial Hotel at Kenora, Ontario, had sugar bowls on the dining-room table, and its license was suspended for two weeks.

Roberta & Co., Welland, Ontario, for making sole bread in violation of the Food Board rules had its license suspended.

For operating without a license, R. A. Sterns, Manager of the Hotel Victoria, Charlottetown, P.E.I., was ordered to close his dining-room until the license was obtained.

B. Rattenbury, Limited, Charlottetown, was ordered to discontinue buying or selling eggs for having failed to limit their allowance for bad eggs to 1 per cent.

M. Kennedy & Co., Breadalbane, P.E.I., were also ordered to close until they received a license, owing to disregard of the regulations for the selling of substitutes for wheat flour.

H. Tom, Paris Café, Notre-Dame Street, Quebec City, had his restaurant closed for 7 days for manufacturing iced cakes.

For improper handling of fish caught in the Lesser Slave Lake, Alberta, which resulted in waste to the extent of two or three cars, the Independent Fish Company of Wide Water, Alberta, had their license suspended for two months.

For serving roast beef and veal during prohibited hours, the St. Louis Hotel, Three Rivers, was closed for seven days, and Henry Wong of the Boston Café, Three Rivers, who served beefsteak at all hours and excessive quantities of bread, had their licenses suspended for seven days.

For manufacturing sole bread, and not using the right amount of wheat substitutes, the license of Frank Corbelin, Victoria Mines, Ontario, was suspended for seven days, and that of A. N. Tarrabain, grocer, Edmonton, Alberta, for fifteen days for having sold wheat flour without the required amounts of substitutes. A similar penalty for seven days was imposed on F. Frederick, J. Wolfe and H. H. Middleton, Pembroke, Ontario.

Three establishments in Woodstock N.B., namely Garden Bros., Atherton & McAfee and Aberdeen Hotel, were temporarily closed because they did business without a license, and three establishments in Edmonton, Alberta, dealing in candy and fruit were so penalized.

## 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. 58 removes for the time being all restrictions for Public Eating Places on pork.

No. 59 amplifies the classification of those who have to take out a Packer's License, including those who "manufacture any food product into which any of the products of slaughtered livestock enter, or the manufacturers of any substitute (except oleomargarine) whether made wholly or in part from animal or vegetable fats."

No. 60 regulates the use of sugar, irrespective of any previous Order. It stipulates in brief:—

Public Eating Places  
(except soda fountains and ice-cream parlours) ..... To use only 2 lbs. of sugar to 90 meals.

Soda Fountains and Ice-cream ..... Reduced to 25% of average monthly consumption. (Sept. 30).

All Candy and Table Syrups. (Beers, Soft Drinks, etc.) ..... 50% of average monthly consumption.

Medicinal ..... 75% of average monthly consumption.

Ice-cream ..... 5½ lbs. of sugar to 8 gallons of ice-cream.

Bakers, biscuits, cake, etc. .... (a) 40 lbs. sugar to 100 lbs. flour.

(b) Sweet dough products and pastry, 8 lbs. sugar to 100 lbs. flour, of which one-half in both classes must be yellow or brown sugar.

Public Eating Places must keep records of meals eaten.

Certificates for purchases of sugar by manufacturers issued on the percentages in this Order.

## FOOD FACTS AT THE EXHIBITIONS.

### THE VALUE OF COLD STORAGE.

"Production and Conservation Day" was observed at the Canadian National Exhibition, Toronto, on Saturday, August 31. Mr. Henry B. Thomson, Chairman of the Canada Food Board, a guest at the luncheon of Directors, spoke of the increase in exports of foodstuffs from Canada. He said the export of beef to the Allies had increased by 75,000,000 pounds, and there had been conserved meat enough to maintain 500,000 soldiers at the front. In the year before the war Canada was importing 7,000,000 pounds of butter, to-day she was exporting over 4,000,000 pounds, changing the balance by 11,000,000 pounds. As the result of the conservation of wheat and the general programme carried out by the Food Board Canada had shipped over 85,000,000 bushels more than usual.

During the past year the export of pork and pork products from Canada had been increased by 125,000,000 pounds, or approximately 570 per cent.

Alluding to cold storage, Mr. Thomson said the system, if properly handled, was absolutely essential for the trade of Canada. The average man looking over the lists showing the different quantities of food in cold storage had a wrong conception of the thing. When one looked at Great Britain's requirements and added to that the requirements of France and Italy, he would find that if there were 17,000,000 pounds of beef in cold storage last month, that would only meet Great Britain's requirements for two and a quarter days, and when there was added the needs of France and Italy and other countries it was nowhere at all.

When people came to analyze the relative proportion of the amount of stuff in cold storage in Canada to the requirements we are trying to meet and remembered that there was regulation as to storing and as to profits, they might be thoroughly satisfied that unless there were some grave mistakes being made the system was a good one.

The Canada Food Board had exhibits at the exhibitions at Toronto, Ottawa, Sherbrooke and London.

The production of maple sugar in the United States in 1918 is reported by the Department of Agriculture as 13,270,900 pounds. The production of maple syrup was 4,905,200 gallons, an increase of 3,432,250 pounds, over 30 per cent, and an increase of 619,100 gallons, or nearly 14.5 per cent, in syrup.

### NEED OF COLD STORAGE.

Hon. T. A. Crerar, Minister of Agriculture, was the principal speaker at the Ottawa exhibition luncheon on September 13, when he announced that the Department of Agriculture had under consideration and study a first-class refrigerator and cold storage system for Canada. He paid tribute to what the farmers of Canada had done, stating that 100,000 of them had been enlisted to date.

"No part of the population has made greater a sacrifice or done more than the farmers of Canada," he said. "Since the beginning of the war we have enlisted 100,000 farmers, yet despite this the production in the past year in foodstuffs has been the greatest in our history."

With regard to after-the-war problems such as the re-instatement of the soldiers in civilian life and the payment of the war debt, the Minister of Agriculture said this would be largely met by strictest economy by the nation and by producing as never before. Of all the agencies for meeting the national burdens after the war was over, Mr. Crerar said he thought he could place agriculture first. He predicted that there would be an increasing demand for Canada's foodstuffs in the United States after the war. He emphasized the need for finding markets for Canadian produce and the necessity of maintaining the quality.

### IMPORT AND EXPORT NEWS.

"Permits" in the Import and Export Section now average 4,000 a month. Fruit has been placed on the list of things requiring a license to be imported. To meet the special difficulties of deciduous fruit and vegetables which might be spoiled if long delayed, a permit is now being issued to each importer to cover his average weekly shipments. It is the effort of the Board to get the dealers to complete returns so that these permits may be got out to reach dealers about Monday of each week. Those who have not yet done so would be well-advised to obtain the necessary forms for filling in immediately, as the "weekly" permit has been found a very great convenience.

It is the intention to give plain instruction in matters of interest to importers and exporters in this Bulletin from month to month.

For allowing two batches of dough to go to waste, Arthur Scott, baker, of Richmond, Que., was ordered to close for seven days.

## TIT-BITS OF FOOD CONTROL.

The Brazilian Government has authorized the creation of a food administration.

The New Zealand Government has made arrangements to take over the entire wheat crop at \$1.41 per bushel.

Sixty tons of dressed reindeer meat was recently marketed in the States. This meat is quite tender and, although it has the taste of wild game, it is as good as beef.

Wheat price has been continued in effect in the United States for the 1919 crop by President Wilson in a proclamation fixing \$2.20 as the minimum price at primary markets.

The National Kitchen movement in England has recently made rapid strides, and there are now established in various parts of the country 623 national, or voluntary, kitchens, many with restaurants attached.

"Five bushels of wheat will provide bread for a soldier on the firing line for a whole year. Five bushels of wheat will keep the life in two adults or three children in the refuge camps of Europe. It isn't a matter of money, but of actually saving human life.

Brewing operations of all kinds in the United States will cease upon December 1, until further orders, and no further unmalted grains can be purchased for brewing purposes. The Food Administration has been directed to issue the necessary regulations.

"Some dissatisfaction has been caused by the late orders concerning the consumption of sugar," says the Omaha World-Herald, "but the discontented should direct their criticism at the German junkers. The shortage of sugar has been caused largely by the U-boats."

Marking a new step in the development of the port of Vancouver as a wheat distributing point, Australian wheat was on September 17 for the first time in history bulked and cleaned at the Canadian Government elevators, preparatory to being shipped to the Old Country.

The Deutsche Tageszeitung states that in examining samples of bread the Chemical Institute of Research of the city of Leipzig found the following foreign bodies present: Feathers, thread, wadding, lysol, paper, wood, straw, gypsum, chalk, splinters, and sand. The bread of one large bakery unaccountably contained about 13 per cent of copper in the form of verdigris.

On May 20 the price of wheat bread in the Ukraine was about 40 cents per pound loaf; and flour 39 cents per pound.

Rationing of cheese in Switzerland has been in force since June 1. The allowance is  $\frac{1}{2}$  pound per person monthly.

The beet sugar crop of the United States is expected to be about 38,174 tons less than in 1917.

American pork exports for June totaled 169,331,000 pounds which is more than four times the pre-war monthly average.

An illustrated pamphlet on rabbit rearing (No. 80) will be sent to anyone applying for it to the Poultry Division, Department of Agriculture, Victoria, B.C.

Stocks of sugar in Paris on May 31, 1918, were about half what they were on the same date in 1917. The total amount of sugar in France is lower than ever before, even in war times.

The new British Food Minister, Mr. J. R. Clynes, is continuing the policies of the late Lord Rhondda with respect to the fixing and maintenance of maximum prices, production and rationing.

The Prussian State Office for Foodstuffs and Eggs ordered that poultry keepers must deliver to the government from 25 to 30 eggs for each hen kept. Lately the State Office has ruled that one hen is to be allowed free for each member of the household.

According to a statement issued by the Department of Labour, the average cost of the weekly budget for an average family in Canada for staple goods during the month of August was \$13.41, as compared with \$13 in July, and \$7.68 in August, 1914.

The magnitude of the organization for controlling food which war conditions have evolved in Great Britain is shown by the fact that the total annual turnover is approximately \$4,500,000,000, imported cereals alone absorbing over \$5,000,000 a day. This amount represents the money paid for the purchase of foodstuffs for resale.

Herr Von Waldow, president of the German Food Regulation Board, speaking at a reception to the leaders of German trades union, said he regretted the lateness of the harvest and that there were no sharper means than were at present used to get more foodstuffs. The corn crop, he said was only fifteen per cent better than that of last year and the potato crop was probably worse.



**BILINGUAL WORK IN NEW BRUNSWICK.**

The summer campaign of the New Brunswick Women's Institutes closed September 30. Mrs. J. W. V. Lawlor, under the auspices of the Women's Institute Division of the Provincial Department of Agriculture, visited every institute. Two demonstrators, Miss Elizabeth Nutter and Miss Jessie Van Wart, graduates in Household Science from Acadia Seminary, Wolfville, N.S., visited the institutes, demonstrating principally wheat substitutes such as potato, oatmeal, corn meal, buckwheat, and rice, used in yeast breads, quick breads, and cake. Miss Alice Michaud, graduate in Household Science, St. Paschal, Quebec, has organized and demonstrated canning and wheat substitution among the French Institutes. Where institutes have both English and French members, an English and a French demonstrator have been sent together. Thus the two nationalities are represented in the work. There are one hundred and seven branches of the Women's Institute in the province.

**FOOD TRADES UNDER LICENSE.**

Food Board licenses issued include:—

Fish Cannery and Wholesale Dealers . . . . .	1,640
Cereal Manufacturers . . . . .	109
Wholesale Fruit and Vegetable Dealers . . . . .	1,528
Millers . . . . .	599
Manufacturing Bakers . . . . .	2,590
Wholesale Grocers . . . . .	901
Wholesale Produce . . . . .	1,039
Retail Grocers . . . . .	34,200
General Retailers . . . . .	11,341
Public Eating Places . . . . .	14,700
Manufacturing Confectioners . . . . .	919
Wholesale Flour and Feed Dealers . . . . .	372
Packers . . . . .	428
Canners . . . . .	446
Manufacturers Using Sugar (soft drinks, etc.) . . . . .	570
	71,382

The Food Board classification for licensing purposes does not necessarily correspond with trade registers and lists.

**U.S. CORN AND WHEAT.**

B. W. Snow, formerly statistician for United States Department of Agriculture, puts the American corn crop at 2,600 million bushels instead of 3,000,000,000 as expected. While corn declined in condition during August wheat improved, and spring wheat is now expected to give 328,000,000 bushels, or 21,000,000 more than expected a month ago. The total wheat crop of the country is put at 900,000,000 bushels.

**HIGH MILLING POINTS.**

The Royal Commission on food supplies in Great Britain has issued a revised schedule showing minimum percentage of extraction to be made from permitted cereals. A percentage of 91 is taken from the following varieties of wheat: Choice Bombay, Australian, Milling Blue Stem, No. 1 Hard Winter, No. 1 Montana Winter; 90 per cent from Blue Stem, No. 1 Hard Manitoba and No. 2 Hard Manitoba; 89 per cent from Chilian, Choice White Delhi, No. 1 Northern Manitoba and No. 2 Hard Winter; 88 per cent from New Zealand, Home Grown Grade 1, Choice White Karachi; and 87 from some Russian grades, No. 2 Northern Manitoba, No. 2 Canadian White Winter and No. 1 Northern Duluth.

**SLOGANS FOR CALENDARS.**

"Slogans" which might be very effectively used on Canadian Merchants' Calendars and other printed matter are given below:—

No one is outside the zone of food saving. Be careful of food. It must be saved as conscientiously as last year. Regard it as your war effort.

Eat more fish all the year round: it is wholesome, brain-forming and delicious. Our food saving success in 1918 should be an incentive for greater effort in 1919.

We have learned the habit of food saving. If we continue it will become a Canadian virtue.

It will take a long time to restore a normal food supply in the world. Conserve and still conserve.

Until every citizen eats one pound of fish a week, we shall be below the right scale.

Fish is cheap because we haven't got to fatten it. It is our best substitute for meat.

Substitutes for wheat are available in abundance. They must be used. Our tables will be enriched by them.

A fish diet is delicious in summer and invigorating in winter.

The patriot is the man who does what the country wants done. Food saving is patriotism.

Economize, not criticise, in national food measures.

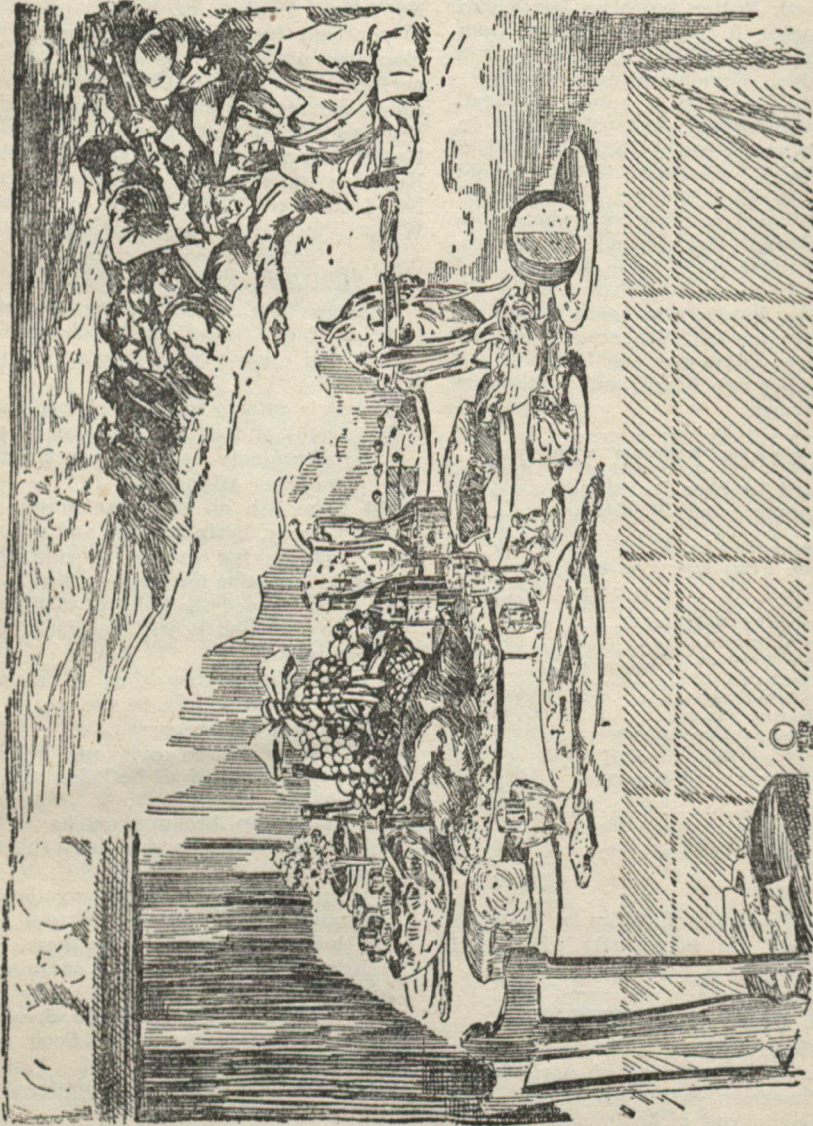
Share in the war for right by saving the food the Allies want.

Arrangements have now been made by the British Ministry of Food for the provision of "kosher" margarine for Jews.

## HOUSE ORGANS LEND VALUABLE AID.

"House organs," which it may be explained, is the name given to publications issued by business and commercial houses for circulation chiefly among their own staffs and customers, have given the food campaign whole-hearted assistance in the

last few months. Several of them have devoted whole pages to free publicity, and nearly all of them have promised to continue this indefinitely. A cut on this page, taken from one of the most ably edited of these organs, shows one aspect of their activities.



**THINK!**

Reproduced by courtesy of "United Briefs," Toronto.

The organ of the Atlantic Sugar Refineries, Limited, Montreal, is typical of the spirit of the others:—"The Red Ball" is cordially in sympathy with the work of the Food Controller. It is pledged to his assistance."

"Sunshine Magazine" Montreal, has not only devoted the current number to food work, but the proprietors donated to the Food Board 10,000 copies for free distribution.

## RED INDIANS HELP ALLIES. ARE BREAKING NEW GROUND.

Over 21,000 acres of land on Indian reserves in the West have been broken by tractor power this summer. In a report to the Minister of the Interior, Mr. W. M. Graham, Commissioner of the Department of Indian Affairs states that on the "Greater Production Farms" work has been carried on continuously through the summer in spite of the drought, resulting in the following acreage being prepared: Blackfoot Reserve, Alta., 8,000 acres; Blood Reserve, Alta., 5,000 acres; Muscowpetung Reserve, Sask., 4,000 acres; Crooked Lakes Reserve, Sask., 3,000 acres; Assiniboine Reserve, Sask., 1,000 acres.

It was expected that disking and harrowing the seed bed would be completed in most of these reserves by the middle of October. Arrangements were being made to erect a number of small granaries for the storage of said grain in 1919.

Mr. Graham mentions that in addition to the land broken in the Department farms, the Indians themselves, by individual effort, had broken about 15,000 acres, and that, while the Indians of the three Prairie Provinces in 1917 had 40,000 acres under crop, this year 50,000 acres had actually been cropped, an increase of 25 per cent.

In addition, outside persons had leased for grain growing purposes 15,000 acres on Indian reserves. The total for the West showed approximately 50,000 acres broken on Indian reserves. Mr. Graham further states that 140,000 acres of land had been leased for farming and grazing, giving a total rental of half a million dollars.

He closed his report by saying: "I am glad we have been able to help out the food situation by permitting outsiders to come on the Reserve to put up hay. The tonnage available from Reserves on the three Prairie Provinces will be approximately 50,000 tons, of which over 30,000 tons will be cut on reserves in Alberta."

### WHALE MEAT IN THE DIET.

Over 1,000 tons of frozen whale meat from the Pacific coast have been shipped to Boston this summer. The Victoria Whaling Company, Limited, of Victoria, B.C., expects to pack between 30,000 and 50,000 cases of whale meat this season at their cannery at Kyuquot.

Whales taken on the Pacific coast yield from 3 to 12 tons each of prime meat, and this only is used for canning or freezing, while no flesh is used from a whale caught

for more than 24 hours. The whale is not a fish, but is a hot-blooded mammal. Analysis of the flesh shows it somewhat to resemble corned beef or mutton. It contains 34 per cent of protein, the principal tissue-forming material of food, as compared with from 13 to 14 per cent in mutton or pork.

Sales of whale meat are not yet large in Canada or the United States, but a good deal has been shipped to Samoa and Fiji.

### SUGAR PRICES IN MANY LANDS.

The total sugar consumption in the United States for 1917-18 was 8,218,582,000 pounds. In Great Britain the total consumption for 1916 amounted to 3,131,198,000 pounds. In France for the same period it was 1,141,242,000 pounds. In Italy, 553,906,000 pounds; while in Canada, for the year ending March 31, 1917, the total amount of sugar consumed was 704,400,000 pounds.

The wholesale cost of sugar per hundred pounds on May 1 was \$8.07 in Canada, \$12.59 in England, \$12.28 in France, \$26.30 in Italy, and \$7.30 in the States. The average wholesale cost per hundred pounds in the Allied countries was \$12.52.

In Sweden, sugar is now selling at 14 cents a pound, in Spain at 19 cents, in Brazil at 25 cents, in Portugal at 21.4 cents and in India at 14 cents.

The table printed below shows the enormous difference in the wholesale prices of sugar in various countries as prepared by an English authority:—

Country.	£	s.	d.
Java . . . . .	0	9	8
Denmark . . . . .	1	15	0
United States . . . . .	1	16	4
Germany . . . . .	2	2	0
Sweden . . . . .	2	3	9½
Holland . . . . .	2	5	9
Switzerland . . . . .	2	18	0
Spain . . . . .	2	18	0
England . . . . .	3	0	6
Poland . . . . .	3	2	11
Austria . . . . .	3	2	5
Norway . . . . .	3	11	2
France . . . . .	4	10	5
Hungary . . . . .	4	11	10½
Italy . . . . .	5	16	10½
The Ukraine . . . . .	28	18	0

The striking difference between the prices in Java and the Ukraine is solely due to the question of supply and demand. In Java immense quantities of raw sugar are held up by the shortage of tonnage, and the supply exceeds the demand; in the Ukraine, on the other hand, not so much beet sugar is available as was at first supposed, and the demand exceeds the supply.

## OUR MAILING LIST.

Will those receiving duplicate numbers of the Canadian Food Bulletin kindly write stating the fact to the Canada Food Board, Ottawa? Some names received from varying sources have been entered twice on our mailing lists. A revision is being made, and recipients will best help by sending back the duplicate envelopes for comparison, stating the exact address.

Any request to add a new name to the list will at all times be gladly complied with. Please write names and initials unmistakably.

### NOTRE ÉDITION FRANÇAISE.

Nous publions régulièrement une édition française du Bulletin Canadien des Vivres. Que ceux qui désirent cette édition française veuillent bien nous en prévenir en écrivant à la Commission des Vivres du Canada, Ottawa, en nous donnant clairement leurs noms et adresses.

## "THE LITTLE LESS."

You surely have not missed the little less wheat in your bread? Yet it has reduced our Canadian consumption by 200,000 barrels a month, or 12,000,000 bushels a year.

We sent 125,000,000 pounds more pork and 75,000,000 pounds more beef to the Allies last year. We saved that at the table too.

We hope to save 100,000 tons of sugar a year by spoonfuls.

All this has been done just as "Little drops of water, Little grains of sand, Make the mighty ocean, And the pleasant land."

Will you remember it is in your hands?

## RECIPE BOOKLETS 5c. EACH.

*Issued by the Canada Food Board.*

- No. 1—FRUIT AND VEGETABLES: Canning, Drying, Storing.  
 No. 2—CANADIAN FISH AND HOW TO COOK THEM.  
 No. 3—VEGETABLE RECIPES.  
 No. 4—BREAD RECIPES.

On sale on application, with remittance, to the Canada Food Board, Ottawa; or from the office of the Western Representative of the Canada Food Board (205 Scott Block, Winnipeg, Man.).

And from:—

Nova Scotia.....	A. S. Barnstead, 197 Hollis St., Halifax.	Manitoba .....	Prof. J. B. Reynolds, Man. Agricultural College, Winnipeg.
New Brunswick.....	Dr. W. C. Kierstead, P. O. Building, Fredericton.		Col. Clarke, Scott B'ld., Winnipeg.
Pr. Edward Island...	Wm. Kerr, Brown Building, Charlottetown.	Saskatchewan .....	L. E. Mutton, 24 Canada Life Bldg., Regina.
Quebec .....	Philippe Furois, 103 John St., Quebec.	Alberta .....	Capt. G. D. Hunt, Merchants Bk. Bldg., Edmonton.
Ontario .....	Dr. A. H. Abbott, (Sec., Organization of Resources Comm.) 43 King St., West, Toronto.	British Columbia....	J. H. Hill, 227 P. O. Bldg., Victoria.