

Canadian Food Bulletin

No. 12.

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The Canadian Food Bulletin is published under authority of the Canada Food Board, for the information of official organizations co-operating in the work of food control, and of other bodies or individuals interested. The information published is carefully prepared to ensure accuracy of all statements so that it may be a permanent and useful record of the work of the Food Control organizations in Canada.

BE MORE THAN A "DESTROYER OF RATIONS."

The cities and towns of Canada must supply the labour which is imperatively needed to increase this country's production of food during the present year. There is no other source of supply, and the time has come when every city man should consider his individual duty in regard to this problem of food.

"Unless the situation had been critical we should not have resorted to compulsory rationing," Lord Rhondda stated recently, adding that the success of the British rationing system depends, both now and in the future, upon the regularity with which Great Britain receives the maximum amount of cereals, meats and fats that the people of Canada can produce or save.

Great Britain this month will be on shorter rations than at any time in the last 100 years. Mr. Hoover has stated frankly that European rations to-day are "so low as to tend to diminish the morale and resistance of the Allies."

A cable from England says: "It is considered likely that it will be necessary to introduce compulsory bread rations this Spring."

The breakdown in transportation in the United States during January is said to have "set back Great Britain over a month." Experts of Great Britain, France and Italy have estimated that a minimum of 800,000 tons of foodstuffs per month must be received from United States ports, unless present rations are again to be reduced. Such shipments during February fell short by more than 100,000 tons of the minimum requirements. That is why the British Ministry of Food cabled to the Canada Food Board: *Every carload of wheat or flour and bacon or frozen meat that Canada can get to the seaboard is badly wanted.* The situation not only is grave but its possibilities are terrifying.

Because of our relative proximity to the Allied countries, and our fertile agricultural areas, a large measure of responsibility for providing food for Europe devolves upon Canada. The Canadian farmer is doing his utmost: he can do little more unless necessary labour is available. That labour must be forthcoming from the cities.

City men have proved their ability as soldiers; they can also fill the breach as agricultural help. Every available labour force in the cities must be utilized. Men in non-essential industries at the present time are simply "Destroyers of Rations." Means must be devised of freeing city men for agricultural work. Especially urgent is the call for men who can handle horses. Delivery services should be curtailed. *People in the cities can help by carrying their own parcels, because every time they ask their grocer or butcher to "Send it, please," they are demanding part of the time of a man or strong boy who is needed on the farm.*

Vacant lot and home garden cultivation are important because they utilize city labour in food production, leaving the farmers free to grow a larger amount of food for export. But these activities will not excuse the man who should be on the farm and would not go. This year it is the urgent duty of every one to do his or her utmost to produce food. The people of the cities must help to grow their own food. To the man who should be on the farm, or who should be relieving men who are needed on the farm, the Canada Food Board appeals: *Get out of the rut—do not be merely a Destroyer of Rations, while our food supplies are dangerously low and starvation is threatening our Allies.*

RATIONING IN BRITAIN NOW.

Every Carload of Food that Canada can get to Seaboard is Badly Wanted.

The latest cable received by the Canada Food Board from the British Ministry of Food relative to the situation overseas states that compulsory rationing of meat, butter and fats came into force on February 25 throughout London and the home counties. It adds: "Fourteen million people are now restricted to about 1½ lbs. of meat, 4 oz. of butter or margarine and ½ lb. of sugar per week. By March 25 compulsory rationing of these food stuffs will be universal in the United Kingdom. The congestion on the railways in the United States continues to aggravate the already serious situation. Every carload of wheat or flour and bacon or frozen meat that Canada can get to the sea-board is badly wanted.

"The Italian Government Commission states that the food situation there is unchanged but all the Allied countries are naturally affected by the decreased imports reaching them from American ports."

"IF WE DO NOT HELP FRANCE—"

Mr. Arnold Bennett, the famous English novelist, writes: "We shall not in future get as much as we want or as much as we need. There is and there will be a serious shortage. . . . Submarines are not the original cause of the shortage. . . . The shortage is a world shortage. . . . French food supply is down by 40 per cent. If we do not help France, France collapses, and we might just as well put the shutters up at the War Office and implore Hindenburg to behave chivalrously to his fallen foes."

RESPONSIBILITY ON CANADA.

Need is Emphasized in Speeches in Manitoba Legislature.

Mr. T. H. Johnson, Minister of Public Works in the Manitoba Cabinet, in a recent address in the Provincial Legislature after his return from Ottawa, said that Canada is faced with a large share of the responsibility of keeping the troops of the Allies in the field in the fight for liberty of the world, and unless this country rises to the responsibility her Allies will be in danger of starvation.

Premier Norris appealed to the members and the people in the galleries to spread the call for increased production of foodstuffs, as this was the method by which the greatest aid could be given to the troops of the Allies.

MILCH COWS SLAUGHTERED.

Canada Asked to Help Out British Meat Shortage.

In a recent address to the farmers of Great Britain Mr. R. E. Prothero, President of the Board of Agriculture, disclosed the most serious aspect of the meat shortage in the United Kingdom.

One of the chief causes of anxiety is the shortage of milch cows. Before the war industrial families in the cities of Great Britain consumed from 1 lb. 9 oz. to 2 lbs. 6 oz. of meat per week for each adult. The slaughter of cattle, due to lack of fodder and shortage of meat imports, has caused a serious situation. A compulsory meat ration has been prescribed at an amount which is so low as to entail serious dangers. It is urgent that the people of the United States and Canada should economize to the utmost in their use of meat, so that larger shipments may be sent overseas. Only in this way can the present low meat ration be maintained and the slaughter of milch cows be checked.

Lack of milk supplies is one of the greatest dangers of the present food situation in Great Britain.

EUROPE GRATEFUL FOR FOOD.

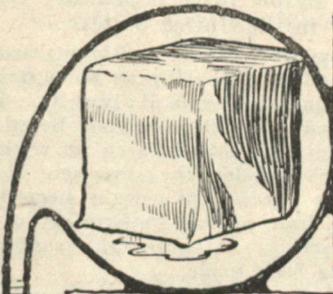
Meat Ration is Dangerously Low, Mr. Hoover Points Out.

As Mr. Hoover has said, if the people of the United States and Canada who, by practising economy in the use of meat, have assisted in the accumulation of exportable stocks, could receive the expressions of gratitude with which these shipments are now being received in Europe among the Allies, they would feel amply rewarded for the sacrifices.

That exports from North America are absolutely vital, Mr. Hoover states, needs no proof further than the statement of the ration at present in force in Europe among the Allies, which has been reduced approximately to one pound of meats of all kinds a week, or less than 30 per cent of the present consumption on this continent, and it is to-day "at so low a figure as to tend to diminish the morale and the resistance of the Allies."

RICH AND POOR BOTH RESTRICTED.

Lady Muir Mackenzie, speaking of the food situation in Great Britain, said in a recent interview: "The truth is that money is no good at all nowadays so far as food is concerned."



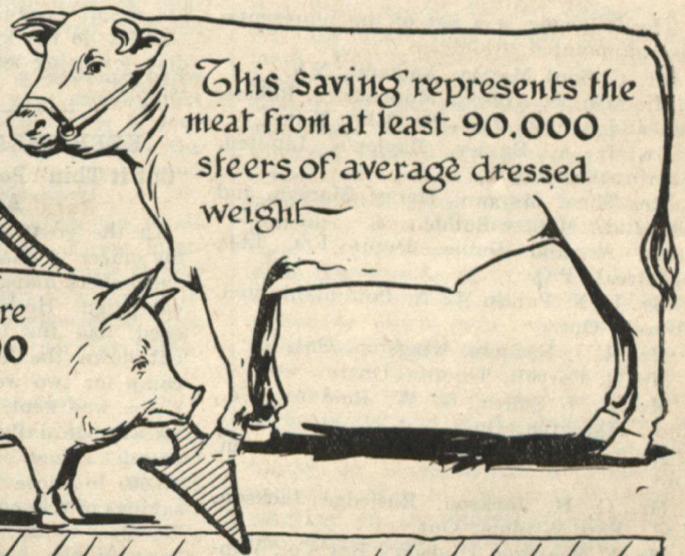
One ounce of edible meat
lean meat, fat and lean, suet or
fat, trimmed from steak, chop or
roast

A One-inch cube of meat weighs about One Ounce.

If saved every day by each of the
1,600,000 families in Canada
would mean a daily saving for the
soldiers and our allies of 100,000
pounds of meat,

or a saving in one
year of

36,500,000
pounds of valuable
animal food.



This saving represents the
meat from at least 90,000
steers of average dressed
weight

or from more
than 290,000
hogs,



If every Canadian family can save this precious one
ounce of edible meat or fat every day from the garbage
pail or reduce their consumption of meat by this amount
they would save enough to provide for the full meat ration
for at least

100,000 Canadian Soldiers.

TO WORK WITH ADVERTISERS.**List of Divisional Chairman for Conservation Publicity Section.**

Mr. F. W. Stewart, Chief of the Conservation Publicity Section of the Canada Food Board, has appointed Divisional Representatives in most of the twenty-five divisions into which Canada has been divided for the purposes of this work. The Divisional Representative in each case will appoint a central committee in his own city and a chairman in every city or town of his division. These local chairmen in turn will appoint committees to work with them.

Members of such committees will be retail merchants and it is the aim of the Conservation Publicity Section to secure insertion in retail advertising from day to day of educative phrases emphasizing the need of conservation and increased production.

List of Representatives.

The following is a list of the representatives appointed to date:—

- Mr. Clifford Martin, Amherst, N.S.
 - Mr. Wm. S. Allison, Manchester, Robertson and Allison, Ltd., St. John, N.B.
 - Mr. L. A. Bayley, Bayley's, Limited, Sherbrooke, P.Q.
 - Mr. Theo. Morgan, Henry Morgan and Co., Ltd., Montreal, P.Q.
 - Mr. Armand Dupis, Dupis Frs. Lte., Montreal, P.Q.
 - Mr. L. N. Poulin, L. N. Poulin, Limited, Ottawa, Ont.
 - Mr. R. J. Rodgers, Kingston, Ont.
 - Mr. R. Coryell, Toronto, Ont.
 - Mr. R. L. Smith, G. W. Robinson Co., Ltd., Hamilton, Ont.
 - Mr. James Gray, Gray's, Limited, London, Ont.
 - Mr. C. H. Jackson, Rutledge Jackson, Ltd., Fort William, Ont.
 - Mr. F. Sparling, Hudson's Bay Co., Winnipeg, Man.
 - Mr. R. H. Williams, R. H. Williams and Sons, Ltd., Regina, Sask.
 - Mr. John Irwin, Calgary, Alberta.
 - Mr. C. Spencer, Spencer's, Limited, Vancouver, B.C.
 - Mr. J. E. Wilson, W. and J. Wilson, Victoria, B.C.
 - Mr. A. Shewan, Nation and Shewan, Ltd., Brandon, Man.
- Representatives are still to be named in Halifax and Sydney, N.S., Moncton, N.B., Charlottetown, P.E.I., Quebec City, and Edmonton, Alta.

CONSERVATION MEASURES.**Mr. J. S. Byrom Inspects Military Camps in the United States.**

The services of Mr. J. S. Byrom, General Superintendent of the Dining Room Service of the Canadian Pacific Railway Co., have been loaned to the Canada Food Board and Mr. Byrom has already been at work for some weeks under the direction of the Board. As a result of certain suggestions made by him to the Department of the Naval Service, an important saving of wheat has been made.

Mr. Byrom recently visited a number of military camps in the United States, gathering information in regard to food conservation measures, including saving of fats, utilization of garbage, etc. He found that principles of conservation were generally applied and that waste was reduced to a minimum.

"The American hash dish has a place on the menu nearly every day," he says in his report on the Plattsburg, N.Y. Camp, "and I do not know of a more economical dish for using leftovers of meats and vegetables."

KEEP BREAD KNIVES SHARP.**"Cut it Thin" Policy Worked Well in this Army Camp.**

In the great army camp in Mississippi, the officer in charge of the school for cooks and bakers inaugurated the "Cut It Thin" campaign. He had the bread knives sharpened, had the bread sliced carefully and cut down the bread consumption in that camp for two weeks, during which careful check was kept, by 61,266 pounds, making an average daily saving of 4,085 pounds of bread. It not only saved the Government \$3,500 in those two weeks but it meant a savings of 2,40 pounds of flour for the Allies. Needless to say, the bread knives have been kept in the best of condition ever since down there.

ARGENTINE SHIPMENTS SHORT.

Shortage in receipts by the Allied Nations of wheat from the Argentine have resulted in new calls for additional supplies from Canada and the United States. Increasing economies in the use of bread and wheat flour and a very considerable reduction in consumption must be made by the people of Canada, in order to make available for export the largest possible quantities of the commodities.

LOWER RETAIL COSTS.

Problem is Receiving Much Attention—"Cash and Carry" Idea Popular.

Throughout all Canada the problem of reducing the present cost of carrying on retail business in foodstuffs has been receiving attention as never before. The question of Union Delivery and curtailment of credit is being much discussed. The "Cash and Carry" system has been adopted in many places and with splendid success.

The merchants of Swift Current, Sask., in announcing a change in their retail delivery system beginning March 1, state: The economic conditions under which the country is labouring at the present time demand that the men and motor power be conserved as well as other resources. The Canada Food Board has seen fit to suggest that the retail merchants throughout the Dominion devise some means whereby they could release teamsters and others to assist in production." The notice adds that 36 merchants of the city have resolved to make only one delivery per day.

"Every time you take a package home with you, you are giving your country just that much of some man's time. It is your bit to help to win the war", states the notice.

Considered in Winnipeg.

Executive officers representing the retail Winnipeg grocers decided, at a recent meeting, that unnecessary delivery costs should be reduced by the adoption of a plan calling for the reduction of deliveries at once to two per day, and to one per day within two months time.

Saving of 25 per cent.

Messrs. B. G. Crabtree Limited, Ottawa, who recently adopted the "Cash and Carry" system and placed their grocery business on this basis, estimate that by the 1st May their saving in delivery costs will be at least 25 per cent. On that date, Mr. Crabtree states they will take off one delivery man, one horse and one waggon.

"We are getting such results from the Cash and Carry plan", Mr. Crabtree states, "that there is a noticeable difference in the volume of deliveries."

Fish Dealers on New Basis.

The Fish Section of the Canada Food Board has been urging adoption of the

HOW MUCH DO YOU PAY

FOR GROCERY DELIVERY?

Messrs. Wilson Brothers, importers and grocers of Victoria, B.C., in their trade letter say:—

"The Groceteria or Cash and Carry System has come, and is here to stay. It is no longer an experiment but a clear which has been the fashion in demonstration that the reckless expense nection with he delivery of goods can be, and must be, done away with. The assertion has been made that it costs the average grocer from 5 per cent to 8 per cent to maintain his delivery system, and our own experience goes to show that these figures are not exaggerated, certainly 5 per cent is well within the mark. Put it this way: the monthly grocery bill of a family is \$25; if the delivery of the gods bought with this sum costs the storekeeper 5 per cent, then the value of the goods actually received only amounts to \$23.75, the remaining \$1.25 going to pay for what undoubtedly is a great and much appreciated convenience, but which at the same time can be and ought to be done without. Purchasing one's own goods in person is much more economical and satisfactory than ordering by telephone. How much better to have that \$1.25 to go towards buying a much needed pair of boots for one of the youngsters, an extra supply of rolled oats, a little more butter, or some article of household necessity, than to contribute it towards carrying on an altogether unnecessary and extravagant delivery system. The delivery system is one of the wastages which is going on and until this abuse is corrected we shall be leaving at least one of our duties unfulfilled."

"Cash and Carry" system as applied to fish and a large number of fish dealers throughout the country are now operating on the "Cash and Carry" basis.

The cost of delivery adds to the cost of living. Adopt the cash and carry plan. Carrying one's own parcels should be a matter of patriotic pride. This is war time and man power is valuable.

Mr. R. M. Cline of Hamilton, writes: "We have for some time been working the "Cash and Carry" system with success."

The Portland Fish Company of Montreal, acting on the suggestion of the Food Board, recently announced the introduction of the "Cash and Carry" system. The Manager reports that good results seem assured for the venture.

Released Help: Prevented Loss.

Mr. Joseph Perkins, 2986 Dundas St. West, Toronto, writes: "I introduced the "Cash and Carry" system in 1914 and have found it very successful in every way. Besides permitting my help, including my own son, to go to the front, this system has saved me from trouble or loss from bad debts or incompetent servants."

Brought Much Business.

Messrs John Robertson & Son, Montreal recently started a "Cash and Carry" Department. During the second day he had 167 more customers in his store than on any previous day. The Canada Board's letter relative to the "Cash and Carry" system was framed and displayed in the store window.

UNION MILK COMPANY IN CALGARY.

The citizens of Calgary are now receiving their milk from the Union Milk Company, Limited, which concern has been formed by the amalgamation of the four largest dairy companies in the city, the Carlyle Dairy, the Co-operative Dairy, the Hays Dairy and P. Pallesen.

PRICE LOW; FOOD VALUE HIGH.

Little Advance in Price of Cod Fish in Canada in Last Two Years.

Reports from representative wholesale distributors of fish show that the average price of Cod in Canada is only 2/5 of 1 cent per pound higher today than it was in January 1916, an advance of only 6-2/3 per cent, in the past two years. This advance has been less than the increase in the price of almost any other food product, and in food value Cod fish is today one of the cheapest products obtainable. This fish may be purchased in Canada from 10 to 12 cents per pound, headed, depending upon locality and transportation facilities.

Two hundred million pounds of Cod were caught by Canadian fishermen last year, of which only 5 per cent, were consumed at home. The balance of this great catch was exported to Europe, South America and other overseas points.

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CHILDREN'S FOOD SLOGANS.

A competition was recently held among Indiana school children for the best food-saving posters. The following are examples of the children's work:

Be canny with food.

Peel thin and win.

Spread Butter thin—Help the soldiers get Berlin.

Bread and Buns will Beat the Huns.

Every spud is a bullet.

Save Bacon until Berlin is taken.

Wise Wives Won't Waste.

The Kitchen is your Fort.

Little saving in the preparation of meals all count for your country. Kill Kaiserism in the kitchen.

SOLDIERS OF THE SOIL.

Boys, Army Corps Strong, to be Enlisted for Needed Farm Service this Year.

The Soldiers of the Soil campaign for enrolment of boys for farm work during the coming season is well under way. Organization is rapidly being completed in all the Provinces. It is hoped and expected that 25,000 boys will be enrolled. They will form a boys' army corps for greater production of food for 1918.

The work is being directed by Mr. Taylor Statten, who has been appointed National Superintendent by the Canada Food Board. Co-operation is being given by the Provincial Departments of Education and Agriculture.

Method of Organization.

The National Superintendent in co-operation with the Provincial Governments has appointed Provincial Superintendents. In some cases, zone superintendents, responsible for groups of counties or districts, are being appointed. These in turn appoint city or town directors, who are high school or seminary teachers, Y.M.C.A. secretaries or other persons qualified by experience and sympathy with boys' work.

In Ontario the work of organization is being done in co-operation with Dr. W. A. Riddell, of the Trades and Labour Branch. The objective for Ontario is 15,000 boys.

In Province of Quebec.

Arrangements in Quebec are under way, the work having the support and assistance of Mr. J. A. Grenier, Deputy Minister of Agriculture. The Quebec Government has warmly endorsed the movement.

The Departments of Education are making arrangements so that boys who go to work on farms shall not lose their school standing under certain condition which are fair to the boys.

What the Boys Can Do.

The experience of thousands of farmers in Ontario last year refutes any suggestion that willing boys cannot give valuable service in farm work. There are a multitude of chores which they can do, releasing experienced men for other farm work. Boys can, with a little instruction, do hoeing, milking and much of the feeding, and, if they are able to drive horses, they can handle many of the simpler farm implements. The help of any strong, willing boy will be useful and he will be serving his country and helping to feed the fighting men and the Allies.

LABOUR OF OLDER BOYS IS RATED HIGH BY FARMERS.

BY TAYLOR STATTON,

National Superintendent of the Soldiers of the Soil.

The following report was telegraphed by Mr. Statten while en route from Western Canada, where he has been completing the organization for recruiting Soldiers of the Soil.

I have just visited the four Western Provinces, where I found that the Provincial Departments of Education have already made satisfactory arrangements for releasing boys for farm work. The school teachers are giving hearty co-operation and Departments of Agriculture are eager to help and are pleased with the S.O.S. idea. The Provincial Premiers will issue proclamations regarding enrollment week. The farmers rate the labour of older boys as second to none.

I have appointed the following Provincial Superintendents:—

Ontario—Mr. W. R. Cook, 120 Bay street, Toronto.

Manitoba—Mr. D. R. Poole, 1106 McArthur Building, Winnipeg.

Saskatchewan—Mr. L. E. McCormack, Donahue Building, Regina.

Alberta—Mr. W. E. Galloway, Y.M.C.A. Calgary.

British Columbia—Mr. C. M. Wright, 607 Board of Trade Building, Vancouver.

Nova Scotia—Mr. L. A. Buckley, Y.M.C.A., Halifax.

Several zone supervisors have already been engaged and local committees organized.

Services to be Recognized

The Soldiers of the Soil will be paid regular wages and each boy who spends three months at farm work will be presented with a bronze badge of honor. The badges will be presented publicly in the fall on occasions of local gatherings.

The week of March 7 to 23 has been set aside as a special enrolment week. This does not mean that the boys will go to work at that date but their enrolment will mean that the farmers of Canada will be able to count upon them during the coming season.

GREATER MAPLE PRODUCTION.

Increased Output is Expected in All Eastern Provinces.

Reports reaching the Canada Food Board indicate that there will be an unusual effort to produce maple sugar and maple syrup this season.

At the annual meeting of the Pure Maple Sugar and Syrup Co-operative Agricultural Association, Mr. Gustave Boyer, M.P., read a letter from the Chairman of the Canada Food Board and supplemented it by warm endorsement as President of the Association. Mr. J. H. Grimm made a strong speech in which he urged that producers "bring out the old sap buckets" where modern equipment was unobtainable, and tap every available tree. He pointed out that the market was a profitable one as never before and deplored the fact that many farmers had dropped out of the business in past years, owing to the competition of adulterated sugar and syrup. This competition, however, had been eliminated by the Pure Maple Sugar law, so that it was now illegal to use even the name "maple" on any but the pure product. A resolution was carried, endorsing the campaign for increased production of maple syrup and sugar in 1918. A lecturer or lecturers, will be sent through the Eastern Townships by the Quebec Government to demonstrate modern and efficient methods of sugar making. Mr. Boyer states that maple sugar will sell this year at 18 cents per pound and the syrup at no less than \$1.50 per gallon, 30 cents extra for the can. This compares with 1917 prices a little higher and more than double the prices obtained previous to the war.

Letters from the District Representatives of the Agricultural Department of the Province of Ontario received in reply to a circular letter sent by the Food Board, promise increased production for that Province also. The Ontario Government is also co-operating to the fullest possible extent.

Granted a favourable season, the prospects are for an increased production of maple sugar and maple syrup of from 50 per cent to 100 per cent. There is no question about the market for the demand is greater than the supply.

NEXT TWO MONTHS CRITICAL.

Lord Rhondda, Food Controller for the United Kingdom, has expressed the opinion that the food situation among the Allies will be in its most difficult stage during the next two months

BEES, RABBITS, PIGEONS.

Food Resources which are Capable of Greater Development.

General interest is being taken in the suggestion that rabbits be more largely raised for food purposes in Canada. A campaign to interest city people in the possibilities of raising rabbits for food has been launched in Vancouver. Mr. J. R. Terry, Chief Poultry Inspector of the Department of Agriculture for British Columbia, addressed the organization meeting. It was claimed by speakers at this meeting, and by other enthusiasts who have made the raising of rabbits a specialty, that rabbit raising is much more profitable than poultry raising, and that the flesh of a garden-raised rabbit or hare is very much more tender than the best chicken. The young rabbits mature in three months and the rabbit families are numerous. They can be raised on green food in the summer time.

The raising of bees is also a question of more than ordinary importance at the present time, owing to the world scarcity of sugar. In this connection Mr. F. W. M. Sladden, Apiarist of the Dominion Experimental Farm, suggests that bees be purchased without combs from the Southern States early in the spring before the dealers are overburdened with orders. To avoid disappointment, intending purchasers should be careful to select reliable and experienced dealers. Mr. Sladden quotes the result of three lots of bees shipped from Alabama to the Experimental Farm. This shipment consisted of three 2-pound packages, each with its queen, which arrived on May 9. After being supplied with combs and brood from other colonies, these three lots produced 433 pounds of honey, and built up into five strong colonies fit for wintering. Another shipment of three lots produced a total of 316 pounds of honey. The cost of the three lots was \$9.75, and express charges \$1.25. Full information as to where to purchase bees may be secured from the apiarist, Dominion Experimental Farm, Ottawa.

The keeping of pigeons has also been receiving attention from those who are interested in increasing the food supply. Pigeons pick up a living, very largely by their own effort, and multiply rapidly. Boys could care for their management, and they will pay for themselves very quickly.

The Loyalist Chapter, I.O.D.E., Saint John, N.B., has decided to omit refreshments at their meetings in future in order to help to conserve food.

HOME GARDEN CAMPAIGN.

Enthusiastic Support is Being Given to the Movement.

The whole Dominion is being aroused to the necessity of increasing the food supply of the country by home and vacant lot gardening. Mr. Frederick Abraham who last year was at the head of the Montreal Vacant Lot and Home Garden Cultivation Committee, is giving his services to the Canada Food Board. It is estimated that not less than \$100,000 worth of vegetables was grown on vacant lots in Montreal last year. The Canada Food Board has written to the mayor of every municipality in Canada as well as the executive head of all existing garden associations, urging the furtherance of this work in co-operation with local societies, the Board of Trade, the clergy, the press, horticulturists, etc. A direct appeal is being made to all firemen and policemen either to cultivate lots individually or to work on the community basis.

Staple Vegetables Preferable.

It is desirable that the growth of staple vegetables such as potatoes, beets, carrots, peas, beans, lettuce, onions and parsnips should especially be encouraged. It is the intention of the Food Board, after this year's crop of fresh vegetables become available, to prohibit the consumption of canned vegetables in Eastern Canada to October 15th and in Western Canada to November 1st. Last year Victoria, B.C., stood fifth in production among the cities which put new acreage under cultivation. Recently a committee on increased production held its initial meeting in Victoria and laid plans for the coming season. The Chairman of the Canada Food Board pressed upon him the necessity of the case. On the fertile land within the City of Victoria, a Chinese community could sustain 150,000 to 200,000 people.

At a representative meeting of citizens in Regina a food production association was organized. An effort will be made to secure from the city a fifty-acre plot which was cultivated three years ago by the Vacant Lot Garden Association. The press in emphasizing the importance of the movement.

In East Toronto the workers have formed a committee. A public mass meeting will be held for the people of the district and a member of the Government will be asked to outline definite plans of production.

Toronto Granted \$3,000.

The Toronto Board of Control has made a grant of \$3,000 to the Rotary Club for

vacant lot cultivation. The intention is to cultivate 1,500 lots this year and it is estimated that the vegetables grown will be worth \$60,000 or \$75,000.

In Ottawa about 550 plot holders have expressed their intention to the Vacant Lot Association of continuing last year's work. At a meeting in the Normal School Hon. T. A. Crerar, Minister of Agriculture and Mr. Abraham, of the Canada Food Board, gave addresses on the subject of increased production.

Some four or five hundred acres of vacant land in Belleville will be ploughed up and cultivated this year and a committee has been appointed.

In Hamilton some 550 letters have been sent out by the publicity committee of the Garden Club to the owners of over a thousand vacant lots urging upon them to do their utmost this year. Arrangements are being made to secure the necessary fertilizer.

The Workmen's Board of Trade is working with the Chatham Horticultural Society to produce potatoes and other vegetables.

Belleville Horticultural Society is endeavoring to have lectures on vegetable growing in both public and high schools. The pupils in the schools of Windsor have been planning all winter, and the products of the children's plots alone should supply a large proportion of Windsor's vegetables for next winter.

St. Thomas is to have vegetable plots in the vicinity of its schools.

Montreal Plans Increase.

Montreal is planning to surpass last year's record. Strong district committees and clubs are working and at the annual meeting of the Cultivation Committee it was decided that where ploughing had been done last year, the individual cultivators should work the empty lots themselves this season. In cases where the lots had not been previously cultivated, ploughing will be carried out under the direction of the committee and the cost would be charged against the cultivators.

Dartmouth, N.S., is making a special effort to encourage the movement. A meeting of the Canadian Club was held there to initiate a campaign.

Schoolboys of Norwich, England, have undertaken to dig gardens belonging to soldiers' wives and widows.

COMMUNITY CHICKEN YARDS.

Scheme is Taken up by School Boys. To Save from Garbage Cans.

Mr. Russell T. Kelley, Chairman of the Hamilton Board of Trade, who recently started the Hamilton Hog Production scheme and has since been popularizing it throughout western Ontario, has now interested himself in a Community Chicken Yard project. This plan was first brought into practice by a number of neighbours in Hamilton saving scraps of food for a returned soldiers' home, where some forty chickens were kept.

"This has worked out so satisfactorily," Mr. Kelly writes, "that a Community Chicken Yard is now being established in the next block and some ten or twelve families will save from their garbage cans, enough to at least provide one fourth of the feed for a block of from thirty to forty hens."

Mr. Kelly reports that the boys at Highfield School, Hamilton, are very much interested in the Community Chicken Yards scheme. The Principal invited Mr. Kelly to address them this week and closed the school early in order that organization work could be done.

FEED HENS ON TABLE WASTE.

Professor Elford of the Poultry Division of the Experimental Farm in a lecture before the Ottawa Poultry Association, told how household waste could be utilized as feed for chickens. With a flock of twelve pullets in his own backyard he produced eggs at a cost of 2½ cents each, feeding table waste, as compared to a cost of 3½ cents at the Experimental Farm from hens fed on regular chicken feed. Table scraps in Canada, he asserted, would produce five and a quarter million eggs worth over \$3,000,000. He urged city people to set eggs this spring and rear chickens.

EARLY HATCHERY NEEDED.

It is imperative that all chickens be hatched early this year because under present conditions of high feed prices chickens hatched late can hardly be reared profitably. The eggs for hatching should be selected with care. They should each weigh about two ounces, have a smooth surface and be oval in shape. The fresher the eggs the better they are for incubation but they may be held for seven days, during which time they should be kept in a temperature of fifty to sixty degrees and they should be turned occasionally.

CARELESSNESS IN DRUG TRADE.

Chief Dominion Analyst Makes Statement Regarding Apothecary Shops.

In a report on Liniment of Camphor, Dr. A. McGill, Chief Dominion Analyst, says in part:—

"I have on recent occasions found cause to remark on the carelessness, or worse, of the retail drug trade in Canada, and it is sufficiently evident that the Adulteration Act applying to the inspection of drugs as well as foods, must be enforced as vigorously in regard to the first named class of articles as to the latter. Whether or not the fact that most of our apothecary shops are more truly described as candy, tobacco and nicknack shops, has anything to do with the lack of attention given to quality of drugs proper, it must be left an open question; but it is suggestive and cannot be allowed to pass without remark."

"JOHNNY, GET YOUR HOE."

Mr. Arthur Barnstead, Organizing Secretary of the National Committee on Food Resources of Nova Scotia, has sent the following which was composed by Mr. George E. Graham, manager of the D. A. R., and was sung with good effect at a public meeting held recently at Kentville, N.S.:—

Johnny get your hoe, get your hoe, get your hoe,
 Make your garden grow, make it grow,
 make it grow,
 Plant your seeds from sea to sea,
 Let them work for liberty,
 Hurry right away, don't delay, start to-day,
 Forward to the land with a right willing hand,
 So we'll help defeat the Hun,
 Now we've got him on the run.

Over there, over there,
 Send the food, send the food, over there,
 For our brave boys need it
 Our brave boys need it,
 The calls are coming everywhere,
 So observe and preserve
 Save the food, save the food and conserve.
 So we'll help win the cause of freedom
 And we'll plant, save and send, till it's
 over over there.

NONE RICH WITH REGARD TO FOOD.

The British Ministry of Food in a pamphlet just issued says: "The stocks of food in the country are low, and therefore, with regard to food there are no rich people. We are all poor."

"POUND OF FISH A WEEK."

Such is Per Capita Average Aimed at by Canada Food Board—Prices Lower Here.

"Eat a pound of fish a week." Such is the latest slogan of the Fish Section of the Canada Food Board, as part of the campaign to save beef and pork for export. In order that the average consumption may be one pound per person per week, it will be necessary that many people should exceed this average, in order to make up for those who cannot do so. In the past, the retail fish trade in Canada has been very largely a one-day-a-week business. Moreover, the trade was irregular in that there would be heavy sales one week and few the next week, resulting in loss and waste. As the product when "fresh frozen" must be kept frozen in transport and, when fresh, must be kept iced, transportation is an important factor. As it is more economical to ship by the carload than in small lots, the expense of intermediate distribution has resulted in fish often costing more at points within a few miles of the coast than at larger centres many miles inland.

Consumption Higher in Britain.

It is the purpose of the Canada Food Board to encourage the fish industry through the regular channels of trade. To help in the campaign for increased use of fish in Canada, the consumer is asked to co-operate with his or her dealer by placing orders in advance, thus enabling the dealer to secure sufficient to meet all demands without fear of loss.

Canadian fish production for the 1915-16 season was enough to provide 112½ pounds per person of which 83½ pounds was exported, 29 pounds being consumed at home. At the same time the people of Great Britain were consuming 59 pounds of fish per head per year, so that it is not unreasonable to ask Canadians to eat 52 pounds each during the coming year.

Catching Pacific Flat Fish.

Information has been received from Prince Rupert that the trawler "James Crothers" has made her first voyage under the Canada Food Board regulations by which fresh frozen Pacific flat fish are to be marketed to the Western Provinces at a price of about 10 cents per pound. The trawler sailed from Prince Rupert on February 27 and was expected to return this week.

Prices Much Lower Here.

Few people in this country realize the importance of the almost unlimited fish

supply available for their use. Moreover, prices of fish are lower in Canada to-day than in the United States and very much lower than in Great Britain. In the United Kingdom, Baron Rhondda has found it necessary to set the following maximum retail prices:—

	Per Pound.
Brill..	0 60 Cents.
Cod (whole)..	0 30 "
Dogfish..	0 24 "
Flounders..	0 30 "
Haddock..	0 30 "
Halibut..	0 60 "
Herring (fresh)..	0 16 "
Mackerel..	0 16 "
Plaice..	0 44 "
Salmon..	0 72 "
Skate..	0 32 "
Soles and Slips..	0 84 "
Soles (Lemon)..	0 48 "
Witches..	0 48 "

These prices only obtain when the purchaser buys a whole fish. The cost of cuts is considerably higher. Prices in Canada are much lower in every case.

ANOTHER SAVING IN FOOD.

Halibut Heads Made Available under New Arrangement.

Arrangements have been made by the Fish Section of the Canada Food Board with the Department of Marine and Fisheries so that halibut heads are now classed with food fish other than halibut and salmon, and two-thirds of the transportation charges to points in Western Canada will be borne by the Federal Government.

Halibut cheeks are a tidbit when fried in egg and cracker crumbs and the arrangement which has just been made should stop the waste of this food and encourage consumption in the western provinces.

RECORD FISH CONSUMPTION.

People of Liverpool, N.S., Average Two and a Half Pounds Each per Week.

The Fish Section of the Canada Food Board has been obtaining information from all parts of Canada relative to the consumption of fish. Mr. S. M. Bartling, Town Clerk and Treasurer, Liverpool, N.S., reports that the people of that town are consuming fish at the rate of 2½ pounds per week, which appears to be a record for the Dominion.

IN FISH TRADE FOR GOOD.

"Cash and Carry" Plan Helps, Says Windsor Merchant.

Mr. P. Harvey, merchant, Windsor, Ont., writes to the Canada Food Board as follows:

"Although we are not exclusive fish dealers, since last Fall when we commenced selling Government fish, we have built up a very considerable business. It looks now as if we are in the fish business for good.

"The week before we received our first shipment of Government fish we bought 150 lbs. of fish but were only able to sell 25 lbs. The next week, when our Government shipment arrived, we sold 6,000 lbs. in five hours.

"We attribute this success to the low price. We certainly could not have sold so much with such a low margin had not 90 per cent of our sales been on the "Cash and Carry" basis. The few that we did deliver or sell on a charge account were sold at 2c. per lb. more than the "Cash and Carry" price."

Dominion Government fishing regulations have been modified so as to permit the use of purse seines for catching pollock off the Atlantic coast. Pollock is an excellent food fish and the available supply is very large.

The following is a copy of the resolution passed at the meeting of the Pure Maple Sugar and Syrup Co-operative Agricultural Association:

"That the Pure Maple Sugar and Syrup Co-operative Agricultural Association, is willing to organize an educational campaign, in the districts of Beauce, Dorchester and the Eastern districts, by way of lecturers and others, providing that the Department of Agriculture give help in paying expenses, as we are without resources.

The Association would send lecturers in all the largest and most productive districts.

The Association is positive that such campaign would be a success."

Remember that it is expensive to conduct a one-day-a-week business; get the habit of buying fish as you do meat, without regard to the day of the week.

As long ago as October 1, butter was selling in Berlin, Germany, at \$2.28 per lb.; sugar at 60 cents per lb., and bacon and ham at \$2.16 per lb., and soap at 24 cents per lb.

FOOD FILMS ARE POPULAR.

They have been Shown Practically all over the Dominion.

Messrs. Jule and J. J. Allen of the Famous Players Film Service, Limited, members of the Motion Picture Distribution Committee of the Canada Food Board, reporting on the list of bookings of the two British food films, "Everybody's business" and "Waste not want not", state that by the end of this month the former will have been shown in 164 theatres throughout Canada and the latter in 115.

This number will be very largely increased when the report is received from Mr. Claire Hague of the Universal Film Company, which exchange has also been distributing copies of both films.

The report from Messrs. Jules and J. J. Allen shows that the films have been shown in every province of Canada. They say: "We believe that the films will continue to work until the middle of May or the 1st June, at which time they will have played practically all over Canada."

Arrangements are now being completed for several additional motion picture films, to be distributed throughout Canada in connection with the campaigns for increased fish consumption, vacant lot and home garden cultivation and enlistment of city labour for farm work.

SAVING AT THE ACADEMY.

Dripping Has Been Substituted for Lard and Butterine.

The United States Food Administration announces that a considerable saving of essential foods has been effected at the Military Academy at Westpoint. The bread now used is composed of 45 per cent wheat flour, 45 per cent rye flour and 10 per cent white bolted grain flour.

Formerly about 840 pounds of lard and 450 pounds of butterine were consumed by the Cadets each month. The use of these two products has been entirely discontinued. In their place has been substituted drippings obtained from the fatty portions of meat carcasses; the yield from the meat purchased for use in the mess being about 2,500 pounds of fine grease which is used in making pie crusts, French fried potatoes and similar dishes. After this grease has served its purpose it is shipped to New York where the clear grease is sold. During January the revenue from the sale of grease that had been once used amounted to \$616.

WOMEN HEAR OF NEED.

Food Problem Received Much Attention at Conference of Women in Ottawa.

Thrift, economy and increased production of food were dominant notes at each session of the three days' conference of fifty representative women who were called together by the Cabinet and asked for their views on questions of national importance. The conference was held in Ottawa on February 28 and March 1 and 2. At the opening session addresses were delivered by His Excellency the Duke of Devonshire, Hon. N. W. Rowell, General Mewburn, Hon. T. A. Crerar, Minister of Agriculture, Sir George Foster, Senator Robertson and Mr. Henry B. Thomson, Chairman of the Canada Food Board. General Mewburn said that one of the most vital things in the war was food production. The soldier could not fight, nor could the civilian live, without food.

Europe's Supplies Going Lower.

Mr. Crerar emphasized the seriousness of the wheat situation and also the great decrease in the world's herds of food animals. It was inevitable that the food supplies of the Allied European countries would go lower and it rested with the North American continent to make good the deficit. The shortage of labour was one of the most serious factors in Canada. He believed, however, that by voluntary means and proper organization sufficient men could be secured for the farms without compulsion. He was hopeful that, despite this year's late start, a greater volume of food stuffs would be produced in Canada than ever before.

Sir George Foster emphasized the need for thrift and economy. "Every time you sit down to a good meal can't you see as by flashlight a woman or child suffering for lack of food over in Europe?" he asked. "And doesn't a message come to you, 'Eat no more than is necessary for your bodily existence. Share your abundance with those who need it?'"

Saving in Beef, Bacon, Flour.

Mr. Thomson referred to the saving which has been effected in beef, flour and bacon since the regulations governing eating houses went into force. He advocated the increased use of fish as a substitute for meat. Mr. Thomson's statement that regulations governing waste and hoarding would soon be in effect was enthusiastically received. He favoured the wheatless meal rather than the wheatless day for Canada.

The following resolution was passed by the Thrift and Economy Section of the recent Women's Conference in Ottawa:—

"That the Conference, after hearing from the Chairman of the Food Board, is satisfied that adequate measures are about to be taken for the prevention of hoarding and waste of food and for the control of cold storage houses."

What was termed by the women "one of the most profitable hours of the whole Conference" was spent on the first night when Mr. Thomson answered questions by members of the Thrift and Economy committee, which was appointed by the Conference. Mr. Thomson explained the difficulties in the way of compulsory rationing. He also dealt with the sugar situation, emphasizing the importance of preventing waste but expressing the expectation that the supply available for Canada would be enough to go round.

One woman asked why the sale of bacon was not prohibited. It was explained that lumbermen and others engaged in heavy physical work needed such food and it would not be real economy to prohibit the sale of pork and to drive them to the use of beef. Representatives of the various Provinces gave interesting testimony of women's work on the farms. Miss Cora Hind, told of women running binders in Alberta. Stooking was done there almost entirely by old men and women, she declared. Another representative from Manitoba told of women leaving their children to do the housework while they turned into the fields. The same was true of British Columbia and Saskatchewan. Some women even repaired their own machinery by dint of necessity. The work of the Farmers' Co-operative Association in Quebec was described.

LIVING FROM HAND TO MOUTH.

The following is from a recent statement by the Ministry of Food:—

"We have reached a stage when every one must think and must realize the seriousness of the food situation. Every one is bound to live from hand to mouth, country folk as well as townspeople. . . . The nation's food supply is uncertain, depending as it does on the ships. . . . The whole community has to get its stores from day to day. . . ."

TO SAVE GRAIN FROM FIRE.

Western Canada Grain Association Emphasizes the Heavy Loss.

The Western Canada Grain Association has commenced the publication of a monthly pamphlet, entitled *The Bulletin*, to be sent to every elevator owner, operator and agent in Western Canada. This pamphlet will set forth various needs and features in regard to the prevention of fire in elevators. Aside from the question of the saving of money involved the actual saving of grain is of vital importance. The *Bulletin* is now reaching about 2,500 people and soon the number sent out will be 4,000 at least.

It is estimated by the Manitoba Fire Underwriters that 750,000 bushels of wheat have been destroyed and property damaged to the extent of \$400,000 exclusive of the grain loss as the result of recent incendiary fires in Canadian elevators.

VICTORY THROUGH "LESS BREAD."

The United States Food Administration, commenting on the appeal for conservation which was made in a recent issue of *The Canadian Food Bulletin*, says: "Canada is faced with a wheat situation that is even more difficult than the American problem. There are not sufficient supplies of barley, rye and oats in the Dominion, in excess of requirements for live stock, to justify a regulation compelling the bakers to produce a mixed cereal bread. For Canada, Victory must come through 'less bread' instead of 'Victory Bread.'"

THIS MAN DID THE HONEST THING.

At a recent meeting at Newhampton, Iowa, in the interests of food conservation, a man rose from the audience and said that he had recently purchased fifteen barrels of flour for his small family. "They have been on my heart for weeks," he declared, adding that he was going to place them on the market immediately.

RATIONS IN ROYAL HOUSEHOLD.

No one in the Royal Household of Great Britain is allowed to exceed the rations. Meat is seldom served at the family table, the King and Queen rarely eat butter, and bread and jam often constitute the tea meal.

The surest way to help the Germans win the war is to waste your own food.

LATER VARIETIES OF CORN.

They Will be Satisfactory for Ensilage in Most Districts.

Mr. G. H. Clark, Dominion Seed Commissioner, at a recent conference with wholesale seedsmen, explained the shortage in the United States of the earlier varieties of corn. He said that the varieties of corn coming into Canada from the southern States this year would all be late in maturing, but would produce satisfactory ensilage in all but the most northerly ensilage districts. He recommended the use of other crops such as peas and oats whenever the grower had not supplies of northern seed corn on hand.

EVERY POUND WILL BE NEEDED.

The Newfoundland Agricultural Board in a bulletin just issued says: "In the present year—the crucial year of the war—it is now but too apparent that we shall be compelled to make a supreme effort to provide every pound of edible matter that our soil will furnish."

"The [City] man who is looking over the seed catalogue today, with intent to put in a garden this year, is a patriot. He is doing what he can in the country's service. For every head of lettuce, every carrot, yes, every little green onion, is an addition to the food we need."—*The Winnipeg Telegram*.

SEEKING OUT DELINQUENTS.

Some 900 wholesale dealers in fruit and vegetables are now operating under licenses from the Canada Food Board. Inspectors of the Fruit Branch of the Department of Agriculture have been seeking out delinquents and also dealers who are carrying on business operations, not covered by their licenses, but for which additional licenses are required. Persons doing a wholesale fruit and vegetable business without a license are liable to a heavy fine.

PIGGERY IN GANANOQUE, ONT.

A Greater Production Club has been organized in Gananoque, Ont., to conduct a piggery, to help in the production of pork. The town garbage will be utilized in part for feeding purposes.

A Devonshire (England) Vicar's wife keeps a book in which a daily entry is made of all economy in dining room and kitchen. At the end of the month the money is divided equally between the servants and put into War Savings.

UNDER LICENSE SYSTEM.

GUIDE TO THE LICENSING OF DEALERS IN FOODSTUFFS.

The license system of the Canada Food Board is being rapidly extended to all dealers in foodstuffs. It will be illegal to transact business in any of the following trades after the dates given below, except under license from the Food Board:—

Produce Wholesalers..	} Licenses become operative.
Produce Commission Merchants..	
Produce Brokers..	} March 15, 1918
Wholesale Grocer..	
Wholesale Grocery Jobber..	} April 1, 1918
Wholesale Grocery Commission Agent..	
Wholesale Grocery Broker..	
Retail Grocer..	} March 1, 1918
Retail Butcher, Retail Baker, Retail Produce Dealer, Retail Flour and Feed Dealer, Retail Fruit and Vegetable Dealer, Retail Fish Dealer..	
	} May 15, 1918

Every effort is being made to furnish all wholesale and retail dealers in food and food products, with forms of application by mail, but any failure to receive such notice will not be deemed a good and sufficient reason for neglect to obtain the necessary license by the dates given above.

The following licenses **became operative** on the dates given:—

Wholesale Fish Dealers License..	January 1, 1918
Wholesale Fruit and Vegetable Dealers License..	February 1, 1918
License to sell cereal products..	January 1, 1918
License to operate a mill for grinding wheat and other grains..	December 1, 1918
Baker's license..	March 1, 1918

Orders have been passed by the Canada Food Board bringing under the license system, and prescribing regulations to govern wholesale grocers, the wholesale produce trade, retail grocers, and other retail dealers in food.

These orders provide that no licensee shall deal in any food or food product for the purpose of unreasonably increasing the price, restricting supply, monopolizing or attempting to monopolize any such products. The following clause to reduce waste is common to all the orders: "The licensee shall not destroy any food or food products which are fit for human animal or poultry consumption, and shall not knowingly permit waste or wilfully permit preventable deterioration in connection with the storing or sale of any food or food product."

Wholesale Grocers under License.

On and after April 1 no person, firm or corporation shall deal wholesale in groceries without first obtaining a license. The trade

will be divided under the following classifications: Wholesale Grocers, Wholesale Grocery Jobbers, Wholesale Grocery Commission Agents and Wholesale Grocery Brokers.

Persons or firms dealing wholesale exclusively in bakery products, or flour mill, grist mill or cereal mill products, or fresh fruit or vegetables, or fish (fresh or canned), or dressed fresh meats, or lard or butter, or oleomargarine, or cheese, or eggs, or poultry, or manufacturers of food or food products are not included under the order.

The license fees for wholesale grocers and wholesale grocery jobbers will be \$20 on an annual turnover of \$100,000 or less, with \$10 additional for every additional \$50,000 or fraction of turnover. The license fees in the remaining two classes will be \$25 per annum.

Wholesale Produce Trade.

The wholesale produce trade of Canada will be under license by March 15.

Licenses will be divided into the following classes: Produce Wholesalers, Produce Commission Merchants and Produce Brokers, and licenses will be issued according to the class or classes of the applicant's business.

The price of produce sold to the retailer must not be increased by any sale or sales between produce wholesalers. No holder of a commission merchant's license will be allowed to charge more than one regular commission on goods received by him for sale. He may split his commission when such goods are transferred to another commission merchant, but in no case must the charge exceed one regular commission. Similarly only one regular brokerage or commission may be charged even although goods may be transferred from one broker to another broker or to a commission merchant. No holder of a commission merchant's or broker's license may sell to himself any goods received by him to be sold on commission.

The order provides that no license holder shall pay or demand payment for bad eggs in excess of a margin of allowance of 1 per cent on the total of each transaction.

Licenses for produce wholesalers whose annual turnover does not exceed \$100,000 per year will cost \$10, with an additional \$5 for each additional \$50,000 turnover or fraction thereof. The fees for produce commission merchants and produce brokers are fixed at \$25 per annum.

Retail Grocery Trade.

Retail Grocers must not operate without a license on or after May 1. The schedule of license fees provides for a minimum fee of \$2 when the annual turnover does not exceed \$20,000 per annum, and for an additional \$2 on every additional \$20,000 per annum or fraction thereof.

Retail Trades under License.

Regulations have been issued governing retail butchers, retail bakers, retail produce merchants, retail flour and feed merchants, retail fruit and vegetable dealers and retail fish dealers. On and after May 15, it will be illegal for any person, firm or corporation to engage in any one or more of these trades without a license from the Food Board.

The schedule of license fees provides for a minimum fee of \$2 when the annual turnover does not exceed \$20,000 per annum, and for an additional \$2 on every additional \$20,000 per annum or fraction thereof.

BREAD INDUSTRY ECONOMIES.

Reports Indicate Decided Benefits from the Recent Regulations.

The new bakery regulations forbidding the manufacture of "fancy" loaves and standardizing bread are expected to result in very considerable economies. One Montreal baker reports that when the regulations were announced he was fearful that they would destroy a large business which he had built up with "fancy" bread. Instead they have reduced his labour costs by nearly one-third and have released men for other work. Standardization of flour and other ingredients, and also of pans, etc., will work towards economy in manpower and materials and also ensure for the consumer bread at as low a price as it can be made.

ENDORSES PLEDGE IDEA.

Victoria Lady Suggests, "She also Serves who Stoops and Weeds."

The following is from a letter received from a woman in Victoria, B.C.:

"About the food pledge cards; they are O.K., but I think if any real saving is to be effected by pledges, the pledge should be a promise not to serve afternoon teas or night suppers, nor any meals a day, except in cases of real hunger. And I think there should be a pledge for the men, too. If every man who does no actual food-producing work during the day would pledge himself to do garden work every evening, surely that would help a lot. Why shouldn't men who live in boarding houses and hotels form themselves into clubs or 'teams,' and cultivate vacant lots for the benefit of the families of soldiers who are overseas? Even the girls in offices could help in this, — 'she also serves who stoops and weeds' might be our slogan."

WESTERN CANADA EAGER.

Mrs. Jean Muldrew, Domestic Science Expert of the Canada Food Board Office, who is at present making a tour of the West in the interests of the organization for conservation, reports that there is great interest at each meeting she addresses.

Mrs. Muldrew's trip includes Manitoba, Saskatchewan and Alberta. She is visiting Winnipeg, Brandon, Yorkton, Saskatoon, Prince Albert, Battleford, Edmonton, Swift Current, Moosejaw, Weyburn, Regina, Indian Head, Red Deer, and Calgary. On March 6, she addressed the delegates from the Women's Institutes in convention at Edmonton.

CANADA'S OPPORTUNITY TO INCREASE LIVESTOCK SHOWN BY THESE FIGURES.

Mr. W. J. Black, Commissioner of Agriculture, has furnished the Canada Food Board with the following comparison of the numbers of meat-producing animals per 100 acres of productive land in European countries previous to the war, with the corresponding numbers for Canada per 100 acres of productive and potentially productive land (estimated at 350,000,000 acres):—

Country.	Cattle.	Sheep.	Swine.
Germany... ..	16	4	17
Denmark... ..	25	8	16
France... ..	12	13	5
Great Britain... ..	15	52	8
Ireland... ..	25	20	7
CANADA... ..	1½	½	¼

The figures for European countries represent the normal or pre-war situation. For Canada the figures are from the latest issue of the Canada Year Book.

TO KEEP PIGS IN CITIES.

Several Municipalities Have Decided to Modify Prohibitory By-Laws.

The "Keep-a-Pig" campaign is gaining in popularity in many cities where the authorities opposed any relaxation of municipal by-laws to enable citizens to keep one or more pigs. There is a disposition to reconsider the whole question in view of the desperate need for pork products overseas. In Toronto the municipal ordinance has been amended and any person who can satisfy Dr. Hastings, Medical Health Officer, that his arrangements will not be a menace to public health, can now secure a permit to keep one or more pigs.

In many other municipalities in Ontario and in other Provinces local regulations have been or will be similarly modified. In Hamilton, Ont., Mayor Booker has expressed his hearty support for the "Keep-a-Pig" campaign. Mr. Norman Clark, chairman of the Hamilton Board of Health, says:

"I think that the by-law should be repealed for the time being to allow people to keep pigs. In Burlington the town council is permitting people to keep pigs. I have a place down there on which I intend to keep one or two pigs myself."

In Victoria, B.C., the council adopted the scheme recommended by Mayor Todd and the Medical Health Officer has prepared regulations under which pigs may be kept within the city limits.

PLANNING TO KEEP PIGS.

Executive of Montreal Publicity Association Outlines its Plan.

Mr. F. W. Stewart, President of Montreal Publicity Association, reports that the Executive of that Association are making arrangements to permit each member to buy a pig and to have them taken care of on a farm within reasonable distance of the City of Montreal. It is hoped in this way to help in the campaign of "Keep a Pig" and to encourage similar organizations in other cities to act along the same lines.

Arrangements have already been made for the farm, while one of the banks has agreed to finance the undertaking through the summer. Each member of the Association will be asked to advance a few dollars for the purchase of a little pig. It is expected that between 100 and 200 pigs will be raised in this way. Arrangements may be made to utilize garbage for feeding purposes.

The advantage of interesting city people in hog raising is two-fold: the labour necessary would not otherwise be engaged in the production of food, and is therefore a net gain; and the pigs will be fed partly on household garbage, which would otherwise be wasted.

"AND FOOD IS LIFE TODAY".**National Council of Women Appeals to Affiliated Societies.**

Mrs. Rhys D. Fairbairn, corresponding Secretary of the National Council of Women, has sent out a circular letter to affiliated societies all over the country urging them to refuse to serve food between meals. She writes:

"The fact that the bread is of standard flour and that the cakes contain some recommended white flour substitute does not condone the fact that you are consuming food at a time when there is a shortage in the world's supply, and food is life.

"Let every Club not already doing so omit tea at the close of lecture or concert, the profits from which go to provide comforts for soldiers overseas. Let your Society pride itself not on the tea money taken in but on the proceeds of the social hour without tea. Refuse to serve food between meals."

MANY LICENSES ISSUED.**Number will be Greatly Increased During Next Few Weeks.**

To date more than 3,500 licenses have been issued to bakers, manufacturers of package cereal foods, fish dealers, fruit and vegetable dealers, millers and wholesale grocers. This number will be greatly increased during the next few weeks. The License Department of the Canada Food Board is preparing for the licensing of 600 wholesale produce dealers, 20,000 to 30,000 retail grocers and 40,000 to 50,000 general stores.

HE SERVED PORK ON WEDNESDAY.

Paul Letros, proprietor of the Star Restaurant, Toronto, was fined \$25, with the option of 30 days in jail, for serving pork on Wednesday, contrary to the order of the Canada Food Board. This is the first conviction under the new regulations. On a charge of failure to provide a substitute for white bread he was remanded.

SEED SWEET CORN FOR CANADA.

Mr. C. S. McGillivray, representing the Canada Food Board, has been successful in obtaining from the United States Food Administration release for shipment of Cannery varieties of seed sweet corn and seed peas grown in the United States. Arrangements are also being made for the release of seed beans.

LABOR POWER REGISTRATION.**Accurate Knowledge to be Obtained under Authority of the Government.**

The Canadian Registration Board, being a sub-committee of the War Committee of the Dominion Government has been empowered to register all male and female persons over 16 years of age residing in Canada so as to secure for the Government accurate knowledge respecting the labour power of the nation. The aim is to provide the maximum contribution in men, food-stuffs, money and ships to Canada's effort in the war.

The personnel of the Board is as follows:

Hon. G. D. Robertson, chairman; Mr. F. B. McCurdy, M.P., Halifax; Mrs. Plumtre, Toronto; Mr. G. M. Murray, Toronto; Mr. F. McG. Quirt, Toronto; and Mr. Thomas Moore, Niagara Falls; while Mr. E. L. Newcombe, K.C., Chairman of the Military Service Council and Mr. J. D. McGregor, Director of Agricultural Labour on the Canada Food Board are ex-officio members.

MANY TRACTORS ORDERED.**Provincial Governments are Taking the Orders from the Farmer.**

Approximately 400 Fordson farm tractors have already been ordered by the Canada Food Board for distribution to the several provinces. The Food Board purchased 1,000 of these tractors and secured an option on an additional 1,000. Orders are being received by the Provincial Departments of Agriculture and the latter are then sending in the orders to the Food Board.

ROOT SEED SHORTAGE.

The supply of root seed for this season is barely sufficient to meet the demand. A large number of farmers by acting immediately, however, can produce enough for their own use. To accomplish this it is necessary without delay to select from the cellars a number of roots suitable for seed production. Roots either very large or very small should be discarded.

"KEEP-A-PIG" PLAN IS PASSED.

The City Council of Victoria, B.C., has endorsed the "Keen-a-Pig" campaign and has instructed the Medical Health Officer to prepare regulations to govern the keeping of pigs within the city limits, on the condition that they must be kept at least 100 feet from dwellings.

TO GROW MORE FOOD.

Federal and Provincial Governments will Co-Operate in Efforts.

The general basis of plans for cooperation between the Dominion Department of Agriculture and the Canada Food Board on the one hand and the Departments of Agriculture of Ontario, Quebec, New Brunswick, Nova Scotia and Prince Edward Island in an extensive and intensive campaign for greater production in 1918 were agreed upon at the recent Conference of Provincial Ministers of Agriculture at Ottawa.

The Provincial Objectives.

Dr. Jas. W. Robertson was appointed by the Dominion Minister of Agriculture and the Canada Food Board to cooperate on their behalf with these provincial Governments. Definite plans of organization are now in process of completion and application. Ontario has set for itself an objective of 1,000,000 additional acres of cereals and other cultivated crops and also the greatest possible production per acre on all cultivated land. Quebec will do her best to pass her objective of 600,000 additional acres. The three Maritimes Provinces are depended upon for increased crops to the extent of 400,000 acres or an increase of five acres per farm on the average.

One of the methods of procedure in carrying out the general plan in each province is to form a Greater Production Committee in every township or parish. The members of these committees will be leading and influential farmers who will personally visit their neighbors in the township or parish to secure their earnest cooperation. It has been proposed that in every Province the Lieutenant Governor will issue a proclamation calling for the observance of a week solemnly dedicated to preparation for the crops of 1918, in order to avert dire privation and threatening famine. During this week dedicated to preparation the plans for the season's crops on each farm will be reconsidered with a view to increasing the acreage to the utmost, the seed will be made completely ready and all machines, tools and harness will be put in order to avoid loss of time when the Spring work begins.

In the Maritime Provinces.

Dr. Robertson has now left to arrange with the Provinces of New Brunswick, Nova Scotia and Prince Edward Island for earnest cooperation in carrying out the plans for production to the largest possible number of acres and bushels.

TO INCREASE PRODUCTION.

Hon. C. A. Dunning, Director of Production on the Canada Food Board, in his message to the Grain Growers Convention, announced that the Allies require from every farmer in Canada at least 10 acres of wheat in 1918 for every 7 acres grown in 1917, on the basis of average yield. "The difficulties", he added, "are great but it must be done if the war is to be won."

To enable the Allies to maintain even their present restricted rations, Canada must raise for export at least 180,000,000 more bushels of wheat in 1918 than we did last year.

FORTY THOUSAND FARM HELPERS.

Speaking at the annual banquet of the Kingston Industrial Agricultural Society, Dr. W. A. Riddell, Superintendent of the Trades and Labour branch of the Ontario Government, made the statement that Ontario would require 40,000 additional persons on the land if there was to be a genuine increase in production this year.

PROGRAMME IN ALBERTA.

The programme for increased production in Alberta as outlined by Hon. Duncan Marshall, Minister of Agriculture, provides for the establishment of provincial labour registration bureaus in Calgary, Edmonton, Lethbridge, Medicine Hat and Red Deer. Employers in cities will be approached, on the question of releasing labour for farm work during the period that it is most needed. Boy labour will be secured wherever possible.

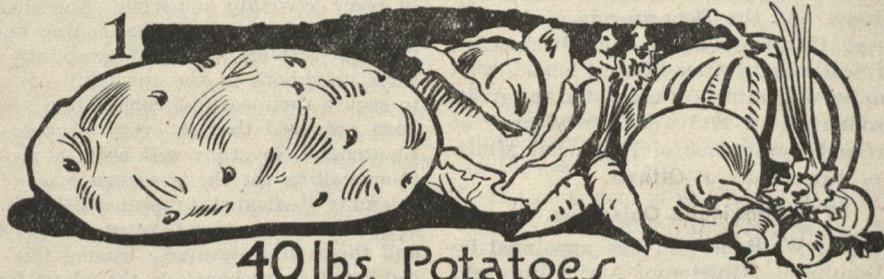
100 MORE FARM TRACTORS.

It is the intention of the Ontario Government to add 100 farm tractors to the 127 which are now on hand. These will be put to work as soon as the frost is out of the ground.

EARNING THANKS OF THE KAISER.

Every time you eat greedily you earn the thanks of the Kaiser and Hindenburg; waste at home weakens the defences in the battle line.

ONE WEEK'S BUDGET FOR A FAMILY OF FIVE



1

40 lbs. Potatoes.

14 lbs. other Fresh Vegetables.
(use Vegetables freely.)



10 lbs. FLOUR
(use as little Wheat flour
as possible.)

10 lbs. CEREALS in other forms
(Substitute other cereals for Wheat.)



3

14 lbs. FRUIT

ACCORDING TO SEASON.

2 lbs. Butter or FATS Oleomargarine

1 lb. cooking Fat



4

MILK

7

quarts
whole
MILK



3 lbs. SUGAR

1 lb. corn Syrup

Molasses or Honey



6

MEAT & MEAT SUBSTITUTES

AT LEAST 2 lbs. FRESH FISH

and 1 lb. SALT FISH.

1 Doz. EGGS, 2 lbs. DRIED BEANS
OR SPLIT PEAS, 1 lb. CHEESE,



NOT OVER 4 lbs. LEAN MEAT

WHEAT, MEATS and FATS are NEEDED OVER SEAS
SAVE THEM IN EVERY POSSIBLE WAY.