

SAVE FOOD

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

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

LORD HIGH PROVOST

MARSHALLER

(SOLO)

I'm turning my attention to the gent who loafs and shirks, I made a little list, I made a little list, Of well-dressed persons who would look fine in munition works, They never will be missed, they never will be missed, There's the gloomy Gus who thinks the war is almost nearly lost, The chap who won't subscribe because it's very badly bossed, The party with the horn-rimmed specs and tin watch on his wrist, They never will be missed, they never will be missed.

Improve Your Looks

by purifying the blood. Sal low skin, liver spots, pimples and blotches are usually due to impure or impoverished blood.

Clear the skin, put roses in pale cheeks, brighten the eyes, build up the whole system by taking

Dr. Wilson's HERBINE BITTERS

It's a wonderful tonic for women, especially. Prepared of Nature's herbs and gives the happiest results when used regularly and according to directions.

At most stores. 25c. a bottle; Family size, five times as large, \$1. The Braxley Drug Company, Limited St. John, N.B.

I've got my eye wide open for the dolos far niente guy, I have him on the list, I have him on the list, And military critics who have always guessed awry, They never will be missed, they never will be missed, The man who swears von Hindenburg is surely, truly dead, And the man who heard from A. Balfour what Trotsky really said, The party with the bated breath, and dreadful secret hist, He never will be missed, he never will be missed, Yes, now that I'm on the warpath for every shrinking bloke, I use my little list, I use my little list, Of chaps with irksome habits whom I'd gladly, freely choke, They never would be missed, they never would be missed, The guy who has it all doped out upon some bally map, The lad who wants to give advice just how to end the scrap, The party with the fallen arch and slightly staffboard list, They—surely won't be missed, they surely won't be missed, There's the boy who says it's England's fault and the boy who says it's France, I've got him on the list, I have him on the list, The youth who moans we've never given Russia half a chance, He never will be missed, he just could not be missed, The chap who goes to meetings where they call you "Tavarish," And rig up good old Karl Marx with Lenin in a niche, And stand up for democracy—with a little twist, He never will be missed, take it from me!

OLD KAFFEE HAG,

—New York Evening Post.

RECIPES

RYE PUDDING

1 quart of milk
1 cup rye flour
1 tablespoon sugar
salt
Put milk in double boiler, when it boils add sugar, salt, and rye flour mixed to a paste with a little milk. Cook half an hour. Put in moulds to cool. Serve with nutmeg sauce or preserves.

ECONOMY PUDDING

1 tablespoon Indian Meal
1 tablespoon minute tapioca
1 tablespoon coconut
1 cup sugar
1 cup molasses
1 tablespoon margarine
1 pint of milk
salt
Bake in a moderate oven 2 1/2 hours stirring the first half hour.

POOR MAN'S PUDDING

4 cups milk
1 cup rice
1 cup of molasses
1 teaspoon salt
1 teaspoon cinnamon
1 tablespoon butter
Wash rice, mix ingredients, pour into buttered pudding dish; bake three hours in a very slow oven, stirring three times during the first hour to prevent rice from settling.

TAPIoca CUSTARD PUDDING

4 cups scalded milk
1 cup pearl tapioca
3 eggs
1 cup sugar
1 teaspoon salt
1 tablespoon butter
Soak tapioca one hour in cold water to cover; drain, add to milk, and cook in double boiler thirty minutes; beat eggs slightly, add sugar and salt, pour on gradually hot mixture. Turn into buttered baking dish, add butter. Cook 30 minutes in a slow oven.

ORANGE PUFFS

1 cup butter
1 cup sugar
2 eggs
1 cup milk
1 1/2 cups flour
3 teaspoons baking powder.
Cream butter. Add sugar gradually, and egg well beaten; mix and sift flour and baking powder; add alternately with milk to first mixture. Bake 35 minutes. Serve with orange sauce.

ORANGE SAUCE

1 cup butter
1 cup flour
1 1/2 cups brown stock
1 teaspoon salt
Juice of two oranges
2 tablespoons sherry wine
Rind of 1 orange cut in fancy shapes. Brown butter, add flour and salt. Add stock gradually, and just before serving, orange juice, sherry, and pieces of rind.

GRAHAM PUDDING

1 cup butter
1 cup molasses
1 cup milk
1 egg
1 1/2 cups graham flour
1 teaspoon soda
1 teaspoon salt
1 cup raisins, seeded and cut in pieces
Melt butter add molasses, milk, egg well beaten, dry ingredients mixed and sifted, and raisins; turn into buttered mould, cover, and steam two and one half hours. Dates or figs cut in small pieces may be used instead of raisins. Serve with salt.

CANADA FOOD BOARD NOTES

Farmers may be reassured that there is no intention on the part of the authorities to inconvenience them unduly in their busy season with unnecessary restrictions and regulations as regards the hoarding of foodstuffs.

An Order of the Canada Food Board recently made it illegal for people to have more than 15 days supply of flour, made wholly or in part from wheat, on hand at any one time. For people living at a greater distance than two miles and not less than five miles from dealers licensed by the Canada Food Board, sufficient for their ordinary requirements up to 30 days only was allowed, and for persons 10 miles or more 120 days supply.

Further, it was required that any such surplus holdings should forthwith be returned to the miller or dealer from whom they were purchased, at the purchase price or at the market price, whichever were the lower.

This Order was designed primarily to remedy a state of things in the towns and cities, as it was commonly reported that some people had laid in undue quantities of flour in view of the world's scarcity, selfishly thinking that they would be sure of a normal supply for the next year or so whether the people in Europe starved or not.

In the case of farmers, however, it pointed out that it was their custom in many cases to take wheat to the mill and get several months supply ground on one occasion so as to save frequent trips and waste of time. To require that such a farmer return all surplus flour to the mill and then come back every couple of weeks or like short intervals, for supplies of their own flour, would seriously interfere with farm work, occasioning unnecessary traveling and the waste of days precious, especially at seedling and harvest time, to the cause of production, a cause more important, even, than that of conservation.

Bona fide farmers are now permitted to hold flour in excess of the amounts provided for other people. An Order-in-Council passed on May 17th makes this express provision:

"A bona fide farmer shall be permitted to hold, subject to the order of the Canada Food Board, the amount of flour, made wholly or in part from wheat, he may have in his possession in excess of the amount prescribed by Order no 31 if, on or before the 15th day of June, 1918, he reports to the miller or dealer from whom it was purchased or by whom it was manufactured, the excess amount held by him."

When these reports are received it is the duty of the miller or dealer to pass them on to the Canada Food Board and thus it will be known by the authorities what the supply of flour in the country is and where it is. Further, this Order provides that in cases where a farmer or any other person has in his possession one partly used barrel or package he shall not be required to return his surplus requirements nor shall he be required to return amounts of less than 25 pounds. Thus it is seen that the intention of the Order is entirely reasonable and will not work hardship or inconvenience unnecessarily.

WANTED—CANADIAN CANNED MACKEREL

Among all the fine food fish which we have in Canada there is none better than the mackerel. Excellent and distinctive in flavor, firm of flesh, and free from small bones, the mackerel is of the very highest esculent quality.

The mackerel is an inhabitant of the North Atlantic. On the coast of this continent it is found from Cape Hatteras to the Straits of Belle Isle, while in European waters it occurs from Norway to the Mediterranean.

This species comes in on the coast of North America from a south-easterly direction, first appearing in the spring off Cape Hatteras, in the Bay of Fundy about the middle of May, and in the Gulf of St. Lawrence in June. In the fall they leave Canadian waters early in November.

The spawning grounds of this species are in rather deep water from Long Island to the Gulf of St. Lawrence, and the spawning season extends from May to July, June being the main spawning month.

The mackerel feeds upon the small crustaceans and other small forms of animal life which occur in the sea, its favorite crustacean being the minute copepod known as the "red feed."

Mackerel frequently occur in immense schools, one such school being recorded which was half a mile wide and twenty miles long.

The mackerel fishery in Canada has not increased during recent years, but has rather, on the other hand, fallen off. Some twenty years ago the catch of Canadian mackerel was valued at about \$2,000,000, while in recent years it has fluctuated between \$800,000 and \$1,600,000. This falling off is not due to any depletion in the supply of mackerel, as this species, like the herring, is ocean-wide in its distribution, and is not, like the halibut, lobster, and oyster, confined to comparatively narrow limits. The falling off is due to the fact that this fishery is now prosecuted in a rather half-hearted manner.

Of the catch of mackerel in Canadian waters about one-quarter is sold in the fresh condition, the rest being "pickled." Now there is no fish which suffers more

KENNEDY'S HOTEL

St. Andrews, N. B.

A. KENNEDY & SON, PROPRIETORS

Beautifully Situated on Water Front. Near Trains and Steamboats.

Closed for the winter. Will reopen June 17.

Rates quoted on application.

THE ROYAL HOTEL

LEADING HOTEL AT

ST. JOHN, N. B.

Conducted on European Plan in Most Modern and Approved Manner

NEW GARDEN RESTAURANT

200 Rooms 75 With Bath

THE RAYMOND & DOHERTY CO., PROP.

EDISON TONE TEST

ANSWERS YOUR QUESTION

"What instrument shall I buy?" That's been your question, and the Edison tone test has answered it. The tone test has proved that an instrument has finally been perfected which Re-Creates the singer's voice so faithfully that the human ear can not distinguish between the renditions of the artist and that of

The NEW EDISON

"The Phonograph With a Soul!"
Call at your nearest dealer's and learn what is meant by the phrase Music's Re-Creation.

W. H. THORNE & CO. LTD., ST. JOHN, N. B.
Distributors

THE LOBSTER QUESTION FROM THE VIEWPOINT OF NATIONAL UTILITY

Now that the fisherman is taking the season's toll of the delicious crustacean known as the lobster, from the sea, that holds so much for our good, the question of how to conserve food, makes wide the Government's chance to enhance the value of the lobster, both to the fisherman and to the consumer. A few years ago, the apple situation demanded drastic measures, and a cook-book was prepared, showing how apples might be used to advantage. To-day, we are being told that it is necessary to save beef, wheat, and bacon, for the sorely tried people overseas. Now, a great many people are using lamb, veal, and mutton, in the desire to be patriotic, and leave all of the beef and bacon free for export. But recent publications are carrying articles advocating that shoddy be used in lieu of good woolen cloth, because the greater demand for mutton, has of course, depleted the supply of wool. The lobster, being in season, is cheaper than mutton, and just as nourishing. When the season is over, the supply of canned varieties will be available, and if the same interest were taken in the lobster trade that once saved the apple business, would it not be good nationally? The answer is emphatically: "Yes."

The poacher too, might be looked after. As a seed lobster, from fourteen to thirty-six ounces, produces 21,000 increase, it may readily be seen what damage is done by breaking the laws made by the conservation of the Canadian lobster supply. The average fisherman, as well as many other people, have no time at their disposal for enquiry along this line, and a statement to the effect of fish increase as quoted above, provokes much remark. In our schools, a question as to what was the earning capacity of the fisheries of Canada for the past year, cannot usually be answered. This should not be, when the fisheries are nearly half of our National life. We have frequent lectures about diverse subjects, good in their way, but sometimes unnecessary. The lecturer who might be sent out to educate the public re the use and conservation of the lobster, would be giving information of national importance. As we must be clothed, and our armies as well, why not do something in the way of an advertisement, to show that it is better to consume lobsters than mutton, and that by doing so, beef and bacon can be as well saved.

MARGARET MCLEAREN

—Canadian Fisherman for May

A. BROOKER KLUGH,

in Canadian Fisherman

Freshman—"What made you vote against Jones at the Frat election?"

Soph—"Oh, he'll never amount to anything around college. He never does a thing but study."—Life.

Minard's Liniment used by Physicians.

SHERWIN-WILLIAMS PAINTS & VARNISHES



Your Home Needs Protection

You can't afford to "let the painting go this year." Rot and decay are the greatest menace to property. You keep up life and fire insurance—why neglect your home?

A little paint or varnish on the outside or inside now will save you much greater expense later on.

Look It Over! Think It Over! Paint It Over!

SHERWIN-WILLIAMS PAINTS AND VARNISHES

SWP for the house assures you of quality and durability, covering capacity and permanence of color.

S-W Flat-Tone: A flat oil paint for interior walls and ceilings. The best decorators recognize the value of Flat-Tone for producing a permanent, velvety finish that will not rub off and is washable.

We carry a complete line of Sherwin-Williams Paints and Varnishes. Ask us for Color Cards, prices or any other information you may require.

C. K. GREENLAW, ST. ANDREWS.

Found New HEALTH

Of greater value than gold and silver is health restored. Up to the mining district of Larder Lake, Ont., Mr. S. J. Cullen discovered something—that the high words of praise given to Gin Pills are true. Here is his story, in part.

"I had heard of your

Gin Pills

and decided to give them a trial at once, as I had been suffering for some time with my kidneys and urine.

I sent my "clumsy" out to get them (about 60 pills) and I am pleased to inform you that in less than 6 hours I felt relief. In two days the pills had left me altogether. To-day I feel as well as ever I did and my kidneys are acting quite naturally. (Full testimonial sent on request together with FREE SAMPLE of Gin Pills.)

All dealers sell Gin Pills on our Money Back Guarantee, 60c a box, 6 boxes for \$3.00.

National Drug & Chemical Co. of Canada Limited - Toronto

U. S. Address: No-Dru-Co., Inc., 202 Main St., Buffalo, N.Y.



Keep Minard's Liniment in the house.

CAREFULLY SEALED IN GERM PROOF TUBES

PURITY OATS

BRINGS TO YOUR TABLE THE DELICIOUS NUT LIKE FLAVOUR OF THE FAMOUS ALBERTA OATS

MANUFACTURED BY Western Canada Flour Mills Co. Limited