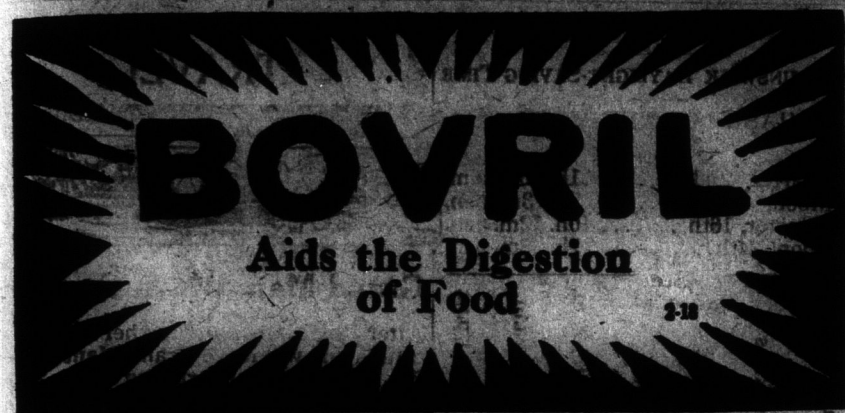




MIGRATORY BUTTERFLY EXHIBITION

It is generally known that many birds make migrations annually, and fairly well known that certain fish make similar migrations, but even entomologists are not always familiar with the fact that there are migratory insects as well. Of these perhaps the most striking case is that of the monarch butterfly—the large brown and black butterfly so common to the United States. In the hall of insectology in the American Museum of Natural History has been installed a group showing hundreds of monarchs swarming on a small white oak, in early autumn preparatory to making their migration south. They have settled on the tree in thick clouds, clinging everywhere to branch and twig.

During the summer the larvae of this species feed on milkweed. They are protected from insect-eating birds by their "warning colors," which proclaim them not good to eat. The adults, which emerge in the fall from beautiful green chrysalids, also have a gaudy coloring which indicates that they are inedible. With the coming of fall the monarch butterflies begin their movement southward, thousands flying together, and stopping from time to time at certain resting or gathering places which, strangely, seem to be used year after year. In such places great swarms of the monarchs settle down on the trees, sometimes almost completely disguising the foliage. Their brown wings so like leaves, giving the trees a late-autumn appearance. It was from one of these swarming places near Clinton, Conn., that the specimens for a museum group were obtained.

When the clouds of migrating monarchs, having reached something like their full strength of number, continue their southerly flight, the air is filled with the soft beating of their brown wings, which gleam with a ruddy light in the sunshine. In an article written for *Harper's Magazine*, Howard J. Shannon describes such a migration: "They travel parallel with the ocean, and in irregularly regular order—that is, at fairly even distances apart; and so concerted is the movement that, even my sudden striking gesture with the net turns aside only the insects immediately attacked; it does not disturb the on-sweeping advance of the general body that seems like a sentient river in irresistible, ceaseless flow. Indeed, their number is enormous."

CAUSE OF INSECTS' MIGRATIONS.

For a brief calculation of the numerical strength of the ranks—that is, the number of insects passing in a given minute when multiplied by the period of time, two hours, during which the hastening hosts were in transit—produces the impressive, though probably underestimated, total of 360,000.

Mr. Shannon, who has given particular study to the migrations of insects, states that the principles an "law" governing the better-known bird migrations have a remarkable parallel in the annual movements of certain members of the insect world, both birds and insects being influenced by meteorological and geographical conditions which deflect and determine the routes, and the psychology of both birds and insects reacting to the travelling impulses which are unsatisfied in some cases with anything less than a world-wide distribution.

How far South these roaming monarchs go, or whether they return north in the spring is not a matter of record. It is a

known fact, however, that no specimens have been found in New England during the winter, although adult specimens are common in May. This would seem to indicate that they had returned from the South, and it is fairly generally accepted that such return migrations do take place. On the other hand, their good condition seems strong testimony that adults found North in May have not made any such long journey.

The object of the migration also remains a mystery. According to Dr. F. E. Lutz, associate curator of the department of invertebrate zoology of the American Museum of Natural History of New York city, the cause cannot be food shortage; for when the migration starts flowers are plentiful and food abundant. Moreover, adult butterflies take but little nourishment at any time. The article in *Harper's Magazine* above referred to suggests that the insects travel south for further breeding, the swarming movement being supposedly connected with a psychological impulse to wander co-existent with the breeding instinct. This theory, however, does not account for the apparently definite and traditional routes followed.

Due no doubt partly to its roaming habits and partly to its protection from birds, the monarch butterfly is gradually spreading over the entire earth. It is known in Australia, Java, Sumatra, the Philippines, Great Britain, and the Cape Verde Islands.—*New York Evening Post*.

"MY SHIP"

I THINK of my bed as a big, big ship. To carry me over the sea. Sometimes we go off on a stormy trip, My Gollywog and me.

I am the captain, and Golly is crew— We do have some lovely sails. And in the sea are great big fish, Saw fish, and sharks, and whales.

Some of them frighten us very much, But Golly and I are brave.

And we fight them with swords and guns and things.

Our beautiful ship to save.

But now, I think, we must say good-by. For four eyes are beginning to peep. And we're off in our ship to the "Land of Nod."

With a great big cargo of sleep.

—KATHLEEN M. GRANT, in the *Yorkshire Post*.

SUGAR FOR CANNING

Every effort is being made to provide sufficient supplies of sugar for the canning season. The Canada Food Board says that while restrictions in the consumption of sugar in given ways are necessary, and must be strictly enforced, still by the present arrangements there will be plenty of sugar for canning purposes when the season arrives. Every effort should therefore, be made to preserve fruit and vegetables to the utmost permitted by increased production.

CANADIANS TAKEN PRISONERS

London, June 6.—The following announcement regarding Canadian soldiers is made:

Now prisoners of war—830597, L. B. Tedeschi; 218417, W. A. Bosson. Died—865987, J. E. Jackson.

Escaped—109293, B. Arnold.

Repatriated—426647, D. Jones; 712543, T. Arsenault; 117439, G. Proctor.

THE EMPIRE'S
BREAKFAST
PURITY
OATS
SOLD IN
GERM PROOF TUBES
MANUFACTURED BY
Western Canada Flour Mills Co. Limited

"HENS WHA HAE"

(An effort is being made to increase the production of eggs—Daily Paper)
Y E hens wha hae aforetime laid Eggs o' super-poultry grade, Hasten tae your country's aid. Lay for liberty!

Let turkey, hen, an' duck, an' goose Obey the call, "Produce! Produce!" An' keep on laying like the deuce— On to victory!

Lay your eggs wi' double yolks Till wi' rage the Kaiser chokes! That wud be the prince o' jokes Outside Germany!

The rooster loud may blaw his horn, The babblycock may guggle corn; For nobler duties you were born An' higher destiny!

Keep the wee anes for yerself's; Pack the big anes in gaid shells; An' mind that keepin' at it tells For hame an' liberty!

Dae your best, an' when you die Let nae teardrop dim your eye— Your fate to fill a chicken pie Is immortality!

—Toronto Star.

FISH NAMES AS A FACTOR IN MARKETING

"What's in a name?" is a modern question implying a negative answer. There are instances, however, where a name is of prime importance. For example, take such a common product as fish. More than 500 species, including subspecies, of fish are found in Canadian waters, but only a few dozen are used for human food. Some, of course, are not suitable for food, but in many cases only the name that has been given to the species prevents them from being utilized. In such instances the obvious thing to do is to discard the bad name and apply a good one. Dogfish for food as dogfish, was quite impossible in the United States, but it was re-named "grayfish" and cleverly advertised and was soon in demand. In Canada, about the only use that is made of these "ocean pests" is to reduce them for their oil and for fertilizer. Such "trade names" have long been applied to other more commonly used fish. Thus, ling are sold as cod, and the bulk of the canned sardines sold in Canada are really not sardines at all, but small herrings.

Again, there are certain fish that have "made names for themselves." This is one reason why such a comparatively small number of species of fish are used as food. Everyone knows that salmon and halibut and flounder have the name of being good fish and so everyone buys them. It would be to the advantage of consumers to remember that dogfish or catfish, or other ill-named fish, are not necessarily objectionable as food. At the same time, dealers might profitably apply new and more attractive names to hitherto unused food fish as a step toward making them more attractive to the consumer.—A. D., in *Conservation*.

WHO PAYS THE PARCEL DELIVERY CHARGES?

The cost of delivering parcels is approximately four per cent of the total sales, and about one-half of these sales are delivered. Sales of, say, \$35,000 per annum would, therefore, have a delivery cost of \$1,400; the delivery customers paying \$700 and the carry customers also paying \$700, though receiving no service therefor.

The carry customers, however, are doing more than this. Had all the parcels been delivered, the delivery cost would have been doubled and the delivery customers would have had a delivery charge of eight per cent, added to the original cost of the goods.

Under the delivery system, the service rendered and paid for is as follows:

The carry customer receives \$1.00 worth of goods and pays \$1.04.

The delivery customer receives \$1.00 worth of goods and eight cents worth of delivery service—\$1.08, for which he pays only \$1.04.

Another phase of delivery cost is the number of small orders delivered to one customer. If the cost of each delivery which averages six to ten cents, were added to each small order, the customer would object. Consequently, it is added on a percentage basis, and thus the customer who groups his wants and places an order of larger amount is mulcted in the delivery cost of the service supplied to the less considerate customer.

Thus, under the present delivery system a surtax is placed upon the customer who carries his parcels and is considerate in ordering, while the customer who requires delivery service does not pay for the service received.

Canada is suffering from a shortage of man-power, all available help is required for production. Deliveries should be restricted to one per day; all parcels of reasonable weight should be carried home and, so far as possible, co-operative deliveries should be established.—*Conservation*.

Minard's Liniment used by Physicians.

RECIPES

SOUPS

CHEESE SOUP

4 tablespoons grated cheese
3 quarts clear soup stock
1½ cups flour
4 tablespoons Crisco
2 cups rich milk
2 eggs
Salt, pepper, and paprika to taste
Finely grated cheese.

Put flour into double boiler, add gradually milk, Crisco, 4 tablespoons grated cheese and paprika to taste. Stir over fire until smooth paste. Break in eggs, mix well, cook two minutes longer and all to cool. Roll into balls, when they are all formed, drop into boiling water and cook gently five minutes. Drain and put into soup tureen. Pour over stock and serve with dish of finely grated cheese.

LOBSTER BISQUE

1 can lobster
1 cup bread crumbs
1 quart milk
1 quart water
1 tablespoon flour
4 cups Crisco
Salt, pepper, red pepper, and grated nutmeg to taste.
Squares fried bread
Thin lemon slices.

Open a can of lobster, take out best pieces, and cut into small squares without tearing; put them aside. Place remains of lobster in basin and pound smooth with Crisco. Soak bread in water, adding flour and seasonings and put all over the fire with pounded lobster and Crisco; stir till it boils and boil fifteen minutes, then pass it through sieve, add milk and pieces of lobster, and return to fire until it boils up. Serve with small squares of fried bread and send thin slices of lemon to table with it.

CREAM OF TOMATO SOUP

2 tablespoons flour
1½ tablespoons Crisco
1 tablespoon Tomato Catsup
1 cup milk
2 cups strained tomato juice
1 teaspoon celery salt
Salt, pepper, and paprika to taste
Pinch baking soda

Blend flour and Crisco together in saucepan over fire, add milk, bring to the boiling point. Heat tomato juice, tomato catsup and seasoning. Just before serving add Crisco mixture to tomato juice and stir until boiling. Serve hot.

THICK RICE SOUP

2 pints water or stock
Salt and pepper to taste
2 small onions
2 tablespoons Crisco
1 cup rice

1 cup canned tomatoes, or 4 fresh ones
Wash and drain rice. Heat Crisco in saucepan, add rice and stir constantly until a golden brown. Now add water or stock, onions and tomatoes cut in small pieces and seasoning. Cook slowly for one hour.

FISH SOUP

1 lb. cod or other white fish
2 tablespoons Crisco
1 quart white stock, or half milk, half water
1 small carrot
1 small onion
1 stalk celery
3 parsley sprigs
1 blade mace
2 egg yolks
2 cup cream
1 lemon
2 tablespoons flour
1 teaspoon chopped parsley
Dry toast

Wash and dry fish and cut into small pieces. Put into saucepan with sauce, vegetables cut into small pieces, parsley and mace. Let these simmer for half an hour, then strain off liquid. Melt Crisco in pan, stir until it boils. Draw it to the side of the fire and let cool slightly. Beat yolks of egg with cream and when soup has cooled strain them in. Reheat soup without boiling it to cook eggs. Season and add a few drops of lemon juice and chopped parsley. Serve with small pieces of dry toast.

SOUP VERTE

4 tablespoons flour
3 tablespoons Crisco
2 quarts stock
1 lb. spinach
1 bunch parsley
1 teaspoon sugar
2 egg yolks
1 lemon
Salt and pepper to taste

Put stock into saucepan; add spinach and parsley, picked and thoroughly washed; let boil twenty minutes, strain, rubbing puree through sieve. Return it all to saucepan, add Crisco and flour mixed together with cupful of water, sugar, and strained juice of a quarter of a lemon. Let boil five minutes. Beat yolks of egg with 2 cup water. Add them gradually to soup off fire, and stir near fire till cooked. Soup must not boil after yolks are added. Season with salt and pepper and serve.

ICE-CREAM MAKERS LICENSED

No person may manufacture ice-cream, candy, cake, crackers, biscuits, pastry, confectionery, ice-cream cones, or chewing gum, without first obtaining a license from the Canada Food Board, on and after July 1st.

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.

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NEW GARDEN RESTAURANT

200 Rooms 75 With Bath

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"What instruments 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.

REGULATIONS THAT APPLY TO PRIVATE HOMES

The Canada Food Board prohibits, under penalty of a heavy fine, the use of sugar in making candy for home consumption, or for frosting cakes, or as a filler for cakes. This practically prohibits all use of cane sugar for home-made candy. Licensed candy manufacturers are allowed to use one-half the amount of sugar each month that they used for the corresponding month of last year. If the war continues industries of this character may have to be closed, but it is only fair that such drastic action should apply to the homes before it closes our industries. Only a limited amount of sugar and fats can be used in making fruit, pound, sponge, or other cakes. Wheat flour must not be used in the manufacture of candy. It must not be used in the manufacture of paste for posters, wall papering, or similar purposes.

No private home or confectioner shall manufacture ice cream containing more than ten per cent of fats, whether of vegetable or animal origin, or more than six pounds of sugar to eight gallons of ice cream.

Twenty-five pounds of flour, or a fifteen days' supply, and a fifteen days' supply of sugar are the amounts that one is allowed to purchase at a time unless he lives more than two miles distant from a licensed dealer, when he is permitted to buy in larger quantities, the amount varying with the distance from the market. This does not prohibit farmers from holding the flour milled from their own wheat, provided that they report to the miller the amount of such flour in their possession.

The regulations applying to eating houses are meant to conserve our essential food stuffs. A summary of the regulations are as follows:—

1. Pork, beef and veal must not be served on Wednesday or Friday at any meal.

2. Fish, fowl, lamb, or mutton may be served at any meal.

3. Beef and veal can only be served at an evening meal.

4. Pork may be served at the morning meal on Sunday, Tuesday, and Thursday, and at the noon meal on Monday, and Saturday.

5. Bread shall not be placed on tables until the first course is served; at the mid-day meal not more than one ounce of wheat or product of wheat shall be served to an individual.

6. No more than two ounces of standard flour bread or rolls can be served to any individual, and substitutes shall be served whenever white bread is served.

7. Sugar for any purpose shall be served only when called for.

8. Waste of food is strictly prohibited.

CANADA FOOD BOARD NOTES

HOW ABOUT THE HARVEST?

The shortage of flour and wheat products is so serious between now and next harvest that every effort must be made by this continent to tide it over. Farmers by producing wheat are helping to win the war. By saving flour they and everybody else in the country may also help towards the same end. In this connection it is of interest to note that in the West it is estimated that the three Prairie Provinces this spring have sown an increase of about 2,600,000 acres of which 2,000,000 acres are of wheat. This is the report of Mr. J. D. McGregor, Director of Labor for the Canada Food Board, with offices in Winnipeg. It is based upon estimates received from a large number of points throughout the three Provinces as well as upon the personal observation of Mr. Mc-

Gregor himself. If the average crop from this increased acreage amounts to only ten bushels of wheat per acre, which is a very low estimate indeed, the average being more like twenty bushels, it would mean 20,000,000 bushels of wheat. The average consumption of wheat in the wheat-consuming countries the world over runs about five bushels per capita per year, so that the increased crop which Canada expects to produce this summer would feed 4,000,000 people for twelve months. At a most conservative calculation, that is to say it would feed the bulk of the British army. The probabilities are that this increase will be double that amount, and it is to be hoped such indeed will be the case, as there is need of every bushel.

Dr. J. W. Robertson, who made a tour of Eastern Canada, in the production campaign on behalf of the Food Board and the Minister of Agriculture, estimates an increased acreage of cultivated crops for the five Provinces, Ontario, Quebec, New Brunswick, Nova Scotia, and Prince Edward Island, of 2,000,000 acres. Compared with former years, there will be quite an increase in wheat acreage in these Provinces, but what this amounts to it is impossible to say, as the fall wheat did not winter very well in many districts where an attempt was made to grow it. Some of these areas, however, have been replaced by spring wheat.

The Eastern Provinces will grow also increased amounts of fodder for livestock, so that the meat supply will benefit as well as the dairy output.

Canadian farmers are responding magnificently to the call for increased production, despite the many other calls that have been heard and answered. The world is at the greatest crisis in its history and the farmers of Canada have realized the fact and shown the true Canadian spirit. It remains now for the people of the towns and cities to organize and sacrifice personal interests in a whole-hearted campaign to save these crops, which have been so successfully planted despite difficulties, so that the harvest will be as great in proportion as the acreage sown. This summer and autumn will mean a long pull and a strong pull for all hands.

RESTAURANT LICENSES REQUIRED

It will be illegal to operate a public eating place without a license from the Canada Food Board. The time has been extended from June 1st to July 1st, because of the rush of applications which were more than could be dealt with in time by the Board's office staff.



CONSERVE Your Health

CANADA needs her men in field and factory.

No one can afford to be too sick to work. Kidney trouble often keeps men ailing around the house, but

Dr. Wilson's Herbine Bitters

will quickly relieve pain in the back, take away the burning in bladder, restore healthy action to the kidneys, and make a tired, worn-out, pain-plagued man feel as if he had been born anew.

Dr. Wilson's Herbine Bitters are made from simple herbs and are Nature's own remedy for kidney troubles, indigestion, constipation, bilious headaches, general rundown condition.

At most stores, 25c a bottle; Family size, five times as large, \$1.

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