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In

The New York Central Railroad Company reported that it saved 12,-000 pounds of meat in a week on one line by following suggestions of the

Food Administration. Of the 5,000,000 pounds of meat being saved weekly by hotels in the nation New York is saving 500,006 pounds, he said. One New York hotel reported for its second "meatless day" a saving of 700 pounds of beef, Starr Jordan, chancellor of Leland 600 pounds of lamb, 350 pounds of beer, starr sordan, chancefor of lefand pork and 70 pounds of veal. One a leader in the peace movement in wholesale meat dealer's sales dropped ped off 100,000 pounds on Tuesday. Mr. Bowman in speaking to the ho-tel men urged still further conserva- with the present war program. The tion. He suggested "meatless hash" kaiser, he said, has viewed the result as another step to be taken. The fru- of internationalism and democracy in ition of the hopes of the convention Germany with alarm and, realizing will be seen tonight at the Waldorf, that these movements were turning where the annual banquet of the New his people away from war, has order-York Hotel Men's Association will be ed the crushing of democratic fac-

Fruit Jars and other Glassware

can easily be kept immaculate with **Old Dutch**

And remember, this cleanser never harms your hands



U.S. TROOPS IN MONTREAL

Montreal, Nov. 19. - For the first time in the life of the present generation, if indeed not for the first time since the declaration of independence armed American troops paraded in this city this morning, in connection with the Victory Loan procession, and carried their flag side by side with the Union Jack. The American detachment arrived in Montreal yesterday morning and were given a warm reception by local military men as well at ty the Canadian Pacific Railway officials. The detachment, which is in charge of Lieut. Col. Rhea, of the national army, consists of fifty infantry. men of the 3\$5th U.S. infantry (all irafted men) and fifty marines, with a naval band of fifty gunners and artillery band of thirty. They had the position of honor in the parade of ten thousand citizens.

W. S. Loggie, Union **MUST GO FULL SPEED AHEAD**

Seattle, Wash., Nov. 19. - David tions.



Manufactured by the

Minard's Liniment Yarmouth, N.S.

Enlist Your Kitcher in the War

"The kitchen must help as well as the workshop and the trenches" Mr. Lloyd George has said it !

What does he mean?

He means you must know and practice real thrift-make every dollar you spend on food serve your family and your country. Banish those things which are wasteful and substitute real foods. Lovers of tea and coffee must realize that these beverages are in no sense of the word food, but merely pleasant, slightly stimulating drinks, which, by the way, are soaring in price l

Thrift Suggests Serving Cocoa

It is a scientific fact that a cup of Cowan's Perfection Brand Cocoa contains more actual food value than a cup of beef extract, bouillon, or chicken soup.

Economies like Cowan's Cocoa render the diet more delightful, while saving money. And the saving effected in household expenses will enable you to help win the war another way—by Purchasing War Certificates !

For \$21.50 you can buy at your nearest bank or

Post office a War Savings Certificate for which in 3 years' time the Government will refund \$25.00.

Remember every food economy you practice helps to defend the brave boys at the front.

Cowan's Perfection Brand Cocoa can be purchased from all good dealers throughout Canada. Economy also suggests your choice of Cowan's Maple, Buds, Queen's Dessert, or Milk Chocolate Bars as the ever welcome confections.

Ask for Cowan's ACTIVE SERVICE Chocolate ; just what our soldiers in the trenches appreciate. Specially manufactured to meet their needs.

