

THE DAILY MAIL

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WEDNESDAY, OCTOBER 9, 1918

A FOOD CONSERVATION POLICY.

This paper has recently received from the local food committee an attractive little brochure, a copy of which, we are informed, is being sent to every home in this community. It is published by the Provincial Committee on the authority of the Federal Food Board, and consists of two parts, one of which contains the compulsory regulations of the Food Board, applicable to private households, and the other a series of voluntary regulations.

It will be a great help to numerous citizens to have the Food Board regulations in such simple, concise and non-technical language. Like other legal documents, these regulations are drawn up in phraseology that is difficult for the ordinary person to interpret, they may appear in the local paper, but they have no popular circulation and are so frequently amended that it is difficult for the ordinary housewife to know exactly what they require of her. Most citizens recognize the need of food conservation, and are quite willing to follow the regulations of the Food Board, provided they are clearly informed.

This little pamphlet undertakes to supply the requisite information, and its circulation should have beneficial results. There is every reason to suppose that during the coming year Canadian people must make an even larger use of wheat substitutes for home consumption. Our own wheat harvest is somewhat of a disappointment, the situation in Central Europe is approaching starvation, so that great care and economy must continue to be exercised in order to provide food for the world at war, and in the following days of peace. Citizens generally approve the action of the Food Board in adopting the "Allied Loaf" which requires a 20 per cent use of substitutes in bread, pastry and bakery products. Our boys at the front have borne their full share of the hazards and hardships of war; wherever a difficult position is to be captured or defended they are in the forefront, and their courage and heroism inspire their comrades and fill our hearts with pride. In like manner we at home are quite willing to pool our wheat supplies with the more scanty crops of our Allies, and to take our bread in turn from a common basket. But it is doubtful if our people really understand the regulations regarding substitutes or the urgent need for them. Some good citizens purchase substitutes as the law demands, but use them entirely in porridges or in cakes, ignorant of the fact that the law requires their mixture with standard flour in all bread, pastry or bakery products, and that it is an offence liable to a heavy fine to have in any larder bread made entirely from standard or fine wheat flour. Indeed, it is not uncommon to see a farmer returning from the store with bran or middlings that he has purchased as substitutes and means to use entirely for animal feed. He does not know that animal feed cannot be a substitute within the meaning of the law, and that he and his dealer are both liable to punishment. Substitutes must be genuine substitutes for wheat flour, and be consumed in place of it.

Our most critical food shortage today is in sugar. For this reason the Food Board has placed rigid restriction upon its sale and use. Industries using it in production have a limited allotment which can only be secured by the presentation of a certificate, and in a few days our wholesalers must purchase supplies from the refiner on the same basis. Private homes must not use sugar for icing cakes or in making candy for private consumption. It is astonishing how many people imagine that these regulations do not apply to the brown or soft sugar. The scarcity is not in the means of refining, but in the raw product, and naturally the regulation includes granulated and soft sugars of both cane and beet variety.

The second part of the pamphlet contains a series of voluntary regulations which undertake to give definite

and concrete information in ways of conservation. Local food committees and domestic science teachers have given practical demonstrations in making war foods, having issued bulletins and published recipes dealing with the use of substitutes, and finally have united in drawing up these voluntary regulations. In fact this little volume is just what it claims to be, namely, a policy of food conservation for the homes of New Brunswick, and it should be heartily welcomed, carefully read, used as a book of reference and honestly followed by each patriotic household.

PATRIOTIC POTATOES.

Some more interesting evidence was brought out at the patriotic potato enquiry at St. John yesterday. Rev. J. B. Daggett, who seems to be the star witness, swore that a loss of \$3,000 was made on a shipment to Cuba, and he undertook to make the loss good. He volunteered the information that he did not get the money from railway contractors, but on being pressed by Mr. Hughes, he admitted that he had borrowed it from Hon. Mr. Baxter, a member of the government, and had not yet paid it back. In other words, Mr. Daggett was seized with the philanthropic spirit, but he had not the "wherewithal," and Mr. Baxter came to the rescue. It would perhaps be an injustice to Mr. Baxter to say that he had this transaction in mind when he boasted from his place in the House of the generous sum which he had contributed for patriotic purposes.

GRAY HAIR

Dr. Tremain's Natural Hair Restorative, used as directed, is guaranteed to restore gray hair to its natural color, or money refunded. Positively not a dye and non-injurious. Price \$1.00. On sale in Fredericton at The Central Pharmacy, Queen and Carleton Sts.

POTATO ENQUIRY

(Continued from Page Five)

A. C. Smith & Co's note for \$32,861.69 given to cover the shortage, and of the subsequent payment of the same by a transfer of funds from Moncton. He said that the amount of \$2,447.55 alleged to have been overpaid to Mr. B. F. Smith was never repaid to his knowledge.

Mr. Daggett was recalled and had not concluded his testimony when the enquiry adjourned.

The Commission announced that the final session of the enquiry would be held in Fredericton.

CARD OF THANKS.

The Women's Institute Division of the New Brunswick Dept. of Agriculture wishes to thank the ladies of Fredericton who so kindly opened their homes in entertainment of the delegates and visiting members of the Women's Institutes throughout the province during the convention held in this city Oct. 1, 2 and 3, 1918. Also appreciation is herewith extended to the gentlemen who loaned their cars on Thursday afternoon, Oct. 3, 1918, thus affording pleasure and comfort to the ladies wishing to visit the Experimental Farm, Military Hospital, Vocational School and other points of interest.

NORMAL SCHOOL CADET CORPS LED

(Continued from Page 8)

No. 3 Dist., Insp. Charles D. Hebert—Graded, 1st, Sister Anita, Buctouche; 2nd, Lillian Wathen, Richibucto. Rural, 1st, Elvina St. Pierre, Cape Bald; 2nd, Drusilla Smallwood, Harcourt. Semi-rural, 1st, Artemas Allen, Bayfield; 2nd, Suzanne Barrieau, Adamsville.

No. 4 Dist., Insp. Amos O'Brien—Graded, 1st, Mayme Aylward, Victoria School, Moncton; 2nd, Martin G. Fox, Sackville High School. Rural, 1st, Emma Smith, Middle Coverdale; 2nd, Clara Tingley, Germantown. Semi-rural, 1st, Daisy Allen, Albert Mines; 2nd, H. H. Trimble, Salisbury.

No. 5 Dist., Insp. S. A. Worrell—Graded, 1st, Jessie H. Brown, Sussex; 2nd, Bessie G. Howard, Hampton. Rural, 1st, Mildred Arnold, Smith's Creek; 2nd, Josephine Belyea, Wickham. Semi-rural, 1st, Geo. W. Chapman, Kingston Consolidated School; 2nd, Ruth Thurbur, Rothesay Consolidated School.

No. 6 Dist., Insp. W. M. McLean—Graded, 1st, H. C. Titus, Milltown; 2nd, Margaret Briggs, King George School. Rural, 1st, Margaret Brooks, Bocabec Ridge; 2nd, Olive J. Mitchell, Welchpool. Semi-rural, 1st, Trueman Copp, Beaconsfield, St. John; 2nd, Annie M. Lawson, North Head.

No. 8 Dist., Insp. F. B. Meagher—Graded—1st, Helena Mulherrin, Woodstock; 2nd, Dyson Wallace, Woodstock. Rural, 1st, Lottie M. Van Wart, Beaufort; 2nd, Leonard J. Slipp, Glassville. Semi-rural, 1st, Margaret I. Baird, Burton. 2nd, Isabel A. Thomas, Andover.

No. 7.—In this district, with Inspector R. D. Hanson, which includes the city of Fredericton, in the graded schools Miss Sadie Thompson of the Charlotte Strees School, came first, and Miss M. Gallagher, of the Model School, came second. In the rural competition for this district, J. W. Smith, of Lincoln, came first, and Miss Dorothy Wilson, of No. 2 Prince William, came second. In the semi-rural competition, Miss Gladys Gregory, of Gagetown, came first with Miss Ella W. Thurrott of Keswick Ridge second.

Signs of Early Winter

There are signs of an early winter this year as the wild geese are already winging southward. For the last two or three nights the slumbers of open air campers have been disturbed by the "honk, honk" of the geese.

WANTED—At once, an experienced waitress at "Ye Mecca Tea Rooms." Apply to Miss G. A. Young, York st.



Prevent Disease

IN THE HOME by keeping a good, dependable disinfectant always on hand.

We have many kinds of disinfectants in stock always, and you can select anything that you desire here and know that it will be right.

STAPLES' PHARMACY

ALONZO STAPLES, Prop.
Agency for Miller Standard Rubber Goods.

Postum Good Friend of the Coffee Drinker

Coffee often disagrees with the best of us

When you find it wise to stop coffee for a few days on account of disturbed digestion or too much "nerves," switch to Postum and note the result.

Many people who love their coffee follow this plan with excellent results.

Postum comes in two forms: Postum Cereal which must be boiled, and Instant Postum, made in the cup in a moment. They are equally delicious and the cost per cup is about the same.

"There's a Reason"

THIS IS THE SEASON FOR FURS

Our selection this year is more varied and extensive than ever.

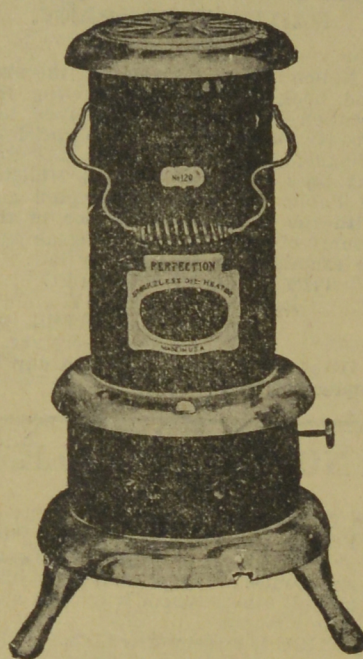
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RED FOX MUFFS

AUSTRALIAN LYNX MUFFS
NATURAL COON MUFFS
ALASKA SABLE MUFFS
MINK MUFFS
BLACK WOLF MUFFS
TAUPE WOLF MUFFS
BLACK LYNX MUFFS

NATURAL LYNX STOLES
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Ladies' Fur Coats in Mamot, Muskrat and Hudson Seal. White Furs for Ladies and Children. All furs guaranteed.

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Odorless and Smokeless, Clean as a new pin and easy to carry about. Several different styles to choose from

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PLUMBERS AND HEATERS
WHOLESALE

THE HARDWARE PEOPLE
RETAIL

VICTORY LOAN, 1918

MEETINGS in the interests of the Victory Loan Campaign have been arranged as follows:

At Stanley, Fair, Oct. 8th—

Speakers—
Very Rev. Dean Neales,
R. B. Hanson, Esq.,
C. D. Richards, Esq.

At Kingsclear, Temperance Hall, Oct. 9th—

Speakers—
Dr. Crockett, M. L. A.
Chancellor Jones

At Millville, Oct. 9th—

Speakers—
Col. McLeod, M. P.
Rev. G. C. Warren.

At Harvey Station, Public Hall Oct. 10th—

Speakers—
Judge Wilson, R. B. Hanson, Esq.

At New Maryland (Nasonworth), Oct. 10th—

Speakers—
J. Bacon Dickson, Esq.
Prof. Stiles, Rev. Mr. Lewis.

At Marysville, Oct. 11th—

Speakers—
The Bishop, Hon. O. S. Crockett.

At Pokiok, Public Hall, Oct. 11

Speakers—
R. W. McLellan, Esq.
C. D. Richards, Esq.

At Burt's Corner, Foresters' Hall, Oct. 12th—

Speakers—
Hon. J. H. Barry,
J. J. F. Winslow, Esq.
Other Meetings will be announced later.

2,000 TONS OF TRAP ROCK WANTED.

Persons willing to supply trap rock, delivered at City stone yard, during the winter, at one dollar per ton, will please advise the City Clerk by Saturday, Oct. 19th, the quantity of rock that they will agree to furnish.

G. R. PERKINS,
City Clerk.

Conservation Recipes

The Women's Food Conservation Committee of Fredericton has issued an attractive book of "Conservation Recipes," which every house wife should have.

The book contains 35 pages and about 160 recipes, besides some very valuable and useful information.

The books will be offered for sale throughout the Province.

In Fredericton the stores of Jas. S. Neill, C. W. Hall and McMurray & Co. have them for sale.

Only 25c each.

Taxidermy Work Of All Kinds

Game Heads, Birds, Fish and Rugs done by lasting methods, remind you of your hunting trip years afterward.

GEO. A. DAVIS, 281 Queen Street, Fredericton, N. B.
and Branch, Vancuboro, Me.
Send for shipping tags. Phone 577-31