

NOBODY KNOWS

what may be the result of a neglected cut. Many a serious case of blood-poisoning has resulted from just such a small injury. All the suffering and expense which this entails can be avoided by the timely use of Zam-Buk.

Zam-Buk, immediately it is applied to a wound, destroys all germs, thus preventing their accumulation, which is the cause of blood-poisoning. When the sore place is thus thoroughly and medicinally cleansed by Zam-Buk the healing essences in the balm grow new tissue, and a speedy cure is effected.

Be prepared for every little cut or scratch by always keeping a box of Zam-Buk on hand. It is equally good for burns and scalds, as well as for eczema and all skin troubles, chronic sores, bad legs and piles. All dealers or Zam-Buk Co., Toronto, 56c. box, 3 for \$1.25.

Zam-Buk

Coal ashes make a good disinfectant to use on the drop-boards and around the hen yards.

Sprouted oats is one of the most admirable foods for the production of eggs in winter.

All hoppers should be sufficiently high above the litter to be kept as free from dirt as possible.

BAD DEBTS COLLECTED

Collections made in all parts of Canada, United States and Foreign Countries.

Clients advance no money. Terms strictly No Collection, No Charge. References: Merchants Bank. Phone or write us to send a representative.

"Reminder"
R. E. MIENDER & CO.
 CLYDE BLDG. HAMILTON
 PHONE 213

Buy Your Spring and Summer Footwear.

H. BULL'S
Shoe Store
And Smile

You will have good reason to smile, you will save money. Your feet will smile too, because they are so comfortably fitted and becomingly dressed.

When you need shoes, Try Me. Next to Post Office. Phone 313 r 2.

Contractor's and Builders' Supplies

Limc, Portland Cement
 Plaster Paris, etc.
 Plastering Hair
 Mortar Color
 Lath

All other Contractors' Supplies

H. & J. Dow

81 Main St. West
 Telephone 771. HAMILTON

W. W. KIDD O. T. FARRELL

KIDD & FARRELL

Real Estate and Insurance

Private and Company

MONEY TO LOAN

Office Main Street,
 GRIMSBY.

picked out of the dirt and eaten by the starving Belgians, Serbs, Poles and other unfortunates of the war zone.

Canada wastes an enormous amount of good food every year. The Food Controller gives \$50,000,000 as a conservative estimate. Expressed in wheat at \$2 a bushel, this would be 25,000,000 bushels, whereas we are asked to save but 12,000,000 this year out of normal consumption. Expressed in meat at say 40 cents a pound it would be 125,000,000 pounds, or enough to supply a Canadian army of 500,000 men for 200 days.

The bones thrown into the garbage pails every day contain the essence of hundreds of plates of soup.

The bread thrown there every day is a waste of thousands of loaves.

No bone should leave the kitchen until every scrap of marrow has been boiled out of it, no scrap of bread should ever be thrown away.

The woman who wastes a crust, wastes the war effort of the farmer, the miller, the storekeeper and the transportation and delivery men. This is a time when every man's work is valuable to the country to supplement the invaluable work of our soldiers.

Watch everything. Watch against waste in the kitchen and in the pantry. Watch against waste in the cellar and in the dining-room. As much food is wasted in the eating as in the cooking.

The early hatched chicks lay the next winter's egg.

Labatt's

Liquors by Mail Order

We carry in our Montreal Warehouse full lines of Imported Liquors, including the very choicest old brands of Scotch Whiskies, Gins and Irish Whiskies, Ports, Sherries, Clarets and Sparkling Wines; also all Canadian Whiskies, as well as our own products—

Labatt's Ales, Stout & Lager
 which have been before the Canadian public for almost a century.

John Labatt, Limited
 (The Hall Mark of Quality)

4 St. Helen Street Montreal

PRICE LIST AND FURTHER INFORMATION SENT ON REQUEST



Vision Your Sons, Mothers of Canada!

Vision them at early morning when through the rising mists, there bursts a hurricane of fire---

See your valiant boys---calm, gay, but cheerful, "stand-to-arms" until the Hun's "morning hate" dies away.

Picture them at breakfast, the meal that must bring them the bodily sustenance to carry them through the strain of another day.

Then think what might happen if one morning, there was no breakfast ---no food, and word went down the lines that Canada had failed them.

Vision all these things, and then--- as Women of Canada--- Mothers of Men---Answer this Call to Service.

Canada must send to Her Own, and to the Allies Fighting Forces, more wheat, more beef, more bacon, and more of such other foods as are non-perishable and easily exported.

Canada can do this without depriving her own population of a fair share of any of these foods if You Women will but help.

All we ask of you is, that instead of buying so much white flour (if you do your own baking) you vary your baking by using one-third oatmeal, corn, barley or rye flour. Or, if you buy your bread, that you order a certain proportion of brown bread each day.

Second, instead of using as much beef and bacon as formerly, you vary your family's diet, by substituting for beef and bacon such equally nutritious foods as fish, peas, lentils, potatoes, nuts, bananas, etc.

Third, and this is most important, ---positively prevent the waste of a single ounce of food in your household.

They Must Be Fed

Statistics show that, everyday, in Canada, sufficient food is thrown into garbage cans to feed the entire Canadian Overseas Army.

Travellers have often remarked that many a European family would live well upon the quantity and quality of food wasted in some Canadian homes.

Such waste is shameful at any time; but in these times it is criminal.

Our only hope is that with these truths before you, and in view of the vital issues at stake, we may count upon earnest co-operation in stopping this appalling waste; and in substituting other foods for the wheat, beef and bacon that must be sent overseas.

Next week a Food Service Pledge and Window Card will be delivered to you. It is your Dedication to War Service. The Window Card is your Emblem of Honour.

Woman's Auxiliary, Organization of Resources Committee, in Co-operation with The Hon. W. J. Hanna, Food Controller.

Sign The Food Service Pledge