

**FOOD THE SOLDIER REQUIRES**

Twelve ounces of meat or its equivalent, fruit, fat, sugar or cereal, sugar, or sugar.

The general knows to a nicety just what part each regiment is to play in a campaign, and the girl may learn to marshal the foods recommended in the five great groups so that she knows just which group of foods will provide enough calories to carry the soldier into a fight which will exhaust him, to meet the onslaught which the heat of the struggle, and finally, how much driving power is needed to carry it through according to Winifred Stuart Gibbs in St. Nicholas.

So, then, when we marshal our forces, we find that a man needs in a day 12 ounces of meat or of a combination of the following: Meat, poultry, cheese, dried vegetables, fish or eggs. To vary the above he may count every glass of milk drunk equal to an ounce of any one of the others.

The soldiers, either in home or military life, must have four pounds of fresh fruit and vegetables in order to keep the bony structure in good condition. He will need the three-quarters of a cupful of fat (this includes butter, oil, the fat of meat eaten, or any other fat in the daily diet) to keep him warm, and to this group he must add one and one-fourth pounds of bread or cereal; and finally, in order to complete the necessary amount of driving power, he must have two ounces of sugar or one-third of a cupful of sirup.

**DEPORTING A WHOLE NATION**

Kaiser, in Action Toward Belgium, is Partly Following Style First Set by King Sargon.

Only a few years ago, comparatively, the great King Sargon was held by critics to be a biblical myth, a monarch who never ruled Assyria, but excavations in that ancient land confounded the alleged historical experts, says the Newark News. And now comes along no less an authority than John Dymally Prince, former statesman of New Jersey, master of some twenty ancient and modern tongues, and head of a department in Columbia university, calling attention to the fact that Sargon first set the style of deporting a whole nation that is being partly followed by the Kaiser in Belgium.

It was some 2,000 years ago that Sargon carried the ten tribes of Israel out of the promised land and filled their country with Arabs and tribes from northern Asia Minor, and he did such a good job that the Jews never came back. History, however, does not always repeat itself, as witness the return from captivity of the Jews released from Babylon through Cyrus the Persian.

Razor Stop Rhythmers. The death of barbers has forced a good many men to shave themselves who, before the war, regarded even a safety razor as a fearsome and dangerous implement.

There is a kind of moral satisfaction in shaving one's self which is induced by no other toilet function. I know a verse writer of some distinction, observes a writer in the London Chronicle, who asserts that his happiest rhyming feats always come to him with the rhythmic sweep of the lather brush and the razor—not a safety.

And our novelists, particularly the Victorian ones, are fond of the dressing gown and shaving dishabille of their heroes.

The most remarkable barber in English literature is Thackeray's Mr. Eglington, whose affection for "The Ravenwing" was inspired by the glories of that young woman's hair.

Opening of Suez Canal. "It cannot be made, it shall not be made, it will not be made; but if it were made, there would be a war between England and France for the possession of Egypt." So said Lord Palmerston, in 1851, with regard to the then proposed Suez canal.

Nevertheless the forty-eighth anniversary of the inauguration of the forbidden waterway has passed, writes a London correspondent. The first fleet, consisting of 40 vessels, passed through next day, on November 17, 1859. The greatest draught was only 16 feet. How many of those who participated in the inauguration survive? Former Princess Eugenie is one.

Feed for the Dog. Meat is the natural diet of the wild dog, and should be an important item in the sporting dog's diet, observes Oving. So long as it is unspiced it makes little difference whether it is horse, beef or mutton, but pork is not so good, and any quantities of fat should not be fed. Generally it is best to cook the meat in a sort of stew with vegetables mixed, but occasionally a dinner of raw lean meat is a welcome change and serves as a



PTÉ. JOHN CALLAGHAN  
Now recovering from gunshot wound in face, received in action May 7th, 1918.

**Card of Thanks**

We hereby express to friends and neighbors our very sincere thanks for their many kindnesses and sympathy extended to us on the occasion of our recent and bereavement.

Mrs. Little and W. J. Little.

**GIBBEN'S CUT RATE**

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- Snow Drift flour 24lb bags \$1 60
  - Best pastry flour 24lb bags \$1 45
  - Best Canadian cheese per lb 27c
  - Fresh prunes 2 lbs 28c
  - Shredded coconut per lb 88c
  - Wheat's soap powder 100 7c
  - Christies soda large box 27c
  - Rolled oats 7 lbs 50c
  - Shredded wheat 6 pkgs 80c
  - Veg soup Dominion brand 2 tins 29c
  - Flavoring extracts 8 bottles 29c
  - Clark's potted meats 8 tins 20c
  - Telfors oat meal crackers pkg 14c
  - Griffen Brand seedless raisins 2 pkgs. for 27c
  - Crisco, per lb. tin 85c
  - Orange marmalade, reg. 25c jar 20c
  - Roman meal; large pkg. 28c
  - Yellow cooking sugar, 5 lb 50c
  - Silver Gloss starch, 2 pkgs. for 27c
  - Lipton's black tea, 1 lb. pkgs. reg. 28c for 25c
  - All Soaps this week 8 for 24c
  - McLaren's peanut butter, lb. 29c

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**Ballinafad**

Mr and Mrs J. Bennett and Mr and Mrs T. Vanatter, Georgetown, spent Sunday at Ballinafad.

The congregation of the Presbyterian Church held a social in the church last Friday evening, and presented the boys who are reporting for overseas with wrist watches.

Mr and Mrs E. S. Near, of Georgetown, spent Sunday at Mr Wm. Near's.

Mrs McIntosh, of Toronto, is visiting at the Mansie.

Mr and Mrs E. Beswick, Miss L. Boswick and Miss M. Vanatter, of Acton, visited at Mr G. Campbell's on Sunday.

Mr and Mrs J. Roszel, of Hillsburg, are visiting friends here.

On Monday evening the Literary Society held a dance prior to the going away of Messrs E. Sinclair, C. Roszel and D. Shortill who reported on Tuesday for overseas service. During intermission the boys were presented with military razors.

Mr and Mrs L. Worden, of Acton, called on Ballinafad friends Sunday.

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**FUEL SUPPLY FREE**

To Municipalities of the Province of Ontario



A view in the hardwood forests in the Algonquin Park

OWING to the seriousness of the fuel situation at the present time, the Government of Ontario would urge upon all the farmers or others who may have wood lots, to assist at this time by making provision for their fuel supply from such lots.

The Government would also draw the attention of the various Municipalities throughout the Province to the necessity of taking some Municipal action to secure fuel supply. To this end the Government has decided to issue to any Municipality in Ontario a permit to cut fire wood in Algonquin Park or from other Crown Lands free of charge. For particulars as to localities, conditions of cutting, etc., apply to

G. H. FERGUSON,  
Minister of Lands, Forests and Mines,  
Parliament Buildings, Toronto.

Don't miss the Garden Party, under the auspices of the Women's Patriotic League, at the home of Mr. L. E. Fleck, on July 1st. Watch for further particulars later.



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