

DRASTIC RULES FOR RESTAURANTS

Radical Change Is Made and It Goes into Force at Once.

PRIVATE HOUSES LATER

WILL BE ATTENDED TO BY FOOD BOARD.

No Wheat Products at the Midday Meal, and Pork at the Morning Meal Only.

Ottawa, March 30.—A radical change in restaurant regulations has been ordered by the Canada Food Board and, except certain clauses, goes into force at once.

After these regulations have become familiar to the public as applied to public eating places, it is the intention of the board to have similar regulations, in so far as they are applicable, put into effect for private households.

Penalties are provided for violation of the provisions of the order. Upon summary conviction before a police magistrate or two justices of the peace, restaurant keepers or others found guilty may be fined sums ranging from \$100 to \$1,000, be imprisoned for periods up to three months, or be both fined and imprisoned.

The board also gives notice that on and after the first of June, 1918, no person shall operate a public eating place without having first obtained a license from the Canada Food Board.

Summary of Regulations.

The following is a detailed summary of the most important of the new regulations:

Beef and veal may be served at evening meal only.

No beef and veal can be served on Wednesday or Friday.

Pork may be served at morning meal only on Sunday, Tuesday, and on Monday and Saturday.

Pork may not be served on Wednesday or Friday at any meal.

No wheat or wheat products shall be served at the mid-day meal.

Substitutes shall be served whenever white bread is served.

No public eating house shall serve more than one ounce of wheat bread or any product made wholly or in part of wheat flour, between the hours of 5.30 a.m., and 10 a.m.; 11.30 a.m., and 2.30 p.m., and 6 p.m., and 9 p.m.

Sandwiches made from wheat bread and pork, beef and veal may only be served at railway lunch counters, but only at any time and at all times to bonafide travellers.

Public eating houses other than railway lunch counters shall not serve sandwiches during the mid-day meal.

Public eating houses shall not serve sandwiches filled with beef, veal or pork during hours and on days that these meals are prohibited.

No Bread on Tables. Bread shall not be placed on tables.

LOOK AT CHILD'S TONGUE, IF SICK CROSS, FEVERISH

When Constipated or Bilious Give California Syrup of Figs.

Look at the tongue, mother! If coated, it is a sure sign that your little one's stomach, liver and bowels need a gentle, thorough-cleansing at once.

When peevish, cross, listless, pale, doesn't sleep, doesn't eat or act normally, or is feverish, stomach sour, breath bad, has stomach-ache, sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again.

You needn't coax sick children to take this harmless "fruit laxative," they love its delicious taste, and it always makes them feel splendid.

Ask your druggist for a bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Beware of counterfeits sold here. To be sure you get the genuine, ask to see that it is made by "California Fig Syrup Company." Re-use any other kind with contempt.

PROGRESS OF THE GERMAN DRIVE ON THE SOMME FRONT



German reports tell of the capture of Bapaume, Nesle, Guiscard and Chantilly and of fighting west of Comblies. This is an advance of one to five miles beyond their positions held recently.

In public eating houses until the first course is served. No more than two ounces of standard flour bread or rolls, or any product made from standard flour, shall be served to one person unless on special request for second serving.

No more than four ounces of bread or other product made from bran, corn, oats, barley or other flour at any one meal to any one person unless on special request for second serving. No bread less than 12 hours baked shall be served in public eating houses, except in railway trains and steamships.

Bread as a garnish except under poached eggs is prohibited. Wheat flour dumplings in pot pies, meat steaks or soups are prohibited.

On and after April 7th, 1918, no bakery operated in connection with a public eating place shall make wheat bread or rolls, pastry or other bakery products from the wheat flour other than the standard flour, or from a flour containing a higher percentage of extraction than standard, without written permission from the Canada Food Board.

In bakeries connected with public eating houses the regulations governing bakeries shall apply.

Meat and game shall not be served in larger amounts per person than the following portions weighed after cooking and including bone:

- Beef—8 ounces. Veal—6 ounces. Mutton and lamb—6 ounces. Fresh Pork—6 ounces. Pickled pork—8 ounces. Venison and other wild meats—8 ounces. Bacon—4 ounces. Ham—4 ounces.

Only one serving of meat or other flesh or fowl per person shall be served at any meal.

Not more than one-half ounce of butter or oleomargarine may be served except upon special request, and then not more than one-half ounce may be given.

Sugar receptacles shall not be left on dining tables or counters, except in railway trains or steamships.

Not more than two teaspoons or equal weight of cane sugar shall be served for the purpose of sweetening beverages.

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

Cards to be Displayed. From and after April 7th, 1918, printed cards must be prominently displayed in public eating houses so as to be easily read by all guests, bearing the following notice: "All persons in ordering their food should consider the needs of Great Britain and the allies for wheat, beef, bacon and fowls and that the Canada Food Board desires the public to do everything in their power to make commodities available for export by eating as lightly as possible of them, and by making use of substitutes and avoiding waste."

Or in lieu of such prominent notice same shall be printed in red on all menu cards.

The complete wardrobe of Capt. Vernon Castle, the famous dancer, has been given to the American Red Cross for use of Belgians.

The supply of cereals in Holland is sufficient to supply the demand for about five months longer.

PIMPLES AND RUNNING SORES WOULD HOLD HEAD DOWN FACE WAS SUCH A SIGHT.

Pimples are caused by the blood being out of order. Those festering and running sores appear on the forehead, on the nose, on the chin and other parts of the body, and although they are not a dangerous trouble they are very unsightly to both you and your friends.

There is only one way to get rid of this obnoxious skin trouble and this is by giving the blood a thorough cleansing by the use of Burdock Blood Bitters.

This sterling remedy has been on the market for over 40 years, during which time we have received hundreds of testimonials as to its curative powers over all skin diseases.

Mrs. Victor G. Fry, North Battleford, Sask., writes: "I used Burdock Blood Bitters when I was about eighteen. I was so bad with pimples and running sores, that when I went down town I would hang my head down when I would see anyone coming, my face was such a sight. I got two bottles, and my face began to clear, so I kept on until I had a beautiful complexion. I have recommended it to everyone who is in a rundown condition, as it builds up the blood, and when the blood is at the face is clear."

Manufactured only by The T. Millburn Co., Limited, Toronto, Ont.

KRUPP MADE NEW GUN.

Kaiser Sent Telegram of Thanks to The Firm.

Amsterdam, March 30.—The gun with which the Germans are bombarding Paris is a product of the Krupp works at Essen. Emperor William has sent a telegram of thanks to Dr. Krupp von Bohlen and Halbach, the head of the Krupp works.

The telegram reads: "By the bombardment of Paris from a distance of considerably more than 100 kilometres, your new gun has brilliantly stood the test. By the manufacturer of the gun you have added a new page to the fame and history of Krupp's. I, therefore, express to you and all your co-workers my imperial thanks for the achievement of German science and labor."

The Ducal Crown of Lithuania has been offered and probably will be accepted by Duke William, of Urach.

MINISTERS MUST UNDERSTAND MEN Plea For Broader Christianity Made by Head of Canadian Chaplains.

London, March 30.—Colonel the Rev. J. M. Almond, director of Canadian Chaplain Service, preaching at Westminster Abbey, said when the history of the past three years is written and is seen in its true perspective these will stand out upon its pages the great stalwart heart of the Empire, and the almost superhuman task committed to our courage in defence of a principle involving more than the kingdoms of this world—the Kingdom of God on earth.

"We have fallen down in many places, in all departments, but thank God we are still facing the storm, and if on the whole we are only gaining a painful inch it is the set of the sail that indicates the port.

"Let us forever get rid of the professional ministry. Let us be men known for what we stand for, without any particular collar or cut of the coat. Let us try to enter into the world of men and understand their temptations, their difficulties and trials, and share their life as the chaplains understand the life and dangers of the men at the front. Perhaps more of us would go under if we lived more outside the sheltered life. It might be a good thing for the church, as the strong would be so much stronger in the world of men.

"There is a temptation for the Empire to yield to the plausible, humane appeal, which would seem to establish sufficient excuse for a compromise in this war. I am positive that this is not the disposition of the army."

PURCHASE TERMS OF B.N.A. BANK ISSUED

Seventy-five Pounds Offered by Bank of Montreal For Fifty Pound Shares.

Montreal, March 30.—The terms of the purchase of the Bank of British North America by the Bank of Montreal were made known in London to-day through a circular issued by the board of the former bank to their shareholders. The circular is to the following effect: "In anticipation of an extraordinary general meeting, of which notice

will be given in due course, the board of directors desire to inform the proprietors that they have entered into a provisional agreement for the acquisition of the Bank of British North America by the Bank of Montreal, which has received the consent of the Minister of Finance, as required by the Bank Act of 1913.

"In a later circular a full explanation will be given of the reasons which have influenced the directors to adopt this course but in the meantime the proprietors should be informed briefly that the terms provisionally agreed upon include the following: "Seventy-five pounds in cash for

each £50 share of the Bank of British North America, with the option of exchanging two shares of the nominal value of £100 each of the Bank of Montreal for each share of £50 of the Bank of British North America."

It is expected that navigation through the Welland Canal will be opened earlier than usual this year, and this is the desire of the Government.

C.P.R. net earnings for February show a decrease of \$1,395,000 compared with the same month a year ago.

Montreal, March 30.—Strenuous efforts have been made to get supplies of liquor sent from Montreal to Ontario before the dry order-in-council banning the transportation of liquor to prohibition Provinces goes into effect in April.

"They are trying to rush into a week's business more than a month's ordinary supply," said the General manager of one of the express companies. "We cannot get cars sufficient to handle all the business.

His Master's Voice Records advertisement featuring a dog listening to a gramophone.

"I'll Take You Back to Italy" advertisement with an illustration of a man and a woman.

APRIL RECORDS Out To-day advertisement listing various records and prices.

Berliner Gram-o-phone Co. advertisement for Montreal.

T. F. HARRISON CO. LTD advertisement for Victrolas and records.

Mahood Bros. advertisement for agents of Victrolas.

F. W. Coates advertisement for jewelry.

FOR UPSET STOMACH, INDIGESTION, GAS, HEARTBURN — PAPA'S DIAPEPSIN advertisement.

Advertisement for PAPA'S DIAPEPSIN detailing its benefits for various ailments.