

HELP BEAT THEM

H. B. T.

Henry Broughton Thomson is Chairman of the Canada Food Board. He believes with Mr. J. C. Hoover, Food Administrator of the United States, that food will be a vital factor in winning the war.

The Allies Are Out To WIN THE WAR. Our Soldiers do the Actual Fighting—but—

WE CAN ALL HELP

Some of us may not be able to fight, but all of us can HELP to feed our fighting men by using substitutes instead of the Wheat, Meat, Fats and Sugar, which are absolutely necessary overseas if we are to beat the Central Powers.

FOOD is to WIN or LOSE the WAR. We all want to see our enemies BEATEN.

Use Substitutes and Help Beat Them.

HELP BEAT THEM

H. B. T.

GRAND TRUNK RAILWAY SYSTEM

LOCAL BRANCH TIME TABLE

IN EFFECT MARCH 31ST.

Trains will leave and arrive at City Station, 500 of Johnson Street.

Going West.

No. 19 Mail . . . 12:20 a.m. 12:57 a.m.

No. 12 Express . . . 2:10 a.m. 2:52 a.m.

No. 27 Local . . . 8:45 a.m. 10:17 a.m.

No. 1 Int'l. Mid. L.S. P.M. 1:50 p.m.

No. 7 Mail . . . 2:00 p.m. 2:40 p.m.

Going East.

No. 18 Mail . . . 1:40 a.m. 2:17 a.m.

No. 10 Express . . . 3:10 a.m. 3:52 a.m.

No. 14 Int'l. Mid. L.S. P.M. 12:52 p.m.

No. 14 Int'l. Mid. L.S. P.M. 1:30 p.m.

No. 28 Local . . . 6:48 p.m. 7:27 p.m.

No. 1, 12, 15, 16, 18, 19 run daily.

Other trains daily except Sunday.

Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Sault Ste. Marie, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York. For Pullman accommodations, tickets and all other information, apply to J. P. Stanley, Agent, Agency for all ocean steamship lines. Open day and night.

SOMETIME SOON Mr. Busyman

THAT TRIP WEST?

We Have Them: Convenient Trains, Comfortable Service, Worth-while Scenery by-the-way.

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CANADIAN NORTHERN

Cunard

PASSENGER SERVICE Between Montreal and Great Britain.

MONEY SENT BY MAIL OR CABLE. Apply to Local Agents or THE ROBERT REFORM CO. Limited, General Agents, Toronto, 66 King Street East.

Wood's Peppermint Cure. The Great English Remedy. Cures and invigorates the whole nervous system, makes new blood, restores vitality, cures rheumatism, sciatica, neuralgia, headache, dizziness, loss of memory, indigestion, flatulence, heart, kidney, bladder, liver, stomach, and all other ailments. Price 25¢ per bottle, 50¢ per dozen. One will please six will cure. Sold by all druggists or mailed in plain wrapper on receipt of price. Prepared by WOOD'S GREAT PEPPERMINT CURE MEDICINE CO., TORONTO, ONT. (Inventor's Name)

Lake Ontario Trout and Whitefish, Fresh Sea Salmon, Haddock, Halibut and Cod.

Dominion Fish Co.

FEEDING OUR FIGHTERS

CANADIAN ARMY IN ENGLAND POSSESSES MODEL SYSTEM.

Menu Has Been Carefully Studied and Placed on Scientific Basis and the Balanced Ration Has Been So Successful That It is Now Being Copied by Other Army Authorities.

AN army travels on its stomach, and the Canadian army in England, by the same token, is said to be travelling very comfortably. Both British and American experts in the matter of feeding soldiers have expressed the unqualified opinion that no body of soldiers in the world has such good nourishment provided at such moderate cost. Among the Canadians not an atom of fat goes to waste, not a molecule of grain. Every particle is made to render its full quota to build up the flesh, bone and muscle of Canada's fighting men. And yet, with all the enormous saving of food and saving of money to Canada which has resulted from the introduction of scientific feeding of the Canadians in England, the men never looked better and were never seemingly more satisfied.

To the average man in the street talk of "food values" and of "caloric units" (heat units), conveys little intelligence, sounds like high-brow stuff. Well, as a matter of fact, the full working out of such problems is a complicated matter, involving both chemical tests and experiments on men under all conditions of work. But the basic value of all food lies in the amount of heat which a given quantity will give out. The units are the degrees of measurement applied, just like the feet on your gas meter in your cellar, or the kilowatts clicked up by the cog-wheels in the electric light gauge on the wall. To find the "punch" in a piece of raw meat or in a chunk of bread or in anything else you can eat, the scientist weighs it and then burns it to ash in a little furnace. The resultant heat is measured on a very delicate instrument known as a calorimeter. The action of the human stomach on food is very similar to that of the professor's furnace. Such phrases as "supplying food to the human furnace" are by no means mere figures of speech. The only difference is that in the chemist's tests the results all go up the chimney, while from the stomach they are absorbed into the system.

When the Canadians arrived in England they were put on the same rations as those given the Imperial troops in the British Isles. This ration consisted of meat, bacon, bread or flour, tea, salt and sugar, and was supplemented with a cash allowance of 11 cents per day per man to be spent on supplementing this bill of fare with other foods. The quartermasters of the various Canadian units did the marketing. But as time went on these arrangements proved more and more unsatisfactory. Food was growing scarcer, and this method of individual, unorganized buying in the market was causing the Canadian quartermasters some difficulty. Complaints were rife. Major-General A. D. McRae soon after his appointment as quartermaster-general of the Canadians decided that there must be a change. He forthwith centralized the buying and sent for an expert on the feeding of men to put the whole matter of catering to troops on a business and scientific basis. Major J. Ewing, chief surgeon for Poles and contractors, was chosen for the task, and appointed head of the new Canadian army catering department. He had had sixteen years' experience with a firm which feeds 15,000 men.

At this time the waste in food in military camps throughout England, including the Canadian camps, had become a public scandal. The papers contained frequent references to the reckless extravagance with which such establishments were run. Vast quantities of bread, meat and other perfectly good supplies were being daily thrown into the swill pails every mess, and this at a time when the British Government had begun its earnest appeals to the nation to save food. The U-boat had become a deadly menace.

Forthwith, Major Ewing introduced a revolution in the feeding of the Canadians. The vital matter of tonnage had made it important that every ounce of food should be made to yield its utmost. So tables based on the calculations of the world's most famous food-value authorities were brought into requisition and the system of daily diet sheets installed in every camp. Since then every ounce of the daily varied menu is allotted on the basis of its value in caloric units. The compilation of these sheets is a mathematical exactitude, worked out by experts to a decimal point. The daily allowance of each man must contain the 3,200 caloric units essential to his well-being. And this amount the men have been receiving for many months with good results. The "Self Help System" now prevails in all Canadian camps in England. Instead of the old way of filling a past a cook and having their plates filled with a certain specified quantity of the various foods, whether they wanted them or not, the men have dishes set before them on the table. One dish contains the combined portions of bread, another that of the meat stew, another potatoes, etc., for a group of four men. The messing is centralized, with 20 men at each table. Each man helps himself as he would do in a boarding house in civil life. No hogging is allowed, and every man gets all he needs. The result is that no one takes more than he requires, and there is nothing left over on the plates, as in former days.

Efficiency in the kitchen is the watchword of the new method. Every effort is made to increase this efficiency and to eliminate waste by the cooks. All fats are conserved, even to the grease on the dish water. Where there were three big pails of swill in former days there is to-day but one. And the contents of that one are so thick that the local pie dealer, who once gladly carted it off for his grunting swine, now scarce-

ly thinks it worth while calling for. Garbage cans are locked nowadays, and the sergeant-cook made responsible for their contents. The knack of cooking meat without drying it up, of boiling, roasting and frying foods so as to get their full value, is particularly impressed upon the cooks. Inspectors visit camp kitchens, and in cases where there is complaint stay until the cooking is satisfactory.

Over at the Canadian Cookery School, Major Hart Cameron, of Beaverton, formerly second in command of the 116th Battalion in France, showed the writer over the premises. Here cooks receive a three weeks' course of instruction, both practical and theoretical. The anatomy of the domestic ox, sheep, pig, is explained to them, so that they may cut up meat without waste. All the mysteries of the culinary art, from bread making to preserving fruit, are also imparted by chefs in doors tiny working models of every variety of field and camp kitchen are used for instructional purposes. Outdoors in the grounds of the school are 110-size cookers of various designs; from the field kitchen on wheels to the common wooden barrel, which, having been hastily inserted in a bank and set on fire, leaves its steel hoops to support the earth surrounding the cavity it had made, and thus make an oven for bread. All cooks are required to pass an examination before getting their certificates from the school.

A tribute to the success of the Canadian scheme is the fact that the Australians are copying it and that the Imperial authorities have just adopted an almost identical method based upon our "good" showing. The other day the major had the honor to be asked to give a lecture upon his work before the Royal Society. Prof. Ernest Starling, representing Lord Rhonda, was in the chair, while such eminent men as Professors Leonard Hill, Waller, Hopkins, Daynes, Gushing, Horace Brown, Dr. Thompson, Col. Cathcart, of the Food Survey Board, and Dr. Hardy, president of the society, were present. In the audience were two American experts sent here to devise a substitute for the U. S. ration, which has never been changed since Washington's day. So interested were these two—Prof. Graham Lusk, professor of physiology at Cornell, and Dr. Russell Chittenden, professor of physiological chemistry at Yale, that they deferred their visit to France so that they might hear the Canadian. After the lecture, Major Ewing received the warmest congratulations from the two Americans and from the distinguished Britishers. Special article in Toronto Telegram.

A Few Figures.

It is a far cry back to 1916 and voluntary enlistment, now happily ended in Canada, but another series of figures shows that one religious denomination here has provided what is the highest percentage of recruits in proportion to its number of any part of the British Empire. The following main figures are taken from the Toronto Telegram of Nov. 1, 1917. In the Province of Ontario the total enlistments to Oct. 1, 1916, are given as 137,967, and the population comprised in the various denominations as given by the newspaper was 2,430,702. The figures stand as follows:

Denomination	Enlistments	Proportion
Anglican	74,827	1 in 6.54
Presbyterian	25,224	1 in 20.80
Roman Catholic	14,198	1 in 24.18
Methodists	18,070	1 in 15.13
All others	5,152	1 in 45.25
Jews	436	1 in 61.30

Had other denominations contributed in the same proportion as Anglicans the voluntary recruits in Ontario would have numbered over 373,000 at the date given instead of 137,967.

Nor do the relative proportions vary greatly from the above for the whole of Canada, according to a report which appeared in the Toronto Star of Feb. 3, 1917, relating to enlistments up to Oct. 1, 1916:

Denomination	Enlistments	Proportion
Anglican	165,145	1 in 6.32
Presbyterian	70,571	1 in 15.73
Roman Catholic	51,424	1 in 22.09
Methodists	35,908	1 in 30.80
All others	30,927	1 in 34.30
Jews	851	1 in 87.60

Income Tax Here to Stay.

The scope of the income tax has been enlarged and incomes of \$1,000 in the case of unmarried persons and \$2,000 in the case of married persons, are now subject to taxation, an exemption of \$200 being made in the latter case for every child under the age of 18. The super-tax on large incomes has been increased and a war surtax added. This makes it probable that the income tax has come to stay. From the Monthly Commercial Letter of the Canadian Bank of Commerce.

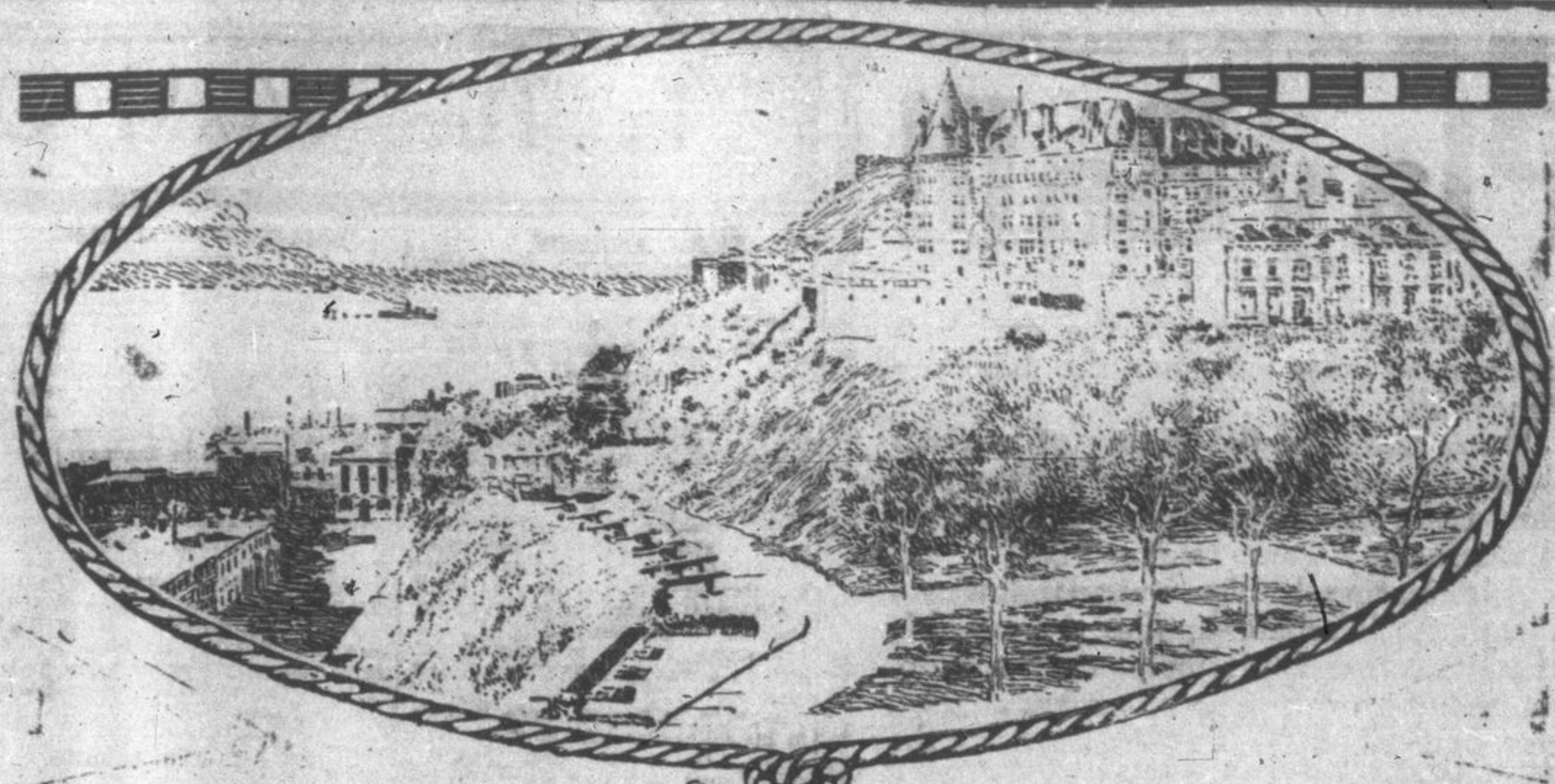
Unknown Animals.

Dicky was brought up on an isolated ranch and his only playmates were rabbits, a dog, a cat and a home pet pigeon. His mother, planning to visit to her relatives in the east, said to him: "When we go, you'll have some little cousins to play with. You'll like that, won't you, Dicky?" "I'm not sure," answered the little fellow. "Do cousins have two legs or four?"

Granby May Branch Out.

Montreal, July 5.—It is understood that negotiations are nearly concluded for the purchase by the Granby Consolidated Smelting, Mining and Power Company of the famous Dolly Varden properties at Alice Bay and the railway line, from the mine to the water. The Dolly Varden is a silver producer, and about \$280,000 has already been spent in developing it.

A man may succeed in becoming a hero to his valet, but to his mother-in-law—not by any means.



NIAGARA TO THE SEA

This should be your war-time vacation

MAKE it a water trip this year—the kind of holiday that promotes health and refreshes the mind.

Extravagant pleasures are not to be encouraged—but there's real economy in taking the kind of vacation that keeps one's efficiency above par.

There is no congestion on the mighty rivers that flow from Niagara to the Sea.

The boats of the Canada Steamship Lines will take you through the most delightful scenery of Canada—at very moderate cost. The high standard of efficiency which has always distinguished "Canada Steamship Lines" Service, will be maintained on all the Company's steamers.

After enjoying the 1,000-Island scenery—after you have "shot" the Rapids of

the St. Lawrence River and visited Montreal—then linger awhile in Quebec, the city of traditions and of enchantment.

Climb its steep and narrow streets. Walk, in the evening, on Dufferin Terrace. Look down from the parapet of that splendid promenade into the vast amphitheatre of the Lower St. Lawrence—a view that takes in twenty miles of the tranquil river, with the Laurentian Mountains in the distance, sharp-outlined against the sky.

From Quebec it is but a short trip to the world-famed Shrine of Ste. Anne de Beaupre—where the pilgrims come in thousands every year to renew their faith in miracles.

From Quebec the route continues east and north, touching Murray Bay and Tadoussac (where fine hotels are operated by the Canada Steamship Lines)—and then up the River Saguenay, compared with which the Rhine and Danube are insignificant. In all, a trip of a thousand miles—at a cost so low that all can go.

CANADA STEAMSHIP LINES, Limited

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ADAMS California Fruit Gum



THE most healthful, wholesome, delightful confection that five cents can buy.

Best of treats for kiddies. Good for grown-ups, too. Eat less and chew more California Fruit Gum, one of the popular ADAMS brands.

Prominently displayed in most stores

Also ADAMS (the original) TUTTI FRUTTI GUM

ADAMS Pure Chewing Gum

CANADIAN CHEWING GUM CO. LIMITED

A new company to be known as the American Sheep and Wool Company, with a capital of \$3,000,000, has been incorporated in Dover, Del.

It is understood that Twin City Rapid Transit is making arrangements with a N.Y. investment house for the refunding of its \$5,000,000 bonds due next January.

New York Stock Exchange has adopted a rule requiring members to have branch office managers registered for which a fee of \$100 a year will be charged.

The wise youth proposes in person and asks the father's consent by telephone.

One great beauty of a flat is that the tenant has no use for a law-mower.

Some people have faith in odd numbers—and the favor number is one.

The man who fishes for fame has to do a lot of scratching to get there.

The more cheques a man receives in his business career the sooner he gets there.

The teeth of time—those the dentist supplies on credit.