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CONSERVING THE STAFF OF LIFE ABROAD.

The Foreign News Bureau, of the Woman's Committee is responsible for several interesting conservation notes. One relates to the list of food regulations issued by the Canadian Food Consumption Control Committee. Those for public eating places may be summarized as follows:

(1) No beef on Tuesday or Friday.

(2) No bacon on those days, and none, except for breakfast, on other days.

(3) At every meal some substitute for white bread to be supplied; for example, corn bread, oat cakes, brown or graham bread, or in the alternative, that on certain days of the week no white bread whatever should be served.

(4) Print notice to be displayed, directing the public to eat less bread and other wheat foods, and substitute in their season green vegetables, fruits, and other perishable ~~foods~~ products for foods that may be stored for later use, or exported.

(5) That no more than two courses be served for breakfast, or three for dinner, with courses to be defined.

The conditions in Canada are so much more like ours, and problems they have to meet like those which fall to us, that this system is more directly interesting in some ways, than those employed in any of the countries abroad.

 CONSERVING THE STAFF OF LIFE ABROAD.

An ardent member of one of the State Divisions, however, decided voluntarrily to ration her own family according to the British rule. The rations laid down by Lord Davenport comprises:

4 pounds of bread (this means everything made from flour)

2½ pounds of meat,

1½ pounds of sugar,

This is per week, per head.

Voluntary rationing seems to be the best. Perhaps, the only way, to keep track of food consumption and provide for its regulation. When she tried it on her own family circle she discovered that per person they consumed about three-fifths of the English ration of bread, more meat and more sugar. The suggested French Bread ration is more than four pounds per week. The larger allowance of the allies is due to the fact that their climates do not"feed" them as ours does us. The woman in question felt very superior as regards bread, but she commenced to save on meat and sugar at once, and to show her entire patriotism even lowered their consumption of wheat, by the use of substitutes for flour.

Bread is not rationed in France, but Le Petit Parisien, says in September, it would shortly be. It is to be noticed that the French are much more like Americans in their attitude to the rationing and food-regulating in general, than the English. The daily allowance of bread in France will be approximately

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500 grammes (1-1/5 lb.) per head. This may seem excessive, but the French peasant normally lives mainly on bread. A doctor prepares for the Petit Parisien a table of equivalent foods, said to be precise and accurate. It is in ounces:

Bread 4.4.
Butcher's meat 5.3
Pork Butcher's meat 2.7
Tripe, 7
Fish, 10.6
Fresh vegetables, potatoes, 14,
Dried fruits 5 3
Stewed fruits or jam, 3.5
3 Sardines, 2 eggs, sweetened milk, 10.6
Cheese, 2.7
Butter, 1.4
Dry Vegetables, rice, etc, 2.7

A SUGGESTIVE HINT for the use of Whole Wheat, Graham or Liberty Bread.

A correspondent of "Figaro" says that she couldn't possibly eat the bread that the war regulations produces, and was on the point of giving up altogether what had been the mainstay of her dirt because it produced heartburn, and intestinal trouble. She chanced to be away on a Friday and her bread was not eaten until Sunday. It was very dry but the flavor had come into it and all unpleasant after-effects were removed. Keep the bread three days at least, she advises.

The London Mail tells about a woman who was fined, five pounds, for using bread otherwise than for human food. She had, it appears, 14 dogs, and fed them bread in some form or other, three times a day. Although living alone, she took twenty pounds of bread a week. An editorial in "le Journal" complains that by suppressing

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the factories for dog-biscuit in France, it has become necessary to feed dogs on the better grades of flour in intended for human consumption. Evidently the problem is met differently in the two countries. But can't you see the lady living alone - with 14 dogs - with all the world on fire!

Also a correspondent of La Victoire, Paris, [illegible], (~~this paper publishes a column of notes from Germany~~) says that a baker-woman in Hamburg was seen by her neighbors to be feeding the hens with good bread and ~~fine~~ flour, and as a result was condemned to a month of prison.

One of the most interesting developments in the whole food conservation movement is recorded in The Manchester Guardian. Mastication lessons have been given with surprisingly good results in St.George's schools, Darwen. A letter from one of the teachers says that "real food control is in our mouths." In the report recently given of these lessons and their results, it states that children are eating thirty to forty percent less bread, and are more healthy; and strong. There has been less absence from minor ailments, indigestion, etc. Average attendance has increased from 90 to 94.5% More mothers now bake their own bread. Since commencing this course of lessons the average amount of bread consumed has gone down in various households from 4 lb. a head to 2-1.2 lb. weekly. Slices of bread are cut into half inch cubes and thoroughly chewed by the children, who notice the improvement in flavor and in the sense of satisfaction.

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Also the London County Council has issued instructions to their 22,000 teachers to teach complete mastication to London's 700,000 children. The letters that appear on this subject in various English papers say that the greatest advantage of the system is not in the conservation of bread, but in better health of the children.

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