



(U. S. Signal Corps radiotelephoto from NEA Tele-photo)

In the photo above, one of the first received showing being marched away, with an Allied tank dominating Allied forces in captured Tunis, Axis prisoners are the scene.

### Seven Sowings Needed for All-Summer Salad Leaves

Green, leafy vegetables supply your family with Vitamin A and calcium, the vitamin and mineral which are expected to be scarce in war time rationing. The green leafy vegetables include the leaf crops which are served uncooked in salads. If you like bowl salads, you can serve one at least once a day without complaint.

Many leaves can be used for bowl salad, including all the greens which are also cooked. But our chief reliance will probably be on leaf lettuce and endive, especially the form known as escarole, or broad leaved endive. How can one or the other of these fine vegetables be made available for bowl salad from early summer until killing frosts arrive in the fall? Leaf lettuce will be large enough to use in 30 days from sowing, and can be sown April 15, let us assume. The weather will determine the exact date. If we sow a twenty foot row April 15, it will produce daily salads for a family of four from May 15 to June 4, and a second 20 foot row sown about May 5, will be ready to use June 5 and provide lettuce until June 25. A third sowing of the same size, if made May 25, will be ready a month later and will probably give you the last harvest of lettuce before midsummer heat begins to make this crop go to seed.



The New Broad Leaf Endive Is a Fine Summer Salad

During the hot weather we must depend on escarole, which takes 60 days to mature. By sowing a row April 15, at the same time as the first lettuce sowing, we may have it ready July 15 when trouble with lettuce usually begins. Two 20-foot sowings of endive, made twenty days apart, will provide you with daily salad leaves until August 21, sown as a succession crop to peas, turnips, beans, or carrots, which have been used up in June, endive. The lettuce should be ready row of leaf lettuce and another of late in August, and it will be followed by the escarole in the fall, when it is most delicious. This will complete your 120 days or more of green salad leaves, harvested from your garden continuously, in fine quality and abundant supply.

This, you will note, takes seven separate sowings, spaced at carefully estimated intervals, and requires that 140 feet of garden space be devoted to these two vegetables. Obviously if you sow all 140 feet at once early in the spring, as may be done, in poorly planned gardens you will have a superabundance of green leaves in the early summer, and do without the

### Ralston Statement On Canadian Army Causes Speculation

OTTAWA, May 22 (CP)—A brief exchange in the House of Commons between Defence Minister Ralston and Capt. G. S. White (Prog. Con. Hastings-Peterborough) is considered in some circles here as an indication the minister does not expect the Canadian Army to be the initial landing force when the second front is opened in western Europe. Capt. White said the Canadians often had been referred to as a dagger pointing at the heart of

Berlin and "the spearhead of the invasion." He suggested the Canadians might be used in an operation "like Dieppe, only on a much larger scale." "My understanding of a spearhead is that the spearhead would be something which landed and pushed on after the bridgehead had first been formed by other troops," said Col. Ralston in reply. "The spearhead would press on." One source in the defence department said he thought many Canadians have had the impression the Dominion's soldiers would be used to gain the first foothold on the continent. He said he considered the minister's statement "clear" but that Col. Ralston believes this will not be the case; that a landing will be effected by troops other than Canadians, with the Canadians moving in close behind to push ahead.

### Soviets Report Artillery Action On Long Front

LONDON, May 21 (AP)—Heavy Russian artillery barges along hundreds of miles of the eastern front were announced tonight in a Moscow communique which ignored German reports that the Red Army already has lashed out in a prelude to offensives in the Caucasus and Orel sectors. The Friday midnight bulletin recorded by the Soviet radio monitor said merely that Russian troops "consolidated their lines and exchanged artillery fire with the enemy" northeast of Novorossisk in the Caucasus. Berlin broadcasts recorded by the Associated Press said the Red Army had "concentrated strong offensive forces on the whole Kuban front in order to capture the German Rumanian bridgehead." The German radio commentator added "it is believed here the Soviet attack against the Kuban bridgehead will start at the same time as the expected Soviet offensive south of Moscow."

### Casualty Rate For Newsmen

NEW YORK, May 24 (AP)—Editor and Publisher, trade magazine, said today that a survey has shown that casualties among American newspapermen covering the war total 20 per cent, compared with the United States Army's battle casualty rate of less than five per cent. "Press casualties now total 12 dead, three missing, 60 wounded or injured, 20 captured and still held, and 10 interned and still held," the article said. "In addition, 50 were hospitalized for illness abroad, seven were captured and released and 40 were interned and repatriated."

The agricultural yield per acre in the United Kingdom is the highest in the world—wheat, 34 bushels and oats 80 bushels.



This young Yugoslav partisan fighter, wounded battling the Nazis, was photographed after capture. Captive guerrillas get short shrift from Nazis

OTTAWA, May 22nd, 1943

# MEAT

## RATIONING BECOMES EFFECTIVE THURSDAY, MAY 27<sup>TH</sup>

After midnight May 26th, it is unlawful for a consumer to buy rationed meats and for anyone to sell rationed meats to a consumer except on surrender of valid ration coupons.

### WHAT MEATS ARE RATIONED?

Beef, Veal, Pork, Mutton and Lamb.

### WHAT MEATS ARE NOT RATIONED?

Poultry and Fish are not rationed. "Fancy" meats such as Heart, Tongue, Liver, Kidneys, Brains, Sweetbreads, and cooked sausages such as Weiners and Bologna are not rationed. Meat cuts containing 50% or more of bone such as spare-ribs, oxtails, and pigs' feet are not rationed.

### HOW MUCH RATIONED MEAT AM I PERMITTED TO BUY?

An average of two pounds per person per week. You get less of meats containing no bone and more of meats containing considerable bone. See the chart of coupon values below.

### WHAT COUPONS DO I USE WHEN BUYING MEAT?

The brown Spare "A" coupons from your No. 2 ration book—the book you are now using to buy tea, coffee, sugar, and butter.

### HOW OFTEN CAN I BUY MEAT?

Two coupons become good each Thursday. The first pair of No. 1 coupons become good May 27th. Each coupon is good for 1/2 of one week's ration.

### HOW LONG DO COUPONS REMAIN GOOD?

Coupons becoming good before the 15th of a month are good until the end of that month. Coupons becoming good on or after the 15th of a month are good until the end of the following month.

### DO I HAVE TO USE THE TWO COUPONS AT THE SAME TIME OR IN THE SAME STORE?

No. You can use a coupon at any time during the period in which it is valid, and in any store you wish.

### CAN I BUY ONLY ONE KIND OF RATIONED MEAT WITH A COUPON?

No. You can buy whatever rationed meat is available and as many kinds as you want providing the coupon value is not exceeded.

## MEAT COUPON VALUE CHART

### GROUP A - 1/2 LB. PER COUPON

#### SMOKED MEATS

Back Bacon (Sliced and Rindless)  
Side Bacon (Sliced and Rindless)  
Side Bacon (Sliced Rind on)

#### PORK CURED

Boneless Back (Sliced,  
Not Smoked or Cooked)

#### COOKED MEATS

Butt (Boneless)  
Ham (Boneless)

Any Uncooked Group "B" Cuts  
— when Cooked

### GROUP B - 3/4 LB. PER COUPON

#### BEEF - FRESH or CURED

Chuck Roast or Steak (Boneless)  
Flank Steak (Boneless)  
Hind Shank Meat (Boneless)  
Minute Steaks and Cube Steaks (Boneless)  
Neck (Boneless)  
Rolled Rib (Boneless)  
Round Steak or Roast (Bone in)  
Sirloin Tip (Boneless)  
Stewing Beef (Boneless)  
Tenderloin

#### LAMB or MUTTON-FRESH

Frontquarter (Boneless)

#### VEAL - FRESH

Cutlets and Fillets (Bone in)  
Front Roll (Caul Wrapped, Boneless)  
Leg Roll (Caul Wrapped, Boneless)  
Round (Bone in)  
Stewing Veal (Boneless)  
Tenderloin

#### PORK - FRESH

Back (Boneless)  
Belly (Boneless)  
Butt (Bone in)  
Ham (Boneless)  
Ham, Centre Cuts (Bone in)  
Picnic (Boneless)  
Picnic Skinless (Boneless)  
Tenderloin

#### PORK - CURED

(Not Smoked or Cooked)  
Back (Boneless)  
Belly (Boneless)  
Cottage Roll (Boneless)  
Ham Butt Roll (Boneless)  
Ham Centre Slices (Bone in)  
Pork Roll (Boneless)  
Shoulder Roll (Boneless)

#### PORK - SMOKED

Back Bacon (in the piece, Boneless)  
Cottage Roll (Boneless)  
Ham (except Shank End, Bone in)  
Ham, Skinless (Boneless)  
Picnic (Boneless)  
Pork Roll (Boneless)  
Side Bacon (in the piece)

#### COOKED MEATS

Any Uncooked Group "C" Cuts  
— when Cooked

### GROUP C - 1 LB. PER COUPON

#### BEEF - FRESH or CURED

Brisket Point (Boneless)  
Flank (Boneless)  
Front Shank Meat (Boneless)  
Front Shank (Centre Cut, Bone in)  
Hamburger  
Plate (Boneless)  
Porterhouse Steak or Roast (Bone in)  
Rib Roast or Steak (Bone in)  
Rump (Round and Square End, Bone in)  
Sirloin Steak or Roast (Bone in)  
Short Rib Roast (Bone in)  
T-Bone Steak or Roast (Bone in)  
Wing Steak or Roast (Bone in)

#### LAMB or MUTTON-FRESH

Centre Loin Chops (Bone in)  
Loin (Flank off, Kidney and Suet out, Bone in)  
Patties (made from Necks and Flanks, Boneless)

#### VEAL - FRESH

Blade (Bone in and Neck off, Shoulder Knuckle out)  
Loin Chops (Centre Cut, Bone in)  
Patties (Boneless, made from Shanks, Necks, Flanks)  
Round Bone Shoulder (Bone in)  
Rump (Bone in)  
Sirloin Roast or Cutlet (Bone in)

#### PORK - FRESH

Belly Pork (Bone in)  
Ham, Butt End (Bone in)  
Ham, Shank End (Bone in)  
Ham, Whole (Bone in)  
Picnic, Hock On or Hock Off (Bone in)  
Ham Trimmed (Bone in)  
Loin, Centre Cut Chops (Bone in)  
Loin, Centre Cut (Bone in)  
Loin, End Cuts (Bone in)  
Loin Whole (Bone in)  
Picnic, Hock On or Hock Off (Bone in)

#### PORK - CURED

Ham, Butt End (Bone in)  
Ham, Shank End (Bone in)  
Ham, Whole (Bone in)  
Picnic, Hock On or Hock Off (Bone in)

#### PORK - SMOKED

Ham, Shank End (Bone in)  
Ham, Whole (Bone in)  
Picnic, Hock On or Hock Off (Bone in)

#### COOKED MEATS

Any Uncooked Group "D" Cuts  
— when Cooked

### GROUP D - 1 1/4 LBS. PER COUPON

#### BEEF - FRESH or CURED

Blade Roast (Bone in)  
Brisket Point (Bone in)  
Chuck Roast (Bone in)  
Front Shank, Whole or Knuckle End (Bone in)  
Neck (Bone in)  
Plate, Brisket (Bone in)  
Round Bone Shoulder Roast (Bone in)  
Sausage, Fresh  
Short Ribs (Braising, Bone in)

#### LAMB or MUTTON-FRESH

Flank (Bone in)  
Front (Bone in)  
Hind (Bone in)  
Leg (Bone in)  
Loin, Flank on (Bone in)  
Rack (Bone in)  
Rib Chops (Bone in)

#### VEAL - FRESH

Breast (Bone in)  
Flank (Bone in)  
Front Shank (Bone in)  
Hind Shank (Bone in)  
Leg, Shank Half (Bone in)  
Leg, Whole (Bone in)  
Loin, Flank on (Bone in)  
Neck (Bone in)  
Rack (Bone in)  
Rib Chops (Bone in)

#### PORK - FRESH

Hock (Bone in)  
Sausage

#### PORK - CURED

Hock (Bone in)  
Mess (Bone in)  
Short Cut Back (Bone in)

#### PORK - SMOKED

Hock (Bone in)

COPIES OF THIS CHART ARE BEING DISTRIBUTED TO ALL HOMES IN CANADA

### NOTICE TO THE MEAT TRADE

Retailers of meat must collect coupons for any rationed meat sold on or after May 27th. They need not turn in coupons to their suppliers for meat purchased up until June 10th. This arrangement is made to enable them to build up stocks. A Special Food Bulletin, giving complete details of meat rationing, is being mailed to all food stores.

### NOTICE TO FARMERS

Special provisions are made for farmers who slaughter their livestock for their own consumption, and for "Beef rings."

## RATION FREE! RECIPES FREE!

Make meat, sugar and butter go farther the Robin Hood way!

HERE'S a grand opportunity to get hold of 24 pages of new recipes especially planned to help you save sugar, butter and meat!

These recipes have been perfected in the Robin Hood Kitchen and tested in home kitchens. They'll help every household make the most of ration coupons.

Every recipe is delightful to eat, good to look at and easy on the budget.

Send your name and address on a postcard for your FREE copy of "Ration Recipes". Write today to Robin Hood Kitchen, Department 209, Box 2190, Montreal, Que.

### How Robin Hood Oats make MEAT RATIONS go farther!

You can make your meat rations go farther with Robin Hood Rolled Oats because they supply essential proteins; and because proteins are the most important food nutrient supplied by meat. By combining Robin Hood Rolled Oats with beef or pork, you can stretch your meat rations and enjoy a hearty new flavour too. Your grocer has Robin Hood Rolled Oats in the new 80-ounce, Giant Economy package that's so easy on the budget and so handy in the kitchen. Try it!



Robin Hood Flour Mills Limited