

sufficient for a man doing light food or any relishes available would 1 the foods are weighed uncooked k pudding.

Bread, 3 oz; bacon, 2 oz; porridge; milk, 2½ oz; sugar, ½ oz; margarine, 3½ oz; potato, 8 oz (or 2 oz lentils, 2 oz; milk pudding (rice, 5 oz; apple, 4 oz.

3 oz; margarine, 1½ oz; tea; milk, 1-3 oz (half an ounce of margarine mixed by 2 oz of jam).

meat, 3½ oz; cheese, 2 oz; cocoa, 1-3 oz.

A diet of 2,800 calories is ample for men, or a woman doing steady work.

Porridge (from 1 oz oatmeal); butter ½ oz; bread, 3 oz; 1 egg, or fish 3 oz; milk, ½ pint; sugar, ½ oz.

(Dinner)—Meat, 4 oz; potato, 6 oz; milk pudding, 5 oz; stewed fruit, 2 oz; biscuit, 1 oz; butter or margarine, 4 oz; tea, sugar, 1-3 oz.

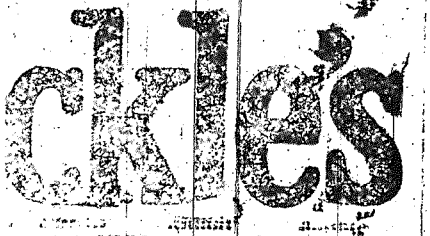
(Lunch)—Fish, 6 oz; vegetables, 4 oz; cheese, 2 oz; 1 egg in custard; or an ounce less bread on this day 1; the corresponding flour (1 oz) towards a pudding.

It may be said that the taste and attractiveness of these or any meals will depend very much on the way they are cooked and served.

Under the Red Lamp

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from the markets, and he considered that some action was necessary to meet the position as it affected the poor. (Hear, hear).

Mr J McCrudden, who acted as Secretary to the meeting, observed that it was well known that there was a plentiful supply of potatoes in the country, but the farmers were holding them back in view of more remunerative prices. He had taken it upon himself, in the interests of the working classes, to write the Food Controller and Irish Under Secretary with a view to warning farmers who had stocks of potatoes to send them into the markets under certain penalties. He thought a shilling a stone was a good price for potatoes, and advocated the formation of a Consumers' League to protect the citizens from profiteers. (Hear, hear.) They had been waiting for the City Fathers to give a lead in the matter, but apparently they were ashamed to do it, or had not realised the gravity of the situation.

Mr J J Harrison thought action should also be taken in the matter of regulating the sugar supply of the city.

It was decided that every effort should be made to keep up the supply of potatoes in the market, and that the price should not at any time exceed one shilling a stone, the retailer to be allowed twopence extra.

THE LATE MR M F HUSSEY.

The remains of the late Mr Maurice FitzGerald Hussey were laid to rest in the Adare Churchyard on Saturday last, 17th inst. The funeral was a large and representative one notwithstanding the inclemency of the weather.

The chief mourners were—Mr M H M Hussey (son), and Mr Donald Nicoll and Mr P Purcell Gilpin (brothers-in-law).

Amongst the general public were the following—Colonel O'Reilly, Capt J O'G Delmege, Dr Clifford, Messrs D Browning, T Harding, J T Clanchy, V.S.; M W Gavin A White, C Croker, T H Brett, R R Ballingall, T Myles, John J Smith, James J Smith, W Ruttie, D Ruttie, D Toomey, A Price, C Gilbert, James Ruttie, W Raper, D Kelly, T McGrath, W Huggard (Tralee), J Murphy (Listellig), etc.

The following sent wreaths—Mrs Hussey (widow), M H M and J E Hussey (sons), Lady Fitzgerald, Mr and Mrs Peter Fitzgerald, Mr and Mrs Donald Nicoll, employes of Mondellihy Stud and House, D W Harnett (Lemonfield), Mr and Mrs A Price, Mr, Mrs, and Miss Ballingall, Mr and Mrs Arthur Fitzgerald Anonymous (shaped like a harp), "Arthur and Molly," Capt and Mrs Sherrard, Edith and Florence Walker Leigh.

The services in the Church and at the graveside were conducted by the Rev H A H Orpen, M.A., Rector of Adare.

THE IRISH CANADIAN RANGERS.

A film recording the visit of the Duchess of Connaught's Own Irish Canadian Rangers to Ireland was shown at the Scala Theatre, London, on Thursday, to an audience which included Princess Arthur of Connaught, the Duchess of Abercorn, the Countess of Limerick, Lady Jellicoe, Lady Carson, Lord and Lady Pirrie, Lord Dunraven, and Sir Edward Carson, and Lady Ward. The picture gives vivid representations of the reception of this regiment (which is soon to go to the front) in Dublin, Belfast, Cork, and Limerick, showing the unmistakable enthusiasm with

number of his comrades who appeared. Two vessels existed for that it was very difficult for those with that fact to estimate the loss of submarines.

United States and

The "Koelnische Volkszeitung" Austria-Hungary will reply politely can "Aide Memoire" regarding war, but will point out that the Austrian Note of January 31st, 1917, was a German Note of the same date, so that for further elucidation is really superfluous. The paper asserts that Austria-Hungary has nothing which could distinguish her from Germany, and that if President Wilson on such a possibility he will find no ground for miscalculation.

DEATH OF O'CONOR

Dublin, Feb 1. The death has taken place in a I of The O'Conor Don, aged 48. D a successful member of the Bar, and prominent part in Irish affairs. He became of the English Bar in 1894. On his death he was appointed Deputy Lord of Roscommon County, an office filled by him. He was a director of the Bank of Ireland, succeeded by his brother.

IRISH DEBATE POSTPONED

The postponement of the Irish debate date provisionally fixed next week later has been done to suit the convenience of the Prime Minister, whose desire is to take the debate on the Parliamentary correspondence of the "Daily Chronicle."

GOOD VALUE IN MATCHES

The "Winning" match is the largest at 2d each, exceptional value. Paterson & Co, Ltd, Dublin.

FAIRS.

Fixtures for Munster

FEBRUARY.

Monday, 26th—Cork: Crookstown League, Fermoy, Killeagh. Clare: Kerry: Milltown.

Tuesday, 27th—Cork: Coachford (pigs), Bandon, Tipperary: Emly (pigs). Waterford: Kilmacthomas, Kerry: Kenmare.

Wednesday, 28th—Tipperary: Carrigrohane, Ballynacally, Killaloe. Clare: Limerick: Foynes (pigs). Kerry: Listowel.

In places marked (‡) a pig fair is held on the week-day previous.

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