

**USE POTATOES  
INSTEAD OF BREAD**

**Bread Must Be Saved—Potatoes Contain the Same Nutrient.**

How many potatoes are you eating? This is a question the Food Administration wants every loyal American to ask himself or herself. Strange as it may seem, the eating of potatoes at this time is a practical war service, according to a recent Food Administration bulletin, which points out that this nation now has a large potato surplus on hand and that this valuable food, unless eaten within the next two months, will be lost through sprouting and rotting. By eating of potatoes liberally, every family can save a substantial amount of other food, particularly of wheat. By eating up the surplus of potatoes the nation will also prevent serious loss to the potato producer, who needs to be encouraged to grow maximum crops during the coming year.

"Domestic science experts have figured that: One ordinary baked potato equals in nourishment one thick slice of wheat bread.

"Potatoes at one and one-half to two cents a pound have more food value than bread at ten cents a loaf.

"Potatoes are healthful. They improve the general tone of the system by their wholesome action on the digestive organs. They are easiest on the stomach of all vegetable foods. They are easy on the kidneys because of the minimum of nitrogen they contain. They are easy on the intestines because of the tenderness and small proportion of their cellulose and the fine division of starch.

"Potatoes are valuable in the diet of the sick. They can be eaten with benefit by people suffering from dyspepsia, anemia, diabetes, Bright's disease, cardiac affections, intestinal troubles, constipation, hyperacidity, arthritis, gout, liver complaints, etc.

"Always serve potatoes with meat," concludes the Food Administration bulletin. "Never serve bread and potatoes."



By Mrs. Robt. J. Burdette.

The firing line is now in your kitchen.

Knock out the breadline at your table.

It has been said that the Revolutionary War was won by men fed on hearty pudding, in other words, corn meal mush. Let it be written in history that the winning of the present war was made possible by the United States eating potatoes.

The manner of eating, the time of eating and even the kind of foodstuffs eaten are largely a matter of habit. We do not desire to break ourselves entirely of the habit of eating or life would not prove worth living, but it can be made to prove better worth living if we change some of the habits. Suppose we cure ourselves of the hand-eating habit and see if we do not consume less bread. If you were to put your bread and butter on your plate and eat it with a knife and fork it would reduce the amount of bread eaten at once. In some of the Oriental countries men carry strings of bright red wooden beads that are known as "Conversation beads," and they seem unable to talk unless they have them in their hands to play with and pass from one hand to the other. We seem to need something in our hands at table or we feel the meal is incomplete and that something is usually bread. Forget this habit and save wheat. If you must continue the hand-eating habit, hold a hot potato.

**How to Increase World's Bread Ration**

With famine creeping through Europe, and every nation struggling to produce enough food to sustain life, the American farmer has a duty that he can not shirk. America must ship food to Europe for our soldiers. America must supply bread to starving peoples. No matter what other crops are raised, more acres should be devoted to bread grains. "Do your bit, Mr. Farmer," says a Food Administration bulletin. "Success depends upon you in this world war."

West Point is on a food-conservation basis, and the health of the cadet corps is better than ever. All bread used is composed of 45 per cent wheat flour, 45 rye, and 10 per cent white bolted grain flour; and many cadets consider it superior to the former white bread. Sugar consumption has been cut down, meatless days and meals are rigidly observed, and the reduced amount of meat has been beneficial to health. A lesson from a reliable source.

**Taking It From Babies.**

"Every ounce of wheat products in excess of six pounds per month that you eat, Mr. American Citizen, is that much literally taken from the mouths of the starving women and children of France," says a Food Administration bulletin. "The armed allies may go without wheat, but these innocents will actually die unless we give them of ours in generous proportion."

Victory bread is received with hearty approval. But don't be satisfied to use it on a wheatless day or at a wheatless meal, because it isn't wheatless.

# PUBLIC SALE

OF

# REGISTERED DURHAM

## CATTLE AND SHROPSHIRE SHEEP

Having rented my farm I will sell at Public Auction on my farm known as

### BEAVER GLEN STOCK FARM

3 miles north east of Sublimity and 5 miles east of Shaw Station on

# FRI. SEP. 20, 1918

Sale Commencing at 10, a. m.

- 1 bay mare 6 yrs. old weight 1600
- 1 sorrel horse 3 yrs. old wt. 1450
- 1 ladies driving mare 9 yrs. old, 1050
- 1 light driving horse weight 1000
- 4 Reg. Durham Bulls
- My herd bull "Goods Charm" 3 yrs. old  
Bread and Raised by Gibson Estate, of Calif.
- "Gibson" 16 months old  
Good Enough to Head any Herd
- Woodrow 11 mo. old, color red
- Roosevelt 10 mo. old, color roan
- Seven Reg. cows from 3 to 10 yrs. old  
All due to calf from "Gibson Charm"
- 5 head of common dairy cows
- 10 head reg. yearling shropshire lambs
- " " ram lambs
- 25 " Shropshire Ewes
- 14 " " lambs
- 10 head of goats, wethers
- 1 Reg. Billy Goat
- Some young shoats tull blood Berkshire
- Several Dozen Chickens

- 2 Deering Binders in good shape
- 1 3 1-4 Maradt wagon rack bed
- 1 " Rushford wagon
- 1 farm truck, 1 hay rack
- 9 foot spring tooth harrow, 3 drag harrows, 1 Acme harrow, Garden cultivators, 2 No. 50 plows, 1 Deering Mower
- 1 Deering Rake
- 1 double disk Van Brunt drill almost new
- 1 Buggy, 1 Hack
- Iron Kettle 1 Cider mill
- 1 Fanning Mill, Platform scales
- Sharpless Cream Separator No. 4
- 8 foot Merry go Round
- Gasoline Tank, 55 gallon
- 2 set heavy harness
- Some Plow harness
- Double Driving harness
- Phonograph with 80 Records

**TERMS:** All sums of \$10 and under, Cash. Over \$10, one year's time with bankable notes at 8 per cent interest. No property to be removed until settled for.

The Waldo Hills Wahi Club will serve lunch, the proceeds will be for the boys at the front

Farmers & Merchants Bank, Clerk

A. L. Stevenson, Auctioneer

**J. T. HUNT, Proprietor**