USE POTATOES INSTEAD OF BREAD

Bread Must Be Saved-Potatoes Contain the Same Nutriment.

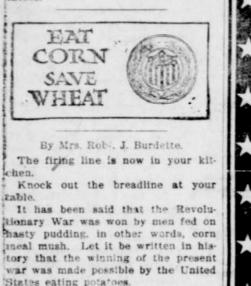
How many potatces are you eating? This is a question the Food Administration wants every loyal American to ask himself or herself. Strange as it may seem, the eating of potatoes at this time is a practical war service, according to a recent Food Adminisration bulletin, wh'ch points out that this nation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

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

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

"Potatoes are healthful. They improve the general ione of the system by their wholesome action on the dixestive organs. They are easiest on the stomach of all vegetable foods. They are easy on the kidneys because of the minimum of nitrogen they conantn. 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, disbetes, Bright's disease, cardiac affections, intestinal troubles, constipation, hyperacidity, artiritis, gout, liver complaints, etc. "Always serve polatoes with meat," concludes the Food Administration bulletin. "Never serve bread and potatoes.



The manner of eating, the time of ting and even the kin



1 farm truck, 1 hay rack

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 upable 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 to can not shirk. Amorica must ship food to Europe for our soldiers. America must supply bread to arving peoples. No matter what other grops are raised, more acres should be devoted to bread grains. "Do your bit, Mr. Farmer," says a Food Administration builetin. "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 over. 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 . reliable source.

"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

Taking It From Babies.

of the starving women and children of France," says a Food Administrathan 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.

1 ladies driving mare 9 yrs. old, Rushford wagon 1050 1 light driving horse weight 1000 4 Reg. Durham Bulls 9 foot spring tooth harrow, 3 drag harrows, 1 Acme harrow, Garden cultiva-My herd bull "Goods Charm" 3 yrs. old Bread and Raised by Gibson Estate, of Calif. tors, 2 No. 50 plows, 1 Deering Mower "Gibson" 16 months old 1 Deering Rake Good Enough to Head any Herd 1 double disk Van Brunt drill almost Woodrow 11 mo. old, color red new Roosvelt 10 mo. old, color roan 1 Buggy, 1 Hack Seven Reg. cows from 3 to 10 yrs. old All due to calf from "Gibson Charm" Iron Kettle 1 Cider mill 1 Fanning Mill, Platform slales 5 head of common dairy cows 10 head reg. yearling shorpshire lambs Sharpless Cream Separator No. 4 8 foot Merry go Round ram lambs Gasoline Tank, 55 gallon Shropshire Ewes 25 2 set heavy harness 14 lambs Some Plow harness 10 head of goats, wethers Double Driving harness 1 Reg. Billy Goat Some young shoats tull blood Berkshire Phonograph with 80 Records Several Dozen Chickens 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

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