SUGAR SHOWED **OUR BACKBONE**

American Willingness to Give Up Luxury Demonstrated Nation's War Conscience.

STAND WITH THE ALLIES.

By Reducing Consumption People the United States Averted a Famine at Home in Spite of Low Supplies.

The fact that the people of the United States were able to reduce by more than one-half million tons their July, August, September and October consumption of sugar proves conclusively that their war conscience was thoroughly awakened and that the country as a whole stood ready to follow the injunctions of the Government.

Our normal consumption of sugar in the four-month period beginning with July has been 400,000 tons per month, a total of 1,600,000 for the quarter

In July, when our sugar stringency began to reach it's height, consumption was reduced to 260,000 tons. In August only 325,000 tons went into distribution and in September only 279,-000 tons. In October the distribution fell to 230,000 tons.

If the general public had failed to observe the injunctions of the Food Administration this country would have been in the throes of a sugar famine before the end of August. Our visible supplies were so low as to bring great anxiety to those familiar with the sugar situation. They feared that it would be absolutely impossible to reduce consumption to a point where sugar would no longer be a mere luxory in the American diet.

Few accomplishments of the Food Administration will stand forth so predominantly as this reduced consumption of sugar. By it we have been able to bridge over the period of stringency until the new beet and Louisiana cane

sugar crops were in sight. Now the nation is in a position so that if we choose we may return to our normal home use of sugar, and Europe, with the release of ships to go far afield, can maintain its recent restricted rations. If, however, those nations are to increase their use of sugar very considerably it must be by our continued sharing with them through limiting our own consump

AMERICAN SPIRIT RELIED ON TO WIN.

In the light of succeeding events it is interesting to recall the confidence with which the United States Food Administrator viewed the gloomy outlook in July of 1917, when this country had been in the war for less than four months and the Germans were steadily sending the western front nearer and nearer to Paris.

"Even though the situation in Europe may be gloomy today," he declared in a public statement, "no American who has knowledge of the results already obtained in every direction need have one atom of fear that democracy will not defend itself. in these United States,"

LOYALTY IN LITTLE THINGS LAST PROOF OF PATRIOTICM

Americans without murmuring cut their sugar allowance from four pounds a month to three and then as long as need be to two pounds for loyalty's sake.

Food Will Win the World.

America earned the gratitude of al-Hed nations during war by sharing food. America under peace may win the world's good will by saving to



DEMOCRACY VS. AUTOCRACY.

"There is no royal road to d food conservation. We can only .accomplish this by the voluntary 4 action of our whole people, each 4 element in proportion, to its + needs. It is a matter of equality +

of burden." The truth of this statement, 4 made by the United States Food 4 Administrator soon after we en- 4 tered the war, has been horne 4 out by the history of our ex- 4 ports. Autocratic food control + in the lands of our enemies has 4 broken down, while democratic 4 food sharing has maintained the 4 health and strength of this country and of the Allies,



Christmas Secrets

The Kind That Make Mothers Happy

It is no secret that the Hosier is the Greatest Kitchen Helper. It is no secret that thousands Wives and Mothers want and would appreciate a Hoosier for Christmas more than any other gift. But it may be a secret that your Wife or Mother longs for this saver of time and energy.

The Hoosier will save her countless miles of steps each year. It will add many hours of time that she would like to give to war work, rest and recreation. It will conserve her strength by placing 400 Articles within arms reach. No other Kitchen Cabinet will bring her as many want-

ed features. No other has Hoosier's scientific arrangements.

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A BIT OF ADVICE

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If you suffer from backache; headches or dizzy spells; if you rest poorly and are languid in the morning; if the kidney secretions are irregular and unnatural in appearance, do not delay. In such cases the kidneys often need

Doan's Kidney Pills are especially prepared for kidney trouble-they are ecommended by thousands. Can residents desire more convincing proof than the statement of a citizen of this

H. C. Mangas, retired druggist, 412 S. Fifteenth St., Corvallis, Ore., says: 'I have taken Doan's Kidney Pills at different times when I have felt in need of a kidney medicine and have found them to be all that is claimed of them. In recommending Doan's Kidney Pills, I am only speaking from personal experience, but from what I know of others who have received great results from them."

Price 60c, at all dealers. Don't simply ask for a kidney remedy-get Doan's Kidney Pills-the same that Mrs. Mangas had. Foster-Milburn Co., Mfgrs., Puffalo, N. Y.

Union Hill

home Monday.

Mr. and Mrs. W. H. Mollet Mr. and Mrs. W. H. Rabens

Thanksgiving day at the W. H. ored to Stayton Friday on busi-. ness. Carter home.

John Wonder called on Ralph Mollet Thursday.

A number of the young folks of this community, attended the dance at Macleay Saturday night

Hugh Hunt of Portland is

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E. C. TITUS

ST. AYTON. OR EGON

spending the week end with relatives and friends of this com-

Will Carter and family spent Sunday at the A, C, Carter

Mr. and Mrs. M. M. Gilmour The Walluga club met Wednescalled at the Clarence Jones day at Mrs. W. A. Heater's. A large number was present.

and little daughter Ethel spent and son Elmer were Stayton Thursday evening at the J. Lin-callers Saturnay, in there return they were accompanied by there John Steinberger and wife daughter Miss Dora who has were in Stayton Friday on busi- been spending the last few month in Portland.

C. C. Carter and wife spent W. H. Mollet and family mot-



Food control in America held the price of breadstuffs steady, prevented vicious speculation and extortion and preserved tranquillity at home,

In nc other nation is there so willing a sense of voluntary self-sacrifice as in America—that was shown in the abstinence from wbeat.

Find more wheat, it came; more pork, it came; save sugar, it was done. o Americans answered the challenge of German starvation.

Good will rules the new world as fear governed the old world. Through sharing food America helps make the whole world kin.

Food control made sufficiency from shortage, kept the rein on food prices." gave the nation's full strength exer-

Starvation by Germany challenged all the world; food conservation in America answered the challenge.

Food conservation in America has seen the triumph of individual devo tion to the national cause,

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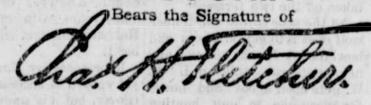
Children Cry for Fletcher's

in use for over 30 years, has borne the signature of and has been made under his per-Charff liteker. Sonal supervision since its intancy. sonal supervision since its infancy. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregorie, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. .ts age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhon. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.

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Its wholesome, purposeful student life. Its democratic college spirit. Its successful graduates.

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