

## This Is Our Winter of Test

**S**ERVING food is a local problem for each community. Prices and definite rules for every one cannot be formulated. It is a duty for each one to eat only so much as is necessary to maintain the human body healthy and strong. This winter of 1918 is the period when it is to be tested here in America whether our people are capable of voluntary individual sacrifice to save the world. That is the purpose of the organization of the United States Food Administration—by voluntary effort to provide the food that the world needs.

U. S. FOOD ADMINISTRATION

## NEED BIG HERDS

Europe's Meat Supply Must Come From America.

Warring Nations Have Depleted Live Stock at Enormous Rate, Even Killing Dairy Cattle For Food.

American stock breeders are being asked to conserve their flocks and herds in order to meet Europe's tremendous demands for meats during the war and probably for many years afterward.

The United States food administration reports that American stock raisers have shown a disposition to co-operate with the government in increasing the nation's supply of live stock.

Germany today is probably better supplied with live stock than any other European nation. When the German armies made their big advance into France and then retreated virtually all the cattle in the invaded territory—approximately 1,500,000 head—were driven behind the German lines.

But in England—where 2,400,000 acres of pasture lands have been turned into grain fields—the cattle herds are decreasing rapidly. One of the reasons apparently is the declining maximum price scale adopted by the English as follows: For September, \$17.76 per 100 pounds; October, \$17.28; November and December, \$16.08; January, \$14.40. The effect of these prices was to drive beef animals on the market as soon as possible.

In France the number of cattle as well as the quality have shown an enormous decline during the war. Where France had 14,897,000 head of cattle in 1913, she now has only 12,841,000, a decrease of 13.6 per cent. And France is today producing only one gallon of milk compared to two and one-half gallons before the war.

Denmark and Holland have been forced to sacrifice dairy herds for beef because of the lack of necessary feed. Close study of the European meat situation has convinced the Food Administration that the future problem of America lies largely in the production of meat producing animals and dairy products rather than in the production of cereals for export when the war will have ceased.

## BRITISH GOVERNMENT HELPS PAY FOR BREAD

There has been much misunderstanding about the bread program in England. It is true that the Englishman buys a loaf of bread for less than an American can, but it is poorer bread, and the British government is paying \$200,000,000 a year toward the cost of it.

All the grain grown in Great Britain is taken over by the government at an arbitrary price and the imported wheat purchased on the markets at the prevailing market price. This is turned over to the mills by the government at a price that allows the adulterated war bread loaf of four pounds to sell at 18 cents, the two pound loaf at 9 cents and the one pound loaf at 5 cents.

In France, under conditions somewhat similar, but with a larger extraction, the four pound loaf sells for 16 cents.

## MAKING MEATLESS DAYS PERMANENT.

In the meatless menu there is a fertile field for developing new and nourishing dishes, according to E. H. Niles, writing in the Hotel Gazette, who believes that the present shortage of meat and fats will not end with the coming of peace, but may grow more acute and continue for five or six years, thus making it worth while to develop menus of grain, vegetables and fish on a more or less permanent basis. Meat can be replaced by cereals and other protein foods, or may be served in very small portions as a flavoring for other food. In making up meatless menus this author finds our American Creole and southern cuisine a broad field for investigation.

### \$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

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# Save

- 1-wheat  
use more corn
- 2-meat  
use more fish & beans
- 3-fats  
use just enough
- 4-sugar  
use syrups

and serve  
the cause of freedom  
U. S. FOOD ADMINISTRATION

### WHEATLESS BISCUITS.



Parched cornmeal is the feature of these excellent wheatless biscuits. First, the cornmeal—one-half a cup—is put in a shallow pan placed in the oven and stirred frequently until it is a delicate brown. The other ingredients are a teaspoon of salt, a cup of peanut butter and one and a half cups of water. Mix the peanut butter, water and salt and heat. While this mixture is hot stir in the meal which should also be hot. Beat thoroughly. The dough should be of such consistency that it can be dropped from a spoon. Bake in small cakes in an ungreased pan. This makes 10 biscuits, each of which contains one-sixth of an ounce of protein.

### DELICIOUS CORN MUFFINS.



Here's an old fashioned recipe for corn muffins that has recently been revived and used with unusual success in several of the larger New York hotels: To make three and a half dozen muffins take one quart milk, six ounces butter substitute, twelve ounces of light syrup or honey, four eggs, pinch of salt, two ounces baking powder, one and a half pounds cornmeal and one and a half pounds rye flour. The butter and syrup should be thoroughly mixed; then add the eggs gradually. Pour in the milk and add the rye flour mixed with cornmeal and baking powder.

## You Will Be Surprised

To see that we are still able, in spite of the continual advance in prices, to offer you some rare bargains in several lines of merchandise. Having purchased the T. H. Short's stock of groceries and granite ware, and, with our new stock purchased at right prices arriving daily, we are still in position to make good our statement—

"WE SELL FOR LESS."

Below are a few of the many money saving prices.

### GROCERIES

4 lbs of Italian Prunes and a Japanese basket	50c
A good Head Rice, 5 lbs.	50c
A splendid Coffee, 2½ lbs	50c
White Laundry Soap, 5 bars.	25c
Some good Toilet soaps at	5c
2 cans of Tomatoes at	25c
2 cans of Peaches at	25c
2 cans of Peas at	25c
2 cans of Milk at	25c
A guaranteed Butter per lb. for	50c
Apples, per box	\$1.00 to \$1.50

We carry a number of the substitutes that go with your flour purchases at a reasonable price.

**Granite Ware**—We are offering our entire Granite Ware stock, ranging in values up to 35c at 5, 10, 15c and 52c.

**Shoes**—We have just received a large shipment of men's dress and work shoes that we can sell from \$1.00 to \$1.50 less than you can buy them in Portland. Also a good line of Tennis slippers, and Ladies shoes.

**Dry Goods**—See our assortment of House dresses at \$1.00

**Hats**—Just arrived, a fine assortment of Trench hats ranging in price from \$1.00 to \$2.50. Also a large assortment of Men's hats, late styles and low prices. Come in and get one.

## D. C. ELY'S Cash Store

"SELLS FOR LESS"

113 WEST BURLINGTON STREET

### REVIEW'S LEGAL BLANKS

The following list of legal blanks are kept for sale at this office and others will be added as the demand arises:

Warranty deeds, Quit Claim Deeds, Realty and Chattel Mortgages, Satisfaction of Mortgages, Contracts for Sale of Realty, Bills of Sale, Leases.

Cards of thanks notices are charged for at the rate of fifty cents each. Persons desiring to have such notices published should make a note of this.

## The Central

THOS GLOVER PROP.

Philadelphia Street, St. Johns.

Soft Drinks as usual

Coldest and Coolest Drinks in town. Sandwiches, etc. All leading Summer Drinks.

TRY OUR MILK PUNCH

For Sale at a Bargain—Lots 1 to 4, in Block 6, Point View Addition. \$750 cash buys them. Call at this office.



# ODDS and Ends

This is the Month  
OF  
Odds and Ends

**Y**OUR money will go farther now than when the Spring Merchandise is all in. Spring prices will be higher on many lines than you will pay now.

We are supplied with Misses' and Children's Toque and Scarf Sets, Gloves and Mittens. With warm Caps and Toques for men, loggers shirts, mackinaws and warm flannel shirts—prices favorable on the early purchases.

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H. L. Whistler, Vice Grand  
S. J. Burroughs, Fin. Sec.  
H. P. Clark, Treas.

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We heartily solicit the attendance of our members at our next regular meeting, Thursday, Feb. 14.  
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### DORIC LODGE NO. 132 A. F. and A. M.

Meets the first and third Wednesday of each month in Bickner's Hall. Visitors welcome.  
Edith W. M.  
A. W. Davis, Secretary.