

**EAT
CORN
SAVE
WHEAT**



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 hasty 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."



\$4.50

**It Shows Time
in the Dark**

THIS is the new Ingersoll Waterbury—the stylish small-size watch—the jeweled watch—the sturdy watch.

Here you have it with the Radiolite dial. The hands and figures are made of a new self-luminous substance containing genuine radium. It glows brightly for at least ten years—probably much longer.

We'd call it about the best "buy" we have in our store. We'd like to show you.

Walker Bros.

Program

of the musical given last night in the High School, by the piano pupils of Miss Elizabeth Read, assisted by Gertrude Rogers, violinist and Lyrel Morris accompanist.

"Norwegian Dance" 4 hands, Grieg
BERNICE STEWART, ELIZABETH READ
"Barcarolle" Engel

VELMA STRAIN

Theme from "Surprise Symphony", 4 hands, Haydn

ILLA HUBER, JANE PRIME

"An Alexis" Hiller

MAUDE RICE

Minuet from "Don Juan" Mozart

CECIL POOLE

"Marguerite Waltz", 4 hands, Bilbro

HAZEL BUTLER, ETHEL FISHER

"Farewell to the Piano" Beethoven

MARY BOWERSOX

"A Morning in the Woods" Spencer

DOROTHY JOHNSON

"March Militaire", 4 hands, Schubert

ALICE HAMM, CLARA WADE

"Spring's Awakening" Engel

"Cleopatra" Petrie

PEARL CONKEY

Violin Solo Selected

GERTRUDE ROGERS

"Romantic Thoughts" Moter

DOROTHY TURNER

"Alpine Violets" 4 hands, Ludwig Andre

LULA PETERSEN, ELIZABELL SMITH

"First Waltzes" Schubert

"Arabesque" Karganoff

BERNICE STEWART

Theme from "Impromptu in A Flat" Schubert

ALICE HAMM

"L'Alerte", 4 hands Behr

FRANCES PYLE, HELEN DE ARMOND

Normal Soldier Boys and Where They Are

Ivan D. Wood, Office, Dept. 2 M, Ft. Sam Houston, Texas.

Nelson Rogers, 10th Engineers Forestry Company C., American Expeditionary Forces.

W. J. Mulkey, Harold C. Tallman, Marion F. Butler, Naval Training Station, "D" Galley, Commissary Dept., San Francisco, Cal.

Chad Newhouse, 167 Field Hospital Unit, 117 Sanitary Train, 42 Division, American Expeditionary Forces.

Clares C. Powell, Base Hospital No. 1, Ward 35, Ft. Sam Houston, Texas.

Raymond Stenback, 112 Co., 8th Regiment, U. S. Marine Corps, Ft. Crockett, Galveston, Texas.

Corp. E. Stanley Evans, Douglas E. Parkes, Carlton Shanks, Cyril Richardson, Edwin Brown, Co. L, 162 U. S. Infantry, 81 Brigade, 41 Division, A. E. F.

Lieut. Harold Benjamin, E Battery, 17 U. S. Field Artillery, A. E. F.

Ranie Burkhead, Radio School, 65 Ellery St., Cambridge, Mass.

Arthur Burkhead, Mare Island, Cal., Co Y. M. C. A. North Training School.

Birchard A. Van Loan, Headquarters Company, 162 U. S. Infantry, 41 Division, 81 Brigade, A. E. F.

Tom Chatburn, Ordnance Dept., Friendly Hall, Eugene, Oregon.

Jack Wood, Signal Corps, Ft. Oglethorpe, Ga.

Marvin Richardson, 4 Dispensary, Marine Barracks, Quantico, Va.

Tom Ostien, 27th Mining Engineers, Camp Meade, Md.

S. D. Stevens, 20th Co. 5th Regiment, U. S. Marine Corps, A. E. F.

Henry S. Nedry, Camp Casey, Wn.

Coral Lake, Camp Hancock, Ga., Ordnance Dept.

Paul Louks, U. S. S. Adirondack Rec. Ship, Care Post Master, N. Y.

Ray Bower, 361st Ambulance Corps, Camp Lewis, American Lake, Wn.

Clarence E. Soderstrom, 5th Co., O. C. A., Ft. Canby, Wn.

Harry Brookhardt, S. S. Seattle, Care U. S. Shipping Board, Norfolk, Va.

Roy Bowman, Ph M. 3., U. S. M. C. Barracks, 12 Reg. Co Disp. No. 1, Quantico, Va.

Harry Lynch, Co. F. 37 Engineers, Fort Myer, Va.

Ray O. Baker, 870 Aero Squadron, Camp Kelley, No. 1, San Antonio, Texas.

Joe Bell, Sanitary Squad, L. of C., Camp Lewis, American Lake, Wn.

Russel Quisenberry, Benicia Ar-

senal, Benicia, Cal.

Eric Englund, Field Artillery, Ft. McDowell, Calif.

Guy Lee is enlisted but is not yet placed.

In Civil Service are: Oak Wood, Ronald W. Dobell, 534 20th N. W. Washington, D. C.

Frank Gibson

Republican Candidate for County Judge. If I am nominated and elected, I will during my term of office, serve the interests of the people of all of Polk County, to the best of my ability. Paid Adv. 30tf.

W. V. Fuller

Republican Candidate for Representative for Polk County. Primaries May 17, 1918. Paid Advertisement

For County Clerk

I am a candidate for nomination to the office of County Clerk on the Republican ticket subject to the approval of the electors at the primary election, May 17, and cordially solicit your support.

FLOYD D. MOORE
(Paid adv.) 30tf

For County Treasurer

A. V. R. Snyder desires to succeed himself and will go before the people at the primary election, May 17, as Republican candidate, and would thank the people for their votes. (Paid Adv.) 30tf.

For State Senator

I hereby announce my candidacy for the Republican nomination for the office of State Senator for the district of Polk and Benton counties and solicit the support of the voters of the district for that office.

I. L. Patterson
Paid Adv. 28tf

DONT FORGET

That A. M. Arant writes Insurance: Fire, Automobile and Surety Bonds.

A. N. Halleck buys junk of all kinds and pays highest cash prices. 26tf

Candidate for County Judge

I hereby announce myself a candidate for the Republican nomination for the office of County Judge to succeed myself. Subject to the voters at the Primary election to be held May 17, 1918.

Sane business policy, economical but not parsimonious administration. Special attention to Probate Court.

Respectfully,
E. C. Kirkpatrick

Paid Adv. 33tf

Dont let a smooth tongued stranger persuade you that there is any kind of printing the Herald Print Shop can not do.

DR. F. R. BOWERSOX

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Public Program at 2:30 p. m. to which visitors are welcome.

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MISS MAGGIE BUTLER, Sec.



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CHRISTIAN SCIENCE SOCIETY

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Services, - 11.00 a. m.

Subject:

ADAM AND FALLEN MAN

Sunday School, - 10.00 a. m.

Wednesday evening meeting, 8.00 p. m.

BAPTIST CHURCH

E. B. PACE, Pastor

Sunday School, - 10.00 a. m.

Preaching Service, - 11.00 a. m.

C. U. E. Meeting, - 7.00 p. m.

Prayer Meeting Wednesday, 8.00 p. m.

EVANGELICAL CHURCH

F. M. FISHER, PASTOR

Sunday School, - 10.00 a. m.

Preaching Service, - 11.00 a. m.

Y. P. A. Meeting, - 7.00 p. m.

Prayer Meeting Wednesday, 8.00 p. m.

CHRISTIAN CHURCH

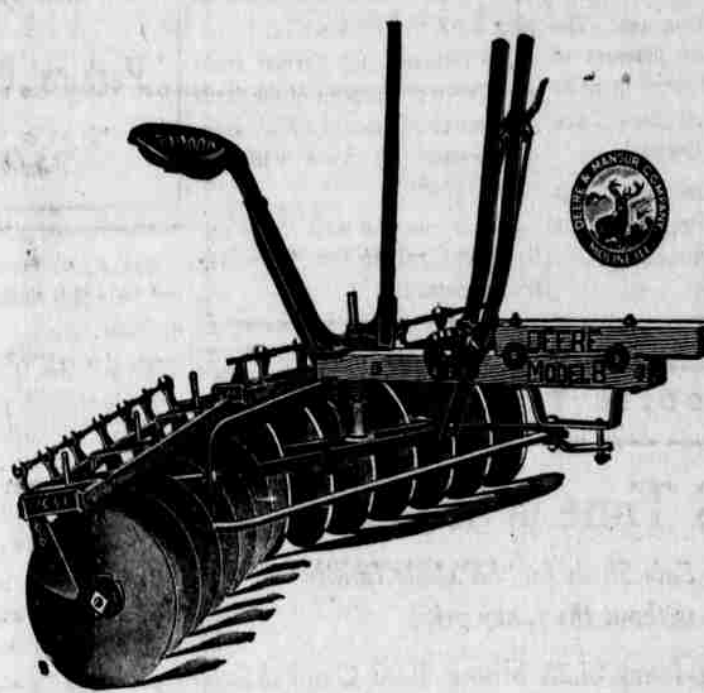
Sunday School, - 10.00 a. m.

Preaching Service, - 11.00 a. m.

Y. P. S. C. E. Meeting, - 7.00 p. m.

Prayer Meeting Wednesday, 8.00 p. m.

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