

Learn to Get Along Without Sugar

It has been done before. A hundred years ago refined sugar was unknown. Our ancestors used honey and you can use honey also. Besides there are syrups. The natural sugars of fruits will serve today as they did centuries ago. You will get all the sugar you need in this way. The Allies do it now. England, which before the war used more sugar than we did, has but two pounds per head a month now; France one and a half pounds, and Italy only one. Show yourself a patriotic American and use less than your ration. This is but a slight sacrifice as compared with all that the Allies are doing. Do it yourself.

In the Back



German "Efficiency" has never reached a higher plane than in the foul desecration of the Red Cross emblem in the bombing of plainly marked hospitals in the allied lines.

"Here are many allied officers and men," says the Kaiser. "If they were not wounded, they might dodge our glorious airplanes as bombs are dropped. Being wounded, they cannot move, and so they are killed in their beds or in the air as their beds are blown out from under them."

"Gott being with us, let us blow up all the Red Cross hospitals we can."

So the "Greatest Mother in the World" remains a shining mark for the "Superbeast's" efficient elimination of his enemies.

Since Allied airplanes have become regular visitors to German cities, the Kaiser has discovered such bombing to be a violation of international law.

Your subscription to the Fourth Liberty Loan will mark the earnestness of your approval of the building of great fleets of American airplanes to bring their frightfulness home to the Hun.

GENERAL SUGAR CONSERVATION

Is sugar necessary in the diet?

Neither cane nor beet sugar is necessary. In the average American diet all the sugar needed may ordinarily be supplied by using honey, syrups, fresh, preserved and dried fruits.

What are the general sugar saving rules?

Use all sugar sparingly and wherever possible use other sweeteners. Be sparing of confections and sweet cakes. The American people last year spent enough money for candy to feed all Belgium for two years. Supplement sugar with honey and syrups. Cultivate a taste for fruit in its natural sweetness. Sugar is a fuel food. Get fuel from potatoes and other starchy foods rather than from sugar. Sugar excels them as an energy-food only because it produces energy more quickly. They excel sugar since they supply more than merely the fuel need.

How may the sugar ration be expressed in quantities known to everyone?

Two pounds per month means about 8 ounces per week, or a little more than 1 ounce a day. This daily ration is a trifle more than 2 tablespoons level full. It should be remembered that this is to include all sugar used for any purpose whatsoever—for table use, cooking, in ice cream and desserts, on cereals or fruit, in sugar syrups used on griddle cakes, etc.



DAIRY FACTS

RAISING CALVES FOR DAIRY

Young People Can Help by Caring for Young Animals—Task Is Made One of Pleasure.

(Prepared by the United States Department of Agriculture.)

In the calf club an effort has been made to centralize the energy of the boys and girls in raising and caring for dairy calves. The objects of the calf club are many; the chief one, however, is to develop in the boys and girls a desire to engage in live stock husbandry and at the same time teach



Dairy Club Boys Taught How to Select Good Milk Producers.

them the value of thrift. Many plans of organization have been used in these clubs, but the best one seems to be a plan that provides for the calf to be raised by the boy or girl and eventually added to the milking herd of the parent. In this way the juniors are instructed in all the essentials of the raising and caring for calves and dairy cows, instead of the care of the dairy cattle being a task it becomes a pleasure. The extension department of the state colleges and also the department of agriculture assist in this work.

DUAL-PURPOSE ANIMAL TYPE

Some Breeders Incline More to Dairy Breeds While Others Prefer to Develop Beef.

(Prepared by the United States Department of Agriculture.)

As there has been a constant tendency for some breeders to incline more to the dairy type of animals, while others prefer to develop the beef tendencies, there has been, and probably always will be, a wide variation in the types of dual-purpose animals.

Destination—Berlin.

H. T. Bennett, a Seymour traveling man, was standing on a depot platform in a Kentucky town while a group of colored men were waiting to entrain, and overheard the following conversation between one of the conscripts and a colored girl who was bidding him goodby:

"Well, Sam, are you goin' with this bunch? I suppose you are goin' to France right soon, ain't you?" the girl asked.

"Not exactly," replied the soldier candidate. "I suppose I'll go through France, but you see, I'm on my way to Berlin."—Indianapolis News.

 * MORE FRUIT and LESS SUGAR *
 * How? *
 * More Less *
 * Canned Fruit Jam *
 * Dried Fruit Jelly *
 * Fruit Butter Preserves *
 * Fresh Fruit Sweet Pickles *

SUGAR SHORTAGE HITS SPAIN AND PORTUGAL

In Spain and Portugal sugar prices are soaring. Both countries have been seriously affected by the short beet sugar crop in Europe and the lack of ocean tonnage to move stocks of cane sugar isolated in far away ports.

Granulated sugar, home grown, was being sold in Barcelona, Spain, during the early summer at 19 cents a pound. The price of brown sugar in Lisbon, Portugal, fixed by governmental order, was \$1.04 to \$1.12 a pound.

By comparison the price of beet sugar in Sweden is 14 cents a pound.

Not Teetotal.

Although lobsters generally drink water, they will take a nip if you give them the chance.—Boston Transcript.

LIBERTY BONDS BUILD TANKS



This is one of the light tanks which played such an important part in the recent allied drive on the Montdidier-Amiens front. Known in the British army as "Whippets", they are also in use by the French. No American communiqué has mentioned their use as yet.

The "whippet" is said to be able to outspeed and outmaneuver a man. Their greatest use has been in crushing the machine gun posts which the retreating Germans left behind to hold off pursuers. The enormous bag of prisoners was due to the "whippet's" ability to drive lanes through all obstacles, evade hostile artillery fire by their speed and maneuvering ability, and even force the surrender of artillery.

A large part of the Fourth Liberty Loan probably will be needed for the building of such land "destroyers".

MUST USE LESS SUGAR; ALLIED NEEDS GROW

Americans Asked to Use No More Than Two Pounds Per Person Per Month.

Shortage May Last Until Beginning of 1919, When New Sugar Crop Arrives.

After making a careful survey of the world sugar situation the U. S. Food Administration has asked the American public to USE NO MORE THAN TWO POUNDS OF SUGAR PER PERSON A MONTH until January 1, 1919.

Increased sugar demands from the Allied nations—where the present sugar ration is already reduced to the lowest possible level—and the need of keeping our army and navy supplied are two of the leading causes of the curtailment of America's sugar ration. Americans are requested to make two pounds of sugar per person (half a pound a week) serve for all sugar uses in the household—including cooking and all sugar served at the table.

Public eating places, as well as housewives, will be required to limit their use of sugar to two pounds for every ninety meals served. In the U. S. Food Administration's cafeteria at Washington, where employees of the Food Administration take their noon meal, one pound of sugar is used for every 120 meals served.

The U. S. Food Administration is confident that the American public will heartily agree to reduce household use of sugar here to a level more nearly equal to the present restrictions among the Allied nations.

The situation which the United States faces in its efforts to maintain a fair distribution of sugar to the Allied world is as follows:

The sugar supplies throughout the country, in homes, stores, factories and bakeries, are at low ebb; the production from the American beet and Louisiana cane crops have been disappointing; the yield in Porto Rico has likewise been smaller than anticipated, and the inability of the United States and the Allies to secure sugar from Java and other distant sources on account of the imperative call for ships for the movement of troops and their supplies has materially reduced the supply from such quarters. Added to this already difficult situation, the quantity needed by the Army and Navy greatly exceeds earlier estimates; we must send a large amount to France and Italy to take the place of the great volume lost through the German and Austrian invasions, during which much beet land was overrun and many factories destroyed; we have to supply certain quantities to neutral nations under agreements; and finally over fifty million pounds were lost recently through submarine sinkings off our Atlantic coast.

The Food Administration is confident that the American people, with the record of wheat savings behind it, having by voluntary savings sent 140,000,000 bushels of wheat to the Allies after practically every bushel had been exhausted from our normal surplus, will with the same spirit save the sugar situation of the world.

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Peyton Brand Real Gravely Chewing Plug 10c a pouch—and worth it

Gravely lasts so much longer it costs no more to chew than ordinary plug

F. B. Gravely Tobacco Company Danville, Virginia