

WHEAT CRISIS FORCES CHANGES IN RULES

Households, Eating Houses and Bakers Must Decrease Use of Wheat.

Urgent military necessities of the United States and the Allies has forced a more drastic restriction in the wheat conservation program. Coupled with an earnest appeal to all individuals, households, public eating places and bakers of bread and pastries for their co-operation and support, Herbert C. Hoover has issued a new set of rules designed to further reduce wheat consumption in this country until the next harvest.

These rules and Mr. Hoover's personal appeal are given out through Mr. W. B. Ayer, Federal Food Administrator for Oregon, in the following message:

"If we are to furnish the Allies with the necessary proportion of wheat to maintain their war bread from now until the next harvest (and this is a military necessity) we must reduce our monthly consumption to twenty-one million bushels a month as against our normal consumption of about forty-two million bushels or fifty per cent of our normal consumption, reserving a margin for distribution to the army and for special cases, leaving for general consumption approximately one and one-half pounds of wheat products weekly per person. Many of our consumers are dependent upon baker's bread. Such bread must be durable and therefore requires a larger proportion of wheat products than cereal breads baked in the home.

"The well-to-do in our population can make greater sacrifices in the consumption of wheat products than can the poor. In addition our population in the agricultural districts, where the substitute cereals are abundant, are more skilled in the preparation of breads from these other cereals than the crowded city and industrial populations. With improved transportation conditions we now have available a surplus of potatoes. We also have in the spring months a surplus of milk and we have ample corn and oats for human consumption. The drain on rye and barley as substitutes has already greatly exhausted the supply of these grains.

"To effect the needed saving of wheat we are wholly dependent upon the voluntary assistance of the American people and we ask that the following rules shall be observed:

First—Householders to use not to exceed a total of one and one-half pounds per week of wheat products per person. This means not more than one and three-fourths pounds of victory bread containing the required percentage of substitutes and about one-half pound of cooking flour, macaroni, crackers, pastry, pies, cakes, wheat breakfast cereals all combined.

Second—Public eating places and clubs to observe two wheatless days per week, Monday and Wednesday, as at present, and in addition thereto not to serve in the aggregate a total of more breadstuffs, macaroni, crackers, pastry, pies, cakes, and wheat breakfast cereals containing a total of more than two ounces of wheat flour to any one guest at any one meal. NO WHEAT PRODUCTS TO BE SERVED UNLESS SPECIALLY ORDERED. Public eating establishments not to buy more than six pounds of wheat products per month per guest, thus conforming with limitations requested of the householders.

Third—Retailers to sell not more than one-eighth of a barrel of flour to any town consumer at any one time and not more than one-quarter of a barrel to any country customer at any one time and in no case to sell wheat products without the sale of an equal weight of other cereals.

Fourth—We ask the bakers and grocers to reduce the volume of victory bread—sold by delivery of a three-quarters pound loaf where one pound was sold before and corresponding proportions in other weights. We also ask bakers not to increase the amount of their wheat flour purchases beyond seventy per cent of the average monthly amount purchased in the four months prior to March first.

Fifth—Manufacturers using wheat products for non-food purposes should cease such use entirely.

Sixth—There is no limit upon the use of other cereal flours and meals, such as corn, barley, buckwheat, potato flour, or cetera. Many thousands of families throughout the land are now using no wheat products whatever except a very small amount for cooking purposes, and are doing so in perfect health and satisfaction. There is no reason why all of the American people who are able to cook in their own households cannot subsist perfectly well with the use of less wheat products than the one and one-half pounds a week allowed. We specially ask the well-to-do households in the country to follow this additional programme so that we may provide the necessary marginal supplies for those parts of the community less able to adapt themselves to so large a proportion of substitutes and in order that we shall be able to make the wheat exports that are absolutely demanded of us to maintain the civil population and soldiers of the Allies and our own army.

"With the arrival of the new harvest we should be able to relax such restrictions, but until then we ask for the necessary patience, sacrifice, and co-operation of the distribution trades and public."

SOME REASONS WHY WHEAT MUST BE SAVED

"A Man Cannot Think, Work or Fight When He is Hungry"—We Must Feed Our Soldiers.

"We have the preservation of the world on our hands. Every single living human being in this republic, from ocean to ocean, should make it his or her special purpose to save food."

These are the words of E. F. Cullen, personal representative of Herbert C. Hoover, in a recent address.

"Men will resist any power but the power of starvation," said Mr. Cullen. "Hunger in the final analysis, is the only force that can weaken a nation and demoralize an army. Food is strength, and without a perpetual supply of strength, the world can stand in danger of tottering, weakening and falling into utter chaos. A man cannot think, work or fight if he is hungry."

"The allies today are practically wholly dependent upon the United States for food. Upon this nation rests the responsibility of preserving the world from Prussianism. This is the task of the people of this nation—to produce and save food enough to keep a steady stream of essential supplies moving towards the front so long as it shall be necessary to wage this war. If at any time we fail in this, we must inevitably go down, with the allies, to defeat. This is no exaggeration, but a serious fact. It is the purpose of the United States Food Administration to bring the realization of this fact home to every American man, woman and child, and to enlist the individual aid of our hundred million people in producing and saving food. The Food Administration is not asking you to eat less; it only urges that you substitute one nutritious food for another equally nutritious food, thus saving the vital staples needed by our armies and the armies and peoples of the allies. We must, during the next three months, save wheat especially. Our surplus has already been shipped abroad, and a hundred million bushels more are needed. When you eat a slice of bread less, omit the crackers with your soup, or otherwise conserve on wheat products, you are contributing towards the hundred million bushels needed over there by our fighting men and the exhausted people of Belgium, France and England who have for more than three years been bearing the brunt of this war, which is our war. Keep this in mind, and bring it before the minds of your thoughtless friends and neighbors."

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FOOD ADMINISTRATION FACTS

One ounce less of meat each day for everyone means a saving of 4,400,000 meat animals a year. Save your ounce. The sacrifice is small, but the result for your country is large.

1,185,000 tons of sugar will be saved the first year if each of us uses one ounce less each day. This will keep sugar plentiful and cheap.

The Allies are all in the same boat, a long way from shore and on limited rations—and Uncle Sam is running the relief ship. It's up to us to save the cargo.

Reduction, Production—the 1918 watchwords.

Food will win the war. Save it. Produce it.

If you run your household on three pounds of sugar a month per person, when fall comes the grocer won't have to hang up the sign "No Sugar."

The second helping is getting to be bad form.

There's lots of money to go round, but bacon, beef and wheat can't make the circuit. Save your share.

Waste and want are twin sisters and neither beautiful.

Potatoes for Patriotism.

By eating potatoes instead of wheat the people of the United States can help win the war. We have not enough wheat for the Allies and ourselves. We have an abundance of potatoes. Wheat flour is a concentrated food and therefore good for shipping; potatoes are bulky and are consequently not suited for limited shipping space, nor are the Allies so short of potatoes as of wheat. Next to cereals, potatoes have been in this country the mainstay of starchy food, which supplies energy.

The more potatoes we eat, the less wheat we need. A medium-sized potato, weighing about 3½ ounces, supplies about as much starch as two small slices of wheat bread one-half inch thick. In other respects also, the potato measures up well with wheat bread and even has the advantage over it in supplying certain salts which the body needs to counteract the acidity resulting from the use of such foods as cereals, meat and eggs. By exercising her ingenuity the housewife can prepare potatoes in many different attractive ways, thus increasing their proportion in the family diet and conserving wheat and other staples needed for shipment abroad. An important use of potatoes, also, is in the mixing of breads, in which mashed potatoes up to fully ten per cent may be used without detracting from its appearance or taste; in fact, many persons hold that potatoes properly mixed in bread, improves both appearance and flavor.

Chinese fishermen train otter to catch fish. Which is all right if the otters don't do too much talking about their exploits.

An exchange remarks that the Mexican crisis is passing. Of course it is. They pass as regularly down there as the moon's phases.

CHRISTIAN SCIENCE SOCIETY

Services at 11:00 o'clock. Subject of Lesson-Sermon next Sunday: "Are Sin, Disease, and Death Real?"

The Testimonial Meeting, Wednesday at 7:30 P. M.

The reading room in the church Edifice, is open on Tuesday and Friday from 2 to 4 P. M.

Sunday School meets on Sunday at 10 o'clock.

Pupils may be admitted to its classes up to the age of 20 years.

The public is cordially invited to the Church Services and to the Reading Room.

Don't Let It Linger

A cough that "hangs on" wears down the sufferer, leaving him unable to ward off sickness. Jos. Gillard, 148 Filmore St., Nashville, Tenn. writes: "I was suffering with a dry hacking cough and a pain in my chest but since taking Foley's Honey and Tar Compound I have been relieved." It soothes, heals and cures.—Sold by Reed Bros.

NAZARENE CHURCH

Rev. Lyman Brough, Pastor.

A cordial invitation is extended to you to attend our services. The hours of the service on the Sabbath are as follows:

Preaching at 11 A. M.
Sabbath School at 10 A. M.
Young Peoples' meeting at 6:45 P. M.
Song service at 7:30 P. M.
Preaching at 8:00 P. M.
Prayer meeting Wednesday at 7:30 P. M.

You may have set the clock ahead, according to orders, but did you think to tell old Chanticleer to get on the job an hour earlier in the morning?

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Country salesmen for several good counties in this state to handle our complete line of fruit trees, shrubbery, roses, etc., booking advance spring orders now; necessary supplies furnished; good money for right men.

Address

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DON'T MISS THIS. Cut out this slip, enclose with five cents to Foley & Co., 2835 Sheffield Ave., Chicago, Ill., writing your name and address clearly. You will receive in return a trial package containing Foley's Honey and Tar Compound, for coughs, colds and croup, Foley Kidney Pills and Foley Cathartic Tablets. Sold by Reed Bros.

We will do your job printing.

HOLY FAMILY CHURCH

(Catholic)

Cor Miller and C. Sts.

Sunday High Mass at 10:30 o'clock

Week days Mass at 7 o'clock.

Instructions for children Saturdays at 9 A. M.

Rev. Father Francis, O. F. M.

Rector

Farming for Profit!

The year 1918, more than any previous year, marks the progressive farmer's harvest season from his soil. The world is clamoring for his products.

If you would reach the top notch in production, you should provide your force with

The Latest and Best in Labor-Saving Machinery

We have the implements to easily DOUBLE your producing capacity.

Why be content with scant profit when you can have the opportunity to clean up a large one, and at the same time help your country in the big drive?

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EATS TO YOUR ORDER

We are ready at all times to serve meals to your order, from the full course dinner to the most "conservative" of lunches.

Can supply you with "wheatless" or "meatless" meals at your pleasure—and either will be appetizing and nourishing.

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