

IF YOU EAT THESE YOU EAT WHEAT

WHITE WHEAT BREAD
Made from flour refined from the starchy white center of the wheat kernel.

WHOLE WHEAT BREAD
Made from flour made from the starchy center and some of the outer brown layers (bran) of the wheat kernel.

GRAHAM BREAD AND GRAHAM CRACKERS
Made from flour containing all the wheat kernel, including the bran.

MACARONI, SPAGHETTI, NOODLES
Made from wheat flour.

WHEAT BREAKFAST FOODS
Sold under various names, not advertised as wheat products, made from the whole or part of the wheat kernel.

VICTORY BREADS
Contain 75 per cent wheat.

IF YOU EAT THESE YOU EAT NO WHEAT

Oatmeal, Potatoes, Rice, Hominy, Barley and 100% Substitute Bread.

100 PER CENT. BREADS
Corn pone, muffins, biscuits, all kinds of bread made only from corn, oats, barley and all the other wheat substitutes.

These are usually made with baking powder or soda and sour milk instead of yeast, and are sometimes known as "Quick Breads."

EAT NO WHEAT

WHEATLESS DIET NOT INJURIOUS

Howard Heinz, State Food Administrator, So Assures People of Pennsylvania.

Wheat can be cut out entirely from the diet without injury to health. This assurance is given to the people of Pennsylvania by Howard Heinz, Federal Food Administrator for the state. He said:

"I make this assertion without reservation, on the authority of the most eminent scientists in America, who have investigated the question most thoroughly. They conducted their investigation recently at the request of Herbert Hoover, U. S. Food Administrator. The Board of Inquiry was composed of such men as Dr. R. H. Chittenden, Professor of Physiological Chemistry, Dean of the Sheffield Scientific School at Yale; Dr. Graham Lusk, Professor of Physiology at Cornell; Dr. E. V. McCollum, Professor of Biochemistry at Johns Hopkins; C. L. Albright, Chief of the Bureau of Chemistry of the U. S. Department of Agriculture; Dr. F. C. Langworthy, Chief of the Home Economics Division, State Extension Service, Department of Agriculture; Dr. Alonzo E. Taylor, Professor of Physiological Chemistry at the University of Pennsylvania. The other members of the board are men of equal prominence in scientific achievement. No group of higher physical authority could be assembled in America. To them was put this question: 'To what extent can wheat to which we are now accustomed in our diet be reduced without injury to the health of the individuals of the nation?' Their answer was: 'It is the scientific opinion of the committee that in a mixed diet wheat may be entirely replaced, without harm, by other available cereals, namely, rice, barley, corn and oats.'

"It is only because of the great national and international emergency which exists that the Food Administration makes use of this deliberate judgment of the physiological experts called in for advice. It is recognized that because of economic and commercial reasons not all of the people of the country can go without bread based on wheat, but it is certain that a great many people can do so easily, and it is my belief that most of the people in this country who can dispense entirely with wheat from now until the next harvest ought to do so, for the sake of maintaining the wheat bread supply for the armies and civilians of our fighting associates in Europe, as well as for our own soldiers in France."

FOOD LICENSES REQUIRED

All Wholesalers and Jobbers Come Under the Federal Act.

All wholesalers, jobbers, brokers or commission dealers in food supplies must take out a license to do business under the food regulations whether their annual business in the gross amounts to one hundred thousand dollars or not. Dealers who are strictly retailers are exempt from the necessity of a license if their gross annual business is less than one hundred thousand dollars. Dealers doing a combination wholesale or jobbing and retailing business no matter how small must take out a license. Any person who makes any sales to retail dealers, hotels, restaurants or public bakers is a wholesaler or jobber and is required to take out a license.

The foregoing points with reference to the interpretation of the Federal Food Control Act were brought out by Howard Heinz, Federal Food Administrator for Pennsylvania. Mr. Heinz desires to make it clear that the rule requiring licenses applies to all wholesalers and jobbers regardless of the volume of business they transact.

So long as the boys are at the front, difficulties are to be subdued, impossibilities to be trampled down.

In England "His Majesty the King" and the humblest subject have duplicate ration cards.

MOVEMENT TO SAVE THRESHING WASTE

Assistance to Farmers in Harvest Time Planned by the Government.

A project to mobilize America's threshermen to save millions of pounds of wheat, now lost by inefficient threshing practices, is announced by Howard Heinz, U. S. Food Administrator for Pennsylvania.

To do this, a special Grain Threshing Division has been created as a part of the Food Administration Grain Corporation in Washington, with Captain Kenneth D. Hequembourg, U. S. R., at its head. Captain Hequembourg is actively engaged in wheat production in Oklahoma, and for some years has had first-hand experience in threshing operations. The Grain Threshing Division will have national headquarters at the office of the U. S. Food Administration Grain Corporation, 42 Broadway, New York City.

It is estimated that from one to ten per cent of the wheat crop is lost to the country by hurried and careless operation and inefficiency of threshing machines. In some instances, however, losses are materially greater than in others. Waste in threshing depends largely upon the condition of the machine as it enters the harvest field and the care with which it is operated.

It is estimated that a total of three and one-quarter bushels in every hundred threshed may be saved.

Threshermen's assistants will be located in each state to co-operate with threshermen requiring expert help. The threshermen's assistants will be called upon by County Threshing Committees whenever needed. Their duty will be to advise in overhauling the machines, to assist in acquiring expert labor, to supervise repair jobs when the owner so desires and the time permits. The County Threshing Committees will be composed of the County Food Administrator, the County Agricultural Agent, and a retired thresherman representing the state or local Council of the National Defense.

CLEAN YOUR FARM TOOLS

Necessity Exists Now For Strictest Conservation of Machinery.

M. T. Phillips, one of the farmers' representatives in the U. S. Food Administration for Pennsylvania, suggests to farmers of the state the advisability of a special care this year in the matter of farm machinery in view of the seriousness of the manufacturing situation and the scarcity of materials. Mr. Phillips said:

"The present high cost of all farm machinery and repairs of all kinds makes it most essential that every care should be exercised in keeping in order all machinery, tools, etc., used on the farms.

"It takes but little time to rub off the dirt and rub some oil on the harness, at least a few times during the year. This will preserve the leather that is so expensive and necessary just now.

"Clean up the machinery and tools and see that they are repaired when put away, and if kept under cover when not in use, they will be ready to go to work when next needed.

"We farmers are justly criticized for the extravagant waste caused by the unnecessary exposure and lack of care of our machinery.

"This is surely a very necessary way to conserve in these serious times."

There's not a pair of legs so thin,
There's not a head so thick,
There's not a hand so weak and white,
Nor yet a heart so sick,
But it can find some needful job that's crying to be done,
For the Glory of the Garden glorifieth every one.—Rudyard Kipling.

War is an ugly thing, but a German peace is uglier. Russian farmers are producing German food.

If you believe in peace you will fight to get it.

PATRONS ARE THE PATRIOTS

Customers of Some Hotels Profit Very Little by New Plan of Conservation of Food Supply.

The food administration is pleased to pieces with the New York hotels for saving more than a thousand barrels of flour a week and some 17 tons of meat a day by these wheatless-meatless occasions that are so popular now, a writer in Collier's observes. Provision dealers report a falling off in sales, and all is lovely and statistical. 'Tis a fair picture to gaze upon, but honor where honor is due! That patient hero, the hotel patron, ought to come in for a few kind words, since he pays the full price and eats the half portion.

"Save wheat—use corn"—bread is 10 cents, corn bread is 15 cents. As a transient consumer, the other noon, we paid 90 cents for a slice of beef as large as a postal card, plus one tablespoonful of creamed potatoes, plus a bit of Yorkshire pudding about the size of a watch. No doubt it was all that was good for us, but the price was more. If the widely known principles of economics are still working, we helped make meat and bread cheaper and paid as much as if we were making them dearer.

A patriot is a noble thing, but isn't it better to be one than to trim one? The hotel keepers of Manhattan are playing both sides of the game and the food administration furnishes a jazz band of statistical admiration for their efforts. These bonifaces who are shrinking the meals and swelling the prices need something all right, but not governmental encouragement. Meanwhile the hotel user can feel sure that the war has not changed his function at all—he's the paying goat now just as he used to be.

HOLD WOOL IN THIS COUNTRY

War Trade Board Takes Steps to Meet the Requirements of Both the Army and Navy.

Restrictions governing the exportation and importation of wool were tightened recently by the war trade board with a view to conserving American supplies and checking the increase in prices, which have risen 200 per cent.

No commodities containing wool will be permitted in future to leave the country, it was announced, if, in the judgment of the board, the wool is needed for the uses either of the army or the navy.

Importers before they can obtain licenses will be required to sign an agreement that they will sell no wool to persons other than manufacturers and that they will give the government an option to purchase all wool imported at a price 5 per cent less than the price that obtained for the same grade July 30, 1917.

The proposal for a national railway passenger ticket, good at any time and anywhere until its mileage is exhausted, a proposal, by the way, that has been rejected on first sight by every privately employed railway official to whom it has ever been submitted, comes forward with new force and vigor, now that the railroads have passed under government control. Why is not a universal railroad ticket feasible, as feasible, say, as a universal treasury bill or federal reserve bank note? Why should not one, in future, buy mileage at a postoffice, as

one now buys postage or thrift stamps? There is no good reason why it should not be possible for one to carry about with him mileage tickets in denominations corresponding to currency denominations, and as freely convertible into transportation as is money into commodities.—Monitor.

Two young Amazons, members of the Russian women's battalion, are reported to have recently arrived in Halifax, N. S. Fancy would represent them as modern Joan of Arcs, disembarking from an adventurous voyage,

fully accoutered in the panoply of war. Cold facts, however, declare them to be a couple of unassuming and quiet women who are about to enter upon a harmless career of workers in a Canadian candy factory!—Monitor.

Literal.

He—So you are going to throw me down, after all?
She—Yes. Father said he would do it if I didn't, and he's so terribly literal, you know.

Save Coal

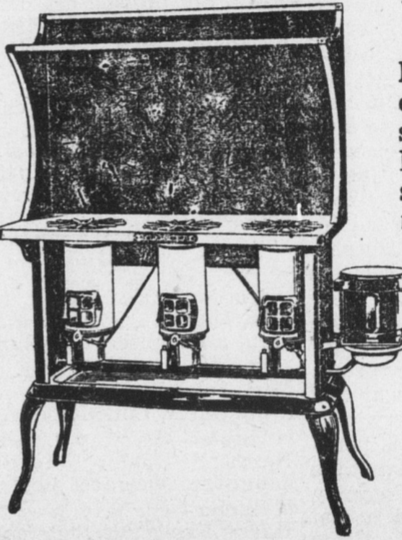


Uncle Sam needs it for war purposes. Every ton you save this summer can be used to heat your home next winter. Save it.

One way is to use an oil cook stove instead of the coal range. That won't be a hardship, but a big advantage. That is if you buy the right oil cook stove.

NEW PERFECTION OIL COOK-STOVES

are now giving satisfactory service in millions of American homes. A New Perfection will give you this same satisfactory service—a really better service (especially in hot weather) than your coal range ever has or ever will. You don't have coal or wood to carry—no dusty ashes to fly all over. And a New Perfection does not make the kitchen almost unbearably hot like a range does. But it will boil and fry and bake things just as you like them. It's always ready at the scratch of a match. You'll be delighted with the splendid results.



Besides, it burns a most economical fuel—kerosene. But the kind of kerosene you use makes a big difference. All kerosenes are not alike in quality. To be sure of always getting best results use Atlantic Rayolight Oil. Buy it at the store that displays this sign "Atlantic Rayolight Oil For Sale Here." It costs no more than ordinary kinds but it's worth more. Go to your nearest dealer now and select your New Perfection Oil Cook Stove.

THE ATLANTIC REFINING COMPANY
Philadelphia and Pittsburgh



ATLANTIC Rayolight OIL



LYON & COMPANY.

Save on Every Summer Need in OUR JUNE SALE

Cotton Voiles.

A large assortment of Washable Voiles in light and dark colors, quality 15 and 25 cents, special 12 1/2 and 15c. Better qualities that are worth more wholesale today we put in this sale at 25c. and 35c. per yard.

Embroidered Voiles in a combination of dainty colors that are worth today 75c and \$1.00, sale price 50 cents.

Dress Gingham in a large assortment of checks, plaids, stripes and plain colors, dark and light; value 40c., sale price 25c.

SILKS.

Our line of Dress Silks was never better than now. Everything new in Satins—fancy stripes and plaids, pongee in plain and figured, tub silks in stripes and plain, Georgette, crepe de chine, foulards and chiffons, in all the wanted shades, at special low prices.

Coats and Suits AT JUNE SALE PRICES.

Ladies' Coats from \$10 up. Children's Coats from \$1.50 up.

Ladies' Suits, 25 in number, all colors, all sizes, must now be sold and the prices will sell them fast. Suits from \$10 up.

Dress Skirts.

Just received a large line of white Wash Skirts, also Worsteds Skirts in plaids and checks, from \$2.50 up. White Skirts from \$1.50 up.

Special Sale of Middies.

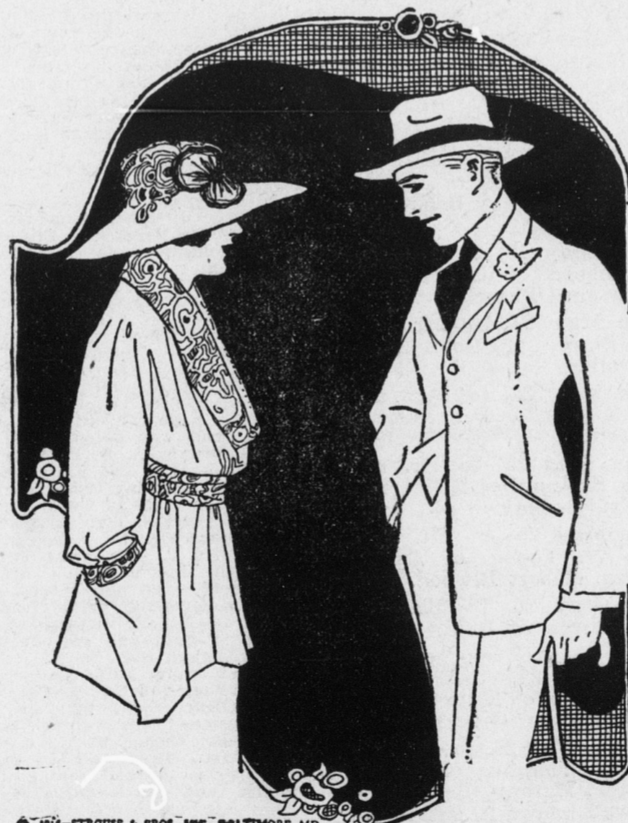
One lot of Middies; all sizes, must go in this sale. Values from 75c. to \$1.75; sale price from 50c to \$1.25.

Parasols.

Special prices during this June sale on all Silk and Cotton Parasols and Umbrellas.

Shoes.

New Shoes for Men, Ladies and Misses, at prices less than cost of manufacture today.



Less Cost—More Pleasure!

TURN the double trick of saving your perfectly good Spring suit while you wear a less expensive, equally serviceable hot weather suit.

Appreciating the crying need of men in business and at play for suitable clothing in hot weather, we have assembled a most complete line of tropical weight two-piece suits. Their price range is within reach of everyone.

HIGH ART CLOTHES

Made by Strouse & Brothers, Inc., Baltimore, Md. are promoters of hot weather comfort. No matter what fabric you select, this label assures expert tailoring, splendid designing and permanency of shape hardly to be expected from such featherweight clothing.

FAUBLE'S,

Allegheny St. 58-4 BELLEFONTE, PA.

Lyon & Co. Bellefonte.