

CONSERVE THE FOOD SUPPLY.

Official Notice to Hotels, Restaurants and Clubs in Pennsylvania.

SUGAR.

June 13, 1918.
Many of the ships regularly engaged in our coastwise trade to the West Indies have been withdrawn from their regular routes and put into trans-Atlantic service for the forwarding of troops and supplies to meet the needs of the present critical war situation. Other ships engaged in the raw-sugar carrying trade have recently been sunk by the submarines now operating off our coast, and the loss of sugar in transit to American ports has thereby been large—approximately 13,000 tons. Present submarine operations are also causing delays in the departures of sugar-carrying ships from ports.

These conditions have combined to create a new and serious shortage in our sugar supply, which will be increasingly felt as the season advances, and which can only be met by the utmost conservation in our present use of sugar.

The following rules, effective immediately, will govern the use of sugar in all public eating places:

1. No sugar bowls or other common receptacles for sugar will henceforth be placed on tables.
2. All sugar service, for whatever use, will be in individual portions exclusively, and not to exceed one-half ounce, or two lumps, per person, with tea and coffee, or one ounce per person with cereals and fresh fruits.
3. No sugar will be used for icings or coatings on cakes or other similar purposes, and the making and service of cakes and pastries requiring considerable quantities of sugar should be discouraged as far as possible.
4. No sugar whatever may be used for making sherbets or water ices, and every additional means available should be patriotically employed to reduce sugar consumption to the utmost.

The administration will insist upon strict compliance with these regulations, and any violations will be dealt with promptly and rigorously.

HOWARD HEINZ,
Federal Food Administrator
for Pennsylvania.

In addition to above the following must be observed by retail merchants:

Sales to consumers shall be a maximum of two pounds of sugar in towns, and a maximum of five pounds of sugar in country districts.

The sale of twenty-five pounds of sugar at a time for preserving fruit is permitted on certificate as before.

Confectioners, soft drink makers, etc., have been cut down to about one-half their normal supply, and consumers of sugar must practice the strictest economy if they desire to have any sugar at all in the near future.

W. F. REYNOLDS,
Federal Food Administrator
of Centre County.

BEEF.

With the final marketing of our winter-fed beef animals and the exhaustion, through increased home consumption and overseas shipment of our accumulations of the late winter and spring, we are again faced with a beef shortage that necessitates a renewal of conservation measures.

The following regulations effective immediately will govern the serving of beef products in all hotels and restaurants and public eating places.

Roast beef whether hot or cold should be served only on Monday at mid-day meal, on Tuesday at mid-day meal, on Wednesday and Saturday at mid-day meal. Stews in any form including hamburger steak on Thursday only at mid-day meal. By-products of beef, such as ox-tails, livers, tongues, sweet-bread, hearts, kidneys, brain and tripe may be served at any time. Every patriotic eating place is expected to comply at once.

County Food administrators are charged with the strict enforcement of these rules and will take prompt action in all cases of violation.

(Signed) HOWARD HEINZ,
Federal Food Administrator
for Pennsylvania.

In addition to the above we ask householders not, under any circumstances, to buy more than 1½ pounds of clear beef weekly or 1½ pounds, including the bone, per person, in the household.

We hereby notify all handlers of eggs other than retailers including country buyers, that they are subject to license and must apply for same to the License Division, Washington, D. C.

W. F. REYNOLDS,
Food Administrator
for Centre County.

WHEAT.

June 13, 1918.
This nation has chosen to ship to the Allies the wheat they need and to be content with what is left.

To make what is left go around fairly requires care, ingenuity and denial. Hence the restrictions on the grocer, the baker, the household and the public eating place.

The rules governing the use of wheat and wheat products in public eating places are summarized below. It is the duty of the Food Administration to insist upon compliance, and violations will be promptly reported to the State Administrator.

Following are the rules governing the use of wheat and wheat products in public eating places:

1. Victory bread or rolls (designated as Class 1 in the Baking Regulations) may be served to the amount of two ounces per person per meal.
2. Corn bread, Boston brown bread, baking powder biscuits, muffins or other quick breads containing not more than one-third of wheat (designated as Class 5 in the Baking Regulations) may be served to the amount of four ounces per person per meal. Quick breads containing no wheat whatever may be served in quantities without limit.
3. When the prescribed two ounces of Victory bread, or other bread, or cereal product containing the same or a similar proportion of wheat or when four ounces of quick bread of the character specified as

Class 5 in the Baking Regulations is served, no other wheat-containing food may be served at the same meal. This eliminates the service with, or in addition to the regular bread service, of all pies and other pastries, cakes, crackers containing wheat, macaroni, wheat breakfast foods, and all other wheat-containing foods of whatever kind or nature.

4. No hotel, restaurant or club shall consume more than six pounds of wheat flour for every ninety meals served. In estimating the flour consumed there must be included the wheat content of bread and rolls and all other bakery products, breakfast foods and alimentary pastes.

5. No wheat products shall be served unless ordered. Bread or rolls must not be placed on the table until the meal is served, and then in individual portions only.

(Signed) HOWARD HEINZ,
Federal Food Administrator
for Pennsylvania.

The One-man Farm.

Probably more food is brought forth per capita of producers on an American corn belt farm than on any other wide section of soil on earth, says the Minneapolis Journal. In this belt most quarter section farms are operated by two men in the field and one woman in the house. These three produce food enough for at least 50 persons.

Owing to the shortage of efficient farm labor, a good many of these farms are being operated this year by one man, aided by machinery and labor-saving devices. In order to succeed in such an undertaking the farmer must indeed be a full hand and have a good head for affairs. But many of them are doing it and doing it well.

Just such emergencies as this war labor shortage will bring to American farming permanent efficiency methods and equipment, ways and devices that save steps, lifting and useless delays.

The most expensive item in farming is human labor. Inefficient help can work havoc on a farm. It is a universal complaint among farmers that they had their wives wear out their lives "working for the hired man." In thousands of cases the year's accounts, if kept, would show that the hired man is the only part to the farm transaction that has come out of it with a balance in his favor.

If the farm price of produce declines after the war, the wages of farm hands must decline, or the farmer must take up the system of machine-made crops, eliminating surplus work in the care of stock by automatic feeders, the use of gravity and gasoline in handling grain and feed, the use of concrete to obviate frequent repairs of buildings, the keeping of high-class stock to save feed wasted on inferior animals, and the use of automobile and motor truck to save time on the road.

Inasmuch as the cost of labor will probably remain high, profitable farming is due to become more and more capital, more brains and less land than our fathers used in the days of cheap things.

His Punishment.

An angler died and went to his "right place," which, of course, was also the residence of his good friend Baron Munchausen. Oodles of time skittered along, and one day as the Big Boss was going by the angler said: "Please, your satanic majesty, can't I try my luck somewhere else? I've been fishing from this blamed place for 200 years and I haven't had a bite."

"That's the hell of it," explained the Big Boss, and passed on.—Boston Transcript.

Got It at Last.

The man in the drug store was perplexed. Try as he would he could not remember what his wife had told him to get. Presently he brightened up. "Say, name over a few young people's societies."

"Christian Endeavor?" began the druggist.

"No."

"Young People's Union?"

"No."

"Epworth League?"

"That's it. That's it! Give me five cents' worth of Epworth salts."

Must Salute Anthem.

Atlanta, Ga.—Ordinance to compel every man of Atlanta to stand and remove his hat during the rendition of the "Star-Spangled Banner" on the streets or in the public places of the city, has been adopted by the general council. The penalty provided is a fine not exceeding \$200 or sentence to work on the streets or public places, for not exceeding 30 days.

Overwhelming Proof Goldine Wins Again

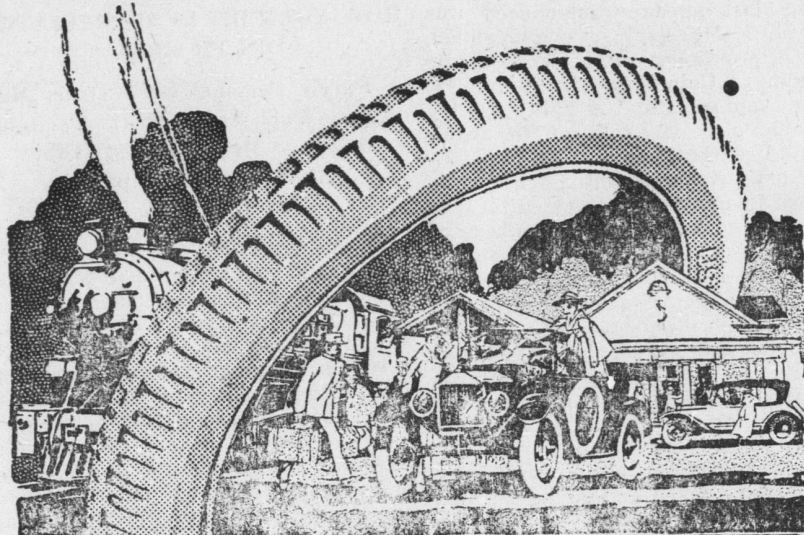
Local Man Feels 100% Better—Wife no Longer Helps Him.

In this man's statement we have overwhelming proof that Goldine is actually rebuilding the lives of men and women. Hundreds have forwarded and given their testimonials of the wonderful benefit received. Read this man's story:

"L. G. Johnson is my name, and I live at Brookfield, Pa., R. F. D. Yes, I am a farmer, the most independent occupation on earth but it takes good health back of it. I am going to tell you about some of my health problems, that is, the ones I have had. A year ago I had stomach, heart, kidney and liver trouble. I had been troubled for six long years and I had doctor after doctor. None, not even the best I could find, helped me, although they had helped others. I took medicine after medicine, still I did not improve. My wife would have to rub my back before I could get out of bed in the mornings; with no appetite and feeling low in weight, I was miserable. It is now a year since I took Goldine; my wife no longer has to aid me to get up in the morning; I eat good and also sleep fine, in fact, I feel just great. To top it off, I gained 18 pounds. If any one wants an argument, just let them tell me that Goldine is no good."

The above is one of the many testimonials from people who have received actual benefit.

You can secure Goldine at Green's Pharmacy, Bellefonte, Pa. 63-25



We Set Tire Standards

Why is it that United States Tires are setting new records for mileage and serviceability?

Why is it that the sales of these tires are constantly mounting by leaps and bounds?

The answer is found in the factories where United States Tires are made.

Standards of construction for these tires are higher than ever before known in the tire industry.

Makers of tire fabrics tell us that the standards we have given them for United States Tire fabrics are higher than any previously known.

Likewise through every process of construction from crude rubber to finished tires—we have set new and higher standards everywhere.

These standards work out on your car in the practical economy demanded by war-times.

United States Tires will raise any car to higher efficiency.

There is a type to suit every condition of service.

The nearest United States Sales and Service Depot dealer will cheerfully aid in selecting right tires for your requirements.

United States Tires are Good Tires



We Know United States Tires are Good Tires. That's why we Sell Them.

P. H. McGARVEY, Bellefonte. L. S. SMITH, Centre Hall.
J. H. BANEY, Howard. C. H. BREON & CO., Millheim.
63-23 SALES AGENT.

A Second Appeal

TWO weeks ago the Telephone Company requested all telephone users to please refrain from asking the operators for the correct time, explaining that this request was necessary because of the considerable volume of such calls which, if eliminated, would so reduce the abnormal calling volumes as to permit of a redistribution of both operators' service and telephone equipment, and result in the Company's ability to care for the very heavy telephone demands of the present and the even greater demands for service which are expected in the months to come.

It was explained that the same service on the part of the operators, the same length of time, and an equal general use of telephone equipment are necessary to answer such questions as are required to complete an ordinary connection.

While the response to this request has been very gratifying and the volume of such calls has decreased appreciably, the burden has not been entirely lifted.

We, therefore, again bring the matter to the attention of those users of the service who did not read, or who were not impressed by our earlier appeal, urging them to discontinue the practice of depending upon the telephone operator for the correct time.

The Telephone Company feels that it can count on a continuation of the public's helpful attitude which will be of very real assistance in meeting the ever-increasing volumes of telephone calls and demands for telephone service.

THE BELL TELEPHONE COMPANY OF PA.
C. W. HEILHECKER, Local Mgr.
BELLEFONTE, PA.



CHARLES M. McCURDY,
PRESIDENT.

JAS. K. BARNHART,
CASHIER.

The First National Bank.

The Secretary of the Treasury

Has designated June 28th as National War Savings Day. Every man, woman and child in Centre County ought to celebrate this day by buying a Thrift Stamp, or War Saving Certificate.

The First National Bank,

61-66-17

BELLEFONTE, PA.

Shoes.

Shoes.

YEAGER'S SHOE STORE

Shoes Shoes Reduced Reduced

All my stock of Ladies' Low Shoes at cost and less than cost.

On account of labor shortage and other conditions the firm from whom I purchase my stock of Ladies' Low Shoes for spring could not deliver the shoes until this last week—they should have reached me on March 1st.

Realizing that the season is far advanced I am going to sell these shoes at cost and less than cost. These shoes were purchased to sell for \$6 and \$7. They are made of the very best leather that can be put in shoes and in the very latest styles. These shoes will be put on sale at once for

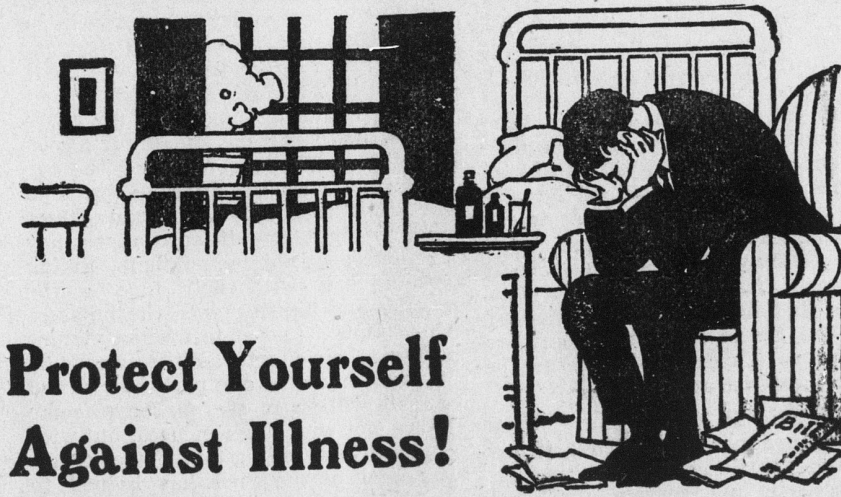
\$4.85 Per Pair.

Here is an opportunity to purchase your needs in low shoes at a saving of over \$2 per pair.

YEAGER'S SHOE STORE

THE SHOE STORE FOR THE POOR MAN

Bush Arcade Building 58-27 BELLEFONTE, PA.



Protect Yourself Against Illness!

You may be enjoying the best of health today. There may come a siege of illness. ARE YOU PREPARED FOR IT?

Doctor's bills and enforced idleness are expensive. When you have a bank account you are prepared to combat illness.

Can you conceive of anything more tragic than a long period of illness without any funds?

Therefore, if You Haven't a Bank Account, Start One Today

THE CENTRE COUNTY BANK,

BELLEFONTE