

### NEW RULINGS ON CONSERVATION OF WHEAT FLOUR

Administrator Outlines Plan Which Dealers and Consumers Must Follow

A new series of rules for wheat conservation, superseding all previous regulations and effective at once, have just been made public by the Food Administrator. They are as follows:

1—Patriotic conservation of wheat now requires that we limit our family consumption to one-third that used in normal times and in no case to exceed a total wheat diet of six pounds per month per person, including flour, macaroni and wheat products of every kind, nature and in every form whatever, including flour used for thickening gravies, binders in quick bread and other culinary purposes; this to continue until the next wheat harvest, or further notice.

2—To permit wheat conservation in this degree, it is necessary to employ in the family diet, an equal quantity of the official cereal substitutes or with every pound of wheat bread in any form a pound of cornmeal, corn flour, buckwheat flour, barley flour, oatmeal, oat flour, rice or rice flour, flaxseed flour and meals, potato flour, rolled oats, cornstarch, hominy, soya bean flour, corn grits, sweet potato flour, tapioca flour. These cereals should be mixed with wheat flour in home break-making as nearly as possible in the proportion of one pound of cereal substitute to two pounds of wheat flour, and in no case should more wheat be used than in the proportion of

one pound of cereal substitute to three pounds of wheat flour. The balance of cereal substitutes should be used without wheat flour in the preparation of corn bread and muffins, buckwheat cakes, breakfast cereals, etc.

3—In the application of these regulations to families dependent upon bakers' bread and doing no home baking, it should be understood that the bakers' "victory" loaf contains only twenty-five per cent. of cereal substitutes. Patriotic observance of the conservation rules requires a limit in the use of "victory" bread to 1 1/4 pounds per person per week. Where this amount of bread is used, only one-half pound of flour per week per person may be used for all additional purposes of cooking and pastry, as macaroni, crackers, cakes, wheat breakfast cereal and every other form combined.

4—The foregoing rules apply to family practice only and do not affect in any way the regulations for wheat consumption in public eating places, clubs, etc. 5—Public eating places, clubs, etc., will continue to observe two wheatless days per week as heretofore, Mondays and Wednesdays, on which no wheat product will be served in any form whatever, except in "victory" breads or other "victory" products. No public eating place, club or similar establishment will serve more than two ounces per service of breadstuffs of any kind, including bread, rolls, pastry, cakes, crackers, macaroni and any and every form of food containing wheat. No public eating place, club or similar establishment will place on tables or offer foods containing wheat in any form unless especially ordered. No public eating place, club, or similar establishment may buy wheat flour, wheat products or wheat food in any form, in total combination figuring on the basis of three meals served per day per person.

6—Retail grocers and other retail dealers in flour, including flour millers who retail, shall not sell or deliver wheat flour to individual consumers, residing in towns or cities, in quantities in excess of twenty-four and one-half pounds, nor to any individual consumer in rural or farm communities in quantities in excess of forty-nine pounds. In no case shall he knowingly sell or deliver to any individual consumer an amount of flour which will make the purchaser's total supply greater than is reasonably required for his household or establishment during the next thirty days, on the basis of six pounds per month per person. This rule is not intended to authorize at any time sales in an amount in excess of that above prescribed.

7—The dealer (including the miller) shall not sell or deliver wheat flour to any individual consumer thereof, unless the buyer purchases at the same time one pound of wheat flour substitutes for every pound of wheat flour purchased, or in case of whole wheat or graham flour containing at least ninety-five per cent. of the entire wheat, six-tenths of a pound of wheat flour substitutes for every pound of whole wheat or graham flour purchased.

8—Bakers may not purchase wheat flour in excess of seventy per cent. of the average consumption during four months preceding March 1, 1918.

9—Manufacturers using edible wheat flour or other wheat products for nonfood purposes will cease such use entirely. To furnish our allies with the amount of wheat required to maintain their war breads now until the next harvest, is a military necessity which can only be met by a rigid observance by all American people of the foregoing rules as an irreducible minimum of wheat consumption. Those among our population who are well-to-do, and those engaged in the lighter occupations, as well as those in agricultural districts, where cereals other than wheat are abundant and where housewives are more skilled in their preparation, can make greater sacrifices in the consumption of wheat products than are here provided for.

### BLACK BASS MAY BE SOLD TO ALL

But They Must Come From Another State and Not Caught in Pennsylvania



State Commissioner of Fisheries Nathan R. Buller to-day announced that a ruling had been made by the United States Food Administration whereby all dealers in licensed food commodities in Pennsylvania would be permitted to sell within Pennsylvania all black bass, including the large and small mouthed variety.

"This ruling," said Mr. Buller, "is announced by us and is intended to apply to and cover solely the black bass caught outside of the state and shipped into the state for sale here and not to cover such bass when caught within the state."

The planting of young trout has been suspended to allow Susquehanna salmon to be put out in large numbers. The trout season opens next Monday.

More Tractors—If satisfactory arrangements can be made for deliveries the state will likely buy ten more farm tractors. There are now about half of the first forty ordered either in operation or about to be started.

Koser Named—F. M. Koser, of Camp Hill, Cumberland County, was late yesterday named as sergeant of the State Capitol police. He succeeds the late F. F. Rohm, of Juniata county.

Grade Crossing Cases—The Derry township grade crossing plans which were ordered prepared some time ago, will be considered at the Public Service hearing to-morrow.

More Smallpox—State health authorities have reported more smallpox from York county and western counties. Strict quarantine measures and wholesale vaccinations have been ordered.

Municipalities Complain.—The city of Chester to-day entered complaint before the Public Service Commission against the South Pennsylvania Traction Company, charging that although the population of Chester had almost doubled because of industrial development in the last few years the Southern Pennsylvania Traction Company had failed to maintain the proper service and that it was not providing what it should.

The city of Coatesville entered complaint against the new gas rates of the Philadelphia Suburban and Electric Company, declaring them excessive and the borough of Columbia complained against grade crossings maintained in that town by the Philadelphia and Reading Railway, especially one on the Lincoln highway. Reference was made to another where it was charged a fatal accident had occurred last month. Adequate protection is asked.

Big Mergers Approved.—Approval has been given by the Public Service Commission to the mergers and leases of various companies of the Pure Oil system. Some of the Pennsylvania and New Jersey properties are transferred to the Ohio company. The formal transfers to the Pennsylvania railroad of the Cornwall and Lebanon and Susquehanna, Bloomsburg and Berwick railroads were approved and the Hog Island branch of the Pennsylvania in Philadelphia approved for two years.

Insane Men to Come Here—Governor Brumbaugh's office to-day announced completion of arrangements with the Auditor General and the State Board of Public Charities whereby Pennsylvania soldiers who may become insane in line of duty while in military service, will be cared for at the Harrisburg State Insane Hospital. Further steps will likely be taken with the War Department to provide soldiers for nurses as the present staff of the State Hospital is inadequate.

To provide room for the soldiers patients will be removed from the Harrisburg State Hospital to Fairview and other state hospitals. No construction of new state hospitals will be removed from the war, although sites will be prepared.

Appointments Made—Frank Beck was to-day appointed justice of the peace for Upper Mt. Bethel township, Northampton county, and M. R. Paden, alderman for the Second ward of Franklin.

To Receive Help—In orders received from the War Department local draft boards will be urged to use all possible means to complete their draft cards and to avail themselves of the assistance of local councils of defense to enable the government to secure information as to the occupations of men registered under the draft.

Legislators Here—Senator W. W. Hindman, Clarion, and Representative David Fowler, Scranton, were at the Capitol.

Board Meets Here—Members of the State Compensation Board considered appeals from the Harrisburg district and heard arguments in a few cases while here to-day. A number of decisions will be handed down next week.

Big Train Near—Two hundred and forty motor trucks, the equipment of the motor truck train of the Keystone division at Camp Hancock, passed through Pennsylvania to-day on the way from western states, where they were built, to the camp. Major J. E. Wheeler, formerly of this city, was in command. The nearest trains came to Harrisburg was Chambersburg.

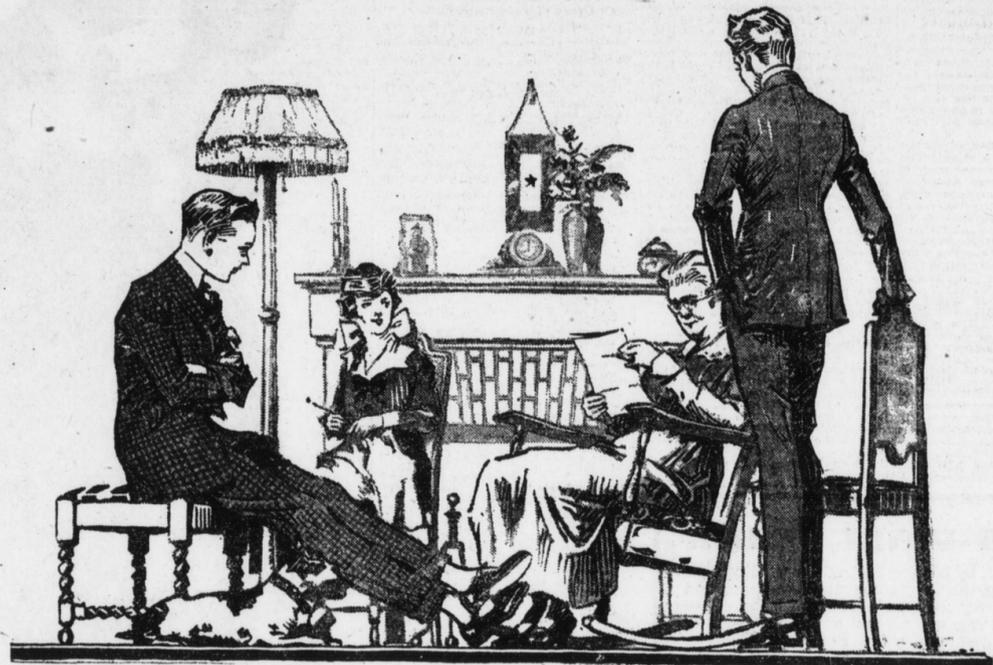
To Talk Thursday—Auditor General Charles A. Snyder expects to have the questions raised as to whether State College and the Department of Agriculture are duplicating each other's work threshed out at a conference in his office. President Pro Tem Buckman, of the Senate, who was chairman of the Senate Appropriations Committee and who outlined the items to attend. Meanwhile appropriations to the college for extension work in the field have been held up.

Ruling on Deposits—A gas company which does not have provision in its rules for a cash deposit can not require it to be made decides the Public Service Commission in the case of Moreland vs. Altoona Gas Light and Fuel Co., and the company is ordered to furnish service upon a proper application. It had refused to give service without a deposit of \$25.

Lumberman Attacked by Huge Owl; Kills It Escanaba, Mich.—An employe of the Helena Land and Lumber Company, near Perkins, a short distance north of here, had a desperate encounter with a huge owl while walking through the woods late at night. After a desperate fight in the dark the man succeeded in securing a good hold on the owl and killed it by dashing its head against a tree. The owl is on exhibition at the camp and is said to be the largest ever killed in this vicinity.

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"Always Reliable"



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The acute wool shortage and huge government requirements have forced woolen prices to such high levels that even the lowest priced fabrics are high — Today the makers of low priced clothing must pay high prices for their cloth and their prices are proportionately higher than good clothes such as

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Note the prices now being quoted by the former \$10.00 and \$12.00 suit stores — In almost every city in the land they are now quoting eighteen, twenty and twenty-five dollars — This indicates that these cheap clothes have more than doubled in price — Inferior clothing was never cheap at "any price" and you cannot afford to take chances on paying these advances for unknown quality — With no assurance of satisfaction.

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How To Treat.

Medical authorities state that nearly nine-tenths of the cases of stomach trouble, indigestion, sourness, burning, bloating, nausea, etc., are due to an excess of hydrochloric acid in the stomach and not as some believe, to a lack of digestive juices. The delicate stomach lining is irritated, digestion is delayed and food acids, causing the disagreeable symptoms which every stomach sufferer knows so well. Digestants are not needed in such cases and may do real harm. Try laying aside all digestive aids and instead get from any drug store a few ounces of Bisurated Magnesia and take a teaspoonful in a quarter glass of water right after eating. This sweetens the stomach, prevents the formation of excess acid and there is no sourness, gas or pain. Bisurated Magnesia (in powder or tablet form) is the most efficient form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion. G. A. Gargas.—Advertisement.

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