FOOD DIRECTOR HEINZ CALLS FOR SEVEN WHEATLESS MEALS A WEEK

America Must Reduce Daily Wheat Ration One-Third to Provide Food to Keep Allied Armies on the Firing Line Over Winter.

A stirring appeal to every citizen in spaghetti, macaroni, noodles, pastry, the State of Pennsylvania to observe seven wheatless meals each week has seven wheatless meals each week has been issued by Howard Heinz, Direc-tor of the Food Supply Department of the Pennsylvania Committee of Public to department of that should be recognized is the case the Pennsylvania Committee of Public Safety. It follows:

"The appeals of recent months to the American people for such a con-servation of food as would enable us to fulfill our obligations to our own soldiers and our allies abroad have fallen upon willing ears and the response in patriotism and self-denial has been worthy of the best traditions of this great free nation.

'Notwithstanding, however, our undoubtedly great saving of important food staples, and particularly of wheat, the disappointing crops of the 1917 season and an over-seas demand greater, through the exigencies of war, than we had expected, has brought us to the verge of a grave crisis in the wheat situation that can be overcome by a more vigorous self-denial, a far greater degree of saving by the sub-stitution of other foods in place of wheat than anything we have before undertaken.

Save Wheat For Fighters.

"The demands of those who are help-ing to fight our battles for the cause of democracy and of their supporters behind the lines are urgent, insistent and compelling. They must be met. Any break in the regular movement of supplies from America at this time would mean inevitable disaster and it a fact which all should understand that our wheat supply is now known to be inadequate to permit a continuance of our present rate of home con-sumption and keep our own men and our allies on the firing line through the winter.

The greater wheat saving at home need not be a hardship. Americans like and know how to prepare appe-tizing breads of corn meal, rye and other cereals in substitution for wheat. Buckwheat and corn cakes, oats and oat products for breakfast are an American institution and we can increase our consumption of all these plentiful commodities with no injury to our health. "Mr. Hoover has asked that the re-

sponse to the request for cutting down the consumption of wheat flour be made at once, before it is too late. The needs of France, Italy and England, not to mention our own boys at the front, require us to curtail our the front, require us to curtail our consumption of wheat by one-third. The time to begin is today. It is now necessary to become more drastic in our saving. Mr. Hoover has asked the people of Pennsylvania to have wheatless meals each week, neven wheatless meals each week, seven wheatless meals each week, meals in which there will be absolutely no wheat flour used, either for

into the room. As he straightened he cake or bread. These meals should be preferably star-eyes, blue as the sky, now full so sorry-it was very heedless of me!"

of invalids or small children. At meals, we can substitute bread made wholly from corn meal, rye, buckwheat or some other cereal or we can use oat meal, rice or vegetables in place of bread

Substitutes Will Help.

"Mr. Hoover also asks that in addition to the saving by adoption of seven wheatless meals, we make a further saving in wheat by using as much as possible bread made from a mixture of wheat and other cereals. An appeal, therefore, is made in the name of President Wilson and Mr. Hoover to every man, woman and child and to every Pennsylvania home in which the spirit of patriotism lives to adopt these rules in their daily home life and to fulfill them faithfully and thus discharge the present sacred obligation."

ALL BIG FOOD DEALERS

Acting upon instruction from Washington, D. C., Howard Heinz, Federal Food Administrator for Pennsylvania, has made this announcement to all dealers in foodstuffs:

"The trades covered in the president's proclamation of October 8 should have applied for licenses to the license division of the United States Food Administration, Washington, before November 1. Some firms have not applied, and proceedings will be immediately initiated to suspend trading operations of such firms, un-The following trades are included in the above notice: Those engaged in business as cold storage ware-house men, commission merchants, auctioneers, manufacturers, brokers, wholesalers, retailers and all other dealers in grains and their by-prod-ucts, rice, dried beans, pea seed and dried peas, cottonseed and its by-products, vegetable oils, cooking fats, milk, butter, cheese, canned meats, poultry, eggs, fish, fruits, vegetables, canned eggs, fish, fruits, vegetables, and dried fruits, sugar syrups and mo-

Under the act of congress any per-son who fails to take out a license or who continues to do business after

from Hayden it meant everything. license. Anne

Under Cover.

"Johnny, did you go to the butcher's and see if he had calf's brains?" "Yes, mother, but I couldn't see them." "Why not?"

"Because he had his hat on."-Philadelphia Record.

When skinning fish it should be re-"If you don't like the company I membered that round fish are most keep-the door is not locked," Anne easily done if commenced from the head downward; flat ones, on the con "It will not need to be lockedtrary, from the tail end. against me, Miss Burton, I bid you In order to raise men it is necesgood evening," he said, rising, hands

sary to be above them.

The Trouble.

"Such a large proportion of telephone operators get married before they have been long in the service." "I see; it is hardly a case of ring cried, "Oh, have I hurt you? I am American.

All Letter Perfect.

"You've been to the altar three times, him," Anne said with a smile of soft I believe?" "Yes.' "And I twice. The minister is an such tales. An audacious flirt, even old timer. I guess we won't have to

rehearse."-Kansas City Journal.

Swift Times. "Why have you discontinued your column of comment on passing events?" "Events pass so quickly," explained the editor of the Plunkville Palladium. "there's no time for comment."-Kan-

as City Journal.

Marginal.

"Arthur, dear, did you say you were in the stock market?"

"Yes, on a margin." "Oh, that's different. I was afraid came. I know, of course, she is going way in."-Beston Transcript.

Treenails.

"Treenails," or "trunnels," as they wooden pins used in fastening the parts of wooden ships together. It rethe same. I told you she had been quires about 30,000 of these pins for shamefully led about. You stood in an average sized ship.

Possible Move.

A hen walked into a country bank. "Wonder what she wants?" hughed a loafer.

"I don't know how to be," she said. "Maybe she wants to deposit an egg "Not of anybody. Least of all Phillippa. You saw how I resented your to somebody's credit," suggested the cashier.-Spokane Review.

Named In the Bible.

There are mentioned in the Bible the "It may reasonably excuse," he said. names of nineteen different precious "And that with nothing ulterior. The stones, six metals, 104 trees and plants, thirty-five animals, thirty-nine birds, six fishes, eleven reptiles, twenty insects and other small creatures.

> The Selfish Obstacle. Hilpin - Taggers would make \$20



Walgrove turned from the box office. Disappointment was written on his face.

"There's not a seat to be had, Sis. I'm awfully sorry. But I expected it. There hasn't been a show like 'Back There' on Broadway for some time." His sister, Peggy, reflected his disappointment. However, she smiled. "It can't be helped, Vance," she said cheerfully, "but I should love to have seen it before going back home."

They were leaving the foyer relucof innocent concern, with red lips that off before it , ring on."-Baltimore tantly when two girls approached them.

"We have one seat extra in the fifth row," the elder of the two girls said, addressing herself to Peggy; "if you care to take it-it will help us out."

"We wanted two," Walgrove returned quickly, being quite accustomed to this manner of purchasing seats; "my sister is only in town until tomorrow, and I wanted especially to take her tonight." He lingered a moment while the two girls conferred in undertones.

The elder again spoke, this time addressing Walgrove:

"Miss Gale says she will let you have her seat since it is the only night your sister can come. Perhaps she and Miss Weeks will get seats another time."

"Oh !" Peggy exclaimed swiftly, and, turning to the girl: "This is too good of you. I wouldn't think of using your seat." She saw with swift comprehension that the girls had no doubt bought if I did not find out just how the end you'd got en ited and plunged all the the seats many weeks in advance by way of a rare treat. They apparently toiled for their theater tickets a few extra nights a week.

Gladys Gale answered, a slight blush as her footsteps grew faint outside. are commonly called, are cylindrical making her even more charming to look apon. "I am only happy to let a solfler have my seat," she said. "Nan Weeks and I will come another time." She spoke for a moment with her companion; then, with a swift nod which Included both Walgrove and his sister, she went out of the theater.

> "It is awfully good of your friend," Peggy continued speaking when, after Walgrove had exchanged four dollars for the two seats, they all went into the theater. "You see, my brother may be called out any moment, and I wanted to see as much of him as possible." She gazed rather proudly at the big man in khaki, and so did Miss Greene. The latter, much inclined to conversation, told Peggy about the small flat she had with the two other girls.

> "I just kind of keep an eye on Gladys and Nan," she said. "I'm a good deal older and feel motherly toward them. We all work during the day and now Nan has taken up Red Cross work.



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Florence, during the period when the De Medici family flourished, was in many respects a sinkhole of iniquity. It was a common practice to get rid of an enemy by means of poison. The De Medicis derived their name from the fact that the founder of the family was what today would be called a patent medicine exploiter.

This man who established a family lived many years before that family became the most prominent in Italy, giving sovereigns to Europe as well as popes. This story pertains to one Cecelia Del Carpo, whose mother was a De Medici.

One evening a young artist named Ricardo Cenci was strolling on the street in Florence that leads from the cathedral to the Ponte Vecchio, an ancient bridge that crosses the River Avno. As he entered upon the bridge he met Cecella face to face. Ricardo was as handsome as Cecelia was beautiful.

Ricardo was betrothed to Lucrecia Marini, as lovely a girl as there was in Florence. He did not notice Cecelia as he passed her, for he was going at the time to visit Lucrecia and was thinking of her alone. Cecelia inquired of a friend who was with her who Ricardo was and learned not only that he was a promising artist but also where his studio was.

The next day Cecelia appeared at Ricardo's studio and offered him a large price to paint her portrait. Ricardo declined because he was expecting an order to do some mural painting in St. Peter's at Rome. But Cecelia begged so hard, saying he could do her work at such times as he chose, that he yielded.

Cecelia, who had great influence at Rome, wrote to a relative there to delay the order for the mural painting and her object was accomplished. She came every day to Ricardo's studio and applied all her arts to win him. Sometimes she would appear gentle and innocent as a dove. Sometimes she would appeal to him through his art. Sometimes she would attempt to master him by dominating his will, and he resolved to foil her by marrying someone else.

It was not long before Ricardo began to dread her power over him and, fearing that he might wrong his betrothed, proposed to Lucrecia that they should be married. Lucrecia, who had learned of the situation, assented and they went to a priest and were united without the banns being published and without witnesses.

The day Cecelia's portrait was fin-

can wait," Anne said, as ungraciously as hospitality permitted. Phil opened her blue eyes wider than ever. She caught up a book and ran away, saying over her shoulder: "I came to MUST TAKE OUT LICENSES get it-wouldn't sleep a wink tonight

A deep blue color of the sky, even when seen through clouds, indicates fair weather; a growing whiteness, an approaching storm.

Apples that are to be baked should be pricked with a fork before being placed in the oven and they will not break while cooking.

There are in the city of Buenos Aires. Argentina, ninety-seven parks, promenades and plazas, with a total area of about 10,727,000 square meters (about 2,660 acres).

closely to our attention and that makes us realize their very great importance is of distinct value as an educational your way there are other things. agent.-N. L. Britton.

Because a man is permitted by his wife to sit out on the front porch and smoke his pipe he tries to give the impression that he is boss of the ranch. Florida Times-Union.

Give children fruit to eat between meals instead of crackers (which are hard to digest) and sweet cakes. Fruits supply the needed mineral element for the health of the body.

Cold boiled rice and cornmeal can be made into eatable cakes by adding salt, a little flour, two eggs, some sweet milk and baking powder. Fry on a hot, greasy griddle.

The pomegranate was early cultivated in Egypt; hence the complaint of the Israelites in the wilderness of Zin that this "is no place of figs, or of vines, or of pomegranates."

"She seems to be a natural flirt," he said.

"Natural?" the woman impatiently replied. "There's nothing natural about her but the framework."-Chicago Herald

"Now, Robert," said the teacher, "can you tell me what human nature is?"

"Yes, ma'am," replied Robert. "It's people 'fore they get into society."-Chicago News.

"To sell a coat to a man that wants a coat is nothing," said a successful tailor when instructing his son in the rudiments of his business, "but to sell a coat to a man that doesn't want a coat-that's business."

He (a former suitor)-So you are married after all. You told me once that you never intended to belong to any man. She-Well, that remark still holds good. He-But your husband? She-Oh, he belongs to me.

"What do you mean by trying to order me around?" asked small Johnny's mother.

"I'm just practicing, mamma," replied Johnny, "so I'll know how when I get married."-Exchange.

African Moslems.

Today African Moslems number little less than 60,000,000, about one-third of the total population.

Even the smallest pieces of finely broken glass can be easily picked up with a little wad of wet absorbent cotton, which can then be destroyed by burning.

The lord chief justice of England receives £8,000 (\$40,000) a year.

Trouble is the most thorough teach-Anything that brings trees more er in the school of experience.

Even if some things refuse to go

It takes two to tell the truth-one to tell it and one to hear it.-Thoreau.

One hour of the present is worth two in the future and a hundred in the past

He-Let's play some kissing game. She-Why bother with the game?-Puck.

The Siberian railway is the longest in the world. Its total length is 4,785 miles.

Pascal has a beautiful definition of rivers. He says they are roads that march.

Self made men, the genuine kind, never consider themselves finished .-Toledo Blade.

Flag day was founded by the Sons of the Revolution at a meeting held at Denver in 1894.

It is essential for the welfare of mankind that the welfare of trees be maintained.-Tree Talk.

Fruit jars can be easily opened if you will take hold of the top with a piece of sandpaper.

Gold lace was the earliest form of lace and is said to have been the forerunner of the thread lace of later days.

If men could put chains on the wheels in their heads as they do on their automobiles it might save them a lot of skidding.

More than 90 per cent of the alcohol and alcoholic drinks that are made in the Philippines are derived from the sap of palm trees.

To make mutton juicy and tender spread a little fat over it and dredge it with flour ten minutes before putting it in the oven.

Maryland sent tobacco to France and Holland three centuries ago. It sent the identical variety of tobacco to those ountries last year.

help saying, "You wouldn't trust me more a week by taking that new job. to judge for myself."

smiled at him, but could not

PHILLIPPA SANDS

By SUSAN SANFORD.

stiffly at his sides. With a ceremoni-

ous bow he walked steadily toward

the door. It burst open when he was

two feet from it, thrusting him back

saw fronting him a wild-rose face, with

"Don't cry, Phil-Mr. Hayden was

just leaving-else I should present

malice. Hayden stared. So this was

Phillippa Sands, of whom he had heard

hinted at as co-respondent in a pend-

ing divorce, he had felt more than jus-

tified in begging Anne to have done

with her-Anne, who was like a sister

"I believe in omens," he said, "fac-

ing about. "Therefore-I shall not go.

-unless you insist on it." His eyes

"Stay-if your 'pressing business'

to get him-after hating him half way

"May I apologize?" Hayden asked

"Why?" she asked. "Phil is-just

awe of Mrs. Grundy until you saw

Hayden hazarded. Anne laughed

slurs. Still, I am a little curious."

"Why beauty excuses," said Anne

with a dry chuckle. Hayden flushed.

sight of anything so charming makes

one who knows life understand the in-

stinctive jealousy it wakes in the un-

It was handsomely said. Coming

"As to what?" said Hayden.

"Are you jealous like those others?"

through-but I don't know how."

Anne looked at him steadily.

her."

scornfully.

dowered."

to him, only dearer.

asked for mercy.

said defiantly.

Hayden reached for her hand, pressed it between both his own and the court he has to give up half his answered, "I think it was because I earnings to his ex-wife.-Lamb. don't care to have you do anything for yourself. I'm so much bigger and uglier and rougher. I like to find for us both. What do you say?"

"Nothing-until you've had a fortnight of Phillippa," Anne bubbled, her eyes dancing. "If it leaves you constant, then I shall never have misgivings. That is, of course, supposing I make up my mind to say 'Yes.'"

"We will tell her, of course," Hayden said with decision.

tell-yet," she said. "Besides, that days until noon, provided they are atwouldn't be fair. You both are so tended exclusively by their proprietors human you could hardly resist forbid- and no clerks or laborers are employed den fruit."

In the last day of the fortnight Hayden walked with Phillippa through an enchanted October world.

day!" breathed Phillippa, standing grow where only one grew before." bare-headed beneath a golden maple. She faced him, looking him full in the eyes. "Forgive yourself for loving Boston Transcript. me," she said clearly. "You never meant to do it-no more than I didit came-all in a flash-"

"Yes!" Hayden assented bowing his head. "But why talk of forgiving myself? If you love me-we can defy the whole world."

"Except Anne," Phillippa said softly. "And-my conscience. Don't laugh-I have one. Could I ever be happy, knowing she sat in shadow?"

"She would not sit there-she is too fine, too strong. Besides, she left me Haven't seen you in the garden for free of her own choice," Hayden pro- quite a time. You never come to see tested doggedly. "That proves her me and the wife now. How is that?" wisdom-'

"It shall not prove my treachery," Phillippa interrupted. "So it is good- and your missus have borrowed so by for always. I'm going early tomor- many things from me that when I see row. I shall never come back."

firm. He tried to take her hand-she eluded him, and ran down the slope, never stopping till they came to the back gate of the garden. Phillippa flung open the gate, darted through it, and rushed upon her friend, crying: "Don't you dare cut roses for anybody, sister Anne-remember, I want all of them when I go."

"You are not going," Anne said, snuggling Phil in the hollow of her arm. ding. Yes-I am going to marry your crat. uncle Mark," nodding at a man of middle age, who stood smiling a little way off. "Don't cry because we kept our secret-you'll have time enough to worry over it the rest of your life." Hayden, behind her, looked at Anne and smiled: "I think we had better make it a double wedding," he said Anne gave him a pitying glance. "1 had no thought of anything else," she said; "I told Mark about everything an hour ago."

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Brassbette-Why doesn't he take it? Hilpin-He's too mean. By order of

Qualified. "Have you the firmness that enables

you to go on and do your duty in the face of ingratitude and ungenerous criticism?" "I ought to have. I once cooked for a camping party."-Washington Post.

Sunday In Argentina.

In Argentina the bakeries, groceries Anne shook her head. "Nothing to and cigar stores may remain open Sunon that day.

Not the Rake.

"That man is a benefactor of his "I am so glad it is like this-our last race who makes two blades of grass "So he is; but not the fellow who

sows a double portion of wild oats."-

Under Suspicion.

"I've noticed one thing." "And what is that?"

"No matter how hard the husband of brother. a prima donna works, nobody ever living."-Birmingham Age-Herald.

Gentle Hint.

"Hello, Jenkins! How are you? "Well." was the feeling reply of Jen-

kins, "the fact is, old chap, that you" your place it makes me feel quite Hayden entreated, argued-she was homesick."-London Telegraph.

> mother, "We'd never see our little boy again if you were drowned."

"Yes, you would," replied Arthur reassuringly. "They clean out the tank "Instead you will stay-for my wed, every week."-St. Louis Globe-Demo-

MORAL COURAGE.

It is moral courage that characterizes the highest order of manhood and womanhood, the courage to be just, the courage to ba bonest, the courage to resist temptation, the courage to do one's duty .- Samuel Smiles.

That's the reason she had to give up her seat tonight. She's been waiting for a vacancy in the home-care class and didn't expect it to come so soon." The rising of the curtain prevented further chatter, but Vance was conscious that his sister welcomed feminine companionship as well as his own. During the intermission Miss Greene again spoke of the small flat.

Peggy voiced her thoughts. Her eyes remained wistful. "You see, I don't know many girls in the city, and those whom I have met only care for restaurants and dancing. I quite envy you your little homey flat and late suppers. I suppose you have little studio aprons and a tiny kitchenette and pink potted plants in the windows."

Miss Greene laughed quickly. "You could not have described us better had you been in our flat." She paused a moment in thought while she cast a swift, searching look at Vance Walgrove. "He seems human," was her inward comment. She turned again to Peggy. "If you and your brother will come I will be so glad to telephone the girls to prepare enough supper for five instead of three tonight."

"Oh! I should just love it!" Peggy's real delight shone in her eyes. "I will persuade Vance while you are telephoning."

She had little difficulty with her

Miss Greene telephoned, and when gives him credit for earning his own the play was over a taxi whirled them swiftly down to the little flat.

> After introductions Walgrove naturally drifted toward Nan Weeks. She was slim and pale and seemed quite unable to stand the strain of typing all day long and studying nursing in the evening.

"But I would far rather die in a nurse's uniform than in ordinary office clothes," she argued softly to Walgrove. "You are doing your part," she ended, with a glance at his khaki, "so let me do mine."

The evening was altogether charming and they were all sorry when it was over.

Walgrove wanted to take Nan and Gladys to "Back There," since they had missed it, but neither was willing that he should sit through it twice.

"Then I'll get two more chaps and make a party of six," he announced. "I'm sorry you won't be here, Peg," he added.

During the drive back to the hotel Peggy talked much of the evening. "Nan Weeks is far too beautiful and sweet to nurse soldiers," she said firmly. "They will one and all fall desperately in love with her and their fevers will soar sky high whenever she tends them '

"Peggy-you're a brick! I knew you were seeing Nan Weeks as my wife almost before I did." He squeezed her hands affectionately. "I will have to make quick work of it, for we may be cared any day to France." (Copyright, 1917, by the McClure Newspaper Syndicate.)

ished Ricardo announced to her that he had been married. She flew into a rage that caused the artist to fear her more than ever, but in a different way. She left the studio in this mood, but presently returned in a different one. She said that it was only selfish of her to berate him for loving another, and since she could not possess him she would claim him for her friend. She hoped also to make a friend of his wife.

Ricardo was partly convinced by these professions and asked her to call on the woman who had vanguished her. He did not think it worth while to put Lucrecia on her guard, for he did not see any wrong that Cecella could injure her and he did not wish to further incur the latter's enmity. The two women met and, on the surface at least, were so friendly that Ricardo believed there was no rancor between them.

Cecelia invited them to sup with her in her palazzio, as they call fine dwellings in Italy. Lucrecia did not wish to accept the invitation, but her husband desired to avoid offending their would-be hostess and persuaded her to do so.

At the appointed time Ricardo and his wife repaired to Cecelia's palazzio and were received by the hostess in the most friendly manner. Ricardo was deceived. The only sensible thing he did after meeting the woman who was bent on bewitching him was to acknowledge to himself that she would succeed. But now he was acting very stupidly.

Lucrecia, being a woman matched against a woman, was on her guard. She pretended to have taken a desperate fancy to Cecelia and hoped that they might always be friends, but all the while during the dinner, if Cecelia forced upon her any dainty she declined it on the ground that it would not agree with her. She would drink no wine because there was gout in her family.

Finally Cecelia offered her a little dish of confections, saying: "Surely one of these will not hurt you?" Lucrecia took one of the sweets, saying that she loved something of the kind before going to bed. She would eat it at that time.

Cecelia turned pale, but she did not oppose her guest. Soon after this all arose from the table and, after a brief sitting together at a window overlooking the Avno, whose banks were beautifully lighted, Ricardo and his wife went to their home.

The next morning Cecelia's palazzio was closed and Cecelia was not in Florence. She had fled. Lucrecia gave the bonbon she was to have eaten before going to bed to a cat and in a few minutes the animal was dead.

In this war of wits between two women Lucrecia had won, by securing the evidence that her enemy was trying to poison her. Cecelia never returned to Florence.

Arthur, He Knew. Arthur had been asking that he be allowed to go swimming in a neighbor-

ing park pool. "I'll not allow it, Arthur," said the