

SUGAR PROBLEM IS SOLVED; SMALL SACRIFICE REQUIRED

Consumer Assured of Stocks For Preserving—Should Cut Table Use One-Quarter—Manufacturers Provided For.

The patriotic Pennsylvanian will join hands with Mr. Hoover and Mr. Heinz in their effort to save sugar, in order that our allies in Europe may be supplied with that very necessary article of diet. After all, the task set for the consumer is not a heavy one. "Cut your use of sugar about one-quarter," said Howard Heinz, U. S. Food Administrator for Pennsylvania, to an audience of Philadelphia housewives a few days ago. Surely not an onerous requirement.

To the manufacturer of certain products containing sugar the Food Administration says: "Limit your use of sugar to 80 per cent of normal," and even to this rule there are exceptions in favor of manufacturers who produce such necessities as fruit and vegetable preserves, catsup, chili sauce, canned milk, jams, jellies, ice cream, medicines, apple butter, honey, and meat preparations in which sugar is used for preservation.

For the housewife who desires to lay away preserved or canned food supplies against the future, special dispensations have been made. A simple system of sugar certificates enable her to obtain sugar in 25-pound lots from her regular grocer for such purposes, as well as the usual supply for current table and cookery use, in lots of 2 to 5 pounds at a purchase for residents of towns and cities and in 5 to 10 pound lots for country dwellers. To obtain these small current supplies no certificate is required.

There is plenty of sugar in Cuba and Hawaii, but enough ships to transport it all cannot be had, but your Uncle Sam has arranged to give the American public 80 per cent of the usual amount and that's enough. Just "do your bit" in this sugar matter—the little bit the government asks of you—and the problem will be solved. Save a teaspoonful here and a table-spoonful there, and help to whip the Hun.

USE A LITTLE LESS MEAT IN YOUR DIET

Reasonable Reduction of Consumption Necessary to Aid in Supplying Our Allies.

While the Englishman has been limited to two pounds per week of any kind of meat, the dweller in the good old Keystone State has been permitted for the last two months to "eat his head off" if he felt like it. Now poor old John Bull must pull his belt a little tighter still, for his weekly ration has been cut to less than a pound a week of such flesh as beef and other "butchers' meat," and a small additional quantity of bacon, fowl, rabbit, venison or horseflesh.

Pretty tough for John; for you will remember that he has always been a heavy meat eater, and the "roast beef of old England" is famous around the world. But John Bull is at war and we are fighting with him, shoulder to shoulder. In the matter of food, we are better off than he; it is our good fortune, not our right, in this world crisis. We would have no real cause to complain if we were compelled to take pot-luck with him. How much less cause, therefore, for any American to quibble or whine when the Food Administration asks him to cut down his consumption of meat a little—just reasonably—to meet the demand for shipment abroad to hungry John, who right now has mighty little of his favorite food and who, as our ally in arms and messmate, is entitled to this slight consideration?

Meat once a day is enough for most of us. Smaller portions and less "heavy feeding" would make most men and women healthier, wealthier and happier. In this country right now the supplies of other food than wheat, meat and sugar are greater than ever before in history. Utilize this condition of abundance to aid our Allies and save the world from the domination of the Hun.

FOOD CONTROL RESTRICTIONS

One thing that people are beginning to recognize is that the Food Administration will be just as ready to raise the restrictions upon the consumption of food when conditions warrant as it was vigorous in applying them. The Food Administration is a war agency. It is not an agency for correcting the habits of the American people, or for reforming American economic practices. It is co-operating with the American people to help them to win the war.—AMERICAN GROCER.

Battles in Kitchens.

The most momentous battles of the "Great War" will be fought and won in American kitchens. The American woman has in her keeping the destinies of the world and will fight the decisive conflict for a free earth. In her own kitchen with no other uniform than the kitchen apron and surrounded by her little ones she will "go over the top" to victory.

Barberry is a Hun—Kill It.

The tall barberry is an enemy of the United States, because it is an enemy of wheat. Wheat rust is spread by the pollen from the barberry flower. Dig out the barberry by the roots before it has time to bloom.

This is one way to fight the Hun.

No wheat to be used in manufacturing for anything but food.

Cut down the consumption of wheat by at least one-half.

WOMEN'S RESERVES CALLED TO COLORS

In Garden and Kitchen They Must Back Up the Fighters in the First Line.

In this great crisis of the world's history it is necessary that women live greatly. At the battle front they have performed prodigies of valor and have been decorated with the Cross of War for heroism under fire. The American woman, too, would like to drive an ambulance and bring out the wounded under shell fire; but the work behind the lines is even more important. It is not the single act of heroism that will win the fight, but the steady sticking to the job.

It is not a new task to which the woman is called, but the age-old task of feeding the family. Like the tribal women of old, we have sent forth our men and children to war, and we must take up the great first task of feeding for the family. But unlike that tribal woman, whose horizon was bounded by the tribal hunting ground, our horizon is the world. Our family that must be fed is made up of the great nations whose armies united under a single leader are facing the enemy. For those women who have eyes to see this is the coming back into a lost kingdom.

This year's campaign is a struggle of reserve against reserve; America is the last reserve; in overwhelming numbers our forces are being moved to the front; and behind the lines the women are asked to bring up their last reserves of energy and intelligence in the practical carrying out of food orders.

The food situation must steadily degenerate as long as the war lasts. It is therefore of prime importance to add every item to the total production. No woman with a foot of growing space at her disposal can afford to be merely a destroyer of rations, a dependent on the food supplies of a starving world. The Allied nations look to America for food. One object of the Food Administration is to bring as much food as possible under control and distribute these supplies where they are most needed.

America is today the careful guardian of the needs of the world. As the Food Administration anxiously counts the dwindling bushels of wheat, it asks of every woman, "To what extent can you make your home independent of this common store?"

How many potatoes and how many beans will you need? How many jars of tomatoes and how many of peaches? Sit down with pencil and paper and make a definite plan, remembering that every woman's real war work is to make the home pantry as independent as possible of the world pantry. Take stock of what you used during the winter and of what you have left on hand. Make an estimate of your grocery orders for the past winter and plan this year to reduce these to a minimum by substituting your own products. For instance, for sugar, substitute sorghum syrup and honey if they are available; for candy, home-made crystallized fruits and fruit pastes; for raisins, dried cherries; for tropical fruits, native fruits; for Brazil nuts, walnuts and hickory nuts; for canned meats, home canned meats; for shipped breadstuffs, neighborhood meals and flours.

To sum it all up—stop eating freight. Transportation is the greatest problem of the war and shipping space the most precious thing in all the world. Above all, don't eat from the pantry of the hungry Allies. With a little planning and much hard work you can fill your pantry with home-grown foods.

Now is the hour of our testing. Let us make it the hour of our victory—victory over ourselves; victory over the enemy of freedom.—Home Card, 1918.

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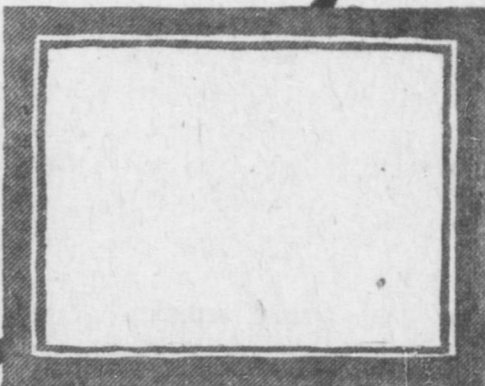
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AMERICAN NAVY ELIMINATES WASTE



SLICING BACON ON BATTLESHIP

JACKIES in the American navy are classed as the best fed body of men in the world. In the ship's galleys every effort is made to eliminate waste.

In the upper photo one of the cooks on the North Dakota is operating a meat slicer that cuts bacon with the least possible wastage. Fat is fuel for fighters. Bacon is badly needed in the allied armies and navies. The allied needs in pork products are 150,000,000 pounds monthly, three times as much as before the war.

Another waste eliminator on the North Dakota is the potato peeler, shown in the lower photo. Nothing is lost except the actual potato skin.

There is a sufficient quantity of po-



HOW THEY PEEL POTATOES ABOARD SHIP

tatoes in America for greater use in every home and for all needs of army and navy. Eat more potatoes, eat less wheat.

EVERYONE MUST HELP.

Wars cannot be fought without money, and upon the Treasury centers every financial demand upon the Nation.

The rich of this country cannot alone meet the needs of the Nation; the men of the country cannot do it alone; the women of the country cannot do it alone; but all of us, the people of the United States, disregarding partizanship, forgetting selfish interests, thinking only of the supremacy of right and determining to vindicate the majesty of American ideals and secure the safety of America and civilization, can do the great and splendid work which God has called upon us to do.

W. G. McADOO,
Secretary of the Treasury.

Next!

Courtney was making his first acquaintance with a cat. After examining the ears, nose, claws, and tail, he turned his attention to the mustache of Mr. Cat. After a silent and thoughtful inspection he looked up and said, "Aunt, do he shave?"

Jumping Rope Recorder.

All the vocal gymnastics have been taken out of the youthful pastime of jumping rope. A jumping rope has been invented which automatically registers the numbers of times it is turned. In other words, children can jump themselves to death without uttering a sound.—Popular Science Monthly.

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