

WILL Remain At Old STAND

When we announced our quitting business, we thought we could not release the building we are now occupying, but we have just made a satisfactory lease, hence will remain at the old stand where I will be pleased to have all my old customers and new ones.

THE GEM STUDIO
730 Phila. St. Opp. Moore Hotel Indiana, Pa.

Capano & Valenti
Creekside, Pa.

Notaio Pubblico

Spedizione di moneta in qualunque parte d'Europa
General Merchandise
Ufficio di fronte la "Sala Caneva"

Vestiti da Uomo e Ragazzi

MODICITA' E QUALITA'
DINSMORE BROTHERS

Indiana,

Penna.

GEORGE D. LEYDIC, direttore di pompe funebri
APERTO NOTTE E GIORNO
Telefoni: Local-Bell
732 Philadelphia St. INDIANA, PA.

VENDITORE
DI PIANOFORTI
E PIANOLE

DOVETE AMMOGLIARVI?



A Gift For The Bride

SHE will surely be delighted with it if you buy it here. If you are doubtful as to exactly what to get her we will be glad to advise you. Our years of experience in solving the same problem for hundreds of others is at your service. You will find the W-W-W Rings delightful. They are the work of masters in jewel craft. Gem set and solid gold yet within the reach of your pocket-book. They are absolutely guaranteed against cracking or loss of setting.

Nell'affermativa alla nostra domanda, crediamo suggerirvi un consiglio di capitale importanza. Nell'occasione del fidanzamento o degli sponsali voi bramate di regalare alla sposa un oggetto che figuri e riesca di sommo piacere. Ebbene, se veramente bramate tanto, recatevi da noi per la compera di anelli, collane orecchini, bracciali e ciondoli. Ne abbiamo di tutte le qualità e prezzi. Abbiamo altresì tanti altri oggetti di imprescindibile necessità ai soldati al fronte, che si possono ottenere a prezzi non mai fatti.

Qualità e Prezzi modicissimi

LUXENBERG

Gioielliere
INDIANA, PENNA.

HOME CARD TELLS HOW THE HOUSEWIFE CAN HELP THE SOLDIERS WIN THE WAR

Food Director Heinz Makes Public Latest Program For Conserving Wheat, Meat, Fats and Sugar—He Asks You to Send For Receipt Book.

Now, it's up to the housewife! President Wilson and Herbert Hoover have told us that FOOD WILL WIN THE WAR, and they have told us how to use the present supply of food to make a war victory possible. Howard Heinz, Director of the Food Supply Department, Pennsylvania Committee of Public Safety, and Federal Food Administrator for Pennsylvania, recently issued the text of the second Home Card. The card has on it a full explanation of what the United States Food Administration wants you to do to conserve food.

HANG THIS IN YOUR KITCHEN
UNITED STATES FOOD ADMINISTRATION
HOME CARD 1918

WHAT YOU CAN DO TO HELP WIN THIS WAR

Our Problem is to feed the Allies and our own soldiers abroad by sending them as much food as we can of the most concentrated nutritive value in the least shipping space. These foods are wheat, beef, pork, butter and sugar.

Our Solution is to eat less of these and as little of all foods as will support health and strength. All saving counts for victory.

The Food Administration asks every loyal American to help win the war by maintaining rigidly, as a minimum of saving, the following program:

Have **TWO WHEATLESS DAYS** (Monday and Wednesday) every week, and **ONE WHEATLESS MEAL** in every day.

Explanation—On "Wheatless" days and in "Wheatless" meals of other days use no crackers, pastry, macaroni, breakfast food or other cereal food containing wheat, and use no wheat flour in any form except the small amount that may be needed for thickening soups or gravies, or for a binder in corn bread and other cereal breads. As to bread, if you bake it at home, use other cereals than wheat, and if you buy it, buy only war bread. Our object is, that we should buy and consume one-third less wheat products than we did last year.

Have **ONE MEATLESS DAY** (Tuesday) in every week and **ONE MEATLESS MEAL** in every day. Have **TWO PORKLESS DAYS** (Tuesday and Saturday) in every week.

Explanation—"Meatless" means without any cattle, hog or sheep products. On other days use mutton and lamb in preference to beef or pork. "Porkless" means without pork, bacon, ham, lard or pork products, fresh or prepared. Use fish, poultry and eggs. As a nation we eat and waste nearly twice as much meat as we need.

Make every day a **FAT-SAVING DAY** (Butter, lard, lard-substitutes, etc.)

Explanation—Fry less; bake, broil, boil or stew foods instead. Save meat drippings; use these and vegetable oils for cooking instead of butter. Butter has food values vital to children; therefore, give it to them. Use it only on the table. Waste no soap; it is made from fat. Be careful of all fats. We use and waste two and a half times as much fat as we need.

Make every day a **SUGAR-SAVING DAY**.

Explanation—Use less sugar. Less sweet drinks and candy containing sugar should be used in war time. As a nation we have used twice as much sugar as we need.

Use **FRUITS, VEGETABLES** and **POTATOES** abundantly.

Explanation—These foods are healthful and plentiful, and, at the same time, partly take the place of other foods which we must save. Raise all you can for home use.

Use **MILK** wisely.

Explanation—Use all of the milk; waste no part of it. The children must have whole milk. Use sour and skim milk in cooking and for cottage cheese.

HOARDING FOOD. Any one buying and holding a larger supply of food now than in peace time, except foods canned, dried or preserved in the home, is helping to defeat the Food Administration in its attempt to secure a just distribution of food and the establishment of fair prices. The food hoarder is working against the common good and even against the very safety of the country. Hoarding food in households is both selfish and unnecessary; the Government is protecting the food supply of its people.

Loyalty in little things is the foundation of the national strength. **DIS-LOYALTY IN LITTLE THINGS GIVES AID TO THE ENEMY. KEEP THE PLEDGE.**

Do not limit the food of growing children. Preach and practice the "gospel of the clean plate."

Eat sufficient food to maintain health; the nation needs strong people. Housekeepers should help the stores to cut down deliveries.

Co-operate with your local and federal food administrators. Take their advice. Use local supplies; this saves railroad transportation.

Report to the nearest food administration officer the name and address of any person discouraging the production or saving of food.

WHY WE MUST SAVE FOOD

To the Members of the United States Food Administration:

The men of the Allied Nations are fighting; they are not on the farms. Even the men of the European neutral countries are under arms. The fields of both Allies and neutrals lack man-power, fertilizer and machinery. Hence the production of food by these countries has steadily lessened ever since the beginning of the war, while at the same time, the shortage of shipping has grown more and more serious, with the consequent, steady increase of difficulties in bringing food from the faraway markets of India, Australia and the Argentine.

The situation has become critical. There is simply not enough food in Europe, yet the soldiers of the Allies must be maintained in full strength; their wives and children at home must not face famine; the friendly neutrals must not be starved; and, finally, our own army in France must never lack a needed ounce of food.

There is just one way in which all these requirements can be met. North America must furnish the food. And we must furnish it from our savings because we have already sent our normal surplus.

We do not need to starve our own people. We have plenty for ourselves, and it is the firm policy of the Food Administration to retain for our people, by its control of exports, a sufficient supply of every essential foodstuff. We want nobody in our country to eat less than is necessary for good health and full strength, for America needs the full productive power of all its people. Much of the needed saving can be effected by substituting one kind of food for another. But the time has come to put aside all selfishness and disloyalty. The time has come for sacrifice.

The Allies ask us to meet only their absolutely imperative needs. They are restricting the consumption of their own people to the minimum necessary for health and strength. They are controlling their food by drastic government regulation. There is even actual privation among their women and children; there is starvation in Belgium.

The Allies need wheat and meat and fats and sugar. They must have more of all of these than we have been sending, more than we shall be able to send unless we restrict our own consumption. We can do it without harm, for as a nation, we are today eating and wasting much more food than we need.

The whole great problem of winning the war rests primarily on one thing: the loyalty and sacrifice of the American people in the matter of food. It is not a government responsibility, it is the responsibility of each individual. Each pound of food saved by each American citizen is a pound given to the support of our army, the Allies and the friendly neutrals. Each pound wasted or eaten unnecessarily is a pound withheld from them. It is a direct personal obligation on the part of each of us to some one in Europe whom we are bound to help.

If we are selfish or even careless, we are disloyal, we are the enemy at home. 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.

HOWARD HEINZ, Federal Food Administrator for Pennsylvania.
HERBERT C. HOOVER, United States Food Administrator.

FRENCH GIRLS WORK

AS 'CHIMNEY SWEEPS'

Pays Better Than Dressmaking—When Season Ends They'll Take Up Whitewashing.

Chimney sweeping has been taken up in Paris by two girls—Mlle. Cecile Sevestre, aged eighteen, and Mlle. Germaine Fleury, seventeen.

Asked why they had undertaken it, Germaine explained:

"We both worked in the same dressmaker's shop. The war obliged the directress herself to find work elsewhere, and consequently we had to do the same. My father is a chimney sweeper but men have all been mobilized and we offered to help him.

"Our customers are so surprised to see us and also so pleased with our work that we never leave a job without getting a good tip. Cecile has a fixed salary of seven francs a day and she usually gets four francs extra in tips. In the dressmaking trade she got three francs a day.

"Soot easily comes off. We have only to take a bath and dress to go to a theater if we feel like it. When our work is done no one can tell we are chimney sweeps. At first we felt the effects of climbing and jumping about on roofs, but now we're used to it and enjoy it.

"Next spring, when the chimney sweeping season is over we shall take to whitewashing. Go from black to white, see?"

MARRY THE SOLDIER

"Take Home a Soldier" Movement Responsible for Double Wedding.

Who started the "Take-Home-a-Soldier" movement?

Sergt. Clarence E. War and James E. Dozier of Company C, Balloon Division, Signal Corps, at Fort Omaha, accuse D. Cupid.

Last January they were invited to eat Sunday dinner at a home near the fort.

There they met Miss Thelma Fancher and Miss Clara Palmer, both of Fremont, Neb.

Miss Palmer and Miss Fancher appeared at the marriage license clerk's office on important business the other day. The same night, Sergeants Dozier and War asked for a leave of absence.

A minister performed the ceremonies and the newlyweds went to a show. Then the husbands had to return to their posts at Fort Omaha and the girls went back to Fremont.

"They're coming back when we get a longer leave of absence," declares Sergeant War, hopefully.

SPAIN KEEPS ITS OLIVE OIL

Recent Royal Decree Forbids Export of This Product.

A recent royal decree forbids exports from Spain of olive oil, of which large quantities formerly were shipped both directly and via France and Italy to the United States and other foreign markets from Barcelona and Seville. In southern Spain and in Catalonia the olive oil industry has been an important source of revenue to the growers, who exported to foreign refineries, whence the oil was often shipped to the United States as of really non-Spanish production. Recently the direct exports from Spain to the United States have increased considerably.

WOMAN NEAR DEATH

Hair Caught in Electric Wringer and Head Pulled Up to Rollers.

Mrs. Allen Weir, who lives west of Evansville, Ind., had a narrow escape from death when her hair was caught in an electric wringer.

Her hair was hanging loose and she had a scarf about her neck, when the scarf and hair were caught in the wringer. Her body was pulled up to the rollers. The obstruction threw a belt. Her husband found her in a short time, choking and unconscious. He obtained a pair of scissors and released her by cutting off her hair and the scarf. Mrs. Weir will recover.

PLAN MUSCLE RE-EDUCATION

Medical School Adds Course for Aid of Maimed Soldiers.

Re-education of muscles, a new branch of medical science developed by the war, will be added to the course at Hahnemann Medical College of Philadelphia. In explaining the idea, which has been tested in England and Canada, Professor Baker said when a man loses his right arm the muscles of the left arm are at first practically useless. Their adaptation to new uses can be greatly expedited by special training.

Georgia Needs Salt

After hundreds of farmers in Georgia had killed hogs and prepared to cure the meat, they discovered that salt in sufficient quantities could not be readily secured for the process. It was the first time since the Civil war, when the salt supply of Georgia was shut off by the Yankee blockade, that there has been a shortage of salt.

Bunny to Do His Bit

Kansas negroes who are fortunate enough to go against the Boches will all have the famous darky charm, the left hind foot of a rabbit, to keep him safe from the Teuton bullets. K. C. (Kroon) Beck, well-known Kansas naturalist and "rabbit king" of Kansas, has agreed to furnish every negro drafted man in the state a rabbit foot.

RICORDATE IL NOSTRO GARAGE

521 Philadelphia Street -- Di fronte al Central Hotel

Indiana, Penna.

Nel nostro Garage abbiamo macchine usate che vendiamo a prezzi di sacrificio. Venite da noi per accessori; camere d'aria, gomme, e tutto quello che e' necessario ai proprietari di automobili.

Si eseguono ordini

Lavoro garentito

J. Wettling & Son

Soli Agenti degli Automobili

MAXWELL and ALLEN