



**SARTI**

**Cappellai - Moda - Qualita'**  
"Agenti del Footers Dye Works"

*Wine & Wine*

Citizens Bank Bldg. INDIANA

**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.

Si eseguono ordini

Lavoro garentito

**J. Wettling & Son**

Soli Agenti degli Automobili

**MAXWELL and ALLEN**

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.

**RICORDATE IL NOSTRO GARAGE**

521 Philadelphia Street -- Di fronte al Central Hotel

**Indiana, Penna.**

**UNITED**

Doctors Specialist  
will again be at  
INDIANA, PENNSYLVANIA  
New Indiana Hotel,  
Monday June 24

One Day Only 9 a. m. to 6 p. m.  
Remarkable Success of Talented  
Physicians in Treatment of  
Chronic Diseases Offer Services  
Free of Charge.

The United States Doctors Specialist, licensed by the State of Pennsylvania for treatment of diseases of the stomach, intestines, liver, blood, skin, nerves, heart, spleen, rheumatism, sciatica, tapeworm, leg ulcers, weak lungs. Those afflicted with long standing deep seated diseases that have baffled the skill of the family physician should not fail to call for so great and wonderful has been their results that many former patients state it is hard to find the dividing line between skill and miracle.

According to their system no more operations for appendicitis, gall stones, goitre, tumors, piles, etc., as all cases accepted will be treated without operation or hypodermic injection, as they were among the first to earn the name of "Bloodless Surgeons" by doing away with all pain in the successful treatment of these dangerous diseases.

If your case is incurable they will give you such advice as may relieve and stay the disease. Do not put off this duty. A visit at this time may help you. It costs nothing.

Married ladies must come with their husbands and minors with their parents.

Laboratories: Milwaukee, Wis.

**IF YOU EAT THESE YOU EAT WHEAT**

**WHITE WHEAT BREAD**  
Made from flour refined from the starchy white center of the wheat kernel.

**WHOLE WHEAT BREAD**  
Made from flour made from the starchy center and some of the outer brown layers (bran) of the wheat kernel.

**GRAHAM BREAD AND GRAHAM CRACKERS**  
Made from flour containing all the wheat kernel, including the bran.

**MACARONI, SPAGHETTI, NOODLES**  
Made from wheat flour.

**WHEAT BREAKFAST FOODS**  
Sold under various names, not advertised as wheat products, made from the whole or part of the wheat kernel.

**VICTORY BREADS**  
Contain 75 per cent wheat.

**IF YOU EAT THESE YOU EAT NO WHEAT**

Oatmeal, Potatoes, Rice, Hominy, Barley and 100% Substitute Bread.

**100 PER CENT. BREADS**  
Corn pone, muffins, biscuits, all kinds of bread made only from corn, oats, barley and all the other wheat substitutes.

These are usually made with baking powder or soda and sour milk instead of yeast, and are sometimes known as "Quick Breads."

**EAT NO WHEAT**

**WHEATLESS DIET  
NOT INJURIOUS**

Howard Heinz, State Food Administrator, So Assures People of Pennsylvania.

Wheat can be cut out entirely from the diet without injury to health. This assurance is given to the people of Pennsylvania by Howard Heinz, Federal Food Administrator for the state. He said:

"I make this assertion without reservation, on the authority of the most eminent scientists in America, who have investigated the question most thoroughly. They conducted their investigation recently at the request of Herbert Hoover, U. S. Food Administrator. The Board of Inquiry was composed of such men as Dr. R. H. Chittenden, Professor of Physiological Chemistry, Dean of the Sheffield Scientific School at Yale; Dr. Graham Lusk, Professor of Physiology at Cornell; Dr. E. V. McCollum, Professor of Bio-Chemistry at John Hopkins; C. L. Alsborg, Chief of the Bureau of Chemistry of the U. S. Department of Agriculture; Dr. F. C. Langworthy, Chief of the Home Economics Division, State Extension Service, Department of Agriculture; Dr. Alonzo E. Taylor, Professor of Physiological Chemistry at the University of Pennsylvania. The other members of the board are men of equal prominence in scientific achievement. No group of higher physical authority could be assembled in America. To them was put this question: 'To what extent can wheat to which we are now accustomed in our diet be reduced without injury to the health of the individuals of the nation?' Their answer was: 'It is the scientific opinion of the committee that in a mixed diet wheat may be entirely replaced, without harm, by other available cereals, namely, rice, barley, corn and oats.'

"It is only because of the great national and international emergency which exists that the Food Administration makes use of this deliberate judgment of the physiological experts called in for advice. It is recognized that because of economic and commercial reasons not all of the people of the country can go without bread based on wheat, but it is certain that a great many people can do so easily, and it is my belief that most of the people in this country who can dispense entirely with wheat from now until the next harvest ought to do so, for the sake of maintaining the wheat bread supply for the armies and civilians of our fighting associates in Europe, as well as for our own soldiers in France."

**FOOD LICENSES REQUIRED**

All Wholesalers and Jobbers Come Under the Federal Act.

All wholesalers, jobbers, brokers or commission dealers in food supplies must take out a license to do business under the food regulations whether their annual business in the gross amounts to one hundred thousand dollars or not. Dealers who are strictly retailers are exempt from the necessity of a license if their gross annual business is less than one hundred thousand dollars. Dealers doing a combination wholesale or jobbing and retailing business no matter how small must take out a license. Any person who makes any sales to retail dealers, hotels, restaurants or public bakers is a wholesaler or jobber and is required to take out a license.

The foregoing points with reference to the interpretation of the Federal Food Control Act were brought out by Howard Heinz, Federal Food Administrator for Pennsylvania. Mr. Heinz desires to make it clear that the rule requiring licenses applies to all wholesalers and jobbers regardless of the volume of business they transact.

So long as the boys are at the front, difficulties are to be subdued, impossibilities to be trampled down.

In England "His Majesty the King" and the humblest subject have duplicate ration cards.

**MOVEMENT TO SAVE  
THRESHING WASTE**

Assistance to Farmers in Harvest Time Planned by the Government.

A project to mobilize America's threshermen to save millions of pounds of wheat, now lost by inefficient threshing practices, is announced by Howard Heinz, U. S. Food Administrator for Pennsylvania.

To do this, a special Grain Threshing Division has been created as a part of the Food Administration Grain Corporation in Washington, with Captain Kenneth D. Hequemour, U. S. R., at its head. Captain Hequemour is actively engaged in wheat production in Oklahoma, and for some years has had first-hand experience in threshing operations. The Grain Threshing Division will have national headquarters at the office of the U. S. Food Administration Grain Corporation, 42 Broadway, New York City.

It is estimated that from one to ten per cent of the wheat crop is lost to the country by hurried and careless operation and inefficiency of threshing machines. In some instances, however, losses are materially greater than in others. Waste in threshing depends largely upon the condition of the machine as it enters the harvest field and the care with which it is operated.

It is estimated that a total of three and one-quarter bushels in every hundred threshed may be saved.

Threshermen's assistants will be located in each state to co-operate with threshermen requiring expert help. The threshermen's assistants will be called upon by County Threshing Committees whenever needed. Their duty will be to advise in overhauling the machines, to assist in acquiring expert labor, to supervise repair jobs when the owner so desires and the time permits. The County Threshing Committees will be composed of the County Food Administrator, the County Agricultural Agent, and a retired thresherman representing the state or local Council of the National Defense.

**CLEAN YOUR FARM TOOLS**

Necessity Exists Now For Strictest Conservation of Machinery.

M. T. Phillips, one of the farmers' representatives in the U. S. Food Administration for Pennsylvania, suggests to farmers of the state the advisability of a special care this year in the matter of farm machinery in view of the seriousness of the manufacturing situation and the scarcity of materials. Mr. Phillips said:

"The present high cost of all farm machinery and repairs of all kinds makes it most essential that every care should be exercised in keeping in order all machinery, tools, etc., used on the farms.

"It takes but little time to rub off the dirt and rub some oil on the harness, at least a few times during the year. This will preserve the leather that is so expensive and necessary just now.

"Clean up the machinery and tools and see that they are repaired when put away, and if kept under cover when not in use, they will be ready to go to work when next needed.

"We farmers are justly criticized for the extravagant waste caused by the unnecessary exposure and lack of care of our machinery.

"This is surely a very necessary way to conserve in these serious times."

There's not a pair of legs so thin,  
There's not a head so thick,  
There's not a hand so weak and white,  
Nor yet a heart so sick,  
But it can find some needful job that's  
Crying to be done,  
For the Glory of the Garden glorified  
Every one.—Rudyard Kipling.

War is an ugly thing, but a German peace is uglier. Russian farmers are producing German food.

If you believe in peace you will fight to get it.

**HEINZ URGES  
SIMPLICITY**

War-time Brings Necessity For Economy and Earnest Conservation Effort.

**AVOID ALL EXTRAVAGANCE**

At Public Banquets and in Home Entertainment Needs of the Nation Should be Considered.

Howard Heinz, Federal Food Administrator for Pennsylvania, made an emphatic statement regarding the waste of food which he believes may occur in too many instances, in private homes through elaborate dinner parties, and at public entertainments in the shape of costly banquets. He said:

"At intervals, for months past, I have read in the columns of the daily newspapers of the state accounts of elaborate private entertainments in the way of luncheons, dinners and similar functions in which there doubtless is, in at least some instances, a great and unnecessary waste. The food is often prepared and served on such occasions in such a way that it is practically impossible to utilize any of the remains of the banquet or make available for use the food in any other form.

"Our people should refrain from elaborate dinners and social entertainments where costly meals are a feature. This class of social functions should be marked by war-time simplicity. In all things there should be strict observance of Food Administration rules. The number of extra meals should be minimized. They are, for the most part, unnecessary.

"We are at war. The families of England have meat only twice a week. In France the population between 13 and 60 years of age is permitted to have only one and a half slices of bread per day per person. To win the war we must not only preach conservation, but practice it.

"I am not only opposing the idea of private dinners, public banquets or social functions, but I insist that war-time simplicity should prevail at them by moderation in the number of courses served. I urge upon our people that dinners, luncheons and banquets should be an example to the world of rigid conservation of food. Portions should be smaller. They should be prepared and served in accordance with food laws. Articles of diet not on the restricted list should be used.

"At commercial and business gatherings an example should be set and a menu in accordance with the strict requirements of the war-times in which we live be offered.

"Food waste is a crime. It is a crime against the starving millions of Europe, who are asking us for food; it is a crime against our soldiers and the soldiers of our Allies, who are fighting for us on the battle fields of Europe."

**"SAVE ICE," SAYS  
FOOD DIRECTOR**

Mr. Heinz Points Out Need For Conservation and Warns Against Waste.

"Saving of ice has become an imperative duty on the part of all consumers," said Howard Heinz, U. S. Food Administrator for Pennsylvania. "It is true that large supplies of natural ice were stored last winter, but it is a question whether the supply will be sufficient to meet the heavy demands which an unusually hot summer may bring about. Certainly all waste should be eliminated.

"There will be heavy drafts on the ice supply this summer for refrigeration purposes in the shipment of meat abroad, as well as for the transportation of fruit and fresh vegetables in this country. Preparation should be made by the public to meet this situation, and I hope for the co-operation of the people of Pennsylvania in conserving the supply.

"Manufacturers of artificial ice may find themselves handicapped by the shortage in the ammonia supply. Demand for ammonia in the manufacture of ammunition is steadily increasing, and, as the war goes on, these increases will continue. The ammonia situation is not serious or threatening now, but it is just as well to provide against possibilities as well as probabilities.

"Householders should never allow ice to lie on the doorstep and melt after it has been delivered from the wagon. It will last longer in the ice-box or refrigerator if wrapped in a thick covering of newspaper or cloth. Restaurants and hotels which are in the habit of serving a large heap of cracked ice in deep dishes when serving clams may well save something in that service. Dispensers of the various beverages will be able to effect economy in the use of ice if they give the matter attention.

"There is no doubt that thousands of tons of ice are wasted every summer and a large part of this waste is avoidable."