

IL PATRIOTA

(THE PATRIOT)

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GRAVE SENTENZA PER IL RI-

FIUTO AL SERVIZIO MILI-TARE

Washington, 20—Il segretario della guerra, Mr. Baker, ha dato oggi la sua approvazione alle sentenze di condanna da un minimo di 18 mesi a 20 anni di carcere pronunciate dai tribunali militari contro "coloro che cospicuamente rifiutarono di prestare servizio militare. La maggior parte dei condannati si sono rifiutati di entrare nei ranghi militari allegando di non potere combattere contro truppe tedesche, o austriache nei cui ranghi militano loro parenti.

QUATTORDICI AEROPLANI

AUSTRIACI ABBATTUTI.

Londra, 9.—Un comunicato ufficiale emesso ieri diceva: "Dal 25 maggio gli aviatori inglesi hanno distrutto quattordici aeroplani austriaci al fronte italiano ed uno ne hanno costretto a discendere.

Una sola macchina inglese non è ritornata alla propria base."

I sottomarini tedeschi han portata la guerra nelle acque americane. In agguato fuori le coste del New Jersey, attaccavano e mandavano a picco battelli senza difesa, in servizio costiero.

Per quanto finora si sappia, non meno di quindici vascelli, fra grandi e piccoli, sono stati mandati a fondo, ed una delle vittime è stato il piroscafo "Carolina" della Linea New York-Portorico, il quale trasportava duecento passeggeri.

Dei quindici battelli andati perduti, ieri sera si sapevano i nomi dei seguenti:

- Hattie W. Dunn, di 365 tonnellate, con equipaggio di sei persone
- Edward H. Cole, di 1791 tonnellate, con equipaggio di 1 persona.
- Isabel B. Wiley, di 611 tonnellate, con equipaggio di 8 persone.
- Jacob S. Haskell, di 1362 tonnellate, con equipaggio di 28 persone.
- Edna.
- H. Z. Tratt.
- Hauppauge, di 1339 tonnellate, con equipaggio di 8 persone.
- Caroline, di 5093 tonnellate, con 340 persone a bordo, fra passeggeri ed equipaggio.
- Samuel M. Hathaway, di 1038 tonnellate, con equipaggio di 9 persone.

INDIANA DYE WORKS

720 Philadelphia Street,
Pulisce nel modo migliore e desiderato i vostri vestiarii da farli figurare nuovi.
Servizio pronto ed accurato a prezzo di vera convenienza e soddisfazione. Portate o spedite le vostre robe da pulire mezzo "Parcel Post" e ve le ritorneremo a mezzo da voi indicato e preferito.
ACCURATEZZA, SODDISFAZIONE, MODICITA'.

"EAT NO BEEF," HEINZ URGES

If You Must Have It Confine Yourself to 1 1-4 Pounds Per Week.

RESTAURANT RULES STRICT

Boiled Beef Twice a Week, Beefsteak and Roast Beef Only Once on Menu.

BEEF SAVING RULES

IN THE HOME
Eat no beef whatever, if possible. Allow yourself, as an absolute maximum, not more than 1 1/4 lbs. of clear beef per week, if you must have it.

IN RESTAURANTS AND HOTELS
Restaurants must not serve boiled beef at more than two meals per week.
Beefsteak at not more than one meal per week.
Roast beef at not more than one meal per week.

"Eat no beef, if you can get along without it.
"One and one-quarter pounds of beef per person per week, or one and one-half pounds, counting the weight of the bone, if you need it and must have it."
These are the rules for patriotic Pennsylvanians, as announced by Howard Heinz, U. S. Food Administrator for Pennsylvania. They will continue in force until further notice. Mr. Heinz makes clear the reason for the new order in the following statement:

"The rapidly decreasing supply of beef in France, coupled with the demands of our constantly growing army in Europe and those of our Allies for beef, causes increased drains on the available supply. If we are going to do our duty by our boys in arms and our Allies, we must conserve the beef here at home, in order that they may have sufficient food. This can be done and will be done; and it will entail no serious hardship on our people. There is a plentiful supply, if pork and a reasonable quantity of other meat is used. Nobody need suffer for the want of flesh foods.

"Following his usual practice, Mr. Hoover asks that the American people shall voluntarily refrain from the consumption of beef during the coming months and suggests as the absolute maximum not more than 1 1/4 pounds of clear beef and 1 1/2 pounds of beef with the bone in it per person per week.
"Of course, many people, realizing the present great need for beef to feed our soldiers and the troops of our Allies, will refrain entirely from its consumption, but munition and shipyard workers and others who have heavy physical work to perform may feel the need of this maximum quantity of 1 1/2 pounds per week.

"Hotels and restaurants are instructed not to place on their menus or serve boiled beef at more than two meals weekly and to serve beefsteak and roast beef at only one meal weekly, at most.

"There is plenty of pork for all of us and we may satisfy our appetite for meat with fresh pork, bacon, ham, sausage, etc., as well as by the occasional use of mutton, lamb, fish and poultry.

"It may seem a little strange that we are asking for conservation of beef at this time and a slightly more liberal use of pork, in view of just the opposite having been the case last winter, but the reason is easily understood.

"The stock feeders, in order to save the soft corn that was left in the country upon the early advent of winter last year, fed it to the hogs in more plentiful than normal quantities and this resulted in a premature ripening of hogs and the consequent early marketing. This soft corn is not of a nature that can be used for food for humans and this step was taken by the hog raisers in order to help the corn growers and as a result we find ourselves with a sufficient quantity of pork to care for all our needs if used intelligently.

"There are so many elements entering into the feeding of the nation, our soldiers and the allies, such as the changes in conditions of production, transportation facilities, available shipping space, troop movement, etc., that we must all realize there will be constantly changing conditions that will have to be met. We must expect frequent changes and even reverses in the requests for conservation in some commodities and a more normal consumption of others.

"This is a time for the fullest measure of co-operation on the part of all of us."

If you boil your vegetables, never throw away the water in which they were cooked. It contains valuable material. Use it as the basis of a soup.

Radishes, red or white, when a little too old to be eaten raw, may be cooked like turnips and served.

WHY YOU SHOULD "HOOVERIZE"

Following the orders of the Food Administration, in letter and in spirit, is one of the greatest services you can render to your country. This program means international food sharing.
Food will defeat Germany's intention to use starvation as a force to compel submission of the Allies. Plenty of food also makes possible an aggressive Allied war policy.

SAVE THE BAGS

Farmers' Representative Issues an Appeal For New Economy.
C. J. Tyson, representative of the farmers in the U. S. Food Administration for Pennsylvania, urges upon the attention of the agriculturalists of this state the necessity for the greatest care in the matter of their use of bagging, especially burlap bags.

"There is," he says, "an extreme shortage in the supply of jute from which burlap is made. This product is imported from India and the shortage of ships has interfered materially with the supply while the demands of the army for these bags which are used in trench warfare is further depleting the supply.
"Fertilizer and other products used by farmers are customarily shipped in bags made of burlap."
Mr. Tyson makes the practical suggestion that the patriotic farmer will have every pound of fertilizer shipped in 200-pound bags, if possible. It is estimated that the monetary saving possible in the handling of the three million tons of fertilizer now shipped in smaller bags will amount to four million dollars annually if the product were shipped in 200-pound bags.

As an example of the difficulties arising from the shortage of jute it is noted that manufacturers of linoleum who use just cloth in the packing of their product are finding great difficulty in obtaining sufficient supplies and that they are experimenting with cotton fabrics, in the hope of finding a satisfactory substitute for jute.

The French like peas cooked in lettuce leaves in the top of a double boiler or laid in lettuce leaves in the top of a strainer. Sometimes, too, they add a parsley leaf or a mint leaf to peas in the cooking to give them flavor, but the plain flavor of well-cooked green peas is very pleasing without any additions.

Soak celery and cabbage 15 or 20 minutes before using so that any insects or worms will come out.

Potatoes, too, may well be cooked in their jackets.

"LOOKING AHEAD" IN WHEAT CRISIS

Food Administration Will Follow Example of Joseph and Provide For Future.

Joseph interpreted the dream of Pharaoh and said:

"Behold, there come seven years of great plenty throughout all the land."

"And there shall arise after them seven years of famine; and thou shalt gather all the wheat of those good years that come and lay up corn, and let them keep food in the cities."
"And that food shall be for store to the land against the seven years of famine."

It is no dream which Mr. Heinz interprets when he warns the people of Pennsylvania against waste and calls upon them to conserve to the utmost this year's abundant crops. The prospect of a bumper wheat yield this year, he says, is no reason for changing the measures already in effect to save wheat against future needs.

"For many years past," he explains, "we have never come to the beginning of any harvest without a surplus stock of wheat held over from the previous year and unconsumed. This surplus was the insurance against the future; it was the saving factor in case of a crop failure, which is apt to occur at any time. This year was an exception. Our surplus from 1916 was small. The 1917 crop was very small. Now, just before the 1918 harvest, we find our wheat bins swept clean, with the demands upon us greater than ever before.

"We must, therefore, follow the time-honored and oft-tested precedent established by Joseph and gather the food of the good years that come, for store against the years of famine. We must accumulate a new surplus to take the place of that which has been swept away. It is more than prudence to do so: it is a vital necessity. This year's wheat crop will be large; next year's crop may be a failure—no one can predict. But out of this year's supply it is entirely possible for us to accumulate a surplus which would avert disaster which a crop failure in 1919 would surely bring.

"I urge the people of Pennsylvania to have this in mind. 'Eternal vigilance is the price of safety.' Let us exercise it in full measure in the matter of our wheat supply."

Try steaming green vegetables instead of boiling them.

Soak wilted vegetables in cold water until they are crisp and fresh.

U. S. Must Cut Use Of Wheat by One-Half

America Consumed 42,000,000 Bushels Monthly.
From Now Until Harvest Must Use Only 21,000,000.

RATION PER PERSON IS 1 1/2 POUNDS OF WHEAT PRODUCTS WEEKLY

Military Necessity Calls for Greater Sacrifice Here—Allied War Bread Must Be Maintained—Our Soldiers and Sailors to Have Full Allowance.

If we are to furnish the Allies with the necessary proportion of wheat to maintain their war bread from now until the next harvest, and this is a military necessity, we must reduce our monthly consumption to 21,000,000 bushels a month, as against our normal consumption of about 42,000,000 bushels, or 50 per cent. of our normal consumption. This is the situation as set forth by the U. S. Food Administration at Washington. Reserving a margin for distribution to the army and for special cases, leaves for general consumption approximately 1 1/2 pounds of wheat products weekly per person. The Food Administration's statement continues: Many of our consumers are dependent upon bakers' bread. Such bread must be durable and therefore, requires a larger proportion of wheat products than cereal breads baked in the household. Our army and navy require a full allowance. The well-to-do in our population can make greater sacrifices in the consumption of wheat products than can the poor. In addition, our population in the agricultural districts, where the other cereals are abundant, are more skilled in the preparation of breads from these other cereals than the crowded city and industrial populations.

With improved transportation conditions we now have available a surplus of potatoes. We also have in the spring months a surplus of milk, and we have ample corn and oats for human consumption. The drain on rye and barley, as substitutes, has already greatly exhausted the supply of these grains.

To effect the needed saving of wheat we are wholly dependent upon the voluntary assistance of the American people and we ask that the following rules shall be observed:

1. Householders to use not to exceed a total of 1 1/2 pounds per week of wheat products per person. This means not more than 1 1/2 pounds of Victory bread containing the required percentage of substitutes and one-half pound of cooking flour, macaroni, crackers, pastry, pies, cakes, wheat breakfast cereals, all combined.

2. Public eating places and clubs to observe two wheatless days per week, Monday and Wednesday, as at present. In addition thereto, not to serve to any one guest at any one meal an aggregate of breadstuffs, macaroni, crackers, pastry, pies, cakes, wheat breakfast cereals, containing a total of more than two ounces of wheat flour. No wheat products to be served unless specially ordered. Public eating establishments not to buy more than six pounds of wheat products for each ninety meals served, thus conforming with the limitations requested of the householders.

3. Retailers to sell not more than one-eighth of a barrel of flour to any town customer at any one time and not more than one-quarter of a barrel to any country customer at any one time, and in no case to sell wheat products without the sale of an equal weight of other cereals.

4. We ask the bakers and grocers to reduce the volume of Victory bread sold, by delivery of the three-quarter pound loaf where one pound was sold before, and corresponding proportions in other weights. We also ask bakers not to increase the amount of their wheat flour purchases beyond 70 per cent. of the average monthly amount purchased in the four months prior to March 1.

ALLIED FOOD SHIPMENTS REACH LARGE TOTAL.

A general idea of the quantity of food sent to European allies by the United States from July 1, 1914, to January 1, 1918, is given by figures just announced by the U. S. Food Administration. In that period the United States has furnished complete yearly rations for 57,100,933 people. In addition there was enough extra protein to supply this portion of the diet for 22,194,570 additional men.

The total export of wheat and wheat flour to the three principal allies is equivalent to about 884,000,000 bushels. Pork exports for the 3 1/2 years amounted to almost 2,000,000,000 pounds. Exports of fresh beef totaled 443,484,400 pounds. The amount of food exported to Russia is negligible compared with that sent to the western allies.

★ **ONLY AMERICA CAN HELP.** ★
★ "On your side are boundless ★
★ supplies of men, food, and mate- ★
★ rial; on this side a boundless de- ★
★ mand for their help. ★
★ "Our men are war-weary and ★
★ their nerves have been strained ★
★ by more than three years of ★
★ hard, relentless toil. ★
★ "Our position is critical, par- ★
★ ticularly until the next harvest, ★
★ but the United States can save ★
★ us. ★
★ "You Americans have the men, ★
★ the skill, and the material to ★
★ save the allied cause." ★
★ **SIR JOSEPH MACLAY,** ★
★ **British Shipping Controller.** ★

SUGAR RULES MORE STRINGENT

Destruction of Ships Calls For Increased Measures of Conservation.

SALES STRICTLY LIMITED

Merchants May Sell Only Two Pounds at One Time in City and Five in Country.

New and increased measures for sugar saving have been announced by Howard Heinz, Food Administrator for Pennsylvania. His statement follows repeated warning to the public from Mr. Hoover regarding the seriousness of the situation. More rigid conservation than ever has now been forced upon the nation suddenly by the recent sinking of ships by German submarines off the American coast, and the interruption of steady shipments.

In view of this condition, therefore, the previous ruling has been restored regarding the purchase of sugar for domestic purposes; namely, not more than two pounds to one purchaser in cities and towns and not to exceed 5 pounds in the rural districts. This ruling does not affect the orders regarding canning requirements during the canning season. If absolutely necessary, the total quantity that can be purchased by housewives may have some limitation placed upon it.

Sugar for less essential purposes will undoubtedly be greatly reduced and manufacturers of non-essentials will be curtailed in their use of sugar after the first of July.

It is the desire of Mr. Heinz to avoid, if possible, the issuance of sugar rationing cards, but unless there is a general curtailment in the table use of sugar and for pies and cakes, sugar cards are not an impossibility in the near future.

Information was brought to the attention of the Administration within the past few days, showing that in a number of cafes and restaurants the open sugar bowl on the table is still retained. Ample notice has now been given of the illegality of this practice. Investigators are gathering names and evidences in such cases.

AMERICAN FARMER HAS FED ALLIES

Producer and Consumer Working Together Has Achieved Victory For Democracy.

The American people have achieved a victory for democracy. They have proved they can govern themselves. Through all sorts of agencies the United States Food Administration has endeavored to bring home to the nation the vital necessity for sending wheat, meat, fats and sugar "over there."

Before the war we used to send across about 85 million pounds of pork products every month. In 1916, before we were really "in it," there was a great demand, and so we began to send more. We even got up to 121,000,000 pounds a month. But our herds of hogs decreased in doing this, for we were increasing our own consumption to a great extent. That meant that there had to be a big change somewhere and so, in the latter half of 1917, even with all our conservation, we got up only to 74 million pounds a month.

Now comes the startling part of the story. Today, with practically the same herd of hogs in relation to the population that we had before the war, we are exporting about 285 million pounds every month that is more than three times as much as in peace times.

As for beef, before the war we used to send over 17,000,000 pounds a month, while today we are shipping 70,000,000 pounds a month.

Perhaps wheat has been our biggest problem. We have realized how very important it is to give the Allies wheat. To them, the "staff of life," the "daily bread" of their prayers, is the wheat loaf. Our wheat crop of 1917 was larger than the 1916 crop, but it was more than one hundred and fifty-five million bushels less than the average production for the years 1911 to 1915. If we had eaten as much as we usually do, we would have had only twenty million bushels to send abroad.

We realized then, and we are still realizing, that we must not eat as much as usual. We have sent one hundred and twenty million bushels and by September 1 we will have increased this total amount by many millions.

Let the German militarists still argue that "democracy is a failure." They do not know the democracy of America!

Great Wheat Stocks Isolated.

It's the shortage in ships that is putting the Allies and the United States on wheat rations. Great stocks of wheat are isolated in India, and Australia. At great sacrifice in ship space and use the Allies are forced to secure some wheat from Argentina.

On January 1, Australia had stored 100,000,000 bushels of wheat that was ready for export—but there were no ships. Then came the new crop with an exportable surplus of 80,000,000 bushels. Now Australia has approximately 180,000,000 bushels waiting for ships.

India, at the same time, had 70,000,000 bushels of wheat stored for export. During April 50,000,000 bushels more out of the new crop will be added to the pile.

Argentina closed the last shipping season with 11,000,000 bushels of wheat left in the stock available for export. The new crop will add 135,000,000 to the left over.

It is not a problem that the wheat does not exist in the world—it is entirely a problem of shipping, which has thrown on America the obligation of dividing our stock with the Allies.