

Empty Your Pantry OF WHEAT FLOUR

That the soldiers and war workers of the United States and her allies may not go hungry, do this:

Remove the wheat flour from your pantry or storehouse and telephone Sibley, Lindsay & Curr Company or Duffy-Powers Company to carry it away. Ask for grocery department.

You will receive no money for the flour, but you will have the everlasting gratitude of those who are fighting your battles overseas.

If you are not able to give all your flour share your supply.

This is but a tiny denial asked "over here" in return for their sublime sacrifices "over there."

Telephone to-day or, better, take the flour yourself to one of the receiving stations. You will get a receipt—a mark of bravery on the home battlefield.

Have you plowed or spaded your war garden? If not, start at once.

MONROE COUNTY FOOD ADMINISTRATION GEORGE D. B. BONBRIGHT, Administrator

FARMERS WILL DO FULL SHARE

Governor Strong of Federal Reserve Bank Predicts Heavy Subscription to Third Liberty Loan.

INTENSIVE DRIVE PLANNED

Farmers to Keep Own Record of Bond Investments to Be in a Position to Refute Erroneous Statements Committed to See That They Get Square Deal.

Benjamin Strong, Governor of the Federal Reserve Bank of New York, is convinced that the farmers will subscribe liberally to the third Liberty loan. Speaking of the approaching campaign, he said:

"A great deal has been said in discussing the first and second Liberty loans with regard to the subscriptions on the part of farmers. Many people have said that the farmers have not subscribed as generously as the national emergency required."

"The Liberty Loan Committee of the Second Federal Reserve district which includes New York and part of New Jersey, determined at the close of the last Liberty loan to investigate this matter with the greatest fairness and to see to it that the facts with regard to the farmers in this district were learned and that any false impressions were corrected."

"All the heads of prominent farm organizations and a great many individual farmers have been consulted, and the outstanding fact developed by these investigations has been that the farmers are willing to do their share and have an adequate representation on the committees which are doing the work so that the facts have not been distorted by any party."

"Arrangements have been made to do this in the future. It is the result of the intensive drive of the Liberty Loan Committee of the Second Federal Reserve district. The farmers are a part of the organization and have assumed a personal responsibility to see to it that they subscribe as generously as any other group of patriotic citizens. Arrangements have been made by the farmers themselves to keep a record of their subscriptions in order to end once for all the charge

that they have not invested in Liberty bonds.

It has also been learned by the investigations made in this district that in a great many sections farmers were represented on committees in the last loan and that where this was done farmers subscribed generously despite the fact that they have had a great many problems to solve in connection with their service to the country in war time during a great variety of times.

Farmers have been called upon to produce food, they have been called upon to increase their acreage, they have been met with severe problems of rising costs. At the same time, the work of one farmer, this is it, is the work of another. The farmer has always done their part and will always continue to. Now that farmers who understand farm problems have been given a voice in the committees of the treasury department committees in this district there will be no further need for any one in the cities to complain that the farmers have not done their full share."

The issue in seven words. President Wilson has condensed the issue into seven words. "Will you cooperate or will you obstruct?" he asked the striking shipyard workers. On this issue rests the fate of civilization.

With Liberty bonds the nation is bound together in the fight for world liberation.

Javanese Fond of Theatricals. The Javanese so enjoy the wandering theaters of their land that they will walk miles to see one of their epics or folk tales produced by puppets or by real players. Whenever the manager sets up his stage and properties there is the jabbering Javanese crowd, eager for evening and the prospective treat.

Pomegranate Long Neglected. Pliny, a good horticulturist of some time ago, says that fruits of pomegranate were sold in the city of Carthage (not either in Missouri or Illinois). As this was some time B. C., it is a marvel that pomegranates have not been brought to our better fruits for very long. A few remain.

Marking and Money. The money market is very active. The money market is very active. The money market is very active.

Public Good Comes First. That grounded maxim, so ripe and celebrated in the mouths of wisest men, that to the public good private respects must yield.—Milton.

Use Less Soap

By DR. SAMUEL C. DIXON
Commissioner of Health of Pennsylvania

In this season and at this time when thousands of our young troops are being mobilized for the National army and are, of necessity, exposed to unusual conditions often producing nervous chills, is the wise time to economize on soap. Again, when the cost of living is so high all along the line, it will be an economy to use less soap as it is a much-abused article. It is not necessary, as so many seem to think, to have a stiff, creamy lather in order to dissolve the dirt that is filling up the pores of the skin. On the contrary, very little soap—pure soap—is required to break up the dirt and permit the water to remove it from the pores so that the glands may perform their normal duty.

The pores are the openings on the surface of the skin of the sweat glands and must be kept clear and free from either dirt, soap or any matter that would tend to interfere with their action in the elimination of perspiration. Imperfect action of the sweat glands is a source of disease, various matters accumulating in the system, which would otherwise be eliminated. Therefore, economy in soap would not only be a saving in money, but would help in saving human life, by cutting down respiratory diseases.

Cotton and Soy Beans Fat Producers Giving America Advantage Over Germany

"The Germans, with their colossal military preparedness, failed miserably at one point. They had soldiers and guns galore, but they were short of fat, says Milo Hastings in Physical Culture writing on "The Extravagance of Meat." No provision had been made in their domestic economy to produce home grown vegetable fats. When importations were shut off and the quantities of live stock were reduced as a matter of economizing grain food, the Germans both physically and dietetically suffered acutely from fat privation.

These laboratory food scientists had not only a goodly supply of that most valuable commodity, fat, but they had a way to get it. Through the use of their powerful apparatus, the Germans found that the scientists had been mistaken, and smuggling fat into Germany today is as profitable as shipping whisky the week before Christmas.

"In America we have no such problem of the shortage of fats. As a by-product of our cotton industries we

have an annual production of 1,000,000,000 gallons of oil, and we have the soil and climate suitable for the production of other vegetable fats. Among the most promising of such fat producing crops is the soy bean.

"The soy bean is a sort of vegetable live stock. All the arguments in favor of live stock apply to this distinctive plant. Its growth enriches the soil by the extraction of nitrogen from the air, hence it is a source of actual gain in soil fertility. The soy bean in our Southern states yields thirty bushels to the acre—one-third of the product being oil and another third protein. Both elements are excellent human foods, and it is only a question of learning how to work them up into a palatable form."

J. R. CLARKE URGES BATTLE TO THE END

Head of Big Elmira Industry Says All Must Stand a Unit Behind Boys in the Trenches.

J. R. Clarke, president and general manager of the American La France Fire Engine Company, one of the great industries of Elmira, N. Y., is urging united action in every work that will help win the war. In an interview he says:

"There is a long streak of torn soil in France that ought to represent to every patriotic American the chief object of his solitude these days: It is the trench in the battle front of democracy occupied by the American troops. Not once, but many times a day, the thoughts of every one of us who are here at home should turn toward that trench with affectionate anxiety for the safety and with just appreciation of the gallantry of our men there. Not once, but many times, every one of us ought to meditate on what we ourselves can do to make the courage and devotion of these men worth while.

"Only the winning of the battle for world democracy that they have been sent to fight can make their sacrifice worth while, and they cannot win that battle unless every American stands behind them with the determination to do his duty."

"The government has put a lot of money into the war effort, but it is not enough. We must do as much as we can to help. We must all give our all to the war effort. The coming third Liberty loan is the fitting opportunity for every American whose thoughts and heart are where they should be with our boys in France—to do his duty in a manner and to an extent consonant with his ability."

Optical Glass Playing a Big Part in the World Conflict—Needed by All Departments

That every field of military endeavor depends upon the supply of optical glass is the statement recently made by Prof. Edward W. Washburn of the department of ceramic engineering at the University of Illinois.

The war could not be conducted without optical glass, said Professor Washburn. Telescopes, binoculars, officers' lenses and photographic plates for army and navy observation purposes, X-ray films and micrographic lenses for the medical and sanitary corps and many other necessary implements of a modern army would be struck out if it were not for the ceramic industry, explained the lecturer.

"Previous to the war," Professor Washburn said, "Germany manufactured a different kind of optical glass, an assortment which supplied the whole world. England boasted about recently varieties of glass. The United States produced none whatever. England's product was not nearly sufficient to meet the demand of the allies and Britain found it necessary at the beginning of the war to collect all field glasses and small telescopes owned by citizens."

Professor Washburn then told how America is meeting the same problem under the direction of a special committee on optical glass manufacture.

"As a result of activities of this commission," according to Professor Washburn, "American industry is now supplying all the optical glass urgently needed by the army and navy."

Wise and Otherwise.

Many a worthless man has a good disposition.

All typewriters are not types of feminine beauty.

That man is generous to a fault who never corrects it.

Laziness isn't exactly a crime but it is the next thing to it.

A double wedding might properly be called a four in hand if it would be pretty much on the same level as the right hand.

And He Got It. Sittler (counting sister)—I'll give you a dime if you'll run away and play. Jimmy—Certainly not! It's worth a quarter to get rid of me it's worth a quarter to see what you're going to do.

How Red Cross Workers Are Now Knitting Two Socks at Same Time for Army Boys

Knitting two socks at one time is an achievement every war knitter would like to be equal to. Some of the Red Cross shops are passing the news around that it can be done. The discovery was credited to a Sydney, Australia, workshop. This shop increased its output from 50,000 pairs of socks one month to 70,000 pairs the next by knitting "twins." Miss Brown, who came to this country to impart the directions to our Red Cross, gives the following instructions on knitting twin socks:

"The purling for the top of the socks is knit separately. When once finished take it off with a knitting needle on to a heavy cord. When the others are finished slip the first one inside the second one from the top and with the knitting needle take up from first one and then the other, alternating, beginning with the first stitch from the needle and ending with the last stitch from the one on the cord. Hold the sock toward you, purling the first stitch, which is from the sock that was on the needle, and knitting the second stitch from the one that was on the cord; proceed with the first purl and then knit, holding the thread over the first finger for knitting; and soon you will acquire a rhythm.

"When you get to the heels take off as in any sock. As you turn your heel always purl the one next to you and knit the other. To narrow take first and third stitch, purl them and slip the needle out, which leaves one stitch from the opposite sock, which slip onto your needle and narrow knitting. There is no slip and bind in this sock. When finished slip the needles out and take up your separate socks and bind off. In purling never put your thread over—always keep it toward you, as if you are purling back on your heel."

The teacher said that after knitting three pairs one would become as efficient as in knitting the single sock.

R. L. Darwin Says Animals Seek Salt, Not Fleas, When They Scratch.

Some of our theories about monkeys are all wrong, according to Darwin, modern naturalist, who lives on the Island of Guam. That monkeys are not scratching for fleas when scratching the fur of one another, but are in quest of little masses of salt-tasting solution that exude from the pores of the skin, is the opinion of Sergt. Robert L. Darwin, a retired member of the United States marine corps, who is the owner of a monkey ranch on the Pacific coast. Darwin does not suggest the raising of a dime to get rid of me it's worth a quarter to see what you're going to do. neither does he claim relationship with the author of "Origin of Species."