

# AMERICANS ASKED TO LIMIT USE OF SUGAR

## Must Use No More Than Two Pounds Per Person a Month if the Present Meagre Allied Sugar Ration Is Maintained.

### Stocks Will Be Short Until Beginning of New Year—Ration May Be Enlarged Then.

Two pounds of sugar a month—half a pound a week—that is the sugar ration the U. S. Food Administration has asked every American to observe until January 1, 1919. In order to make sure there shall be enough for our Army and Navy, for the Allied armies and for the civilians of those nations.

By New Year's the world sugar situation will be relieved somewhat by the new crop. Cuban sugar of this year's crop will be arriving in this country.

Every available sugar source will be drawn on by the Food Administration during the next winter months to maintain sufficient stocks here to keep up our national sugar supply. During October the first American beet sugar will arrive in the markets. By the middle of November some of our Louisiana cane crop will be available. All of this sugar and more may be needed to keep this nation supplied on a reduced ration and to safeguard the Allied sugar ration from still further

reduction. In Europe the present ration is already reduced to a minimum.

The situation which the United States faces in its efforts to maintain a fair distribution of sugar to the Allied world is as follows:

Sugar supplies throughout the country, in homes, stores, factories and bakeries are at a low ebb. We must make increased sugar shipments to the Allies.

Production of American beet and Louisiana cane crops have been disappointing.

Porto Rico crops have been curtailed.

Immense sugar stocks in Java can not be reached on account of the shipping shortage; ships are needed for troop movements and munitions.

Army and Navy sugar requirements have increased as well as those from the Allies.

Most industries using sugar have had their allotment reduced by one-half; some will receive no sugar.

Households should make every effort to preserve the fruit crop without sugar, or with small amounts of sugar. Later, when the sugar supply is larger, the canned fruit may be sweetened as it is used.

# OUR SAVED FOOD FED THE ALLIES

## Food Administrator Writes President America Conserved 141,000,000 Bushels Wheat.

### CREDIT DUE TO WOMEN.

#### Meat and Fat Shipments Increased by 844,600,000 Pounds.

Conservation measures applied by the American people enabled the United States to ship to the Allied peoples and to our own forces overseas 141,000,000 bushels of wheat and 844,600,000 pounds of meat during the past year, valued in all at \$1,409,000,000. This was accomplished in the face of a serious food shortage in this country, bespeaking the wholeheartedness and patriotism with which the American people have met the food crisis abroad.

Food Administrator Hoover, in a letter to President Wilson, explains how the situation was met. The voluntary conservation program fostered by the Food Administration enabled the shipping of the millions of bushels of wheat during 1917-18 and the shipment of meat during 1917-18.

The total value of all food shipments to Allied destinations amounted to \$1,409,000,000, all this food being bought through or in collaboration with the Food Administration. These figures are all based on official reports and represent food exports for the harvest year that closed June 30, 1918.

The shipments of meats and fats (including meat products, dairy products, vegetable oils, etc.) to Allied destinations were as follows:

Fiscal year 1916-17	2,106,500,000 lbs.
Fiscal year 1917-18	3,011,100,000 lbs.
Increase	844,600,000 lbs.

# AFFECTED BY ICE DEPOSITS

## Seemingly Proof That Crust of the Earth Has Had Periods of Rising and Falling.

The elastic character of the earth's crust is one of the most certain facts of observation; great areas rise and fall under the action of varying pressures. It is, therefore, reasonable to suppose that the accumulation in Pleistocene times of vast continental glaciers one or two miles in depth would exert such downward weight pressure as to cause a subsidence of the great areas affected.

This seems to be borne out by a marked and very apparent rise of land in the northeastern section of the North American continent. In comparatively recent times, H. L. Fairchild, writing in Science, states that this area, covered by the latest American ice sheet, the Labradorian glacier, stood much below its present position, relative to sea level, when the ice sheet melted off, and that a slow uplift brought the land to its present altitude. This is indicated by the presence of the remains of sea animals and plants throughout inland parts, by bench formations in parts now away from the sea and general geological considerations.

The region of this recent rise of land extends from New Jersey to Hudson Strait and as far inland as Wisconsin.

# WHAT A FARMER THINKS OF LAND ARMY

As an employer of women on a large fruit farm for more than ten years I can speak only in praise of their efficiency, interest and loyalty in their work. In the pruning of trees, in the thinning of fruit, picking, grading and packing I have found them exceedingly quick, and they soon become expert in the most skillful requirements of this work.

This organization of patriotic American women who have worked out a practical system for making available the services of a large number of equal patriotic women workers on farms for greatly increased food production, should receive universal support and should not want for the financial aid necessary for the organization of so vital a work as this at the present time.

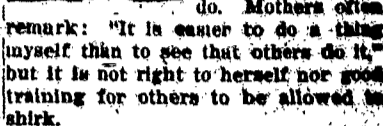
GEORGE T. POWELL, Ghent, N. Y.

# The KITCHEN CABINET

Let the one who sighs for comfort  
Feel a hand-grasp true;  
It will cheer the way and surely  
Can't impoverish you.

## HELPFUL HINTS.

Make the housework as light as possible, getting every member of the family to do his share. Thus all may enjoy the lovely summer and have recreation and pleasure instead of a burden. Let the house-mother with tasks others should do. Mothers often remark: "It is easier to do a thing myself than to see that others do it," but it is not right to herself nor good training for others to be allowed to shirk.



Iron only the hems of the sheets when they are to be placed on the beds. No one will know that a half hour has been saved from such ironing, a half hour for rest, reading or a walk—how much more important than a perfectly ironed sheet.

Gloves which need cleaning may be quickly cleaned by moistening with water and washing the gloves on the hands until clean.

Stains on linen should be moistened with peroxide then placed in the sun. If the stain is obstinate a second application may be necessary with the addition of a little soap.

Scald a dish or utensil in which fish has been cooked with vinegar and water.

Wood skewers with a bit of cloth wrapped around them make fine cleaners. They will remove dust from corners in windowpanes as well as in dishes.

If windows stick, grease the rope with a little fat and put a little around the casing. This is good treatment for a stubborn drawer.

Fresh blood stains will be quickly removed by rubbing well with dry starch which absorbs it, and then when brushed no stain will be left.

Four a glass of warmed jelly over the mutton roast or chops just before serving.

Gloomy clothing may be rubbed with a piece of emery paper, using a light touch.

Scorched places on linen will be taken out if moistened and put into strong sunbath. On woolen cloth rub with a piece of bread.

Hot milk with a teaspoonful of salt used as a gargle will relieve a sore throat.

# LAND ARMY TO MEET

## Women Farm Workers Will Convene in Albany.

### WILL CONFER WITH FARMERS.

#### Governor to Make Opening Address at Important Food Production Conference on August 20.

Albany—An important discussion of farm labor and food production will be held in this city at the State Education Building on August 20-21, when the up-state conference of the New York State Women's Land Army will take place.

This conference will furnish an opportunity for directors of the thirty-eight New York state camps of the Women's Land Army and farmers who have employed Land Army units to exchange views and plan for next year's work. It will also mark the inauguration of a state-wide drive for membership, which, it is hoped, will enroll more than 100,000 members.

Mrs. Otto K. Eichel, of this city, chairman of the up-state division of the Army, has announced that Governor Whitman who has already endorsed the Land Army movement and given it his hearty support, will make the opening address on August 20th.

The conference will be attended by men and women from all parts of the state.

Colonel Roosevelt Expected.

Among those expected to address the meeting are Theodore Roosevelt, William B. Wilson, Secretary of Labor, and ex-Governor Marlin H. Glynn.

On the afternoon of the first day of the session a practical demonstration of the efficiency of the Women's Land Army units will be afforded by a visit to the Colonie Camp, near Albany.

Thirty-eight camps have been in operation in various parts of the state during the present summer. These camps are located in agricultural districts where the shortage of men has created an acute situation.

Land Army Overcomes Prejudices.

The patriotic and spirited young women who have enlisted for service in these camps have overcome entirely the prejudice of farmers against employing women for general farm labor.

The present drive for membership is not directed toward the enlistment of farm workers, but toward the enrollment of a large number of sustaining members. The farm unit system has been worked out on a business basis. The girls are paid \$15.00 per month and are furnished housing, board, laundry and uniforms. The farmers employing the girls pay \$2.00 a day for an eight-hour day for the time that the girls are actually employed. This payment places the unit on a self-sustaining basis, except for the cost of the equipment.

Girl Farmers Are Protected.

In order to provide proper surroundings and sanitary safeguards for the members of the various units it is necessary frequently to make extensive alterations on farm houses and to provide table and kitchen utensils. The cost of this, together with the cost of recruiting campaigns to secure workers for the farm units, offers to patriotic men and women throughout the state an opportunity, through their membership in the Land Army, to make a very real contribution to winning the war.

Without food armies cannot fight and workers cannot work. Without labor farmers cannot raise food.

It is the purpose of the New York State Women's Land Army to enroll the largest possible number of members immediately, so that the financial ability of the Army to meet the demands of the farmers will be known in time to promise the farmers definite help in the care and harvesting of crops next year. In order to make this service of the greatest possible value to the farmers it is important that the up-state headquarters of the Land Army at 12 Pine street, Albany, N. Y., be notified as early as possible by farmers who are interested in the establishment of Land Armies in their localities.

# COMBINE TRUTH AND HUMOR

## Pithy Epitaphs on Tombstones in British Cemeteries Are Worth More Than Passing Notice.

In a search for the unusual, one would scarcely expect to come across it on a tombstone. But full justice can in some cases be done to a deceased in a single word.

There is a stone in Leamington cemetery dedicated to the memory of one J. T. Burgess, who before lying aside the trammels of this mundane sphere edited the Leamington Spa Courier. His career and end are adequately summed up in one word—"Resting."

A departed affectioner who lived in the city of Worcester had inscribed on his memorial stone as an epitaph, "Gone." Brief, economical and retrospective. In a Sussex graveyard may be seen a stone on which are chiseled, after the name and date of death of the deceased, just two expressive words—"He was." Surely a sermon in a nutshell.

But two of the strangest as well as the briefest epitaphs are to be found on stones in Cane Hill cemetery, Belfast. On one of them, erected to the memory of a lazy fellow by one who evidently knew him well, are the words, "Asleep (as usual)." On the other, "Left Till Called For."

A certain photographer has this inscribed over his grave, "Here I lie Taken From Life."—London Tit-Bits.

# Diet for Weight Reduction.

Fuel is the main food requirement of the body. A certain amount of fuel keeps the engine of the body working normally and produces energy. The surplus of fuel derived from the food forms layers of fat. So it is evident that the matter of keeping the body weight where you wish to have it is merely a matter of arithmetic, says Popular Science Monthly.

Certain foods have an enormous fuel value in comparison with others. Potatoes, for instance, would require 30 cents worth of lettuce and tomato salad to furnish the amount of energy that 30 cents worth of butter or 10 cents' worth of sugar would supply. No one would think of feeding exclusively on any of these foods, but it is easy to see that the limitation of butter and sugar and the introduction of such foods as lettuce, tomatoes, celery, carrots, spinach and fruits, all of which have low fuel value, instead of fats, milk, cream and oil, pastry and sweets, would enormously reduce the fat-forming elements in the diet and yet fill the stomach and satisfy hunger.

# Childish Selfishness.

Unselfishness is one of the virtues which has to be cultivated, for we are not born unselfish. We have to be taught this virtue and of course the greatest teacher of all is love. I am inclined to think love is the only teacher. Henderson says, "To get children interested in impersonal things is to make them unavoidably unselfish. Solitary children, only sons and daughters, are, as a rule, extremely selfish, for the simple reason that their lives have been so overwhelmingly personal. The way out is through group activities on the part of the whole family through pleasures as well as through service. If life is to be permanently successful, and happiness genuine and secure, the major interest must be impersonal, must have to do with something bigger than the little self, must concern itself with the abiding and universal things."—Alice Barton Harris.

# How to Remove Oil Stains.

To remove oil stains from leather and paper, etc., apply pipe-clay powder and mixed with water to the thickness of cream, and leave it on for four hours. This will not injure the colors. Forboards, marble and other stones make a strong solution of carbonate of potash and water and add as much unslaked lime as it will absorb. Then stir it together and let it settle a few minutes; bottle it and cork tightly. Have some water ready to dilute it when used and scour the part with it. Don't leave the solution too long on the boards or it will draw the color out of them.

# French Sugar Mills Destroyed



France must import sugar today, most of it from this side of the ocean, because the largest portion of French sugar beet land is in German hands. As a result, the French people have been placed on a sugar ration of about 18 pounds a year for domestic use; a pound and a half a month. This photograph shows how the German troops destroyed French sugar mills.

Thanks to the French rationing system the annual consumption has been cut to 600,000 tons, according to reports reaching the United States Food Administration. Before the war France had an average sugar crop of about 750,000 tons of sugar and had some left over for export.

# Saving Sugar Saves Shipping



AMERICAN families would have less sugar than the people of war torn France, if we depended entirely on our home-grown sugar stocks.

Approximately 75 per cent. of our sugar is shipped to our shores. We produce about 1,000,000 tons of sugar a year. Our imports from abroad amount to over 3,000,000 tons a year in normal times.

The United States Food Administration asks each family to limit its use of sugar to two pounds per month per person for household use. The military situation demands that every available ship be placed at the disposal of the Army or Navy. When we save sugar, we save shipping.

# France Must Import Sugar Today.

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# Shipping Costs in Hawaii.

Shipping costs in Hawaii from Mexico America gets half a million tons of sugar a year.

A boarder is a man who is more interested in getting his bite than in giving his bit.

# Nellie Maxwell

# The KITCHEN CABINET

Life, I repeat, is energy of love. Divine or human; exulted in pain; If so approved and sanctified, we learn, Through shades and mist rest, to our own joy.

—Wordsworth

# BLACK AND WHITE AND RED CURRANTS.

Currants are a favorite fruit with nearly everybody. The red currant is most commonly used for jellies, although many use the combination of red and white, making a light colored jelly.

Currant juice is so very delicious and the seeds often quite objectionable, so that the juice is used in combination with orange, cherry and other fruits to make a most delectable conserve.

The black currant is not so common as it once was, but makes a most delicious jam for those who are sufficiently old-fashioned not to have forgotten grandmother's garden where the dear old black currants were always found.

The delicious bar le due currants may be prepared at home, using the large cherry currants, carefully removing the seeds with a large needle.

Cook the seeded currants very carefully and stir into glasses of jelly. Put away in a cool, dry place for winter use. This conserve being very rich, is used only in small quantities as a garnish.

For jelly making currants as well as other fruit should not be too ripe, nor picked after a heavy rain. Pick over the currants but do not remove the stems. Wash and drain and strain in a preserving kettle with a wooden potato masher, adding more water than is enough to cook in the recipe. Cook until the currants have a white appearance, strain through a colander, or put into a jelly bag at once. Measure the juice and boil five minutes, then add an equal quantity of heated sugar unless one wishes a sour jelly. Boil three minutes. Try a little in a cold sauce; if a thin jelly forms, pour at once into the glasses. Jelly should be served to keep its shape when turned from the glass, clear, of good flavor, and when cut leave sharp edges. Store in a cool, dry place for winter.

Red currant and red raspberry makes a most deliciously flavored jelly.

# Nellie Maxwell