



# Where Your Money Goes

**WE** are now building more naval and merchant ships than we have constructed in the last generation.

We are building a vast fleet of airplanes, and enormous supplies of artillery, motor trucks, machine guns, rifles and ammunition. We are feeding, clothing and training an army of a million men, and preparing for a million more. We have loaned billions of

dollars to our allies to be spent in the United States.

From the shipyards of the Pacific to those of the Atlantic; on our farms and in our mines, mills and factories in every State in the Union; back of the firing lines in France, where men are training, camps are being erected and railroads built, billions upon billions are being expended for labor, for transportation, for materials and supplies of every description.

The mind can hardly conceive the sums of money required for our war preparations. Yet these expenditures are absolutely essential.

We must win the war quickly if possible; we must carry it on for years if necessary. We must do the job with American thoroughness, let the cost be what it may.

**Remember, when you invest in your Liberty Bonds, that there is immediate, urgent, imperative need for every dollar you can spare.**

This Space Paid for and Contributed by  
Postmaster George H. Mitchell

## Plan Your War Garden Now, Save Time and Money.



HELP INCREASE OUR EXPORT FOOD STOCKS

**N** CITY and country more war gardens are needed this year than ever before. Patriots are presumed 2,000,000 Americans to plant gardens last year, according to estimates of the United States Department of Agriculture. Transportation facilities of the nation will be strained this year hauling millions of war and food for the Allies. The surplus food created by home gardens will help in the railroad problem. And the nation will eat less of the goods we must export—what meat, fats and sugar. Every boy and girl that helps with the garden is helping win the war. Leaflets of instruction in garden making may be secured from the Department of Agriculture at Washington, upon request, without charge.

**Worth Consideration.** Pleasure comes through toil and not by self-indulgence and idleness. When one gets to love work, his life is happy one.—Ruskin.

**Think It Over.** Nothing is too high to be reached, or too good to be true.—Charles Gordon Ames.

**Proper Food.**  
There is no end to the discussion of the influence of dietetics on the health, in that discussion we find much said about calories, proteins, and food values generally. In the meantime the people seem to be eating what they want, regardless of calories or proteins. The scientific facts concerning food have no more effect upon people than on the woman in the Chicago settlement, who refused some healthful award and straw, saying she would eat what "she'd rather." It is almost impossible to hold people down to scientific dietetics. Take calories, for instance, the ruling element in food, but which sometimes are not as loudly called for as at other times and by other appetites, but no one thinks of calories. One takes the food that suits his palate, without any reference to the chemistry of it. But the food problem is not to be commended. Good habits and good food go together. A person of bad habits wants bad food. A person of good life wants his air pure, his talk pure, his food pure. As a man thinks in his stomach so is he, also.—Ohio State Journal.

**The Fault.**  
"My dear, there's too much caloric in this soup."  
"Tain't so, for we hadn't such a navor in the house. Nothin's the matter with the soup except it's too hot."—Baltimore American.

**Father's First Thought.**  
Mother—"I'm afraid our daughter has lost her head completely over that young man."  
Father—"Then she won't need that new hat you were going to get her."—Boston Transcript.

**Sun Time and Clock Time.**  
December 22 is the shortest day of the year, for the reason that the "largest part of the sun's course is then below the horizon, and the sun at midday is also at the lowest point south. From that time, the sun begins to come back, and the days grow longer—at first very slowly, however. By a singular discrepancy between clock time and sun time, the sun continues to rise later and later for nearly three weeks after the winter solstice, while early in December it began setting later, and by the 23d it set four minutes later than at the earliest point. This operates to make the forenoon shorter and the afternoon longer at this season of the year. The forenoons begin to get longer the middle of January.

**Great Men in the Scale.**  
Keats' enemies first gave currency to the sneer at him as a chemist or druggist's clerk, and the sneer has almost passed into a tradition: Kipling's "Wireless," for example, perpetuates and popularizes it, cites a writer. Yet most people ought to know that he was never anything of the sort, but simply a surgeon's apprentice. He tells us that his last operation was the opening of a man's temporal artery, and we quote from Colvin's new life—although he did it with skill and nerve, that "reflecting on what passed through my mind at the time, my dexterity seemed a miracle, and I never look up the lancet again." There is something picturesque in putting great men into a scale lower than that they really occupied. Lincoln, for example, is never pictured to us as a surveyor and storekeeper, though his service in these capacities extended through a period of years, while he split rails only for a few months.

## GROCCERS HELP IN 50-50 PLAN

SIGN PLEDGE TO CARRY OUT FOOD ADMINISTRATION PROGRAM.

POST CARDS IN STORES.

Explain New Wheat Ruling to Thousands of Customers—Insures Greater Food Saving.

Grocers of the nation have accepted enthusiastically the 50-50 basis for the purchase of wheat flour and are doing their utmost to explain the new regulation to the housewife. This ruling by the U. S. Food Administration requires each purchaser of wheat flour to buy one pound of cereal substitute, one kind or assorted, for every pound of wheat flour. It was necessary to restrict the use of wheat flour in order that the allies and our fighting forces abroad might be assured of an adequate supply of wheat to meet their vital needs. This supply must come from our savings because we have already sent our normal surplus.

Wheat saving pledge cards were forwarded by the Food Administration to all retail food merchants, and these are being signed and posted in stores throughout the country. This card states, "We pledge ourselves loyally to carry out the Food Administration program. In accordance with this order we will sell only wheat flour except where the purchaser buys an equal weight of one or more of the following, a greater use of which in the home will save wheat:

"Cornmeal, corn flour, edible corn starch, hominy, corn grits, barley flour, potato flour, sweet potato flour, soy bean flour, farina flour and meal, rice, rice flour, oatmeal, rolled oats and buckwheat flour."

Some confusion has resulted on the part of the consumer in construing this "50-50" ruling to mean that an equal amount in value of substitutes must be purchased with wheat flour. This is a mistaken idea. The ruling states that the consumer in purchasing flour shall "buy at the same time an equal weight of other cereals."

One exception to this ruling is concerning Graham flour and whole wheat flour, which may be sold at the ratio of three pounds to five pounds of wheat flour. This provision is made because approximately 25 per cent. more of the wheat berry is used in the manufacture of these flours than standard wheat flour.

Another exception is that concerning mixed flours containing less than 50 per cent. of wheat flour, which may be sold without substitutes. Retailers, however, are forbidden to sell mixed flours containing more than 50 per cent. of wheat flour to any purchaser unless the amount of wheat flour substitutes sold is sufficient to make the total amount of substitutes, including those mixed in flour, equal to the total amount in wheat flour in the mixed flour. For instance, if any mixed flour is purchased containing 40 per cent. wheat flour and 60 per cent. substitutes it is necessary that an additional 20 per cent. of substitutes be purchased. This brings it to the basis of one pound of substitutes for each pound of wheat flour.

A special exemption may be granted upon application in the case of special-use products, such as infantile food containing flour where the necessity is shown.

Some misunderstanding seems to exist on the part of consumers in assuming that with the purchase of wheat flour one must confine the additional 50 per cent. purchase to one of the substitutes. This is not the case. One may select from the entire range of substitutes a sufficient amount of each to bring the total weight of all substitutes equal to the weight of the wheat flour purchased. For instance, if a purchase of 21 pounds of wheat flour is made, one of substitutes may be selected as follows:

Cornmeal, 8 pounds; corn grits, 4 pounds; rice, 4 pounds; buckwheat, 2 pounds; corn starch, 1 pound; hominy, 2 pounds; rolled oats, 3 pounds.

These substitutes may be used in the following manner:

Cornmeal, 8 Pounds—Corn bread, no flour; corn muffins or spoon bread, one-fourth flour or one-third rice or one-third hominy; 20 per cent. substitute in whole bread.

Corn Starch, 1 Pound—Thickening gravy, making custard, one-third substitute in cake.

Corn Grits, 4 Pounds—Fried like mush, used with meal in making corn bread.

Rolling Oats, 3 Pounds—One-fourth to one-third substitutes in bread, one-half substitute in muffins; breakfast porridge, use freely; oatmeal cookies, oatmeal soup.

Buckwheat Flour, 2 Pounds—One-fourth substitute in bread, buckwheat cakes.

Hominy, 2 Pounds—Rolled for dinner, baked for dinner, with cheese sauce.

Rice, 4 Pounds—One-fourth substitute in whole bread, one-third substitute in corn bread, boiled for dinner (a bread cake), as a breakfast food, to thicken soups; rice pudding instead of cake or pie, rice-latter cakes.

Several grocers have stated that their customers who strictly observe the 11 wheat needs each week find it necessary to buy substitutes in addition to those ordered under the 50-50 plan.

Everybody who reads magazines buys newspapers, but everybody who reads newspapers doesn't buy magazines. Catch the Drift? Here's the medium to reach people of this country.

## Buy Where Quality and Prices Reign Supreme

We handle nothing but first-class BEEF, VEAL, PORK and LAMB.

FISH and OYSTERS three times a week.

Yours for business,

## Our Cash Market

Phone 244

## WHITEHEAD AND STANDART

Real Estate Loans Insurance

A comprehensive Map of the Village of Birmingham. Every lot, with number and size; every street, fire hydrant, drain and sewer. You need it in your business. Nearly four feet square. It cost more than \$900 to make it, under the supervision of the Village Engineer. We will sell you a copy, mounted on cloth, for \$5. We are the sole agent. Call at our office in the Telephone Building, or phone 321, and we'll bring it to you.

WHITEHEAD AND STANDART



If you want to beautify your home, and fit it to withstand rain, sunshine, and dampness, cover it with a coat of two of Hanna's Green Seal Paint.

Hanna's Green Seal is also an expert factor in rejuvenating homes. It takes away dullness and shabbiness. It makes any home a more creditable place, and makes you happier in it.

If your home is showing signs of needing paint, get acquainted with the transforming power of

## Hanna's Green Seal

"The Made to Wear Paint"

## The Birmingham Hardware

## AUCTION

M. H. BLUNT, Auctioneer

Having sold farm, the undersigned will sell at public auction, on the premises known as the FRANK TYRRELL FARM, 1 mile east of Birmingham, on Maple Road, on

MONDAY, APRIL 29

- At 100 p. m. sharp, Eastern time, the following described property:
- Spike-tooth Harrow
  - Corn Sheller
  - Platform Scale, 600 lbs.
  - Set Wire Pulleys—new
  - 40 Potato Crates
  - Post Anger—new
  - Oliver Riding Cultivator—new
  - Spring-tooth Harrow—new
  - Set 5,000-lb. Wagon Springs
  - Ditch Scraper—nearly new
  - Jack Scrapper—nearly new
  - Bicycle Grindstone—nearly new
  - Wheatbarrow—nearly new
  - Set Fence Strainers—new
  - Canvas Wagon Cover, 10x16 feet
  - 20 Cotton Grain Bags—nearly new
  - 2 Hand Potato Planters—new
  - Shovels, Forks, Chains
- and other articles too numerous to mention

**TERMS**—All sums of \$10 and under, cash; all sums over \$10, 6-months credit with approved indorsed bankable notes, with interest at 6 per cent per annum.

FRANK TYRRELL, Prop.