

Our Part in Feeding the Nation

(Special Information Service, United States Department of Agriculture)
GETTING ALONG WITH LESS SUGAR



WOMEN COOK AND CAN WITH SIRUPS

Plan to Make Fruit Juices, Butters and Pastes Without Use of Sugar.

(strip is reduced one-quarter cupful for each cupful of honey.)
The following are some of the best recipes used by the agents:
Blackberry Jam.
3 pounds crushed blackberries.
1 pound New Orleans molasses or sorghum molasses.
1 cupful sugar.
Cook all together, straining carefully until it gives a good jelly test. Pack hot into hot jars and seal.

MANY OF FRUITS ARE DRIED

Over-sweetening of Tea and Coffee is One of Our Greatest Faults—Home Demonstration Agents Use Substitutes in Recipes.

Instead of letting the sugar shortage bother her, the home demonstration agent is bending all efforts to learn the best ways of using less sugar in her cooking and preserving and of canning without it or with sugar substitutes. She is trying many of the fruits and is learning to put up fruit juices and butters and to make sirups at home from sugar beets, quinces and apples. She is substituting corn sirup, molasses, maple sirup, and honey for sugar in her canning and general cooking, and she is making sugar-free candies, fruit pastes and confections. Bulletins telling how to carry out these methods may be had free on application to the United States department of agriculture.

Sugar saving not only means cutting down on consumption, but it also means preventing waste. Americans have allowed their fondness for sugar to increase to the point where it has become a luxury. Over-sweetening of tea and coffee is one of our great faults. More than this, too often a good part of the sugar is not dissolved and is left in the bottom of the cup to be thrown away. Every housewife should enforce the rule of "one teaspoonful of sugar or sirup at a time." The amount of sugar in the home should be willing to do without some of the sweet things they want and every one should be satisfied with much smaller amounts of sweetening in general cooking.

Many home demonstration agents have already submitted sirups successfully for sugar in their recipes for canning and preserving. Very satisfactory results may be secured if when one pound of sugar is called for in a recipe two-thirds of a pound of corn sirup is used and one-third of a pound of sugar. Where sorghum and cane sirups are used without first clarifying the sirups (the product will be darker). These sirups, also, impart a flavor which destroys the natural fruit flavor; in the addition of spices to the sirups is sometimes advised. However, this has been used successfully with cherries and peaches; in such cases the amount of liquid called for in the

WHICH HITS THE TROPICS OF WAR

Government to Give Exhibition in Chicago in September.

FOR BENEFIT OF THE PEOPLE

Trenches, Guns, Artillery, Torpedoes, "Whiz-Bangs" and All the Material of Warfare, Together With Plunder Taken from Hun.

Chicago.—In order that the people of this region may see just how their sons, brothers, husbands and friends are fighting in France, what they are fighting with and what they are fighting against, the United States government is going to hold in Chicago the biggest and most complete war exhibition in the history of the world. Several hundred tons of trophies, consisting largely of cannon, rifles, airplanes, etc., captured from the Germans and material of war, are being gathered and will be on exhibition for two weeks in Grant park from Labor day, September 2, until September 15.

It is not a private money-making affair, but an official exposition, made by the government through the committee on public information and the United States army and navy. In which the governments of France, Great Britain, Canada, Italy, and Belgium participate. Nothing is for sale. Nothing will be loaned. The exhibition will be held in the afternoon, the admission fee will be very small, and if it pays the bare expenses of bringing the exhibits here and placing them before the public, the balance will be turned over to the United States treasury and reduced by that much the burden of the war.

Will Reproduce Battlefields.

It will be a battlefield, reproduced faithfully to the smallest detail, within the limitations of the grounds. Front line trenches will be marked out by the very officers who laid them out; the Flanders battlefield where the Finest days fought until there are now but three men left alive of the original regiment.

Apple Pulp and Corn Sirup.

Put one quart of apple pulp, plus which the juice has been extracted for jelly making, and cook it with one cupful of corn sirup until the mass is rather dry. Then turn out on an oiled surface and place where a current of air will pass over it. Try for two or three days. Cut into squares or roll and slice. Pack in glass jars, tin boxes or paraffin-covered containers.

Left-Over Cereals.

Remnants of cereal breakfast foods may often be utilized to make palatable dishes, to thicken soups or other foods, and in similar ways. Small portions of cooked cereal left over from a meal can be molded into cakes and reheated for later use by setting the cups in boiling water. Another way to reconquer cereal mushes is to add hot water to any meal left over so as to make it very thin. This can then easily be added to a new supply.

Fruits for Children.

Fruits should be served in some form to children at least once a day. Fruit juices and baked apples and pears, baked apples and pears, and stewed prunes are safest. Whether the skins should be served depends partly on the health of the child and partly on the way the fruit is prepared. If the skins are very tender, they are not likely to cause trouble, except with very young children. Where apples and pears are baked the skins can be made tender by frequent washing.

GENERAL FARM NOTES

Keep all gates closed and all gaps up. It will save steps.

Sanitary conditions are essential on every farm. The farmer who fails to keep his premises clean and free from noxious diseases is hindering the progress of the community.

WHY SUGAR IS SHORT.

There is a greater shortage of both the sugar from our own beet crops than was expected in the early part of the season. The sugar crop is being cut short by the war. The beginning of the war has brought about a sharp output of sugar because of the devastation of foreign sugar crops. There has been a serious loss of sugar growing in the sugar beet fields in France. The government requires a generous supply to meet the needs of the men in the service.

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Most Unusual.

"Just met a London chorus girl—of the Gaiety girls, you know."
"Well?"
"Rather an extraordinary young woman in a way."
"How is that?"
"It seems she has never been engaged to a lord."

Experiment Station of College Makes Report on Investigations.

PARASITES ATTACK PEST

Presence of Pests of Worm Leads to Belief That Trouble Will Not Be Repeated Next Year.

By PROF. R. H. PETTIT, Professor of Entomology, Michigan Agricultural College, East Lansing, Mich.—Early in the present season it was discovered that the joint-worm, *Isomura tritici*, was present in large numbers in Michigan wheat. Later developments show that another species, *Isomura vagitola*, more destructive than the first, was also present. *Isomura tritici* was present in large numbers in Michigan wheat. *Isomura tritici* was present in large numbers in Michigan wheat. *Isomura tritici* was present in large numbers in Michigan wheat.

Wheat Stalks That Have Been Attacked by the Joint-Worm.

The joint-worm is usually limited to the lodging of part of the plants and to shiveling of the wheat berry itself. The grain that is lodged is, of course, lost to the reaper and the berries fall to fill property; that is, they do not plump up well.

First Stations will Be shown, with the blessed sign of the Red Cross at the entrance—favorite mark for German shells.

Guns of all sizes and kinds, with soldiers and sailors to man them. This is only which the war is being fought. Signal stations, listening posts, fire-control stations—everything that can be reproduced in such a small field, will be shown there.

Show American Trophies.

Of the greatest interest to Americans will be the trophies captured by our boys and the trophies captured by them from the enemy. Oh, yes, there are guns and plunder of all kinds taken from the front German army. There are also captured by our boys—and if it possible to get them here in time there will be a big display of captured German machine guns, rifles, and other arms.

The Italian exhibit contains a great many specimens of Austrian guns and shells.

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Life as a Whole.

Though we must live to a day at a time, we should not forget that it is a whole. (One purpose should be run through all. All of it should be directed to one goal. To have one part done today and another tomorrow, to change ideas as we change garments, to have one direction to go to and then face about and go another, is to waste time and make life a failure.—Gir's Companion.

Benighted Boston.

Owing to the war a distinguished Boston man is expected to spend his summer trip to Europe, went to the Pacific

TO PREVENT STRIKES WHO ARE ALL

NEW PROVISION FOR EDUCATING YOUTHS UNDER 21 NOW SERVING AFTER THE WAR.

2,398,000 MEN NOW AVAILABLE

BRI Prepared Under Direction of Secretary Baker to Enable the Nation to Increase its War Program.

Washington—With a broad "work or fight" amendment, designed to prevent strikes, and a new provision for education at government expense, after the war of youths under 21 serving in the military or naval service, the administration man-power bill extending draft ages so as to include all men between 18 and 42 years of age, was ordered favorably by the senate military committee.

Washington—Secretary Baker was formally advised by General Pershing that the First American Field army retained command of the army's expeditionary force for the present. The announcement is regarded as a definite assurance at the war department, mainly because it places the American army in France on the same footing as the French or British forces there.

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THIS WOMAN RECOMMENDS

Lydia E. Pinkham's Vegetable Compound—Her Personal Experience.

McLean, Neb.—"I want to recommend Lydia E. Pinkham's Vegetable Compound to women who suffer from any functional disturbance of the system. It has done me more good than all the doctor's pills I have ever taken. It is a fine health-giving tonic, and has helped me in health and strength. My husband and I both praise your medicine for its beneficial effects."

For special suggestions in regard to your ailment visit Lydia E. Pinkham's Vegetable Compound, 223 North Western Ave., Lowell, Mass. The result of its long experience is at your service.

ABSORBEIN

Reduces Skin Irritations, Thickened, Swollen, Curbs, Filled Tendons, Soreness from Bruises or Strains, water turns pink, even the most stubborn Spavin Lanes, hair and does not blister, remove the hair by rubbing with a razor blade, or by using a depilatory at druggists or dealers. Book 1 free. ABSORBEIN, JR., for mankind—no exception for brutes, cats, birds, dogs, fish, and all kinds of mammals, and all kinds of plants, and all kinds of minerals.

Soldiers Soothe Skin Troubles with Cuticura

W. N. U. DETROIT, MO. 33-1918.

Interesting Discovery the Result of Tests Made by Scientists of Harvard University.

That many marine plants cause sea water to become alkaline when exposed to sunlight is definitely proved through interesting experiments devised by W. J. V. Osterhout and A. C. Haas of the laboratory of plant physiology, Harvard university. These gentlemen have found a way to measure accurately the alkalinity of seawater. Without going into details, it may be said that this consists in immersing a green seaweed in a glass tube of sea water to which a few drops of phenolphthalein have been added. After exposure to sunlight, the water turns pink, and the degree of pinkness, measured by a colorimeter against the colors of a series of tubes containing the same concentration of indicator in a series of test solutions of known alkalinity, gives the quantity of alkali produced by the action of the sunlight.

Where They Generally Are.

He emerged from the dining room window and slunk over to where his partner was waiting in the shadows. "Got her jewelry?" asked the waiting one. "Where did you look for it?" "In her jewel case and in every drawer in the bureau." "Did you look to see if she was wearing 'em?" "Yes. But she ain't got 'em on. I'd swear to that." "You're wrong. You don't know nothing about the ways 'o women? Why didn't you go into the bathroom? You'd have found the whole bloomers' lot where she left them on the wash basin."

The Robin's Quarter.

At the county home of George G. King, on Pine lake, a robin has built its nest in a corner of the lattice which covers a pump, within looking distance of the dining room where goes for water.

Those friends from town who visited the place a few days ago who with a little girl who was much astonished at what she saw.

Stepping outside the lattice the little girl's eyes were attracted to the robin's nest and she said:
"Oh, come here, mother, and see where they keep their robin."
Youngstown Telegraph.

Squeezed Spinal.

"What's this?"
"It's your condensed milk."
"But I ordered a quart. That's no quart."
"Yes, it is. It's a condensed quart."

SAVING WHEAT is only one good point for POST PATENTIES

(MADE IN CANADA)
—says Bobby