

CHAMBERLAIN'S ECCRINTIC.

Devoted to Our Own Locality—We Labor for Its Interests

FORTY-FIRST YEAR. NO. 10.

BIRMINGHAM, OAKLAND COUNTY, MICHIGAN, FRIDAY, JULY 5, 1918.

WHOLE NUMBER, 2,089.

BREADLESS MEALS ARE HEALTHFUL.

"To the American palate potatoes are probably the most satisfactory substitute for bread," says Dean Thomas F. Hunt of the School of Agriculture of the University of California.

"We are all creatures of habit," he adds. "We are accustomed to eat a certain portion of potato because we expect to eat also a certain amount of bread and butter. If one eliminates bread he will soon find that he naturally eats a larger portion of potato, which takes the place of the need—or even the feel—of need—for bread. There is no better way to prepare a potato than to bake or boil it. If there were any better method of cooking rice than to boil it, the Japanese or Chinese would long ago have discovered it. Barley has been used as a human food for at least 4,000 years, but we are informed that the ancients did not make bread of it in the sense in which we understand bread, but they used it more nearly in the form in which we know pancakes. Barley flour makes better pancakes than wheat flour—not, of course, a better pancake than buckwheat flour.

"One of the difficulties the housewife experiences is that when she uses these substitutes in their customary form, she uses them as vegetable or side dish. In order to make the meal satisfactory it should be planned without reference to them. The substitutes should then be added in the place of bread. Thus if fruit, oat meal and eggs are served for breakfast, barley pancakes may be served in place of toast. For luncheon one may eat anything he likes except fried cornmeal mush may be served on the bread plate. Since he has the habit, it may help him to eat the fried mush with his hand. Few people really need bread for dinner, but if they do boiled rice will satisfactorily take its place.

"On the 27th day of October I decided to determine whether any digestive or other disturbances would arise from the lack of it. Since that time I have eaten rye bread a half dozen times and have tasted the latter breads perhaps as many times. This does not mean that I have not eaten any food which contained wheat flour. It does mean that except as noted I have not eaten that substance which we know as light bread. There are still a great many people who believe that they must eat something that looks like bread, though it does not taste like it. I have suffered no inconvenience whatever.

For Constipation and Biliousness.
George Jenner, 416 Labor Street, San Antonio, Texas, writes: "Foley Cathartic Tablets have proved the most laxative I have taken and I recommend them to sufferers from constipation or biliousness. They should be taken after traveling man's grip." Relieve sick headache, bloating, or any condition caused by bad digestion. Sold everywhere.—Adv.

ABOUT FREE-SPACE SOLICITORS.

You wouldn't think of going into a grocery store and asking for a pound of sugar, FREE, would you? You wouldn't think anyone had a lot of "CRIST" who went into a shoe store and asked for a pair of shoes, FREE; or into a hardware store and asked for a can of paint, FREE; or into a cigar store and asked for a box of cigars, FREE.

Yet you are doing that very thing when you ask us to run the "enclosed" article, FREE.

We are running a legitimate business that can do you more good in one way or another than all the other lines of business put together—any way more than the butcher, baker or candlestick maker.

Where you get the idea that we are giving our stock in trade, we cannot imagine.

Are you giving away your stock? No!

Then why should we?

If we can do you any good by running your matter, is it not worth paying for?

IF IT'S NOT WORTH PAYING FOR, then we don't want to run it very badly.

Soldier's Cough is Cured.
Private Harold Hamel, Sixty-sixth Regiment, Fort Adams, Rhode Island, writes: "I was troubled with a bad cough for three months. I tried Foley's Honey and Tar and felt greatly relieved. I recommend Foley's Honey and Tar and will keep it on hand." Gives relief from hay fever, asthma and bronchial coughs. Sold everywhere.—Adv.

RURAL CARRIER EXAMINATIONS.

The United States Civil Service Commission has announced an examination to be held at Birmingham, Pontiac, Oxford, Farmington, and other places to fill the position of rural carrier at the local post offices. Applications for the examination will be received at the post offices in the above-mentioned counties. The examination will be open only to male citizens who are actually domiciled in the territory of a post-office in the county and who meet the other requirements set forth in Form No. 1977. This form and application blanks may be obtained from the commission mentioned above or from the United States Civil Service Commission at Washington, D. C. Applications should be forwarded to the commission at Washington at the earliest practicable date.

During the continuance of the present war the Commission will, in accordance with the request of the Post-office Department, admit women to rural carrier examinations upon the same conditions as for men.

By direction of the Commission,
JOHN A. McILHENNY,
President.

Mr. and Mrs. Roy Whitten spent the week with Mr. and Mrs. Rex Whitten, at Kenoa Harbor.



Uncle Sam—"They Ought to Get Newberry to Bring Her In"

WORK OR FIGHT—GO OR GIVE.

Clarence J. Meers, Chief of the Baking and Sugar Divisions of the U. S. Food Administration for Michigan, returned last night from a three days' conference of State Administrators in Washington. Mr. Meers is representing Food Administrator, U. S. Department of Agriculture, at the conference. In speaking of the impressions gathered at the conference, Mr. Meers said: "The food administrator, Herbert Hoover, Dr. Abner Taylor, J. W. Hatfield of the Food Administration, W. Sullivan of the American Federation of Labor, Henry Stude, President of the National Federation of Master Bakers and Win M. Campbell, Chairman of the National Bakers' Service Board. Mr. Meers said: "Work or fight; go or give. These are the slogans seen in every division. The truth of these slogans seems to be reflected in the facial expressions of the people at the crowded center of war activities."

Washington deeply impressed with the conviction that we do not feel his or her child who does not feel his or her individual responsibility to help win this war is going to feel mightier, if not to be an object of pity, sooner or later. Do "your bit" and "do now," is the urgent need.

"But," you ask, "how and in what specific way can I help?" First be convinced of the fact that it is necessary for you to work or fight, or give to win this war. When you reach this conviction, you are ready for service. You are ready to measure up and follow wholeheartedly—enthusiastically—the leadership of our President. You will do something of all I have said to you and including the thought in your mind so strongly that this war is going to be a part of your life—a part of every day's purpose and effort."

From a Justice of the Peace.
W. H. Hill, J. P., Detroit, Texas, writes: "I used Foley Kidney Pills, and say unhesitatingly that all I have used they are the best and have done the work where the rest have failed." Backache, rheumatic pains, sore muscles, stiff joints and too frequent bladder action are symptoms of kidney trouble. Sold everywhere.—Adv.

NOTICE TO TAXPAYERS.

Notice is hereby given that the tax roll for the Village of Birmingham is now ready and in the hands of the treasurer. Taxes may be paid at the offices of the village treasurer up to and including the 15th of July without penalty, and from the 16th of July up to and including the 15th of August may be paid with an additional charge of 1 per cent. After the 15th of August a 4 per cent charge will be added. This is in accordance with the village charter.

By order of the Village Commission,
HELEN CORRYELL,
Village Treasurer.

(Note:—Positively no money will be received after 3 o'clock each day.)

ST. JAMES CHURCH NOTES.

REV. CHARLES E. MURPHY, RECTOR.
Sixth Sunday after Trinity—July 7, 10:30 a. m. Holy Communion and sermon.
12 noon church school.

Notice of School Meeting

Notice is hereby given to the qualified school electors of school district No. 1, (fractional) of the township of Bloomfield, county of Oakland, state of Michigan, (Birmingham schools) that the annual school election for the election of school district officers and for the transaction of such other business as may lawfully come before it, will be held at the Baldwin high school within said district on Monday, July 8, 1918, at 8 o'clock a. m. Dated this 25th day of June, A. D. 1918.
C. H. CARTER,
Secretary of said district.

UNITED PRESBYTERIAN CHURCH.

CORNER BROWN AND WOODWARD.
DAVID H. CURRY, PASTOR.

Service July 7.
Public worship including sermon by pastor at 10:30.
Bible school at 11:45, subject, "Beginning the Christian Life." Do you know of a better time to begin or to begin again than just now?
Junior League at 2:30, topic, "Good news." All children invited.
Young people meeting 6:30, subject, "Our Abilities for Christ." You are welcome and invited.
During the month of July and August we are to worship in union evening services at 7:45 with the other churches of the town. Dates, places and speakers are as follows:
July 7, Methodist Episcopal church, Rev. W. C. McKnight.
July 14, Baptist church, Rev. D. H. Curry.
July 21, United Pres. church, Rev. C. H. McCurdy.
July 28, Presbyterian church, Rev. E. R. Rice. D. D. D.

RED CROSS BULLETIN.

The following is the list of Red Cross work done during the month of June. Sweaters 61, socks 57, refugee garments 139, layette 1, muslin department 1,288, gauze department 5,775.

For the summer months the Red Cross Work rooms will be open on afternoons only, from 1 to 5 o'clock. More help is needed in the making of refugee garments and any one who will be willing to assist in this most necessary part of the Red Cross work, can obtain the garments by calling Mrs. Henry Sibley or Mrs. Slater.

ADVERTISED LETTERS.

List of letters remaining uncalled for at Birmingham, Michigan, Postoffice on June 28, 1918:
Mrs. R. P. D. 3, c/o Geo. E. Phillips.
Bruchel, Miss Katherine.
Clark, Mrs. W. J. 52 Lake street.
Walrath, Mrs. D. R.
Loran, Mrs. (Gen. Del.)
POST CARDS.
Davis, Geo. E.
Dair, Mrs. M. W. 4.
Miller, Miss Beatrice.
Niles, Emma.

Persons calling for any of the above letters will please say "advertised."
GEORGE H. MITCHELL, P. M.

CHRISTIAN SCIENCE SOCIETY.

Services at Birmingham Club Sunday 11:00 a. m.
Sunday School same hour.
Wednesday evenings, 8 o'clock. All are invited.

OUR HONOR LIST.

All persons taking the limit of War Savings Stamps, one thousand dollars (\$1,000), are listed below. There is plenty of room for many more.
T. R. DONOVAN,
FIRST NATIONAL BANK.

Raise Alligators.

There is money to be made in alligators. One man from Los Angeles is said to have grown rich on the enterprise. It is lucrative and practically no risk. The alligator is a man who has crowded field for the man who has sufficient business initiative combined with physical courage to enter. Any man who has decided that he would like to raise something and has decided that chickens are the only possibility—Exchange.

LEISURE WOMEN HARD AT WORK

Y. W. C. A. Spends \$5,000,000 on Girls the First Year of War.

"Stand behind the country's girlhood!" This is the slogan of the most remarkable group of women ever brought together for work in a common cause.

When the War Council of the National Y. W. C. A. was organized last June, the modified slogan of the best known women in this country, among them Mrs. Thomas Marshall, wife of the Vice President, and wives of several members of the President's cabinet—Mrs. Robert Lansing, Mrs. Newton D. Baker and Mrs. Josephus Daniels—Mrs. Henry P. Davison, wife of the head of the American Red Cross, is treasurer.

Other members of the council are: Mrs. John D. Rockefeller, Jr., Mrs. Kate Henry Morris, granddaughter of Commodore Vanderbilt; Mrs. John R. Mott, wife of the international secretary of the Y. W. C. A.; Mrs. Robert Speer, Mrs. Henry Emerson Ford, Mrs. William Felton Morgan, Mrs. Katherine Bennett Davis, Mrs. Robert Coleman Du Pont, Mrs. Percy V. Pennington, and many others equally prominent.

In this first year of its work, the War Council has expended \$5,000,000 on work for women and girls, both here and in Europe—wherever war conditions have menaced their physical or moral safety.

DRESS YOUR PART, SAY BUSINESS WOMEN

Purs in broiling weather and gauge stockings and slipped in midwinter will get a setback at the Women's exhibit of business clothes in New York city, scheduled for the early summer.

What to wear and how to wear it is one of the first questions which the National Business Women's Committee is taking up. A standard in dress for business is the object. Twenty-five delegates from twenty-five states met at the National Board building of the Young Women's Christian Association, in New York city, in May, to represent the 100,000 business women of this country and mobilize them for patriotic work.

Better working conditions, equal pay for equal work, efficiency in the various activities into which women are going and the promotion of business opportunities were the object. This committee of twenty-five women, known as the National Business Women's Committee, is the connecting link between the business women's organizations of this country and the Young Women's Christian Association, which has thrown all its machinery out to the movement. Miss Lena Madson Phillips, a lawyer from Kentucky, heads the movement.

ALL SORTS OF NEEDS MET BY HOSTESS HOUSE

Her brother's name among the list of killed in the evening paper—if only she could reach her brother at the neighboring camp before he saw it. For two hours and a half she vainly to reach him by telephone. Then she thought of the Young Women's Christian Association Hostess House—why not try it?

"Tell him," she called over the wire to the operator, "that some one at home is very sick. In fifteen minutes her brother's voice came over the wire—he had run all the way from the barracks to the Hostess House upon receiving the message."

The Y. W. C. A. Hostess House at the training camps answers many needs besides the service to women relatives and friends of soldiers. Like all well conducted houses they are friends to everybody.

Forty-six of these houses are already open and twenty-four are building at army camps, aviation fields, naval stations and military barracks. Nine are for friends of colored troops.

MAINED, BUT STILL GAY

"The gay little air which crippled me returned from the front all war is the most pathetic thing that I have seen in France," writes a Young Woman's Christian Association war worker in Lyons.

"In spite of crutches and drawn faces they all look at you as you pass them on the street as though they would say, 'It's nothing to me that I have only one leg left in my name.'"

Lyons has multitudes of wounded, exchanged prisoners, refugees and the most motley crew of military workers that any town can produce.

In the great munition factories there are Chinese, Algerians, Moroccans and hosts of other races, whose faces and clothes are as yellowed by the acids among which they work that their nationality is "a very guess."

Great numbers of the workers are French refugee women. It is among them that the Young Women's Christian Association has opened up social rooms which are these women's only chance of home life. Work of this kind has been established in France during the past year in a number of French cities.

Phone 38

CALL

Phone 65

Early Buyers

Of California Fruit and other Canned Goods will save substantially Buy Them by the Dozen

Blackberries
Gooseberries
Cherries
Grapes

WE OFFER
Raspberries
Gooseberries
Peaches
Pineapple

Strawberries
Apricots
Pears
Plums

Sunkist, Hunt's and Fendell Lines Canned Vegetables in Profusion

BUY EARLY

Because—advance in freight, material and labor equals 50c to \$1.00 per dozen. Do you wish to save it for Thrift Stamps? Then place your order, and "DO IT NOW!" with

MINER GROCERY CO.

THE HOME OF GOOD THINGS TO EAT

The Eager Life.

Whenever a process of life commences an eagerness to him who lives it, there the life becomes genuinely significant. Sometimes the eagerness is more kept up with the motor activities, sometimes with the perceptions, sometimes with the imagination, sometimes with reflective thought. But, wherever it is found, there is the zest, the tingling, the excitement of reality and there is "importance" in the only real and positive sense in which importance ever anywhere can be.—William James.

Better Than a Fish Story.

This narrative comes from Nalab, in British East Africa. A hunter met a most magnificent lion almost face to face. With a terrible roar the beast sprang at the man but missed his aim by jumping two feet too high. Disappointed, it dashed away into the woods. The next day the party set out to track the beast down. At length they came upon it in an open space in the jungle. The beast was practicing low jumps.

Not Formally Acquainted.

A new family with two little boys had moved into the neighborhood where Harold lives. One day a friend called to see Harold's mother and incidentally inquired of Harold about his acquaintance with the new boys. He liked them etc. He replied, "I haven't got relation with them yet."

Agriculture Stands First.

At the heart of all sciences and arts, at the head of all civilization and progress, stands not militarism, the science that kills nor commerce, the science that accumulates wealth, but agriculture, the mother of all industry and the inspirer of human life.—James A. Garfield.

Arabian Bridal Presents.

Among modern Arabians the bridegroom makes the bride's presents, which are sent a day or two before the nuptials. As soon as the bride reaches the bridegroom's home, she makes him presents of household furniture, a spear and a tent.

North American Birds.

A new species of North American birds shows an increase of 100 species and subspecies since 1910. That though there are really new birds in the list, many of them belong to subspecies, up to this time unrecognized.

Mirror of Politics.

Tell me what kind of a man governs a people, you tell me, with much exactness, what the net sum total of social worth in that people has for some time been.—Carlyle.

Onions.

Even now few people perfectly realize the beneficial effect that this vegetable has on the system, and it is too often ignored on account of its pungency of flavor and smell. A well-bolted Spanish onion will induce sleep when most other things fail, and on this account alone it should frequently form a supply dish for the brain-weary man or woman of business.

McCormick Binder Twine

Now on hand at GREEN & HEACOCK'S Buy early and be sure of your season's supply.

Talcum Powder

Cold Cream

Sunburn Lotion

Get your supply before going on your vacation.

JAMES W. COBB PHARMACY

OAKLAND REALTY CO.

Is offering a Modern House, all furnished—also some homes without furnishings—for rent. Improved and vacant in Birmingham—Farms and Lake Lots in Oakland county, for sale.

ROOM 6, LEVINSON BUILDING, BIRMINGHAM

HEADQUARTERS

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HAYING MACHINERY

Repairs, Ropes, Pulleys

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Onions.

Even now few people perfectly realize the beneficial effect that this vegetable has on the system, and it is too often ignored on account of its pungency of flavor and smell. A well-bolted Spanish onion will induce sleep when most other things fail, and on this account alone it should frequently form a supply dish for the brain-weary man or woman of business.

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