OUR FOOD PROBLEMS CAUSED BY THE WAR

Handled by Department of Agriculture in Four Page Leaflet

CANNOT FURNISH EXCEPT TO LEADERS

But the Press Will Publish Some Information From

Time to Time.

Uncle Sam's food advice to his pesple at war, condensed in four-page "United States Food Leaflets," and aimed to stimulate food saving without slighting body needs, are now ready. Prepared by the United States Department of Agriculture and the Food Administration and with the aid of State representatives, the leaflets carry the country's expert thought on food conservation and utilization translated into popular language. For the mother who may be confused with much advice about her war obligation, as well as for the food conservation worker, the message of the leaflets should be most helpful.

Beginning with the day's first meal the experts take up the daily food problems of the average home. "Start the Day Right with a Good Breakfast" is Food Leaflet No. 1. Then follow others now ready: "Do You Know Corn Meal?" "A Whole Dinner in One Dish," "Choose Food Wisely," "Make a Little Meat Go a Long Way," "Do You Know Oatmeal?" "Food for Your Children.' More will follow.

In four-page nutshells and in big, readable type, the problem of foods and diets are presented in a way which should make them "strike home"-every home in America. Was diets for the child and the adult, care fully selected, not only with regard to "calories" and "protein"-scientific measuring rods-but also with delicate respect for young, middleaged, and grown-up appetites, are presented by means of menus, recipes, and hints---many of them new and all of them simple and practic-

A Dinner in One Dish.

Confident that "A Whole Dinner in One Dish," presented in Food Leaflet No. 3, will make good its name, the Government's food specialists guarantee that:

- "Youngsters will like it." "Father will like it."
- "You will like it."
- "Your pocketbook will surely like
- "Your bodies can't help liking it." "Uncle Sam is bound to like it."

Here is another brief lesson in food economy taught in one pointed paragraph: "Use cereals---corn-meal mush, oatmeal, rice, hominy grits. These are much cheaper than some 'ready-to-eat' breakfast 'Ready-to-eat' breakfast food may cost 15 cents for a big package, but if the package contains only onquarter of a pound-60 cents a pound for cereal. This is 8 or 10 times as expensive as corn meal at or 7 cents a pound. Look for the weights printed on the package and get the most for your money."

Diet for Little Children.

says in big type, should not be And, then, after enumerating model breakfasts, dinners, and suppers, the vote with these suggestions:

"Sweets are good for them-the right ones at the right time. Dates, raisins, stewed, simple puddings, and sugar cookies are better than candy. Give them at meal time. Between ter, a cracker, or fruit. They won't Herald. spoil the appetite, and candy be-

tween meals will." A New Method of Distribution.

The United States food leaflets are intended to supplement rather than replace the Department's publications on food and other home problems. With the funds at its disposal the Department of Agriculture will be able to supply these leaflets directly only to leaders and active workers in the food conservation movements. Efforts are to be made to induce the press to republish this material widely and thus make it directly accessible to millions of readers. The department also will

UGH! CALOMEL MAKES YOU DEATHLY SICK

Stop using dangerous drug before it salivates you! It's horrible!

You're bilious, sluggish, constipated number of other measures. and believe you need vile, dangerous your bowels.

If it doesn't start your liver and straighten you right up better than calomel and without griping or making you sick I want you to go back to the store and get your money.

Take calomel today and tomorrow you will feel weak and sick and nauseated. Don't lose a day's work. Take a spoonful of harmless, vegetable Dodson's Liver Tone tonight and wake up feeling great. It's perfectly harmless, so give it to your children any time. It can't salivate, so let them eat anything afterwards, - adv

SUBMARINES FAR AHEAD IN RACE

Washington,-Ship tonnage sunk by submarines in 1917 was nearly three times is great as the total o production in the United States and Great Britain during the year.

This was disclosed by the announce ment of Andrew Bonar Law, chancellor of the exchequer, in the Britis' House of Commons, that Great B it ain produced only 1,163,474 tons of shipping last year. The output in the United States was 901,223 tons, a total combined tonnage of 2,064,679. while sinkings by submarines last year generally are reckoned at 6,000,000 tons.

While complete figures on construction in Japan, Italy, France an other nations in 1917 are not vet available, officials here do not be-Leve their aggregate equalled that of the United States. If that is th case, submarine sinkings more than doubled all new tonnage produced.

Both American and British officials expect a very different story in 1918, however. The United State and Great Britain are speeding u their building programs and navil efficials of both countries have confidently predicted that the submarine will be curbed this summer. Admiral Sir John R. Jellicoe, former chif of the British naval staff, recently predicted that next August it could be said that the "submarine menaco is killed." However, he predicted dark months before that time.

The output of ship tonnage in th United States in 1918 has been variously estimated at from 2,500,000 t 4,000,000 tons. No estimate of Great Britain's output has been received. Specially requested

Deeds and not arguments is the thing which decides wars after they have been started and caused by ar-

Citation Notice. STATE OF SOUTH CAROLINA, County of Horry.

By J. S. VAUGHT, ESQUIRE PROBATE JUDGE. WHEREAS, W. H. Stone made

suit to me, to grant him Letters of Administration of the Estate of and effects of Nelson Thomas. THESE ARE THEREFORE to

cite and admonish all and singular Diets for the children, one leaflet the kindred and creditors of the said Nelson T.omas, deceased, that they skimpy, but a wise selection will en- be and appear, before me, in the able food saving even in their meals. Court of Probate, to be held at Conway, S. C., on 22nd day of February 1918 next, after publication herof, at experts make a bid for the child 11 o'clock in the forenoon, to shew cause, if any they have, why the said Administration should not be grant-

GIVEN under my Hand, this 8th day of February Anno Domini, 1918. Published on the 14th and 21st meals let them have bread and but- days of February 1918 in the Horry J. S. VAUGHT, Probate Judge.

> tions, dry goods and other merchants, owners of factories and other employers, to purchase these leaflets in numbers at actual cost and to distribute them to members, employees, or friends. The seven leaflets now published are the first of a series of leaflets to be issued during the emergency, each dealing in the same simple language with practical food economics that any housewife can effect.

Piles Cured in 6 to 14 Days

LEGISLATURE ENDS **NEAR MIDNIGHT**

Columbia .- Final adjournment of the General Assembly was taken at 12:13 o'clock. Little business re mained to engage the attention of the two houses throughout the evening, but to await the engrossing of the county supply bid and to ratify a

Just when the ctiy clock was strikcalomel to start your liver and clean ing the midnight hour, committees were appointed from the two houses Here's my guarantee. Ask your to notify the Governor that the desks druggist for a bottle of Dodson's Liv- were clear of the work of the session er Tone and take a spoonful tonight. and asked to receive any communica-

> The session began January 11, thus terminating before the full 40-day period had elapsed. The session just closed was characterized by other features than brevity, one of these being the complete absence of fractional politics. Fewer legislatures, more democratic in character and temperament, have ever been assembled in the State.

Early in the evening sesson, Governor Manning signed many of the important bills, among the first of these being that creating an institu- to the proposed census of the flour tion for the feeble-minded, the Sate supply in the State was issued last industrial school for girls and the fed- night by William Elliott, State Food eral prohibition amendment. The gen- Administrator: eral appropriation bill was signed at 9:45 o'clock. The Governor's signa- census on basis agreed upon at adture had been affixed to about 125 ministrators' meeting, as follows: bills of the session up to midnight that the appropriation bill had been flour they have on hand in excess of signed, the chief executive sent the 30 days' supply. It should be made following message:

able body that I have signed the ap- ordered by food administration, and propriation bill and the school and that it is a census and not a plan of county supply bill and have no fur confiscation. Also make clear that ther communication or message.

subsequent session.

carry deep in your hearts the mes- a success. sages that have come from the President of the United States and others in authority. I urge you, now that you are returning to your pople, to see that the people of South Carolina are prepared and will make every sacrifice necessary to the presevation of our national and State institutions, our liberties and the maintenance of right and justice of markind, which are now threatened by the grasping clutch of the German military autocracy.

"May God's blessing rest upon you and yours."

Several brief speeches were made at the closing hours of the session last night in tribute to Harry R. Hughs, of Oconee, who has volunteered his services and has been accepted in the aviation signal corps. Since the opening of the General Assembly he went to Atlanta and upon examination qualified for this exacting branch of the war service. He will report for duty at Austin, Tevas, about April 1. The course of training will continue about 18 weeks.

The Quinine That Does Not Affect the Head Because of its tonic and laxative effect, LAXA-Quinine and does not cause nervousness nor ringing in head. Remember the full name and look for the signature of E. W. GROVE. 30c.

PRICE OF COTTON NOT TO BE FIXED

Washington.-It became practically certain here today that there will e no price fixing of cotton prices by congress now. Today Senator E. D. Smith of South Carolina was asked about the matter and said he was positive that no action of this kind would be taken for some time. There has been great interest in this matter all over the South and the assurance that comes from Senator Smith should be good news to those who have feared that cotton prices might and the Summons of which the foresuffer because of war conditions.

"I am satisfied that the senate com mittee on agriculture will not agree Common Pleas in and for Horry to the fixing of a price on cotton or County, at Conway, S. C., on the 10th any other farm product unless there day of January A. D. 1918. is a general fixing of prices on all, W. L. BRYAN, (L. S) and this is most unlikely," said Senator Smith. Senator Smith is a mem ber of this committee.

For Indigestion, Constipation or

Biliousness Just try one 50-cent bottle of LAX-FOS WITH PEPSIN. A Liquid Digestive

AND NOW THEY ARE COOKING TO HOLD MEETINGS AT TOBACCO TO MAKE IT BETTER

For a good many years The American Tobacco Company have been conducting a Farm and Home Demonstration Deseries of experiments having as their partments, and the Council of Deobject the improvement of smoking fense of South Carolina, who are tobaccos.

And it is interesting to know that one of the greatest of their discoveries was one of the simplest, and that was, that cooking or toasting tobacco improved it in every way, just as cooking most foods improves zations will be invited. The purpose

They took a real Burley tobacco, grown in this country; toasted it as you would toast bread; moistened it to replace the natural moisture driven off by toasting: made it into cigarettes, called them "LUCKY STRIKE, the toasted cigarette," and offered them to the public.

The result has been the greatest demand ever created for any tobacco product in a similar length of time.

The change produced by toasting is not only most wholesome, but the flavor is greatly improved, just as cooking improves meat, for example.

FLOUR SUPPLY CENSUS ORDERED BY ELLIOT

The following statement relative

Washington has authorized flou-

All persons are invited to report to last night. In advising the two houses county food administrator amount of entirely clear that they should keep "I respectfully inform your honor- flour, unless some disposition of it is when these written reports are filed "With this session coming to a the person accurately making them close, permit me to say that you have will be relieved from charge of hoard passed many of the measures which ing or other unpatriotic act; this will are particularly important in this make plan popular. Certificate national emergency. I regret very should be very simple. I suggest the much the failure of your honorable following: "I have on hand blank body to give your official sanction to pounds of flour in excess of 30 days' certain measures, but I believe that supply." Suggest that this census your favorable action will come at a may result in great saving of transportation, since shortages can be "In bidding you good-bye, I extend thus equalized. I will be glad to my best wishes for your future we'- have suggestions, in order that I may fare and feel certain that you will pass them on to others to make plan

COPY SUMMONS FOR RELIEF.

(Complaint Not Served.) COURT OF COMMON PLEAS TATE OF SOUTH CAROLINA, County of Horry.

Dan W. Hardwick, Plaintiff,

aura Powell, Rollie Powell, Raymond Powell, Charlie Powell and Eva Powell, heirs at law of W. C. Powell, Deceased, Enterprise Grocery Company, Vineland Dry Goods Company, J. P. Derham and D. F. McGougan, copartners trading under the firm name and style of J. P Derham & Co., M. E. Jehnson and one Nicholas, whose name is unknown to plaintiff, copartners in trade uder the firm name and style f Johnson & Nicholas, Defendants. O THE DEFENDANTS ABOVE

YOU ARE HEREBY SUMMONED and required to answer the complaint in this action, which has been filed in the office of the Clerk of the Court of Common Pleas, for the said County, and to serve a copy of your answer to the said complaint on the subscriber at his office at Conway, S. C., within twenty days after the service hereof; exclusive of the day of such service; and if you fail to answer the complaint within the time aforesaid, the plaintiff in this action will apply to the Court for the relie. demaded in the complaint.

Dated December 19th, A. D. 1917. H. H. WODOWARD,

Plaintiff's Autorney. To Enterprise Grocery Company

Vineland Dry Goods Company, D F. McGougan, M. E. Johnson and one Nicholas Whose Name is Unknown to Plaintiff, copartners in Trade Under the Firm Name and Style of Johnson & Nicholas, An sent Defendants:

TAKE NGTICE That the Complaint in the foregoing stated action going is a copy were filed in the office of the Clerk of the Court of

> C. C. C. P. H. H. WOODWARD, Plaintiff's Attorney.

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5 or 6 doses 666 will break Laxative pleasant to take. Made and any case of Chills & Fever, Colds endeavor to interest women's clubs, churches, civic and other organization gives Ease and Rest. 50c.

Your druggist will refund money if PAZO recommended to the public by Paris Medical Recommendation of Laxative Bromo better than Calomel and does no granizative Bromo Churches, civic and other organization gives Ease and Rest. 50c.

Your druggist will refund money if PAZO recommended to the public by Paris Medical Recommendation of Laxative Bromo better than Calomel and does no gripe or sicken. Price 25c.

GREENWOOD AND SUMTER

The Food Administration, the closely cooperating, have determined to hold a meeting at Greenwood on February 18th and one at Sumter February 19th, to which the active working forces of the three organiof these meetings will be to give a thorough knowledge fo the war situation, to present the program of the Food Administration, Farm Demonstration Bureau, and the Council of Defense, and to set forth plans for the combined spring campaign which will be launched shortly after these meetings. We expect to present several speakers of National prominence and can promise that those who attend will receive inspiration

and valuable information.

expected to attend at Greenwood or at Sumter, whichever is most convenient. All county food administrators, and all other food administration representatives; all farm and home demonstration agents; all members of the State council of defense. all chairman of the county councils of defense, the chairmen of the township or school district councils, and all members of the woman's council of defense. We also request the presence of the speakers selected by the State Council of Defense who will carry the burden of the speaking, campaign, and other patriotic citizens who wish to prepare themselves for volunteer service in the approaching campaign.

The following are requested and

Each farm demonstration agent is asked to select two or three prominent farmers from his county who will attend one of these meetings and actively cooperate in the campaign.

Recent war developments, and especially the foodstuffs situation, make it absolutely necessary for every citizen of South Carolina to be informed of the very serious trend of affairs, and of the obligation that rests upon us for a much greater production and more perfect conservation of food supplies, as well as of a more vigorous and whole-hearted support of the government in every

endance may be had at both the Greenwood and the Sumter meetings, all communications as heretoin order that the forces who must carry the brunt of the approaching campaigns may be thoroughly inform ed of the situation, and properly instructed as to the concrete program which will be presented at these meetings.

-William Ehiott, Food Administrator for S. C. -W. W. Long, Director of Extension. --- D. R. Coker, Chairman State Council of Defense.

The entire wheat crop in France has been requisitioned by the French Government,

LAND NEAR TOWN OFFERED FOR SALE

We offer for sale at a very low figure the fifteen acre tract of lannear the corporate limits, the property of Mrs. Katherine G. Rollinson. This tract lies of the north side of the road leading from Conway to Willow Spring, immediate opposite the old Melson residence, and is bounded by lands of Col. D. A. Spivey (Sanders Place) and others. Call or write us for our lowest price to-day -Horry Land Agency, -- adv



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PUT HOT WATER AND HEAT IN YOUR HOUSE

T. B. LEWIS. Atty. and Councellor at Law CONWAY. - - - S. C.

> J. M. JOHNSON, CIVIL ENGINEER MARION, S. C.

My Engineering and Surveying office will be open during my ab-We earnestly hope that a full at- sence, and prepared to take care of any work as usual. Address

> WILLIAM EUGENE KING. M D Physician and Surgeon Office in Platt Drug Co. AYNOR,. - - S. C.

> > DR. J. D. THOMAS Physician and Surgeon

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NORTON & BAKER ATTORNEYS-AT-LAW

CONWAY, __

LUM JUNG LAUNDRY. CONWAY, 8. C. Beginning July 1st. 1913

All persons must take tickets for work left here. Possitively no work delivered until ticket is presented. Laundry not called for in 30 days will be sold for charges LUM JUNG

W C SINGLETON ATTORNEY AT LAW Conway, S. C.

Office up Stairs Buck Building

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