

CASTORIA For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of Dr. J. C. Holtcher. In Use For Over Thirty Years CASTORIA

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WOMEN ASK FOR RATIONING PLAN

American Women Volunteer to Buy Fixed Amounts of Meat, Bread Flour, Sugar and Butter.

PLAN STARTED IN NEW YORK.

Idea Supplements U. S. Food Administration's New Home Card Now in 10,000,000 Homes.

The women of America, who are anxious to do their great part in the winning of the war, are now, as a whole, familiar with the most important aspects of food conservation. The Home Card, both in its original form and in the revised edition for 1918, which provides for two wheatless days, one meatless day a week, in addition to a wheatless meal every day, has been placed by the Food Administration after a vigorous campaign in 10,000,000 American homes.

The Food Administration has had a great many requests, however, particularly from the homes of the well-to-do, that it should issue a worked out plan for a voluntary system of rationing.

This desire for a voluntary ration springs from two causes—first, because it is far simpler for the housewife to save food when she has a concrete working plan by which to proceed, and, second, because the loyal women of America desire, unselfishly, to put themselves on the same basis as the women of the Allied countries. The ration proposed by the Food Administration is almost the same as that adopted in England for voluntary observance. All over the United Kingdom, in hundreds of houses there hangs in the front window a card with the stirring pledge, "IN HONOR BOUND WE ADOPT THE NATIONAL SCALE OF VOLUNTARY RATIONING."

The ration recommended by the Food Administration, and adopted first in New York city, whence the idea has spread through the entire country, is the following:

- Meat—Beef (fresh, salted, larded and lashed); mutton, lamb and veal (mutton by preference) 2 1/2 lbs.
Butter 1/2 lb.
Cooking Fats (margarine, lard, lard substitutes, vegetable oil) 1/2 lb.
Wheat Flour (for use in cooking, baking, etc., where corn starch, cream of tartar or bread crumbs cannot be substituted) 1/2 lb.
Victory Bread (containing at least 20 per cent of a substitute for wheat flour) 1 1/2 lbs.
Sugar (including all sugar used on the table and in cooking and all sweeteners and condenses, but not that used for jamming and preserving) 3/4 lb.

The above list, however, are the only ones which are definitely limited. In the case of milk and cream, as much may be used as necessary, and children, of course, must have their full allowance of whole milk. Fish and poultry, any cereal other than wheat, vegetables and fruits and cheese may be used as freely as is desired.

The above ration is in no wise intended to supplant the Home Card, but rather to supplement it. It has been published with the idea that it will be a very real aid to the American woman in her splendid effort to enter into the great food conservation program.

HELP IN 50-50 WHEAT PROGRAM

Thousands of Retail Grocers Support Food Administration Rules.

SIGN PLEDGE VOLUNTARILY.

New Wheat Saving Program Demanded—Allied Food Shortage Increases—America Must Feed Fighters.

Explaining the United States Food Administration's new 50-50 wheat regulations is a war time task the American grocer has gladly shouldered. Many stores are already displaying their Food Administration wheat saving pledge cards, that they have signed, agreeing to carry out the new wheat program.

Each flour customer is now required to buy one pound of cereal substitute for every pound of wheat flour. The substitute may be of one kind or assorted. This 50-50 sale is made by weight and not by value of the commodities. There is, of course, no regulation demanding the consumer to buy wheat flour at all.

A wide variety of substitutes has been provided: Cornmeal, corn flour, edible cornstarch, hominy, corn grits, barley flour, potato flour, sweet potato flour, soy bean flour, Futera flour and meals, rice, rice flour, oatmeal, rolled oats and buckwheat flour.

Graham and whole wheat flour constitute an exception to the national regulation. Either of these commodities may be sold at the ratio of three pounds to five pounds of wheat flour—that is, five pounds of graham or wheat flour counts the same as three pounds of the usual wheat flour.

Mixed flours form another exception. Where any flour contains 50 per cent, or less of wheat it may be sold without any substitutes. Where the flour is mixed at the rate of 60 per cent, wheat and 40 per cent, of other ingredients an additional 20 per cent, of substitutes must be purchased by the consumer.

Where necessity is shown specially prepared infant's and invalid's food containing flour may be sold.

That the approved substitutes may be assorted is a fact many grocers and housewives overlooked for a time. For instance, if a customer wishes to buy a 24 pound sack of flour the necessary substitutes might be assorted as follows: Cornmeal, 8 pounds; corn grits, 4 pounds; rice, 4 pounds; buck wheat, 2 pounds; cornstarch, 1 pound; hominy, 2 pounds; rolled oats, 3 pounds.

None of the substitutes should be considered as a waste purchase. There are many household uses for each. The eight pounds of corn meal can be made into cornbread, corn muffins or used in the baking of wheat bread.

Cornstarch is useful in making custard, the keeping gravy or may be used in cake baking. Corn grits fried the mush forms a delicious dish, or may be used in baking corn bread. Rolled oats are used largely as breakfast porridge or in oatmeal cookies or in making waffles.

Buckwheat flour may be used in bread making, forming an excellent substitute for one-quarter of the wheat flour, but is especially chosen in the form of buckwheat cakes for breakfast.

With 11 wheatless meals needed each week in America to provide enough wheat for the allies, the Food Administration believes the substitutes will all be used to advantage.

USE LESS WHEAT.

The allied nations have made further increased demands on us for breadstuffs—demands that Americans are obligated to meet.

In the meantime America's meat supply has been greatly increased for some months to come by the unprecedented shipping to market of hogs that averaged 232 pounds each instead of 203 pounds—the normal.

The United States Food Administration, endeavoring to adjust the international food balance, promptly removed certain restrictions in this country on the use of meat and at the same time asked for a smaller consumption of breadstuffs.

We are asked to observe only one meatless day each week—Tuesday. We will have larger meat stocks for awhile. But our bread ration must be held to a minimum.

In entering its food conservation program the Food Administration emphasizes that the food situation is of necessity, subject to sudden changes, caused by crop conditions at home and abroad and by the precarious transportation problem, both in overseas shipping and in America's overburdened transportation system.

The Food Administration will keep the American people fully and frankly advised of each change in the developing situation that they may know definitely the part their food savings play in the world war.

BETTER PAY FOR TEACHERS.

Safety of Nation Depends Upon Enlightened Citizenship.

Congress, S. C., May 2.—David R. Coker, chairman of the South Carolina Council of Defense, has issued the following statement:

"The stability of democracy and consequently the safety of this nation and of the world depends upon an enlightened and patriotic citizenship.

"Such a citizenship cannot be had and maintained without a public school system of high efficiency.

"The efficiency of the school system necessarily depends upon the character, education and experience of the teacher. Satisfactory teachers cannot be engaged and kept unless adequate salaries are paid.

"The school teachers of South Carolina are now being paid from 50 to 100 per cent less than men and women of similar qualifications in commercial pursuits.

"There is a tremendous demand for stenographers and clerks for government service at salaries from \$80 to \$150 per month.

"Many banks and mercantile concerns are looking for efficient women at good salaries to replace men who have been called into service.

"Many of the most efficient school teachers in the state intend to seek commercial employment at the end of the present school year.

"If the authorities controlling the schools of South Carolina do not immediately recognize the danger and apply the necessary remedy, our school system will be badly crippled at a time when efficiency is more vital than ever before.

"There is but one remedy—adequate salary. We cannot expect expert, conscientious service for the wage of an average-day laborer.

"Our teachers do and should occupy positions of influence and leadership in their respective communities, and it is unfair to keep them in their present humiliating financial condition.

"I personally know efficient teachers of high patriotism who are receiving salaries barely able to meet their absolutely necessary expenses and who deeply feel their inability to respond to requests for contributions to worthy patriotic causes.

"If adequate funds are not available from taxation, school trustees should raise by private subscription from the school patrons sufficient additional funds to pay an adequate salary to secure and keep the services of competent and experienced teachers.

"The structure of our government depends more largely upon our educational system than upon any other one agency. Let us keep this fact clearly before us and do our full duty to our schools no matter how urgent are our calls for patriotic service.

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LEE COUNTY NEWS

Items of Interest Gathered From Bishopville Vindicator.

The committee for Lee county of the Third Liberty Loan arranged that Saturday would be a rally day for the sale of bonds. They forthwith arranged to have prominent public speakers here for that occasion. Dr. Stokes, president of Coker College; Dr. Cromer of Newberry and Senator E. D. Smith were invited to come. Drs. Stokes and Cromer had pre-arrangements for that day, but Senator Smith was expected up to time of speaking, but doubtless some pressing business kept him in Washington. Notwithstanding the bad rainy weather, the 317th Artillery Band from Camp Jackson came in on the early Southeastern train and Lieut. Parker got here by auto from Harrisville before the hour for speaking. All the stores by agreement closed from 11 to 2 p. m. A big parade was planned but the rain continuing up to 10 o'clock spoiled all that arrangement. However the band played a few patriotic pieces in front of the opera house where the local military company had gathered and soon quite a crowd gathered around. The military company headed by the band and followed by citizens marching in double file, marched to court house to find quite a large crowd gathered there. The court house could not accommodate more than a half dozen with standing room. After the speaking was over subscriptions for the Third Liberty Loan were called for and in a very short time over \$80,000 was subscribed and that for the Lynchburg school and a subscription for about \$18,000 and 11 put \$30,000 making a total of \$107,000. That was being the last Lee county school has \$10,000 to raise to complete one-quarter of the three billion. So we can say it's work is done.

Mr. S. L. Tallon, of Lynchburg, was in our office a short while last Monday. He says he never has had such a fine stand of both corn and cotton as he has since the last year. In fact, all the farmers from Lynchburg to Bishopville, he said, seem to have good stands of both crops.

NEW REGIMENT BEING FORMED.

Men of Trades Have an Opportunity to Travel Abroad.

Savannah, Ga., May 1. Do you want to enlist in a regiment which is going to France just as soon as possible? If you are a barroom, baker, tanner, saddler, sailmaker, rigger, blacksmith, ship carpenter, steersman, hoisting engineer, marine gasoline engineer or machinist or a clerk or stenographer, you may do so, provided you are eligible and qualified. A new regiment, the 57th Engineers, is now being formed to maintain and operate the boats and barges on the rivers and canals of France, which form probably the most highly developed inland waterway system in the world. Men of these qualifications are needed immediately for the regiment, which is training at Camp Laurel, Maryland, and any who wish to join may make application to the nearest army recruiting station, Lieut. H. H. Keppel, chief of the 57th Engineers, is now at the recruiting station for this district in Savannah, Ga. For the new regiment and all men accepted will be sent to join at Savannah. Any desirous men should make application immediately, as there is no assurance as to how long recruiting for the regiment will continue.

Men of all ages in the regiment will have an opportunity not only to travel but to earn their own money and to have a good time of their own trade, at the same time rendering patriotic and valuable service to their country. The chances of promotion are excellent and the pay is good. Living conditions are splendid.

The requirements for enlistments are the same as for recruits in general with the added requirement that men must have experience as outlined above. The recruiting officers state that any qualified for service in the 57th Engineers would do well to lose no time in making application at the nearest army recruiting station for enlistment.

Opportunities such as this do not come often, as it is expected that not many from this section will answer the call for volunteers in the 57th.

Lieut. R. C. Rippee, formerly of the York public schools, is back from a trip to the war zone in France. He will report at Camp Gordon as in structure.

USE MORE POTATOES.

U.S.P. consume the 1917 record breaking potato crop. Government experts have estimated that over 700,000 extra acres of potatoes were planted last year. The United States Food Administration is endeavoring to push the nation's big potato stocks into channels of trade and has placed potatoes on the list of substitutes that may be bought along with wheat flour.

Potato soup has become a war dish. Here is a recipe that has been tested by United States Food Administration experts. Ingredients needed are three potatoes, one quart of milk, two slices onion, three tablespoons butter substitute, two tablespoons flour, one and one-half tablespoons salt, one-quarter teaspoon celery salt, one-eighth teaspoon pepper, two grains cayenne and one teaspoon chopped parsley.

Cook potatoes in boiled salted water. When soft run through a strainer. Simmer with onion, remove onion and add milk slowly to potatoes. Melt the fat, add dry ingredients, stir until well mixed, then stir into boiling soup. Cook one minute, strain and sprinkle with barley.

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