TO CUT WHEAT USE ONE-HALF

Military Necessity Demands That Each American Eat Only 1½ Pounds Wheat Products Weekly.

CORN AND OATS SUBSTITUTES.

Allies Must Have Wheat Enough to Maintain Their War Bread Till Next Harvest.

If we are to furnish the allies with the necessary proportion of wheat to maintain their war bread from now until the next harvest, and this is a military necessity, we must reduce our monthly consumption to 21,000,000 bushels a month as against our normal consumption of about 42,000,000 bushels, or 50 per cent of our normal consumption. This is the situation as set forth by the U. S. Food Administration at Washington. Reserving a margin for the ration to the army and for special cases, leaves for general consumption approximately 1½ pounds of wheat product weekly per person, the Food Administration's statement continues. Many of our consumers are dependent upon bakers bread. Such bread must be durable and therefore requires a larger proportion of wheat products than cereal breads baked in the household. Our army and navy require a full allowance. The well to do in our population can make greater sacrifices in the consumption of wheat products than can the poor. In addition, our population in the agricultural districts where the other cereals are abundant, are more skilled in the preparation of breads from these other cereals than the crowded city and industrial populations.

With improved transportation conditions we now have available a surplus of potatoes. We also have in the spring months a surplus of milk, and we have ample corn and oats for human consumption. The drain on rye and barley as substitutes has already greatly exhausted the supply of these grains.

To effect the needed saving of wheat we are wholly dependent upon the voluntary assistance of the American people and we ask that the following rules shall be observed:

1. Use by bakers to not to exceed one-half of the pounds per week of wheat used per person. This means for each 100 pounds of Victory bread consist of the required cereal substitutes and one half pound of cooking flour, macaroni, crackers, pastry, cakes, wheat cookies are all prohibited.

2. Public eating places and clubs to observe these rules the first week, Monday and Tuesday is suggested. In addition use for the second week any other meat substitutes, fresh vegetables, fruits, milk products, fish, poultry, etc., to conserve the total of wheat four. No wheat should be used in cross sandwiches. Public eating establishments should not serve more than one slice of bread with each meal.

3. Bakers to reduce the weight of bread one-half pound per loaf. Rolls, buns, cakes, pastry, crackers, cookies are prohibited.

4. Consumers to use substitutes in the home, corn meal, corn bread, hominy, rice, potatoes, barley, rye, oats, buckwheat, etc.

5. Make home baked bread the exception rather than the rule. Use substitutes in the home baked bread.

6. Retailers to not sell more than one pound of wheat flour to any customer at any one time.

7. Restaurants, hotels, lunch rooms, soda fountains, etc., to serve no wheat bread, rolls, muffins, cakes, pastry, crackers, cookies, pies, etc., at any meal.

8. Every individual to use substitutes in the home, corn meal, corn bread, hominy, rice, potatoes, barley, rye, oats, buckwheat, etc.

Many housekeepers have already learned the delicious qualities of corn bread, hominy, rice, potatoes, barley, rye, oats, buckwheat, etc.

Make home baked bread the exception rather than the rule. Use substitutes in the home baked bread.

Retailers to not sell more than one pound of wheat flour to any customer at any one time.

Restaurants, hotels, lunch rooms, soda fountains, etc., to serve no wheat bread, rolls, muffins, cakes, pastry, crackers, cookies, pies, etc., at any meal.