

AMERICANS ASKED TO LIMIT USE OF SUGAR

**Must Use No More Than Two Pounds
Per Person a Month if the Present
Meagre Allied Sugar Ration
Is Maintained.**

**Stocks Will Be Short Until Beginning of New
Year—Ration May Be Enlarged Then.**

Two pounds of sugar a month—half a pound a week—that is the sugar ration the U. S. Food Administration has asked every American to observe until January 1, 1919, in order to make sure there shall be enough for our Army and Navy, for the Allied armies and for the civilians of those nations.

By New Year's the world sugar situation will be relieved somewhat by the new crop. Cuban sugar of this year's crop will be arriving in this country.

Every available sugar source will be drawn on by the Food Administration during the next winter months to maintain sufficient stocks here to keep up our national sugar supply. During October the first American beet sugar will arrive in the markets. By the middle of November some of our Louisiana cane crop will be available. All of this sugar and more may be needed to keep this nation supplied on a reduced ration and to safeguard the Allied sugar ration from still further

reduction. In Europe the present ration is already reduced to a minimum.

Our Situation.
The situation which the United States faces in its efforts to maintain a fair distribution of sugar to the Allied world is as follows:

Sugar supplies throughout the country, in homes, stores, factories and bakeries are at a low ebb. We must make increased sugar shipments to the Allies.

Production of American beet and Louisiana cane crops have been disappointing.

Porto Rico crops have been curtailed.

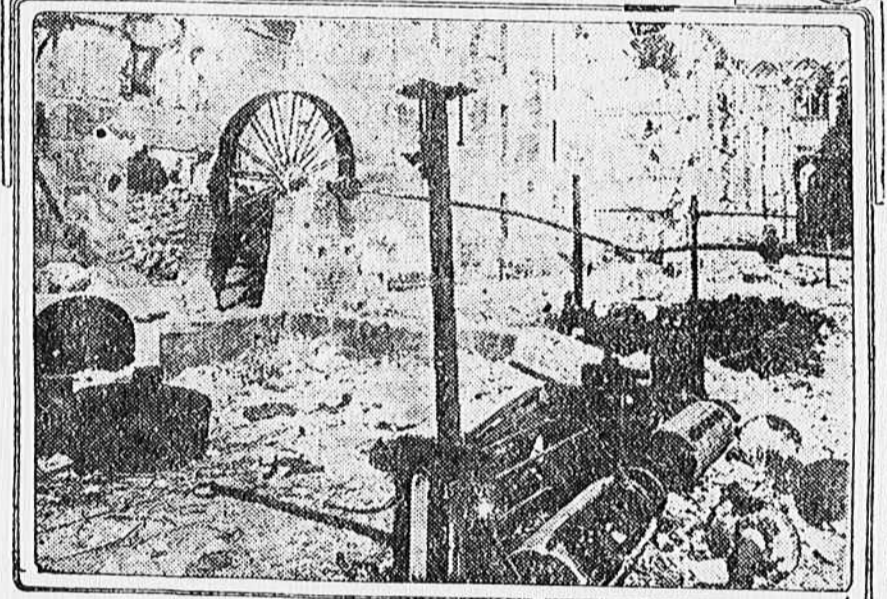
Immense sugar stocks in Java cannot be reached on account of the shipping shortage; ships are needed for troop movements and munitions.

Army and Navy sugar requirements have increased as well as those from the Allies.

Most industries using sugar have had their allotment reduced by one-half; some will receive no sugar.

Households should make every effort to preserve the fruit crop without sugar, or with small amounts of sugar. Later, when the sugar supply is larger, the canned fruit may be sweetened as it is used.

French Sugar Mills Destroyed



France must import sugar today, most of it from this side of the ocean, because the largest portion of French sugar beet land is in German hands. As a result, the French people have been placed on a sugar ration of about 18 pounds a year for domestic use; a pound and a half a month. This photograph shows how the German

troops destroyed French sugar mills. Thanks to the French rationing system the annual consumption has been cut to 600,000 tons, according to reports reaching the United States Food Administration. Before the war France had an average sugar crop of about 750,000 tons of sugar and had some left over for export.

Saving Sugar Saves Shipping



AMERICAN families would have less sugar than the people of war torn France, if we depended entirely on our home-grown sugar stocks.

Approximately 75 per cent. of our sugar is shipped to our shores. We produce about 1,000,000 tons of sugar a year. Our imports from abroad amount to over 3,000,000 tons a year in normal times.

The United States Food Administration asks each family to limit its use of sugar to two pounds per month for household use. The military situation demands that every available ship be placed at the disposal of the Army or Navy. When we save sugar, we save shipping.

Save Food

**120 million
Allies
must eat**

United States Food Administration

War Time Sweeteners

AMERICA has several excellent war time sweeteners that will be used largely during the shortage in the sugar supply.

They are maple sugar, syrups, honey and molasses and may be used in preparing desserts and other dishes requiring sweetening.

When a cup of syrup or honey is used to replace a cup of sugar the liquid in the recipes should be decreased one-fourth.

One-third of a cupful of sugar is equivalent to one-third of a cup of honey, about one-half cup of syrup and about one-half cup of corn sugar.

One-fourth of a cup of sugar is equal to about one-half cup of syrup or one-third cup of corn sugar. One tablespoon of sugar is equal to one tablespoon of honey, about one and one-half tablespoons of syrup and one and one-third tablespoons of corn sugar.

Sugar may be saved by the use of raisins, dates, figs, dried pears and fruit pastes used on the breakfast cereals.

Fruit marmalades, butters and jellies should be used to take the place of the ordinary sweetening at a meal and not as accessories to it. Fruits may be preserved without sugar. It may be added when sugar is more plentiful.

Preserving demands this year a thin syrup instead of a heavy syrup.

If sugar is used one-half of the amount may be replaced by another sweetener.

Drying is a means of preserving (without sugar) apples, cherries, strawberries and black caps.

When ready to use they may have added the needed sugar in the form of a syrup. When sugar is more plentiful fruit juices may be made into jellies or may be used as fruit juices with or without sugar, as beverages, fruit gelatins and frozen desserts.

Fresh fruits supply the place of sugar in the diet. They should be used freely. Desserts where sugar is scarce may be made of gelatins, junkets, custards, puddings and cakes.



SHAKE OUR SUGAR WITH THE ALLIES

British Get Two Pounds a Month.
French Pound and Half,
Italians One Pound.

GERMAN SUPPLY PLENTIFUL.

All Nations Permit Use of Sweetening
for Home Preserving Purposes.

America's new sugar ration of two pounds a month per person is equitable when compared with the sugar ration enforced by rigid governmental order in England, France and Italy, nations with which we are sharing sugar.

Each Allied nation—in the matter of sugar consumption—is sharing on nearest possible equal terms the hardships imposed by greatly altered conditions in the world sugar situation.

Formerly classed as a luxury, sugar is now a war time essential. The fair and just division of this essential is in the hands of the various Allied food controllers.

The United States Food Administration has asked this nation to observe a voluntary sugar ration of two pounds per person a month.

In the other countries at war with Germany sugar is one of the scarce articles on every menu—whether in the households of both rich and poor, or in the hotels.

England today has a sugar ration of two pounds per month per person. In France the ration is a pound and a half and in Italy it is one pound a month. And the prices in allied countries are from two to three times as high as in America.

If you go to a hotel in England or France these days and order tea or coffee they serve absolutely no sugar with it. If you want sugar you must bring it with you.

In England it is allowable to use one-seventh of an ounce of sugar in the preparation of each luncheon. In France many persons carry little saccharine tablets about with them for use in hotels and in England rich and poor must take their sugar with them if they wish to have sweetened tea while visiting friends.

Before the war started France had 625,000 acres devoted to sugar production. By 1917 the French sugar acreage had decreased to 180,000 acres. Today the French man or woman with a sugar card has no assurance whatever that he or she will be able to actually buy sugar. To buy it, one must first find it.

Italy Has "State Sugar."

Especially drastic regulations govern the use of sugar in Italy. Its manufacture, distribution and sale are closely controlled, and in part actually taken over by the state.

Saccharine is permitted to be sold and used as a substitute for sugar and the government manufactures a mixture of saccharine and sugar called "State Sugar," which is largely used.

German Sugar Ration Adequate.

Germany, before the war, produced a great surplus of sugar and exported large quantities. Today the Germans have virtually gone out of the export business, but have plenty of cheap sugar for home use.

Wholesale prices prevalent in the Allied nations, according to information received by the United States Food Administration are as follows: England, 10 cents a pound; France, 12 cents; Italy, 26 cents.

While these high prices are being paid abroad the American wholesaler is being held at 7 1/2 cents.



SHOWER BATHS FOR CHILDREN

Low Wash Basins and Little Shower Baths Adapted for the Use of the Tots.

CHATEAU DES HALLES
NOW CHILDREN'S HOSPITAL

One of the Most Complete Establishments of Its Kind in France, With Jolly Playrooms and Toys to Amuse Patients.

Up in the mountains, where the snow falls early and lies deep, 80 miles from Lyons, is the little French village of Les Halles—a story book village, with its massive stone church standing sentinel over two long rows of blue-gray plaster cottages. And a mile farther on is the Chateau des Halles, where your Red Cross has established a home for 200 sick children.

Mangin built the chateau. Mangin was the man who built the railroad along the Riviera and many other railroads in France. And thirty odd years ago he built this castle up in the mountains for his country home. But soon after his two children died. Then he died, and when his widow followed him she left the chateau to the city of Lyons to be used as a hospital for children.

The War's Wreckage.

Then came the war. A little part of the war's wreckage began to pile up in at Evian—"repatriates," elderly men and women, children, even babies, who had once lived in the parts of France engulfed by the German tide, and whom the Germans, finding them useless, were beginning to ship back to France by way of Switzerland. Gradually this rivulet swelled. Soon thousands of these unfortunates were at Evian daily. And fully half of them were children, undernourished, thinly clad, dirty, sickly and, grim, spiritless, with faces that had forgotten how to smile.

To care for these children, your Red Cross at once set to work. Working with the French and the Red Cross secured permission to make use of the old and almost ten Chateau des Halles up in the mountains. For years the chateau had been closed. No effort had been made to fit it up as a hospital. Your Red Cross had to begin at the very beginning.

Rooms Big and Jolly.

But what a wonderful task it has accomplished! The Chateau des Halles, transformed into a children's hospital and rest home in such haste under the terrible pressure of war needs, with little time to think twice and no time to retrieve errors, is not only one of the most comfortable establishments of its kind; it is one of the best children's hospitals in all France. The two rooms where the arriving children are isolated for a few days are big, jolly rooms where what is need to efface from the little ones' minds the memories of their long days behind the German lines. The big play room is strewn with rocking horses and wonderful embossed toys, parrots and other toys carved by wounded poilus.

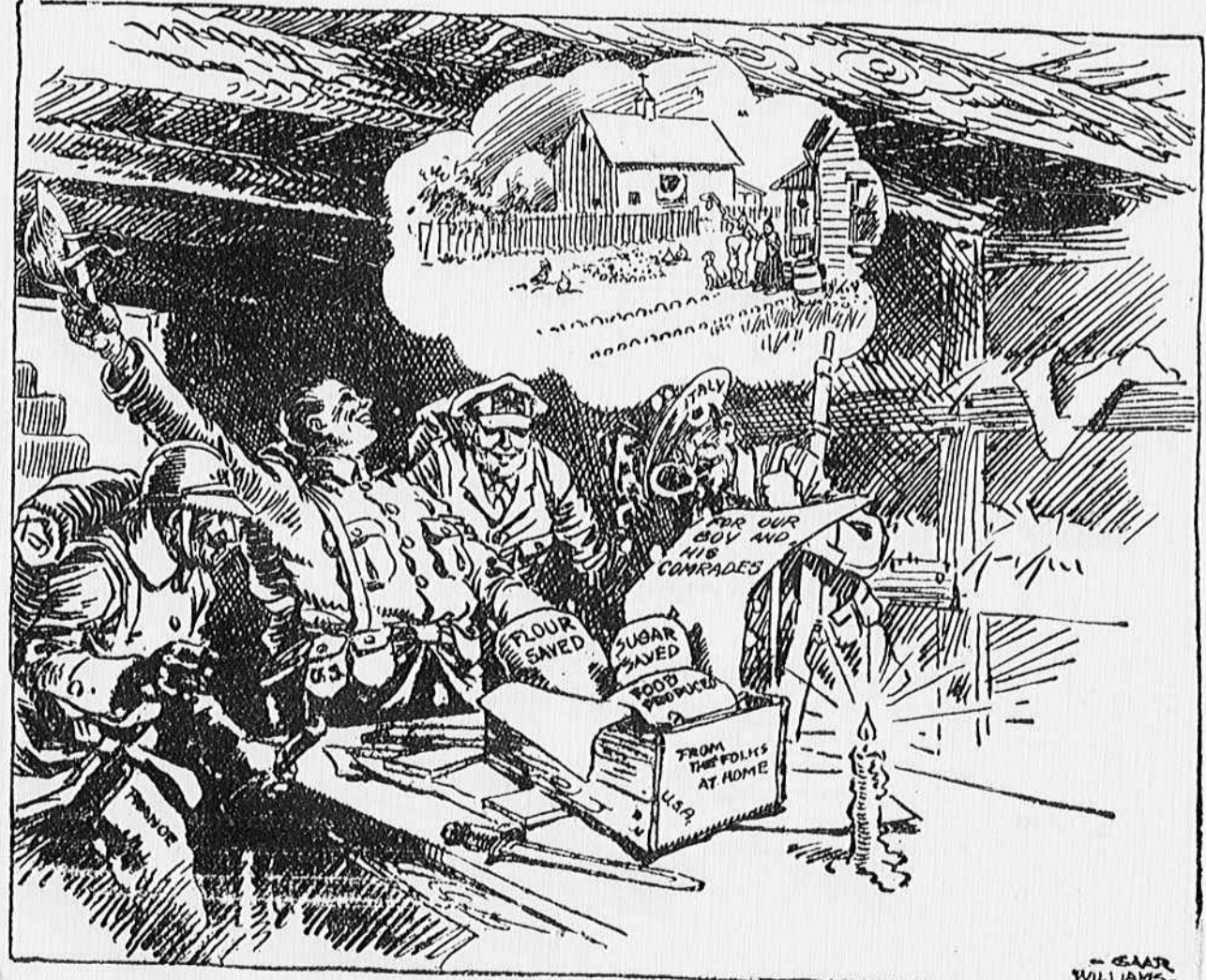
And so you stray from room to room, and everywhere you find new evidences of this watchful care. And then you reach the bathroom. This chateau was built by a man of wealth. Its plumbing was excellent, and it has been stripped out and replaced with little, low wash basins and shower baths that the children use more comfortably.

That is how your Red Cross has cared and cares for France's children.

HER WEIGHT IN GOLD

An Author's Letter Tells

A BOX FROM HOME



Food savings of millions of Americans during our first year of war enabled this government to send enormous food shipments abroad for our fighting forces and the Allied nations. Our savings in cereals—out of a short crop—amounted to 154,900,000 bushels; all of which was shipped to Europe. We increased our meat and fat shipments 844,600,000 pounds. This was America's "box from home" to our army abroad and the civilians and military forces of the Allied nations.