

was par excellent—the voices in the quartette numbers blending most beautifully, and the solo numbers rendered were fully appreciated. Mr. Arnold gave an enlightening review on the war and offered many worthy suggestions how all of us can do our bit in its successful prosecution. Mr. Arnold is a fluent speaker and unquestionably his tour over the state will do much to arouse a truer American spirit among some of our citizens—and we must admit there are some who need it.

Additional Directions to First Home Card.

The Food Administration asks everyone to maintain rigidly a minimum of at least:

One wheatless day each week and one wheatless meal each day, the wheatless day to be Wednesday. By wheatless we mean to eat no wheat products.

One meatless day each week which shall be Tuesday and one meatless meal each day. By meatless we mean to eat no red meat—beef, pork, mutton, veal, lamb; no preserved meat—beef, bacon, ham or lard.

One porkless day each week in addition to Tuesday, which shall be Saturday. By porkless we mean no fresh or salted pork, bacon, lard or ham.

Sugar—You can materially reduce sugar by reducing the use of candy and sweet drinks. We will make every endeavor to see that the country is provided with a supply of household sugar on the basis of three pounds of sugar for each person per month. Do not consume more.

Human foodstuffs comprise three principal elements:

Protein: Mainly present in meat, beans, fish, poultry, milk, and to some extent in grains.

Fats: That is, butter, cream, lard, bacon, margarine, cooking fats, beans, cotton seed oil and other vegetable oils.

Carbohydrates: Grains, sugar, potatoes and other vegetables.

As a nation we eat and waste 60 per cent. more protein than we require to maintain health. Therefore, we can reduce the amount of meat we eat without harm.

We eat and waste 240 per cent. more fat than necessary.

Of the carbohydrates we can just

as well consume corn, oats and other cereals as wheat and we have abundant supplies of potatoes and vegetables.

Do not limit your supplies of milk and table butter, but consume it all. Don't waste any.

You can reduce the consumption of fats by reducing pastry and fried foods.

Remember the gospel of the clean plate, the serving of small portions, the purchase of less supplies.

Hoarding: Any person in the United States who buys more foodstuffs than he customarily keeps at home in peace times is defeating the Food Administration in its purpose to secure a just distribution of food and in its great endeavors to reduce prices. The hoarding of food in households is not only unnecessary, as the Government is protecting the food supply of our people, but it is selfish and is a cause of high prices.

Such actions multiplied by thousands increase the demands upon our railways for cars and already, because of our military demands, it is with extreme difficulty we can now move the vitally necessary food to markets.

There is much insidious propaganda in the country against conservation and increased production. All opposition to these services is direct assistance to the enemy.

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McHenry, N. D.