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NATION NOW ON WAR DIET.

Reduced Food Consumption Asked for Purpose of Creating Larger Surplus for European Allies—Two Wheatless One Meatless and Two Porkless days a Week. Curtailment to be Accomplished largely by Voluntary Effort, but Law will be used Where Applicable.

Washington, Jan. 26.—The American people will go on a war bread diet Monday as a part of a war rationing system prescribed by President and the food administration. "Victory bread," the administration calls it.

The reduced rations are asked for the purpose of creating a larger export surplus of food for the European allies. Curtailment of consumption will be accomplished largely by voluntary effort, but force will be employed wherever permitted under the food control act.

The rationing system, as presented by the President in proclamation and by Food Administrator Hoover in a list of regulations, forms the food administration's 1918 food conservation program of which the chief features are:

A baker's bread of mixed flours, beginning Monday with a five per cent substitution of other cereals for wheat until a 20 per cent substitution is reached February 28.

Sale by retailers to householders of an equal amount of substitute flours for every pound of wheat flour purchased at the time the wheat flour is bought.

Sale by millers to wholesalers and wholesalers to retailers of only 70 per cent of the amount of wheat flour sold last year.

Two wheatless days a week—Monday and Wednesday—and one wheatless meal a day.

One meatless day a week—Tuesday and one meatless meal a day.

Two porkless days a week—Tuesday and Saturday.

Text of War Rationing Proclamation.
The text of President Wilson's proclamation follows:

A proclamation.

Many causes have contributed to create the necessity for a more intensive effort on the part of our people to save food in order that we may supply our associates in the war with the sustenance vitally necessary to them in these days of privation and stress. The reduced productivity of Europe because of the large diversion of and power in the war, the partial failure of harvests and the elimination of the more distant markets for foodstuffs through the destruction of shipping, places the burden of their subsistence very largely on our shoulders.

The food administration has formulated suggestions which, if followed, will enable us to meet this great responsibility, without any real inconvenience on our part.

In order that we may reduce our consumption of wheat and wheat products by 30 per cent—a reduction imperatively necessary to provide the supply for overseas—wholesalers, jobbers and retailers should purchase and resell to their customers only 70 per cent of the amount used in 1917. All manufacturers of alimentary pastes, biscuits, crackers, pastry and breakfast cereals should reduce their purchases and consumption of wheat and wheat flour to 70 per cent of their 1917 requirements, and all bakers of bread and rolls to 80 per cent of their current requirements. Consumers should reduce their purchases of wheat products for home preparation to almost 70 per cent of those of last year, or, when buying bread, should purchase mixed cereal breads from the bakers.

To provide sufficient cereal food, homes, public eating places, dealers and manufacturers should substitute potatoes, vegetables, corn, barley, oats and rice products, and the mixed cereal bread and other products of the bakers which contain an admixture of other cereals.

In order that consumption may be restricted to this extent, Mondays and Wednesdays should be observed as wheatless days each week, and one meal each day should be observed as a wheatless meal.

In both homes and public eating places, in order to reduce the consumption of beef, pork and sheep products, Tuesday should be observed as meatless day in each week; one meatless meal should be observed in each day; while in addition, Saturday in each week should further be observed as a day upon which there should be no consumption of pork products.

A continued economy in the use of sugar will be necessary until later in the year.

It is imperative that all waste and unnecessary consumption of all sorts of foodstuffs should be rigidly eliminated.

The maintenance of the health and strength of our own people is vitally necessary at this time, and there should be no dangerous restriction of the food supply; but the elimination of every sort of waste and the substitution of other commodities of which we have more abundant supplies for those which we need to save, will in no way impair the strength of our people and will enable us to meet one of the most pressing obligations of the war.

I, therefore in the national interest, take the liberty of calling upon every loyal American to take fully to heart the suggestions which are being circulated by the food administration and of begging that they be followed. I am confident that the great body of our women who have labored so loyally in co-operation with the food administration for the success of food conservation will strengthen their efforts and will take it as a part of their burden in this period of national service to see that the above suggestions are observed throughout the land.

WOODROW WILSON.
—The White House, 18 January, 1918.

We Must Save Food.
Raleigh, Jan. 26.—The intensified food conservation program that has been planned by the Food Administration as a result of the desperate cries of need from the other side calls for the observance of two wheatless days in the week, Monday and Wednesday, and one wheatless meal every day; one meatless day, which shall be Tuesday, and two porkless days, which shall be Tuesday and Saturday, in each week.

On the two wheatless days and at one meal every day all consumers of foods, private homes, hotels and restaurants, etc. are requested to use no wheat bread, biscuits, crackers, pastry, macaroni, or breakfast food containing wheat and to use wheat flour in no form except in such small amounts that may be needed for thickening soups or gravies or for a binder in corn bread and other cereal bread.

On Meatless Tuesday no meat should be used except fish, poultry and game. On Porkless Saturday mutton and lamb should be used in preference to beef. "Porkless" means without pork, bacon, ham and lard or other products.

If the United States meets the food demands of its Associates in the War and provides for the starving neutrals of Europe anything like the amount which our shipping will be able to take to them our own people must save at least 1-3 of their normal consumption of wheat from now until the next harvest. The same thing is true of pork and approximately true of beef.

WHAT THE FOOD SITUATION IS

The men of England, Scotland, Ireland, France, Italy and Belgium are fighting; they are not on the farms. The food production of these countries has therefore been greatly reduced. Even before the war it was much less than the amount consumed. The difference was supplied by the United States, Canada, and other countries, including Russia, Roumania, South America, India and Australia.

The difference between production and consumption is now greater than ever, and, at the same time, food can no longer be obtained from most of the outside countries.

Therefore, our Associates in the war for Democracy depend upon North America for food as they have never depended before, and they ask us for it with a right which they have never had before. For today they are our companions in a great war against a common enemy. For the present it is THEY who are doing the fighting, the suffering, the dying—in OUR war.

One million of the finest Young Men of the United States will soon be fighting side by side with the millions of brave soldiers of France, Great Britain, Belgium and Italy.

Millions of the men, women and children of the United States cannot go abroad and fight the enemy face to face. But they can fight by

HELPING THE FIGHTERS FIGHT

I SHALL ENLIST.

By George W. Terwilliger.

A righteous anger, held long in restraint, will inevitably develop into hatred, especially of the acts that have caused such anger continue with out abatement.

For months I have been developing a deep hatred for the Germans.

I have been told by a minister of the gospel that my hatred is unjust; that it is the kaiser and the Prussian government that are responsible for Germany's reprehensible warfare.

I am a business man, and I am no longer young. I have many home ties and responsibilities, but I have one responsibility that I believe is greater than all the rest. That responsibility is the outcome of my hate. I shall enlist to fight against the Germans.

I have a great love for my country, and I think her present course in this terrible war is right. But it is not love of country nor exactly a sense of duty to my country that compels me to take this step. I am outside the pale of the draft, and, so far as my duty to my country is concerned, I can sit back and let the other fellow do the fighting.

Nevertheless I shall enlist to fight the Germans.

My country did not enter the war when Belgium was ravaged and her people enslaved. She did not resent with the mailed fist the Lusitania tragedy. She looked on with complacency while the Turks, Germany's inhuman ally, massacred with shocking brutality the defenseless and the innocent. She did not accept the gauge of battle when it was thrown in her face in the form of the continued submarine menace.

Hatred in a government and people is slow to arouse.

My country is now in the war to crush the power of autocracy as exemplified by the kaiser. That is just and right, but it was the German people who rejoiced and made merry on the holiday declared in celebration of the murder of the women and children of the Lusitania.

It was the women of Germany who spat in the faces of their prisoners. It was the men of Germany who inoculated those same prisoners with loathsome disease. It was the men of Germany who surpassing the vandalism of the early ages, burned, pillaged and looted conquered cities. It was the men of Germany who, with lame excuse, bombarded open and unprotected towns and murdered non-combatants the lifeboats sent out from torpedoed

vessels and left their occupants to a wattery grave. It was the men of Germany who perfected for present war use the abominable methods of poison gas and liquid fire. It was the men of Germany who, under the guise of friendship, spied upon us, blew up our factories, burned our grain and meat supplies and placed bombs in the holds of our of our passenger ships. It was the men of Germany who resorted to such cowardice tricks as the placing of the women and children of their enemy before them as a shield, compelling the men of Belgium and Italy to shoot down their loved ones or surrender their country to the barbarians. It was the men of Germany who, because they needed relaxation, ravished the women of France and Belgium, wantonly poisoned the wells and ruined the orchards, looted factories, churches and homes and crushed the old and infirm beneath a ruthless iron heel.

No, it is not the kaiser alone I shall enlist to fight.

As a soldier of the United States of America, I shall be of fraternal kin to my valorous brothers in arms. Their sisters will be my sisters their parents will be my parents their children my children their suffering will be my suffering and their glory my glory.

Yesterday the Germans broke into my father's house. When my mother with gentle determination refused to serve meat and wine to the vandals who were ransacking her home of everything she held most dear: an officer seized a soldier's musket and struck her—struck a defenseless, gentle old lady who had never harmed a creature in God's sight. The brutal blow crushed, but in, against those beloved lips that had so often soothed our childish troubles and murmured the prayers that guided us to manhood. My father the tremble of his aged limbs steadied by the sight of the still crumpled form at his feet, sprang at the officer's throat, but was seized and dragged to the cobbled yard, where he was flung against a wall already bespattered by the blood of his townfolks and riddled by a dozen bullets, each of which sped to its mark from the shoulder of a grinning Hun. Late that night their bodies were recovered from the slime of the barn gutter, where they had been flung, and buried quietly in the shell pitted cemetery on the hill.

Yet only last night a minister of the gospel told me that I should bear no hatred in my heart for the Germans, as it is the kaiser and the Prussian government and not the German people that are doing these things.

Yesterday the Germans found my two little baby brothers who had hidden in the old well back of the house. They were retreating from the village now a devastated mass of looted ruins and had stopped at the well to poison it. So that he would be an incompetent and a drag upon the community when he grew up they cut off the elder boy's hands at the wrists—those little baby hands that had so often lovingly crept about the neck and patted the cheeks of his big brother—those hands that one day I had hoped to see carry out the mechanical genius that had manifested itself in the outpourings of his childish fancies. The younger boy, a pink checked, dimpled child of four, they spitted on a bayonet and carrying him aloft, with singing and laughter, marched on their way.

Yet only last night a minister of the gospel told me that I should bear no hatred in my heart for the Germans; that in my heart for these so many; that it is the Prussian government and the kaiser and not the German people that are doing these things.

Yesterday the Germans bombarded a Red Cross hospital. My older sister was a Red Cross nurse there. She had given up everything that the world holds highest for its gifted women—had relinquished all without regret that she might succor the wounded and the dying. I had hoped when my hour of pain and trial came upon me to find myself under the ministering care of her soft, capable hands, to listen to her comforting voice, to find sanctuary in her soothing presence.

The terrible explosive power of the German bombs obliterated that haven of wounded heroes, and only one inmate remained to give testimony to the mangled and unidentified dead. That inmate was not my sister.

Yet only last night a minister of the gospel told me that I should bear no hatred in my heart for the Germans; that it is the kaiser and the Prussian government and not the German people that are doing these things.

Yesterday the Germans broke into a convent that harbored the stricken women of our village. My little sister was there—a novice, young, beautiful, with sweet calm eyes and the Virgin lips of a Madonna. The Huns smashed through the protecting doors and found their evil, lustful way into every corner of the sheltered home of God's handmaidens. When, drunk with the joy of their satisfied lust, they had departed my sister was found torn, bruised and disheveled. Those clear, calm eyes, now dry with the agony of unshed tears were blood-shot from the terror of what she had witnessed. Her sweet, moist lips that had so often kissed me in childish love, now twisted and bleeding, were calling upon God to deliver her from the shame that faced her; crying for the relief of a death that would enable her to share eternity with the holy mother superior who hung, despoiled and desecrated, above her, crucified upon the convent door.

Yet only last night a minister of the gospel—My God! I repeat, I shall enlist to fight against the Germans.

German Parties Now Are Sharply Clashing.

The German chancellor's speech to the main committee of the reichstag on Germany's requirements for peace has not quenched the thirst of the great mass of the people outside the militaristic realm for a cessation of hostilities. The furor created among this branch of the people has been so great, apparently that pan-German newspapers are declaring that Field Marshal von Hindenburg and his right hand man, General von Ludendorff are talking of retiring. The militaristic wing seemingly is of the opinion that the words of the chancellor were too moderate; the proletariat, desiring peace, considers his speech an evasion. One of the German newspapers characterizes it as "equivalent to a battle won by the enemy."

From Austria there is a notable lack in comment on the Austro-Hungarian foreign minister's address to the reichsrath, possibly indicating that the government censors are holding back expressions of opinion by a majority of the newspapers which gauged by previous utterances, would be favorable to peace and antagonistic to the German viewpoint as set forth by Count von Hertling.

Reports coming by way of Amsterdam are to the effect that Emperor Charles has accepted the resignation of the Hungarian cabinet and charged Premier Wekerle with the task of forming a new one.

On the battlefronts there has been no change in the general situation. Intermittent artillery duels and patrol encounters continue on various sectors. Near Capo Sile, on the lower Piave river the Austrians again have attempted to penetrate Italian bridgehead positions, but met with repulse.

All over the Venetian plain from Lake Garda to the Piave river there have been numerous air battles in which Austro-German aviators were worsted. In their incursions the enemy again bombed Treviso and Mestre, killing or wounding several noncombatants. Three hospitals in Mestre were badly damaged by bombs from hostile aircrafts.

Paris, Jan. 27.—The department of Savoie in the French Alps has been selected by the army authorities as the first great recreation center for American troops on leave. The Y. M. C. A. working in co-operation with the army, has sent a large staff of workers to Savoie to receive the first contingent of 3,000 soldiers expected the middle of next month.

The first centers will be opened at Aix-Les-Bains, Chambéry and Chals les-Les-Eaux, where arrangements have been made with hotel proprietors to accommodate soldiers at prices ranging from \$2.20 to \$3.40 a day for room and board.

The Y. M. C. A. has leased the casinos at Aix-Les-Bains and Challes-Les-Eaux and a theater at Chambéry. The present plan is to conduct all amusements and baths free of charge. A large orchestra will be provided in the Aix-Les-Bains casino while lectures and dramatic productions will be given in the theater there.

Canteens will be opened at each place. The Y. M. C. A. also has leased tennis courts, baseball diamonds and golf course. Franklin Edmonds, of Philadelphia, is in charge of the Y. M. C. A. work in Savoie. Large centers will be opened in other parts of France as the need arises. The army will provide special "leave trains" to carry soldiers to these places.

Are Your Sewers Clogged?
The bowels are the sewerage system of the body. You can well imagine the result when they are stopped up as is the case in constipation. As a purgative you will find Chamberlain's Tablets excellent. They are mild and gentle in their action. They also improve the digestion.

River Ice Gorges Break Entailing Much Damage.

Knoxville, Tenn., Jan. 27.—Ice gorges which have been forming in the upper Holston and French Broad rivers, broke tonight, following the thaw and warm rain of today. Banks on both rivers are being stripped of big trees, and all other movables and great damage will be the result. The pack on the Holston river was 25 miles long and a big gorge in the Tennessee river at Knoxville which threatened railroad bridges, and safety and the federal river improvement fleet and local packers also broke, but no serious damage resulted. These rivers are now at flood stage. No official prediction is made as to the ultimate height of the tides.