

# U. S. Must Cut Use Of Wheat by One-Half

## America Consumed 42,000,000 Bushels Monthly. From Now Until Harvest Must Use Only 21,000,000.

### RATION PER PERSON IS 1 1/2 POUNDS OF WHEAT PRODUCTS WEEKLY

#### Military Necessity Calls for Greater Sacrifice Here—Allied War Bread Must Be Maintained—Our Soldiers and Sailors to Have Full Allowance.

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 distribution to the army and for special cases, leaves for general consumption approximately 1 1/2 pounds of wheat products 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. Household to use not to exceed a total of 1 1/2 pounds per week of wheat products per person. This means not more than 1 1/4 pounds of Victory bread containing the required percentage of substitutes and one-half pound of cooking flour, macaroni, crackers, pastry, pies, cakes, wheat breakfast cereals, all combined.
2. Public eating places and clubs to observe two wheatless days per week, Monday and Wednesday, as at present. In addition thereto, not to serve to any one guest at any one meal an aggregate of breadstuffs, macaroni, crackers, pastry, pies, cakes, wheat breakfast cereals, containing a total of more than two ounces of wheat flour. No wheat products to be served unless specially ordered. Public eating establishments not to buy more than six pounds of wheat products for each ninety meals served, thus conforming with the limitations requested of the householders.
3. Retailers to sell not more than one-eighth of a barrel of flour to any town customer at any one time and not more than one-quarter of a barrel to any country customer at any one time, and in no case to sell wheat products without the sale of an equal weight of other cereals.
4. We ask the bakers and grocers to reduce the volume of Victory bread sold, by delivery of the three-quarter pound loaf where one pound was sold before, and corresponding proportions in other weights. We also ask bakers not to increase the amount of their wheat flour purchases beyond 70 per

cent. of the average monthly amount purchased in the four months prior to March 1.

5. Manufacturers using wheat products for non-food purposes should cease such use entirely.

6. There is no limit upon the use of other cereals, flours, and meals, corn, barley, buckwheat, potato flour, et cetera.

Many thousand families throughout the land are now using no wheat products whatever, except a very small amount for cooking purposes, and are doing so in perfect health and satisfaction. There is no reason why all of the American people who are able to cook in their own households cannot subsist perfectly well with the use of less wheat products than one and one-half pounds a week, and we specially ask the well-to-do households in the country to follow this additional programme in order that we may provide the necessary marginal supplies for those parts of the community less able to adapt themselves to so large a proportion of substitutes.

In order that we shall be able to make the wheat exports that are absolutely demanded of us to maintain the civil population and soldiers of the allies and our own army, we propose to supplement the voluntary co-operation of the public by a further limitation of distribution, and we shall place at once restrictions on distribution which will be adjusted from time to time to secure as nearly equitable distribution as possible. With the arrival of harvest we should be able to relax such restrictions. Until then we ask for the necessary patience, sacrifice and co-operation of the distributing trades.

#### ALLIED FOOD SHIPMENTS REACH LARGE TOTAL

A general idea of the quantity of food sent to European allies by the United States from July 1, 1914, to January 1, 1918, is given by figures just announced by the U. S. Food Administration. In that period the United States has furnished complete yearly rations for 57,100,933 people. In addition there was enough extra protein to supply this portion of the diet for 22,194,570 additional men.

The total export of wheat and wheat flour to the three principal allies is equivalent to about \$84,000,000 bushels. Pork exports for the 3 1/2 years amounted to almost 2,000,000,000 pounds. Exports of fresh beef totaled 443,484,400 pounds. The amount of food exported to Russia is negligible compared with that sent to the western allies.

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 \* ONLY AMERICA CAN HELP. \*  
 \* "On your side are boundless \*  
 \* supplies of men, food, and mate- \*  
 \* rial; on this side a boundless de- \*  
 \* mand for their help. \*  
 \* "Our men are war-weary and \*  
 \* their nerves have been strained \*  
 \* by more than three years of \*  
 \* hard, relentless toil. \*  
 \* "Our position is critical, par- \*  
 \* ticularly until the next harvest, \*  
 \* but the United States can save \*  
 \* us. \*  
 \* "You Americans have the men, \*  
 \* the skill, and the material to \*  
 \* save the allied cause." \*  
 \* SIR JOSEPH MACLAY. \*  
 \* British Shipping Controller. \*  
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## ALLIES DEMAND MORE CEREALS

### American Meat Restrictions Relaxed to Effect Greater Wheat Savings.

#### ARGENTINE ARRIVALS SHORT.

#### Meat Supply Here Considerably Enlarged — Food Administration, However, Warns Against Waste.

The allies have made further and increased demands for breadstuffs, these enlarged demands being caused to some degree by shortage in arrivals from the Argentine. It is, therefore, necessary for the U. S. Food Administration to urge a still further reduction in the consumption of bread and breadstuffs generally if we are to meet our export necessities. The Food Administration has issued a statement explaining the situation in detail, particularly the reasons which lead it, for the purpose of centering effort for the time being upon the cereal situation to relax temporarily the restrictions on meat consumption.

Experience shows, this statement says, that the consumption of breadstuffs is intimately associated with the consumption of meat. For various reasons our supplies of meat for the next two or three months are considerably enlarged, and we can supply the allies with all of the meat products which transportation facilities render possible and at the same time somewhat increase our own consumption. In these circumstances the Food Administration considers it wise to relax the voluntary restrictions on meat consumption to some extent with a view to further decreasing bread consumption.

Conservation of food must be adjusted to meet necessities from time to time, for neither production, nor allied demands are constant factors, nor can any of these factors be anticipated for long periods in advance in the disturbed conditions in which we at present live. While the world situation is not one that warrants any relaxation in the efforts to eliminate waste or to relax economy in food, the Administration desires to secure better adjustment in food balances.

So long as the present conditions continue the only special restrictions we ask are the beefless and porkless Tuesday.

The meatless meal and the porkless Saturday are no longer asked.

The farmers of the United States are responding to the national call to increase hog production. Their increase, to all appearances, is being attained more rapidly. Of more immediate importance, however, are several complex factors which have effected an immediate increase in meat supplies.

The transportation shortage before the government took over the railroads, the bad weather in January and early in February, the large percentage of immature corn in the last harvest and the necessity of feeding this corn as rapidly as possible to save it from decay, have not only resulted in backing up the animals—particularly hogs—on the farms for a longer period of feeding, but have resulted in a great increase in their average weight and will result, with improved transportation conditions, which already appear, in larger than normal arrivals at market for the next two or three months. The weight of hogs coming to the market for the past two weeks indicates an increase in weight of from an average of 203 pounds last year to the almost unprecedented average of 232 pounds, or a net increase in their meat value of over 15 per cent. This is a distinct addition to the nation's meat supply. It therefore now seems certain that we have such enlarged supplies for at least some months to come, that we can not only increase our exports to the allies to the full extent of their transportation facilities, but at the same time can properly increase our domestic consumption.

The response of the public to our requests for reduced consumption of meat during the past few months has been most gratifying, and this service alone has enabled the government during this period to provide such supplies as transportation to the allies permitted.

The Administration also suggests that in those parts of the country where the old fashioned home preservation of pork is still the custom, this practice should be extended at the present time, as it will relieve the burden upon transportation to and from the packing houses and is economically sound as saving the cost of packing operations and at the same time will provide home supplies of pork to last over the months of decreased supplies.

The Food Administration desires to repeat that it does not want to give the impression that these are times when simplicity and moderation of living are not critically necessary, but that its sole desire is to secure an adjustment between our different food supplies and meet changing conditions from time to time and to keep the public fully and frankly advised of its position with the full confidence and reliance that whenever it becomes necessary renewed appeals for saving will meet the same loyal response as in the past.

## GROCCERS HELP IN 50-50 PLAN

### SIGN PLEDGE TO CARRY OUT FOOD ADMINISTRATION PROGRAM.

#### POST CARDS IN STORES.

#### Explain New Wheat Ruling to Thousands of Customers—Insures Greater Food Saving.

Grocers of the nation have accepted enthusiastically the 50-50 basis for the purchase of wheat flour and are doing their utmost to explain the new regulation to the housewife. This ruling by the U. S. Food Administration requires each purchaser of wheat flour to buy one pound of cereal substitute, one kind or assorted, for every pound of wheat flour. It was necessary to restrict the use of wheat flour in order that the allies and our fighting forces abroad might be assured of an adequate supply of wheat to meet their vital needs. This supply must come from our savings because we have already sent our normal surplus.

Wheat saving pledge cards were forwarded by the Food Administration to all retail food merchants, and these are being signed and posted in stores throughout the country. This card states, "We pledge ourselves loyally to carry out the Food Administration program. In accordance with this order we will not sell any wheat flour except where the purchaser buys an equal weight of one or more of the following, a greater use of which in the home will save wheat:

"Cornmeal, corn flour, edible corn starch, hominy, corn grits, barley flour, potato flour, sweet potato flour, soy bean flour, feterita flour and meals, rice, rice flour, oatmeal, rolled oats and buckwheat flour."

Some confusion has resulted on the part of the consumer in construing this "50-50" ruling to mean that an equal amount in value of substitutes must be purchased with wheat flour. This is a mistaken idea. The ruling states that the consumer in purchasing flour shall "buy at the same time an equal weight of other cereals."

One exception to this ruling is concerning graham flour and whole wheat flour, which may be sold at the ratio of three pounds to five pounds of wheat flour. This provision is made because approximately 25 per cent. more of the wheat berry is used in the manufacture of these flours than standard wheat flour.

Another exception is that concerning mixed flours containing less than 50 per cent. of wheat flour, which may be sold without substitutes. Retailers, however, are forbidden to sell mixed flours containing more than 50 per cent. of wheat flour to any person unless the amount of wheat flour substitutes sold is sufficient to make the total amount of substitutes, including those mixed in flours, equal to the total amount in wheat flour in the mixed flour. For instance, if any mixed flour is purchased containing 60 per cent. wheat flour and 40 per cent. substitute it is necessary that an additional 20 per cent. of substitutes be purchased. This brings it to the basis of one pound of substitutes for each pound of wheat flour.

A special exemption may be granted upon application in the case of specially prepared infants' and invalids' food containing flour where the necessity is shown.

Some misunderstanding seems to exist on the part of consumers in assuming that with the purchase of wheat flour one must confine the additional 50 per cent. purchase to one of the substitutes. This is not the case. One may select from the entire range of substitutes a sufficient amount of each to bring the total weight of all substitutes equal to the weight of the wheat flour purchased. For instance, if a purchase of 24 pounds of wheat flour is made a range of substitutes may be selected as follows:

Cornmeal, 8 pounds; corn grits, 4 pounds; rice, 4 pounds; buckwheat, 2 pounds; corn starch, 1 pound; hominy, 2 pounds; rolled oats, 3 pounds.

These substitutes may be used in the following manner:

Cornmeal, 8 Pounds.—Corn bread, no flour; corn muffins or spoon bread, one-fourth flour or one-third rice or one-third hominy; 20 per cent. substitutes in whole bread.

Corn Starch, 1 Pound.—Thickening gravy, making custard, one-third substitute in cake.

Corn Grits, 4 Pounds.—Fried like mush, used with meal in making corn bread.

Rolls Oats, 3 Pounds.—One-fourth to one-third substitutes in bread, one-half substitute in muffins; breakfast porridge, use freely; oatmeal cookies, oatmeal soup.

Buckwheat Flour, 2 Pounds.—One-fourth substitute in bread, buckwheat cakes.

Hominy, 2 Pounds.—Boiled for dinner, baked for dinner, with cheese sauce.

Rice, 4 Pounds.—One-fourth substitute in wheat bread, one-third substitute in corn bread, boiled for dinner (a bread cut), as a breakfast food, to thicken soups, rice pudding instead of cake or pie, rice batter cakes.

Several grocers have stated that their customers who strictly observe the 11 wheatless meals each week find it necessary to buy substitutes in addition to those ordered under the 50-50 plan.

## THE BUSINESS OF LEARNING.

In a recent number of the American Magazine, Irving Bacheller, the author of "Eben Holden," tells something of his work as a writer, and among other things says:

"I look backward with a deep conviction that one's chief business here is to learn. In that business your best aid, I should say, is a good memory. Your memory is your clerk, but it is only a clerk. It needs training and needs more or less watching, especially when it is young. Most of us are rather careless about this clerk of ours. We permit him to get shiftless and untidy. We don't seem to care much how he gets along. This lazy young clerk keeps saying to us, 'I am sorry, sir, but I forgot it.'"

"The big thing to remember about him is this: He must learn to be a good clerk while he is young, or he will never learn it."

"When I was about fourteen my mother began to train my memory. She gave me a penny a line for committing a list of poems. They were excellent, but short poems. The financial return was small. I must have seen the promise of wealth in 'Paradise Lost.' Anyhow, I tackled that poem and made a number of dollars out of it. At first it seemed to be a little more than a kind of copper mine. Neither the music of the 'adventurous song' nor the power and splendor of its phrasing meant much to me then; but, by and by, the stately lines trouped out of my memory at command, like a well-dressed regiment of cavalry with banners flying and trumpets blowing. How well they rode! They began to impress me to train my ear and develop my imagination and refine my taste.

"There were two or three of us who matched our taste and skill in finding, committing and interpreting strong passages of classic English, mostly Shakespeare. I wonder at it, for I, surely, was not fond of study, or any kind of work, for that matter. Somehow, we found enjoyment in this rivalry, although we had no more serious purpose than one has in shooting craps."

### Why Read Fiction!

The most exciting pages in the world's history are now being written in blood, and spread before the newspaper readers every day. They are full of pathos. They tell the struggles of great nations warring against each other—some for supremacy, some for human rights and some to avenge wrongs.

Each day before the eyes of the reader the newspaper spreads a new chapter of a history of absorbing interest. It is the saddest story told since that of the Crucifixion. It is a true story. Why read fiction!

Deeds of heroic achievements surpassing the imagination, written on no other pages in all the history of the world, death and slaughter, sin and suffering beyond conception make up a story so sanguinary that in later years amazement will be felt that such things could happen in the twentieth century of civilization and progress.

And this story, from day to day, is being read, not by a few in their libraries, not by the millions in any state or nation—but by the thousands of millions that make up the population of the globe.

It is a story stained with blood and tears, but it marks the progress of a new, great world-movement for the betterment of mankind, for the deposition of the despots and the transformation of oligarchies ruled by a few into magnificent republic ruled by the many. This wonderful page of history, this record of events surpassing all fiction, will stand immortal.

The hope of the peace of the world rests on the foundation that the people shall rule. When they do rule, no czar, no kaiser and no king asserting his divine right to rule, can, at his whim or caprice, declare war on his neighbors and summon millions of faithful followers, while he rests in security on his throne.

Those who live in this epoch will have something to remember. It is an experience never to be forgotten. Follow the story from day to day and bear in mind that the most impressive lesson it teaches is that the people must and shall rule.—Leslie's.

### TO MAGISTRATES.

We try to keep a full line of blanks for magistrates and can fill orders on short notice. Send us your orders and the blanks can be sent by mail.

We keep deeds, and mortgage deeds with and without insurance clause for both pen and typewriter. Quit claim deeds, mortgage deeds and commissioners deeds, search warrant papers and peace warrants, subpoenas, commitments, judgments, transcripts of judgments, warrants, summons, chattels, liens, ejectments and other magistrates blanks. Send us your orders. BEATY & LASSITER, Smithfield, N. C.



Length, ten inches. Distinguished by its piercing and oft-repeated cry—killdeer.

Range: Breeds throughout the United States and most of Canada; winters from central United States to South America.

Habits and economic status: The Killdeer is one of the best known of the shorebird family. It often visits the farmyard and commonly nests in pastures or cornfields. It is rather suspicious, however, and on being approached takes flight with loud cries. It is noisy and restless, but fortunately most of its activities result in benefit to man. The food is of the same general nature as that of the upland plover, but is more varied. The Killdeer feeds upon beetles, grasshoppers, caterpillars, ants, bugs, caddis flies, dragonflies, centipedes, spiders, ticks, oyster worms, earthworms, snails, crabs and other crustacea. Among the beetles consumed are such pests as the alfalfa weevil, cotton-boll weevil, clover-root weevil, clover-leaf weevil, pine weevil, billbugs, white grubs, wireworms, and leaf beetles. The bird also devours cotton worms, cotton cutworms, horseflies, mosquitoes, cattle ticks, and crawfish. One stomach contained hundreds of larvae of the saltmarsh mosquito, one of the most troublesome species. The Killdeer preys extensively upon insects that are annoying to man and injurious to his stock and crops, and this should be enough to remove it from the list of game birds and insure its protection.

### Send 144,000 Bats to Front.

(New York Times.)

The largest shipment of baseball bats in the history of the game is on the way here from Louisville. Young Men's Christian Association officials here announce that arrangements are being made for their immediate shipment to the Lorraine sector of the western front. There are 144,000 bats in the consignment.

On everyone of the bats is the red triangle of the Young Men's Christian Association. They will be distributed to the soldiers through the Young Men's Christian Association huts in France. Louisville is the bat manufacturing center of the United States. There are 12 different models of bats in the shipment, and each one is named after some noted present-day player, Ty Cobb, Home-run Baker, Tris Speaker, Benny Kauff, Eddie Collins and others.

The bats are part of the order which was placed in January, when hundreds of thousands of baseballs, mitts, fielders' gloves, chest protectors, masks and shin guards, were called for by the Young Men's Christian Association for use in the camps and cantonments of the United States and in France among the expeditionary forces.

### NOTICE.

The undersigned having qualified as Administrator on the estate of D. M. Johnson, deceased, will sell at public auction at the late residence of said deceased, on the 27th day of April, 1918, at 10 o'clock a. m., the personal property of said deceased, consisting of the following articles, viz: 1 mule, 9 head of hogs, 1 one horse wagon, 1 buggy, dump cart, stalk cutter, plows, corn, fodder, meat, lard, household and kitchen furniture, and other articles unnecessary to mention. Terms of sale cash.

All persons indebted to the estate of said deceased are hereby notified to make immediate payment, and all persons having claims against said estate will exhibit them to me on or before the 6th day of April, 1918.

This the 6th day of April, 1918.  
 DELMA HARDEE,  
 Administrator.

WANTED TO RENT BY YOUNG couple 2 or three furnished rooms for light housekeeping. Box 203, city.

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 Advertise  
 —it in—  
 this Paper  
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## Great Wheat Stocks Isolated.

It's the shortage in ships that is putting the Allies and the United States on wheat rations. Great stocks of wheat are isolated in India, and Australia. At great sacrifice in ship space and use the Allies are forced to secure some wheat from Argentina.

On January 1, Australia had stored 100,000,000 bushels of wheat that was ready for export—but there were no ships. Then came the new crop with an exportable surplus of 80,000,000 bushels. Now Australia has approximately 180,000,000 bushels waiting for ships.

India, at the same time, had 70,000,000 bushels of wheat stored for export. During April 50,000,000 bushels more out of the new crop will be added to the pile.

Argentina closed the last shipping season with 11,000,000 bushels of wheat left in the stock available for export. The new crop will add 135,000,000 to the left over.

It is not a problem that the wheat does not exist in the world—it is entirely a problem of shipping, which has thrown on America the obligation of dividing our stock with the Allies.