

taurant one night I discovered he was from the East and conversation drifted to New York State. I could hardly name a city or town that he was not fully familiar with. In the talk I mentioned a country seat town, Little Valley, south of Buffalo.

"Little Valley," I off, "I have been in jail there," said he. Part of the rules will be enforced story of some minor trouble years under the Lever food act; other ago, and where he had to serve a part of his sentence, and will do 30-day sentence. That he told the pend for their success upon publication I am convinced; for he said the sentiment. "Our experience that he remembered the name of the sheriff was the same as his of the vast majority of consumers own, Hughes, and W. B. Hughes, and a full co-operation of the was sheriff of Cattaraugus County, about 20 years ago."

I became acquainted with a missionary in a town that the fact hourly who refuse to co-operate that some one had tipped him off that I was a newspaper man. Then he camped on my trail, stalked me, waylaid me. I could not go for a walk that he did not join me and he told me so much and so many times about the natives, and the great need of the missionaries that I could almost sing

corn flour, hominy, corn grits, barley flour, rice, rice flour, oatmeal rolled oats, buckwheat flour did not give the natives a rest potato flour, sweet potato flour, soy bean flour and farinaria flour, and meals. The housewife may Alaska, and when he expressed ignorance of my drift, I told him making bread, cakes and pastry or mix them as she thinks best. The retailers are to sell wheat alone with an equal weight of these cereals.

Second—Consumers will be able to obtain mixed cereal bread from their bakers, who will be required under the license regulations to mix 2 per cent of other cereals with their wheat flour, both in bread and rolls, and will be required gradually to increase this substitution until beginning on February 24th, a minimum of 20 per cent of such cereals is to be used. The food administrator strongly urges on consumers the buying of this bread, which will be known as Victory bread and will contain not less than 20 per cent, or cereals other than wheat, Graham or whole wheat bread will also be given that name, because, containing, as they do, 25 per cent more of the wheat grains than ordinary white bread, they will serve the purpose of saving wheat flour.

If you bake bread at home, use wheat substitutes; if you buy, buy only Victory bread.

Third—Manufacturers of macaroni, spaghetti, noodles, crackers, breakfast foods, pie, cake and pastry are not to purchase to exceed 70 per cent of the wheat flour they used during the corresponding months of 1917. These manufacturers will be performing a patriotic service by using cereals other than wheat in their products.

Fourth—Wholesalers will be required, under license regulations, not to buy more than 70 per cent of their purchases of flour from millers as based on their purchase for the corresponding months of the preceding year, and their sales to the retail trade must be in the proportion of one pound of wheat flour to one pound of other cereals, this being the same proportion in which the retailer sells to the consumer, unless the wholesaler satisfies himself that the substitutes have already been purchased from another source.

A ruling has been made that in making any combination sales under this programme, dealers shall name a price for each of the articles so sold which shall not represent more than a normal profit on any one of the articles sold.

And from my observation, I concluded he was a sagacious bartender. A river town is ever looking for an argument when he gets down a few drunks of the "fighting" booze, and war furnishes one too soon.

But even in Alaska I noted that Uncle Sam had his ears open. At St. Michael a machinist made some derivative remark about this country's part in the war, and the next day he was summoned to appear before the post commander and explain. However I noted general loyalty in nearly all Americans.

The next letter will close the Alaska series and it will cover in the decidedly interesting 44 days ocean voyage from St. Michael Seattle—the little stories of dangers, jokes, rigs, seasickness, other cereals containing wheat and the many happenings would be used. The only exception

that make up an interesting chapter of a cosmopolitan subject wrapped up in an ocean streamer for two weeks.

YOUR PART IN FOOD SAVING

(Continued from First Page)

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