

Food Question Box

These are some of the questions women are asking on food problems. They are answered by the Department of Home Economics of the State College of Agriculture at Cornell University thru the Allegany County conservation agent. Address inquiries to the Food Question Box, The Andover News, in care of County Conservation Agent, Belmont, N. Y.

1. What is the difference between winter and spring wheat flour?

Winter wheat is sown in the autumn and matures early in the summer. Spring wheat is sown in the spring and matures in late summer. As a rule, winter wheats are softer and somewhat more starchy than spring wheats; the spring wheats are harder and slightly richer in protein. Hard wheat is preferred for bread flour because it makes a more elastic and elastic dough. Winter wheat is not necessarily too soft for bread making nor is spring wheat necessarily good for bread making. The season and the locality in which the wheat is raised affect its quality.

2. If there is an abundance of milk in New York State, why doesn't the price to the consumer go down?

If the price of milk is lowered, the dairymen and farmers will not be able to produce it without a loss. The tendency will therefore, be to kill the cows and sell them for food. The herds will thus be reduced, the milk made scarce and ultimately the price will be much higher than it is now. For this reason the Federal Milk Commission fixed the price in New York State so the milk producer would be assured a fair profit.

3. Will you please give a recipe for waffles which will comply with the new request of the Food Administration using substitute for 3/4 of the wheat flour?

Cornmeal and Rice Waffles
 1/2 cup flour
 1 teaspoon salt
 1/2 teaspoon soda
 1/2 cup cornmeal
 1 cup-bouled rice
 1 cup sour milk
 2 eggs, beaten separately
 1 tablespoon fat, melted
 Sift together the flour, salt and the soda. Add the other ingredients, beat the mixture thoroughly and cook it in a hot waffle iron.

—WSS—
WARNING ISSUED AGAINST SCHEME TO SWINDLE FARMERS

Another scheme for swindling the farmers of the United States has been discovered by the Federal Farm Loan Board. A man advertising himself as an authorized organizer of national farm loan association is sending out advertising matter embossed with the national flag, stating that he will organize such associations at \$600 cash, and will teach others the trick for a certain sum of money. His advertisements have reached farmers and business men over a large part of the United States. He claims to be so busy organizing national farm loan associations that he needs help, but will take time to teach others for a monetary consideration.

All such representatives are fraudulent. In order to borrow under the farm loan act, it is necessary for farmers to organize co-operative national farm loan associations in their local communities. It is a violation of the ruling of the Federal Farm Loan Board, published more than a year ago, for a national farm loan association or a joint stock land bank to spend any money for promotion purposes. Associations thus organized will not be chartered by the Federal Farm Loan Board. Farmers are warned therefore against anyone asking a fee for his proffered services in connection with applying for a loan under the federal farm loan act.

Getting into the habit of reading the news is a habit that should be cultivated. It is a habit that will pay for itself many times over.

THE INCOME TAX

An evidence of the radical change in sentiment toward this country within the past few years we would cite our readers to the evolution of the income tax. But a few years ago the man who would have proposed an income tax in Congress would have effectually signed his own political death warrant. We had come to believe from more than a century's experience that indirect taxation was the only kind of taxation for which the American people would stand. Even in our state and municipal government's personal earnings play no part in the scheme of taxation and even personal property is largely exempt.

But as the expenses of Government mounted to unboardable figures, it became evident that direct taxation would have to be resorted to and the incomes of the rich were selected as the best able to bear it. This tax was at first very light and only placed on very large means.

Gradually the limit has been lowered until now all yearly incomes of a thousand dollars for single men and two thousand dollars for married men of family must come to the help of their Government.

But why the limit? Why should the man who makes \$999 a year be exempt from the tax simply because he failed to annex that other dollar? He may be far better able to spare the money than the man who earns \$1,000 or even \$1,500 a year.

Getting right down to the root of the matter isn't any limit arbitrary and unjust? That depends entirely upon the light in which we view taxation. If we regard it as a burden, then perhaps we should set a limit under which no man should be asked to share in it. But is taxation entirely a burden? Isn't it rather one of our greatest privileges that we be permitted to share in the maintenance of the Government that protects us and makes us what we are?

If we would go deep enough into this question of taxation we might discover that the aloofness with which many Americans view this Government arises largely from the fact that they have never been made to feel that they sustain any real vital relation to that Government, that it is an institution for which they are in no way responsible and to which they owe none but a negative allegiance.

Americans might well begin thinking of a universal income tax. It may come, and sooner than many of us suspect.

—WSS—
THROUGH HEARS

JANE ADDAMS

She Says Problem is Primarily a Woman's Problem

More than 3,000 persons heard Miss Jane Addams, famous settlement worker of Hull House, Chicago, in a farmers' week address at the State College of Agriculture at Ithaca. Her subject was "Our World Food Supply."

All over the world to-day, said Miss Addams, the topic of most absorbing interest is food, how we can save it, how we can use it wisely. The problem comes home first of all to the women.

From earliest times the women have been the chief agriculturists. Among savage tribes the women raised the crops while the men hunted and fished. In Europe even to-day it is the women who till the soil. In England, she said as a result of war necessity, a million and a half acres formerly used for parks and preserves have been put under cultivation and the work for the most part has been done by the women of the leisure class. Not only may women help in agriculture, but they may also help in directing the efforts of children. Orphan asylums, for example, in some cases, have been able to produce large crops to use in feeding the inmates.

In conservation work women again may lead. Conservation of food in the home is largely her task. After food-saving drives in some cities the percentage of waste in the garbage has decreased 50 per cent, she said. We can save food, Miss Addams said, by eating less, by eating the scraps that are left over, by eating the scraps that are left over, by eating the scraps that are left over.

FACE the FACTS

LET us face the facts. The war situation is critical. Unless the Allies fight as they never yet have fought, defeat threatens. Hungry men cannot fight at their best; nor hungry nations. France, England, and Italy are going hungry unless we feed them.

Wheat Savings—They must have wheat. It is the best food to fight on. It is the easiest to ship. We alone can spare it to them. By saving just a little—less than a quarter of what we ate last year—we can support those who are fighting our battles. And we can do it without stinting ourselves. We have only to substitute another food just as good.

The Corn of Plenty—Corn is that food. There's a surplus of it. Providence has been generous in the hour of our need. It has given us corn in such bounty as was never known before. Tons of corn, Train-loads of corn. Five hundred million bushels over and above our regular needs. All we have to do is to learn to appreciate it. Was ever patriotic duty made so easy? And so clear?

America's Own Food—Corn! It is the true American food. The Indians, hardest of races, lived on it. Our forefathers adopted the diet and conquered a continent. For a great section of our country it has long been the staff of life. How well the South fought on it, history tells. Now it can help America win a world war.

Learn Something—Corn! It isn't one food. It's a dozen. It's a cereal. It's a vegetable. It's a bread. It's a dessert. It's nutritious; more food value in it, dollar for dollar, than meat or eggs or most other vegetables. It's good to eat; how good you don't know until you've had corn-bread properly cooked. Best of all, it's plentiful and it's patriotic.

Corn's Infinite Variety—How much do you know about corn? About how good it is? About the many delicious ways of cooking it? And what you miss by not knowing more about it? Here are a few of its uses:

There are at least fifty ways to use corn meal to make good dishes for dinner, supper, lunch or breakfast. Here are some suggestions:

HOT BREADS
 Boston brown bread.
 Hecacake.
 Muffins.
 Biscuits.
 Griddle cakes.
 Waffles.

DESSERTS
 Corn-meal molasses cake.
 Apple corn-bread.
 Dumplings.
 Gingerbread.
 Fruit gems.

HEARTY DISHES
 Corn-meal croquettes.
 Corn-meal fish balls.
 Meat and corn-meal dumplings.
 Italian polenta.
 Tamales.

The recipes are in Farmers' Bulletin 565, "Corn Meal as a Food and Ways of Using It," free from the U. S. Department of Agriculture.

the work of food administration, of what was to be done. Some women, who had just learned of the danger of malnutrition of children, felt they were being asked to endanger their children's health and future. Such an idea is all wrong, Miss Addams said.

She concluded her address by sketching the reverence in which simple people, especially the peasants of Russia, hold food. To them it is sacred. The tilling of the soil must be attended by certain rites. The hard-handed man who has toiled on the land must eat at the first table.

THE PENNIES WIN THE WAR

By ROLAND Q. USHER.

A penny here and a penny there every day will win this war. The prosecution of a great war requires the spending of vast energy in labor and of vast amounts of material, but it requires their expenditure upon other things than those to which the labor and material were formerly devoted.

Business as usual cannot continue, because business as usual means spending as usual, which means production as usual. Now we cannot make all the things we commonly made and consumed as a nation, because we cannot fight the war with that sort of things. It must be fought with guns and uniforms, and men who previously devoted their time and energy to a great many other things.

We decide when we begin to prosecute a war to produce a different sort of thing for a different sort of purpose. Necessarily that means that private expenditure becomes different. We must not spend for the old things, because we have to buy new things. The individual cannot himself go out with his own money and purchase guns, uniforms, and ships needed to prosecute the war. The spending and buying must be done by the government, in the name of all the individuals, and the individuals must refrain from spending that money for other things. The war is going to be fought with savings, not because saving is a virtue, but because it is the only way to get the money to buy the things that are needed to win the war.

must be devoted to other ends. When the individual saves money he does not call for the labor and the material, and that is the only way he can save the important thing. In this way alone he can do his bit, and those of us who stay at home for whatever reason must see that our bit is saving.

But it means saving small sums and not large. The immense total of an immense number of small sums is greater than most people realize. One dollar from each of the common people is more than John D. Rockefeller's income by a great deal. Nor must we fail to realize that we cannot otherwise save than in small sums. If we cut off large sums from the expenditure of the community we shall entail great suffering for a good many people and make the prosecution of the war cost more than it need to. Everybody must save, but everybody need save only a little. It must come off a little here and a little there from the daily expenditure, and the sum total will be enormous. Twenty dollars per capita per year is two billions, fifty dollars per capita per year is five billions, and fifty dollars a year is one dollar a week.

—WSS—
 Drops of water, grains of sand,
 Made the ocean and the land.
 A dollar, then a dollar more,
 Will help our country win the war—
 War Savings Certificate.

THRIFT SPENDING AND SPEND THRIFTING.
 By Ellis Parker Butler.

Peter Patriot had a penny.
 Sammy Slacker had a cent.
 Peter put his penny in his pocket until he had twenty-five and then he bought a Thrift Stamp.
 Thus Peter had saved twenty-five cents for himself—he had loaned twenty-five cents to the government; he had permitted the government to buy twenty-five services worth of goods or helped business, himself, his country. He was Peter Patriot.
 Sammy Slacker spent his cent—for some silly, insignificant stuff—for something he didn't really need—and saved nothing and did not help the government—and was a simply rotten Sammy Slacker.
 Peter's purchase gave a path to permanent prosperity, because my silly spending signifies, for a new income day.
 Moral: Buy War Savings.

WILL YOU BE ONE?

Thousands of the most delicate people neglect solids every day. A weak stomach that gets run down—then stubborn sickness and illness can be prevented easier than it can be cured and it will give your system the benefit of a few bottles of

SCOTT'S EMULSION

you will find your whole system strengthened. It will fortify you and protect you against rheumatism. It is a powerful concentrated nourishment without alcohol or opium.

Don't neglect taking Scott's Emulsion today.

The Emulsion of Pure Cod Liver Oil always used in Scott's Emulsion is obtained after one American laboratory which guarantees it free from harmful substances.

CHARMING SWEET PEAS.
GEORGE H. GARDNER
 Rare Offers of Seed and Bulbs of These Garden Favorites

To lessen to some slight degree the gloom and sadness of the awful war, every lover of flowers will need more than ever before a row of lovely Sweet Peas and a bed of gorgeous Gladioli the coming season. And all that will be necessary to secure this very satisfactory result will be to take advantage of the following attractive offers:

Lovely Sweet Peas—For 30 cents I will send, postpaid, to any address, eight packets, each of separate name and color, including, at least, two or three of the exquisite orchard-flowered or "Spencer" varieties. And to each order I will add a liberal packet of the loveliest double poppies.

For 60 cents I will send at least ten packets of the most beautiful "Speckers" in a full range of colors, the finest in the world of this magnificent race of Sweet Peas, including also the packet of exquisite California Nasturtiums will be added to any order for 5 cents or a full ounce for 15 cents.

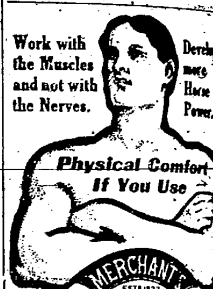
Glorious Gladioli—To all lovers of the charming summer-flowering bulbs, I will send at least 20 very beautiful bulbs of blooming size in which will be some of the most popular and expensive named kinds. For One Dollar I will send at least 45 bulbs including some rare named kinds as premiums. Send postal for illustrated and descriptive folder containing prices and cultural directions. It's FREE. Address: EDGAR A. HIGGINS, Avoca, N. Y.

Maybe to-day's the day when some store advertises to sell your idea of what you ought to pay for it.

Work with the Muscles and not with the Nerves.

Develop Muscles Have Power.

Physical Comfort If You Use



MERCHANT'S GARLINGOIL

for Stiff Neck Sore Muscles, Rupture Pain,

Recognized all over the World as the Best and honored by its use in Soldiers' Home, Bath, N.Y.; Fireman's Home, Hudson, N.Y.; Masonic Home, Utica, N.Y.; I.O.O.F. Home, Lockport, N.Y.

And other great institutions, including many Nurses, who we have grateful testimonials from. Praising the wonderful healing qualities of this good old Remedy for Man and Beast.

25c Bottle.

LUCKY STRIKE CIGARETTE

Until this new "smoke" was made you could never have a real Burley tobacco cigarette. It's the best yet.

IT'S TOASTED

The toasting brings out the delicious flavor of that fine old Kentucky Burley. You never tasted anything so agreeable—think what roasting does for peanuts.



10¢

Address
 First
 B. B.
 H. F.
 WALTER J. CHAMBERS
 Will answer all questions
 Office Hours
 Office Hours and General
 W. O'DONNELL, M. D.
 Physician and Surgeon
 and Residence, Church
 ANDOVER, N. Y.
 J. LOUGHLIN, M. D.
 GENERAL PRACTITIONER
 and Residence, Center St.
 Andover, N. Y.
 DR. DANIEL LEWIS
 ALBANY, NEW YORK
 Hours 2-4 and by Appointment
 ERTHA HARMAN CROWN
 CHIROPRACTOR
 McLaughlin Building
 Andover, N. Y.
 C. DAVIE
 Veterinary Surgeon
 AT LEVER'S LIVERY
 Monday of Each Week
 HENRY STEPHENS
 FIRE
 INSURANCE
 LIFE
 Office at Residence, 51 Main St.
 Andover, N. Y.
 RAYTON L. EARLEY,
 ATTORNEY AND COUNSEL
 AT LAW
 Money Loaned on Good Real
 Estate Security
 LEGAL BUSINESS RECEIVED
 PROMPT ATTENTION
 Andover, N. Y.
 quiet, restful place, with comforts of
 THE SANFORD HOUSE
 239 Main St., Hornell, N. Y.
 furnished rooms by day or week. Mod-
 ern. Modern conveniences. Free
 bath. Mrs. Sanford-Burdick, Prop.
 WHEN IN HORNELL
 STOP AT
Hotel York
 H. A. York & Son, Prop.
 Erie Station
 Everything First Class
 RICHMOND
 YOU'LL SEE
 Andover, Wednesday, Feb.
 Wellsville Every Day Except
 Wednesdays
 400 TYPEWRITERS
 MISCELLANEOUS TYPEWRITERS
 and Children Left Typewriter at
 the factory. Instruction Book FREE
 with Typewriter. BUFFALO, N. Y.
 E. BROWN
 Undertaker and Embalmer
 Best Equipment
 Skilled Services
 Attended to day or night
 Main Street, Andover, N. Y.
 LOWERS
 FOR ALL
 OCCASIONS
 DESIGNS
 A SPECIALTY
 WETTLIN, The Florist
 Hornell, N. Y.
 Good D