

**FOR SALE**  
1917 Buick - 5 passengers. 4 new Tires. Run only 4000 miles. Price 700. Cash. See DAVID G. WILSON, Kapaa Homesteads.

"We have not studied cost nor economy as we should, either as organizers of industry, statesmen, or as individuals."

---President Wilson.

But there is yet time to start to save--and that time is NOW.

**Bishop & Company**  
Savings Department  
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**THE BANK OF HAWAII, Limited**  
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Deposits are received subject to check. Certificates of deposit issued payable on demand. Loans made on approved security.

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Interest paid on Savings Deposits. 4 per cent on ordinary and 4 per cent on Term Deposits. Ordinary Savings Deposits will be received up to \$2,500 in any one account.

SAFE DEPOSIT BOXES FOR RENT \$2 AND \$3 A YEAR

**WAIMEA HOTEL**  
WAIMEA, KAUAI

These are usually made with baking powder or soda and sour milk instead of yeast and are sometimes known as "Quick Breads."

**EAT NO WHEAT**

Breakfast	8.6
Lunch	.60
Dinner	1.20
Room	1.60

FRANK COX, Manager

**Koloa Plantation Store**  
Wholesale and Retail Groceries  
Dry Goods of all Descriptions.  
General Plantation Supplies.

**Kauai Steam Laundry**  
FIRST-CLASS  
WASHING AND IRONING  
HATS CLEANED  
Kapaa : : P. O. Kealia

**--- New Wheatless Recipes ---**

Red blooded Americans are not content with keeping the law on the wheat ration. They are giving up wheat entirely. All they ask from the United States Food Administration is suggestions for using the other things.

**Corn Flour Biscuits.**  
2 2/3 cups corn flour, 6 tsps. baking powder, 1 tsp. salt, 3 tbs. fat, 1 1/4 cups liquid.

Sift the dry ingredients together, cut in the fat, add the liquid, mixing lightly until a soft dough is formed. Drop by teaspoonfuls on a greased pan and bake about 15 minutes in a hot oven.

**Ground Rolled Oats and Corn Flour Muffins.**

1 cup corn flour, 1/2 cup ground rolled oats, 1 tsp. salt, 4 tsps. baking powder, 1 cup liquid, 1 tbs. fat, 2 tbs. syrup, 2 eggs.

Sift the dry ingredients together, add to the cup of milk the melted fat and beaten egg, combine these two mixtures, stirring lightly with out beating, bake about 30 minutes in a moderately hot oven.

**Chocolate Cake**  
1/2 cup fat, 2-3 cup sugar, 3 eggs, 1 cup syrup, 1/2 cup milk, 1 tsp. salt, 1-2 cups buckwheat flour, 1/2 cup ground rolled oats, 6 tsps. baking powder, 1 tsp. cinnamon, 2 squares chocolate, 1 tsp. vanilla.

Cream the fat, sugar and egg yolks add the syrup and mix well. Add alternately the liquid, and the dry ingredients sifted together. Add the flavoring and melted chocolate. Fold in well beaten egg whites. Bake about one hour in a moderately hot oven.

★W. S. S.★

**If You Eat—THESE—You Eat Wheat CONTAIN WHEAT**

**White Wheat Bread**  
made from flour refined from the starchy white center of the wheat kernel.

**Whole Wheat Bread**  
made from flour made from the starchy center and some of the outer brown layers (bran) of the wheat kernel.

**Graham Bread and Crackers**  
made from flour containing all the wheat kernel, including the bran.

**Macaroni, Spaghetti, Noodles**  
made from wheat flour.

**Wheat Breakfast Foods**  
sold under various names, not advertised as wheat products, made from the whole or part of the wheat kernel.

**Victory Breads**  
contain 75 per cent wheat.

**If you eat—THESE—you eat no wheat CONTAIN NO WHEAT**

Oatmeal, potatoes, rice, hominy, barley, and 100 per cent substitute bread.

**100 per cent Breads**  
Corn pone, muffins, biscuits, all kinds of bread made only from corn, oats, barley and all other wheat substitutes.

These are usually made with baking powder or soda and sour milk instead of yeast and are sometimes known as "Quick Breads."

**What Has America Done in This Great War?**

By F. A. McKensie

What are the Americans doing? Before England was in the war a year she had fought four great campaigns. The Canadians were war veterans before a year was over. What have the Americans done?

This writer has just returned from a long visit to the American lines in France, from the bases on the Atlantic coast to the outposts in No Man's Land in the shell swept sectors of Lorraine. He has had the opportunity to examine the work of the Americans and to discuss their future preparations with their leaders. The best answer to the question is a simple statement of facts.

First, let us understand the difficulties of the Americans. They were hampered at the beginning by an almost complete lack of organization and by a very scanty war personnel. Trained soldiers were few. The regular army was small and the state militia was not equipped for modern war. The government had refrained from making preparations before war was declared lest it should seem guilty of ill faith.

The American problem was very different from that of England or even of the dominions. England could work from her bases at home for her men over to England to join prepared operations a few score miles away in France. The dominions sent their establishments. But America was sending her troops from an average

**LET POTATOES FIGHT**



They are a splendid food. Excellent for your body. Delicious when well cooked.

**What they do for your body.**  
They are good fuel. They furnish starch which burns in your muscles to let you work, much as the gasoline burns in an automobile engine to make it go.

One medium sized potato gives you as much starch as two slices of bread. When you have potatoes for a meal you need less bread. Potatoes can save wheat.

They give you salts like other vegetables. You need the salts to build and renew all the parts of your body and keep it in order.

**Potatoes at their best.**

An old king is said to have tested each cook before hiring him by asking him to boil a potato. Even the best potato can be spoiled by a poor cook.

**To Boil Them** so that they will be "fit for a king," drop the unpeeled potatoes in to boiling salted water and cook 20 to 30 minutes. Drain the water off at once. If they are cooked too long or allowed to stand in the water they get soggy.

If you peel the potatoes before cooking them you will waste time and potatoes both. You may throw away a sixth or even a quarter of the good part of the potato with the skins. Also, if the potatoes aren't covered up by the skins while cooking, some of the valuable material will soak out into the water. Even very small potatoes can be economically used, if they are boiled in their skins.

**For Best Mashed Potatoes**, peel the boiled potatoes, mash and beat until very light, adding salt, butter or oleomargarine and hot milk, a half a cup of milk to six potatoes. If dinner is not ready to serve, pile lightly in a pan and set in the oven to brown.

**Potato Corn-Meal Muffins.**  
2 tablespoons fat, 1 tablespoon sugar, 1 egg, well beaten, 1 cup milk, 1 cup mashed potatoes, 1 cup corn meal, 4 teaspoons baking powder, 1 teaspoon salt.

Mix in the order given. Bake 40 minutes in hot oven. This makes 12 muffins. They are delicious.

**Potatoes Are Good in Cake**, They are often used in this way to keep the cake from drying out quickly. Mash the potatoes and beat up with milk until very light. You can use your usual cake recipe, substituting one cup of mashed potatoes for one-half cup of milk and one-half cup of flour.

**Potatoes for your main dish.**  
Potatoes, left over or fresh, may be combined with cheese or nuts or meat or other material, often to make the main dish of a meal.

**Potato Sausages**  
1 cup mashed potatoes, 1 cup ground meats, fish or meat, 1 egg, well beaten, 1 1/2 teaspoons salt, 1/2 teaspoon pepper, Salt pork, bacon or other fat.

Mix the mashed potatoes and seasonings with the ground nuts, fish or meat. Add the beaten egg. Form in to little cakes or sausages, roll in flour and place in a greased pan with a small piece of fat or salt pork on each sausage. Bake in a fairly hot oven until brown.

**Scalloped Potatoes and Cheese**  
Arrange a layer of sliced raw or boiled potatoes in greased baking dish and sprinkle with grated cheese and a little flour. Repeat until the dish is nearly full. Pour milk over the whole, about one-half cup to every three potatoes. Skim milk is good. Bake in a moderate oven until done. The length of time required depends upon whether the potatoes are raw or boiled and whether the baking dish is deep or shallow. Boiled potatoes baked in a shallow dish will take only 20 minutes. Raw potatoes in a deep dish may take as much as 1 1/2 hours.

**A Shepherd's Pie.**  
Grease a baking dish; cover the bottom with mashed potatoes. Add a layer of cooked minced meat or fish, seasoned well and mixed with meat stock or gravy. Cover with mashed potatoes. Bake long enough to heat through—20 to 30 minutes.

come to train among them.

What of the fighting men themselves? How many Americans are at the front? That question obviously cannot be answered, but some facts can be told.

The American troops in the fighting lines are more numerous than many people seem to imagine. If it were not for the extravagant forecasts of last year we would be pleased with their numbers. One section is holding a considerable part of the Lorraine front and another section is with the Anglo-French fighting army farther north. The numbers in the fighting line are increasing daily, and the best proof of the Americans' activity at the front is that in a comparatively short time they had more than 4,000 casualties.

**"Their Motto is Attack"**  
They are keen fighters. They remind us at every turn of the Canadians. They have begun with the idea of transforming trench war into open fighting. Their motto is Attack! Attack! Attack! all the time.

When they took over their sector of the Lorraine front it was comparatively quiet. Now it has become a field of continuous activity. "We want this job cleaned up," say the men. Some of the artillerymen have been found working thirty-seven hours at a stretch without grumbling to hurry on the beginning of their attack.

These men say little about the glory of war, but they reveal a cold calculated determination to end it. Their frigid resolution impressed me as more terrible than any mere surface enthusiasm.

General Pershing voiced the sentiment of the entire army. I met him one afternoon when news from the Northern front was very gloomy. He seemed to brush the gloom away. "There can be no question about what the end of the war will be," said he. "We may possibly have a time of hard knocks and buffets ahead; but only one conclusion is possible—a complete Allied victory."

The actual air situation is this. America has a very large available supply of trained pilots, men who have been most carefully selected. These are, practically all of them, college athletes. So many applied to join the army air service that the authorities were able to reject 90 per cent, eliminating all except those most thoroughly equipped, mentally and physically.

**Our Flyers Brilliant Work.**  
The Americans also have an enormous supply of skilled mechanics. America has been able to lend many thousand airplane mechanics to England. They have now erected a large airplane training city in the heart of France. They have today fighting squadrons upon the Eastern Front besides American fliers with both the English and French forces. The brilliant work of these men is well known. The speed of growth of the American airplane force depends almost wholly upon the supply of engines. I anticipate that America's air strength will begin to be directly felt as a real factor in the western campaigns this autumn. It is felt on a smaller scale already.

No one can complete a journey such as I have undertaken without pride and confidence in the American effort. I have to tell of a new force which is coming into the war, a force which comes fresh when some of us are wearied, which comes with almost unlimited potential man power, and which comes, best of all, with a resolute determination running thru every rank to see this thing through.

Meet the wheat crisis by recognizing it—Join the "wheatless-till-harvest" club.



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Ask for demonstration on your own ground.

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**CRISCO**

For Frying - For Shortening  
For Cake Making

**Frying**

There is no smoke nor odor. Fried foods are free from the taste of grease. They now are tasty and crisp. They are made more digestible, for Crisco is all vegetable. The same Crisco can be used to fry fish, onions, doughnuts, etc., merely by straining out the food particles after each frying.

**Shortening**

Crisco gives pastry a new flakiness and digestibility. Crisco always is of the same freshness and consistency. It's uniform quality makes for uniform results.

**Cake Making**

Crisco gives richness at smaller cost. It brings cake-making back to popularity. Butter bills are reduced and cakes stay fresh and moist longer.

