

CORN WILL WIN DEMOCRACY'S WAR

America's Greatest Cereal Crop Is Now Moving to Market.

MAINSTAY IN NATION'S CRISIS.

Surplus Wheat of the United States Has Been Sent to Famine Threatened Europe.

America's great corn crop, exceeding 3,000,000,000 bushels, will save the world's food situation, officials of the United States food administration believe.

Corn is the nation's best food cereal. Housewives are beginning to realize. It contains all the elements needed to keep the body in a state of health and when used according to the scores of tried recipes, especially when combined with an added portion of oil or fat, will sustain life indefinitely. Indian warriors in colonial days lived on parched corn alone for many days at a time, and at Valley Forge parched corn was at times the sole ration of the Continental soldiers.

Owing to transportation difficulties caused by the war the corn crop moved more slowly to market this year than ever before. Now, however, the cereal is reaching the millers and consumers. In the meantime the nation's surplus wheat has been sent to Europe.

Today there are approximately 30 bushels of corn for every American. This quantity is greater by five bushels than in former years.

Corn has become the nation's mainstay in the crisis of war.

Just as this cereal saved the first American colonists from famine on many occasions, just as it served as a staple food during the War of the Revolution and during the Civil War, King Corn has again come to the front in the nation's battle with autocracy.

Corn meal is finding greatly increased use in the making of ordinary white bread. Hundreds of housewives and many of the larger bakers are mixing 20 per cent. corn meal with wheat flour to make leavened bread. This kind of a mixture is worked and baked in the same recipes and with the same methods that apply to straight wheat bread.

Corn bread—using corn meal entirely—is gaining a greater popularity than ever before. Housewives are coming to realize that every pound of wheat saved in America means a pound of wheat released for shipment to the nations with which America is associated in the war.

There are a score of corn products that today possess unusual importance for Americans. Corn syrup for sweetening corn cakes and buckwheat cakes and for use in the kitchen instead of granulated sugar is one of the leading products made from corn.

Corn oil, excellent for frying and for every other purpose filled by salad oils, is appearing on the market in large quantities. It comes from the germ of the corn.

MADE-IN-GERMANY LIES CIRCULATED IN CANADA

Canada is also having trouble with Made-in-Germany lies calculated to hinder Canadian food conservation according to an official statement received from the Canadian food controller by the United States food administration.

The stories bothering Canada are of the same general character as those the United States food administrator recently denounced in this country, such as the ridiculous salt and bluing famine fakes and the report that the government would seize housewives' stocks of home canned goods.

The Canadian food controller estimates that when the people listen to and pass on such stories, each one has the power of destruction that lies in a battalion of soldiers.

"Stories without even a vestige of foundation have been scattered broadcast," said the Canadian statement. "Nor have they come to life casually. They have started simultaneously in different parts of the country and in each instance have been calculated to arouse public indignation.

"They are insidious, subtle, persistent. Bit by bit they dissipate public trust, the great essential in the work of food control.

"It lies with every individual to forbear from criticism; to refrain from passing on the vagrant and harmful story, and thus the more effectively to co-operate in work which is going to mean more than the majority of people yet realize."

THE UNITED STATES FOOD ADMINISTRATION SAYS!

There is no royal road to food conservation. We can only accomplish this by the voluntary action of our whole people, each element in proportion to its means. It is a matter of equality of burden; a matter of minute saving and substitution at every point in the 20,000,000 kitchens, on the 20,000,000 dinner tables, and in the 2,000,000 manufacturing, wholesale and retail establishments of the country.

This Is Our Winter of Test

SERVING food is a local problem for each community. Prices and definite rules for every one cannot be formulated. It is a duty for each one to eat only so much as is necessary to maintain the human body healthy and strong.



This winter of 1918 is the period when is to be tested here in America whether our people are capable of voluntary individual sacrifice to save the world. That is the purpose of the organization of the United States Food Administration—by voluntary effort to provide the food that the world needs.

U. S. FOOD ADMINISTRATION

NEED BIG HERDS

Europe's Meat Supply Must Come From America.

Warring Nations Have Depleted Live Stock at Enormous Rate, Even Killing Dairy Cattle For Food.

American stock breeders are being asked to conserve their flocks and herds in order to meet Europe's tremendous demands for meats during the war and probably for many years afterward.

The United States food administration reports that American stock raisers have shown a disposition to co-operate with the government in increasing the nation's supply of live stock.

Germany today is probably better supplied with live stock than any other European nation. When the German armies made their big advance into France and then retreated virtually all the cattle in the invaded territory—approximately 1,800,000 head—were driven behind the German lines.

But in England—where 2,400,000 acres of pasture lands have been turned into grain fields—the cattle herds are decreasing rapidly. One of the reasons apparently is the declining maximum price scale adopted by the English as follows: For September, \$17.76 per 100 pounds; October, \$17.28; November and December, \$16.08; January, \$14.40. The effect of these prices was to drive beef animals on the market as soon as possible.

In France the number of cattle as well as the quality have shown an enormous decline during the war. Where France had 14,807,000 head of cattle in 1913, she now has only 12,341,900, a decrease of 16.6 per cent. And France is today producing only one gallon of milk compared to two and one-half gallons before the war.

Denmark and Holland have been forced to sacrifice dairy herds for beef because of the lack of necessary feed.

Close study of the European meat situation has convinced the Food Administration that the future problem of America lies largely in the production of meat producing animals and dairy products rather than in the production of cereals for export when the war will have ceased.

BRITISH GOVERNMENT HELPS PAY FOR BREAD

There has been much misunderstanding about the bread program in England. It is true that the Englishman buys a loaf of bread for less than an American can, but it is poorer bread, and the British government is paying \$200,000,000 a year toward the cost of it.

All the grain grown in Great Britain is taken over by the government at an arbitrary price and the imported wheat purchased on the markets at the prevailing market price. This is turned over to the mills by the government at a price that allows the adulterated war bread loaf of four pounds to sell at 18 cents, the two pound loaf at 9 cents and the one pound loaf at 5 cents.

In France, under conditions somewhat similar, but with a larger extraction, the four pound loaf sells for 16 cents.

MAKING MEATLESS DAYS PERMANENT.

In the meatless menu there is a fertile field for developing new and nourishing dishes, according to E. H. Niles, writing in the Hotel Gazette, who believes that the present shortage of meat and fats will not end with the coming of peace, but may grow more acute and continue for five or six years, thus making it worth while to develop menus of grain, vegetables and fish on a more or less permanent basis. Meat can be replaced by cereals and other protein foods, or may be served in very small portions as a flavoring for other food. In making up meatless menus this author finds our American Creole and southern cuisines a broad field for investigation.

Save

1-wheat

use more corn

2-meat

use more fish & beans

3-fats

use just enough

4-sugar

use syrups

and serve the cause of freedom U. S. FOOD ADMINISTRATION

WHEATLESS BISCUITS.



Parched cornmeal is the feature of these excellent wheatless biscuits. First, the cornmeal—one-half a cup—is put in a shallow pan placed in the oven and stirred frequently until it is a delicate brown. The other ingredients are a teaspoon of salt, a cup of peanut butter and one and a half cups of water. Mix the peanut butter, water and salt and heat. While this mixture is hot stir in the meal which should also be hot. Beat thoroughly. The dough should be of such consistency that it can be dropped from a spoon. Bake in small cakes in an ungreased pan. This makes 16 biscuits, each of which contains one-sixth of an ounce of protein.

DELICIOUS CORN MUFFINS.



Here's an old fashioned recipe for corn muffins that has recently been revived and used with unusual success in several of the larger New York hotels: To make three and a half dozen muffins take one quart milk, six ounces butter substitute, twelve ounces of light syrup or honey, four eggs, pinch of salt, two ounces baking powder, one and a half pounds cornmeal and one and a half pounds rye flour. The butter and syrup should be thoroughly mixed; then add the eggs gradually. Pour in the milk and add the rye flour mixed with cornmeal and baking powder.

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. Trainloads 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, hardiest 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.
Hoecake.
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 Department of Agriculture.

MAXWELL

Most Miles per Gallon • Most Miles on Tires

Economize Wisely —A Maxwell Car Will Help

Waste is often committed when the intention is to economize. A Maxwell car, famous for its economy, will cost you only a few dollars a month to operate and maintain.

Which is the real economy:

- (1) To use the car and save time, strength, and mental vigor?
- (2) To do without the car, lose time in your business, lose the health gained from motoring, and worry yourself into illness?

Use of a Maxwell car will give you self confidence. Your neighbors and associates will get mental inspiration from you. As wave circles widen when a pebble hits the water, so will your good example benefit your entire community. Save—yes; but do it sensibly, and let the Maxwell help.

Touring Car \$745; Roadster \$745; Touring Car with Winter Top \$855; Roadster with Winter Top \$830; Berline \$1095; Sedan with Wire Wheels \$1195. F. O. B. Detroit

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We mean your whole milk, and we will pay you

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Figure the price you have received for Butterfat from Creameries during the past year and compare it with what we have paid and you will find about 25 per cent difference.

If more convenient you may haul your milk every other day instead of daily if you keep it sweet. Start hauling now and you

Will Never Regret It

RUM RIVER CHEESE COMPANY

Princeton, Minnesota

It Didn't Worry Him.
"What did the landlord say when you told him you would leave if the janitor didn't give you more heat?" "Didn't seem to worry him. In fact, he suggested another location where I would get all the heat I wanted and then some."—Boston Transcript.

Unclaimed Letters.
List of letters remaining unclaimed at the post office at Princeton, Minn., on January 28:
Mrs. Frederick Ness, Mr. Selby, Mr. Carl Christ, Miss Viola Gould.
Please call for advertised letters.
M. M. Briggs, P. M.