



TER IN THE MORNING MAIL

Mrs. Lane Finally Realized that Thousands of Other Mothers' Sons Are at War's Barred Battle Front.

By MAXIMILIAN FOSTER Of the Vigilantes.

Mathematics teach us that 1 from 1 is nothing, and there is also the known biological theorem that cannot get blood from a turnip...

The flat rent, previously \$1,200 a year, now was \$1,400, and it showed no sign whatever of coming down. The condition applied also to her children's shoes...

Hard to Make Ends Meet. Give money for the war? What do you think she was doing, anyway? She was giving every cent she had...

The letter came in the morning mail. Mrs. Lane read it, then she read it again. Afterward she sat there absorbed, silent, rigid...

"I have just come back from the canteen," it read. "Such an afternoon! A trainload of seriously wounded to be fed at once, which is trying, as one has to climb into all the carriages, one after the other..."

If Lawrence Had Gone to War. One o'clock struck. Mrs. Lane still sat with the letter clutched in her hand. "What's for dinner?" asked Hannah...

"Why, mother?" ejaculated Olivia. She hurried toward her mother. "What is it, mother? You're acting just as though Lawrence had gone to war!"

WHEAT SITUATION IS MOST SERIOUS IN FOOD SUPPLY

EVERY EFFORT OF MISSOURI FOOD ADMINISTRATION AIMS AT FURTHER SAVING.

MUST REDUCE CONSUMPTION

Until Harvest People Should Do Without White Bread Where Possible.

Reports which have been circulated in Missouri and other states that Food Administration officials have said there is no necessity for further conservation in wheat are denied emphatically by F. B. Mumford, Federal Food Administrator for Missouri.

"No statement of the kind has been made," said Mr. Mumford. "The actual position is that our surplus until next harvest allows a home consumption of approximately one-third normal if we are to maintain supplies for the Allies."

Far from intimating that further conservation in wheat is not necessary, the Missouri Division of the United States Food Administration is exerting every effort now to the saving of wheat during the next few months. Every person who can do so is asked to eliminate wheat entirely from his diet until the next harvest.

Thousands of persons throughout the United States have pledged themselves to eat no more wheat until that time.

Wheat Situation is Serious. Herbert Hoover, in an appeal to the American people which was read in all the churches of the country recently, declared that the situation with regard to wheat is the most serious in the food supply of the Allied world.

"It is inconceivable that we should fail in this crisis," said Mr. Hoover. "For each of us who can personally contribute to the relief of human suffering it is a privilege, not a sacrifice."

The simplest way to save wheat is to stop eating wheat bread in the extravagant and casual way to which Americans have been accustomed.

"Doing away with wheat altogether is a small sacrifice, not comparable to the great sacrifice the men at the front are making," said Mr. Mumford.

The Food Administration has prepared a new bulletin called "Wheatless Recipes," which tells how to make palatable breads, biscuits, cakes and pastries without the use of any wheat flour.

Doing Without Wheat

Bread and milk make a meal; so will mush and milk.

Bread and potatoes go together; potatoes and gravy are just as nourishing.

Toast and fruit are fine for breakfast; but any other cereal with fruit will stay the stomach as effectively.

Griddle cakes, muffins, all sorts of quick breads, can be filling and appetizing without any wheat.

After all, what we have to do is eat less bread. Often we eat bread to convey other food; we even use bread to push mouthfuls upon the fork.

There is one test. Whenever bread is used for convenience, that is the place to leave it out.

Habit tells us to use bread; the body's needs tell us only to provide sufficient nourishment. We must learn to think in terms of nourishment and not let habit blind us.

Changing our habits is none too easy. But it is no easy task to win the war.

Going without wheat whenever we can is one thing we can do to win the war—perhaps the largest contribution we can make—U. S. Food Administration, Missouri Division.

A WAR MEASURE The Food Administration is purely a war institution. Its first and primary concern is the feeding of our own people and those of the Allies, and thereby the maintenance of the strength of all the men, women and children both here and here, and thus the strong arm of our soldiers.

Gov. Frederick D. Gardner's Appeal for National War Savings Day, June 28th

PROCLAMATION

Whereas, June 28, 1918, has been designated as National War Savings Day by Woodrow Wilson, President of the United States, by the Secretary of the Treasury, and,

Whereas, The State of Missouri has already subscribed for twenty-one million dollars of its seventy-one million dollars quota, but has been surpassed by at least one other State in the Union, and,

Whereas, War Savings Stamps issued by the United States Government are sold upon the most favorable terms and in such denominations as to be in reach of the humblest citizen,

Now, therefore, I, Frederick D. Gardner, Governor of the State of Missouri, do hereby proclaim Friday, June 28, as War Savings Day throughout the State. I urge all citizens to comply with the request of the President to suspend business and labor throughout the State for a portion of that day that all may devote a few hours in the service of the Government and attend War Savings meetings in each community and assist in making National War Savings Day a success, that the State of Missouri may lead in this, as she has led in other war activities.

May all your efforts place Missouri's subscription to War Savings Stamps at the maximum mark, that our State may continue to lead in everything essential to the successful prosecution of the war.

In Testimony Whereof, I have hereunto set my hand and caused to be affixed the Great Seal of Missouri.

Done at the City of Jefferson this 4th day of June, A. D. 1918. JOHN L. SULLIVAN, FREDERICK D. GARDNER, Secretary of State.

EVERY MISSOURIAN TO MAKE PLEDGES

FOR WAR SAVINGS STAMPS AT PATRIOTIC MEETINGS TO BE HELD JUNE 28.

GATHERINGS AT THE SCHOOLS

Reports Received by State Director Festus J. Wade Indicate That That This State Will Over-pledge Its Quota.

President Woodrow Wilson has ordered the enlistment of every Missourian for National War Savings Day on June 28. On this occasion this State is expected to pledge oversubscriptions for its quota of War Savings Stamps.

The success of War Savings Day rests upon the individual efforts of each of the 114 counties of this State.

The President of the United States, Governor Frederick D. Gardner and the Mayor of every municipality of the State of Missouri have issued proclamations urging Missourians to attend the War Savings meetings on June 28, which are to be held in every schoolhouse in Missouri.

State Director Festus J. Wade urges every banker in Missouri to have an extra supply of stamps on hand in order to meet the necessary demands.

Recent reports show that every bank in Missouri is selling War Savings Stamps. Probably in no other State has this 100 per cent mark been reached by the financiers.

Tentative plans for the meetings on June 28 have been arranged by all of the County War Savings Committees.

In order that this date will not escape the attention of any Missourian, 2,000,000 circulars have been printed and will be distributed by Boy Scouts or other organizations of this State on the morning of June 28.

Every telephone subscriber will be called by their local telephone operator and reminded of the fact that they should attend one of the War Savings meetings.

Governor Gardner, in his proclamation, calls attention to the request of the President of the United States that business and labor throughout Missouri be suspended for a few hours

on June 28 in order that every person in the state can attend one of the meetings.

"Let the farmer go from the plow," said the Governor in his proclamation, "the professional man from his office, the business man from his counter, the mechanic from the shop and the laborer from his task, to the community gathering on June 28, and for an hour to be, as it were, on the firing line. We are partners with the Government and the boys in France, Belgium and Italy in the war."

The tillers of the soil probably have to make greater sacrifices in order to attend these meetings than any other class, but the farmer should remember that his boy, or his neighbor's boy, in France or in the cantonment, is giving all of his time to help win the war, and in turn should be willing to give one hour on June 28 to prove his patriotism by lending his assistance to ward winning the war.

County chairmen in the majority of communities will keep a record of every person who attends the local gathering on War Savings Day. These names will appear on an honor roll to be printed in the local papers. Absence from these conferences will be indicative of lack of patriotism, and unless there is a valid excuse for non-attendance of individuals in each county it will be a stigma against the absentee's loyalty.

All business is expected to be suspended for the afternoon on June 28, and the entire time and energy of the people of Missouri will be devoted to securing subscriptions for War Savings Stamps.

In the opinion of the President of the United States, this is a vital measure in the successful prosecution of the war, and Missourians are expected to subscribe to the limit of their ability for themselves and their families.

Every adult citizen in the State of Missouri is expected to attend one of these meetings on War Savings Day and to pledge himself or herself to buy as many War Savings Stamps as they are able to buy during the balance of the year 1918. The money invested in War Savings Stamps is no gift, but a loan to the Government.

Buying a War Stamp means this: You lend your Government \$4.17 on June 28, and on January 1, 1923, the government will pay you \$5 for your War Savings Certificate.

If at any time you should be in need of the money you can secure it by giving any postoffice 10 days' notice and the postmaster will give your money back, plus the interest of 3 per cent from the time you purchase the stamps.

The money you are to lend your Government will be used in defense of your country, your liberty and your life. It will be a factor in saving the lives of many of our boys who are fighting bravely for bringing victory that much sooner.

On War Savings Day, June 28, you are expected to sign a pledge card bidding yourself to buy a certain number of War Savings Stamps each week of each month until December 31, and you are also expected to act as a Government missionary and see that every person of your acquaintance does the same.

The Doctor Away From Home When Most Needed.

People are often very much disappointed to find that their family physician is away from home when they most need his services. Diseases like pain in the stomach and bowels, colic and diarrhoea require prompt treatment, and have in many instances proven fatal before medicine could be procured or a physician summoned.

Six young war brides enrolled at the Summer Opening of the Chillicothe Business College to fit themselves for the thousands of splendid positions being turned over to women each month. They have already given their husbands to the cause, are now preparing to release more men for military service and will themselves soon be helping industrially to win the war. Here's to them. Adv.

Miss Laura Hyde Wilson of Indianapolis, Ind., arrived Wednesday night to visit her mother, Mrs. Ida Hyde Wilson.

Joe Alford returned Wednesday night from a visit in Kansas City.

Chronic Constipation.

Perhaps you have never thought of it, but this disorder is due to a lack of moisture in the residual matter of the food. If you will drink an abundance of water, eat raw fruits and take lots of outdoor exercise, you may be able eventually to overcome it entirely. In the meantime use the most mild and gentle laxatives. Strong and harsh cathartics take too much water out of the system and make a bad matter worse. Chamberlain's Tablets are easy and pleasant to take, and most agreeable in effect. Give them a trial.

Mrs. Francis Gillou went to Higginsville Wednesday evening for a visit with relatives.

To Prevent Belching.

Make a regular habit of eating slowly, masticate your food thoroughly, and you may have no further trouble. If you should, take one of Chamberlain's Tablets immediately after supper.

Miss Mary Bell Van Hook and Miss Margaret Alexander of Houstonia, spent Sunday here with Mr. and Mrs. Clay Van Hook.

220-Acre Farm FOR RENT

Farm of 220 acres located mile west of Grand Pass, Saline county, Mo., on Santa Fe Trail, and three miles east of Waverly, better known as the old Baltimore Thomas place.

Splendid land and good set of improvements, 20 acres young bearing apple orchard. This property will be rented to the highest and best bidder for cash before the south door of the court house at Marshall, Missouri, on

Thursday, June 27

at 2 o'clock p. m. Possession of wheat land given 1st of August; balance 1st of March.

TERMS-Cash. One-half when contract is signed 1st of August and one-half 1st of March on possession. Right reserved to reject any and all bids.

W. N. PALMER, Owner, Pleasant Hill, Missouri