



USE LESS MEAT AND LESS WHEAT

Food Administration Makes Additional Rules Which Consumers Are Expected to Abide By.

Following the issuance of a proclamation by President Wilson calling for additional food economies, Federal Food Administrator Fred M. Sackett yesterday made known to the people of Kentucky the contents of the new Kitchen Card. This card, which supersedes the Kitchen Card distributed during Pledge Card Campaign Week, October 28th to November 4th, calls upon all the people of America to observe two wheatless days weekly, one meatless day and one porkless day, as well as a wheatless and meatless meal every day. Heretofore, only one wheatless and one meatless day have been considered necessary.

The new regulations are addressed particularly to the women who signed the pledge cards, since they promised to "follow the directions and advice of the Food Administration" in so far as their circumstances permit. The women are expected, however, to induce the members of their families to follow these directions also, and the proclamation of the President makes it plain that the population of America must respond unanimously and with a joyful heart if the war is to be won.

Although the new restrictions call for the abridgment of long established habits, the new Kitchen Card does not impose any hardships. As yet, the American people still are not required to make any sacrifices in the matter of food to win the war. The most any person is asked to do is to suffer some slight inconvenience.

The new Kitchen Card, which the President approves and hands to the nation as a book of rules for winning the war, is as follows: "The Food Administration asks every loyal American to help win the war by maintaining rigidly as a minimum of saving the following program:

"Have two wheatless days (Monday and Wednesday) in every week and one wheatless meal in every day.

"Explanation: On wheatless days and in wheatless meals of other days use no crackers, pastry, macaroni, breakfast food or other cereal food containing wheat and use no wheat flour in any form except the small amount that may be needed for thickening soups or gravies or for a binder in corn bread and other cereal breads. As to bread, if you bake it at home use other cereals than wheat and

if you buy only war bread. Our object is that we should buy and consume one-third less wheat products than we did last year.

"Have one meatless day (Tuesday) in every week and one meatless meal in every day. Have two porkless days (Tuesday and Saturday) in every week."

"Explanation: Meatless means without any cattle, hog or sheep products. On the other days use mutton and lamb in preference to beef or pork. Porkless means without pork, bacon, ham, lard, or pork products fresh or preserved. Use fish, poultry and eggs. As a nation we eat and waste nearly twice as much meat as we need."

"Make every day a fat saving day (butter, lard, substitutes, etc.)"

"Explanation: Fry less; bake, broil, boil or stew food instead. Save meat drippings; use them and vegetable oils for cooking instead of butter. Butter has food values vital to children, therefore, give it to them. Use it only on the table. Waste no soap. It is made from fat. Be careful of all fats. We use and waste two and a half times as much fat as we need."

"Make every day a sugar saving day."

"Explanation: Use less sugar; less sweet drinks and candy containing sugar should be used in war time. As a nation we have used twice as much sugar as we need."

"Use fruits, vegetables and potatoes abundantly."

"Explanation: These foods are healthful and plentiful and at the same time partly take the place of other foods which we must save. Raise all you can for home use."

"Use milk wisely."

"Explanation: Use all of the milk; waste no part of it. The children must use whole milk. Use sour and skim milk in cooking and for cottage cheese."

"Hoarding food. Any one buying and holding a larger supply of food now than in peace time, except food canned, dried or preserved in the home, is helping to defeat the Food Administration in its attempt to secure a just division of food and the establishment of fair prices. The food hoarder is working against the common good and even against the very safety of the country. Hoarding foods in households is both selfish and unnecessary. The Government is protecting the food supply of its people."

BUILDING LOT SOLD

Mr. and Mrs. Grover C. Anderson, of this county, have sold to Mr. Oliver Howell, of this city, a lot on High street, for the reported price of \$1,000. As soon as the weather will permit Mr. Howell will begin the erection of a two-story residence.

The Advocate for printing.

Every Citizen a Soldier On Duty At His Home

Everyone must help if we are to win. The soldier must obey orders or there will be no army. The people must be one or there will be no nation. So that we win, all of us must Follow Directions.

This is Your War guide for use in Your home. It tells you what foods we must save to provision ourselves and our allies; it tells how we can stretch our supplies so everyone will have enough—without any hurt to your health or your strength.

Your Government does not ask you to give up three square meals a day—nor even one. All it asks is that you eat less of the foods we need to keep the armies going and eat all you want of the other things that we have in plenty.

Eat plenty—keep up your strength and your vim to help win the war. You have dedicated to the Nation everything that you have; you are asked now to give up—just some habits of the kitchen and table.

America and her Allies must not run out of Wheat, Meat, or Fats. If we let that happen, Germany will win the war.

We must save Sugar, use every drop of Milk, and—we must learn to Follow Directions.

CLASS 1 MEN BEING EXAMINED

Local Board Has Made 98 Physical Examinations—Only 12 Men Have Been Exempted.

Below we publish a list of the men placed in Class 1 and who have passed the physical examination being given by the local board. The list is complete to Tuesday morning. There are at this time 14 cases with the Clark county medical board which have not been reported on.

John Hayes, Walter Carpenter, Vernon Kelly, Allen Thurman Young, J. Smith Trimble, Clarence Chaney, John Stull, Lewis Pasley, James Busby, Clarence Karriek, John C. Kelly, Arthur Frodge, Charles T. Johnson, Granville C. Elam, James Arthur Haydon, John Masterson, Willard Long, Joe Spencer, Homer Ishmael, George Omer Wells, Edward Carpenter, Albert Martin Tilton, Elmer Leon Wallace, Jas. Morrison Cox, Frank Prather, Stanley O. Wood, Wm. McKinley Hanks, Wm. Madison Cockrell, Ben F. Hiler, James Pappas, Phillip J. Hollearn, Robert Scobee Nodley, Clarence Palmeter, George Harold Goodan, Nelson Willoughby, Thos. R. Cravens, Robert R. Stone, Richie Daniel, John Harper Leach, Robert Coyle, Ernest W. Phelps, Orval Clark, Roland Granville Reed, W. B. Smith, James Martin, Harry Morris, Lorenzo Lane Stockdale, Austin Thompson, Omar Lindsay Turley, James Curtis Gibbs, Robert O. Shultz, Harry Irwin Jackson, Millard Covey, Denman H. Duke, Ratliff P. Baird, James R. Beercraft, Ratliff H. Lane, Chester Allen Hatton, Otto Jackson, Roger Q. Greene, John Fleming Prewitt, Garfield Walters, Sherman Lansdale, John White Trimble, Jeff Rice Wyatt, James W. Wyatt, Strauder Witt, Nathan Morris, Bradley Coke, Allie Hardin, Chandler Fizer, Edwin Stanley Cravens, Joe H. Keller, Charlie Smith, Byron Hall, Elliott Shoemaker, Wm. M. Shouse, Leonard Daniel, John Kelly Wigginton, Clarence E. Hudson, John Bridges, Robert M. Trimble, Jr., Homer Hon. Lewis H. Killpatrick, Roy Baker, Harry D. Hunt.

The following 12 men were rejected as physically unfit and placed in Class 5: Jas. Edward Carmichael, Tom H. Willoughby, J. K. Polk Updike, George W. Copher, R. M. Pieratt, Robert Price Walker, Guy Donaldson, Cecil Hall, Elmer Rankin, son, Cecil Hall, Elmer Rankin, Brock

PRICES FIXED ON FOOD

All Local Stores to Charge Not to Exceed Price Fixed by Food Administration.

On another page in this paper will be found the prices to be charged in Mt. Sterling and Montgomery county for all staple groceries as fixed by the Food Administration. These prices are effective for this week and a revised list will appear in these columns each Tuesday. The prices named are for Louisville and an extra charge of from 1/4 to 1/2 a cent a pound is to be added to the prices listed for a freight allowance. The local grocery stores have also agreed to make a charge of 5 cents for each delivery beginning Monday, February 4th. All prices named are for cash and it is optional with the stores as to whether an additional charge will be made on time accounts. Any one who is charged in excess of the prices set by the Administration will please notify Mr. S. S. Pinney, local Food Administrator.

Must Buy Other Cereal in Order to Secure Flour.

A new order which the Food Administrator put into effect Monday was that only 24 pounds of flour could be sold to a customer and only then when an equal amount of meal or other cereal is purchased. The above order is being rigidly enforced by all local merchants.

Evening Meal to Be Wheatless.

State Food Administrator Sackett announced today that the one wheatless meal daily in Kentucky shall be the evening meal.

SELLS PROPERTY

Mr. J. Q. Stephens sold yesterday his property on Richmond avenue to Mr. J. P. Keath, of Camargo, this county, for \$1,500. Mr. Keath will get possession at once and will move to this city with his family to reside. We welcome these good people to our city.

The Advocate "Stands for Good Printing."

Wallace, Bruce S. Robbins, Charlie McCabe.

In the above list we make no distinction in general and limited service.

The board is progressing rapidly in its work and it is expected examinations of all A1 men will be completed Saturday.

MRS. VIRGIL M. HAINLINE VICTIM OF TUBERCULOSIS

Mrs. Virgil M. Hainline, 46 years of age, died at her home on Main street Sunday night after a long illness of tuberculosis. While her death was not unexpected it was a decided shock to her family and friends. Mrs. Hainline before marriage was Miss Lula Williams, daughter of Boone Williams, of Powell county and was a niece of Hon. John W. Williams, of Stanton. She was a member of the Christian church and was a consecrated, noble Christian woman. Hers had been a life of service and sacrifice and during her long years of suffering she bore her pain without a murmur. In the passing of Mrs. Hainline a good woman has been called, but the world is better for her having lived and her noble life will live long in the minds and hearts of her loved ones. Funeral services were held at the residence this morning at 10 o'clock, conducted by Revs. Clyde Darsie and B. W. Trimble, burial in Machpelah cemetery. Besides her husband, Mrs. Hainline is survived by one son, Ennis.

SUIT COMPROMISED

The suit of Mrs. S. L. Taylor vs. J. D. VanAtta, Executor, seeking to break the will of Mrs. J. D. VanAtta, has been compromised and settled. The suit will be dismissed and under the terms of settlement, for a cash consideration, the amount of which is private, Mr. VanAtta has conveyed by deed the land bequeathed to him by his wife, to Mrs. Taylor. Mrs. Taylor and Mrs. VanAtta before marriage were the Misses McKee and the farm in litigation is one of the best improved and most productive farms in the county and is located a short distance from the city limits, on the Levee turnpike.

TOM GRUBBS PROMOTED

Mr. Thomas D. Grubbs, of the 336th Infantry, stationed at Camp Zachary Taylor, has been promoted from Second Lieutenant to First Lieutenant. Mr. Grubbs is a son of Mr. and Mrs. C. D. Grubbs, of this city, and is a bright and efficient young man and bids fair to make an enviable reputation in the army. He was commissioned at the first officers' training camp at Fort Benjamin Harrison and is the first local boy to be promoted since receiving his commission. We congratulate Lieutenant Grubbs upon the splendid record he is making.

Rooms for Rent—On first floor, suitable for light housekeeping, situated on West High St. Phone 281.

The Advocate for printing.

CIRCUIT COURT IN SESSION

Convened Here Monday With Judge Wm. A. Young Presiding—Important Cases to Be Tried.

Circuit Court convened here Monday morning, with Judge Wm. A. Young presiding. The session promises to be a short but busy one. The docket contains 80 continued equity cases, 13 new appearances, 27 continued ordinary cases and 18 appearances and 69 Commonwealth cases. The most important cases on the docket are Porter Eubank charged with the killing of Henry M. Ringo, and Dewey Frazier, of Powell county, charged with raising a check. The grand jury is composed of the following gentlemen:

Ben F. Mark, foreman; Luther B. Mason, Marion Bridges, Tom Perry, H. Bruce Duff, R. C. Oldson, R. F. Mastin, J. Coleman Reid, R. R. Whitsitt, Jacob Lansdale, Ewing A. Flynn, Isom S. Osborne.

Judge Young's charge to the grand jury was a strong and vigorous one and he condemned in no uncertain terms all forms of lawlessness which are prevalent in this community. The grand jury lost little time in getting down to business and Tuesday morning returned the following indictments: Porter C. Eubank, willful murder; Homer Ishmael, disturbing religious worship; Clarence Lawrence, on same charge; Calus Wells, carrying concealed deadly weapons.

The petit jury is composed of the following:

Geo. R. Snyder, S. M. Newmeyer, H. W. Senieur, Joe Pennybaker, N. E. Hoskins, C. T. Wyatt, R. C. Lloyd, E. H. Moss, Jeff Cooper, Ben McMichael, Price Calk, John Stofer, Jno. M. McGuire, J. C. Booth, N. O. Moss, Harry Hadden, J. W. Thompson, W. E. Jones, Harlan Kirk, John Peggs, J. W. Langston, C. L. Dean, J. W. Barnes, W. H. Wright.

The only cases which have been tried at the time this report was closed are: George Owings, colored, fined \$100 and 40 days in jail for bootlegging; George Wireman, Millard Martin and Lemick Wiloughby, fined \$20 each and cost for gaming; Clinton Meadows, fined \$50 and costs for shooting on the public highway.

The case of the Commonwealth against Porter C. Eubank is set for Thursday.

Tobacco Land for Rent—One acre and a quarter, situated on Maysville street. T. K. Barnes.

Bring your job work to the Advocate office.

PROGRAM
THE TABB THEATRE
 Wm. B. Small, Manager

WEDNESDAY, JANUARY 30th.
 MADAME PETROVA in "SILENCE SELLERS"
 Episode No. 4 of "Vengeance and the Woman"
 "Signaling Ciphers"

THURSDAY, JANUARY 1st.
 VIVIAN MARTIN in "THE TROUBLE BUSTER"
 Also—Hearst-Pathe Film News

FRIDAY, FEBRUARY 1st.
 "THE AUCTION BLOCK" by Rex Beach
 Also—Ford Travels

SATURDAY, FEBRUARY 2nd.
 MILDRED MANNING and WALLACE MACDONALD
 in
 "THE PRINCESS OF PARK ROW"
 Also—A Big "V." Comedy

MONDAY, FEBRUARY 4th.
 MOLLIE KING in "THE ON THE SQUARE GIRL"

NOTE—Owing to uncertainty of transportation facilities all programs are offered subject to change without notice. We will at all times keep an emergency film.

Matinees daily at 2:15, except Saturdays at 2:00 and 3:30;
 Nights 7:15 and 9:00

Prices—Adults 15 cents; Children 10 cents

NOTICE

The Exchange Bank of Kentucky will take pleasure in assisting any citizen of Montgomery county in properly preparing, without charge, his income tax report, which, under the law must be returned by March 1st.

B. Frank Perry, Cashier
Exchange Bank of
Kentucky