

Food

QUESTIONS ANSWERED

CONSERVATION

What does conservation mean?
"The preservation of our natural resources for economical use, so as to secure the greatest good to the greatest number."

How can we conserve food?
By reducing consumption; by cutting out waste; by using some other foods in place of the foods we are asked to save; by using local products and thus saving transportation. It is true that many people eat too much?

Probably 30 per cent of American people either eat or take into their kitchens much more food than is necessary.

Does the Food Administration object to teas and refreshments at parties?

Not if conservation rules are observed; but as a general principle of thrift it does not encourage the habit of eating between meals.

How can those people who neither waste nor eat too much help the Food Administration?

By substituting foods that are plentiful for the wheat, meat, fats, and sugar that are needed for shipping overseas.

How can I find out about these problems?

By writing to the Federal Food Administrator in your state for the free publications of the United States Food Administration.

What are these publications?

A list of them is given at the end of this primer.

Is food conservation really necessary?

So necessary that we may lose the war unless we conserve.

Why is food conservation necessary?

Because men have been withdrawn from farm and field in Europe to fight; because bad weather had made bad crops; because great food supplies have been sunk by submarines; because there is a vastly increased demand for food for soldiers, and people working in war supplies.

How has the wheat crop in France been affected?

It has fallen off more than half.

What is the bread ration in France?

10½ ounces daily per person, with constant possibility of being lowered.

What is the situation in France in regard to other supplies?

France is producing 1 gallon of milk where she formerly produced 2½. Oils, fats, eggs, and meat are scarce.

What is the present situation in Italy?

There is extreme need of cereals, meat, and fats.

How dependent is England on foreign countries for cereals?

She has to import three-fifths of the cereals needed.

What are the present needs in England?

Meats, fats, and cereals are urgently needed.

Why is American help vitally necessary?

Because America is nearest and best able to supply food with the least exposure to submarines.

Is not the seriousness of the food situation exaggerated?

It is not; food is essential to winning the war. A 1-ounce slice of bread wasted is a bullet thrown away; to waste food is treason to cause and country.

Have the other warring nations been forced to practice food conservation?

Yes; if Germany had not done so she would be defeated today.

Why is the housekeeper asked to shoulder the burden of conservation?

Because so large an amount of the food raised in this country passes through her hands.

How can the little that one person can do help?

The little that one person can do, multiplied by the millions of helpers, amounts up to vast sums.

What are some figures showing the results from small daily savings?

One 1-ounce slice of bread saved each day in the 22,000,000 homes of the country would total 9,625,000 pound loaves saved a week—approximately 35,648 barrels of flour saved. One ounce of sugar saved a day would total about 26,736 barrels saved a week.

Will the small individual savings actually get to the Allies and help win the war?

Unquestionably, yes. Every time you eat a wheat substitute it is exactly as if you stretched out your hand and gave the wheat you have saved to some fighter or worker in trench or field or factory "over there."

Why does the Food Administration ask a person with plenty of money to refrain from buying more food than is absolutely necessary for health?

Because it is a patriotic duty to eat only what is needed for health so that food may be saved to help win the war.

What are the foods which we must especially save?

Wheat—Meat—Sugar—Fats.

Why must we send these particular foods?

Because they contain the most concentrated nourishment in the most easily shippable form.

The cost of the United States Food Administration for its first year's work has been less than two cents for every person in the United States.

CARE AT THRESHING TIME WILL SAVE MUCH GRAIN

The loss of grain in the harvesting, shocking, stacking and threshing of wheat is estimated at from 1 to 10 per cent. At least two-thirds of this loss can probably be prevented by careful handling in the opinion of L. B. Bassett, head of the grain threshing division of the federal food administration for Minnesota. On the basis of last year's yield this would be more than a million bushels, worth more than two million dollars. This does not include the waste which occurs in the handling of barley, oats, flax and other small grain crops.

Mr. Bassett is organizing each county in the state to help in the work of prevention. The county food administrator, the county agricultural agent and a practical thresherman selected by them make up the county board through which the local work is carried on.

PRICE OF CREAM DEPENDS ON QUALITY AND AMOUNT

Reports for May from forty-seven co-operative creameries scattered over the state show the price paid for butterfat to be as follows: Four paid 52 cents a pound, six paid 50 cents, two paid 49 cents, seven paid 48 cents, eleven paid 47 cents, two paid 46 cents, four paid 45 cents, four paid 55 cents, two paid 43 cents, three paid 42 cents, one paid 41 cents, and one paid 39 cents.

The price of butter (extras) on the New York market averaged 45 cents. Of the co-operative creameries from which reports were received, thirty-six paid 45 cents and more. Co-operative creameries that paid a low price were chiefly handicapped with too small a business. The creamery that paid 41 cents received but 4,112 pounds of fat for the month and the one that paid 39 cents received only 1,300 pounds. This was probably the smallest business of any co-operative creamery in the state. Those that paid from 48 to 52 cents received from 15,000 to 36,000 pounds.

A small business and cream of poor quality—cream that is kept too long on the farm and is poorly cared for—are the two chief obstacles to high prices. Co-operative creameries that have to contend with these are kept on a level with the cream buying stations. Successful co-operative creameries commonly pay from 7 to 10 cents more. There are few locations in Minnesota where it is not possible to have a successful co-operative creamery.—A. J. McGuire, agricultural extension division, University Farm, St. Paul.

HARVESTING HINTS

Let Grain Get Ripe.

Grain cut too green is hard to thresh, the chaff sticks close to the kernel, the straw is tough and heavy, more power is needed, and, especially in the case of oats, some of the kernels are likely to be lighter and to blow over into the straw when threshed.

Grain cut when green is hard on the binder, especially when wet with dew. It is heavy to shock, does not cure so readily and is likely to mold unless the shocks are opened. This requires labor, which is both expensive and hard to get.

Barley and bluestem wheat will thresh easier and with less waste when cut green than any other grain. Leave marquis wheat until it is dead ripe and dry. It is very hard to thresh and if cut green the thresherman should not be blamed if he fails to get all the grain out of the straw. It will not shell and the only possible loss is the risk of a hail or wind storm.

Cut Straw High.

Unless you have use for all the straw, cut the grain as high as possible and have straw to make good bundles. Excessive straw makes extra work in handling and costs more to shock, stack and thresh. Leave the excess straw on the ground for fertilizer. It is almost as good as manure.

Make Bundles Uniform.

See that the binder makes a moderate, uniform bundle. Large bundles are hard on the binder, hard to shock, stack, pitch and thresh, and hard to cure. If they contain many weeds, they are likely to mold in the center and cause loss of grain. On the other hand, very small bundles require more twine, are not easy to handle and do not hold together so well. Adjust the binder to make an even-sized, well-formed bundle. The binder should be made to tie perfectly. There is a small amount of waste with every loose bundle. See that the binder head is in the proper position and the butter properly adjusted so that the bundles are well made and the band properly placed.

It is true that almost any one can drive a binder, but it requires a keen, wide-awake, intelligent operator to manipulate a binder so as to save all the grain and make good, smooth, straight bundles. Unless careful attention is given to this part of the harvesting, it is easy to lose an amount of grain equal to the seed.

Clean Up the Corners.

Do not trample down the corners of the field. Many bushels of grain are lost annually by careless driving around the corners. If you can not cut the corners clean the first time around outside of the field, cut them later. When possible mow a smath around the edge of the field before starting to cut; this leaves a good clean border.

Save Lodged Grain.

If a part of the field is lodged, cut one way if necessary. It might be well to get a set of grain-saving guards to assist in picking up the down grain. This can be procured through your local dealer at small cost.—L. B. Bassett, grain threshing division of the federal food administration for Minnesota, University Farm, St. Paul.

STRANDQUIST.

Herb Johnson and mother visited with relatives at Kindred, N. D., last week.

The Neslund family, from Stephen, called on friends out this way Sunday. Andrew Sihlberg, after completing his carpenter work on the post office, left for Holt on Friday to build a house for Adrian Lindholm.

The Salvation Army conducted services at the Mission House every evening since Friday. The pictures shown by the Army at the hall on Monday evening were well spoken of by those who attended the show.

Miss Anna Ottmar Rokke, who was appointed postmaster at this place, took charge of the postoffice last Thursday evening. The new location of the post office is just across the street from the former place.

Mr. and Mrs. Richard Lundquist left for Strathcona Monday.

Mr. and Mrs. Adolph Wikstrom left for California last week, as Mr. Wikstrom is one of Uncle Sam's faithful workers.

A number of people from this vicinity attended the funeral of Isaac Thompson who died at a hospital at St. Paul last week, but whose remains were taken to the home of the deceased, namely at Peter Thompson's place, for burial.

J. J. Ostad made a business trip to the cities last week.

Born, to Mr. and Mrs. Ben Johnson, a baby girl, last Tuesday.

Ladies' Aid at J. Hendrickson's in West Valley Sunday afternoon, the 11th of August.

Young Peoples' Society and ice cream sale at Wm. Baker's on Sunday, the 11th of August.

SOUTH OF NEWFOLDEN

Messrs. John H. Johnson, of Newfolden, Otto Thompson and Ernest Asp made a trip out to Golden Valley on Sunday afternoon, to investigate the experiments carried on by the Agricultural Division with the peat lands at that point.

Mrs. W. T. Johnson and daughter Ethelyn, who have been making an extended visit with the home folks returned to Warren on Monday of this week, where they will visit for a short time, and from there will leave for their home at Enderlin, N. D.

Ella Thompson returned home from the Warren hospital on Saturday evening and is doing well.

Paul and Melvin Krogh, of Argyle, came up the first part of last week to do some haying on their land up here.

Mr. and Mrs. Charlie Hamerick, Mrs. Ed. Thompson and family made a short call at the Ole Hjelte place on Thursday evening.

Wedding bells have again been ringing in Happy Corner.

The Misses Ingeborg Lodoen, of Warren, Betsy Amundson and Clara Engelsrud, of West Valley, made a pleasant call at the Mrs. Ed. Thompson and Ole Hjelte homes on Saturday afternoon.

Sunday school is now being conducted at the Holmas school by Otto and Thompson as teachers.

Mrs. P. W. Forslund left on Monday for Lakota, N. D., for a visit with her sister at that place.

Strand-Forslund Nuptials.

On Monday afternoon, July 29th, at 4 o'clock, at the home of Oscar Swanson at Warren, occurred very quietly the marriage of Hilda Ottine Strand to Paul Waifred Forslund. The ceremony was performed by Rev. K. Wiberg, while Mr. and Mrs. Ang. I. Bystrom acted as witnesses for the bridal party. The bride is a daughter of Mrs. J. Strand, of Marsh Grove, and has grown to womanhood in this community where she is respected and held in high esteem by a large circle of friends. The groom has his parental home at Upsala, this state, but has for the last years past been engaged with the Pioneer Loan and Land Co., of Warren, and is an industrious young man with good habits and character, and is well liked by one and all who have had occasion to associate with him. He has also answered his country's call, and has for some time been entraining in Texas. He had been granted an absence of leave and was home on a furlough, but was compelled to return to camp the same evening, in order to be back on time. He will evidently sooner or later be transferred "Over There", to help in the great fight for the freedom and existence of our good old U. S. A. But when the enemy is conquered and the victory is won, we earnestly hope that he will return safe and sound to refrain his bride and may they then enjoy long, happy and prosperous married life, which is the sincere wish of all their friends.

FOLDAHL

Harvesting is soon commencing.

The picnic which was held down by the old mill on Sunday sure was a success.

Mr. and Mrs. Ernest Lofberg and daughter Adeline and Mr. and Mrs. Heimer Dahlin, from Bloomwood, were guests at J. Haugen's place for dinner on Sunday. They also took in the picnic in the afternoon.

A baby girl was born to Mr. and Mrs. E. Andeen on Sunday, Aug. 4th.

Mr. and Mrs. O. Malm and son Raymond, visited at Henry Scheys' Sunday evening.

Carl Olson and Willie Ostrand were callers at Haugen's Monday evening.

The Haugen's and E. Olson's young folks were to Warren Monday evening.

A letter has been received from Edvin Haugen, who is now located "somewhere in France", stating that he is still alive and feeling fine.

Herman Haugen, who went to the training camp on May 27th, is now on his way to New York and will probably soon be on his way across the sea.

VIKING

Hjalmar Bloomberg, who for some time has been employed at Roundup, Mont., returned to his home last week where he will remain until called to war.

Mrs. E. Styrlund left for Warren one day last week to have some dental work done.

Miss Ida Sande visited in Stephen over Sunday.

John Larson transacted business in Warren last Saturday.

Walter Lindell, who is employed at Angus, spent Sunday with home folks in Viking.

Mrs. P. Lindquist and Mrs. C. Styrlund left for St. Paul last Friday evening to visit with relatives and friends there and also at Minneapolis.

Joe Jacobson was taken to the Warren hospital last week to undergo an operation. He was not operated on however, but returned to Viking the latter part of the week.

Mr. and Mrs. O. Hansen autoed to Warren one day last week.

Florence Lindell left for Warren last Saturday to visit for a few days at G. F. Peterson's.

The completed Red Cross articles were sent to Warren last Friday.

The Red Cross meeting was held last Friday. New officers were elected at this meeting. They were as follows: Emma Rud, Treasurer; Mrs. O. Hansen, Secretary; Mrs. John Nelson, Chairman of Sewing; Mrs. E. Styrlund, Chairman of Knitting.

MINNESOTA CHURCH OF VIKING

WELNER DROTTS, Pastor.

Services will be held next Sunday at 10:30 a. m. and 8 p. m. Sunday school at 12:00.

All are welcome.

WEST VALLEY

Rev. Ordahl conducted services in the Synod church Sunday. He will also have confirmation at Marsh Grove Sunday, Aug. 18th, at 10:30 a. m.

Quite a few from West Valley took in the picnic at Foldahl Sunday last.

The O. M. Knudson family, of Newfolden, were Sunday visitors in our town.

The Iver Lokken and Alfred Johnson families were callers amongst friends enroute to Strandquist.

Rev. Larson, of St. James, visited with Ben Elison last week.

Mrs. H. Amundson and son Adolph, were Strandquist callers Monday.

Misses Ottina and Lavina Rokke, of Strandquist, visited with home folks Sunday. They brought their mother back with them for a visit.

Mr. A. Rokke and sister Anna, accompanied Mrs. S. Hanson to Warren Monday, the latter having visited at Rokke's the last two weeks.

Mrs. Adolph Rokke left for Warren on Monday to seek medical aid. We hope for a speedy recovery.

Haying is progressing nicely with this dry weather. Some have already started harvesting.

Ben Elison last week bought a full blooded Shorthorn bull from Lamberston at Warren. He brought the animal home last Thursday.

Fred Tiedt and Mr. Leiter, of Argyle, were business visitors last week in our locality.

ROSEWOOD

Mrs. E. A. Silverness and two children returned Monday evening from Oslo, where they had been visiting with a sister to Mrs. Silverness for some time.

Miss Annie Bloom left Monday evening for town of Rocksbury, where she will be a guest of her sister, Mrs. Loyd Crown, until Thursday.

Mrs. John Berglund went to Thief River Falls Monday to consult a doctor regarding her baby which is not well.

Carl Hagen returned Monday from Wales, N. D., where he has spent two weeks on business.

The harvesting of winter and spring rye has commenced in earnest.

John O. Dahl, one of the pioneer farmers of this place died Monday night at the home of his daughter, Mrs. S. Dahle at Thief River Falls, following a several months illness, during which he had been staying at said place to receive medical attention, otherwise his home has been on a farm about three miles north of this place, where he took a homestead in the year 1884 and has been residing ever since. Deceased was born in Rindalen, Normur, Norway, March 23, 1840, and was consequently at his death over 78 years old. He emigrated to America in 1882, a few years after his marriage to Rende Mackengaard, and came to Duluth, where he remained two years, when he was attracted by the governments free homesteads and came to this place. Mr. Dahl has during the last years not farmed much on his own account but has been staying with his son, O. J. Dahl, whose farm adjoined his own. Mrs. Dahl died early this spring. Their union has been blessed with four children, two of which are dead and two living, viz: Mrs. S. K. Dahle, of the Central hotel, Thief River Falls, and O. J. Dahl, of this place. The funeral took place at Rindal Thursday afternoon. Rev. Geo. Larson and Carl B. Larson, both of Thief River Falls, conducted the ceremony.

O. J. Dahl returned Tuesday from Minneapolis, where he had been with a carload of stock.

Carl Bloom is excavating for the erection of a new residence on his farm west of town.

Mrs. J. Styrlund arrived from Viking Tuesday for a week end stay with friends and former neighbors in this community.

Stelner Johnson left Wednesday for Devils Lake, N. D., near which place some of his relatives are farming, and where he will be employed during harvest and threshing.

Mrs. Iver Westby returned Friday

AUCTION SALE!

I will sell at my camp 3 miles north of Warren on the State Highway on **Saturday, August 10** at 1 o'clock p. m.

The following described property, to-wit:

- One pair black geldings, 6 and 7 years old, weight 1500 lbs. each.
- One black team, mare and horse, 10 years old, weight 1500 lbs. each.
- One team of bay Clydes, 10 years old, weight 1500 lbs. each.
- One roan horse, 8 years old, weight 1400 lbs.
- One light bay team, 6 and 7 years old, weight 1100 lbs. each, good drivers.
- Three team of mules, from 6 to 7 years old, good size.
- One team of mules, 12 years old, good size.

All of above mentioned horses and mules are in a very fine condition and are first class workers.

After the sale of the horses I will sell 10 set of harness, 3 set of logging harness practically new, 4 wagons, 1 Stockland quick lift grader, 1 watertank, 4 Fresno scrapers, new dining car, 1 dozen small scrapers, and extra whipple-trees and other small articles.

TERMS AS USUAL

Any Stock or Article will be Sold at Private Sale Before Auction

GOTFRID ERICKSON, OWNER
W. H. DIXON, Auctioneer
Swedish American State Bank, Clerk

from Goodridge, where she has been visiting for a week.

The post office room is undergoing extensive repairs and improvements this week. A seven foot high aperture is built along the east end with a glass front for about fifty mail boxes. The stamp and distributing window is moved farther north and a new door is placed beside it. For the accommodation of patrons wishing to write letters, a wall table is being placed with writing materials outside the stamp window.

J. S. Benson, of Viking was in town Friday on automobile business.

Melvin Nordgaard arrived from Viking Friday, and visited with Newall and Loyd Anderson over Sunday.

Miss Annie Bloom left Saturday evening for Viking, where she will after a couple week's vacation, resume her duties at the Anton Gullseth hotel.

Matt Rafteseth returned Saturday from Grand Forks. He expects to be called for war service some time next week. Mr. Rafteseth is a limited service man and may be ordered to work somewhere on the Atlantic coast.

Justice Olof Opseth and Joel Shoberg spent Saturday at Warren attending to some business matters.

Louis Meyers returned from his work at Warren Saturday. He has enlisted in the army and will be sent to training with a couple of weeks. Mr. Meyers resides on a farm west of Steiner.

Gust Nakken and Martin and Fred Jarsaw purchased new cars Saturday.

The Carl Stromberg family, of Forest River, N. D., motored up Saturday afternoon to visit with friends and relatives here Sunday. Mrs. Stromberg is a daughter of Mr. and Mrs. S. Rafteseth in town.

One of the largest meetings of the Rindal Young Peoples' Society this season was held at the church Sunday evening, and the church building was filled with people. The meeting was under the lead of Rev. Geo. Larson, of Thief River Falls. A very good program was rendered. Coffee and cake were served after the program. The same program and lunch committees will serve at the next meeting, which will be held at the same place on Sunday, Sept. 1st.

The following went to Warren Monday morning on drafting business: A. T. and Alfred Thoreson, Victor and Dave Mosbeck.

Carl and Olof Hagen left Monday morning for North Dakota, where they will seek fall employment.

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There is only one answer and that is Burd High Compression Piston Rings. They end for all time your piston ring troubles. They are the result of years of experimentation, improving and refining.

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The Burd guarded opening makes Burd Rings fit tight and stay tight. There is no gap through which the power can escape. It seals the power in your cylinders. It enables them to deliver every possible bit of generated power.

And remember, no other Piston Ring has this feature. It is patented. No one else can use it. So insist on getting Burd High Compression Piston Rings.

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may save you a great many dollars worth of loss.

If you knew that there wouldn't be any grain-damaging weather after you get your grain threshed, you MIGHT be safe in allowing your grain to be unprotected until you sell it.

But you know the weather is ONE thing you can't figure ahead on for 12 hours.

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