

## FOOD NEWS

**FEDERAL FOOD ADMINISTRATION**  
For West Virginia  
L. W. COLLETT, Administrator  
L. E. DAVIS, Director of Inspection  
Washington, D. C.  
Our slogan—No Saveless Days  
**SAVE FOOD**  
Our Food Saved Our Allies

## FOOD CONSERVATION WEEK

This week, December 1 to 7, is being observed throughout the United States as a plan adopted by the Food Administration to bring before the American people in a forcible manner the matter of saving food and sharing it with the starving population of Europe.

This work was started in West Virginia by the calling of a state-wide meeting of the County Food Administrators and women representatives of the Food Administration from the several counties of the state by E. W. Ogleby, State Food Administrator, the meeting being held Saturday, November 23, widely attended.

The Food Administration of the several counties pledged themselves to continue the food conservation plan as long as there was any necessity for so doing. This meeting was addressed by E. W. Ogleby, State Food Administrator and by G. Harold Russell, of Mr. Hoover's office who outlined the food conditions of the world in a most thorough manner.

The original plan of the Food Administration was to send 12,500,000 tons of foodstuffs overseas by July 1, 1918, but since the close of the war, conditions have developed which will require at least 20,000,000 tons and probably 25,000,000 tons to be shipped to Europe. This great amount of foodstuffs can only be supplied by continued saving of food by all the people in a united effort to save millions from starvation.

## NEW RULES FOR PUBLIC EATING PLACES

Effective December 1, 1918.

**General Order 1.**  
No public eating place shall serve or permit to be served more than two ounces of wheat bread, or if no wheat bread is served, more than four ounces of other breads (such as corn bread, muffins, Boston Brown bread, etc.). This limitation does not apply to bread served at boarding camps, to rye bread containing 50 per cent or more of pure rye flour, or to sandwiches.

**General Order 2.**  
No public eating place shall serve or permit to be served bread or toast of a garniture or under meat.

**General Order 3.**  
No public eating place shall allow any bread to be brought to the table until after the first course is served.

**General Order 4.**  
No public eating place shall serve or permit to be served to one patron at any one meal more than one meat course. For the purpose of this rule, meat shall be considered as including beef, pork, poultry and any by-product thereof. This rule does not prevent the serving of hash, goulash, meat cakes, meat pies, club sandwiches, liver and bacon, chicken with Virginia ham, or other dishes containing two or more kinds of meat.

**General Order 5.**  
No public eating place shall serve or permit to be served any bacon as a garniture.

**General Order 6.**  
No public eating place shall serve or permit to be served to any one person at any one meal more than one-half ounce of butter.

**General Order 7.**  
No public eating place shall serve or permit to be served to any one person at any one meal more than one-half ounce of Cheddar, commonly called American cheese.

**General Order 8.**  
No public eating place shall use or permit the use of the sugar bowl on the table or lunch counter. Nor shall any public eating place serve sugar or permit it to be served unless the guest so requests and if no event shall the amount served to any one person at any one meal exceed two-thirds of an ounce.

**General Order 9.**  
No public eating place shall use or permit the use of an amount of sugar in excess of four pounds for every thirty meals served, including all uses of sugar on the table and in cooking, excepting such sugar as may be allotted by the Federal Food Administration to hotels holding a bakery license. No sugar allotted for this special baking purpose, shall be used for any other purpose.

**General Order 10.**  
No public eating place shall burn any food or permit any food to be burned and all waste be saved to feed animals or reduced to obtain fuel.

**General Order 11.**  
No public eating place shall display or permit to be displayed food on its premises in any such manner as may cause its deterioration so that it cannot be used for human consumption.

**General Order 12.**  
No public eating place shall serve or permit to be served what is known as double cream or cream "de luxe," and in any event, no cream containing more than 10 per cent of butter fat shall be served.

**WEST VIRGINIA FOOD ADMINISTRATION**

Wanting the mantles or the chignons set, or repaired, or a coal grate set, call phone 9-1.

**ANYONE**

Wanting the mantles or the chignons set, or repaired, or a coal grate set, call phone 9-1.

WAR'S GREATEST INVENTION  
IT'S PHONE TO AVIATORS

Generator for the air phone to aviators, and Col. Culver, its inventor.

By T. A. JOHNSTONE

N. E. A. Washington Bureau, 1123-1134  
Munsey Bldg., Washington, D. C.

The wireless telephone set used on the western front by allied aviators during the last six months of the war is proclaimed by the war department, "the greatest invention of the war."

Col. Clarence C. Culver, of Washington, is the inventor. It has been in perfect working order for nearly a year, but the first official announcement and the first photographs are just made public.

During the war it was carefully guarded from German knowledge, for the aviator's wireless did much toward beating the Germans in that it made more easily possible the supremacy in the air of the allied aviation forces.

By this new invention it was possible to communicate with aviators af-

ter they had soared thousands of feet aloft, and to direct their movements. Thus beginners were sent up without instructors, and were directed by the flight commanders.

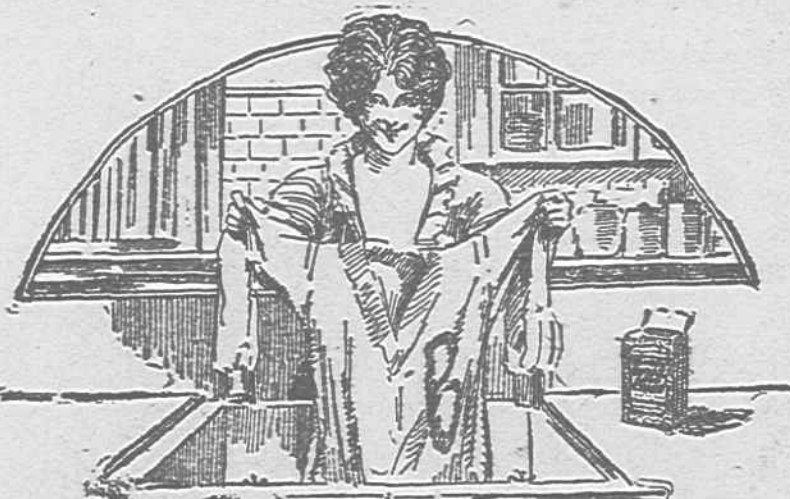
The invention followed eight years of experiment engaged in by Col. Culver and other wireless wizards, military and civilian, and was completed at San Diego, Cal., last February. These sets were first used by American aviators at Chateau Thierry, and were in part responsible for the tremendous success of American arms there.

Col. Culver spent the greater part of this year instructing French and British air fighters in the use of the new invention.

The invention will be of wonderful assistance in the development of air traffic in peace. It is pointed out by high officers of the signal corps.

HALF-MILLION ARMY  
FOR UNITED STATESNavy Appropriations Call  
for Steady Increase in  
the Fleet.

WASHINGTON, D. C., Dec. 3.—A Regular Army of approximately half a million men is provided for specifically in estimates submitted to congress today for the fiscal year 1920, beginning next July 1. Detailed items on the pay of the army show that in the total of \$1,322,000,000 asked for, exclusive of the fortification estimates, provision is made for the payment of only 21,250 officers and 382,667 men of the line and approximately 130,000 non-combatant troops with the requisite staff officers. The naval estimates show that every provision is made for steady and rapid increase of the fleet, a total of approximately \$439,000,000 being asked. Of that sum \$200,000,000 is the first increment of the proposed new three-year building program providing for 10 additional dreadnoughts, six battle cruisers and 140 other fighting craft. The remainder of the \$439,000,000 would go to com-



## Best For Washing Sweaters

YOU take no chances when you wash sweaters with 20 Mule Team Borax Soap Chips. They cleanse perfectly and without injury because pure Borax and pure soap are the only ingredients in



Sweaters washed in a lukewarm solution of 20 Mule Team Borax Soap Chips will not shrink. They will be soft, fluffy, and hygienically cleaned because the Borax purifies them of odors and dirt which woollens absorb so readily.

To get best results make a soap jelly by dissolving three tablespoons of 20 Mule Team Borax Soap Chips in a quart of boiling water and add to wash water. After cleansing, rinse sweater in warm water, pull out, shake thoroughly and dry in sun or air. An 8 oz. package of 20 Mule Team Borax Soap Chips equals 25¢ worth of ordinary laundry soap.

It's the Borax with the soap that does the work  
AT ALL DEALERS

TURKEY DINNER FOR  
THE MEDICAL UNITFairmont Lad Brought  
Thanksgiving Joy to  
Hungry Soldiers.

Douglas Rowland, of this city, sends the following account of one Thanksgiving dinner in the army.

Base Hospital No. 142, a medical unit located at Fort Sheridan, Ill., will spend their Thanksgiving at the camp. The dinner was put up under the supervision of Mess Sergeant Matthew Coleman, assisted by George Hobart Spencer, sanitary sergeant, who is a West Virginia boy.

The chief cook, Douglas Rowland, assisted by the following cooks, ably prepared the dinner. Alexander Vaisakis, chief fry cook, Edward Nitz and Earl Lea did the supervising of the roasting of the turkeys, twenty in number. Murque Sweeney made the delicacies and Uffe Luitjens handed out the hot coffee. The kitchen police for the day were Priates Bjorn, Dennison, Wood, Anderson, Coburn, Collins, Cunningham and Evans, did the stunts of issuing out the food which was

very plentiful, and the following menu indicated:  
Roast turkey and French dressing, mashed potatoes (a la Spaulding), mince (M. P. style), boiled onions, cranberry sauce, celery, green olives, baked sweet potatoes (a la Coleman), mince pie, fruit salad (a la Spencer), strawberry jelly, bread, butter, hot chocolate, chocolate candy and cigars.

Hot roast turkey and everything good that goes with it at Presby-terian Banquet, Dec. 6th. Adv.

A recuperative diet in influenza. Lorick's Malted Milk, very digestible.

BUILDING UP THE  
SYSTEM AFTER AN  
ATTACK OF FLU

Appetite and Strength Re-  
stored By Nerv-Worth,  
Says This Grateful  
User.

J. F. Bachar, well known Lake Erie watchman at Fostoria, O., had been "dragging around for two weeks" to use his own words, trying to recover from an attack of influenza. In the following signed statement he told Glen H. Eaton, Fostoria's Nerv-Worth drug-ist, what built him up:

"Nerv-Worth was recommended to me by a friend. I had had the influenza and was feeling so weak and out of fix I could not work. My appetite was very poor. Nerv-Worth seems to be just the thing for my case as my appetite is good and I am gaining strength."

"J. F. BACHAR,  
"327 E. Fremont St., Fostoria, O."  
The Nerv-Worth demonstrator at Fostoria adds to the above Mr. Bachar's verbal statement that he took only half a bottle of Nerv-Worth to get such welcome results. Mr. Bachar further added that he began taking Nerv-Worth on a Saturday and by the following Monday he was able to go to work.

Nerv-Worth Demonstrator J. G. England, who has just concluded a strikingly successful Nerv-Worth demonstration at Dayton, O., confirms the Fostoria testimony. He says not only that Nerv-Worth helped to rebuild those whom the influenza had knocked out over there but that among the many known to him as users of Nerv-Worth not one took the disease.

No one should go "dragging around" after an attack of weakened grippe when Nerv-Worth is available as an uplifter. Your dollar back if Nerv-Worth does not benefit you. Crane's drug store sells Nerv-Worth in Fairmont.

SAVE DOLLARS TO GAIN  
TIME TO TAKE ADVAN-  
TAGE OF OPPORTUNITIES.

Are you now in a position to rest on your oars at earning a living while devoting your time to developing a business opportunity?

You must gain this time somehow. It simply means storing up dollars now to keep you and your new business financed until your line becomes established.

Then begin now to store money by a regular method. How much can you lay aside this pay-day? Use our compound interest system for rapid money accumulation.

**The NATIONAL  
BANK of  
FAIRMONT  
WEST VA.**

## America's Home Shoe Polish



**SHINOLA**  
AMERICA'S HOME SHOE POLISH

SHINOLA being made of the best wax and oils, it is to the life of leather as paint is to buildings.

Apply SHINOLA often because it protects the leather. If your shoes are worn, make second application.

The Key on each box for opening gives an added service, no broken nails or soiled fingers.

SHINOLA can be used with any cloth or brush. For greater convenience, buy

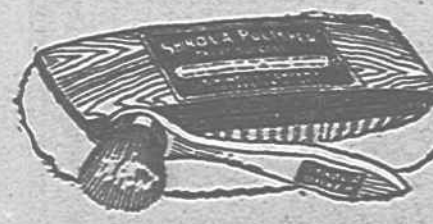
## SHINOLA HOME SET

To make SHINOLA service more complete, SHINOLA Home Sets are placed with dealers to be sold at practically the cost of production.

SHINOLA Home Set is ideal for gift or prize. Should be in every home, club or automobile.

Accept no substitute, every package bears SHINOLA label.

BLACK—TAN—WHITE—RED—BROWN

CLASSIFIED ADVERTISING  
TWO CENTS A WORD  
CASH WITH ORDER

## HELP WANTED—MALE

WANTED—A once, Bacmeister for general repair work and horse shoeing. Address: G. W. Martin, West Virginia, W. Va. 4726

WANTED—Porter, fry cook and dishwasher. Call at B. & O. Restaurant, Bellview. Phone 48. 11-23-14-4700

WANTED—Salesman, collector. Capable of earning \$45 to \$50 weekly. Experience not necessary. Good chances for advancement. Apply in person at 40 Main St. 11-22-14-4763

WANTED—Baker's 1 first hand, 1 second hand for all round day work. With good reference. Also wanted candy makers with good reference. Sanitary Bakery, Mannington, W. V. Bell phone 58—w. 12-23-14-4731

WANTED—First class plumber, Mannington Plumbing and Electrical Supply Co. Phone 175-x. 12-2-14-4733

WANTED—Good all around machinist, permanent position, new plant. Apply Mid-West Virginia Box Co. Speedway. 11-29-31-4770

## FOR SALE

FOR TRADE or SALE—Good level farm in Putnam county, Ohio, all black land, in sugar beet and corn belt of Ohio. Will exchange for good residence property in Fairmont. O. H. Himelech at Denham Furniture Store. 11-22-14-4751

FOR SALE—Singer sewing machine, good condition. Telephone 464-31. 11-29-31-4771

FOR SALE—Modern six room house on Fourth street, South side. Bargain to quick buyer. Phone 1253. 11-25-14-4756

FOR SALE—Two Smith Form-A Trucks in good working condition. Flood & Van Wirt, Hundred, W. Va. 11-22-14-4761

FOR SALE—12-room modern house, 2 baths, within three minutes' walk of court house. Address Box 4761. 11-25-14-4761

FOR SALE—General store, one of the best propositions of its kind in Monongahela Valley. New room, clean stock. Reason for selling must leave state to take care of other business interests. A. A. Rinehart, Worthington, W. Va. 12-24-14-4732

## HOUSES FOR RENT

FOR RENT—Five room house with conveniences on Speedway. Greater Fairmont Investment Co., Fairmont Hotel Building. 11-30-31-4737

FOR RENT—One seven-room furnished house. Man and Wife preferred. Apply Sheriff's Office. 12-2-14-4735

FOR RENT—Light housekeeping rooms. Phone 324-J. 12-22-14-4737

**Children Cry  
FOR FLETCHER'S  
CASTORIA**

## Opportunity

An experienced man wanted to fill position of assistant Superintendent for large coal company located in West Virginia. Must have thorough knowledge of mine machinery and electrical equipment. Duties largely looking after outside operations. Must know how to handle labor. Splendid opportunity for right man with snap and ambition. Answer giving age, experience and references. Address Box 4776 Care West Virginian.

**HAY FEVER  
ASTHMA  
AVERTED—RELIEVED  
ASTHMADOR**  
Begin treatment NOW. Money Back Guarantee.

## LOST AND FOUND

LOST—\$30 bill and \$5 bill on Mannington or on Nov. 29 under leave at Traction office and receive reward. J. V. DOTT, 11-30-31-4736

HELP WANTED—FEMALE  
WANTED—Capable woman for care of older children. Plain sewing. Phone 270. 9-11-14-4744

WANTED—Girl to do general housework. Inquire 223 Main St. 10-4-14-4742

WANTED—Girl for general housework. Apply 507 Fairmont Ave. 11-30-31-4738

## FARMS FOR SALE

GOOD NORTHERN OHIO FARM—Have many bargains. Write for large list. H. H. Webber, Atwater, Ohio.

## WANTED

WANTED—Board and room, private family preferred. Address Box 4532, care W. Virginian, giving price. 10-18-14-4731

WANTED—Furnished house, seven or eight rooms; close in. Address Box 4783, care West Virginian Office. 11-30-31-4738

WANTED—Second hand sewing machine. Must be in good condition. Call 963-M. 12-2-14-4734

WANTED—To rent 4 or 5 room house at once. Box 4790, care West Virginian. 11-3-14-4739

WANTED—Furnished house, seven or eight rooms. Close in. Address Box 783. Care of West Virginian. 12-11-14

Preston county buckboard, home style, for breakfast each morning. Boyers Restaurant—Adv.

Home Baked Pies and Pastries. Boyers Restaurant.

## Professional Cards

**DR. A. B. SMITH,  
OSTEOPATHIC  
PHYSICIAN  
AND EYE SPECIALIST.**  
Glasses of all kinds correctly fitted. Satisfaction guaranteed. Hall Block over Mullins Drug Store.

**U. Schmidt and  
R. Lefevre.**

Window Glass and Windshields. Phone 477 W. 302 Canton Ave.

Repairing and rebuilding automobile radiators a specialty. Old Radiators Bought, Rebuilt and Sold.  
**H. R. ONEY**  
Practical Tinner and Sheet Metal Worker. 328 Monroe St.

## WARM AIR HEATING

We can heat any house. Any kind of heater.

**D. L. Shotts**  
214 1/2 Jackson Street.

GOLD STAMPING  
ON LEATHER

A leather card case or pocket book makes a nice Xmas gift, but it is greatly enhanced by having the name of the recipient stamped on it in gold.

50¢ for the first line.  
35¢ for each additional line.

**Fairmont Printing  
& Publishing Company.**



**F. E. Nichols**

**Insurance**

Masonic Temple, Room 206

Phone 909-2

## Don't Sacrifice Liberty Bonds

Don't sacrifice your Liberty Bonds or War Savings Stamps for other securities which promise big dividends but are very risky.

You know that Liberty Bonds and War Savings Stamps are Absolutely Secure. Hold what you have, and buy more.

**FAIRMONT TRUST COMPANY**

FAIRMONT, W. VA.