HOME CARD 1918

WHAT YOU CAN DO TO HELP WIN THIS WAR.

OUR PROBLEM is to feed the Allies and our own soldiers abroad by sending them as much food as we can of the most concentrated nutritive value in the least shipping space. These foods are wheat, beef, pork, butter and sugar.

OUR SOLUTION is to eat less of these and as little of all foods as will support health and strength. All saving counts for victory. 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 on 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 it, 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 "Mentiess" means without any entitle, hog. or sheep products. On 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 a FAT-SAVING DAY (Butter, lard, lard-substitutes, etc.) EXPLANATION-Fry less; bake boil or stew foods instead. Save meat drippings; use these 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.

FRUITS, VEGETABLES and POTATOES abundantly

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

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 tine MILK wisely

EXPLANATION the all of the milk, waste no part of it The children must have whole milk the sour and skim milk in cooking and for cottage cheese

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

Loyalty in little things is the foundation of the national strength DISLOVALTY IN LITTLE THINGS GIVES AID TO THE ENEMY KEEP THE PLEDGE

Do not limit the food of growing children

Eat sufficient food to maintain health the nation needs strong

Co-operate with your local and Federal food administrators. Take their advice

Preach and practice the gospel of the "clean plate"

Housekeepers should help the stores to cut down their deliveries the local supplies, this saves railroad transportation

Report to the nearest Food Administration Officer the name and address of any person discouraging the production or saving of food.

stituted He introduced a bill which

substitutes a commission made up of

named by him who shall each receive

\$2,500 a year. The chief engineer, also

A bill introduced by Senator Eppler

tions to its validity after the expira-

To enable the individuals or corpor-

Senator Metzerott introduced a bill

SHORTAGE OF SERVANTS.

vants throughout the country, with no

way of meeting the problem, accord-

ited States Employment Service of

the Department of Labor. This is the

only scarcity at present which cannot

improved status of female workers.

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There is a shortage of house ser-

IMPORTANT MEASURES

INTRODUCED IN THE MARYLAND the Governor and two others to be LEGISLATURE LAST A number of important bills were

to be named by the Governor, is to reintroduced in the Maryland Legisla ceive \$7,500 ture last week, some with merit and provides that no will testament, cod others so radical as to make the sincerity of the fathers rather question. icil or other testamentary paper shall be subject to cavest or other object able. Here are some of the most important

tion of one year from its probate. A measure providing for revenue to the state in the event of prohibition. ations conducting large plants to proby Senator Frick. This proposes an import tax on oysters, clams, crabs, vide proper protection, Senator Johnterrapins and shad. The tax is to be son introduced a bill authorizas follows: On canned oysters, I cent ing the Governor to invest guards on each 60 ounces; raw shucked oy with police power just as special polsters, 2 cents per gallon; clams, 10 icemen have. Requests have been comcents per bushel; hard crabs, 2 cents ing to the Governor for such legislaper dozen; soft crabs, 5 cents per doz. tion, and the bill as introduced will en; terrapin, 5 cents each; shad 3 1-2 give the executive the necessary authcents each. Every package must be ority, but the corporations must pay stamped, stating the quantity, and the the men for their services. stamps must be furnished by the Conservation Commission. The act is not reducing the number of election superto become effective, however, until "visors from three to two, one being sethe sale of liquor is prohibited in the lected from either of the two leading political parties. state by either federal or state law.

Senator Johnson introduced a bill providing for a direct inheritance tax of 1 per cent on every \$100 of the clear value of an estate, money or securities in excess of \$2,500 and up to and in cluding '\$25,000; 2 per cent. up to \$100,000. The same commissions now ing to a statement issued by the Unreceived by the clerks and register of wills for the collection of the colleceral inheritance tax are applicable in

be overcome by labor distribution, the statement says, as there is no section Speicher is enacted into law, the podone of school supervisors and true which has a surplus from which may be drawn domestics for service elseant officers in the state will be abol-

Senator Campbell introduced a bill increasing range of employment opwhich includes hospitals and sanatorlume with boarding houses, which the ened to women by war conditions and the decline in immigration are given present law makes it a misdemeanor to defraud by leaving without paying as the reasons for the shortage. for services rendered.

Benator Speicher would abolish the hate Roads Commission as now con- Observer

Itential season begins on February 13.

forced to undergo unusual hardships accounts section of Food Administration. They are doing the Signal Corps. set aside by the Government, but they sued by the United States Civil Ser day, as ordered by the Church. This range from \$2,400 to \$6,000 a year double duty would be greatly increas. Men only are desired. ed by the old Lenten regulations. which forbid the use of meat on Wednesdays and Fridays during the 40 days of the penitential season.

this rule is changed and this combination may be indulged in during Lent of this year, and all Lepten seasons induit granting the use of fish and after substituted for Wednesday as count of the urgent need of the serthe day for abstaining from flesh vice applications for these positions meats. It is understood that many will be received until further notice Catholics during Lent will observe and that papers will be rated prompt. those two days and will give up the ty and certifications made as the needs Tuesday abstinence requested by the of the service require. Govennment. The indult allowing Complete information and applicaworking men and their families the tion blanks may be obtained by com-

during the whole year mit the use of meat on Ash Wednes ton, D. C. day After noon on Holy Saturday. which heretofore has been a day of rigorous abstinence, the use of meat Joseph will be allowed.

Men serving in the army or navy are permitted to eat meat on all the days of the year, except Ash Wednesday (hrisman Eve. Good Friday, the Vigil of the Assumption and the fore-

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many changes in the Lenten regula- duty of every man to answer the wall

The United States Government is in

The duties of appointees to the Signal Corps will consist of the determination of production costs of airplanes and airplane motors, either as super-The Church beretofore has forbidseveral plants, or as assistants; or appointees may be assigned to duty in Washington, D. C.

for a written exxamination, but will be rated upon the subjects of educatheir applications and corroborative

use of flesh meats on Saturdays will municating with the secretary of the be in effect. No one, however, will be tocal board of civil service examinallowed to use flesh meat on Pridays ers at the post office in any of the larger cities or with the United States The indult just issued does not per Civil Service Commission. Washing-



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