

## U. S. PLACES ANNUAL WASTE AT HIGH MARK

Secretary of Agriculture Says There Is \$7,000,000,000 Worth of Foods That Are Thrown Away.

## YOUR FAMILY IS THE FIRST

Do Not Serve Too Much Food for a Meal and Stop Waste.

The Secretary of Agriculture recently stated that the annual waste of food products in the homes of the United States was approximately \$7,000,000,000. This is household waste and, of course, does not include the vast losses of food by improper handling and inefficient marketing methods and deliberate destruction by price manipulators.

The big items of this \$7,000,000,000 food waste in the home are those of good food thoughtlessly thrown into the garbage pail, food allowed to spoil in the pantry, food ruined by improper cooking and food destroyed by rats, mice and insects.

The dietary specialists of the Department of Agriculture are authority for the statement that much of this food waste is easily preventable.

### Food Is Wasted

When we eat more food than our bodies need for growth and repair and to supply energy for our work. Overeating tends to poor health and fat instead of brawn, makes us sluggish and indolent instead of energetic and resourceful. Eat enough and no more. Eat for physical and mental efficiency.

When food is burned or spoiled in cooking. Improperly prepared or poorly seasoned food will be left on the table and probably wasted. Buy food wisely and then prepare it carefully.

When too much food is prepared for a meal. Unserved portions are apt to be thrown into the garbage pail or allowed to spoil. Many housekeepers do not know how to use left-over foods to make appetizing dishes.

When too much food is served at a meal. Uneaten portions are left on the plate and later thrown into the garbage pail. Learn to know the needs of your family, and serve each no more than you think he will want.

When anything edible is allowed to go to the garbage pail or allowed to spoil for lack of proper handling.

When food is handled carelessly. Buy clean food, keep it clean until used, and be neat in all details of cooking and serving. This lessens waste and is a valuable health measure as well.

### Your Family First.

Don't feed high-priced human food to hogs or chickens.

Don't send valuable food to the incinerator or the fertilizer heap.

Don't pour into the sewer nourishing food in the shape of milk, skim milk, sweet or sour, soup, gravy, or melted fat, or water in which cereals or vegetables have been cooked.

Keep good food out of your garbage pail and kitchen sink.

### Your Share in Production.

Keep your garden working all season. Hasten early crops by starting seed in boxes in the house, in hotbeds and cold frames if the weather prevents outdoor planting.

As fast as the ground is cleared of one crop start a new crop.

Get your ground ready for planting as soon as the soil is dry enough to work.

Plant for early crops as soon as the weather permits. Make successive plantings of lettuce, radishes, beans and other short-season crops.

Start new crops between the rows of plants that are soon to be removed.

See that your garden toward fall is full of potatoes, beets, turnips, cabbage and other staple foods that can be stored for the winter.

### Your Share in Conservation.

If your garden at any time produces more than you can use immediately, do not allow the surplus to spoil.

Can or preserve apples, peaches, pears, cherries, quinces, berries and other cultivated and wild fruits.

Every can of vegetables or fruit and every jar of preserved food means that you have saved food materials that would have otherwise been wasted.

Can or store root crops, cabbage and other vegetables properly so that they will keep well and supply you with food when the garden ceases to produce.

## GILLIES WILL DRIVE IN AMBULANCE UNIT

Wilmette Man to Have the Machine Donated By the Elgin National Watch Company for Service.

## LEAVES SOON FOR FRANCE

Company to Sail from New York on June 23.

Gordon Gillies, son of Mr. and Mrs. John Gillies, 735 Eighth street, will leave Wilmette for New York this week and make arrangements to sail for "somewhere in France" on June 23.

He will drive the ambulance donated to the American Ambulance corps by the Elgin National Watch company, and his expenses while on



Gordon C. Gillies.

the battle front will be taken care of by the donors. The car will carry a plate inscribed "Donated by the Elgin National Watch company and driven by Gordon C. Gillies."

### Desire for Aviation.

In charge of the company's southwestern territory, Mr. Gillies has had opportunities to consider a number of the branches of service under the United States army. When he received word from the donors to return and consider going to France, he was planning to enter the Stimson Aviation school at San Antonio, Tex. The Texas school gives a six weeks' course in the bird game and issues a diploma which is acceptable to the government in picking their men to pilot planes.

Gillies wanted to get into the service as soon as he could and gave up his desire for the aviation corps to come to Chicago for the ambulance work. The young men accepted for the ambulance service must enroll in the Ford Motor school in Chicago or Detroit to become familiar with the machines they are to drive.

### First Instruction.

He entered the Chicago branch and the instructors gave him his certificate after two days' work at the plant as he has had the advantage of previous studies in engineering. The machines to be used are shipped in special crating and the bodies are made in France. The men driving cars under the American Field Ambulance corps are assigned to munition trucks until their cars have been built and ready for service.

## BELLOWS SELECTED FOR WORK WITH COAST GUNS

North Shore Man Gets in Division That Goes East.

Franklin B. Bellows, son of Mr. and Mrs. John A. Bellows, 1204 Ashland avenue, was favored in the selections made at Fort Sheridan of the men trying for commissions in the Coast Artillery.

One hundred out of 254 men who chose to try were set aside as the group for this branch and ordered to leave for a seaboard point, where they can be given training with the big guns.

## FATHERS SELECT CAMP FOR MEMBERS OF UNIT

At the last meeting of the Boy Scouts the fathers of the members of the troop were present and decided on the camp this year.

Patrol Leader E. Cook received a three-year service stripe. First Class Scout A. Cook received a two-year service stripe, and Second Class Scouts N. Greiner, M. Webber and A. Seibold were presented with one-year service stripes.

## WILMETTE MAN GETS PROMOTION IN NAVY

Clyde Harrison Has Completed First Period of Training at the Naval Station.

## MANY CADETS REGISTER

Lake Bluff School Is Crowded with Young Patriots.

Friends of Clyde T. Harrison, whose relatives reside at 1127 Lake avenue, will be pleased to learn that he has successfully completed a period of training at the Naval Training station and has won his first promotion. Young Harrison is very enthusiastic about the Navy and is making good in every regard. He is particularly interested in the daily physical exercises he is required to go through. He writes that the training station is now taxed to its full capacity, having practically twice as many men under training now as was the case during peace times, and that owing to the large number who have to be given preliminary training, the drills and exercises are carried on with a great deal of vigor and zest. Everything is running like clock work and training station life is satisfactory.

### Draft Men Eligible.

The expressions of this young man are but a reiteration of those of the thousands of sailors now in their country's service. For a hundred years the Navy has made brilliant history and given the world a line of heroes from John Paul Jones to George Dewey. The Navy has always been the first line of defense. Today it is in active conflict with the enemy, co-operating with the ships of our allies.

It may be of interest to mention the fact that the young men who registered for selective draft on June 5 do not become ineligible for enlistment in the Navy. The pay of the lowest rating in the Navy has been increased to \$32.60 per month and the opportunities for promotion are greater than ever before.

### Chinese Chews.

One cupful dates, chopped; 1 cupful English walnuts, chopped; 1 cupful sugar, 3/4 cupful pastry flour, 1 teaspoonful baking powder, 2 eggs, 1/4 teaspoonful salt.

Mix all dry ingredients together, put in the dates and nuts and stir in the eggs after beating them light. Bake in as thin a sheet as can be spread and when done cut in small squares and roll into balls. Then roll them in granulated sugar.

## INCOME TAX REVISION IS NOW U. S. SENATE PLAN

Ticket Scalpers Are Hit By New Schedule Being Made.

A complete substitute for the adopted taxes on incomes may be drawn by the Senate finance committee, whose work of revision of the war revenue bill is nearly completed. No intimation is given yet of the proposed changes. The committee filed a 5 per cent tax against theater ticket scalpers' sales and 30 per cent against excess charges made by theater managers during "runs." Taxes on sporting goods, patent medicines, perfumes and cosmetics were reduced from 5 to 2 per cent. A tax of \$6 per pound on food ingredients intended for liquor manufacture was imposed.

## MOFFETT GETS ORDERS TO BUILD NEW HOUSES

The long-heralded and long-desired orders to make Chicago the greatest naval training station in the United States, if not in the world, were received Tuesday from Washington by Captain Moffett, commandant of the station.

"Begin at once the construction of buildings to house 20,000 men," the order read.

Captain Moffett will meet with mayors of cities between Lake Bluff and Chicago and a committee of citizens at Highland Park City Hall Friday to discuss plans for the military road to Chicago.

### IN CHICAGO

you pay one dollar for marcel wave. We charge 75c, and if you have two marcel waves a week it only costs you \$1.25 for both. We give scientific scalp treatment, chirobody and body massage. H. Delebecque, 747 Elm street, Winnetka. Tel. 822.—Adv.

## PERSHING AND ARMY NEAR THE TRENCHES

American Major General Arrives in England with Soldiers to Help the Allies.

## AIDS ARE NOW IN FRANCE

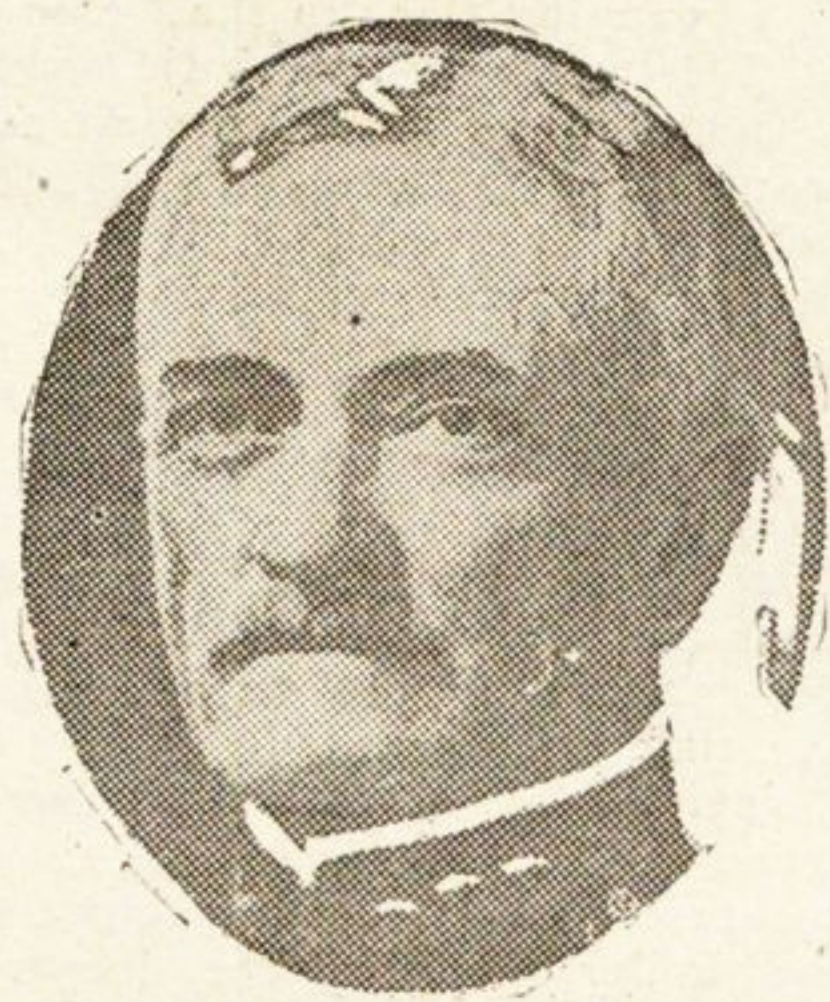
Members of His Staff Confer with French Officers.

The first contingent of American officers arrived in France this week. They are members of Major General Pershing's staff.

The officers are in Paris to look over a large amount of work preliminary to caring for the American forces when they arrive. Informal conferences have been held between the French and American war chiefs.

### King Welcomes Pershing.

General Pershing and his men have been entertained in London this



General Pershing.

week. King George and Queen Mary entertained General Pershing at luncheon Tuesday. The King extended an invitation to the enlisted men of the division to visit Buckingham palace.

One cause of much embarrassment to several American soldiers was the loss of their caps in the theaters. They were taken by souvenir hunters. The Americans brought no extra headgear with them.

The British press is reviving the effort to popularize the name of "Sammy" for American soldiers to correspond with "Tommy" for the British.

## Read Our Bond Announcement.

**MARIE PAGLIARUL** formerly of 3213 Michigan Ave., Chicago wishes to announce that she will continue the blouse shop of Miss Grace McKey. Blouses and simple dresses a specialty  
Address 557 Lincoln Ave. Telephone Winnetka 1325

**Watch the Spokes.**  
Keep watch on the spokes of the wheels, especially if the car is an old one. If spokes can be shaken, tighten the bolts on the flanges of the hub. If they are still loose, consult a wheelwright, as your life may be endangered by the breaking of a wheel.

To Exchange for  
**Hubbard Woods  
Winnetka  
Kenilworth  
Wilmette  
Evanston**  
Homes or vacant or Chicago Apartment Buildings see Indian Hill Office. Kenilworth Office., P. O. Bldg. 414 Linden Ave., Wilmette.  
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**Coming Events at Community House**

Remember motion pictures every Friday at Community House at 8:00 p. m.  
June 22nd—Lou Tellegen in "The Explorer." Cartoon.  
June 23rd—Donald Brian in "The Voice in the Fog."—Cartoon.

**Winnetka State Bank**  
Capital \$25,000.00  
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VICTOR ELLING, Attorney.  
LOUIS B. KUPPENHEIMER of B. Kuppenheimer & Company Wholesale Clothing  
JOHN R. LEONARD of Bridge and Leonard Grain Commission Merchants.  
CARLTON PROUTY, Attorney.  
WILLOUGHBY G. WALLING, Capitalist  
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