

HOOVER OFFERS SIX WAYS TO SAVE FOOD

United States Food Commissioner Asks Men to Reduce Consumption of Food Supplies.

1. To eat one wheatless meal a day.
2. To eat beef, mutton or pork no more than once a day.
3. To economize in the use of butter.
4. To cut the daily allowance of sugar in tea or coffee and in other ways.
5. To eat more vegetables, fruit and fish.
6. To urge in the home or the restaurants the necessity of economy.

These are what Herbert Hoover, the United States food commissioner, is asking the men of the country to do in order to reduce the consumption of food supplies so that we may ship to our allies the food that will keep men, women and children from starving. He has made the request to members of the Chamber of Commerce of the United States in response to their inquiry if there was not some service in connection with the war which they could render at home while attending to their accustomed tasks. That body has forwarded to its members throughout the United States the recommendation, asking that it be placed before each individual and believing that in offering this opportunity in concrete form it is leading where all will be glad to follow.

To assist in bringing about this concerted action every member of the Chamber of Commerce of the United States, this membership being country wide in the form of Chambers of Commerce and Boards of Trade, is asked in its local membership to form committees and to follow up among its members and to promote in any possible way the actual and continued observance in each community of the six requests set forth at the head of this article.

Each individual member is requested:

1. To undertake himself to live up to the above six requests, and to ask his friends and employes to do so;
2. To ask clubs and associations of which he is a member to appoint committees to assist in making general the observance of the above six requests;
3. To put into effect other ways and means of making general in his community the observance of the above six requests, advising them of anything he is able to do in this respect which might be of assistance in other communities.

The national body, in bringing these requests of Mr. Hoover to its members' attention, says: "The Chamber has not lightly entered upon this undertaking. It will probably never have occasion to make more earnest and more serious request of its members. Men who stay at home must help win the war; here is a chance for every man, in the true spirit of American energy, to put his individual shoulder to the wheel."

Ravinia

by Mrs. Frank R. Green

THE programs at Ravinia have always been a great source of pleasure to all music lovers, but this season has so far excelled all others in talent and well-balanced programs as to make it by far the most enjoyable of any year. Surely the rendering of the opera "La Boheme" displayed unusual ability that is seldom equaled. Special attention should be given to the perfect ensemble throughout the performance. However, unusual work is not confined to "La Boheme," but has been made manifest throughout all the programs and by the entire company.

The program given Thursday afternoon for children seems to be gaining in popularity with the grown-ups as well as the children. The one composed of nine members from the tuneful classics this week seemed to have pleased all. All seats on this afternoon are free and all children under twelve years of age are admitted without charge.

The seventh Student-Artist Day, given this afternoon, will introduce Lois Baptiste Harsch, pianist, a young American, and George Edwin Knapp, baritone. This evening "Pagliacci," with Marguerite Beriza, Morgan Kingston and Millo Picco in the cast, is announced. Saturday night "Manon," and Sunday "The Barber of Seville" will be given with the same artists who have appeared on the previous occasions this season when these works were given.

NAVY YARDS NEED MEN FOR BIG WAR PROGRAM

Civil Service Boards Requested to Get Workers for Plants.

All of the navy yards of the United States are greatly in need of men to carry on the work program arranged by the War Department. North shore members of the civil service boards have been requested to continue their drive to secure sufficient men for this work.

Boat-builders, shipwrights, copper-smiths, shipfitters and sail-makers, or canvas workers, offer the principal difficulty. A few boilermakers are needed, and it is expected that there will be additional needs in this trade both for general boilermakers and boilermakers who have had experience in flanging, as well as boilermakers who have had experience in laying out work from drawings.

Candy Eaten Last Year.

The per capita consumption of confectionery in this country last year was only \$1.80. The per capita consumption sixty-five years ago was thirteen cents.

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PICK WILMETTE MAN IN TRANSPORT WORK

Wilson to Sail for France to Drive Transports, with Expenses Paid By Evanston War Council.

EIGHT MEN ARE TO SAIL

Volunteers to Relieve Soldiers Held for This Service.

Everett H. Wilson, 727 Greenwood avenue, has been accepted by the Evanston War council as a transport driver for the American field service in France, for which the Evanston council has guaranteed to pay the expense of eight men.

The five men so far approved are Philip Frost, W. W. McCarthy, George A. Durgin, Evanston; Earl J. Garey of Chicago, and Everett Wilson of Wilmette. The men will sail with the first division of Chicago volunteers and they are expected to sail on August 25.

This service is a voluntary one and it is being sought by men of physical capability and motor knowledge who have been refused service under the selective draft on account of some slight defect, but are still able to drive a transport. In offering these volunteers the American field service is doing an important work in aid of the allied cause, by releasing for service in the French army thousands of trained soldiers now at work as transport drivers. The position is one of some danger and has no pay attached to it, the French simply providing board and lodging for those engaged in it, and the members of the Evanston organization who have chosen to serve the cause in this way are advancing the money to pay the car fare of volunteers, purchase their equipment and uniform and provide them with ten dollars a month for their incidental expenses, and their return transportation.

The volunteers so far secured are of the highest type, and it is the expectation of the committee that others of the same class will appear at the Evanston headquarters for their approval this week.

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NORTH SHORE CLUB TO HOLD BIG TOURNAMENT

Skokie Club to Have Benefit for American Soldiers' Fund.

Skokie Country club will hold a patriotic tennis tournament for the members of north shore clubs on August 25 at the Glencoe courts.

The proceeds will be donated to the Tobacco Fund for American Soldiers. Entries will be received for men and women in singles, doubles and mixed doubles. The entrance fee will be two dollars, and this will include entries for all the matches scheduled.

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