

SOUTH BEND NEWS-TIMES

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OCTOBER 21, 1918.

RESTAURANT FOOD RULES.

The new food rules for restaurants are not only drastic but instructive. They shed interesting sidelights on the food situation and contain valuable hints for the conserving of food and labor. The rules become effective Oct. 21. Here are some of the most impressive items: Bread and butter are not to be served except on request, and then not until after the first course is served.

THE LIMIT IN VINDICTIVENESS.

Germany's latest and most horrible violation of all human decency is related by a high French officer in Voeh's military household. He says that the Germans have been placing high explosives in the garments of their own dead soldiers, so that the allied soldiers will be killed as they try to perform their offices of mercy and respect for the dead. It is felt, and justly by the French, that in nothing but the complete subjugation of any nation from which such soldiers spring, is there any safety for civilized mankind.

MORE SUPER-EGOISTICAL NAGGING.

It breaths all the amount of influence our evening contemporary is able to imagine itself wielding down in Washington, as we witness it tell it. Thursday night it announced that in accordance with its recommendations, the war department was henceforth to deal out "uniforms to fit," and then Friday night, thank you, came the announcement that it had taken over the matter of army promotions. Indeed, our contemporary must be getting about ready to proclaim itself secretary of war, successor to Sec'y Baker, or something of that sort, before many moons.

and the credit for their adoption, after they had been in the official mind for moons—just a sort of journalistic kleptomaniac, by "eminently respectable" we drove them to it." Piffle on such demagoguery, injured approbation seeking to rehabilitate itself in its own mind, and play the public for fools! ROADS AND TRANSPORTATION. An army is no more effective than its transport service and its transport service is at the mercy of roads. It is the same with the social organization.

There is hardly a state in the Union that has yet taken full cognizance of the new situation. What is needed, in most cases, is an entirely new highway policy. It is of no use to complain of the devastating truck. The truck has come to stay. To make it smaller or drive it slower or run fewer trucks in trains would be a backward step. The logical remedy is to build roads to accommodate larger and faster trucks bearing heavier loads, and to keep those highways in repair just as a well-run railroad keeps its track. And the plans must be adapted not to single countries, but to whole states, in order to get the best results and properly distribute the cost.

WE HAVE THE FOOD.

The news from the farm is as cheering as the news from the front. There is hardly a crop of any importance that is not turning out better than was expected, and in nearly every case the production is above normal. Spring and winter wheat combined will be about 929,000,000 bushels, the second largest crop in our history.

Other Editors Than Ours

TIME FOR SERIOUS REFLECTION. (Laporte Argus.) For the American citizen—the man or the woman who prefers this, his country and government, in all things above every other—there may be profit in serious reflection on what course of action in the November election is calculated best to serve the nation.

TO CHRISTMAS BUYERS.

Every patriotic citizen is expected to co-operate with the patriotic merchants of Indiana, in executing the program agreed upon by representatives of the retail trade and the war industries board, by which it is hoped to conserve man power and transportation facilities, ordinarily required to handle the rush of Christmas business. This program emphasizes the following points: 1. Christmas shoppers will spread their buying over the months of October and November, thus avoiding an eleventh hour rush and congestion.

THE MELTING POT

"Come Take Pot Luck With Us"

TO CROCODILE. Crocodile (never thought till now To pen a sonnet to the likes of you. But since a sonnet has been written to All else on earth, I will, if you'll allow, Entwine about your corrugated brow, This wreath of rhyme which though it sets askew, Is none the less becoming, it is true. You'd much prefer a fatted kid or cow, To twenty sonnets, still, O, Crocodile, You must admit I wield no poisoned pen.

LITTLE BOBBIE'S PA. Last week I started for to keep a Dirty. Ma sed every littel boy shud ought to keep a Dirty now. She showed me how to start it. So last nite Pa sed to me Bobbie, sed Pa, show me what you have rote in yure Dirty. & I got my Dirty & Red.

MONDAY: It rained all day & I looked hard in skool. I seen in a book ware Columbus was the first white Italian in the United States. Went hoam erly & Pa calm hoam lait.

TUESDAY: There wasent any skool, the teacher got drafted. I licked two (2) Boy Scouts & forgot a errand wich Ma had told me to do. Hoam erly & got called Down.

WEDNESDAY: We had a new teacher, she will never git drafted by a husband I guess, her naim is Miss Annie Throap. She sed No wonder there is war beekaus men Is Bruttle. She whailed Skippy Snell beekaus he sed his brother Lester toold him he cud chew tobacco if he wanted to. Hoam erly & helped Ma wait for Pa to cum hoam.

THURSDAY: Our new teacher has Quit. She sed the work was unpleasent on account of the Ruffans she had to teach, she ment us kids. No skool & all us kids was glad.

FRIDAY: I got two (2) lickings, one (1) at skool & the other at hoam. I will git seven sun day.

SATURDAY: No skool, thank hevins. I went fishing in the North River & didnt catch any fish. I wish I was bigger, I wud go in the Army and Navy.

Well, Bobbie, sed Pa, that is a very good start you have made on your Dirty. Sum day, sed Pa, you will grow up & look at that littel

Calories and Common Sense

BY WOODS HUTCHINSON, M. D.

One of the most interesting discoveries from the food problem of this war was the finding of the committees which studied the food of English munition workers. There had been much talk about the men and boys gorging themselves, and overloading their stomachs with all sorts of indigestible trash, just because for the first time in their lives they "had the price" to eat anything whatever they fancied.

These meals were carefully examined and estimated in terms of calories or heat units. Then they were compared with the results drawn from the meals ordered in the works canteen and cafeteria and the weekly food bills in typical households.

Much to everyone's surprise and also gratification, the average results from hundreds of cases was that the diets adopted on their initiative, just guided by their own unspoiled appetites, by men at heavy and at light work, by women at various grades of occupation, and by boys and girls, seldom varied more than 10 or 15 per cent from the ideal amounts required to keep them in health at their age and character of work. Which is one of the highest tributes to the soundness of our instincts and the good common sense

of average humanity that has ever been paid.

I talked with scores of employers, superintendents and foremen, practical physicians and welfare workers, both men and women, on my numerous visits to the munition works by the courtesy of the British foreign office, and they were all unanimous in declaring that, with of course inevitable exceptions, the vast mass of the workers, particularly the women and children, had gained weight, improved in nutrition and appearance, and were in markedly better health as a result of their experience in the factories.

This seemed almost incredible, but it did not take long to convince me by actual, personal observation that it was an absolute fact. The secret of it was, first of all, the right feeling, sound common sense, and patriotic devotion of the overwhelming mass of the workers. Incidentally, it may be remarked that one of the finest things that has come out of this war has been the tremendous respect for the courage and cool feeling of the common man in the trenches, and the good sense and public spirit of the common man and the common woman at home and in the factories, inspired in everyone who has been able to observe the situation at first hand. It is going on to form the basis of an entirely new spirit and relationship between employer and employe,

Geo. Wyman and Co. Start Christmas Shopping Now. New R. & G. Corsets are Here. Priced \$2 to \$5. R & G CORSETS. You will be interested in these new Corsets that show the latest trend of fashion. Carefully made of soft, pliable materials with dainty stitching and exquisite embroidery.

October Sale of Silks

Now in progress to continue through this week. Thousands of yards of fancy Taffetas and Satins at specially reduced prices. Messalines and Satin Radian in new plain shades specially priced.

It is Possible that you do not know that in South Bend there is a daily paper whose one aim is to give its subscribers just what they want in a newspaper. When you become a regular subscriber you receive at your option either morning or afternoon edition daily and also Sunday's big edition containing the very best comic section with Buster Brown and Tigo, Polly and Her Pals, That Son-in-Law of Pa's, and last but not least, those naughty Katzies with their many pranks. The children will like this comic in which each and every feature is famous.

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