

BE A HOOVER HELPER

HANG THESE RULES ON YOUR KITCHEN HOOK.

**SAVE THE WHEAT.** One wheatless meal a day. Use corn, oatmeal, rye of barley bread and non-wheat breakfast foods. Order bread 24 hours in advance, so your baker will not bake beyond his needs. Put the loaf on the table and only as required. Use stale bread for cooking, toast, etc. Eat less cake and pastry.

**SAVE THE MEAT.** Beef, mutton or pork not more than once daily. Use freely vegetables and fish. At the meat meal serve smaller portions, and stews instead of steaks. Make made dishes of all left-overs.

We are today killing the dairy cows and female calves as the result of high prices. Therefore eat less and eat no young meat.

**SAVE THE MILK.** Use buttermilk and sour milk for cooking and making cottage cheese. Use less cream.

**SAVE THE FATS.** Use butter on the table as usual, but not in cooking. Other fats are as good. Reduce use of fried foods. Soap contains fats. Do not waste it!

**SAVE THE SUGAR.** Do not stint sugar in putting up fruit and jams. They will save butter.

**SAVE THE FUEL.** Coal comes from a distance, and our railways are overburdened hauling war material. Help relieve them by burning fewer fires. Use wood when you can get it.

**USE PERISHABLE FOODS.** Fruits and vegetables we have in abundance. As a nation we eat too little green stuffs. Double their use and improve your health. Store potatoes and other roots properly, and they will keep. Begin now to can or dry all surplus garden products.

**USE LOCAL SUPPLIES.** Patronize your local producer. Distance means money. Buy perishable food from the neighborhood nearest you, and this save transportation.

--- GENERAL RULES ---

Buy less. Serve smaller portions.  
Preach the "gospel of the clean plate."  
Don't eat a fourth meal.  
Don't limit the plain food of growing children.  
Watch out for the waste in the community.  
Full garbage pails in America mean empty dinner pails in America and Europe.  
If the more fortunate of our people will avoid waste and eat no more than they need, the high-cost-of-living problem of the less fortunate will be solved.

HERBERT HOOVER,

United States Food Commissioner.

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You are earnestly urged to keep this in mind and sight, and to become a "Hooverite" by following the valuable suggestions for the material aid of our country, which are given above.

MINNIE FISHER CUNNINGHAM,

President, Texas Equal Suffrage Association.