# Mountainair Independent, 08-29-1918 

Mountainair Printing Company

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## The Mountainair Independent



War Time Sweeteners


MERICA has several excellent war time sweet eners that will be used largely during th
shortage in the sugar supply. They are maple sugar, syl molasses and may be used in preparing des erts and other dishes requiring sweetening
When a cup of syrup or honey is used oreplace a cup of sugar the liquid in the recipes should be decreased one-fourth to one-third of a cup of honey, about one half cup of syrup and about one-half cup of corn sugar or a cup of sugar is equal to about one-hal cup of syrup or one-third cup of corn sugar. One table spoon of sugar is equal to one tablespoon of honcy, abo hird tablespoons of corn sugar

Sugar may be saved by the use of raisins, dates, fiz dried pears and fruit pastes used on the breakfast c to take the place of the ordinary sweetening at a meal a not as accessories to it. Fruits may be preserved witho sugar. It may be added when sugar is more plentifu. Preserving demands syrup.
heavy If sugar is uged one-half of the amount may be replace: by another sweetener.
Drying is a means of preserving (without sugar) ap cherries, strawberries and black caps
sugar in the form of a syrup. When sugar is more plentif fruit juices may be made into jellies or may be used ruit juices with or without sugar, elatins an fruits supply the
Fresh fruits supply the place of sugar in the diet. The
should be used freely. Desserts where sugar is scaze may be


Saving Sugrar javeshipping

'A MERICAN families would have less sugar than the on our home-grown sugar stocks. Approximately 75 per cent. of our sugar is shipped to our shores. We produce about $1,000,000$ tons of sugar a year. Our imports from abroad amount to over 3,000 , The United States Food A family to limit its use of sugar to two pounds per month per person for household use. The military situation demands that every available ship be placed at the disposal
of the Army or Navy. When we save sugar, we save shipping.

OUR SAVED FOOD
FED THE ALLIES
Food Administrator Writes Pres 000,000 Bushels Wheat.

CREDIT DUE TO WOMEN Meat and Fat shipmente iner
B44,600,000 Pound Conservation measures applied by
the American people enabied the Cnit-
ed States to ship to the Allied peoples ed States to ship to the Allied peopies
and to our own forces overscas 141,nnd to our own forces overscass 141,
ooo,000 bussiels of whent and 844,600 .
ono pounds of meat during the past ono pounds of meat during the past
sear, ralued in all at $\$ 1,400,000,000$. This was accomplished in the face of a
serious food shortige in the contry serious food shortage in this country.
bespeaking the wholetheartedness nnd
(patriotism with which the American patriotism with which the American
people have met the food crisis abrond. people have met the food crisis nibrond.
Food Administrator Hover. in a let.
ter to President Wilson, explains how ter to President Wilison, explains how
the situation was met. The voluntary
conservilion program fostered by th
 up of the millions of bushels of wheat
during 1917-18 and the slitpment of meat during 1917-18. ments to Alited destinations amounted
to $\$ 1$, too.0000,000, all this food being housht through or in collaboratton
with the Food Admintration. These
fiures are flyures are all thased on onfficial reports
and represent food exports for the harvest year that closed June 30, 1918
The shipments of meats and fats (Incluying ment producats, danry prod,
ucts, vegetable olls, etc., to Allied des-
und Unations were as follows:
Fiscal year 190.17...166,50,000 lbs
Fiscal year 1917-17....,011,100,000 lbs.


## the prime breansalufifin sin the thisisants of year 1917-18 to Allied deestinations were:



10,000,000 bushels tove neturralised depend
ent upon us, and we have recelve
some impouts form some imports from other quarters.
"Thhs acomplishment of our people
to ths matter stands out even more
cienrily if we bear in mind that we hind


 Hoover sald. "Thifs last year, however,
owthr to the Inrge fallupe of the 1917,
owheat crop, we lind avallable from net Wheat crop, we lind divaliabie from net
carry-ver and productlon nntl mports
only fust about our normal consumponly Just alout our normal consump-
tion. Therefore our whent shipments
to Alled destinations represent apto Allied destinations represent ap-
proximately savings from our own whent brend, sares, however, do not fully
"These figur
convey the volume of the effort and conves the volume of the effort and
shcrifice made during the past year
Sny sncrifice made during the past year
by the whole Amercan peovie. De-
spite the magniffent effort of our ngri. cultural population in planting a mazh
focreased acreage in 1917, not only was

 ern hemisphere all of those poopile
joined together ngal inst Germnny have come through Into sight of the coming
harrest not only with wealth nind
strengit full strength fully manntnined, but with
only temporary perlods of inedsith only temporary periods of hiardshh..
"It is diffleutt to distingulsh betwee various sectlons of ou people the
homes, public eating places. food homes, public eating piaces, food
trades. urbmn or agrtcultural populn
tlons-In assessing credtit for these re tions- In assessing credit for these re
sults, but no one will deny the domb
nunt patt no naint part of the American women." A hoarder is a man who is more in-
terested lin getting his bite than in giv.
ling his bits


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## ner, 1 mile Hountainair.

## Taken $\mathrm{V}_{\mathrm{p}}$-Thero has come to my wace 25 miles somutuest of Monatain- ifr, two mules; one light buy mars <br>  <br> lotch branded on on left shoulder; wei thigh tout 700 poud old. 0 owncr cand have about 12 years for same calling



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Abo Land Companty LLOYD ORME, Manager

the mountanatr independent




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Pioneer Merchants of the Estancia Valley ENCINO MOUNTAINARIR WILLARD
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the fideral LAND BAMM of Widitit, harsas
State National Bank Albuquerque, N. M.

Mrs. Dorothy Panther, of Los An
eles, California, is here for an extend geles, California, is here for an exten
ed visit with her mother, Mrs. R. H Coulter. $\overline{\text { Jose Tomas Lujan, Jose Leon Lujan }}$ Fidel Garcia and Frank Lujan, all
Torreon, left on Monday evening Prescott, Arizona, where they will work on the auto road being constructe



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