


OFFICIAL FOOD NEWS
The following instructions are in effect NOW :
Flour
Retailers are to sell wheat flour only with an equal weight of
substitute cereals. These substitutes are as follows: Corn Meal,
Corn Starch, Corn Flour, Hominy, Corn Grits, Barley Flour, Rice,
Oatmeal, Rice Flour, Feterita Flours, Rolled Oats, Buckwheat Flour,
Sweet Potato Flour, Potato Flour, Soya Bean Flour, Feterita Meals.
By special ruling POTATOES, until further notice, also may be
used as a substitute in California, but in the proportion, of two
pounds of potatoes to one pound of wheat flour. For example : with
a sale of a 25 pound sack of flour, 50 pounds of potatoes will be con-
sidered a substitute.
If prices for potatoes are advanced to the consumer on account
of this plan, this special ruling will be rescinded.
GRAHAM and WHOLE WHEAT FLOURS must be sold under
the same restrictions as white flour, except that only $6-10$ the quan-
tity of substitutes are required. For example: 30 pounds of sub-
stitutes must be sold with a 50 pound sack of graham or whole wheat
flour.
RYE FLOUR may be sold without substitutes but rye flour is
not a permissible substitute for wheat flour.
Where blends consisting of wheat flour and barley flour or other
listed substitutes are sold, the quantity of the substitute actually
marked on the label by the manufacturer can be taken into account
in making up the required weight of substitutes.

$\qquad$
$\qquad$

| February 2, 1918 | Federal Food Commissioner for California. | A beautiful bronze loving cup San Diego's Lodge. The San Pedro | Soaring through mists the white seagulls rejoice. |
| :---: | :---: | :---: | :---: |
|  | ORTING A FAMILY | Lodge gave an equally handsome silver pitcher. | So from the broad restless ocean of thought, |
|  | , | An especially beautiful gift was the large bronze statute, "The Battle of | Soaring on pinions, Through dreamland's |
|  | e | the Elephant and the Tiger" presented by Anaheim's Lodge. | Rise feathered fancies, birds uncaught. |

investigating the matter in Philadelphia, has been informed by unio
labor officials that it is more than $\$ 4.50$ a day. The president of th
Central Labor union submitted detailed figures to prove his asse
tion.
The food bill, under present prices, he says, cannot possibly
figured at less than $\$ 12.14$ a week. Housing, fuel, lighting and othe
necessary expenses bring the total up to about $\$ 27.75$ a week. That
means that the head of the family must earn $\$ 1442.80$ a year.
How easy it is to remember the day when such an income woul
have spelled luxury! Today it is said to represent not even what
we used to call a "comfortable living," but only the basic requir
ments of existence, according to American standards.
Fortunately most of our people have the $\$ 4.50$ a day. At an
rate, most of our workmen have it, and many of them have a great
deal more. The families most to be pitied are those dependent
"white collar" occupations, who earn "salaries" instead of "wages
and whose earnings because of that very fact are far harder to re
vise upward than those of the working class.-Exchange.

|  |  |
| :---: | :---: |
|  |  |

pared to write insurance on airplanes, when not engaged in fare, just as many companies write insurance on automobiles. T means that mechanical flight has developed to the commercial stage
The risk attending an airplane in peaceful operation can be calcu lated with sufficient accuracy to make it insurable. The risk, in fact,
is far smaller than nervous terrestrians imagine. If the war hazar could be eliminated from recent aerial experience in Europe i would probably be found that riding in an airplane, with a compe
tent driver, is about as safe as any other mode of locomotion. mail and passenger routes the subject confidently predict regula mail and passenger routes immediately after the war. Probably the
Atlantic will be crossed this year, whether war ends or not, for ma-


## SOMEBODY WILL TELL ON YOU

Somebody is going to tell on your if you don't pay your income
tax. Congress has fixed it so that somebody must tell, whether he
wants to or not.
One section of the War Income Tax Law, exhaustively compre-
hensive in scope, requires every person, without exception, and every
corporation, partnership, association, and insurance company, in
whatever capacity acting, who paid $\$ 800$ or more to another per-
son, corporation, partnership, association, or insurance company, as
interest, rent, salaries, wages, premiums, annuities, compensation,
remuneration, emoluments, or other fixed or determinable gains,
profits, and income, to report the name and address of the person,
corporation, etc., to whom the payment was made, together with the
amount of the payment, to the Commissioner of Internal Revenue
at Washington, using a form prescribed for the purpose-Form
1099, now to he had from all collectors' offices. The forms must be
filled out and returned on or before March 1, 1918, accompanied by
Form 1096, which is a letter of transmittal and affidavit certifying
the accuracy of Form 1099 .


Professional cards

Dr. Frank N. Arnold

H. C. Smith, M. D.

HARRY v. BROWN, M. D.
Physician and Surgeon
Office 111 South Central Avenue.
Hours by Appointment
Phone: Sunset Glendale 1129

MRS. A. M. Z. des PLANTES
TEACHER OF PIANO.
TEACHER OF PIANO.

FRENCH LESSONS
o instruct those desiring to acquire
knowledge of the French language miss rogers,

Glendale Toilet Parlors Hair work a specialty. Marinello Toi-
let Articles. Phone for appointment.
Sunset 670

Tropico Auto Express Co.
$\qquad$
F. C. Merrick's Transfer




ONE TON TRUCK FOR RENT

HILL, 421 S. Brand Blvd.

VERDUGO RANCH

FIRE INSURANCE


GLENDALE DYE WORKS
iption Cleaned, Dyed, Repaired or Pressed.
Vo Adrance in Prices.

Proper
Stationery



en otr pispl.ty

Glendale
Pharmacy
womp roxexs
mort paxss

## neto cous somis

|  |
| :---: |



