

**Breaking The Potato Habit**

There is an interesting suggestion in the news items from Denver which states that restaurants that city have stopped serving potatoes, because of the vegetable's exceeding scarcity. It is entirely a logical thing to do, but may occasion a bit of surprise because it never occurs to the average person that he could get along without potatoes.

Perhaps in all our list of dietetic habits none is more firmly fixed than the potato habit. We class the potato with bread as an indispensable item of food. Yet as far as nutritive value is concerned there is no comparison. Bread is really the staff of life. Without bread we would actually suffer physical deterioration. But potatoes could be utterly abolished and not a person would be worse for it.

Potatoes are mostly made up of water. They also contain starch. The starch is all that has any noticeable food value. Any vegetable rich in starch is competent to take the place of the potato. There are many such substitutes, and they have the added virtue of containing food values that the potatoes does not—proteins, chiefly.

No one is compelled to pay the present prohibitive potato prices. Macaroni, rice, baked beans, peas are at hand. But the potato habit is hard to break. A meal with no potatoes on the table seems incomplete and no amount of argument will overcome the sense of something missing. However, if anything in the world can break the habit it is a poor grade of potato selling at 10 cents a pound. A pound of potatoes is about one portion for one meal. Ten cents' worth of rice or beans or macaroni is a meal for a family.—Spokane Spokesman-Review.

**The Country Paper**

(Hamilton Spectator.)

The old chap who writes these Musings spent over 40 years as the owner of a country newspaper, and naturally he has great sympathy for the boys who are now trying to struggle along and keep out of the sheriff's hands in these days of the high cost of living. It is a question at times whether the country editor is really appreciated by the people who think they are conferring a great favor on him by paying him a dollar or two dollars a year for the weekly visits of his paper, or give him a small ad. to let their neighbors know how cheap they sell goods, even in these "over the top" times. Do they ever think that the home paper gives each year from \$500 to \$1,000 in free advertising to the community in which it is published. The editor, in proportion to his means, does more for the town in which he lives than any other dozen men, and in all fairness he ought to be supported—not because you like him or admire the interesting way in which he tells the current history of the town. Is there a child born, has Johnny or Jenny developed as a scholar in literature or music, is there a wedding in the family, or sad tale to tell, is there a death, who is it that can so kindly tell the story as the country editor? The Bugle Horn of Liberty may not be brilliantly edited or crowded with high-falutin thought, but financially it is of more benefit to the community than the preacher or the teacher. Understand me, I do not mean mentally, yet on moral questions you will find most of the papers, in city or country, on the right side. Today the editors of city and country papers do the most for the least money in the community in which they are published of any people on earth.

**Horn Was O.K.**

Possibly the apex of sarcasm or something, was reached the other day when Jones took his fliwer to a repair shop and asked the man there what was the best thing to do with it.

The repair man looked the car over in silence for several minutes, after which he grasped the horn and tooted it. "You've a good horn there," he remarked quietly, "suppose you jack it up and run a new car under it."

**A Boy of Method**

It was a week before little Willie's birthday and he was on his knees at his bedside petitioning Divine Providence for presents in a very loud voice.

"Please send me," he shouted, "a bicycle, a tool chest, a—"

"What are you praying so loud for?" his younger brother interrupted, "God ain't deaf."

"I know he ain't," said little Willie, winking towards the next room, "but grandma is."

Nobody on earth is so long suffering as the country editor. He can make jokes about the high cost of living even as he starves to death. Expenses have doubled, trebled, quadrupled, but he gets no more for his paper than the ancient dollar and a half which was less than enough before the war. He pays his help more, he pays the farmer more for less food, the grocer more for his supplies, the tailor more for his clothes, the shoemaker more for his shoes, and everything else in proportion. Yet he continues to charge \$1.50.

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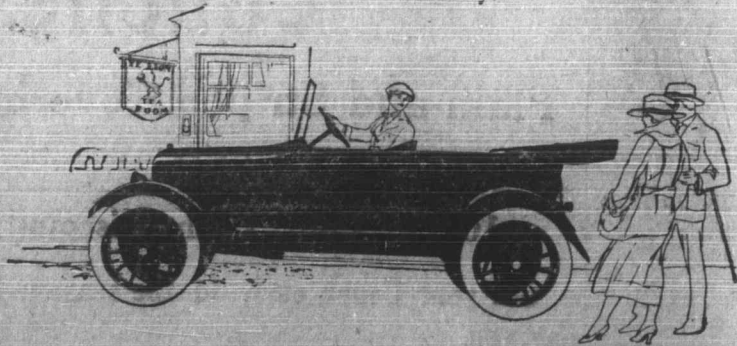
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