## THE PORTALES VALLEY NEWS






| Liberty |
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| $\$ 12,000.00$ |



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## Ever Try Honey as a

 Substitute For Sugar?The dealers were cut down another 60 per cent in the amount of their sugar supply, the first f August. This is now 20 per cent of the sales, when there were no restricticns on sugar. The amount ailowed to be sold to consumers was cut the first of August to the rate of 2 pounds per person per month

We urge the use of sutistate sweetening. Karo and other corn sycups are off the market at present but we will have it as soon as obtainable. We have a great variety of other syrups.
$\qquad$
$\qquad$ ten pound, gallon buckets, the pure strained goods
 Honey has as much or more sweetening value as sugar and is very reasonable in price. Try some and help our boys in France.
Sugar is fighters' food. It is assimilated into human energy faster than any other food known to man. Our boys need it. Let them have it by saving sugar in every way.

## Ch oYCE-PRUIT

## gENERAL SUGAR CONSERVATION

 Neither cane nor beet sugar is necessary. In the
average American diet allthesugar needed may ordi-
narily be supplied by using honey, sirups, fresh, preharily be supplied by using honey, sirups, fresh, pre
$\qquad$
$\qquad$ other sweeteners. Be sparing of confections and
sweet cakes. The American people last year spent enough money for candy to feed all Belgium for two ears. Supplement sugar with honey and sirups. other starchy foods rather than from sugar. Sugar excels them as an energy-food only because it pro-
duces energy more quickly. They excel sugar since duces energy more quickly. They excel sugar since
they supply more than merely the fuel need. How may the sugar ration be expressed in quantitios known to everyone?
wo pounds per month means about 8 ounces per reek, or a little more than 1 ounce a day. This daily It should be remembered that this is to include ali
sugar used for any purpose whatsoever-for table sugar used for any purpose whatsoever-for table
use, cooking, in ice cream and desserts, on cereals or


PERUNA



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very cleanest and best coals that can be bought
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