

Willow Springs, Mo.
Nov 19th, 1916.

My dear Sister & Hubert.

I have nearly worn out
your 'Letter Card' of Sept 26th,
and need another note to replace
it in my pocket. I expect there
is one on the way. hope so,
and hope both of you are in
your usual good health, and
enjoying as much of happiness
as it is possible to do under
conditions prevailing with you.
I understand you are going
to inaugurate food supervision,
that seems kinder tough, not to
be allowed to eat what one
wants. but I expect it is the
proper thing to do under the
circumstances. I know that the
'British Woodman' when he has plenty

of money is prone to be extravagant
They want be careful in their
expenditure like you would be,
and so I think it is wise on
the part of your governments to be
careful for them. but at the same
time I wish you were both here.
I dont like the thought of it.

I have lots of meatless days but
it is thro' choice, not by edict,
we always have such an abundance
of meat here, too much, I think, a
person uses only about 5% protein
they say, then why eat meat three
times per day? I drink lots of
milk and a quart of milk is equal
to $\frac{3}{4}$ Lbs Beef steak they tell us, and
beans & peas are great sources of
protein too, so a day or two in a
week I pass meat. and for bread
we grind up our wheat fine and eat
it all, the whole grain without taking
out any bran. of course we have to
have fine flour for pastry & cakes
but whole wheat bread is best we
think. then we use lots of cheese

Neufchatel Cheese, Mauna makes it nearly every day and we eat it fresh when it is very digestible and nutritious. - I am a crack on eating and give my diet credit for my activity and strength. I have no fear but that you will be allowed whatever is necessary for your wellbeing but it is the restriction that galls. - However I know from your past loyalty that you will not begrudge a little self denial when your brave men are so freely giving their lives for the cause. -

We are thro' the throes of election and are thankful glad that our man Wilson still retains the Presidency. Harold cast his first vote this election and voted on my side. England will know someday if she doesn't now that Wilson is O.K. -

Lawrence won the race for

Prosecuting Attorney of Buchanan
County (St Joseph is the County
Seat) had a majority of nearly
4,000 over his opponent so we
poured telegrams of congratulation
in on him soon as we knew it.
His salary will be \$5,000 per year
besides fees, so the whole family
is tickled, we told him those of us
who were too far away to work
for him would wish hard for
him. — and it worked, for his
opponent beat him 2 years ago
by about 2,000.

We are all well and prosperous
around the Circuit. many thanks for
Mchrs Indian Amer Number. very good,
also Old Army Number Punch. all the
English here enjoyed them & still going.
beautiful weather still, all outside doors
open, no fires. lovely balmy day.
and now with fondest love I
kiss you goodbye my dear old Piss,
and God bless you Hubert.
Uncle Sam.