



The Home Department

Felices

We count them happy who have richly known
The sweets of life, the sunshine on the hills,
The mosses in the valley, love that fills
The heart with tears as fragrant as thine own.

O tender moonlight lily, over-bloom
When the inevitable season wills,
By gentle winds beside thy native rills—
We count them happy, yet not these alone.

There is a Crown of Thorns, Way of the Cross,
Consuming Fire that burns the spirit pure.
By luster of the gold set free from dross,
By light of heaven seen best through earth's obscure,
By the exceeding gain that waits on loss—
Behold, we count them happy who endure.

—Katharine Lee Bates.

A Call to the Women

American women are confronted by a condition and a responsibility and opportunity without parallel in the history of the world, says Mrs. John Dickinson, Sherman, chairman, conservation department, General Federation of Women's Clubs and member of the National Emergency Food Garden Commission. There never was before a war in which the women had recognized place outside of hospitals, but they have a place so important and responsible that this war can not be won without their help. Loyal, self-sacrificing and efficient service is demanded of every one of us. Without the regard to social position, wealth, religion, or organization affiliations we must individually and collectively do our very utmost to give this tremendous service.

The women of the General Federation of Women's Clubs, because of their training and long experience, are excellently fitted to do their part. Also, the machinery of the federation furnishes the means for systematically reaching the people in every state in the union.

Food production, because of its relation to soil—the supreme resource that we now need to use to its full capacity—was added to the depart-

ment as a new division of work last April at the council in New Orleans. These natural resources touch every phase at some point of contact. Some of them are now being handled on a life and death basis.

Never before in the life of the American people has the need been so great for the prevention of waste of our natural resources, and never has there been a time when we so needed to understand and appreciate them.

There is no more vital factor in winning the war than food. The United States is confronted with the responsibility of supplying food for its own people here at home and its soldiers in other lands; also for the soldiers and children of those nations by whose side we are fighting. To produce more food and to put increased production to its best and fullest use is the immediate and urgent work of the American people.

In addition to farm food production, and school, home, and vacant lot gardening, we need to establish community production centers and storage places on a practical business basis. The products of these centers should include poultry as well as fruit and vegetables. The work should be done by individuals in the community under the direction of one who has a scientific knowledge of the work in addition to practical experience. Information in detail concerning the plan for food production centers and storage will be issued later.

Every community should raise as much of its own food supply as the conditions will permit. To that extent exactly it adds to the national food supply, decreases transportation demands and increases the shipment of food to our allies.

Printed instructions for planting home and school gardens may be had from your state agricultural college or from the department of agriculture at Washington. The National Emergency Food Garden Commission, Maryland Building, Washington, D. C., has issued a primer of instructions for the planting and care of home gardens and will supply you with these pamphlets upon request. Now is the time to begin to plan this year's garden. Write for these pamphlets now.

The Government's Food Program

The new home card of the food administration has been issued and shortly will be distributed throughout the United States to aid housekeepers in observing the 1918 food conservation program of two wheatless, one meatless, and two porkless days a week, as announced in President Wilson's proclamation.

The card, carrying an explanation of the week's plan will go into effect when the bakers begin the manufacture of the victory loaf, a war bread containing a five percent substitute for wheat flour. Bakers are to increase the substitutes for wheat flour until a 20 per cent substitution is reached February 24. At the same time grocers will sell householders wheat flour only when the purchaser buys an equal amount of some other cereal. The food administration card asks "every loyal American to help win the war by maintaining

rigidly as a minimum of saving the following program:

"Have two wheatless days (Monday and Wednesday) in every week and one wheatless meal in every day.

"Explanation—On 'wheatless' days and on 'wheatless' meals of other days use no crackers, pastry, macaroni, breakfast food or other cereal food containing wheat and use no wheat flour in any form except the small amount that may be needed for thickening soups or gravies, or for a binder in corn bread and other cereal breads. As to bread, if you bake it at home use other cereals than wheat and if you buy it buy only war bread. Our object is that we should buy and consume one-third less wheat products than we did last year.

"Have one meatless day (Tuesday) in every week and one meatless meal in every day. Have two porkless days (Tuesday and Saturday) in every week.

"Explanation—'Meatless' means without any cattle, hog, or sheep products. On other days use mutton and lamb in preference to beef or pork. 'Porkless' means without pork, bacon, ham, lard, or pork products fresh or preserved. Use fish, poultry and eggs. As a nation we eat and waste nearly twice as much meat as we need.

"Make every day a fat saving day (butter, lard, lard substitutes, etc.)"

"Explanation—Fry less, bake, broil, boil or stew food instead. Save meat drippings; use these and vegetable oils for cooking instead of butter. Butter has food values vital to children; therefore give it to them. Use it only on the table. Waste no soap, it is made from fat. Be careful of all fats. We use and waste two and a half times as much fat as we need.

"Make every day a sugar saving day.

"Explanation—Use less sugar. Less sweet drinks and candy containing sugar should be used in war time. As a nation we have used twice as much sugar as we need."

The card also cautions householders against hoarding food and gives renewed assurance that the government "by its control of exports will retain for our people a sufficient supply of every essential foodstuff."

Warning against limiting the food of growing children is also given. The reverse side of the card outlines the reasons for the necessity of food saving, emphasizing the allies' absolute need of wheat, meats, fats and sugar.

Choose a Wife Who Knows How to Buy

There is a whole lot of practical wisdom in this advice given jocularly by Zim in Cartoons Magazine:

"A good housewife will look at least two square meals ahead of her nose. The modern system of marketing during the high cost regime is such a fine art that a youth contemplating matrimony should hie to the market place for selecting a bride. My boy, when you see a maiden pinching, smelling and pricing a soup bone, you may rely on her sense of economy, for she is looking forward not less than two meals. The soup bone, when cooked, is merely food in the rough or primitive state. Its choicest by-products are realized

after the bouillon stage. Thereafter comes the goulash, the croquettes and the luscious hash.

"By all means avoid the girl who orders choice cuts of porterhouse or English mutton chops. She will make you no good helpmate. But the girl who selects the chuck or neck pieces or the tail end of a ham bone and renders them into dainty, palatable dishes is the one you want. So take my advice and seek the market place when you feel that you have had your fill of bachelor loneliness and wish a taste of wedlock. Follow such a girl around until you are perfectly satisfied, then nail her."

A Good War Bread

The world-wide shortage of wheat is making it necessary for housewives to resort to wheat-saving methods of breadmaking. This fact is being enjoined upon us daily for the reason that conservation of our wheat supply is sorely needed in

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LEPAGE'S CHINA CEMENT
STANDS HOT AND COLD WATER

U. S. FOOD CALENDAR

MONDAY — Wheatless, and one Meatless meal.

TUESDAY — Meatless (including pork) and one wheatless meal.

WEDNESDAY — Wheatless and one meatless meal.

THURSDAY — One wheatless and one meatless meal.

FRIDAY — One wheatless and one meatless meal.

SATURDAY — Porkless and one wheatless and one meatless meal.

SUNDAY — Porkless and one meatless meal.