

order that our own people, as well as our allies in this war, may be adequately fed. American housewives should as a matter of patriotic duty fall in line (as they always have done in past wars) in doing their part unselfishly and wholeheartedly. In many parts of the country potatoes in small quantities have been added to the bread, but there is no reason why we can not go still further. Some housewives claim they can save from 30 to 40 per cent of their wheat by using more potatoes, and say their bread is lighter, moister and more digestible. It is not quite so fluffy as the bread made entirely from wheat, but it is cheaper and even more nutritious.

Here is a recipe for one loaf of good, wholesome potato bread, given by Caroline B. King in Good Housekeeping, which even a dyspeptic may eat without fear:

Pare and slice thin enough potatoes to make two cupfuls, cover with boiling water, and cook till tender. Press through a sieve and add to the water in which they were cooked. Cool to lukewarm. Meantime soften one-quarter of a yeast-cake in one-fourth cupful of tepid water, and add to the potato and liquid, with one tablespoonful of sugar and one and one-half teaspoonfuls of salt, and a cupful of sifted flour. This flour may be white, entire-wheat, rye, or graham, or it may be a mixture of any of these. I use rye and white flour mixed, which gives a cheap, nourishing loaf. Beat the mixture well and stir in gradually a second cupful of flour. Turn out on the kneading-board; adding more flour if needed, and knead vigorously for five minutes, then place in a greased bowl, and stand in a protected nook until double its original bulk. (You will find that potato bread will rise more quickly than bread made entirely of flour; also that less yeast is required in its making.) When light, knead again and make into a loaf. Place in a greased pan and let rise once more. Bake in a moderately hot oven for fifty minutes. When the bread is baked, rub the surface with a bit of butter or other shortening, and cool without covering it.

"Victory" Recipes

Food Administrator Hoover says that no standard recipe for "victory" breads will be issued either for commercial bakers, hotels, restaurants or for households which bake their own bread.

"The only requirement," Mr. Hoover says, "is that it must contain not more than 80 per cent of wheat flour, the remaining 20 per cent to consist of corn meal, corn flour, rice or rice flour, potato flour or any other cereals recommended by the food administration."

Below are a few contributed recipes for wheat-saving breads which readers of The Commoner will find nutritious and palatable:

Oatmeal Bread—Four cups oatmeal, 4 cups boiling potato water (let cool to lukewarm), 1 cake compressed yeast, 2 rounding tablespoons sugar, 2 cups flour. Make sponge of foregoing ingredients. When light, add one tablespoon salt, 3 tablespoons melted lard or crisco, and enough flour to make stiff as ordinary bread. —J. D. H.

Rice Bread—Make a sponge of one cup of warm water and two of wheat flour; add a yeast cake dissolved in warm water and let rise. Steam cup of rice in cup of water and teaspoon of salt; scald with 2 cups skim milk; add a tablespoon salt with 2 of corn oil, three of sugar, and enough flour to make a dough. Add the steamed rice and knead well, let rise, mold into loaves and rise again. Bake. —H. M. M.

Barley Bread—Make a sponge with

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No. 8680—Men's Shirt—Cut in sizes 15, 16, 17, 18 and 19 inches neck measure. The shirt has a soft, turnover collar attached to the neck; the breast pockets are box-plaited and finished with neat pointed flaps.

No. 8673—Ladies' Dress—Cut in sizes, 36, 38, 40 and 42 inches bust measure. The waist is made in overblouse effect, and the two-gored skirt is fitted in with shallow sideplaits.

No. 8649—Girls' Long Waisted Dress—Cut in sizes 4, 6, 8, 10 and 12 years. The dress has the new blouse waist buttoning at center front; the one-piece skirt is gathered all around to the wide belt.

No. 8681—Ladies' Shirtwaist—Cut

a pint of water, a yeast cake dissolved, three cups of barley flour and one of wheat flour. Let rise over night, then add a pint of warm water, two teaspoons each of salt, sugar and fat, and about eight cups of wheat flour; knead and let rise; knead down again slightly and let rise about fifteen minutes, then make into loaves and let rise until nearly the top of the pan. Bake slowly for an hour. —Mrs. L. T. H.

Oatmeal Graham Bread — Dissolve yeast cake in a quarter cup of lukewarm water; pour four cups of boiling water over four cups of rolled oats, and let stand until lukewarm; add the yeast and enough white flour to make a soft sponge, about two cups; have sponge about 80 degrees, cover and let stand over night. Next morning add four tablespoons of corn oil, or melted fat, about seven cups

in sizes 36, 38, 40, 42, and 44 inches bust measure. The collar is square at the back and cut in points at the front; the waist fastens with three large buttons.

No. 8648—Ladies' House Dress—Cut in sizes 36, 38, 40, 42, and 44 inches bust measure. The shoulder edges of the back extend over to the front where the lower sections are gathered. The skirt is three gored.

No. 8670—Ladies' Four Gored Skirt—Cut in sizes 24, 26, 28, 30 and 32 inches waist measure. The front gore is plaited to give the effect of a double panel, and the other three gores are gathered all around to the slightly raised waistline.

of graham or whole wheat flour, a third of a cup of brown sugar and a teaspoon salt. Knead, let rise again until double its bulk and bake in single pans for an hour in a moderate oven.—A. R.

War Cup Cakes — Take one-half cup lard, two cups dark brown corn syrup, pinch salt, one and one-half cups sweet milk, two heaping teaspoons baking powder, flour enough to make batter a little stiffer than for layer cake, one teaspoon vanilla or any flavor to taste. — Mrs. B. M. T.

MRS. WILSON AND DR. SHAW SEND PLEA TO WOMEN

Mrs. Wilson, the President's wife, and Dr. Anna Howard Shaw, chairman of the women's committee of

the council of national defense, have joined in an open letter to the women of the allied countries which will be distributed through American diplomats in those countries. It says:

"The unparalleled struggle for democracy and permanent peace which binds our nations in co-operative service is shared by men and women alike.

"In all our countries, mothers are willing and proud to give their sons to defend the ideals which underlie this supreme sacrifice which their government demands of them, and to accept with fortitude and calmness their death. But they shrink from the greater sorrow which comes from the loss of moral fibre that robs them of health and manly vigor.

"It is no wonder that their hearts fail them when they realize the temptations which best their sons, removed from home and family ties, living the unnatural life of the camp.

"The same is true of their daughters, who are trust out of the home into world service.

"These abnormal conditions place upon all women tremendous responsibilities and urge the closest union in an effort to conserve the moral forces of society, to protect our young men and women that they may be kept pure and chivalrous.

"If we fail in this, then have our struggles and sacrifices been in vain, and future generations will rightly charge the women of our time with failure to meet the great responsibility which must always rest with the mothers of the race."—Washington Star.

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