



The Home Department

God With Us

This ray of promise falls on darkened ways;

"Lo, I am with you always—all the days"—

The bright, untroubled, glad some days of life,

The days of bitterness, and care, and strife.

The days when peace doth like a river flow,

The days of grief with weary hours and slow.

He goes not on far journeys. Christ is near!

He leaves no days without His help and cheer.

As once of old "He knew what He could do,"

When servants were dismayed and troubled too.

So now, with infinite supplies at hand,

He walks with us, though in a barren land.

Some sweet surprise He doubtless has in store,

Some secret that He never told before.

For this, perhaps, He leads through shaded ways,

And you will understand ere many days.

—Selected.

Saving Wheat Foods

Statistics forwarded to Miss Grace Conlon, a food conservation expert, indicate that the wheat shortage will reach alarming proportions unless every effort is put forward by the people of the country to substitute other grains for this valuable product.

"France, England, Italy, Ireland and Belgium import about 60 per cent of their wheat in peace times," the letter states. "Owing to the reduction in the harvest they must import 60 per cent during the next 12 months. In peace times we furnish 8 per cent of their breadstuffs. Canada furnishes 11 per cent and they draw from other sources 21 per cent. This year the fine exertion of Canada will furnish about 15 per cent; we must furnish 20 per cent and we must reserve 2 per cent for the neutrals from whom we draw vital supplies. This leaves 25 per cent which the allies must eke out either by using other cereals or by further reducing consumption. Thus our 22 per cent represents 220,000,000 bushels. This, then, is the quota which we must save, and we can do so by reducing wheat consumption from five pounds per week per person to four pounds. Our two duties are clear: We must substitute commodities we have in abundance for those we can ship, and we must eliminate every waste."

Miss Grace Conlon heartily indorses the recommendations made in the government bulletin and issued the following, which demonstrates how we can substitute wheat saving foods for seven common articles of

diet which contain much of the valued cereal.

How we have formerly used wheat:

1. Wheat breakfast foods (cream of wheat, shredded wheat, wheat flakes, etc.)
2. Macaroni and spaghetti dishes.
3. Noodles and dumplings.
4. Cakes, doughnuts and cookies.
5. Pies.
6. Hot breads.
7. White breads.

How we may save one and one-half pounds of wheat a week:

1. By using breakfast foods other than wheat (cream of rice, white corn meal, oatmeal, cream of rye, cream of barley).
2. Potatoes, rice, corn and barley dishes.
3. Corn meal dumplings.
4. Corn meal doughnuts, corn and rye gingerbreads.
5. Fruits, custards and corn starch desserts.
6. Johnny cakes, corn and rye muffins, Boston brown bread and rye bread.
7. Liberty breads.

The Women's Decalogue

The following ten war commandments for the women of America are proposed by the woman's committee of the Council of National Defense, of which Dr. Anna Howard Shaw is chairman:

Do not chatter. Keep to yourself the news you hear.

Do not listen to alarmists or slackers.

Be moderate in your spending, neither lavish in gifts nor sordid in your economies.

Encourage national industries, avoiding imported ones.

Do not look upon the departures for the front of those dear to you as an abandonment. Be with them constantly in thought, as they are with you, particularly in the hour of danger.

Do not complain of the difficulties, annoyances and privation caused by the war.

Multiply your activities in your home as well as outside.

Exhibit day by day and hour by hour the same courage a man shows upon the field of battle.

No matter how long the struggle may last, await victory with strength and patience.

If you are stricken in your dearest affections, bear your sorrow nobly that your tears may be worthy of the hero whose death you mourn.

Home-Made Soaps

Due to a world-wide scarcity of fats, all soaps have risen in price. Housewives can economize by making their own soaps for many purposes out of the fat scraps, rancid lards, etc., that are sometimes allowed to go to waste. In England, the housewives are even learning to save the greases from the dishwater. Soap-making in the home is one of the lost arts of our grandmothers, and it is a good time now to revive it and as-

sist in the campaign to help save the fats. Two recipes are given below, and others may be found accompanying the cans of commercial lye:

Put the waste bits of fat or fatty material into a kettle. To purify, add a raw potato sliced thinly, boil very slowly until the potato slices are crisp and brown, then strain through several thicknesses of cheesecloth. Dissolve one pound of lye in eleven cups of water and pour it gradually into seven pounds of clarified or strained fat, stirring the mass until it is creamy and thoroughly mixed. Pour into molds to harden. This will make a satisfactory soap for dishwashing, laundry and similar purposes.

Hard Soap Recipe. — As a recipe for making hard soap from cracklings, I suggest the following, which I have used for over twenty-three years and always with good success: One can of commercial lye, five pounds of cracklings, two gallons of water; boil for two hours. Start with one gallon of water, and add the other gallon as needed. It boils over easily and must be watched closely, stirring often.—Mrs. Wm. W.

Contributed Recipes

Scalloped Potatoes and Cheese.—Arrange a layer of sliced raw or boiled potatoes in greased baking dish and sprinkle with grated cheese and a little flour. Repeat until dish is nearly full. Pour milk over the whole, about one-half cup to every three potatoes. Skim milk is good. Bake in a moderate oven. The length of time required depends upon whether the potatoes are raw or boiled and whether the baking dish used is deep or shallow. Boiled potatoes baked in a shallow dish will take only twenty minutes. Raw potatoes in a deep dish may take as much as one and a half hours.—Mrs. L. T. G.

Potato Cornmeal Muffins.—Ingredients: 2 tablespoons fat, 1 tablespoon sugar, 1 well beaten egg, 1 cup milk, 1 cup mashed potatoes, 1 cup cornmeal, 4 teaspoons baking powder, 1 teaspoon salt. Mix in order given. Bake 40 minutes in hot oven. This makes 12 delicious muffins.—H. W. McV.

Oatmeal Piecrust.—Scald two parts of fine oatmeal with one part of hot water; mix well and roll thin. As this bakes very quickly, fruit which requires much cooking must be cooked first before making the pies. This crust is very tender, possessing all the qualities of shortened piecrust without their injurious effects.—B. L. G.

Oatmeal Cookies.—One and one-half cups granulated sugar, one cup lard, one egg, one cup sour milk, one teaspoon salt, one teaspoon soda dissolved in milk, one cup raisins, two and one-half cups flour, three cups rolled oats, cup of nuts if desired. Drop from spoon. Bake in moderate oven.—L. T.

Fish Chowder.—One onion sliced, 4 tablespoons drippings, 12 potatoes peeled and cut in small pieces, 3 tablespoons flour, 2 cups milk, 1-2 pounds fish (fresh, salted or canned), 1-8 teaspoon pepper. Cook the chopped onion with the fat for five minutes. Put fat, onion and potatoes in a kettle and cover with boiling water. Cook until vegetables

are tender. Mix the three tablespoons flour with one-half cup of cold milk and stir in the liquid in the pot to thicken. Add the rest of the milk and fish which has been removed from the bone and cut in small pieces. Cook until fish is tender, about 10 minutes. Serve hot.—L. D. G.

Brown Bread.—One cup corn meal, 1 cup rye flour, 1 cup barley flour, 3-4 cup molasses, 2 cups sour milk, 1 teaspoon soda, 2 teaspoons baking powder, 1-4 teaspoon salt, 1-4 teaspoon ginger. Sift cornmeal, rye and barley flour, baking powder, salt and ginger together. Mix sour milk and molasses and add soda, previously dissolved in a little cold water. Combine liquid and dry ingredients, stirring thoroughly. Steam for from four and one-half to five hours in brown-bread tins or three hours in well oiled baking tins.—Mrs. J. H. T.

Scrapple.—One cup sausage chopped or one cup hogshead cheese, 1 teaspoon salt, 1 cup corn meal, 3 cups water. Sift corn meal into boiling water and cook in a double boiler two hours. Stir in the chopped sausage or cheese; turn into a moistened bread pan and cool. Slice and fry.—O. T. O.

Potted Hominy and Beef.—Five cups cooked hominy, 4 potatoes, 2 cups carrots; 1 teaspoon salt; quarter pound dried beef; 2 cups milk, 2 tablespoons fat, 2 tablespoons flour. Melt the fat, stir in the flour, add the cold milk; mix well. Cook until it thickens. Cut the potatoes and carrots in dice, mix all the materials in a baking dish and bake for one hour.—Mrs. H. M. S.

Pittsburgh Potatoes.—Five potatoes cut in one-third inch cubes, 1 onion, 1-2 cup pimentos, 2 tablespoons fat, 2 tablespoons flour, 1-3 pound cheese, 1-2 teaspoon salt. Cut cold boiled potatoes in cubes. Melt two tablespoons fat, add finely chopped onion, and two tablespoons flour. When slightly brown, add milk and cook until thickened. Arrange potatoes, cheese and pimentos in alternate layers in well oiled casserole or baking dish. Pour over white sauce, sprinkle with oiled crumbs and bake until crumbs are brown and the mixture is thoroughly heated.—Mrs. J. M.

Requested Recipes

Oatmeal Biscuits.—One and one-quarter cups flour (whole wheat) one and one-third cups cooked oatmeal, one and one-half teaspoons baking powder, six tablespoons shortening, one-half teaspoon salt, two-thirds cup of water, two tablespoons sugar. Sift flour, baking power, salt and sugar together. Add oatmeal, melted shortening and enough water to make a soft dough. Roll out thin on floured board; cut with biscuit cutter and bake in greased pan in moderate oven about twenty minutes.

Wartime Gingerbread.—(Eggless, milkless, sugarless.) One cup baking molasses, one cup boiling water, one tablespoon butter, one tablespoon ginger, one teaspoon soda. Thicken with flour to pour. Pour hot water upon butter, then put in molasses to help cool it; when cool add other articles and bake in moderate hot oven.

Potato Bread.—Clean thoroughly and boil without paring 12 potatoes of medium size, allowing them to become very soft; pour off the water and peel and mash the potatoes while hot; measure five solidly packed cups of the potato, cooled to the temperature of lukewarm water, and add two cakes of compressed yeast dissolved in three tablespoons of lukewarm water, rinse out the cup with another tablespoon of water and add

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