



The Home Department

I'm Going Across for You

I'm going across for you, Mother,
I'm going across for you—
You never thought when I was a kid
And played at soldiering, too,
And drew my little tin saber out
To capture a pirate crew,
That I would ever a soldier be,
So far away from you—
But I'm going across for you, Mother,
I'm going across for you.

I'm going across for you, Mother,
I'm going across for you—
The Germans talk of their Father-
land,
I love my father, too.
But Motherland it is to me
Whenever I think of you.
You gave me life, you gave me Heart,
And I give them back to you.
For I'm going across for you, Mother,
I'm going across for you.

I'm going across for you, Mother,
I'm going across for you.
To you the Hun shall never come
To do what he can do—
I think of Belgium, I think of France,
Of submarine, Zeppelin, too,
Of the women and children who went
to death
With the Lusitania's crew.
So I'm going across for you, Mother,
I'm going across for you.

I'm going across for you, Mother,
I'm going across for you,
And day and night I'll dream of home
Until my dreams come true,
And in my heart 'neath the midday
sun,
And under the starlit dew
There'll be an echo of your prayers
For I'll be praying too,
I'm going across for you, Mother,
I'm going across for you.

I'm coming back to you, Mother,
I'm coming back to you,
And won't we laugh at my little tin
sword
And the things I used to do?
And your Baby, just think, a Vet-
eran
(With maybe a medal or two),
And the Prince of Peace, yes Christ,
Himself,
Will bless the earth anew—
And I'm coming back to you, Mother,
I'm coming back to you.

—Charles Cotesworth Pinckney,
Camp Lee, Virginia, in Pittsburgh
Gazette-Times.

Soldiers Love Songs and Hymns About Home

Chaplain Tiplady, in his book on
"The Soul of the Soldier," tells us
what hymns they like best and what
serious songs will be on their lips
when the moment calls for something
other than the nonsense songs or the
"songs of soldier philosophy." We
read:

"The soldiers are extremely fond
of hymns in their services. You
can not give them too many. 'Rock
of Ages,' 'Jesus, Lover of My Soul,'
'Fight the Good Fight,' 'There Is a
Green Hill,' 'At Even Ere the Sun
Was Set,' 'O God, Our Help in Ages
Past,' and 'Eternal Father Strong to
Save,' can not be chosen too often.
But there are two hymns which have
stood out above all others. They
are 'Abide With Me,' and 'When I
Survey the Wondrous Cross.'

"There is nothing written by the
hand of man which can compete with

these two in the blessing and strength
which they have brought to our sol-
diers, especially during an offensive
when death has cast his shadow over
the hearts of all. During the bit-
terest weeks in the Somme fighting
there was scarcely a service in which
we did not sing 'When I Survey the
Wondrous Cross.' With its assurance
of redemption it gave comfort in the
face of death.

"Home, as we have read often, be-
comes a religion with the soldier
separated from those nearest and
dearest to him, and the home songs
serve to express that religion.

"The men's thoughts pass easily
from the sweetheart to the mother
who bore them. I have been awak-
ened in the night by men, going up
to the line, singing 'Keep the Home
Fires Burning.' It is very thrilling
to hear it in the dead of night, when
every singer is within range of the
enemy's guns."

The Wheatless Loaf

A recipe has been developed in the
experimental kitchen of the United
States department of agriculture and
the United States food administration
that may mean the saving of thou-
sands of pounds of wheat flour.

The recipe is soon to be published
by the office of home economics,
United States department of agricul-
ture, on a new food card which car-
ries directions for making three new
wheat substitute breads — the half
wheat loaf, the one-fourth wheat loaf
and the wheatless loaf.

The directions for making the
wheatless bread are as follows:

1. (All of these.) One and three-
fourths cups liquid, one tablespoon
corn sirup, one-fourth cake yeast,
two teaspoons salt, one whole egg.
2. (With one of these.) Two and
three-eighths cups of barley, two
and three-fourths cups ground rolled
oats.
3. (And one of these.) Two and
one-half cups corn flour. Two and
one-eighth cups rice flour. Two and
three-fourths cups sweet potato flour.
Two and one-eighth cups (scant) tap-
ioca flour.

Make a sponge of materials under
1 (except egg) and one-half of ingre-
dients used from 2 and 3. Sponge
should stand in warm place until very
light, at least two hours. Work in
balance of substitute mixture when
sponge is light. Work in egg beaten
slightly. Shape into loaf. Place in
pan. Brush top of loaf with melted
fat. Let rise to double bulk and bake
in loaf pan in hot oven for one hour.

Meatless Meals This Summer

Many of the meat substitute dishes
are better suited to summer needs
that the meat dishes that they re-
place. Now is the time to make the
most of them, for meat is scarce and
high priced, says the United States
Department of Agriculture.

Fish, cheese, milk, eggs, beans,
peas and nuts are recognized as good
substitutes for meat. They all sup-
ply protein which the body needs.
Used intelligently they can be com-
bined into such attractive and well-
seasoned dishes that meat will not be
missed in the summer meal.

Baked beans which find favor as a
substitute for meat in winter are not
such a favorite dish for summer, but
Lima beans baked with a well-sea-

soned tomato sauce make a hearty
dish which many like.

Soak the dried Lima beans in cold
water for several hours and cook
until tender. Make a tomato sauce,
using two cups tomato pulp and
juice strained through a sieve.
Thicken with two tablespoons flour
blended with two tablespoons melt-
ed fat. Season with salt, pepper
and celery seed. Put a layer of
beans in a baking dish, sprinkle with
grated cheese, and cover with tomato
sauce. Repeat until dish is full.
Bake for about half an hour.

Fish, fortunately, is available to
most people in some form; if not
fresh, canned, smoked or salted fish
can usually be procured. Either
canned fish or fish left from the
boiled, baked, or broiled fish of a
previous meal can be used in the
recipes which follow:

Fish Timbales—One cup salmon,
tuna, or gray fish; one cup softened
bread crumbs; one cup boiled rice or
hominy or mashed potatoes; one tea-
spoon salt; one-eighth teaspoon pap-
rika; one egg, one-fourth cup milk.
Mix ingredients in order given. Pour
into small buttered molds, place on
rack in pan, and surround with hot
water. Cover and bake until mix-
ture is firm. Turn from molds and
serve hot with an acid sauce.

Fish Mold—To make the fish
mold cook together in a double boiler
until thickened. One egg beaten un-
til light, two tablespoons vinegar,
one-third teaspoon sugar, one and
one-half tablespoons cold water, one-
fourth teaspoon celery seed, one-half
teaspoon salt. While this is soften-
ing, soften one tablespoon gelatin in
one-fourth cup cold water and dis-
solve by placing over hot water. Add
the dissolved gelatin and one cup
minced fish to the sauce in the
double boiler. Mold in individual
cups or a large mold, which can be
served sliced as jellied chicken is
served or as a salad with salad
dressing.

Such cold dishes are especially
appetizing on a summer day when
you want something different. Why
not make a salad such as the fish
mold or one made from minced fish
or from cottage cheese or cold beans
do duty in place of meat for the
staple part of the meal?

Other cold dishes that can take
the place of meat may be made by
combining cottage cheese with nut
meats, chopped pimentos, green pep-
pers, or other crisp vegetables, mold-
ing and slicing and serving like cold
meat loaf.

These are but a few suggestions for
meat substitute dishes. A cheese and
nut roast or a cheese sauce served
with mashed potatoes or boiled rice,
a milk soup, a vegetable souffle or
vegetable omelet are all ways in
which meat day may be replaced by
combining the foods that supply the
requisite protein.

Standardization for the Women's Dress

Standardization of women's clothes
is discussed as a measure of war
economy by the Women's Century,
official organ of the National Council
of Women of Canada.

"Every intelligent woman longs to
be released from the slavery of
clothes — men have had a standard
since the American revolution, dif-
fering in detail but not in form—why

can not women be equally free?" asks
the Women's Century. "Women are
slaves to fashion, which has been the
leader and dictator in the past, in-
stead of good taste. The appropriateness
of our own common sense has
not been consulted, consequently
clothes are often inartistic and utter-
ly unsuitable to the occasion.

"Can we not have a standardized
style of suit for the street and select
from all the dainty fabrics those in-
dividual designs that bring out the
individual charms for home expres-
sion? We only ask women to accept
standardization as a principle not an
uniform."

Requested Recipes

Peach Cobbler—Fill a baking dish
three quarters full of ripe, peeled
peaches. Sweeten. Have no bottom
crust but cover with a crust that has
slits or pricks to let out the air and
is twice as thick as pie crust. If
you wish to avoid using flour, sub-
stitute the beaten white of two eggs
to which a tablespoon of sugar has
been added. When this is done,
bake peaches half an hour before
adding beaten egg and fifteen min-
utes after. Serve hot with cream or
rich milk.

Peach Jam—Use the peaches that
are not pretty enough to can. Put
the fruit in a preserving kettle and
as it comes to a boil crush it with
potato masher. If it is hard put it
through a meat cutter. When it be-
gins to boil well add either as much
sugar as pulp or three quarters as
much, according to how thick you
want it. Stir with a wooden spoon.
Boil until the peaches begin to look
clear, but no longer, or the peaches
will lose their fresh flavor and light
color. Peach butter is peach jam
forced through a potato ricer or
cooked a long time.

Pickled Peaches—One-half peck
peaches, 2 pounds sugar, pint vin-
egar, 1 ounce stick cinnamon, cloves.
Boil sugar, vinegar and cinnamon 20
minutes. Dip peaches quickly in
hot water and rub off the fuzz with
a brush. Put into syrup and cook
until soft. Put into jars and seal.

Old-Time Raspberry Jam—Only
the berries are necessary for this
recipe, as sugar is not added until
prepared for the table. After crush-
ing slightly, put the berries over the
fire and cook them in their own
juice (use no water) until the seeds
are thoroughly done. They can then
be put into any kind of jars without
sealing. Place paraffin or a piece of
white paper or cloth close down over
the berries; also a tight cover to
keep out the dust. In the olden
days a good stout cloth was tied
tightly over each jar but the very
best thing for berries prepared in
this manner is a large-mouthed jug
which can be tightly corked. When
the berries are taken out simply add
hot water to thin them to the right
consistency for the table, sweetened
to taste. The water restores the
bright red color.

Noodles—The secret in making
good noodles: Take 4 eggs, beat
them well, add 4 tablespoons cold
water, then beat again a little. Add
a pinch of salt, sift enough flour to
roll out thin. Then cut into small
strips and dry ready for use.

Beet Salad—Four medium-sized
beets, 1 hard cooked egg, 1 small
cucumber, 1 onion, 1 stick celery;
use baked beets, not boiled, to retain
rich red color; mix in order, dash
with salt and mix with salad dress-
ing.

Contributed Recipes

Fine Cornbread—Take one coffee
cup each of cornmeal, graham flour
and white flour. Or you can take
half wheat flour and half corn flour.
Add two level teaspoons soda, one