
## Old Favorites In Wartime Roles Please Family

**Apples and cheese are old favorites in this pie. The crust is single and baked ahead of time. Only a small amount of cheese is required for topping. The pie may be served hot or cold.**

What are your fondest memories of home? My guess is that it's the wonderful aroma of baking day in mother's kitchen!

Baking is fun and the results are more than gratifying. Not only do you enjoy the food immensely in the process of making, but there's great pleasure in placing a pie, muffins, coffee cake or whatever, that you yourself made, in front of the family.

Ovens should be checked frequently to assure success in baking. Follow baking temperature and time carefully: they'll help you get good results.

How about an apple pie tonight? Don't say you don't have time because this is as simple as Simon. If you have ready-made-up pastry in the refrigerator, then it will be simpler than ever to whip up this pie and surprise the family:

***Apple Cheese Pie.**
**(Serves 6)**

**1 cup sugar**
**¾ cup water**
**3 to 4 tablespoons lemon juice**
**1 quart peeled, sliced apples**
**Baked 9-inch pastry shell**
**½ to ¾ cup grated sharp American cheese**

Combine sugar, water and lemon juice in saucepan and bring to a boil. Then add sliced apples and simmer, covered, until apples are soft, stirring occasionally. Arrange apples in baked pastry shell and sprinkle grated cheese over top. Place under broiler to toast cheese topping, or serve without toasting, if desired. Serve pie warm or cold, as preferred.

*Save Used Fats!*

Since cocoa is now obtainable in limited quantities, perhaps you might like to indulge in that favorite of cakes:

**One-Egg Chocolate Cake.**
**1½ cups sifted cake flour**
**2 teaspoons baking powder**
**½ teaspoon soda**
**⅔ cup sugar**
**2 tablespoons water**
**5 tablespoons semi-sweet chocolate or 4 tablespoons unsweetened cocoa**
**4 tablespoons shortening**
**1 egg**
**½ cup milk**
**1 teaspoon vanilla**

Mix and sift flour, baking powder and soda. Cook 2 tablespoons sugar, water and cocoa for 1 minute, stirring constantly. Cream shortening and remaining sugar together. Add egg; beat well. Add sifted dry ingredients. Add chocolate mixture, milk and vanilla. Bake in small layer cake tins or one square pan in a moderate (350 degree) oven 20 minutes for layer cake; 30 minutes for loaf cake. Frost with Seven Minute Icing.

*Save Used Fats!*

**Tea-Time Cake.**
**(One Cake 10 by 7 by 1½ Inches And 2 Small Loaves)**
**1½ packages fast granular yeast**
**¼ cup tepid water**
**1 teaspoon syrup or sugar**
**1½ teaspoons salt**
**3 tablespoons sugar**
**½ cup lukewarm peach juice**
**½ cup lukewarm water**
**1 egg, well beaten**
**½ cup currants or raisins**
**5 tablespoons melted shortening**
**¼ teaspoon cloves***
**½ teaspoon cinnamon***
**¼ teaspoon nutmeg***
**4 to 5 cups sifted flour**

*If these spices are not at hand, use 1 teaspoon vanilla extract for flavoring.

Pour the yeast into the tepid water, add the 1 teaspoon syrup or sugar, stir and let stand 5 minutes or until yeast is thoroughly softened. Put the salt and remaining sugar in the mixing bowl and pour in the peach juice and water, mixed. Add the yeast mixture and 2 cups of the flour. Beat until smooth, then blend in the beaten egg. Stir in the washed, dried currants or raisins, which have been lightly dusted with flour, and add the melted, but not hot, shortening. Sift the spices with 2 more cups of the flour and add to batter, mixing well. At this point the dough should cling to the mixing spoon. It may be necessary to add more flour. Sprinkle ¼ cup flour on mixing board, turn the dough onto the board, cover and let rest for 10 minutes. Knead quickly and lightly until dough is smooth and satiny. Put into a lightly greased bowl, turning the dough around in the bowl until all sides are coated with fat. Cover and set to rise in a warm place until double (about 1½ hours). Sprinkle the board lightly with flour, turn the dough onto the board, and divide in halves. Cover and let rest 10 minutes.

*Save Used Fats!*

**Your family appreciates hot breads with its dinner, and these apple muffins with bran are just the thing for hearty appetites. Serve with Swiss steak and vegetables.**

**To make coffee cake:** Pull one-half of dough into oblong shape and finish rolling with rolling pin until about the size of pan to be used for baking. Place in the greased pan. Cover and let dough double (about 1 hour). Brush top with egg white, diluted with 1 tablespoon water. Bake in a 375-degree oven for 25 to 30 minutes or until done. Cool, uncovered, on a rack.

**To make 2 small loaves:** Divided remaining half of dough into two parts and shape to fit small greased pans, filling them about half full. Cover and let rise until double. Brush tops with egg white. Bake at 375 degrees for 25 to 30 minutes. Cool, uncovered, on a cake rack.

*Save Used Fats!*

Apple muffins can fill your kitchen with delightful fragrance and bring calls for encores at dinner:

**Apple Muffins.**
**(Makes 8 medium)**
**2 tablespoons shortening**
**¼ cup sugar**
**1 egg**
**¾ cup grated raw apple**
**1 cup bran**
**½ cup milk**
**1 cup flour**
**¾ teaspoon salt**
**2½ teaspoons baking powder**

Blend shortening and sugar thoroughly. Add egg and beat well. Stir in apple, bran and milk. Let soak until moisture is taken up. Sift flour with salt and baking powder; add to first mixture and stir only until flour disappears. Fill greased muffin tins ⅔ full and bake in a moderately hot (400-degree) oven about 30 minutes.

*Are you looking for salad ideas? Send a stamped, self-addressed envelope to Miss Lynn Chambers at Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Illinois.*

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**Lynn Chambers' Point-Saving Menus**

Roast Leg of Lamb
Whipped Potatoes Asparagus
Celery Cabbage Salad with Thousand Island Dressing
Parker House Rolls
*Apple Cheese Pie
Beverage

*Recipe Given

**Lynn Says**

**Handy Hints:** Berries and fruits will keep in perfect condition for days if stored in refrigerator, spread on a platter with a piece of parchment or waxed paper covering them completely.

Strong flavored foods stored in the refrigerator should be wrapped carefully, or would you rather have your chocolate pudding taste of onion and your beefsteak of cantaloupe?

Try a dash of ginger with chocolate icings. It's delicious.

When you don't use all your pimiento from a can, place it in a glass jar, and cover with paraffin.

# Immense Task of Soil Rebuilding Faces Managers of Nation's Six Million Farms

## Land Being Mined by Excessive Cropping Will Need Fertilizer

American farmers face the most gigantic soil rebuilding job in all history when World War II is fought to a successful conclusion.

That is the considered opinion of farm economists, soil conservation experts and leading agronomists of state agricultural colleges throughout the country.

What this job will cost, no one knows yet, but it will be considerably above the 250 to 300 million dollar expenditure farmers have been making for fertilizer in recent years. Virtually all of the nation's 6,000,000 farms will need serious attention.

Two major reasons are cited by soil experts for this situation:

1—Wartime crop goals necessary to produce foodstuffs, meat, dairy products, oil and fiber crops for victory, are eating up the soil's resources of nitrogen, phosphorus and potash much faster than they can be replaced today. Steps to correct this must be taken immediately the war crisis is over.

2—The long-range job of soil conservation must be stepped up. Big-scale operations can be postponed no longer. The "fifth column" attacks of erosion are becoming more menacingly serious. Wasteful farming practices over a century and a half have squandered precious topsoil to a dangerous degree.

Farmers recognize that the present wartime drain on their soils' fertility level is a necessary contribution to victory. But they should bear in mind the imperative fact that wealth borrowed from the soil to help win this war, must be repaid later on.

Dr. George D. Scarseth, head of the agronomy department of Purdue university, summed things up when he said:

"Farmers in the Middle West and elsewhere throughout the nation are making a sacrifice in the war production program to an extent not fully realized by the world. Soils that have had to produce war crops by fertility exhaustion practices will not have dividends to pay after the war, but will require their own kind of taxation in the form of fertilizers.

"In reality, farmers are in the manufacturing business, the same as munitions makers, or steel producers. They are turning out essential products for our armed forces. They are manufacturing foods, feeds, fibers and oils out of the raw materials of the soil—the nitrogen, phosphorus, potash and lime.

"Fortunately all our soils are not exhausted of their inherited riches. But exhaustion is on the way even with our best soils, and we face a future where these raw materials must be added to the soils as fertilizers in greater amounts than in the past. Unless we do this, the productivity of the soil will sink to a dangerous level."

Concerning the future outlook, he said:

"Our war debt won't be only a matter of taxes and maturing bonds. Our farmers are asked to mine their soils because fertilizer materials are scarce. But crops must be made on the 'fat' of the soils. This means that a farmer of the future will have the handicap of a more exhausted soil and smaller crop yields to pay the taxes that will follow this war."

**Tremendous Drain.**

Just how big a drain on the soil's fertility resources does this extra crop production impose?

The answer is plenty! Take one single crop — corn — for example. Agronomists estimate that the 1941 corn crop in ten midwestern states removed 2,645,404,730 pounds of nitrogen, phosphorus and potash from the soil. Increasing wartime yields boosted this tax to 3,093,123,334 pounds in 1942 and 3,227,393,770 pounds in 1943.

Large as this removal was, it represents but a portion of the fertility loss from a single region. Add to it the fertility drain caused by producing huge yields of wheat, soybeans, potatoes, alfalfa, clover, oats and other crops and you have some idea of the depreciation of fertility resources. But that doesn't tell the whole story, either, for the job of producing livestock and dairy products requires heavy amounts of plant food, too.

The plain fact is that every time a crop is harvested and hauled to market, or livestock are shipped to a packer's yards, some of the farm's fertility goes with them. Those essential elements, nitrogen, phosphorus and potassium, in various compounds, have been drawn out of the soil by the plants that grew on it. The bigger and better the crop, the more vital minerals extracted. Ordinarily, much of these elements is replaced by rotation, fallowing, or application of fertilizers, but during these war years when every field must be made to yield to the limit, there is an annual loss. Also, the scarcity of fertilizers, and shortage of help and machinery have conspired to impoverish the farmer's land.

There is still another important factor in this present soil-exhausting problem. That is the matter of increased acreage. In order to produce the extra crop quotas, not only do existing acres have to do a bigger crop yielding job but more and more acres have to be tilled. Much of this land represents a lower strata of fertility level and hence it is not able to bear the burden of heavy cropping effectively. A glance at acreage figures tells the story. In 1941 the total harvested acreage of principal crops in the United States was 334,130,600. In 1942 it rose to 338,081,000 and in 1943 to 347,498,000 acres. New production goals for 1944 propose the use of some 380 million acres.

**An aerial view of a large Georgia farm on which several soil conservation methods are used. In the upper part of the picture appears a large meadow strip, which serves as a safe water disposal area for surface runoff from adjoining fields. The curved bands are contour strip cropping, and terracing. The owner, Dr. A. C. Brown of Royston, also follows improved rotation practices.**

**One-Twelfth of Land Ruined.**

When we turn to the long-range job of soil conservation that has been accumulating since the pioneer settlers' plows first broke America's virgin farm land, we find an even more serious situation.

Hugh H. Bennett, chief of the U. S. soil conservation service, is authority for the statement that 50 million acres of the nation's 600 million tillable acres have been completely ruined for agricultural purposes.

An additional 50 million acres, he estimates, are seriously damaged and a very large further acreage has suffered a marked decrease in soil fertility. As a result of the soil conservation service's work and the efforts of agronomists at state agricultural colleges and experiment stations, significant steps have been taken in recent years in combating this menacing trend. But the major task lies ahead.

Six principal factors are responsible for the foregoing losses, according to Mr. Bennett. They are erosion, leaching, the removal of fertilizer elements by harvested crops, livestock and livestock marketing, oxidation of soil organic matter, and fire.

Erosion is the worst offender, removing annually 2,500,000 tons of nitrogen, 900,000 tons of phosphorus and 15,000,000 tons of potash—the three major plant foods which make the productions of crops possible.

**Hilly land often considered practically worthless can be made to yield good returns by proper strip cropping. C. D. Blubaugh, Danville, Ohio, is shown weighing the harvest from such a field. He is one of the three million farmers now included in 693 soil conservation projects.**

Harvested crops rank next in depleting the soil and are in normal years responsible for taking out an additional 4,600,000 tons of nitrogen, 700,000 tons of phosphorus and 3,200,000 tons of potash.

Nearly a third of the fertile topsoil of American farms has been lost due to erosion, floods and the damaging effects of overcropping, according to a statement issued by the Middle West Soil Improvement Committee.

**Six Inches of Topsoil.**

"A century and a half ago," says the statement, "there was an average of nine inches of topsoil spread over the entire United States. Today this averages only six inches in depth.

"The present war emergency, as well as the future of American agriculture itself calls for a determined fight against the forces of soil depletion. The effectiveness of the individual farmer's soil management plan in wartime as well as in the peace era to follow, can be aided by the cooperation of agronomists at state agricultural colleges and experiment stations. Through research and experimentation over a long span of years, these experts have developed information concerning fertilizer needs for various crops and soils that is helpful to the farmer who is striving to rebuild his soil's productivity."

In combating the destructive effects of erosion, individual farmers and organized agriculture are confronted by a stealthy, fifth-column enemy. Erosion's damage is gradual and in the first stages, barely noticeable. But once it gains headway, winds and rains not only carry away valuable topsoil, but also remove needed fertilizing elements such as nitrogen, phosphorus and potash.

Conservation methods are the surest means of reducing these losses of valuable topsoil and plant nutrients. It has been found that soils having a cover crop suffer only a fraction of the losses from erosion that other farm areas experience. Not only will grasses and legumes provide effective vegetative cover for holding topsoil in place and furnish a balanced ration for farm animals, but they promote nitrogen fixation, improve the soil tilth and help increase crop yields following in the rotation. This is particularly true where adequate fertilization is undertaken.

**Bonds Will Provide Funds.**

Fortunately the means for accomplishing this soil replenishment job are in the hands of virtually every American farmer. Dollars invested in war bonds now that farm cash income is at the highest level in history and farm debt at the lowest point in many years, can provide the ready cash to pay for the purchase of nitrogen, phosphorus and potash needed to restore the fertility level of farms later on.

"It is not too early to begin planning for this agricultural reconstruction job, any more than it is premature at present to lay plans for future political and economic peace," a statement by the Middle West Soil Improvement Committee concludes. "For it is becoming increasingly clear that the whole structure of future security will rest on the productivity of the soil. While every encouragement will be given to soil rebuilding projects by the federal government and by state agricultural agencies, the major responsibility for getting the job done will rest on the shoulders of individual farmers. By earmarking part of present war bond purchases now for peacetime soil rebuilding expenditures, farmers can be ready when the materials and manpower become readily available in the postwar era."

## Ammonium Nitrate Will Boost Yield of Hay Or Brings Pasture to Grazing Stage Earlier

The use of nitrogen as a means of increasing vitally needed hay and pasture production to meet wartime feed requirements, was recommended by Dr. D. H. Dodd of the Ohio State university.

Summarizing the results of a series of experiments, Dr. Dodd declared that:

1. Sixty pounds of nitrogen, equivalent to 175 pounds per acre of ammonium nitrate applied to a good sod of timothy or other hay-type grass by April 1, will on the average produce an extra ton of 6 to 9 protein hay if cut at the proper early stages.

2. A similar application of nitrogen applied to a good grass pasture sod will bring the herbage to the grazing stage two to three weeks earlier than without the nitrogen. By the time untreated pasture is making sufficient growth to carry its normal load, the nitrogen-treated grass will have exceeded it by 700 to 1,000 pounds of herbage containing 175 to 250 pounds of protein per acre, figured on a dry basis.

3. The inclusion of 20 to 30 pounds of nitrogen with phosphorus or phosphorus and potash in a first treatment for general pasture improvement, may be expected to increase the returns the first year by 50 to 75 per cent instead of 25 per cent, which is a reasonable expectation for the first year for the mineral without nitrogen.

## TO YOUR Good Health by DR. JAMES W. BARTON

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### 'FUNCTIONAL' ILLS

Dr. Barton

I sometimes wonder if we should criticize those who seem always to have some ailment yet careful examination after examination fails to show any real trouble. The truth of the matter is that many of these individuals really do suffer with the symptoms they describe and are as much entitled to our consideration as those who have these same symptoms due to real or organic disease.

In these times the symptoms of which the majority complain have to do with the stomach and intestine. Thus Drs. F. J. Gregg and R. R. Snowden of the Pittsburgh Diagnostic Clinic, in the Review of Gastroenterology (stomach and intestines) point out that of 5,000 consecutive patients studied, 2,189 had definite symptoms in stomach and intestine and were carefully studied by complete examination in this department of the clinic. This would include test meals, X-rays and other methods.

Of the 2,189 cases with stomach and intestinal symptoms, 1,039, almost half, were found to have functional (not true or organic) disease.

Now why did this large number or percentage of patients go to the clinic for relief of their symptoms when there was no true or organic disease of the stomach or intestine present?

These physicians readily explain this as their study of the symptoms, physical signs and laboratory results present in these patients with "functional" dyspepsia as compared with these same factors in those in whom true or organic disease was present, shows there is no characteristic or definite group of symptoms or physical signs to distinguish organic from functional disease.

What does this mean?

It means that any group of signs, symptoms, or disturbances in the stomach and intestine cannot be definitely shown to be organic or functional until there is a complete study of stomach, intestine and gall bladder.

The lesson here is that we should not believe we have cancer, ulcer, or other organic disease of stomach or intestine because certain symptoms are present. Nor should we consider ourselves free of cancer, ulcer or other organic disease because these or other symptoms are not present. Only a "complete" examination will reveal the truth.

This same rule may apply to heart, blood vessel, kidney and other parts of the body.

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## Chronic Indigestion May Be Cancer

In an article in Annals of Internal Medicine, Lancaster, Pa., Drs. I. W. Held and I. Busch divide cases of cancer of the stomach into two groups: Those in which cancer develops in the lining surface of a healthy stomach and those in which the cancer develops on a previously diseased stomach surface.

Because 7 of every 10 stomach cancers develop on a previously healthy surface, Drs. Held and Busch advise that these slowly growing cancers be removed even if they are very large because they do not usually spread to other places in the body rapidly. If operation is not performed all these cases die.

It is difficult to foretell how many of these cases that undergo operation will be alive after five years, but if the cancer does not spread to other parts, and with a successful operation, the patient can go on for many years without a return of the cancer.

The group in which the cancer develops on a previously diseased stomach surface amounts to 30 per cent of all cases, and stomach disturbances were present for many years before cancer developed, while in others the growth of the cancer is so slow that it remains in the same place and condition for several years. There are three separate groups of stomach ailments on which cancer develops: (1) gastritis or inflammation of the lining of the stomach, (2) polyps, and (3) stomach ulcer. Cancer which develops on a stomach surface having any of these three ailments has a tendency to grow much slower, is less dangerous, and when discovered early and removed, offers a chance for prolongation of life and permanent cure.

If middle-aged, don't delay obtaining treatment for indigestion.

**QUESTION BOX**

Q.—Can a person suffering with pyelitis be cured?

**A.—Pyelitis can be cured. It is not as serious as nephritis. Most cases are caused by the organism colon bacillus.**

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Q.—What are the symptoms of an ulcerated stomach?

**A.—Main symptom is pain 2 to 2½ hours after every meal. Pain is relieved by baking soda or other alkali or by food.**