

Our Women and Children

Conducted by
Lucille Skaggs Edwards

THE GREAT QUESTION OF FOOD.

The people of America have come, or are rapidly coming, to a time when the question of food and food values will be serious. It behooves every head of a household, to make haste to get a little scientific knowledge on the subject.

Times are no longer good. The price of every kind of food is mounting by leaps, but the matter of expense is, after all, not the most important one. We are bound in honor to send as much food as we can possibly spare to the countries in Europe with which we have allied ourselves. That makes it imperative that we should not only practice economy but acquire knowledge as fast as we can. It will not be difficult to inform ourselves. There are many good textbooks, the states publish pamphlets, the United States Department of Agriculture issues bulletins written by experts in clear and simple English, and to be had for a few cents. Many of the publications, indeed, can be had free. They deal with such matters as eggs and their food value; potatoes, sweet potatoes and other starchy roots; turnips, beets and other succulent roots, and their use as food; bread and bread-making at home; studies of the digestibility of some animal fats.

Those are only a few of the many subjects. Some of the bulletins discuss the chemical constituents that give the various foods their value. They show that many things we cling to because we like them are hardly foods at all; they teach how to avoid waste in preparing and

cooking food; they give advice about storing and caring for foods, and teach people how to market wisely.

The shortage in the winter wheat crop in this country is going to make the bread question very important. We are going to send as much wheat as we can spare to our allies, and must train ourselves to be content at many meals with bread made from other things than wheat flour. Excellent bread can be made by mixing potato flour with wheat flour; and bread and muffins made from corn meal are both wholesome and palatable.—Youth's Companion.

GET A TRANSFER.

If you are on a gloomy line,
Get a transfer.

If you're inclined to fret and pine,
Get a transfer.

Get off the track of doubt and gloom;
Get on a sunshine train; there's room.
Get a transfer.

If you are on the werry train,
Get a transfer.

You must not stay there and complain;
Get a transfer.

The cheerful cars are passing thru,
And there's lots of room for you.
Get a transfer.

If you are on the grouchy track,
Get a transfer.

Just take a happy special back;
Get a transfer.

Jump on the train and pull the rope
That lands you at station hope.
Get a transfer.

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