

# THE ALLIANCE HERALD

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2 Section

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## HOW TO STOP MUCH OF THE \$7,000,000,000 FOOD WASTE IN THE HOMES OF THE U. S.

Garbage Pails, Careless Handling and Improper Cooking Waste Most of It—Rats, Mice and Insects Ruin Large Quantities—Efficiency Should Be Watchword

### GOOD FOOD IS WASTED:

- If it gets into the garbage pail.
- If allowed to spoil in the home.
- If ruined by careless cooking.
- When too much is served at a meal.

County Agent Seidell is of the opinion that while increased crop production will be a great factor for the farmers to consider this next year, the conservation of food, and the elimination of waste will be as great or an even greater thing for everyone—farmer, ranchman, and townsman—to consider during the next twelve months. He suggests that it would be well to attempt to stop this waste not alone for the present time but to continually make the effort.

Good food heedlessly thrown into garbage pails, food allowed to spoil in the household, food ruined by improper cooking, and food destroyed by rats, mice and insects constitute the heavy items in the \$700,000,000 annual waste of food in homes in this country cited recently by the secretary of agriculture. Seven hundred million dollars is considered to be a conservative figure. In household waste, of course, are not included the vast losses of food allowed under improper handling or inefficient marketing methods to spoil in transit or in the hands of producers or dealers.

Much of this \$700,000,000 household waste of food, the dietary specialists of the U. S. Department of Agriculture declare, is easily preventable. This preventable waste consists in large part of the following items:

**1. Edible food thrown into the garbage pail or into the kitchen sink.** That vast amount of nourishing material are thrown out from American kitchens and so made useless for human consumption is well established by the returns from garbage and fertilizer plants showing the amount of fats and nitrogenous material recovered from meaty garbage.

Much of the food is thrown out, the specialists say, because so many people do not know how to utilize leftovers or will not take the trouble to keep and prepare them. The specialists point out that left-over cereals can be reheated or combined with fruits, meats, or vegetables in appetizing side dishes; that even a spoonful of cereal is worth saving as a thickener of soups, gravies and sauces. Stale bread can be utilized in a variety of ways in combination with vegetables and meats and in preparing hot breads and puddings. Skim milk, too widely looked down upon as a food although it contains practically all the nourishing elements of whole milk with the exception of the cream or fat, can be used as a beverage, in cooking cereals, or as basis for milk soups or sauces. Even sour milk, so largely thrown away, can be used in making hot breads or in the home manufacture of cottage cheese.

Every scrap of meat or fish can be combined with cereals or other foods lacking in pronounced flavor, both to give flavor and to add nourishment to made-over dishes. Every bit of fat or suet trimmed from meat before cooking or fried out in boiling, roasting or broiling can be made useful in cooking. Many butchers, after they have weighed meat and named the price for the cut, trim off valuable suet and fat. This fat which the housewife pays for, if taken home and used, would reduce expenditures for prepared cooking fats. Water used in cooking rice and many of the vegetables contains nutrients and desirable flavoring materials valuable in soups or sauces. Too often fats and such water are poured into the sink.

Many persons regard the saving of small amounts of left-over food as unimportant. If they kept accurate account, however, for any period, the specialists say, many families would be astounded by the amount of good food they are throwing out and by the sums that they are paying to the grocer, the butcher and milkman merely to replace good food being absolutely wasted.

**2. Spoilage of food due to careless handling and storing in the home.** Important amounts of perishable foods are made dangerous or inedible in households because they are exposed unnecessarily to heat, germs, dust, dirt or to flies and other insects.

Much milk spoils quickly because it is kept uncovered in warm kitchens. Close observance of the doctrine—"Keep perishable food, especially milk, cool, clean and covered continuously" may make a striking difference in the food bills of many families.

In other cases, one or two vegetables, beets or carrots, for instance,

not needed immediately are thrown out or allowed to spoil instead of being used in soups or combination dishes. Fruits which could be used and kept are allowed to spoil. Vegetables and fruits in quantities often are stored in hot, damp, and poorly ventilated bins and under conditions which hasten wilting, fermentation and decay. Fruits, surplus beans, tomatoes and other vegetables produced in home gardens are allowed to spoil on the vines or rot on the ground. A morning's work would can and preserve such surplusage for use when fruits and vegetables are scarce and high in price.

Much food is ruined by being stored where flies or other insects or rats and mice can get at it. Much cereal food is ruined because it is not protected against weevils or other insects.

**Food Spoiled by Careless Cooking.** Many housewives who complain that children and adults will not eat breakfast cereals fail to realize that the cereals they serve are undercooked, scorched, or improperly seasoned and thus made unpalatable. Most of the cheaper foods require careful seasoning and preparation to be fully appetizing. In many households, the specialists believe, proper attention to the cooking of these cheap and desirable foods will increase greatly their consumption and thus reduce considerably the use of more expensive foods eaten instead of cereals.

Vegetables properly prepared tempt the appetite. When they are served in soggy form or in watery or poorly flavored dishes, much of them will be left on the table. The nutritive value and flavor of meat or fish can be lessened by over-cooking or improper cooking. If fats are allowed to burn even a little, they develop unpleasant flavors and usually cause people to refuse gravies and sauces made with them or foods fried in them; burned meat is also disagreeable as are burned vegetables.

**Waste in Preparation.** Much useful food gets into the garbage pail because the housewife in preparing potatoes or other vegetables and fruit, such as apples cuts off with the skin a considerable percentage of edible material. Careless paring of potatoes may consign as much as 20 per cent of the edible portion, including outer layers containing valuable mineral substances to the garbage pail. Many persons are unaware that the green and tender tops of many vegetables which contain valuable mineral and other food substances, are excellent cooked as greens, or even as additions to salads.

**Overgenerous Serving of Food.** Many families take pride in serving lavish and overabundant meals. Such meals lead inevitably to waste of food on the table and to overeating, which often impairs health and efficiency. The sane standard, "Eat enough food and no more," rigidly followed, would reduce greatly food bills in many homes and, at the same time, tend to improve the physical condition of all members of the household.

**Eat for Efficiency!** Housewives, interested in economy, who wish to be certain that their families are getting proper food and not too much, should ask the U. S. Department of Agriculture to send Farmers' Bulletin 808, "How to Select Foods—What the Body Needs." This bulletin classifies foods into simple household groups and shows the housewife how to plan meals that will provide for the growth and repair of the body and supply the energy the various members of the household need for their special tasks.

### THE PRICE OF PEACE.

I HAVE never advocated war except as a means of peace.—Grant.

Peace won by compromise is usually a short-lived achievement.—Winfield Scott.

Peace, above all things is to be desired; but blood must be spilled to obtain it on equitable and lasting terms.—Andrew Jackson.

## Challenge

HERMANN HAGEDORN

of the VILIGANTES

America, America, where is your manhood gone?  
Who taught your sons to brag and run, who taught  
your sons to fawn?  
Who taught your sons to whine of peace with quaking  
coward knees,  
And fling in panic to the wolves your hard-won liberties?  
America, America, where is your glory fled?  
What of the dreams what of the deeds, what of the  
noble dead?  
What of the swords that flashed for you, what of the  
torques that spoke?  
What of the hearts that bled for you, what of the  
hearts that broke?

America, America, remember now your dead!  
They cry to you across the night and will not be  
gainsaid!  
Arm, arm, arise, America! Gird on your sword once more!  
The foe is at the harbor-mouth, the foe is on your shore!

Awake, arise, America! What cries are in the air?  
Hark, the clear word of Washington! The call of  
Lincoln there!  
Cleveland, and there, John Hancock! There, Adams,  
Webster, Clay!  
There, Patrick Henry! There, John Brown! There, Jack-  
son, Lee, John Hay!

Arise, America! Your dead cry out to you, Arise!  
Grant, Schuyler, Marshall, Marion! The brave dead and  
the wise!  
Paul Jones, Decatur, Perry, McDonough, or Champlain!  
Arise, America, and stand! A race of men again!

You were not meant to crouch, you were not made to  
quail!  
You were not set, a lamp for men, to flare and gutter  
and fail!  
By God, we did not give our blood to set your light on  
high  
Only to see a craven band slothfully let it die!

No, by the God we honor! To Whom alone we bow!  
We did not die for Freedom then, to let her perish now!  
Arm, arm, arise, America! Put by the craven dread!  
We come, we come to the colors! We come, the  
invincible dead!

Arm, arm, arise, For your dead cannot sleep in the old,  
green graves!  
Liberty cries, imperiled! And we dead rise up from the  
waves!  
Master the strength of the living! Ten to one are well  
Ten ghosts behind each valiant boy who strikes for  
Liberty!

Arm, arm, arise, America! Heart of my land, be flame!  
An end of words and barter! An end of sloth and  
shame!  
Hark, how the old heroic ghosts to deathless deeds  
invite!  
If you are cowards, perish! But if you are men, then  
fight!

## WESTERN NEBRASKA LIVE STOCK NEED IMMEDIATE ATTENTION

Cattle, Sheep and Hog Losses in 1915  
Total \$3,527,720. Loss in 1916  
Totalled \$4,729,710

(By F. L. Taylor and F. M. Seidell)

The meat supply of the nation is an important factor in wartime. No other form of food gives so much value for the amount of bulk. This is a very important factor in supplying the armies of the United States and the allies. The meat supply of the United States has not kept pace with the increase of population and this, even in times of peace, is a serious situation. Western Nebraska is one of the important live stock producing areas of the United States and can do much when called upon, as this section is now, to relieve the meat situation.

In the 52 Western Nebraska counties lying west of Merrick county, according to the State Board of Agriculture reports, on April 1, 1916 there were 193,604 milk cows having a total value of \$11,616,240; 1,820,884 head of other cattle, valued at \$73,135,360; 91,697 sheep valued at \$641,879; 807,038 hogs valued at \$16,149,760. The loss by death of live stock for the year preceding, based upon assessors reports, were as follows: milk cows, 6,198 head, value \$372,080; other cattle, 39,968 head, valued at \$1,598,720; sheep, 3,489 head valued at \$24,360; hogs

to the number of 76,628 valued at \$1,532,560; making a total of \$3,527,720.

The report of the Bureau of Crop Estimates shows that on April 1, 1917 there was in this territory an increase in cattle of 4.5 per cent, hogs 1 per cent and sheep 2 per cent over April 1, 1916. The losses of cattle in the same area were 1.68 times what it was a year ago. Sheep losses were 1.62 times what it was a year ago. The loss of hogs was .9 of what it was one year ago. The losses on the estimate for 1916 would total \$4,729,710.

The losses in livestock are attributed to many different causes. In cattle the losses were chiefly due to lack of feed, exposure, black leg corn stalk disease and tuberculosis. In sheep losses were attributed chiefly to lack of feed, exposure, losses during lambing, etc. In hogs the losses were for the most part caused by cholera, farrowing and many other swine ailments.

Labor will be scarce this year so provision must be made to begin early and secure enough feed for keeping the live stock well during the coming year. More care should be exercised during calving, lambing and farrowing seasons. Black leg losses should be prevented by vaccinating all young cattle twice each year. In case of abortion among breeding herd of cattle a good veterinarian should be consulted. In hog cholera

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## PATRIOTIC AMERICAN GREEKS LISTEN TO SPEECH BY THE HON. PAXTON HIBBON OF N. Y.

Former United States Consul at Athens Delivers a Rousing Address At Greeks' Independence Day Celebration, in Carnegie Hall, New York City, March 25th

### AMERICAN GREEKS LOYAL:

- To the land of their nativity;
- To their adopted country;
- To the principles of patriotism;
- And willing to fight for liberty.

The twenty-fifth day of March is to patriotic Greeks what the fourth of July is to Americans, for it was on March 25th, 1821, that Greece secured her independence from Turkey. This day is celebrated by the Greeks wherever a large number of them live, in America as well as in their native country.

At the Greeks' Independence celebration held in Carnegie Hall, New York City, on the 25th of last month, a speech was made by Hon. Paxton Hibbon, former consul from the United States at Athens, that is so full of patriotism for this country as well as Greece, and shows so well the latter country's attitude in the great world struggle now taking place, that it is published entire herewith:

Ladies and Gentlemen:—"A few days ago, seeking a text for what I was going to say to you here today, I found this statement by the great Daniel Webster, champion of the cause of the Greeks in their war of independence:—"I ask you to regard Greece," he said, "not as she exists in history, triumphant over time and tyranny and ignorance, but as she is now, contending against fearful odds for being, and for the common privileges of human nature."

"I ask you Greeks here to-day to regard your fatherland, not as she was three years ago, victorious after two successful wars under the leadership of that great soldier, Constantine I, but as she is to-day, torn by internal strife, overrun by friends and enemies alike, starving and in great agony—a martyr among nations. This is the anniversary of your independence. It was hardly won, after 500 hundred years of the bravest, most patient struggle. Today one man keeps it for you still, struggling against fearful odds. With him your independence as a people rests; without him, it is gone, sucked down into the vortex of the great European struggle, where Belgium, Serbia, Montenegro, and Roumania were lost. And it may never come back. What King Constantine has had nearest his heart always has been to avoid if possible that irreparable disaster, to conserve that independence you celebrate this day. He never has been pro-German, he has been pro-Greek—and without his patience, his tact, his foresight, there might well have been no Greece today, whose independence you could celebrate.

"I do not know these people are who say that King Constantine is pro-German. But I know that they do not even know him—they do not know him even as well as you do, who served under him, you reservists. Even I have the honor to know him better than they; I have talked with him many times and I know that his heart is with those who fight for the independence of the small nations—with the Allies. I know that on six separate occasions he sought to join with the Allies in their war for the defense of small nations. Why his offer has not been accepted is a question which only the Allied diplomats can answer. But I know that, true to his trust of keeping the Greece your arms have conquered intact, he has made it a condition of every offer to join the Allies that the integrity of Greece be guaranteed—every foot of soil under the Greek flag to remain under the Greek flag. He has not been willing to sell out any part of Greece. Perhaps it is for that reason they say he is pro-German. As late as last September King Constantine offered to join the Allies again. On September 1 he told the British Minister in Athens so. On September 13 he telegraphed his brothers, T. R. H. Princes George Nicholas and Andrew, who were then in Paris, Petrogra and London respectively, to give his royal word that Greece would join the Allies in a war on Bulgaria—if the Entente would guarantee the integrity of Greece. On September 18 Prime Minister Caloguyeropoulos made a formal offer to the Entente government to the same effect.

King Constantine had spoken first three days after Roumania's entry into the war. His idea was that of the splendid soldier he is—that Roumania marching southward and Greece northward could cut Bulgaria in two, close the way to Constantinople so that the Greeks could then march on Constantinople and thus probably end the whole European war.

The Allied Powers made no reply. The conquest of Roumania by the Germans and Bulgarians began and

moved rapidly. Still theretofore moved rapidly. In the face of this King Constantine renewed his offer twice, as I have said. Still there was no reply. Finally on September 30 he received an unofficial reply advising him to declare war on Bulgaria without any understanding as to cooperation with Roumania or any guarantee as to the integrity of Greece. He refused to do it, but still kept his offer open to join the Allies on the terms he had laid down, principally a guarantee of the integrity of Greece.

It was not until November 19 that an answer was finally received that the Entente would not accept Greece as an ally except on condition that Venizelos be returned to power. Now, I ask you, who is the pro-German in fact: the King who offered a practical, military plan by which Bulgaria could be crushed, Constantinople taken, Germany cut off from Turkey and the war probably ended long ago? Or whoever it was who prevented the acceptance of this offer, except on condition that Venizelos or any other one man be named Prime Minister of Greece?

They say that King Constantine is trying to establish an autocratic rule in Greece. It is not true. I am a democrat myself, and I tell you that I know no sincerer democrat than the Koumbaros—and every man of you who has fought under his command knows that is so. He does not care a snap who is Prime Minister of Greece—he is ready to work with any man the Greek people elect. What he does care about is that Greece shall lose no jot of the territory that was won by five hundred years of struggle, ending the day you celebrate today, and doubled four years ago by his and your victorious arms. Every statement he has made, every act of his as King of the Hellenes has been in accord with this one principle which, as constitutional monarch of the Greek people, he is sworn to uphold.

It is for this reason that I feel that I may say with authority that if you Americans of Greek extraction would follow the desire of your late commander, Constantine I, constitutional commander in chief of the Greek army, you may best do so by helping your new country in fighting on the side of the Allies. I shall not recall to you that in Greece's hour of need, in the black years of the war for independence, the United States came to the aid of your forefathers, as Mr. Vlastos has so eloquently told you. This is our hour of need. Will you men of Hellenic blood help us?

No one knows any better than I what splendid fighters you men down there with the medals with their blue ribbons on your breasts are. I have seen you at it. Well, we in America need just such trained fighters as you to help us train ourselves. King Constantine was the champion of preparedness in Greece. It was he who created years ahead and built up the victorious armies of 1912 and 1913. We have been backward in this, here in this country, but you men know the value of it. Help us to catch up with you by joining the land and naval forces of the United States, so that you who know what war is—and God knows you do know—can help to train your fellow countrymen of this country who do not.

There is nothing new to a good many of you about an American battle ship. You have two in the Greek navy—the Lemnos and the Kilkis. I was on the Lemnos when the light flotilla, which had borne a message of freedom to the two million Greeks under Turkish rule, was taken from the Greek navy the 10th of last October. I saw the men called together on the quarter deck; I heard the order of the day, of Admiral Damianos read to them, as they stood at attention with tears streaming down their faces; I saw the blue and white flag lowered and rolled up; I saw Admiral Ipitiss with the portrait of King Constantine, which had hung in the wardrobe of each vessel, underneath his arm, descend last into the waiting boat as the sailors who had known victory on them left their vessels. It was a sad business. But that night the sailors of the fleet came to the American Legation to tell the American Minister about it, and they came to my hotel to tell me, another American Minister, about it—poor devils, they had to tell somebody, even though they knew that we could do little for them. Well, now, we Americans come to you—

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