

Helping the Meat and Milk Supply

(Special Information Service, U. S. Department of Agriculture.)
COTTAGE CHEESE MEAT'S WAR HELPMATE.



A Parcel Post Business in Cottage Cheese May Be Made Profitable.

HOME CHEESE IS MOST DELICIOUS

Follow Directions Given and See if It Isn't Relished.

GOOD SUBSTITUTE FOR MEAT

Pound for Pound Cottage Cheese Contains 25 Per Cent More Protein Than Medium-Fat Side of Beef—Easy to Make.

Given a choice between a nice, juicy piece of beef and a dish of cottage cheese, and the chances are you would take beef. We are such a meat-loving people. But pound for pound, cottage cheese contains 25 per cent more protein—the body-building substance for which we eat meat largely—than a medium-fat side of beef. And the cheese costs about half as much. It has less energy value than beef, but it is nevertheless capable of taking meat's place in the diet.

This Cheese Easy to Make.

Because cottage cheese is a most palatable and nutritious product and because it can be made easily on a small scale with little equipment in any kitchen and because it is an economical and convenient means of utilizing skim milk—a good food much neglected—in the human diet, food and dairy specialists of the United States department of agriculture are urging its wider use to save meat. Haphazard methods used in making this cheese, together with the lack of simple and easily available directions, probably are responsible, the specialists say, for the comparatively small quantities made and used at present. Uncertainty of results and defects in the finished products also have been causes for discouragement in making. By following the directions given here it is believed a better and more uniform product may be obtained.

For making the cheese in small quantities for home use a very simple process and ordinary household equip-

HOW COTTAGE CHEESE TAKES MEAT'S PLACE

We eat meat chiefly to get protein, a body-building substance, and energy to perform body work. Cottage cheese can supply these body necessities almost as well as meat and more cheaply. For supplying protein one pound of cottage cheese equals—

- 1.37 pounds sirloin steak.
- 1.09 pounds round steak.
- 1.37 pounds chuck rib beef.
- 1.52 pounds fowl.
- 1.46 pounds fresh ham.
- 1.44 pounds smoked ham.
- 1.58 pounds loin pork chop.
- 1.31 pounds hind leg of lamb.
- 1.37 pounds breast of veal.

On the basis of energy supplied, one pound of cottage cheese equals—

- 8.1-8 ounces sirloin steak.
- 11 1/4 ounces round steak.
- 11 1/4 ounces chuck rib beef.
- 10 1/2 ounces fowl.
- 6 1/2 ounces fresh ham.
- 5 ounces smoked ham.
- 6 ounces loin pork chop.
- 7.1-3 ounces hind leg of lamb.
- 12 1/2 ounces breast of veal.

larger quantity for the market, is described in Farmers' Bulletin 850 of the United States department of agriculture. This is the way to make cottage cheese in small amounts, perhaps utilizing only a few cups of skim milk—what is left after the cream for the coffee has been removed.

First of all, start with good, clean skim milk and clean utensils. Careful attention then to the details of making will insure a good product.

One gallon of skim milk will make about one and one-half pounds of cheese. If the milk is sweet it should be placed in a pan and allowed to remain in a clean, warm place at a temperature of about 70 degrees Fahrenheit until it clabbers. The clabbered milk should have a clean, sour flavor. Ordinarily this will take about thirty hours, but when it is desirable to hasten the process a small quantity of clean-flavored sour milk may be mixed with the sweet milk.

AVOID "SQUAB CHICKENS;" THREE-POUND FOWLS BEST

Housewives can help the meat situation by buying three-pound broilers and friers and refusing to use "squab chickens" weighing a pound, one-half or less. Dressed-poultry specialists of the United States department of agriculture urge this as a conservation measure. Serving under-developed or "squab chickens" in hotels, restaurants and homes is regarded as a waste, for if kept four weeks longer, including two weeks of crate fleshing, such fowls would weigh about three pounds. Moreover, under proper feeding, a chicken makes the extra flesh largely from such by-products not ordinarily used for human food, such as buttermilk, skim milk and low-grade grains.

As soon as the milk has thickened or firmly clabbered it should be cut into pieces two inches square, after which the curd should be stirred thoroughly with a spoon. Place the pan of broken curd in a vessel of hot water so as to raise the temperature to 100 degrees Fahrenheit. Cook at that temperature for about thirty minutes, during which time stir gently with a spoon for one minute at five-minute intervals.

Only Home Utensils Needed.

At the conclusion of the heating pour the curd and whey into a small cheesecloth bag (a clean salt bag will do nicely) and hang the bag on a fruit-strainer rack to drain, or the curd may be poured into a colander or a strainer over which a piece of cheesecloth has been laid. After five or ten minutes, work the curd toward the center with a spoon. Raising and lowering the ends of the cloth helps to make the whey drain faster. To complete the draining tie the ends of the bag together and hang it up. Since there is some danger that the curd will become too dry, draining should stop when the whey ceases to flow in a steady stream.

The curd is then emptied from the bag and worked with a spoon or a butter paddle until it becomes fine in grain, smooth and of the consistency of mashed potatoes. Sour or sweet cream may be added to increase the smoothness and palatability and improve the flavor. Then the cheese is salted according to taste, about one teaspoonful to a pound of curd.

Because of the ease with which the cheese can be made it is desirable to make it often so that it may be eaten fresh, although if it is kept cold it will not spoil for several days. If the cheese is not to be eaten promptly, it should be stored in an earthenware or glass vessel rather than in one of tin or wood, and kept in a cold place.

IN THE LIMELIGHT

IN CHARGE OF TRANSPORTATION



In giving an appointment as brigadier general to William Wallace Atterbury and placing him in charge of transportation with the American expeditionary force in France, the administration has followed its excellent scheme of selecting some man who has made a conspicuous success of a large-sized job in civil life and asking him to assume the same work in a military capacity. For over eight years Mr. Atterbury has been the vice president of the Pennsylvania railroad specifically in charge of transportation. Born at New Albany, Ind., in 1860, grandson of Catherine Boudinot whose uncle, Elias Boudinot, had been at one time president of the Continental congress, he was reared in Detroit, and graduated from Yale, to enter the Altoona shops of the Pennsylvania railroad as an apprentice in 1886. From 1889 to 1892 he was assistant road foreman of engines on various divisions of the Pennsylvania railroad. In 1892 he became assistant engineer of motive power and the following year he was made master mechanic for the Pennsylvania company at Fort Wayne, Ind.

His first important step was when he became superintendent of motive power for the Pennsylvania system east of Pittsburgh in 1896. Five years later he became general superintendent of motive power. Thence to the position of general manager of the Pennsylvania, eastern division, followed in 1903. Six years later, in 1909, he became fifth vice president in charge of transportation. Two years later he became fourth vice president and a director of the Pennsylvania Railroad company.—Country Life.

WANTS NEW CABINET POSITION

A department of munitions under a cabinet head, known as the secretary of munitions, is proposed in a bill introduced by Senator Chamberlain, chairman of the senate military committee, as a result of its investigations of war operations.

The new department would operate for the duration of the war and one year thereafter. The bill has the backing of the senate committee and will be strongly pressed. The new secretary of munitions would have the power under the president's direction to control arms, ammunition, food, clothing, equipment, tentage, transportation and any other materials the president shall designate as munitions of war.

Government bureaus, agencies and funds necessary to a munitions administration would be transferred to the new department, which contemplates control of naval as well as army supplies.

"I believe if congress can see its way to the enactment of this measure," says Mr. Chamberlain, "and the proper man is placed at the head of the department of munitions, America will soon be occupying its proper place at the battle front."

"It will be noted that the measure is only in force for the continuance of the war which brings it into existence."

BRITAIN SENDS FAMOUS MAN



charge d'affaires. Col. E. D. Swinton, one of the originators of the British tank, will accompany the lord chief justice as an attaché.

Earl Reading was attorney general of England as Sir Rufus Isaacs. In October, 1913, he was appointed lord chief justice to succeed Lord Alverstone and was elevated to the peerage in December of that year.

WILL SUPERVISE WOMEN'S WORK

Significant of the importance of women in industry is the appointment of Miss Hilda Mulhauser as assistant manager of the newly organized United States employment service of the department of labor. She not only will have the supervision of all women's work in the department of labor, but will assist in carrying out the general plan for the extension of the employment service of the government to meet the emergency.

For the last ten years Miss Mulhauser has devoted her time and energy to all the phases of the employment problem, making intensive studies as well as practical investigations. She has written many articles upon her surveys of the unemployed.

After eight years of service as associate head worker in a Cleveland settlement, she became director of the women's and girls' bureau in Cleveland, O., said to be the first bureau of its kind in the country. Under her leadership the bureau made a specialty of every type of worker, whether college graduate, industrial worker or domestic, thus making it possible for an employer to secure a trained worker, a stenographer for his office or a maid for his home.

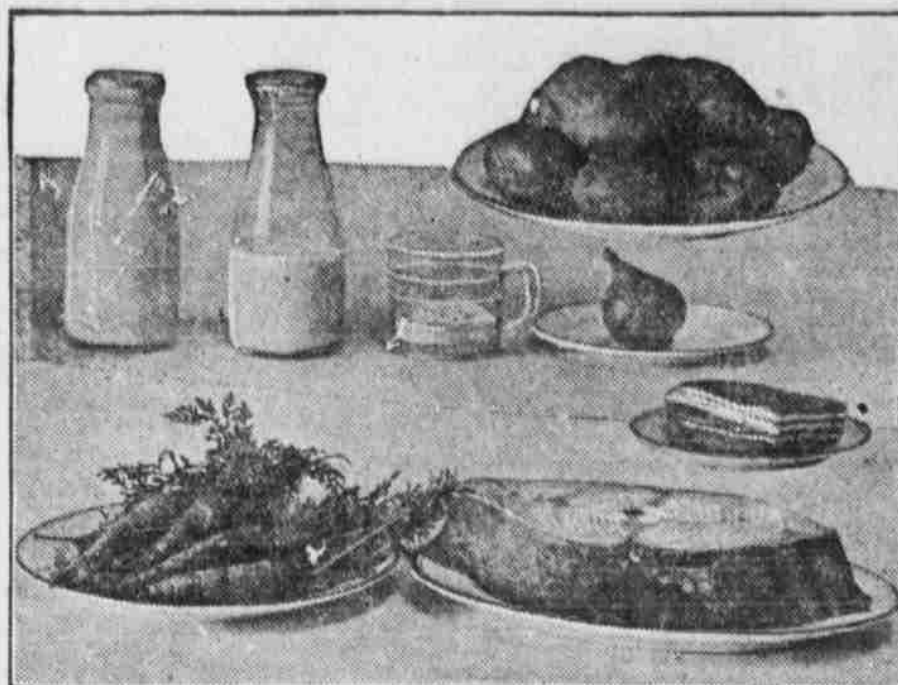
She had long advocated that to obtain the best results an employment bureau should be maintained, not by private capital, but by city and state funds, and it was partly through her efforts that the state legislature of Ohio passed the first state legislation providing for vocational guidance.



The Housewife and the War

(Special Information Service, U. S. Department of Agriculture.)

DINNERS IN ONE DISH—ECONOMICAL, WHOLESOME.



The One-Dish Meal Is Not a Myth—Here Is What Goes Into One for Five Persons, Proportions Given Below: Fish, Potatoes, Carrots, Onion, a Little Pork, Milk, Flour, Pepper.

DINNER QUESTION NEVER GETS OLD

Good, Satisfying Meal Whole Family Enjoys Is Wanted.

COMBINATIONS ARE IN FAVOR

Something Hot, Savory, Easy to Cook and Serve Is Always in Order—Three Recipes Given to Help Busy Housewife.

"What shall we have for dinner?"—the daily question that never grows old. Well, you want a good, satisfying meal which the whole family will enjoy. It must be cheap and easy to cook and must supply what your bodies need to help you grow, and to help you work or play and keep warm. And, if the spirit of war sacrifice abides in your household, the meal should reflect your food saving efforts.

People of all nations have used combinations of foods cooked together in one dish. Perhaps you can remember such dinners in your grandmother's home. Why not renew the custom and serve your family with a nutritious one-dish dinner occasionally, for variety at least? For such a dinner you might serve a fish chowder. Here it is, a dinner in one dish, sure enough. This one, and the others that follow, makes enough for five persons:

Fish Chowder.

1 1/2 lbs. fresh fish, 2 cupsful carrots, (cod, haddock, cut in pieces, etc.) or 1/2 lb. salt 1/2 lb. salt pork, or dried fish. 3 cupsful milk. 8 potatoes peeled 1/2 teaspoonful pepper and cut in small pieces. 1 onion sliced. 3 tablespoonfuls flour.

Cut pork in small pieces and fry with the chopped onion for five minutes. Put pork, onions, carrots and potatoes in kettle and cover with boiling water. Cook until vegetables are tender. Mix three tablespoonfuls of flour with one-half cupful of the cold milk and stir in the liquid in the pot to thicken it.

"U. S. LEAFLETS" NOW CARRY WAR FOOD HINTS

War food suggestions for American housewives, prepared in four-page "United States Food Leaflets" by food specialists of the department of agriculture, the food administration and state representatives, are now ready to distribute. The leaflets carry the country's expert thought on food conservation translated into popular language. Each one has its helpful war message for the housewife. Seven are now available. More will follow. "Start the Day Right With a Good Breakfast," is food leaflet No. 1. Others now ready are: "Do You Know Corn Meal?" "A Whole Dinner in One Dish," "Choose Your Food Wisely," "Make a Little Meat Go a Long Way," "Do You Know Oatmeal?" "Food for Your Children." These leaflets are designed to supplement rather than replace the department's publications on food and other home problems. With the funds at its disposal the department of agriculture will be able to supply these leaflets directly only to leaders and active workers in the food conservation movements.

Add the rest of the milk and the fish, which has been removed from bone, and cut in small pieces. Cook until the fish is tender—about ten minutes. If salt fish is used, soak first. Serve hot.

This one dish makes a satisfying meal served with crisp crackers or corn dodgers with stewed fruit or jam

for the "something sweet" you like with your meals.

Now that meat is so high-priced you like to make a small amount go as far as possible. A meat stew can be made very appetizing and with proper care in the selection of the ingredients to combine with the meat you may make another one-dish meal.

Hot Pot of Mutton and Barley.

1 pound mutton. 4 potatoes. 1/2 cupful pearly 6 onions. barley. Celery tops or other 1 tablespoonful salt. seasoning herbs.

Cut the mutton in small pieces and brown with the onion. A fat cut from meat. This will help make the meat tender and improves the flavor. Pour this into a covered saucepan. Add two quarts of water and the barley. Simmer for one and one-half hours. Then add the potatoes cut in quarters, seasoning herbs, and seasoning, and cook one-half hour longer.

This is also good served as a shepherd's pie with mashed potatoes lining the dish and piled on top for a crust. The stew is better if thickened with a little flour in this case before adding to the mashed potato crust.

Or your one-dish meal might be of dried peas or beans instead of meat or fish combined with other vegetables. Here is a hearty dish made from split peas. Many kinds of dried peas or beans could be used in the same way:

Split Peas, Rice and Tomatoes.

1 1/2 cupfuls rice. 1/2 teaspoonful pepper. 1 pint split peas. 2 cupsful of tomato 6 onions. 2 cupsful of tomato 1 tablespoonful salt. (fresh or canned).

Soak peas over night in two quarts of water. Cook until tender in water in which they soaked. Add rice, onions, tomatoes and seasonings, and cook 20 minutes.

Such meals are a help to the busy housewife on especially busy days, as they are easy to prepare and make but few dishes to wash. With bread and butter and jam, perhaps, or stewed fruit, any one of them makes a well-chosen nutritious meal. If there are children in the family give each one a glass of milk besides. Such a meal will satisfy the body's needs as well as a more elaborate one.

Cottage Cheese Salad.

Nutritious salad makes a good dish for a home luncheon. As they are rich in protein, cheese salads take the place of cold meat dishes. The following is an inexpensive, nutritious cottage cheese salad:

Mix thoroughly one pound of cheese, one and one-half tablespoonfuls of cream, one tablespoonful of chopped parsley, and salt to taste. First, fill a rectangular tin mold with cold water to chill and wet the surface. After removing the water, line the bottom of the mold with waxed paper; then pack the cheese in three layers, putting two or three parallel strips of pimento, lettuce leaf, or chopped nuts, between layers. Cover with waxed paper and set in a cool place until ready to serve; then run a knife around the sides and invert the mold. Cut in slices and serve on lettuce leaves with French dressing and wafers. Minced olives may be used instead of the parsley, and chopped nuts also may be added.

"Finicky" tastes in food often prevent the use of many valuable materials which might be the means of saving money. Don't stick too closely to habits and customs in the food you eat. Try new dishes occasionally.

Five Ways to Food Variety.

We must have food to grow, to keep warm, and to work. Our food must be nutritious in that it does all these things. It is also important that it should taste good. It will not only be better relished, but it will be better utilized by the body if it does. Food will be more healthful, more palatable, and more nutritious if it is varied. Variety may be secured by selecting for the daily diet something from each of the following five groups of food: (1) Fruits and vegetables; (2) milk, meat, eggs, cheese, fish, peas, beans, and nuts; (3) cereals; (4) sweets; (5) fats.