

Helping the Meat and Milk Supply

(Special Information Service, United States Department of Agriculture.)
CONVERT NATION TO CHEESE. WOMEN'S TASK



Women Food Specialists in Washington Entertaining Officials of the United States Department of Agriculture and the Food Administration at a Cottage Cheese Luncheon.

COTTAGE CHEESE AS STAPLE FOOD

Thirty Billion Pounds of Skim Milk Available for Making Substitute for Meat.

IMPROVED WAYS OF SERVING

Federal and State Agencies Organized to Convince American Housewives of Great Value—How to Make Some of New Dishes.

Almost 30,000,000,000 pounds of skim milk are available for making cottage cheese. Skim milk made into cheese is seven times more valuable as a food than as a feed for live stock. A pound of cottage cheese used in the home releases a pound of meat for shipment to our soldiers.

These were the actuating principles behind the organization of a cottage cheese demonstration corps of the dairy division, United States department of agriculture, which recently undertook a nation-wide drive to make cottage cheese a staple food throughout the land. Forty-seven women specialists from almost as many states make up the corps that will carry the message.

These women have been in training in Washington for several weeks learning how to make cottage cheese and how to serve it in the newest and most attractive dishes. In the accompanying picture they are shown demonstrating their new creations in a cottage cheese luncheon to officials of the department of agriculture. The luncheon was held in one of the rooms of the dairy division. Among the guests were Assistant Secretaries Carl Vrooman, Raymond A. Pearson and Clarence Ousley, Dean H. L. Russell of the food administration, chiefs of several bureaus and a score of the department's food and demonstrating experts. Here is what the guests ate:

- COTTAGE CHEESE LUNCHEON.**
- First Course—Astonishment.**
Cream of Cottage Cheese Soup.
CROUTONS.
 - Second Course—Interest.**
Cottage Cheese Sausages—Creamed Potatoes.
Mustard Pickles.
Graham Muffins—Coffee.
Whey Honey.
 - Third Course—Admiration.**
Cottage Cheese Salad.
Wafers.
Whey Punch.
 - Fourth Course—Devotion.**
Cottage Cheese Tart.
Mints.

Five women demonstrators started the campaign in Cleveland, O., a few days later. The others will go to other big cities, small towns and rural communities. Women will be taught how to make cottage cheese, its food value and how to use it. Regular home demonstrators and county agents of the states' relation service will help the cottage cheese force and experts from the bureau of markets will encourage and assist food dealers to make cottage cheese one of their regular staples. Representatives of the state extension forces also will



Some Attractive New Dishes Made From Cottage Cheese—1, Loaf; 2, Club Sandwich; 3, Pie; 4, Sausage.

help. Meanwhile the commercial dairying experts of the department are working with the big creameries to turn their skim milk into this product to meet the big demand certain to develop.

Here is how to make some of the new cottage cheese dishes:

Cottage Cheese Sausage.
 1 cupful cottage cheese 1/2 teaspoonful powdered sage
 1 cupful dry bread crumbs, or 1/2 cupful thyme
 1/2 cupful cold cooked rice and 1/2 cupful bread crumbs
 1/2 cupful peanut butter or more
 1/2 cupful chopped peanut meats 1/2 teaspoonful soda
 1/2 cupful chopped peanut meats 1/2 teaspoonful chopped onion

Mix all dry ingredients thoroughly with bread crumbs. Blend peanut butter and onion with the cheese, and mix them with the bread crumbs, form into flat cakes, dust with bread crumbs or cornmeal, and fry a delicate brown in a little fat in a hot frying pan.

Cottage Cheese Tart.
 1-3 cupfuls of cottage cheese 1/2 teaspoonful lemon juice
 Whites of 2 eggs Few gratings of lemon
 beaten stiff on rind
 1-3 cupful of heavy cream 1/2 to 1 teaspoonful cream, whipped
 1-3 cupful sugar sweet milk

Soften the cheese with the milk. Add part of the whipped cream, and the flavoring, which should be very delicate. Fold in last the beaten egg whites. Heap lightly into ready cooked, delicately browned pastry cases, made by baking pie crust in muffin tins or on the bottom of inverted pie tins. Garnish the top of the tart with the rest of the whipped cream, and with fresh or canned fruit if desired. This makes a large one-crust pie or tart.

Conservation Crust.
 1/2 cupful cornmeal 1/2 teaspoonful baking powder
 1/2 cupful wheat flour 1/2 cupful shortening
 1/2 cupful cold water to mix
 1 teaspoonful salt (About 1/2 cupful)
 Sift together the dry ingredients, cut in the shortening, blending it thoroughly with the dry materials. Mix with very cold water to a rather stiff dough. Roll as thin as can be handled. Line two pie tins and use the trimmings to cross-bar the tops if desired. This crust may be baked before the pie, if the nature of the filling makes it desirable.

Cottage Cheese Salad.
 Cottage cheese lends itself especially well to salads. If enough is used, the salad may serve as the main dish of the meal. French, mayonnaise and boiled dressing all go well with cheese salad.

Cottage Cheese and Peanut Butter Soup.
 2 cupfuls milk 1/2 teaspoonful butter
 3 tablespoonfuls of ter flour 1 cupful of cottage cheese
 3 tablespoonfuls peanut butter 1/2 teaspoonful soda
 Few drops of onion or more
 Juice Cayenne pepper
 Bit of bay leaf and 1 teaspoonful salt
 ground sage

Heat the milk with the bay leaf, salt, pepper and onion juice in a double boiler. Soften the butter and blend with it the flour. Pour hot milk gradually on this paste and beat until smooth. Bring to a boil and cook over hot water for ten minutes, then cool slightly. Blend cottage cheese, soda and peanut butter, softening with a little of the warm sauce to a smooth thick cream. Add the cream to the sauce and reheat carefully. Avoid boiling the sauce, for this will toughen the cheese. Serve with croutons.

SAMMIES WHIP FOE

TERRIFIC HUN ASSAULT IS REPULSED BY AMERICANS.

ANOTHER SMASH PREDICTED

America Must Raise Huge Army, Says Congressman Kahn.—Earthquake Rocks California.

London, April 23.—The German high command, having been unsuccessful in piercing the British front in Flanders and separating the British and French armies, has essayed a strike against the Americans and the French northwest of Toul, and here also Teuton strategy seemingly has failed utterly to bring its plans to fruition.

Although the Germans attacked in waves with great superior numbers of men, the Americans and Frenchmen have held all their positions and inflicted heavy losses. What gains were made in the initial onslaughts have been entirely retrieved. The fight, it is reported, was a bitter one and it was the ambition of the specially trained Germans to crush the Americans. Everything the enemy had in stock was brought into play in the fighting, which lasted from Saturday well into Sunday, but the Americans, notwithstanding this cannonading and the greatly superior infantry forces against them, fought tenaciously and gave ground by inch and then only when they had exacted a tremendous payment for it in German killed or wounded.

Eight Million in Arms.

Washington, April 23.—The war department is planning to ask congress for appropriations for 1,000,000 more men than was contemplated in February for the fiscal year 1919. Supplemental estimates will be laid before the military committee of congress in a few days. The bill at present carries about \$8,000,000,000 for an army of 1,600,000 men. By increasing the size to 2,600,000 men it is believed the appropriations will run up to \$11,000,000,000 or more. Representative Kahn of California, a member of the military affairs committee, has reiterated his conviction that America must put 8,000,000 men on the battle front if Germany is to be defeated.

U. S. Ship Sunk; Many Missing

Washington, April 23.—The American steamship Lake Moore, sailing on its maiden voyage with a naval crew aboard, was sunk by an enemy submarine in European waters about midnight, April 11, and five officers and 39 men are missing, the Navy department announced. It is also announced that the American steamship Florence H was blown up in a French port by an internal explosion on April 17 about midnight, and that but 34 out of its crew of about 75 were rescued. Most of these rescues were made by a United States destroyer, whose work Admiral Sims describes in a report to the War department, as most gallant.

Earthquake in California.

Hemet, Cal., April 23.—The towns of Hemet and San Jacinto, which lie north of here, about two miles on the same branch of the Santa Fe railroad, were both seriously damaged by a severe earthquake shock Sunday. Every business house in Hemet and in San Jacinto was laid flat, but only two lives were lost.

The property damage here is estimated at \$250,000 by merchants and property owners who suffered the most loss. The San Jacinto damage was estimated at a like sum. The earthquake came within three days of the anniversary of an earthquake at San Francisco, April 18, 1906.

Enemy Women Must Register.

Washington, April 23.—President Wilson issued a proclamation calling for registration of all female enemy aliens of Austro-Hungarian or German birth. Details of places and dates of registration will be made public soon by Attorney General Gregory. Machinery for this work will be the same as now employed to register male enemy aliens—police departments and postmasters.

Foresee Another German Blow.

Washington, April 22.—Another German thrust at the allied lines more powerful than those that have gone before is looked for by the War department strategists if the present drive at the channel port fails. The department's Weekly Review says the enemy's enormous sacrifices have been barren of primary results.

Brands Socialism Foe Propaganda.

Cleveland, O., April 23.—Socialism in America was branded as poisonous German propaganda by Samuel Gompers, president of the American Federation of Labor, in a speech in behalf of the Liberty loan at the City club last Thursday afternoon.

"There is no such thing as an American socialist party," Mr. Gompers said. "The American socialist is merely a branch of the one in Germany—it is part of German propaganda."

DADDY'S EVENING FAIRY TALE

BY MARY GRAHAM BONNER

FLOWER PARADE.

"Here we come," said the crocus flowers in the garden as they peeped up just after the snow had left the ground in the early spring.

They were of different colors, purple, blue, white, yellow and orange, and how bright and cheerful they did look for it was still somewhat chilly.

"We're glad to see you," said the fairies, "and we know the children and grownups are too."

The fairies always got up very early in the morning and they welcomed every flower as it came out. The sun smiled and beamed too and said: "Hello flowers, how are you? I'll give you a little warmth."

Of course the sun was so high up and the flowers so near the ground that they couldn't talk very well to dear old Mr. Sun, but they were fond of him for being so good to them and keeping them fine and warm.

It was not long after this that the fairies were in this same garden early one morning when they saw some of the other spring flowers.

"Why here are some lovely hyacinths," they said. "Nice purple hyacinths and pink ones too—white and lavender ones as well. How fragrant you are, dear, lovely hyacinths."

And the hyacinths whispered to the fairies how they loved the world and fairies and children and that was the reason they were so sweet. They simply couldn't help being anything else.

There were the beautiful, bright tulips, too. How gay and jolly and happy they were. They were wearing their brightest colors. Some wore dark red and how handsome they were!

Others wore bright orange and some wore yellow. Still others were beautiful pink and some wore mixtures of colors. "We're bright because we're so happy," they said.

The daffodils, so yellow and cheerful came along next and the narcissus flowers were just as sweet as ever.

"It's wonderful to see the different flowers come out," the fairies said.

Just then a lilac bud burst into bloom. "Hello fairies," it said. And the other lilacs were out in a very few days after this.

"We'll tell you a story," said the white lilac bush while the purple and Persian lilac bushes listened as did the garden flowers.

"We'd like to hear a story," the fairies said.

"You see," said the white lilac bush, "that we are all a part of the great Flower Parade."

"The Flower Parade," repeated the fairies.

"Yes," said the white lilac. "Listen. When the snow leaves the ground the crocus flowers appear and take



"We're Glad to See You," Said the Fairies.

the lead in the parade. They are like the drum major who leads the procession, but instead of tossing a fancy stick into the air, they lift up their little heads and tell the world that spring has come.

"Next follow the hyacinths, the tulips, daffodils, narcissus flowers, garden violets, pansies and little daisies. They all are about in the same part of the parade. And when they come we appear too, as well as the flowering almond shrubs and many others.

"But the pansies, little daisies and garden violets blossom all through the season, so they're like the small boys who run along by the side of the parade—almost anywhere, at any time.

"And after we go the flowers will still keep on parading. The lilacs-of-the-valley are marching now, and soon the dear forget-me-nots with their blue, blue eyes will come.

"The rockets, peonies, honeysuckles and roses all will follow along, making a very handsome part of the parade. And later on the phlox, larkspur so blue, and foxglove will follow.

"These are the flowers that come up year after year and they are the ones which belong to the great Flower Parade. It takes a whole spring and summer and early autumn to see the whole parade. But it's worth while seeing, and though we can't be here all the time, we're glad for our part of the parade—we are."

And the fairies knew that the lilac bush was right and a parade of gorgeous garden flowers would continue all summer.

Doesn't Seem Fair.

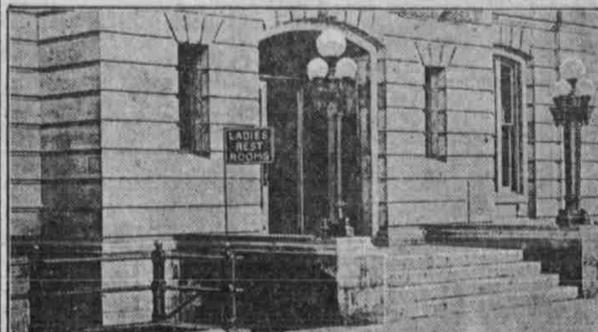
"Mamma," said little Ethel, with a most discouraged appearance, "I'm never going to study any more."

"Why, dearie, what's the matter?" inquired her mother.

"Cause it's no use," was the impulsive answer—"it's no use at all. I can't never learn spelling. Teacher keeps changing the words all the time!"

The Housewife and the War

(Special Information Service, United States Department of Agriculture.)
TOWN REST ROOMS FOR RURAL WOMEN



Sometimes Quarters in a Courthouse. Free of Rent, Are Available—A Women's Organization Was Allowed \$100 From County Appropriations to Buy the Furniture in This Room.

REST ROOMS FOR NEEDS OF WOMEN

Clubs Work With Local Organizations to Establish These Conveniences.

FINANCING IS NOT DIFFICULT

Furnishings of Well-Equipped Room Should Be Simple, Comfortable and Durable—Members Donate Pieces of Furniture.

Rest rooms have been established in more than 200 counties in the United States to meet the needs of country women in town on business. They provide a place where the farm woman has a right, without asking any favors, to the use of facilities for rest and refreshment. They have been established by women's rural organizations in co-operation with other local organizations, with individuals, and with village, town or county authorities, by business corporations operating private markets, and by individual merchants. Where farm women's organizations have been interested in establishing rest rooms, local farm women's clubs have been able to arouse the necessary community interest in the need for rest rooms to insure their financial support. This has been done through co-operating with other local farm women's clubs, with organizations of women in town, with civic leagues, and with chambers of commerce, and with county agents.

Room in Oklahoma.

In co-operating with other clubs in establishing a rest room any local farm women's club may take the initiative. A rest room was established in an Oklahoma town through the co-operation of four women's rural clubs. A committee from the club interviewed the business men of the city, but met with little encouragement. They were told that rest rooms had been tried and were a failure, that some of the stores had rest rooms already, but that they were not used by the country people. After three weeks of effort a member of the committee learned of a vacant room in the courthouse that could be used for a rest room if permission were obtained from the county commissioners. Members of the committee and their friends called upon each of the commissioners to request the use of the room and to ask his advice as to how to proceed. As a result the matter was brought formally before the commissioners at their next meeting and the room placed at the disposal of the members of these organizations.

The furnishings of a well-equipped rest room should be simple, comfortable and durable. As an example of rest rooms furnished by a group of country women's clubs whose members personally donate pieces of furniture or secure them as gifts from various interested merchants, one may be cited which is provided with rocking chairs, straight chairs, a table with reading material, oil-cloth covered lunch tables, a couch, a crib, and a screen. Free telephone service and electric lights are furnished. Clean sheets and pillow cases may be secured from the ma-

tron in charge. A gas burner is provided for heating water or milk. The room is heated by a coal stove.

Financing Rest Room.

In financing a rest room two items of expense are to be considered—initial cost of furnishing and the annual cost of maintenance. A rest room may be financed wholly or partly by the women's organizations until arrangements are made to meet the expenses through public appropriations. It may be financed through town or county appropriations or by private individuals, or by any of these in combination. Usually the permanently established rest room is located at the town hall or county courthouse since appropriations can be made annually for the maintenance of such rooms from public funds. When financed by private individuals the money is either a bequest or gift, or the money spent for the rest room is considered by the merchants as bringing returns in increased trade. In such cases there is no expense to the women making use of the room and the value of the co-operation of women's organizations lies in their making known the location of the room and thus insuring a more general use of it.

SPECIALISTS HELP TO ESTABLISH REST ROOMS.

Representatives of the United States department of agriculture are glad to give assistance to organizations of women desiring to establish rest rooms. Specialists of the bureau of markets are particularly interested in providing such quarters for women in marketing centers. A recent publication of the bureau of markets, "Rest Rooms for Women in Marketing Centers," discusses the plan and gives specific advice on the various details. Frequently the county home demonstration agent or county agent may be able to aid in the enterprise.

How Colorado Women Financed a Rest Room

Private solicitation and a county appropriation enabled the establishment of a rest room for country women at Grand Junction, Colorado. The furnishings of the room and the matron's salary were provided by an organization composed of a number of rural women's clubs. One hundred and fifty dollars was appropriated from county funds and a like amount from town funds to pay the cost of the rent and heat of a convenient room, as no quarters were available in any of the public buildings. For furnishing the room contributions were solicited from members of the organization and from the merchants in town. To pay the matron's salary of \$25 a month pledge cards were issued, each calling for the payment of 5 cents a month. In two years the demands for other activities in connection with the rest room developed and the monthly expenditure increased from \$60 to \$100 a month. This additional amount was provided from profits from a restaurant established in connection with the rest room and by subletting space for a woman's exchange. The total receipts from all sources averaged \$100 a month, which amount is expended in carrying on the various activities undertaken.