

Helping the Meat and Milk Supply

(Special Information Service, United States Department of Agriculture.)
AVOID MONOTONY OF SALT MEAT EVERY DAY.



Preparing Meat for Canning by Steam-Pressure Method.

STEAM-PRESSURE CANNER FAVORED

Every Useful Portion of Pork, Beef, Fish and Fowl May Be Preserved.

WASTE AVOIDED BY CANNING

Great Convenience to Housewife When Usual Supplies of Fresh Meat Are Exhausted—More Varied Diet Made Possible.

It is very difficult to keep fresh meat on the farm without a refrigerator or ice supply. As such conveniences are often lacking in the farm home, the importance of canning becomes evident, especially as the curing of meat is also difficult in certain regions, as for example in the extreme South. The farmer who has no ice frequently loses meat when the weather suddenly turns warm at butchering time. Often, too, he uses more fresh meat than he needs in order to consume it before it spoils. This means a waste of one of the most important articles of the diet and one which is usually relatively expensive. It is possible not only to avoid such waste by canning, but also to utilize meat scraps, soup bones, and, in fact, every part of the animal useful for food purposes.

With a supply of canned meats the housewife can prepare and serve a palatable meal on short notice with saving of both fuel and time. It also makes possible a more varied diet, lessening the dependence upon cured, salted, and smoked meat, the constant and exclusive use of which means a monotonous and less wholesome diet.

Canners for Home Use.
 Steam-pressure canners for home use are generally made of steel boiler plate riveted together and supplied with cast-iron covers, that can be securely fastened to the retort, or they may be made of cast aluminum. They can be had from reliable makers at prices ranging upward from \$15, according to capacity and material used in construction. Steel canners can be had either with or without a suitable heating device. They can be used over a wood, coal, or gas stove or over a brick furnace, just as they can be used over several types of gasoline (under pressure) burners. The aluminum pressure canners, common in many homes where they are not only used for canning under steam pressure but for every-day cooking, may be heated successfully on common wood, coal, gasoline or kerosene stoves as well as where more intense heat is used. Care should be exercised not to exceed the pressure specified in the directions furnished with the canners, otherwise a serious explosion may occur.

Meats are ready for preparation for the canner as soon as the animal heat has disappeared. They must be handled in as cleanly a manner as possible. For home canning, meats should be cooked first—fried, broiled, roasted, baked, or stewed—just as would be done for immediate serving, to preserve not only the meat but the home-cooked flavor as well. The meat is seasoned according to individual taste, and is heated until it is entirely cooked through, without needing to be cooked tender, before placing it in the cans.

Use for Various Parts.
 Select the meat intended for roasting, slice the meat wanted for steak, and what is not suited to either of these can be used for goulash or steaks or be chopped up and made into sausage meat, formed into little cakes, fried, and canned. What meat is left clinging to the raw bones will be utilized when the bones are boiled for soup stock. For this purpose it is well to cut the bones at several places. The bones removed from the roasts and steaks, with any adhering meat, can

also be utilized for soup stock. Put the bones in cold water, heat to near the boiling point, simmer, and continue cooking until all of the strength has been extracted. The sinews, the head, and the feet, after they are cleaned, may be added for the soup stock. Do not add any salt. When well cooked remove the bones and meat and strain the soup. It may be poured into the cans as it is or it may be clarified. To clarify the soup mix beaten whites of eggs with an equal portion of water and the crushed egg shells, which have first been washed, and add this mixture to the soup, bring slowly to a boil, and cook for five minutes. Strain, salt to taste, and pour into hot cans. (The soup stock should jelly when cold. If it does not, simmer until sufficient water has evaporated, so that it will jelly when a little is poured into a saucer and cooled.)

Utilizing Every Ounce.
 The liver is soaked in water, the coarse veins cut out and the liver skinned and prepared as desired before canning it, or it may be made into liver sausage, boiled, and canned. The heart can be used for goulash. The kidneys should be soaked in salt water, split open and the little sack removed; then they can be used either for stew or for fried kidneys and canned. The sweetbread is boiled and canned or may be prepared in various ways and then canned. The brain is soaked in water to remove the blood, and the membrane inclosing it is removed. It can be fried or prepared in other ways and then canned. The ox tail is used for soup. The tongue is soaked in water, washed clean, salted, boiled, skinned, and packed in cans, with meat jelly or soup stock added. If the head is not utilized for soup stock and is of a young animal, it can be boiled, after it is split, cross-sectioned, and soaked in cold water and cleaned carefully, the eyes taken out, and the mucous membrane of the nostrils removed. Boil, remove the meat and utilize it for mock turtle stew or ragout. The tripe can be prepared in the usual way, then boiled and canned. When all the value of the bones for soup stock has been extracted by boiling, the bones may be dried, run through a bone crusher, and fed to the chickens or used for fertilizer. Thus, nothing of the dressed animal is wasted.

Danger of Poisoning.
 There is perhaps more danger of food poisoning from meats than from vegetables if any error or oversight has been made in the selection of the stock or in the processing. More scrupulous care, therefore, is necessary in the canning of meats. The United States department of agriculture recently issued, for distribution among its extension workers in home economics, a bulletin on the "Home Canning of Meats and Sea Foods With Steam Pressure Canner." Information pertaining to the canning of meats may be had in various other forms from the department. The safe practice, however, for housewives who expect to undertake the canning of meats or fish would be to get in touch with the home demonstration agent in the county or district, who will be in position to demonstrate every step from the selection of meats to the final sealing of the cans.

FRESH MEATS ALL YEAR

Of course you do your share of complaining about the monotony of eating salt meat every day.
 Stop it! Stop both of them—the complaining and the constant eating of salt meat.
 Get in touch with the department of agriculture's home demonstration agent in your county or district.
 Learn how to operate a steam-pressure canner.
 Utilize every bit of pork, beef, mutton, fowl, and fish.
 And vary the family diet by substituting fresh meat for salt meat whenever you like.

PEOPLE TALKED ABOUT

CHINESE INTERROGATION POINT

"Feng is a rapier. Under his presidency China is destined to see some eventful days," wrote Adachi Kinoshuke in the New York Tribune last July when the reins of government were put in the hands of General Feng Kwochang. Things have been happening in a pretty tumultuous fashion ever since; but the bitter words of self-reproach that accompanied Feng's announcement of his decision to retire from the presidency seem to indicate that the days were eventful in spite of rather than because of any potency in himself. His mandate was filled with such self-abasing sentences as: "I ordered the negotiations for peace while the rebels were triumphant;" "My effort to save from misery brought more misery; my hope to save the situation resulted in more confusion," and "I am too weak for the burden."

Apparently, President Feng is still, as Mr. Adachi called him, "an interrogation point of Chinese politics." Of his past, which he says is simple, the writer continued: "He was born some 59 years ago in the metropolitan province of Chihli, in the prefecture of Hochien. He went through the Paoing Military academy, and made his way up from the ranks of petty officers to the presidency of the Peers' Military academy, in 1906. His onward march has been singularly free from backslidings, which is a near miracle in that hotbed of all manner and variety of petty jealousies and intrigues called the officialdom of China. The following year saw him at the head of the Imperial Guards."

"Yuan Shih-kai in his glory days stood upon the shoulders of four stalwart pillars. They were called his Big Four. General Feng Kwochang was one of them."

General Feng was one of those whom Yuan Shih-kai, who dominated several of the commanders of the Imperial army, secretly ordered to bring about the emperor's abdication of the throne.



MARTIN, BOSS OF CONGRESS



As a floor speaker Senator Martin is a negligible quantity. He does not orate and rarely appears in the Congressional Record, but when he speaks the senate acts.

Congress has a boss, and he is Thomas Staples Martin, of Virginia. As the majority leader of the senate, the Virginia senator wields a power which holds the entire war congress in line. Theoretically, Senator Martin has no power over the house of representatives, yet his word bears enough weight so that he has practical control of both bodies.

From the gallery Senator Martin is about the busiest man on the floor of the war senate. Diminutive in stature, he bustles around very much like a clucking hen watching over her brood. When there is important administration legislation before the body, it is Senator Martin who whips the recalcitrants into line, and when there is anti-administration legislation up it is the same diminutive, white-haired senator from Virginia who makes himself very busy working the soft pedal.

HELPING THE FRENCH

To help restore the penniless among the French war sufferers to economic independence and at the same time promote closer commercial relations between the United States and France, an exchange market for American and French goods will be established through the efforts of the Travail Franco-American, according to Mrs. Benjamin Cram of Baltimore and New York, organizer of the society.

Mrs. Cram, who is a French woman married to an American, recently returned from Paris, where she spent six months. Among the patrons and patronesses of her organization in France, she says, are the wife of President Poincaré; Mrs. William G. Sharp, wife of the American ambassador; Pierre Mille, the writer; Felix Decori, Mme. Paul Adam, C. W. Veditz, commercial attaché of the American embassy at Paris; Comtesse Mathies de Nostilles, Gen. Malterre and the Duchesse de Clermont.

An American committee will be organized, Mrs. Cram announces. In this country the organization will operate under the name of the French Crafts society.

BURIAN, TOOL OF THE KAISER



Tisza in Hungary and Burian in the remainder of the empire stand for reactionary despotism and tyranny of the Hohenzollern brand. Tisza is a masterful man of the most harsh and cruel character who has relentlessly crushed every effort to introduce universal suffrage in Hungary and who has treated the Slavs subject to the crown of St. Stephen like helots.



The Housewife and the War

(Special Information Service, United States Department of Agriculture.)
SOME QUICK BREADS THAT SAVE WHEAT.



Plate of Palatable and Attractive Muffins Made Without the Use of Any Wheat Flour.

EAT HOT BREADS AS WAR MEASURE

Use of Substitutes Will Do Much to Relieve Wheat Situation and Aid Allies.

SOME GOOD THINGS TO EAT

Biscuits, Muffins, Waffles and Griddle Cakes Are Better Than Yeast Bread—Will Tickle Palate and Satisfy Stomach.

Biscuits, muffins, griddle cakes, waffles—use these in place of yeast bread and save wheat. To make a yeast bread of good texture some wheat flour must be used to furnish the gluten necessary for this form of leavening. Quick breads leavened with baking powders or sour milk, or cream of tartar with baking soda, do not need this gluten, so we can use other cereal flours that do not contain gluten for them. Barley flour, corn flour, cornmeal, buckwheat flour, oatmeal, sweet potato flour, kafir, and feterita meal—all such can be used for quick breads. Their use will do much to relieve the wheat situation, as they require no wheat. They are delicious, too, so when you serve your family with hot breads made from the wheat substitutes you help your country and the allies, and at the same time furnish your family with good things to eat.

For hot biscuits almost any of the substitute flours can be used, using the same amount of shortening and baking powder as for wheat biscuit and enough liquid to make a dough of the right consistency for rolling. Half corn flour and half cornmeal makes a good biscuit or half cornmeal and half peanut meal.

This barley drop biscuit is delicious:

Barley Drop Biscuits.
 2 cupsful barley flour, 1 cupful milk, 4 tablespoonfuls fat, 1 1/2 teaspoonfuls salt, 1/2 cupful baking powder.

Baked in a sheet this makes a good shortcake, buttered and served with fresh crushed berries or other fruit. When soy-bean meal or peanut meal are used the fat should be reduced, as both of these contain much fat.

For muffins the standard recipe can again be used, substituting the other flours in place of all or part of the wheat flour. Rolled oats can be put through a food grinder and used as any other flour or meal in quick breads. Here is a delicious muffin made from oatmeal and corn flour:

Oatmeal-Corn Flour Muffins.
 1 cupful oatmeal, 4 teaspoonfuls baking powder, 1 cupful corn flour, 1/2 cupful milk, 1 tablespoonful melted fat, 2 eggs, 1 teaspoonful salt.

These muffins made from corn flour and boiled rice or boiled hominy grits are also delicious:

Muffins.
 1 cupful cold boiled egg, 1 cupful hominy grits or 2 teaspoonfuls baking powder, 1 cupful sweet milk, 1/2 teaspoonful salt, 1 1/2 cupfuls corn flour, 1 tablespoonful melted fat.

Griddle cakes and waffles are always popular. Buckwheat cakes made with baking powder in place of the old-fashioned yeast-raised buckwheat cakes are very good.

Buckwheat Cakes or Waffles.
 1 1/2 cupfuls buckwheat flour, 1/2 cupful milk, 2 eggs, 3 teaspoonfuls baking powder, 1 tablespoonful melted shortening, 1 teaspoonful salt.

Corn flour, barley flour, or one-half corn flour and one-half peanut meal or sweet potato flour can be used in the following recipe to make delicious, crisp, brown waffles:

Waffles.
 1 1/2 cupfuls milk, 2 cupfuls flour, 2 eggs, 3 teaspoonfuls baking powder, 1 teaspoonful salt.

WHAT YOU ARE MISSING

Get acquainted with the delicious quick breads that can be made without wheat flour.

If every family in the United States were acquainted with them, a wheat shortage would never pinch again, war or no war.

By not being acquainted with them, you are missing an opportunity for sorely needed patriotic service.

Besides, you are missing the opportunity of eating delicious bread.

Get acquainted with quick breads made from cornmeal and wheat substitutes.

It is a duty you owe your country—and a pleasure you owe yourself.

"New" Spinach Is Favorite.

This is just an item about spinach and how you can help prevent a rather important loss in it. All that is asked of you is that you do not discriminate unfairly, when you go to market, in the matter of two kinds of spinach which are practically alike except in looks. Prickly seeded spinach is an old type that is coming back on the market this year because seed of the common spinach—Savoy-leaf—is scarce. It resembles the dandelion somewhat in appearance. It has just as much food value and as good a flavor as the smoother-leaved Savoy which you are more accustomed to buying, and can be cooked in the same way. Only a few years ago, before the Savoy became almost the only type grown commercially, the prickly seeded spinach was the most popular kind produced for winter use.

So don't snub this old favorite. Specialists of the United States department of agriculture are eager to have this explanation spread broadcast because they fear a loss may result from the belief of many consumers and dealers that the prickly-seeded type is a new one differing in food value.

Why Use Cornmeal?

A 35-bushel yield of corn, which crop produces more human food than any other commonly grown on American farms, will supply nearly 150 pounds of protein needed for flesh building and more than 3,000,000 units (calories) of energy. Wherever conditions are favorable for extending corn acreage it is evident that considerable addition can be made to the supply of human food.

Let it be urged once again, use more cornmeal. Millers should give special attention to the preparation of cornmeal of good quality and housewives should use increased quantities of this nutritious and palatable product as a substitute for wheat for bread making and other purposes. It is more practicable to increase the use of cornmeal in this country than abroad, for our people are familiar with corn as a food, while most European peoples are not, though now they try to do what they can.

Savory Meat Savers.

Beans, peas and other legumes are especially important articles of food at the time because of the large amount of protein they contain, which makes them valuable as meat savers. The legumes protein, however, is not a complete substitute for that supplied by meat, fish, poultry, eggs, milk, cheese, etc. The legumes will not, therefore, entirely take the place of meat and similar sources of protein in the diet. They should perhaps be looked upon as meat savers rather than meat substitutes. They will perform their function as food better if used in connection with some of the other sources of protein named rather than alone. For this reason such dishes as the following, for example, are preferable to beans or other legumes alone: Pork and beans, Boston roast (cold baked beans and cheese), bean soup with boiled egg, stews of meat and legumes, bean croquettes with boiled egg, and bean chowders and purees with milk.