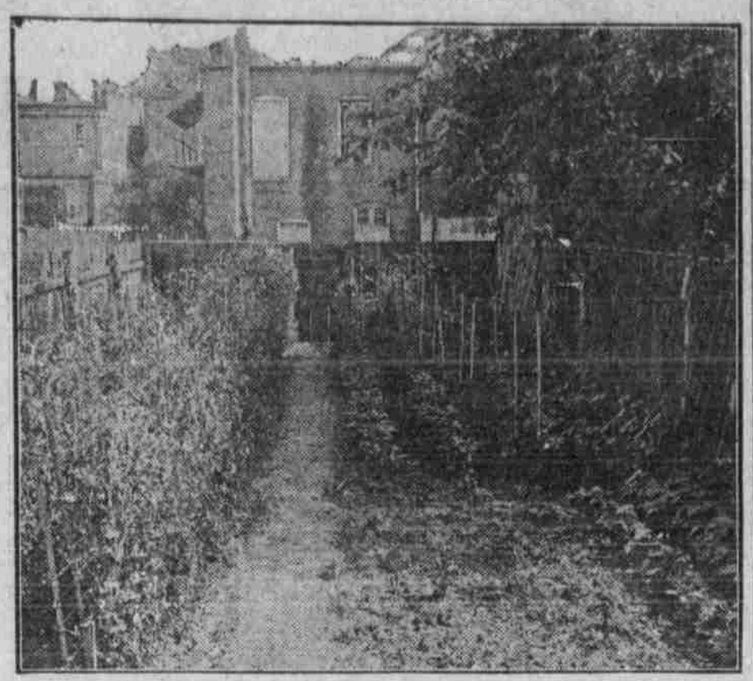
The Housewife and the War

(Special Information Service, United States Department of Agriculture.)

MAKE THE MOST OF VEGETABLES



A Back-Yard Garden Capable of Furnishing Practically the Entire Table Fare for a Family.

MAKING MOST OF ALL VEGETABLES

Families With Back-Yard Gardens Will Need to Do Little Buying in the Markets.

PRACTICAL HINTS ARE GIVEN

One of the Safest Rules for Keeping Well Is to Eat Variety of Food—Starch and Sugar Valuable as Fuel Foods.

All over the country war gardens have been planted to raise food to "help halt the Hun."

This summer millions of cans of vegetables will be put up by canneries and housewives for winter use, but everyone should have a chance to eat the fresh vegetables while they are at their best. If you have more than you can use now, sell them to your less fortunate neighbor who has no garden. What can't be used fresh, can for winter.

One of the safest rules for keeping well is to eat a variety of food. Vegetables are a great help in giving variety to your meals.

Eat vegetables every day; many are mild laxatives and they are better than medicine.

Use many kinds and lots of them. Let them take the place of part of the meat and bread you are using today. Don't think that because vegetables contain so much water they are not good food. They are one of the most valuable kinds of food we have. Vegetables have their own particular part in the diet which neither meats nor cereals nor fruits nor sweets can play.

Part That Vegetables Play.

They are appetizers. Their delicious flavors stimulate digestion.

They furnish fuel and protein. Vegetables, such as sweet potatoes, green lima beans, green corn, white potatoes, green peas, onions, beets, carrots and squash contain enough starch and sugar to make them valuable as fuel foods. Some of these are protein foods, too.

They help prevent constipation. The woody part of vegetables is valuable to give bulk to the food. For very small children it should be removed by rubbing the cooked vegetable through a sieve, but a grown person of sound digestion needs some of this woody portion. Don't cut out all the hard part from asparagus and such foods. The mild acid in such vegetables as tomatoes has some laxative effect.

Minerals Are Needed.

They furnish mineral matter. This is one of the most important parts that vegetables play in the diet. Without small amounts of mineral salts no part of the body can be built; they are needed in nerves, brain, bone, blood and muscles. Even after growth these minerals must be furnished to replace the parts of the body used up by exercise. They have an important part in keeping the different parts of the body working smoothly. Eat a variety of vegetables to furnish these much-needed minerals.

They furnish other important food constituents about which we know but little as yet. We do know, however, that these substances play an important part in promoting growth in the young and bodily well-being for everyone through life.

Eat the green leaf vegetables, lettuce, cabbage, cauliflower, Swiss chard, collards, Brussels sprouts, celery and onions. They are especially rich in these growth-promoting food constituents. Don't throw away your beet tops, onion tops, turnip tops and radish tops. Serve them for greens.

LIVE OUT OF GARDEN.

Live in the garden, if you like, but by all means live out of the garden.

Every time you take a meal out of your own garden, you save the equivalent in other foods to be used in winning the war.

That is one side of it.

Every time you take a meal out of your own garden you save money—good, hard money that can be used for any one of a score of things that would make the family more comfortable—or for investment in Liberty bonds, Thrift stamps and safety.

That's the other side.

And the bed-rock bottom of it is that you have a better, more wholesome summer meal than if you had gone to market and bought a lot of meat and stuff.

Make the most of the home garden. Study it.

Maybe you already know all of the delicious ways in which all sorts of garden truck can be prepared for the table. If you do, be a philanthropist. Impart some of your knowledge to your neighbor. If you do not, get the information that the United States Department of agriculture has gathered on that subject and apply it.

Card for Your Kitchen.

The States Relations service of the United States department of agriculture has recently issued "A Guide in Baking." The whole thing is printed on a card, ten by five and a half inches, suitable to hang on the kitchen wall. On it are the measurements of flour. The weights and measures were tested in the office of Home Economics. The table, adhered to, will enable the housewife to make good griddle cakes, muffins, cakes, cookies, drop biscuits and nut or raisin bread without using any wheat flour.

Whatever recipes she has used successfully with wheat flour, she may continue to use successfully with substitutes for wheat flour. For instance, the table shows that, if one cup of wheat flour was used in a certain recipe and it is desired to substitute barley flour, one and three-eighths cups will be necessary, while all the other ingredients remain as in the old recipe. A number of good combinations are worked out. By mixing two of the substitutes as indicated, the housewife will get better results than if she used one substitute. At the bottom of the card are half a dozen "cautions," aids in baking with substitute flours that have been carefully worked out by experts. A copy of the card may be had from the States Relations service, Department of agriculture, Washington, D. C.

Planning the Kitchen.

In planning a new home or remodeling an old one it should always be borne in mind that the placing of the stove, sink and work table in such a way as to secure the advantages of a compact workshop will save the housekeeper many steps in the tasks of the kitchen. Time and energy will also be saved if the shelves, cupboards and drawers are located near the place where the supplies or equipment which they are to contain are to be used, and they will be even more convenient if they are so planned that their contents may be easily and quickly removed or replaced. In selecting the equipment only that which is most convenient and durable should be purchased. As in any well-regulated workshop, all the equipment necessary for the convenience of the worker should be supplied, but that equipment should be installed first of all which will be used most often.

OUT-OF-ORDINARY PEOPLE

BLOCKED U-BOAT BASES

Vice Admiral Sir Roger John Brownlow Keyes is the man who found lasting fame by raiding Zeebrugge and Ostend and blocking the U-boat bases.

He is young as vice admirals go, only forty-five, and he has the vigor and air of youth. Years ago when the Boxer rebellion in China was at its height and it was as much as a white man's life was worth to show his face inland he took a couple of destroyers up the Yang-Tsei-Hei and boarded and captured four Chinese torpedo boats. Then he landed with about a dozen men, seized a Chinese fort which threatened trouble and blew the place up and withdrew his little party without a single casualty.

In the years before the present war he specialized as a submarine and torpedo officer, and for his daring and enterprise was chosen to command the British submarines. After several notable exploits he went to the Dardanelles when the government decided to attempt the forcing of the passage, and there he served as chief of staff to Vice Admiral Sir Michael de Robeck.

In 1917, after his promotion to rear admiral, he was appointed director of plans at the admiralty. He did excellent work in that position, but his professional qualities and his special aptitude for executive work led to his appointment at the end of last year to the command as vice admiral at Dover.

QUITS ART FOR RED CROSS

Many men of many minds, from millionaires to musicians, have left their own pay rolls or pianos to give their entire time to the Red Cross.

Now comes a woman who has closed up her studio to take an executive desk in the Red Cross. Early and late Miss Malvina Hoffman, sculptor, is to be found at the New York County chapter, where she has charge of the bureau of information and research and of the foreign department.

For three years Miss Hoffman studied with Rodin in Paris. When the war broke out she organized, with several other pupils of Rodin, the French Artists' Relief fund, of which Rodin himself until his recent death was honorary president.

While one hand now keeps in touch for the Red Cross every day, with main headquarters in Washington, the bureau of public information, the food commission, public charities and some dozen other organizations, the other hand labors for the Serbian National Defense League of America, to raise Serbian volunteers in this country and to send money to Serbian orphans.

France, in accepting Miss Hoffman's large group called "Russian Bacchanale" for the Garden of the Luxembourg, recently paid this highly gifted sculptor a most unusual compliment.

HITCHCOCK KNOWS THE HUN

"Germany from the inside" is familiar to Senator Gilbert M. Hitchcock. He spent several years in study in the country with which the nation is now at war and knows the German mind. He puts this knowledge to good use in the United States, and understands many of the trick plays that the kaiser and his cohorts have attempted.

Before the United States entered the war Senator Hitchcock was not considered a strong militarist. Since the declaration of war, however, he has been one of the most constructive members of the senate.

Tall, erect and with iron-gray hair, Senator Hitchcock presents one of the most striking figures on the floor. He is almost statuesque. His voice fits in with his personal appearance, and when he speaks in rich, mellow tones, with a temperate manner, he impresses his listeners. It is such as Senator Hitchcock that makes the United States senate gallery one of the places that no visitor to Washington can afford to miss, and if the Nebraska senator is on his feet when the out-of-towner drops into the gallery, it is a safe bet that the visitor makes his guide wait a little longer than the guides (at a quarter a trip) like to wait.

GALLANT COLONEL MAC ARTHUR

They pinned a French war cross on Douglas MacArthur for gallantry in action the other day.

The brief cable announcing that fact brought genuine joy to every one everywhere—and their number is legion—who knew the man. But there was only one remark heard when the subject was discussed. It was: "We knew it would come."

Col. Douglas MacArthur, chief of staff of the Rainbow division, probably has more personal friends than any one other soldier in the army. He has few enemies, even among the many men whom he has surpassed in his chosen profession.

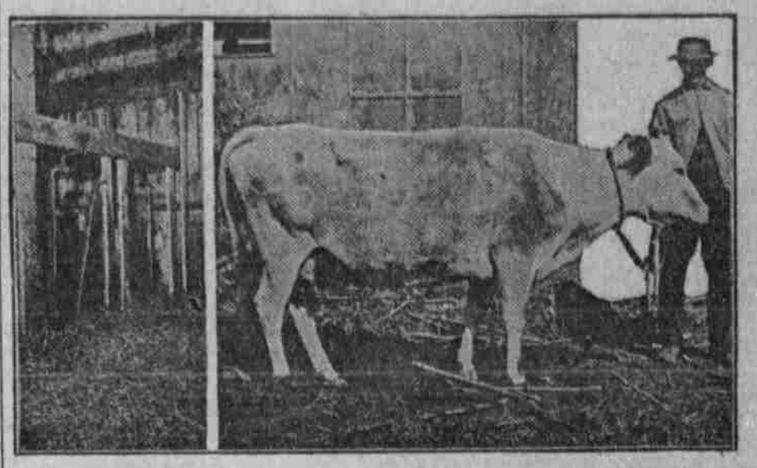
Douglas MacArthur grew up in the army. He was born in Arkansas, January 26, 1880. His father was that noted soldier, the late Maj. Gen. Arthur MacArthur. The colonel is a graduate of West Point and was the honor man of the class of 1903.

An American army engineer—which means the best engineers in the world—MacArthur mastered every detail of the profession of being a soldier so well that before he got the gold leaves of a major he had served two details on the general staff. He distinguished himself in the Philippines.

Helping the Meat and Milk Supply

(Special Information Service, United States Department of Agriculture.)

ESSENTIALS OF PURE MILK



Even From This Kind of Cow, With This Kind of Milker, in This Kind of Barn, Pure Milk May Be Procured by Simple Cleanliness.

KEEP BACTERIAL COUNT VERY LOW

Main Essentials Are Clean Cows, Sterilized Vessels and Small-Top Pails.

TESTS ON ORDINARY FARMS

Result of Experiments Indicate It Is Possible for Average Dairyman to Produce Milk of Very Superior Quality.

The consumer of milk may sometimes be inclined to feel that its purity is in direct proportion to the cost of the plant and equipment from which it comes. The dairy division of the bureau of animal industry, United States department of agriculture, has demonstrated that this is not always the fact. Clean milk, with low bacterial count, can be produced in ordinary farm barns, provided a few basic principles are adhered to in each case.

How Tests Were Made.

In order to demonstrate the practical value of the three essential factors in producing milk of low bacterial count—sterilized utensils, clean cows with clean udders and teats, and small-top pails—tests were made on six ordinary farms with the voluntary cooperation of the dairymen. Five of the farms sent milk and one sent cream to an experimental creamery operated by the department of agriculture. The dairy barns were ordinary farm barns, scoring on the dairy division score card less than the average barns for equipment. The plan was to determine first the bacterial content of the fresh milk and cream on the farm under the existing conditions; then to place in operation the three factors previously mentioned and note the results.

For the work small-top pails were lent to the farmers, together with simple steam sterilizers. The method of operating the sterilizer was demonstrated to the farmer, who was then left to operate without further assistance. At each milking the milk was stirred by means of a long sterilized pipette, after which samples were taken from each can and a composite sample placed in ice water and tests made within an hour and a half. For a period of three weeks samples were taken from each farm under the old conditions, and for the three weeks following under conditions in which small-top pails and sterilized utensils were used.

Decrease in Bacterial Count.

On all the farms the bacterial count of the fresh milk showed a very great reduction following the installation of the simple safety method mentioned. The bacterial count of the milk on several of the farms was reduced to 3,000 per cubic centimeter. One of the most striking reductions was on a farm where the average count was reduced from 187,000 to 3,600.

The results of these experiments are taken by the department of agriculture to indicate that it is possible for the average dairyman on the average farm, without expensive barns and equipment, to produce milk of a very low bacterial count. These factors, when combined with other simple factors relating to cleanliness in producing and handling, will result in clean, wholesome milk with low bacterial count.

Back-Yard Cow.

The milk-goat industry in the United States has not as yet developed to any important extent. The interest shown during the past has come largely from people who were either raised in or at least are familiar with conditions in countries where the milk goat has proved a success. It requires time to educate people to the value of any new industry, especially one that has been so greatly handicapped as has been the case with the milk goat. In Switzerland, Italy, Germany, France, Norway, and Spain milk goats are largely used by families not so situated as to permit keeping a cow. F. S. Peer, a well-known American importer of live stock, after making an investigation of the industry in Switzerland some years ago, stated that "the goat of Switzerland is the Swiss peasant's cow and Swiss baby's foster mother, a blessing to the sanitariums for invalids, and a godsend to the poor."

The milk goat is adapted to this country and the industry is likely to become of greater importance every year. The goat is especially useful to those who desire a small quantity of milk and do not have the room, or cannot afford, to keep a cow. In fact, a goat can be kept where it would be impossible to keep a cow, and it will consume considerable feed that otherwise would be wasted. The fact that goats are rarely affected with tuberculosis is another point in their favor. The demand for good goats appears to be far greater than the supply.

WHAT MAKES MILK SAFE

It is mighty nice to know that you are drinking milk drawn from blue-blooded cows by immaculate milkmen in palatial barns.

But, because such is not the case, the milk is not necessarily inferior.

Though the cow be an ordinary grade animal of no particular color or character, the barn ordinary and the milkman clad in blue overalls and "jumper," the milk may be just as wholesome.

The United States department of agriculture has shown that keeping the bacterial count of milk low depends upon four things—clean cows, sterilized utensils, small-top pails, a temperature never above 50 degrees Fahr.

Therein lies one of the ways of "helping the meat and milk supply."

The thing you are interested in is that the milk you use be pure and wholesome.

If you can satisfy yourself that your dairyman observes the few essentials of cleanliness, you need not worry about the pedigree of his cows, the architecture of his barn, or the eclat of his milkers.

Pasteurization of Milk.

The pasteurization of milk has been so much thought of as a process performed by elaborate plants that it may not be a matter of common knowledge that such equipment is not necessary. Milk may be pasteurized at home with the very simplest of paraphernalia. Pasteurization consists merely in exposing the milk to a high temperature. All the equipment necessary is a metal pail, a pie pan with some holes punched in the bottom, and a thermometer. The pail is filled to the proper depth with water and the milk, in the bottles in which it is delivered, placed in it, the pie pan having been placed at the bottom to allow free circulation of water under the bottles and to prevent bumping. A hole is punched through the cap of one of the bottles and the thermometer inserted.

The pail is then placed on the stove or over a gas burner and heated until the thermometer in the milk shows not less than 145 nor more than 150 degrees Fahrenheit. The bottles are removed from the water and the one with the punctured cap covered with an inverted cup. The thermometer, meanwhile, has been placed in the water in the pail and cold water added until the temperature of the water is between 145 and 150 degrees. The bottles are then replaced in the water, covered with a towel and held thus for from 20 to 30 minutes. The final process is to run cold water into the pail until the milk is reduced to the temperature of the tap water. The milk is then pasteurized and should be immediately placed in the refrigerator, preferably with ice packed around the bottles. It must be remembered that pasteurization does not destroy all bacteria and that even pasteurized milk must be kept constantly cold. Where pasteurized milk cannot be purchased and where conditions under which the raw milk is produced are unknown, home pasteurization is recommended by the United States department of agriculture.