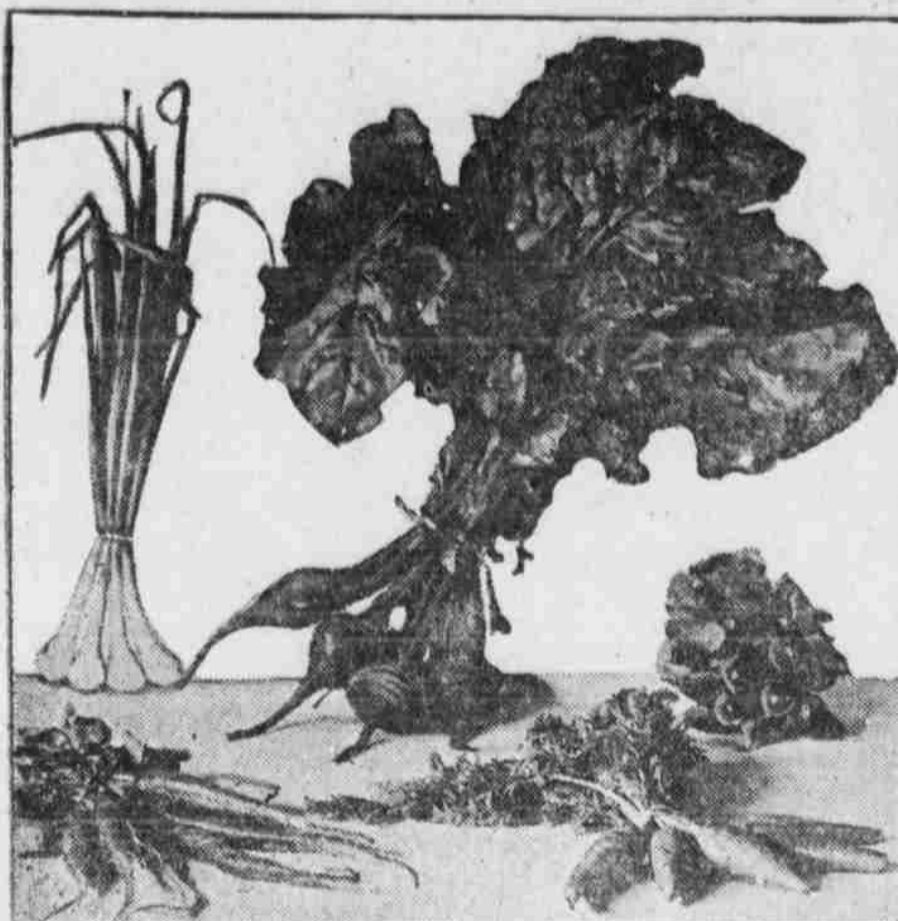


The Housewife and the War

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

MAKING THE MOST OF VEGETABLES.



Some of the Good Things From the Garden Plot.

STRAIGHT FROM GARDEN TO COOK

Fresh Products and Proper Cooking Mean Everything to Modern Housewife.

TIPS FROM FOOD LEAFLET

Every Cook Can Do Much to Make Vegetables Appetizing and Attractive by Proper Cooking—Overcooking is Bad.

Sweet juicy beets, corn, lima beans, squash, summer cabbage, cauliflower, carrots, Brussels sprouts and spinach as well as cool green cucumbers, and juicy tomatoes—these are some of the good things that the late vegetable plot has to offer as a reward for the hours of work spent upon it earlier in the season.

Who, that has the privilege of enjoying the vegetables at their best, fresh from the garden, will not say that the vegetable garden is worth the trouble it costs? No one not accustomed to fresh vegetables cooked within a few hours after they are gathered really knows how good vegetables can be.

Points From New Food Leaflet.

Every cook, however, whether she starts with vegetables fresh from her garden or whether she buys the best she can procure on the market can do much to make her vegetables attractive and appetizing by proper cooking. The United States department of agriculture and the United States food administration in United States food leaflet No. 16 give the following pointers in regard to the cooking of vegetables:

Vegetables just out of the garden taste best when simply cooked—steamed, boiled or baked—and served with a little salt, butter, milk or cream. Often a heavily seasoned sauce covers up the more desirable vegetable flavor.

Overcooking of vegetables impairs their flavor. Very delicate flavors are destroyed, while vegetables with strong flavors, such as cabbage or onions, become disagreeably strong if cooked too long. Overcooking also destroys the attractive color of some vegetables.

Cook summer vegetables as soon after they are gathered as you can in order to preserve the flavor. If they must be kept over, keep in the icebox or some other cool place.

Let wilted vegetables soak in cold water to freshen them. If vegetables must stand after paring, covering with cold water will prevent wilting and discoloration.

Before cooking, put head vegetables and greens in cold water for an hour, with one tablespoonful of vinegar to remove insects, then wash very carefully.

Save Water for Soup Stock.

Drain all boiled vegetables as soon as tender—they become soggy if they are allowed to stand undrained after cooking. The water drained off may be saved for soup stock.

Most vegetables should be cooked in a small amount of water, because a part of the mineral salts dissolves out into the water, and is lost if the water is thrown away. Cook whole when possible.

Tender spinach or lettuce leaves require no added water for cooking. If thoroughly washed, enough water will cling to the leaves to prevent their burning.

Delicately flavored vegetables should be steamed or cooked slowly in a small

amount of boiling water until tender and the water boils away.

Strong-flavored vegetables may be cooked uncovered in a large amount of rapidly boiling water, and the water changed several times during cooking.

Starchy vegetables should be put on to cook in a sufficiently large amount of boiling water to cover them. Boil gently, and keep kettle covered.

The time required for cooking vegetables depends on the kind, size and age of the vegetable. You must use your judgment in deciding when they are done.

NEED OF VEGETABLES

Remember that vegetables are not only good to eat but good for you—make the most of the varieties that the summer brings.

Leaf vegetables, lettuce, spinach and cabbage that are largely water are splendid food, for they furnish valuable minerals which your body needs as well as growth-promoting substances that help make children grow and keep adults healthy.

Minerals in vegetables keep your blood as it ought to be and your whole body in good condition.

Vegetables are better than medicine to prevent the common evil of constipation.

Serve a quantity of vegetables and you will need less bread and meat in the meals.

Apple Butter Saves Surplus.

Do not let the surplus apples go to waste, make them into apple butter. Summer apples make splendid apple butter, even without the use of boiled cider, which, however, is a desirable addition if it can be obtained. Pare, core and cut up the apples, add a little water and stew into apple sauce. Let this simmer gently at the back of the stove for several hours, stirring occasionally as needed to prevent sticking. When it is two-thirds done add one pound of white or brown sugar to each gallon. After cooking thick enough, stir in spices to taste. Pack in sterilized containers and cover with melted paraffin.

If sweet cider is to be used boil it down to half the original volume. By boiling it to a thick lump, less sugar is required. To each gallon of sweet cider use a gallon of pared, cored and sliced apples. Either add these to the boiled cider and begin cooking, or stew them into apple sauce and add the sauce to the boiled cider. Cook gently but stir often for two hours, then add a half pound of sugar to each gallon of product, or use no sugar. Continue cooking and stirring until thick enough, stir in spices to taste, pack in sterilized containers and cover with melted paraffin.

Milk-Vegetable Soup.

Don't throw away left-over skim milk, says the United States department of agriculture. It is a nutritious food and every drop of it should be used. One way to utilize it is to make milk-vegetable soup.

To each two cupfuls of milk use one tablespoonful of flour, one tablespoonful of butter, two-thirds of a cupful of a thoroughly cooked vegetable, finely chopped, mashed or put through a sieve, and salt to taste. Thicken the milk with the flour as for milk gravy and add the other ingredients.

Practically any vegetable except tomatoes may be used with the other ingredients as stated. If tomatoes are used, a little soda should be added to them to prevent the milk from curdling.

Milk is the most important food there is for growing children.

The KITCHEN CABINET

Leave no tender word unsaid, Do good while life shall last; You know the mill can never grind With the water that is past.

WAR TIME DISHES.



NUTS are rich in both protein and fat. A cupful of chopped peanuts equals a half pound of steak, chicken or leg of lamb. No meat except pork chops and sausage will provide enough fat to replace the fat found in a cupful of peanuts. Walnuts are not so rich in protein as peanuts; but they furnish nearly twice the amount of fats.

Egg Plant With Walnuts.—Boil an egg plant until tender, cut in pieces, remove the skin and mash the pulp. To the pulp add one cupful of chopped walnuts, two tablespoonfuls of bread crumbs, two eggs well beaten, salt and pepper to season. Mix well, put into a well-greased baking dish, cover with well-buttered crumbs (the crumbs may be mixed with any sweet fat) and bake until brown.

Scalloped Onions With Peanuts.—Peel and cook six onions, chop two-thirds of a cupful of roasted peanuts, cook together two tablespoonfuls each of fat and corn flour; add a cupful of milk and seasonings. Put the onion and peanuts in layers in a buttered baking dish, add the white sauce and cover with buttered crumbs. Bake until brown.

Shoreham Sweet Potatoes.—Cut four cooked sweet potatoes in one-fourth inch slices lengthwise and arrange in a shallow dish. Lay three sections of orange, free from membrane, on each slice of potato. Pour over one-half cupful of maple syrup and bake in a moderate oven basting frequently until the syrup is almost completely absorbed. Serve from the baking dish.

Prune Coupe.—Take two cupfuls of top milk lukewarm, add one crushed junket tablet dissolved in a tablespoonful of water, two teaspoonfuls of vanilla, a few grains of salt. Mix in the freezer can and let stand until the milk is thick, then freeze. Serve small portions in glasses with prune sauce.

Prune Sauce.—Take one cupful of cooked prunes, four candied green-gage plums, six candied cherries, two oranges, two tablespoonfuls of lemon juice, one-third of a cupful of honey. Simmer all together gently, cool and add a half cupful of chopped nuts.

Sweet Potato and Peanut Croquettes.—Take one cupful of mashed sweet potato, one cupful of finely chopped peanuts, salt and pepper to taste. Shape like croquettes, roll in fine bread crumbs well buttered and bake in a hot oven until brown. Serve with a white sauce mixed with two tablespoonfuls of chili sauce.

SEASONABLE DISHES.



ALITTLE left over oatmeal may be fried in small cakes and served with bacon for the next day's breakfast or more is at hand, make an Oatmeal Brown Betty.

Pare and slice three apples, sprinkle with sugar and cinnamon or nutmeg and put into a deep baking dish in alternate layers with oatmeal. Molasses or corn syrup may be used in place of sugar. Bake in a moderate oven until the apples are soft. Serve with cream or a sauce made of apple juice.

Sweet Potato Buns.—Boil and mash a sweet potato. Rub into it enough corn meal and flour to make it like bread dough. Add half a teaspoonful of cinnamon, half a teaspoonful of sugar and one teaspoonful of yeast. When the dough has risen to double its bulk, shape into biscuits, let rise again and when light bake.

Corn Chowder.—Take two cupfuls of finely chopped corn, one cupful of milk, two cupfuls of rice or vegetable stock, one cupful of diced potatoes, two tablespoonfuls of chopped bacon, two tablespoonfuls of butter, four tablespoonfuls of corn flour, one teaspoonful of salt, one-eighth of a teaspoonful each of pepper and paprika, and one tablespoonful of chopped parsley. Boil the potatoes and onions with the stock ten minutes; add the corn, salt and pepper and boil five minutes; add the heated milk, flour and butter creamed together and cook until smooth. Sprinkle with chopped parsley and serve hot.

Clam Stew.—Drain the liquor from ten large clams. Put the clams through a meat chopper and add the clam juice, bring to the boiling point, remove the scum and add three cupfuls of milk. Rub two tablespoonfuls of butter with the same amount of flour and add to the stew. Cook for five minutes and season with salt, pepper and chopped parsley. Serve with croutons or crackers.

Orange Cream.—Soak one-fourth box of gelatin in one-half cupful of cold water and add enough boiling water to make a pint of liquid. Squeeze the juice from three oranges and half a lemon, strain, sweeten to taste and mix all together. When it begins to stiffen fold in one-half cupful of whipped cream.

Neenie Maxwell

THE HOMELY MAN

By VINCENT G. PERRY.

(Copyright, 1918, by the McClure Newspaper Syndicate.)

"The kind of girl he would marry would not marry him and the kind of girl that would marry him he wouldn't have, so there you are." Donald Macbeth could not help overhearing these words as he sat in a quiet corner of the clubroom, unnoticed. A feeling of resentment rose in his heart for the men were discussing him. He took a more careful look at them. They were two he had thought, Ian Vining and Lorne Miller, two clubmen with whom he was fairly intimate.

"But why?" questioned Vining. "He's clever and moderately well off. He's considered one of the painters of the day."

"Yes; but did you ever see a homelier man? That scar on his face makes him positively hideous," Miller declared.

"Beauty is only skin deep," argued Vining, who wasn't handsome himself. "So it is, but disfigurements cannot be overlooked. There is generally something pleasant in a homely man's face to detract from bad features."

"I am sure his eyes are kind and sympathetic. Have you ever seen a picture of him before he had that scar?"

"No; I thought he was born that way," Miller said with a show of interest.

Vining led him to a group picture on the wall. "There he is, there," he pointed out. "Can't you recognize the eyes? He was handsome then."

"Yes," Miller agreed, "he was. I can hardly credit that it is the same man. But even that is no argument. He is as homely as sin now and is the only man I know of in the club who is doomed to bachelorhood. Imagine a pretty woman married to a man like that."

"He might find it hard to get a wife, at that," Vining said after a moment's thought. "Let's leave that to him, though. How about the theater tonight? Marguerite Morton is playing her farewell before going into the movies. She's a dream! Will you come?"

Miller needed no second invitation. After they had gone Donald Macbeth got up and went to the group on the wall. It was a long time since he had looked on the smiling, handsome face that had once been his; he wished he had not looked at it. What was the use? It only made it harder to bear. The light behind him reflected his features on the glass and he turned away with a shudder. No, he had no right to ask any woman to marry such a homely man as he was. He would give Marguerite a chance to break her engagement that very night—the night she was leaving the old life behind and was going into something new. In a few months she would be as popular, universally, as she was in the city.

He arrived at the theater just after the curtain had gone up. From the moment Marguerite flitted onto the stage he was entranced. How adorable she was.

In another part of the house Vining and Miller were watching the play and were almost as enthusiastic over it as Donald. Miller had not been a follower of Marguerite's, but this play appealed to him.

After the play was over he persuaded Vining to accompany him behind the scenes.

"I'm going to meet that little lady and take her to a little supper, if it costs me a million in tips," he said.

But even generous tipping couldn't get him any farther than behind the scenes.

"Miss Morton doesn't receive visitors," the man at the door told him, "but I will take your card to her."

Miller hoped she would connect his name with his father's millions. It had always proved enough introduction to the other actresses that he had honored with a visit. What would his father say if he married an actress? He would not object to one like Marguerite Morton. Wouldn't they make a handsome couple? He twisted his mustache before a mirror on the wall. He was handsome, there was no denying it. He had reason to be conceited, he felt. Vining watched him with just a trace of a smile playing about his lips. "Some day, Mr. Man, you'll get a shock to your vanity," he said to himself, "and I'd like to be around when you get it."

The man returned with the card. "Miss Morton can't see you, sir," he said politely.

"Miss Morton considers herself too important," Miller flashed. "She's only an actress after all."

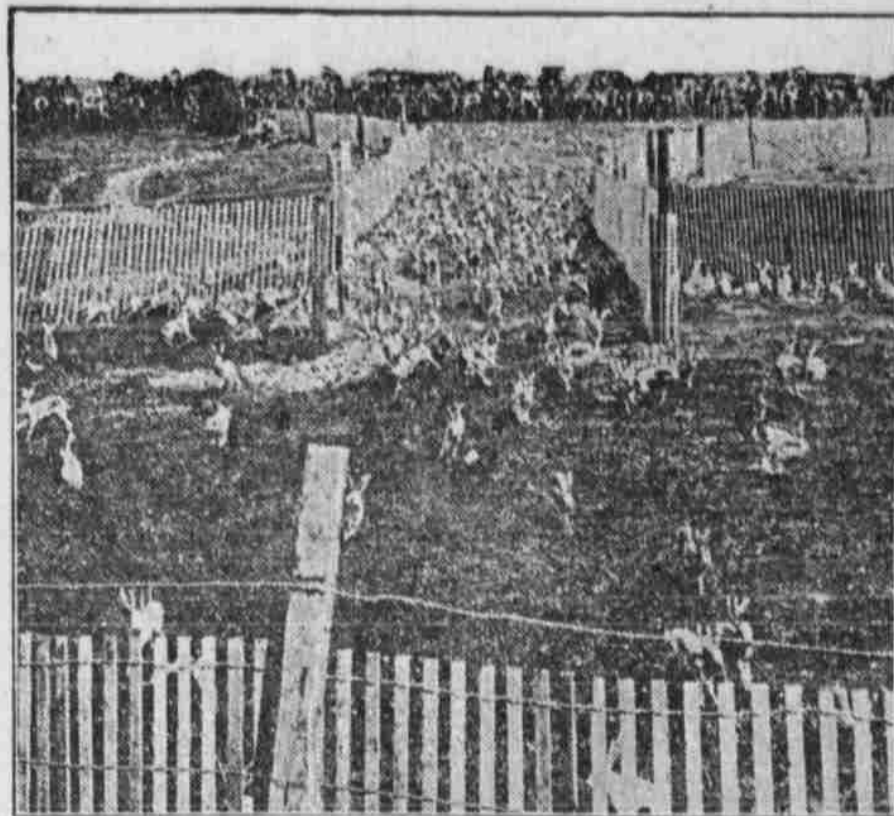
"You'd better not say anything against Miss Morton here, sir," the man cautioned. "She's mighty popular with us all. There's a young man in there now who fought a lion to save her life, and he won out too. She's going to marry him tonight, sir. She just informed me. He's a fine young man and she's a fine girl—the finest in the land, and I wouldn't mind fighting a lion for a girl like her myself, though I ain't got much beauty to get spoilt."

The men were still talking when Marguerite's door opened and she came out, her arm in Donald Macbeth's. She was looking up into his face, smiling sweetly, noticing nothing but him. Macbeth caught a glance of the two men standing there with incredulously written in every feature. There was a smile of victory on his face when he turned his eyes once more to Marguerite's and whispered to her softly.

Helping the Meat and Milk Supply

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

WILD RABBITS FOR MEAT AND FUR.



The Organized Rabbit Drive Protects Crops and Conserves Meat.

WILD RABBIT IS VALUABLE ASSET

Each Year Fully 200,000,000 of Little Animals Are Killed in United States.

FUR IS IN STRONG DEMAND

Value of Pelts Will Be Further Increased This Year on Account of Embargo Placed on Importation of All Skins.

The game commission of Pennsylvania estimated that in 1917, during the open season of 45 days, fully 3,500,000 rabbits were killed and utilized for food in that state. Making due allowance for overestimates in only one state, it is safe to say that each year fully 200,000,000 wild rabbits are killed in the United States. Many of them are jack rabbits, the majority of which have been utilized in the past. If all the rabbits killed were consumed, they would represent between 200,000 and 300,000 tons of valuable food, according to specialists of the United States department of agriculture.

The skins of these wild rabbits are a valuable asset, as they can be used for hatters' fur and glue. The war has caused a great shortage of hatters' fur from other countries. Last winter the price of native rabbit skins rose steadily from 20 or 25 cents to 70 and even 90 cents a pound at the close of the season. It takes 6 to 8 dry skins of the cottontail rabbit to make a pound. This makes the present value of the pelt of the smaller rabbit 10 to 12 cents and that of the jack rabbit 18 to 20 cents. These values will be further increased because of the embargo that has been placed on the importation of furs.

Save the Skins.

If proper measures are taken to insure the collection of skins the shortage of hatters' fur can be largely met by the wild supply. If all households that use rabbits for food and every marketman who dresses rabbits can be induced to save and dry the skins the present home production of hatters' fur can be more than doubled next season. The prices pay well for the slight labor needed to prepare them for market. Men can make excellent wages skinning the jack rabbits that are destroyed as pests in our Western states, and that have hitherto been wasted. At only 10 cents each the skins of the 200,000,000 rabbits killed in the United States have a value of \$20,000,000.

The organized drive, in which every rabbit caught may be utilized as food, is being encouraged wherever practicable as a means of conserving meat and protecting crops from their depredations.

While the fur of our wild rabbits does not make the finest hats, and the manufacturers of these are dependent on nutria, muskrat, and beaver clippings, the use of these finer hats will probably decline and they will be replaced by those made of rabbit fur. There is a strong demand for all the rabbit skins that can be collected in America.

Kansas Firm's Contribution.

Last winter a firm in Kansas dressed and shipped 157,000 jack rabbits, or 275 tons of meat. The skins were all saved and marketed, making an important item in the profits. A large extension of the business is planned for the coming season, and it is expected that many similar enterprises will be developed in various parts of the West. These activities will insure a much larger saving of jack rabbit skins than in the past.

CAN THE BUNNY

Bunny clubs have been started among women in Oklahoma to can the rabbits caught in the organized drives in sections of the state where great damage is done by the pests. One club in Buffalo puts up Buffalo bunny sausage which carries on the outside of the cans the following:

Can the bunny
Save the money
Help to win the war
With bread and meat
And lots to eat
The end will not be far.

Slice him up
Spice him up
Grind him very fine
Fry him brown
Pack him down
Good for any time.

Tile Trap for Rabbits.

Set a 12 by 6-inch "tee" sewer tile with the long end downward, and bury it so that the six-inch opening at the side is below the surface of the ground. Connect two lengths of six-inch sewer pipe horizontally with the side opening. Second-grade or even broken tile will do. Cover the joints with soil so as to exclude light. Provide a tight removable cover, such as an old harrow disk, for the top of the large tile. The projecting end of the small tile is then surrounded with rocks, brush or wood, so as to make the hole look inviting to rabbits and encourage them to frequent the den. Rabbits, of course, are free to go in or out of these dens, which should be constructed in promising spots on the farm and in the orchard. A trained dog will locate inhabited dens. The outlet is closed with a disk of wood on a stake, or the dog guards the opening. The cover is lifted and the rabbits captured by hand.

These traps are especially suitable for open lands and prairies, where rabbits cannot find natural hiding places. They are permanent and cost nothing for repairs from year to year. If it is desired to poison rabbits, the baits may be placed inside these traps, out of the way of domestic animals or birds. This trap also furnishes an excellent means of obtaining rabbits for the table, or even for market.

Fall Feeding for Sheep.

Stubble and stalk fields may well form the principal means of sustenance for the breeding flock in the fall if they are used before the rains injure their feeding value. Fence strips in plowed fields may also give good grazing for a few days. Clover and grass pastures may well be left until the stubble and stalk fields have been used. For regions where the winters are open, a heavy stand of well-cured bluegrass will help very much in carrying the flock through the winter in good condition. Green rye pastures in the late fall give considerable succulence and furnish exercise for the flock. In the South velvet beans will be found of great help in carrying the flock into January.

Plenty of Muskrats.

A sufficient number of muskrats to meet demands for their fur are trapped from marshes and swamps that are, for the most part, unprotected, millions of skins being taken each year. So long as the natural breeding places remain undisturbed and reasonable closed seasons are maintained there is little likelihood of the numbers of the animals being depleted, according to biologists of the United States department of agriculture. With adequate protection in the breeding season and with the present habitat available, from 10,000,000 to 12,000,000 pelts can be taken in North America annually without depletion of the supply.

It is a good plan to wean the lambs gradually; this will eliminate having to milk the ewes and the lambs will do much better.