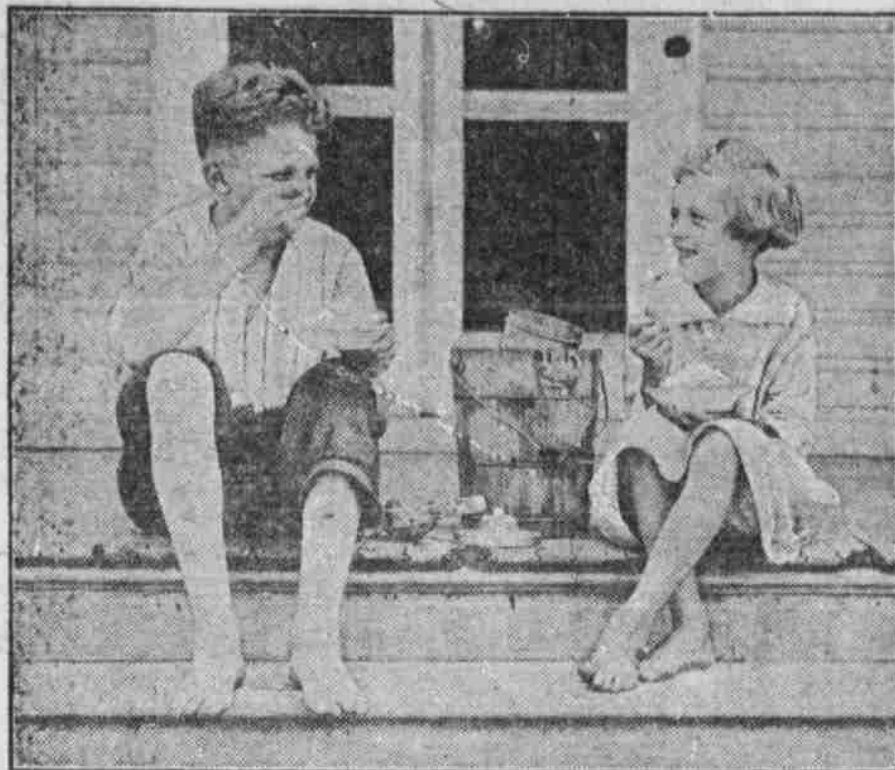


Helping the Meat and Milk Supply

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

DO THEY LIKE ICE CREAM? WHY ASK?



This Frozen Dairy Product Is One Way of Using Nature's Chosen Food.

DAIRY PRODUCTS ARE OVERLOOKED

Dairymen May Help to Increase Production by Insuring Higher Quality.

KNOWLEDGE OF MILK VALUE

Average Quantity of Milk Used Each Day Is Hardly More Than Mouthful—Start Well-Organized Campaign of Education.

Take a big tablespoon. Place in it about three-fourths of an ounce of butter and about one-sixth of an ounce of cheese, together with slightly less than half an ounce of ice cream. Swallow the contents of the spoon, and wash them down with milk of a quantity just under a pint. When you have done this you will have partaken of the daily average portion of dairy products to the inhabitants of the United States, based on the production records of 1917.

"It would be laughable were it not so pitiful," writes a dairy specialist of the U. S. department of agriculture. "Something like a dose of medicine to be gulped down in one dose!"

"American people do not begin to eat enough dairy products for their own good. Let's get together, produce the very best goods possible and then start such a well-organized campaign of education that all may have the correct knowledge of milk value. Remember, it took the farmers to fire 'the shot heard round the world.'"

Nature's Chosen Food.

Mother Nature gave milk and milk products to the world. She supplies milk to the helpless infant, struggling for strength, and as well to the octogenarian, trying to retain or regain it. The value of milk as a producer of health and strength is recognized everywhere, but despite this the quantity of milk and milk products available daily for the average inhabitant of this country would be far less than enough to meet the specifications for a good square meal with round corners.

Granted that some people drink a quart or two of milk every day, use far more than three-fourths of an ounce of butter on their hot biscuits or toast or sweet potatoes or whatnot, eat twenty or more times as much cheese as is coming to them on the basis of averages, and are regular patrons of the ice cream man. They like milk and its products, and doubtless they never stop to think that they are eating the shares of other people. And they are to be blamed not at all when it is known that the demand for dairy products in this country has never been so continuously great that there has been a lasting shortage in production.

The department of agriculture is engaged not only in encouraging the production of milk and milk products, but their use. It hopes, through this double-barreled campaign, to save more of the meat needed for shipment overseas, and also to make it sure that at the end of the war dairy production and use of dairy products will be greater in this country than ever before.

Much Skim Milk Saved.

As an instance, take cottage cheese, which provides a valuable use for the millions of gallons of skim milk that in past years have been thrown away or fed to animals. In a few months 41,499 persons have been encouraged to take up the manufacture of cottage cheese, and hundreds of thousands have been convinced that they should eat it, not only because it will save meat, but because their palates, their stomachs and their bodies in general will like it.

Not only increased production, but

a large part of the task of increasing consumption, rests with the dairymen themselves, says the department of agriculture. Dairymen are advised to maintain their products at the highest standard of quality, so that first buyers will come again and again and never leave the ranks of milk consumers because of dissatisfaction or distrust; to sell their products at neither less nor more than a fair price, but at prices as low as are consistent with quality and reasonable profits; and to advertise, not only the individual business, but the value of milk and milk products to every person, why dairy products are desirable, why the balanced diet demands the growth-promoting elements in milk, why milk cannot be displaced by substitutes, why milk and its products are worth all they cost.

MILK FOR CHILDREN

Don't skim the milk for children. Clean, rich, fresh milk and plenty of it makes them grow. It gives them rosy cheeks, bright eyes, strong bodies, and good brains. Each child can readily use a quart a day. Refuse the children tea and coffee but always give them milk. Encourage them to drink it. Put it on their cereals. Pour it on the toast. Make it into puddings. Mix it into custards. And stir it into soups. Yes, use milk and use it freely. Economize on other foods, but don't economize on milk.

Pasturing Improves Land.

Growing forage crops and grazing them with hogs are very efficient and economical methods of improving run-down land. This statement is based on the opinions and results of a large number of hog raisers and experiment station workers. Practically all the fertilizing elements of the vegetation produced on the land, except that stored in animal bodies, goes back into the soil in the manure and litter. The loss is more than offset where extra grain is fed to the hogs. The only danger of injury to the soil is in the trampling by the animals on heavy clays when they are wet. Such injury is easily avoided where a permanent sod pasture is available.

As one of the great needs of most soils is more vegetable matter, hog grazing offers an opportunity of restoring the exhausted humus without the expense of growing and using green-manuring crops. Another benefit which is usually overlooked comes from the hogs eating the weeds in the pasture fields. There are many common plants, usually classed as weeds, which hogs relish. They frequently clean these up first when turned into a new field. This not only makes good use of a number of waste plants, but also tends to lessen the trouble from these weeds in other crops.

Why Pork Is Important.

Pork finds a ready sale because packers know many ways of placing it on the market in attractive and highly palatable form combined with excellent keeping qualities. There is no other meat from which so many products are manufactured. Nearly 50 per cent of the total value of the meat and meat products slaughtered in the packing houses of the United States is derived from the hog.

Our country leads all others in the production of meat and meat products. Three-fourths of the world's international trade in pork and pork products originates in the United States in normal times, and the war greatly has increased this proportion.

If we expect to continue to provide meat to foreign peoples as well as our own, every farmer must put forth his best effort to produce more hogs. They can be kept profitably upon many farms where they are not found today.

IN THE LIMELIGHT

REDFIELD'S PRIVATE SECRETARY

Mrs. Agathe Olsen Stewart, the first woman to serve as private secretary to a cabinet officer, was born in Norway, July 13, 1888. Her parents, Mr. and Mrs. John Olsen of 205 Treadwell avenue, Port Richmond, S. I., came to this country when she was nine years old, settling on Staten Island, where they have since made their home.

Mrs. Stewart was graduated from public school No. 20, Port Richmond, and, after attending Curtis high school at New Brighton for one year, completed the commercial course at the evening school of public school No. 20, following it with three months' study of typewriting.

Eight years ago she took a position as stenographer with the American Blower company, of which William C. Redfield was vice president. When Mr. Redfield was elected to congress she went to Washington as his confidential clerk, continuing in that capacity after he was appointed to President Wilson's cabinet.

In 1916 she met and married Thomas E. Stewart, an inspector in the department of labor and commerce. Mr. Stewart hails from Ohio and is a Spanish-American war veteran. Several months ago he was transferred to New York and Mrs. Stewart expressed a desire to resign and return to Staten Island to take up her duties as a home maker.

So valuable had she become to Secretary Redfield that she was prevailed upon to accept the position of private secretary and continue at her post in Washington. Mrs. Stewart has five sisters and four brothers. Her father, who is a ship carpenter, speaks no English.



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NITRATE WIZARD



At Musselshell shoals, on the Tennessee river, near Sheffield, Ala., the United States government is erecting an immense nitrate and cyanide plant. That nitrogen may here be drawn from the air for use in war and peace is due largely to the work of Charles S. Bradley, the nitrate wizard.

Bradley is a scientific symphony in gray. His hair is gray, so are his keen eyes, but there is nothing gray or somber in them, for they are eyes of youth which sixty-five years have not dulled nor dimmed. If someone were seeking a portrait of a typical American inventor he would not have to go further afield than the desk of the nitrate wizard. Born at Victor, Ontario county, N. Y., Mr. Bradley is a descendant of six generations of Yankee forebears, and he inherited the ingenuity which is as indigenous to New England as stone fences and clock factories. After taking a special course in chemistry at Rochester university he was inspired with the possibilities of the application of heat and electricity to the work of the world by reading the books of Tyndall, the English physicist. He went to New York and for several years was associated with Thomas A. Edison.

Although Mr. Bradley has done much as a physicist his chief labor has been along chemical lines. The most far reaching of the Bradley researches had to do with the making of nitric acid through the fixation of the nitrogen of the atmosphere.

CALLS ON SYRIANS TO FIGHT

"Every able-bodied Syrian who will not don the military costume must be either a coward or a traitor, for every one of us knows that the participation of the United States in the world war means the salvation of the whole oppressed world."

These were the sentiments expressed in Detroit by the venerable Archbishop Germanos, metropolitan of the Selephias at Baalbek, Syria, and acting bishop of the Syrian antiochan orthodox church in North America, who officiated at the laying of the corner stone of St. George's Syrian orthodox church.

Archbishop Germanos left Turkey just a few days prior to the declaration of war. He came to the United States and has since been elevated to the head of his denomination here.

"The civilized nations of the world have looked upon our country with pity and remorse. The United States has championed our cause, as well as the cause of the smaller nations."

"Since we have come to this country we have acquired wealth, knowledge and democratic principles and now it is time to be grateful to our adopted country; now is the time to sacrifice and be brave, lest we be branded as cowards and ungrateful."



WOMAN SEEKS A TOGA



© Western Newspaper Union

Reno, Nev., is famous for two things. The other one is Miss Anne Martin, commonly known throughout the state as "Governor Anne." And it looks now as though the voters of Nevada might change her title to "United States Senator Anne" when the fall elections come around, so that they may boast of sending the first woman to the United States senate.

Anne Martin's race for the senate is not a wild goose chase. She has been carefully prepared to meet and discuss the problems which confront the nation, and she knows the constituency which may send her to Washington. She was born in Nevada and grew up there, and scarcely a person exists in the state who doesn't know "little Anne Martin."

After she was graduated from the University of Nevada she took a higher degree at Stanford, and later studied government and politics at Columbia and at Cambridge, England.

In the meantime she held the tennis championship of her state for three years, had a mountain pass in Nevada named for her in honor of her having climbed the peak in the dead of winter, and was professor of constitutional history in the University of Nevada for three years.

The Housewife and the War

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

MAKE CIDER VINEGAR AT HOME.



Apples for Vinegar May Be Run Through a Food Chopper.

MAKING VINEGAR ON SMALL SCALE

Important for Housewife to Prepare Her Own Supply for Use This Year.

USE SOUND AND RIPE FRUIT

Contain More Sugar Than When Green or Underripe and Consequently Produce Stronger Article—Kegs Should Be Clean.

Since war industries are using great quantities of acetic acid, the acid present in vinegar, in the manufacture of airplane wings, and in many other ways in munitions of war, the demand on the commercial vinegar plants renders the making of vinegar in the home more important than ever before.

The directions given below are for making vinegar on a small scale for household use. While the principle is the same in manufacturing on a commercial scale, different methods are employed in handling large quantities.

The fruit used for making vinegar should be sound and fully ripe. Partially decayed fruit is no better for vinegar making than for eating and should not be used. Fruits, when ripe, contain more sugar than when green or underripe and consequently produce a stronger vinegar.

Cider Mill or Food Chopper.

For these reasons select sound, ripe fruit. Wash thoroughly and remove all decayed portions. Crush either in a machine made for this purpose, such as a cider mill, or, for small quantities, run through a food chopper. Squeeze out the juice in a press and put into a clean barrel, keg or crock for fermentation. If press is not available, allow the mass to ferment for two or three days and then squeeze by hand through cheesecloth. More juice is obtained in this way. Great care should be taken to have all the utensils thoroughly clean and to handle the fruit in a clean manner. If old kegs or barrels, especially old vinegar barrels, are used, they should be cleansed thoroughly and all traces of the old vinegar removed. If this is not done, the old vinegar will interfere with the alcoholic fermentation and possibly spoil the product. After the juice has been squeezed out, add a fresh compressed yeast cake to every five gallons of the juice.

Work the yeast up thoroughly in about one-half cup of the juice and add to the expressed juice, stirring it thoroughly. Cover with a cloth to keep insects away and allow to ferment. The best temperature for fermentation is between 80 and 90 degrees F. Do not put in a cold cellar, as the fermentation will be too slow. At 80 to 90 degrees F. alcoholic fermentation will usually be complete in from three to four days to a week. In other words, it will stop "working," as indicated by the cessation of bubbling. It is now ready for the acetic acid fermentation, during which the alcohol is changed into acetic acid.

Add Some Strong Vinegar. After the active alcoholic fermentation (bubbling) stops, it will be found advantageous to add some good, strong, fresh vinegar in the proportion of one gallon of vinegar to three gallons of fermented juice.

Instead of the vinegar one can add a good quantity of the so-called "mother." If "mother" is used, however, one should use only that growing on the surface of the vinegar, and not that which has gone to the bottom. Vinegar mother which has fallen to the bottom is no longer producing acetic acid.

After adding the vinegar, cover with a cloth and keep in a dark place between 70 and 80 degrees F., preferably at 80 to 85 degrees F. Do not disturb the film that forms, for this is the true mother, the acetic acid bacteria which turn the fermented juice to vinegar. Do not exclude the air. The acetic acid bacteria must have air for growth. Taste the juice every week, and when it is sour, as it will become—that is, doesn't increase in acid, or when it is as sour as desired—siphon off and store in kegs, jugs or bottles, filled full and stoppered tight. If this is not done after reaching the maximum acidity, the acid will gradually disappear and the vinegar will "turn to water." If stored in well-stoppered, full receptacles, this cannot happen, for the absence of air prevents this change.

If the directions are followed, especially as regards temperature, the process will usually be completed in six weeks to two months in cases where only a few gallons of juice are used.

Apple vinegar may clarify itself spontaneously, but if it should remain cloudy and turbid, must be clarified to make a nice-looking product. A common method is to store the vinegar in barrels, undisturbed for a considerable time, and then "rack off," that is, draw off carefully, so as not to disturb the sediment. This is repeated several times, and usually gives a fairly clear product.

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VINEGAR DON'TS

1. Don't put the freshly expressed juice into old vinegar kegs or barrels without thoroughly cleansing and scalding.
2. Don't add "mother" to freshly pressed juice.
3. Don't add old "mother" from the bottom of an old vinegar barrel.
4. Don't put in a cold cellar.
5. Don't store in full barrels and expect it to make vinegar.
6. Don't put in too warm a place or expose to sunlight in summer to hasten fermentation.
7. Don't expose to bright light after adding vinegar.
8. Don't leave vinegar exposed to the air after it is made.

Tomato Vinegar.

In attempting to utilize the tomato in as many ways as possible, it is not uncommon practice, especially with "tomato club" girls, to make what is termed "tomato vinegar." This product is not a vinegar, although it has a sour taste and to a certain extent, as in salads and for table purposes, can be used as a substitute for vinegar. It is really a lactic acid fermentation instead of acetic acid and for this reason is more like sour milk and sauerkraut juice. It spoils rapidly after fermentation unless it is put into bottles, filled as full as possible, and corked tight. After opening and exposure to the air the product will spoil unless kept very cold. In making this product the juice is collected and allowed to stand in a warm place for a few days. After it becomes sour it should be filtered or strained and stored in bottles filled full and corked tight. It is said that products of this type are being used as substitutes for vinegar in Austria. There appears to be no reason why such a product could not be used in salad and meat dressings with entire satisfaction.

Try washing the wristbands and collars of the men's shirts with a small, stiff scrubbing brush. Lay them flat on the board, wet the brush and rub it across the bar of soap, then scrub the cloth with short strokes of the brush.

Two dishpans instead of one make dishwashing much easier. The second should be filled with hot water, and when the dishes are drained they need only a touch of the cloth to dry them.