

Helping the Meat and Milk Supply

(Special Information Service, United States Department of Agriculture.) ENCOURAGE USE OF FISH.



A Suburban Pool Capable of Putting Fish on the Table Many Times Oftener Than Usual.

EAT FRESH FISH AND SAVE MEATS

Sport of Fishing May Be Made to Serve Nation's Food Needs and Give Exercise.

MUCH GRAIN IS CONSERVED

Seas, Lakes, Rivers and Ponds Offer Practically Unlimited Quantities of Fish Living on Food of No Use to Man.

Every pound of beef, veal, mutton or pork that goes on the table represents a consumption of many pounds of corn or other valuable grain fed to the cattle, sheep or hogs from which the meat was taken.

Fish for Family Use.

There are a large number of streams and ponds from which one may take the fish needed for family consumption, and there should be very many more such ponds.

There is a great deal of pleasure and recreation, too, in catching the fish. And there is a decided satisfaction in knowing that the fish you eat have been taken from your own pond or stream within a very short time before being prepared for the table.

The hour or two that every man should devote to some form of recreation, if intelligently applied to fishing, would afford the same rest and rejuvenation that is to be had from non-productive sports and would, at the same time, be not only a domestic but a public economy.

supply native to ponds and streams of which much fewer people avail themselves than of fish. That is frogs. There is no more delicious meat than frog legs.

FISH FOR YOUR SECTION.

- Probably every kind of fish has some peculiarly attractive qualities. The following species of fish are native to the sections indicated: New England—Alewife, cod, cusk, flounder, gooselish, grayfish, haddock, hake, halibut, herring, mackerel, mullet, pollock, salmon, scup, sea trout, shad, smelt, squeteague, swordfish, tilefish, whiting.

More Sheep Needed.

That mutton and wool production in this country can be increased greatly admits of no doubt. This can be accomplished by developing sheep husbandry on farms, especially in the Eastern and Southern states.

Feed for Next Winter.

Far-seeing farmers may advantageously plan to secure their winter supply of feed in September and October when danger of spoilage is past and avoid the uncertainty of deliveries during the winter when the demand for feed usually exceeds the output of the mills.

The velvet bean may be utilized by grazing in the field with various kinds of live stock, especially cattle.

Sugar Shortage

By BERTHA CURRIE PORTER

"I don't see what you said we'd give them tea for, when you know we haven't any sugar!" "What difference does that make? Some of our best families don't have sugar nowadays."

"I don't know how you're going to get it. I've telephoned to every store I can think of and they all say the same thing—no sugar."

Josephine appeared, clad in a very becoming brown raincoat and little tan hat.

Sister Anne stood at her tower window and watched Josephine slip down the hill, using her folded umbrella as a staff.

"Two pounds of sugar, please," she said, with her sweetest smile.

"No sugar in the store," growled the harassed clerk for the one hundred and thirty-seventh time that day.

"There's no sugar in the store," the next grocer told her, "and more to that, there's no sugar up to my own house, and I'm in the grocery business."

For an hour she slipped and slid from one store to another, and heard the same story in fifty-seven varieties.

"New style coat," she thought, and looked again at the basket. She gasped! Not for months had she seen a sight like that. She looked again. It was absolutely true.

Who looked above the basket to see who this plutocrat might be, and met a pair of serious blue eyes staring straight into her brown ones. She had only time to realize that this lawbreaker was young and very good-looking when his feet appeared where had been his face—he bounced up and down, landing on the woman who had slid down the side street, and vanished.

Josephine dodged. She escaped the pedestrians because they all slid into the gutter, but a couple of pounds of sugar landed on her stylish little tan hat and bounced down into her yawning knitting bag.

"Your sugar, sir," she said, smiling, and went on her way, entirely unrepentant.

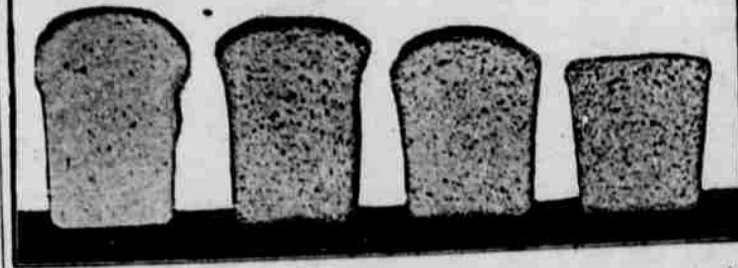
Perhaps the precious ballast in her bag preserved her equilibrium. She hurried toward home, and after dinner Josephine and Anne awaited the Clarkson girls.

"I understand that Mabel said Fred accused her of cruelty."

"Oh, no; she asked him to have his hair cut and he said he would have to submit to her barber's decree."

The Housewife and the War

(Special Information Service, United States Department of Agriculture.) WAR TIME BREAD MAKING.



One Kind of Bread That Should Not Be Made and Three Kinds That Should.

WHEATLESS LOAF SHOULD BE MADE

Satisfactory Yeast Breads With Cereals Other Than Wheat Are Being Baked.

SOME OF RESULTS OBTAINED

Problem Solved Both for Housekeeper and Professional Baker by Experimental Kitchen of Agricultural Department.

Housekeepers as well as professional bakers have been working on the problem of how to make satisfactory yeast breads with other cereals than wheat. Not all have solved the problem satisfactorily.

The first loaf pictured above has gone out of style in America; it is the all-wheat loaf that we were accustomed to using before the war. The other loaves are the kind that all Americans should use now.

Increase Volume of Substitutes. The food administration requires that all bread sold must contain 20 per cent wheat substitutes. But, if we can make satisfactory bread using a higher percentage of wheat substitutes so much the better.

50-50 Bread. 1 1/4 cups liquid, 1 tablespoonful corn flour, 1/2 cupful mashed potatoes, 2 teaspoonfuls salt, 1/2 cupful wheat flour, 1/2 cupful rice flour, 1/2 cupful oat flour.

Snake's Reputation Underserved. The beginning of all religious ceremonial is magic. Thus Aaron with his rod. He turns it into a snake. Most surprising, but not wholly novel, "old stuff" say the priests of Pharaoh.

Canned Ostrich Eggs. Signs reading "Newly canned ostrich eggs for sale" may soon meet the eyes of the housewife looking into the windows of grocery stores in London.

No Mistaking His Meaning. Smith was taking his friend out for a drive. The car had the jumps. It balked and bucked and bounced along unsteadily, greatly to the friend's discomfort.

Leaves Are Less Elastic. None of the loaves using a high percentage of substitutes equal the all-wheat loaf in lightness, wheat having a special substance known as gluten, which gives it elastic properties that make it specially valuable for bread-making.

A 75-Per-Cent-Substitute Loaf. 1/2 cupful liquid, 1 egg, 1/2 cupful mashed potatoes, 1/2 cupful oat flour, 1/2 cupful rice flour, 1/2 cupful oat flour, 1/2 cupful rice flour.

Ink spots may be removed by saturating the spot with lemon juice and rubbing plentifully with table salt.

If you sprinkle a little salt on your coffee before pouring on the boiling water it will be wonderfully improved.

To prevent cheese from molding wrap in a cloth that has been dipped in vinegar and wrung dry. Keep in a cool place.

dough at once and place in loaf pan. Brush top of loaf with melted fat. Let rise to double the bulk and bake in hot oven for 1 1/2 hours.

Housekeepers have been serving wheatless bread for months in the form of quick breads. Many housewives as well as many hotel-keepers pledged themselves to serve no wheat until next harvest.

This 100-per-cent bread will help meet this need:

- 100-Per-Cent Bread. 1 1/4 cups liquid, 1/2 cupful ground rolled oats, 1/2 cupful oat flour, 1/2 cupful rice flour, 1/2 cupful oat flour, 1/2 cupful rice flour.

Make a sponge of first four ingredients and one-half of mixture of substitutes. Follow the directions for the 75-per-cent loaf.

These breads are real victory breads. Use them for the cause of liberty.

BREAD WITHOUT WHEAT.

It was long thought by most people that bread could not be made light with yeast unless a large proportion of wheat flour was used in it.

That has been found to be, in large measure, erroneous. Breads made of cereal materials other than wheat flour can be made light with yeast.

The discovery is one of the necessary war-time achievements of science.

It is available to the housekeeper and to the professional baker.

No one who has to do with bread making can perform his full patriotic duty without applying it to as great an extent as possible.

Food Waste From Rats.

In all parts of the country there is a serious economic drain in the destruction by rats and mice of merchandise held for sale by dealers. Not only foodstuffs and forage, but textiles, clothing and leather goods are often ruined.

Similar care should be exercised in the home to protect household supplies from mice and rats. Little progress is ridding the premises of these animals can be made so long as they have access to supplies of food. Cellars, kitchens and pantries often furnish subsistence not only to rats that inhabit the dwelling, but to many that come from outside.

The necessity of co-operation and organization in the work of rat destruction is of the utmost importance. To destroy all the animals on the premises of a single farmer in a community has little permanent value since they are soon replaced from nearby farms.

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