

THE BUSINESS OF BEING A HOUSEWIFE

Department of Education and Inspiration for the Home Manager. Conducted by Mrs. Jean Prescott Adams, Director Domestic Science Department, Armour and Company Member United States Food Administration

SPRING PROBLEMS

Spring brings its own cookery problems to every home maker. These are problems of readjusting the diet.

Madam housewife must take from her menu the heavy breakfast foods, meats and pastries, and serve in place of these the lighter protein foods; fruits and juices.

It is equally important that the housewife, in the time of spring cleaning and garden planning, be informed so as to make wise selection of prepared foods.

It is estimated that over ninety per cent of our housewives do their own work. This means that in millions of American homes the housewife buys and manipulates practically all the food served in that home. It means that in the periods of extra work such as spring moving or decorating and cleaning she is looking for foods that are easily served while giving full nutritive value.

Spring Diet

Beginning with the hearty Thanksgiving dinner the great majority of our twenty million families continue on a heavy diet until April. This year with its extreme cold, coupled with coal shortage, we have partaken heartily of such rich heat giving foods as were permitted by the Food Administration. A diet rich in fats, cereals, sugars, and fat meat stimulates the liver to work at capacity. For this reason spring finds the system a bit overworked and we easily become tired. To prevent any great letting down of efficiency the work of the liver must be lightened by fruits and vegetables.

As warm weather approaches it is quite important that we reduce the heat in our diet as we do in regulating the temperature of our buildings and the thickness of the clothing we wear.

The housewife who recognizes this and arranges her menus to include foods that will help overcome spring ennui will be doing a service to her community in bringing added interest and life in the community.

An early spring menu of canned vegetables, fruits, and fruit juices is effective. These foods will help dispel spring fever. The following foods are to be recommended in the spring diet, being valuable for their mineral salt content and ease of digestibility: Vegetable Group—Canned Spinach, Asparagus, Beets, Sauer Kraut, String Beans, Corn, Peas. Fruit Group—Canned Pineapple, Apricots, Peaches, Plums, Cherries, Gooseberries, Apples, Loganberries, and Raspberries. Beverages—Concord Grape Juice, Catawba Grape Juice, and Apple Cider.

For Busy Days.

Foods easy to prepare make a strong appeal to the full twenty million home makers during spring cleaning season. A goodly supply of canned meats and fish will save many a housewife much anxiety and discouragement. A pantry shelf of "Foods that Make Cleaning Day Easy" would show canned Salmon, Tuna, Shrimp and Sardines, Veal Loaf, Corned Beef, Beef Loaf, Dry Sausage, Ham Loaf, Luncheon Sausage, Luncheon Beef, Lunch Tongue, Ox Tongue, Frankfurt Bratwurst, Star Sausage Sausage, Boiled Ham, Sandwich Dainties, and an assortment of vegetables, jellies, jams and fruits, with coffee and condiments.

Madam will never want to see that her cleaning and renovating stock is intact. The best house cleanser that makes work as light as possible will be in stock in pantry. The soap question is an important one now and it is wise to select soap with a view to uniformity. The nationally known name on the package will guarantee this.

Experimenting with either foods or cleaning agents is too expensive an indulgence for the housewife today. The wise buyer purchases these products that require no experimenting—she buys by brand or producer name those products she knows either from experience or reputation are quality products.

MRS. NEWLY WED SCORES

Even with the high cost of living and occasional scarcity of some food products, Mrs. Newly Wed has an advantage over her predecessors of last year and the years before, and this is that Mr. Newly Wed can make no marks about "the way mother used to cook." The way mother used to cook is as out of date as it preceded the War of the Secession.

Conservation cooking, as we are beginning to know it, dates only with this season's brides. Years from now they may say to daughters-in-law, "Yes, my dear, I was married in the first year of national food conservation. We never served two forms of proted at the same meal; two lumps of sugar in coffee was quite bad form, and the best families had oleomargarine on the table."

"Fifty-fifty bread?" Why of course, and you cannot imagine what light and delightful muffins and cakes as well as loaves I used to make. I remember one summer when I was away, John had to stay with his mother for a while, and his digestion was quite upset. Mother-in-law Smith was brought up in the old-fashioned school of cooking and could never quite manage the conservation recipes.

Housekeeping now is full of interest to the little Mrs. Newly Wed. Unhampered by traditions, and proud, not ashamed of the most careful economy, her keen young brain and willing hands are working not alone for her John, but for her country.

RECIPES:

Molasses Cookies—
1 1/2 c. molasses
1 c. brown sugar
1 c. sour milk
2 tsp. soda
1 tsp. vinegar
1/2 c. bacon drippings

SPRING DIET

- School Lunches
- Peanut Butter and Celery Sandwiches
- Rolls Oats Cookies
- Milk
- Beef Bouillon
- Melted Cheese Sandwich
- Potato Chips
- Canned Peaches
- Sliced Special Meat Loaf (Wrapped in wax paper)
- Brown Bread and Butter Sandwich
- Ginger Cookies
- Fruit Dainties
- Stuffed Eggs
- Rolls Oats Muffin
- Nuts and Raisins
- Grape Juice
- Dry Sausage Sandwich
- Cup Custard
- Orange

- 1 egg well beaten
- 1tbsp. each ground cinnamon, ginger and cloves
- 1/4 tsp. salt
- Flour
- Mix ingredients in the order given, mixing in sufficient flour to make dough stiff enough to roll. Toss on floured board and roll. Bake in hot oven.
- Cup custard—
- 4 eggs
- 1 1/2 tsp. salt
- 1 1/2 c. maple sugar
- 3 c. evaporated milk (diluted)

Beat eggs slightly, add sugar and salt, pour on scalded milk slowly; drain into mold brushed with oleomargarine, set in pan of hot water, and make in a slow oven until firm. Care must be taken that water around custard does not boil.

- Peanut Butter Sandwiches—
- 4 tbsps. peanut butter
- 1-2 c. finely chopped celery
- 4 tbsps. finely chopped olives
- 3 tbsps. salad dressing
- Mix all ingredients well and spread on thin slices of brown bread.
- Melted Cheese Sandwiches—
- 1 c. grated American cheese
- 1 tsp. oleomargarine
- 1/8 tsp. paprika
- 1/4 tsp. mustard
- 2 egg yolks
- 1/4 c. evaporated milk
- 1/4 c. water

Melt oleomargarine, add cheese and seasoning. When cheese has melted, add egg yolks, milk and water. Stir well and cook in double boiler about three minutes. Pour in shallow dish to cool and serve between slices of bread spread with oleomargarine.

- Fruit Dainties—
- 1 c. raisins
- 1/2 c. peanut butter
- 1 c. dates
- Chop raisins and dates fine, work in peanut butter, moisten with grape juice, form into balls and roll in shredded cocoanut.

BETWEEN US TWO.

My dear Mrs. Adams: I have had so much help from your articles published in our leading paper that I am sending you some recipes which our family think are splendid.

We have used bread made from this recipe since last fall and everyone thinks it is fine. It is not sweet, takes the place of any white bread and makes splendid toast.

I use the rolled oats which you have tested.

- Rolls Oats Bread—
- 2 c. scalded milk
- 2 c. luke warm water
- 1/2 cake compressed yeast
- 2 tsp. salt
- 2 tsp. sugar
- 1 sifter of white flour

Rolls oats to make thick dough. Dissolve yeast in luke warm water, add milk and salt. Stir into smooth sponge and let rise five or six hours in warm place, then stir with rolled oats and two tablespoons of molasses. Put into greased bread pans and let rise one hour. Bake. This makes two loaves.—Mrs. J. K. B.

My dear Mrs. Adams:

Our club members are very anxious to express the appreciation of the group for your practical helpful talk the other day. A rising vote of thanks is such an easy thing to give that I for one determined as I stood with that assembly that I would try to do something more definite.

These recipes which I use repeatedly are the result of that resolution. I trust you find them useful.

- Potato Doughnuts—
- 2 c. syrup
- 1 tbsps. vegetable
- 3 eggs
- 1 1/2 c. warm mashed potatoes
- 1 nutmeg—grated
- 1/2 tbsps. vanilla
- 1 tsp. salt
- 1/2 c. diluted Evaporated Milk
- 2 tsp. baking powder

Flour enough to make stiff. Melt vegetable. Combine ingredients in order given, sifting baking powder with small amount of flour. Roll out on a well floured board. Cut and fry in deep vegetable.

- Salmon Loaf—
- 1 can salmon
- 8 crackers rolled fine
- 1 or 2 eggs
- 1/2 tsp. salt
- 1/2 green sweet pepper
- 1/2 c. evaporated milk diluted
- Liquid of salmon

Break the salmon in pieces, add the rolled crackers and well beaten eggs—then the seasoning and sweet pepper cut in small pieces. Pour over the liquid of salmon and the milk. Bake in dish set in pan of water.

- Pineapple Shortcake—
- 2 c. flour
- 1 tsp. baking powder

1-2 tsp. salt
1 tbsps. vegetable
1 1/2 c. evaporated milk, diluted.
Mix and sift dry ingredients, rub in vegetable, and mix in milk gradually. Turn out on a well floured board. Roll into a sheet one-half inch thick. Brush the top with milk and bake in a hot oven for twenty minutes. When baked split the cake and put layer of canned Hawaiian pineapple on the lower crust. Put on the top crust and cover with more pineapple. Serve at once with whipped evaporated milk.—Mrs. A. T. W.

IT'S THE LITTLE THINGS THAT COUNT

This morning a business man said, "Women are certainly great on detail; they worry so over little things." "Yes," I replied, "that is just why our Uncle Sam expects us to win the war, that's just why the boys who come back say we're in first line trenches. It's the women who know the value of the little things." Who will see to it saving of an ounce or two tablespoons of sugar by using instead three tablespoons of Louisiana cane syrup? Only woman would save a tablespoon of choice bacon drippings or an ounce of fat trimmed off a prime steak. "Save the ounces," she says, "and the pounds will be ready for our soldiers."

In saving wheat for the soldiers the ounces count up astonishingly. One ounce a day saved by each individual will release very nearly half the one hundred and thirty-two million bushels we must provide for our fighters. Madam Housewife, given to detail immediately figures how she can manage to use rolled oats, rice flour, cooked rice, hominy or corn meal, or any of the new flours on the market so as to save two ounces of wheat a day for every member of her family and thus do her best to save the full hundred and thirty-two million bushels.

Little savings are going a long way toward winning the biggest victory of all time.

FOR SPREAD AND SWEETENING Syrup

A cup of syrup in a Hooverized recipe equals a cup of sugar and a quarter of a cup of moisture. Cane syrup is a conservation product and the cane syrup industry is one of the chief industries of Louisiana.

In the fall, when the cane is cut, growers put aside an ample supply to be used in planting next season's crop. The stalks are planted lengthwise in shallow trenches about 2 1/2 feet apart, after which soil is thrown over to a depth of from 14 to 18 inches. The cane remains in this condition throughout the winter—in the spring the furrows are topped off, after which sprouting begins and actual growth starts. Considerable moisture is necessary during the entire growing season.

"The 'Grinding Season' commences the latter part of November. After the cane has ripened, the stalk is cut down very close to the ground, the leaves or blades are stripped, the top is clipped and the stalks conveyed to mills on the plantations. The cane stalks then pass through huge steel rollers—the crushing forcing out the pure juice.

In making sugar cane syrup, different planters' methods vary as to boiling the juice to proper density. Some syrup makers boil in vacuum pans, while others boil in "Open Pans." Syrup produced in "Open Pans" is far superior in flavor to that boiled in vacuum pans. On the other hand the vacuum process is more profitable to the planters, and to secure a large quantity of uniform open pan sugar cane syrup it is necessary to look to the bigger plantations, who demand heavy premiums.

Also planters use various processes in the filtration and preparation of the juice—therefore, many brands of syrup on the market do not run uniform. This is especially true where collectors draw from farmers, whose methods are very crude, and while the syrup may be boiled in the open pan, which produces the best flavor, yet it does not run uniform, either in color or density.

A quality grade pure Louisiana (sugar) cane syrup—golden color is made right on the plantations—nothing added or taken away from the pure product. As the rollers crush out the pure juice from selected stalks, it is put in large "open pans" and immediately heated, filtered and sterilized—all foreign matter such as particles of cane, black specks, etc., being extracted. The pure juice is boiled down to 37 degrees Beaume, the density required for this quality grade, put in barrels and shipped direct to the factory where it is canned. No sugar has been extracted—boiled in the old style way in the open evaporators (open pan process)—its elegant sweet flavor is in a class by itself.

A CONTINENTAL DISH

Purchase a pound and a half of neck meat, have it run through the grinder three times. Soak two hard rolls in water until crusts peel off easily. Squeeze water out and place these in a bowl with an egg, a tablespoon of flour, a tablespoon of oleomargarine, a grated onion and salt and pepper. Mix well and form into balls.

In the meantime, fry two slices of dry sausage crisp, add a teaspoonful of drippings and brown a sliced onion in the grease. When nicely brown place the meat balls in the skillet and pour the contents of one can of tomatoes around them. Cover and let simmer an hour, turning at the end of a half hour so that the meat will be evenly cooked.

Each ball is enough for three persons and when served on a platter with the tomato surrounding is as attractive as it is tasty and tender.

Did You Know

THAT once upon a time the little children of Belgium were as happy and well taken care of as our own little ones who were in the parade on Friday?

Germany has destroyed their happiness and homes, maimed and murdered them—do you want these deplorable conditions among us?—if not DO YOUR BIT AND BUY

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