

The Housewife and the War

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

MAKE MUSH AND MILK POPULAR



A Bowl of Milk and Mush is a Whole Meal in Itself for the Youngster Who Likes It.

SIMPLE PLAN TO COOK CORN MEAL

Plenty of Good Milk to Take Away Dryness Makes Dish Most Palatable.

CONSERVE WHEAT AND SUGAR

Try Our Mush Recipes Until Knack of Cooking Just Long Enough Has Been Discovered — Dried Fruits Add Variety.

Mush and milk for breakfast or lunch makes a simple dish fit for a king—but like all other simple dishes it must be made just right or the king won't like it. The secret of serving mush this way lies in plenty of milk and not too much mush. In the first place see that the mush is not too thick—try out your recipes until you find the knack of cooking it just long enough. No one enjoys dry, thick mush. Then serve moderate portions with a generous amount of milk or cream on top—and have plenty more in the pitcher to add later on. Raisins, dates, figs and other dried fruits give variety to the dish and please the children. They sweeten the mush and save sugar.

The most common way of preparing mush is to allow the water to come to the boiling point and to add the meal slowly, stirring constantly. The objection to this method is that there is considerable danger that the mush will become lumpy and oftentimes it is inconvenient and unpleasant to stand over a hot stove and stir the mixture sufficiently to make it smooth. A better method, therefore, is the following:

Put the cornmeal, cold water and salt together in the top of a double boiler. No stirring is necessary. Put the top of the double boiler into the lower part and allow the mush to heat slowly, cooking half an hour, or longer, if convenient. Many people cook it as long as four hours. Just before serving remove the top of the double boiler from the lower part and boil the mush for two or three minutes. In boiling it at this time there is no danger that it will lump.

Cornmeal Mush.

METHOD NO. 1.

1 cupful corn meal, 1 teaspoonful salt, 3½ cupfuls water.

Bring the salted water to the boiling point in the top of a double boiler. Pour the cornmeal slowly into the water stirring constantly. Cook three minutes. Put the upper part of the boiler into the lower part and cook the mush half an hour and as much longer as convenient. Long cooking improves the taste and probably adds to the thoroughness with which the mush is digested.

The housewife who has no double boiler can make one by using two saucepans of such size that one can be set inside of the other.

METHOD NO. 2.

1 cupful meal, 4 cupfuls milk, 1 teaspoonful salt, whole or skim, or 3½ cupfuls water, 4 cupfuls milk and water.

Put the ingredients into the top of the double boiler cold and cook an hour or longer. If convenient before serving bring the mush to the boiling point. This improves the taste and also its flavor.

Mush in the Fireless Cooker.

1 cupful corn meal, 4½ cupfuls milk, 1 teaspoonful salt, water.

Bring the salted water to the boiling point; add the meal and cook all the time. Put in the fireless cooker and leave for 24 hours. If the pail holding the mush is set into another pail containing water, the heat will be maintained longer.

Here are three good

puddings which take no wheat and no sugar. They are made chiefly out of milk, cornmeal and molasses.

Indian Pudding.

5 cupfuls milk, 1 teaspoonful salt, 1½ cup corn meal, 1 teaspoonful ginger, ½ cupful molasses, 1 egg.

Cook milk and meal in a double boiler 20 minutes; add molasses, salt and ginger; pour into buttered pudding dish and bake two hours in slow oven; serve with cream.

Cornmeal and Fig Pudding.

1 cupful corn meal, 1 cupful finely chopped figs, 1 cupful molasses, 1 egg.

6 cupfuls milk (or 4 1 teaspoonful salt, 2 of milk and 2 of 2 eggs, cream).

Cook the cornmeal with four cupfuls of the milk, add the molasses, figs and salt.

When the mixture is cool, add the eggs well beaten. Pour into a buttered pudding dish and bake in a moderate oven for three hours or more. When partly cooked add the remainder of the milk without stirring the pudding.

Cornmeal and Apple Pudding.

For the figs in the above recipe substitute a pint of finely sliced or chopped sweet apples.

This serves eight or ten people.

MUSH AND MILK.

What has become of the old-time bowl of cornmeal mush and milk? It is an American dish, cheap, nourishing and palatable. The older generation loved it; and for economical, sentimental and patriotic reasons we should now go back to it and take all America with us.

Mush and milk furnishes a balanced ration, yet contains no wheat, no meat, no sugar. It is a whole meal in itself, and while the war lasts it should be used more largely in this country. Its larger use here will release other and more concentrated foods for our armies and the armies of the allies. We are producing an abundance of food; we will save it for our boys across the water; and food will help to win the war. The Austrians, Bulgarians, Turks and Germans are beginning to see this, and the Kaiser also believes and trembles.

Fruits Save Sugar.

All ripe fruits contain sugar. The amount varies from about three ounces or one-fifth cupful per pound in fresh figs and plums to about one-half ounce per pound in watermelon.

If the water is driven off from fruits, as in the drying process, the sugar becomes far more prominent than it is in fresh fruits. Dried fruits, therefore, taste far sweeter than fresh ones and are for this reason often classed among the sweets. It should be remembered, however, that sugar is present in all fresh fruits, even the most acid ones, and that those who wish to do so can eat other kinds of sugar by eating amounts of fresh fruits in their natural state.

In warm weather melons, peaches, plums, apricots, etc., may be used in place of the dried fruits.

Butter and sugar. Fruit junket, which can be prepared with skim milk, make a refreshing

DAIRY THE DAIRY

PLAN TO MAKE GOOD BUTTER

Quality Is Improved If Standard Methods and Care Are Practiced by Farmer.

(Prepared by the United States Department of Agriculture.)

The butter made on the farms of the United States may be materially improved in quality in most cases, if standard methods are employed and greater care is exercised in carrying out the necessary details. The department gives the following outline of the essential steps to be taken in making good farm butter:

1. Produce clean milk and cream. Cool the cream immediately after it comes from the separator. Clean and sterilize all utensils.

2. Ripen or sour the cream at from 65 degrees to 75 degrees F. until mildly sour. Always use a thermometer in order to know that the right temperature is reached.

3. Cool the cream to churning temperature or below and hold at that temperature for at least two hours before churning.

4. Use a churning temperature—usually between 52 degrees and 66 degrees F.—that will require 30 or 40 minutes to obtain butter.

5. Clean and scald the churn, then half fill it with cold water and revolve until churn is thoroughly cooled, after which empty the water.

6. Pour the cream into the churn through a strainer.

7. Add butter color—from 20 to 35 drops to a gallon of cream—except late in the spring and early in the summer.

8. Put the cover on tight; revolve the churn several times; stop with bottom up and remove stopper to permit escape of gas; repeat until no more gas forms.

9. Continue churning until butter granules are formed the size of grains of wheat.

10. Draw off the buttermilk through the hole at the bottom of the churn, using a strainer to catch particles of butter. When the buttermilk has drained out, replace the cork.

11. Prepare twice as much wash water as there is buttermilk, and at about the same temperature. Use the thermometer; do not guess at temperatures. Put one-half the water into the churn with the butter.

12. Replace the cover and revolve the churn rapidly a few times, then draw off the water. Repeat the washing with the remainder of the water.

13. The butter should still be in granular form when the washing is completed.

14. Weigh the butter.

15. Place the butter on the worker and add salt at the rate of three-quarters of an ounce to a pound of butter.

16. Work the butter until the salt is dissolved and evenly distributed. Do not overwork.

17. Pack in any convenient form for home use or make into one-pound



Drawing Off Buttermilk.

prints for market, wrapping the butter in white parchment paper and enclosing in a paraffined carton.

all butter

BUTTER

able, as

active

Department

are crocks,

and con-

er on the

fect, how-

utter and

ular one-

able form.

the appear-

try roll,"

handled,

carton

er but

ce of

the

er on

alled,

with

but

TO ALL WHO ARE

This Woman Recommends Lydia E. Pinkham's Vegetable Compound—Her Personal Experience.

McLean, Neb.—"I want to recommend Lydia E. Pinkham's Vegetable Compound to all



women."—Mrs. JOHN K. McLean, No. 1, McLean, Nebraska. This famous root and herb compound, has been recommended in America to health for many years and it will well pay you who suffers from displacement, inflammation, ulceration, nervous backache, headaches, nervous "the blues" to give this successful remedy a trial.

For special suggestions in regard to your ailment write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.

OXIDINE

Kills Chills

Good for Malaria, constipation, biliousness—a fine tonic. Guaranteed or money back. Ask your dealer. Behrens Drug Co., Waco, Tex.

Soldiers Soothe Skin Troubles with Cuticura

Soap, Ointment, Talcum 25c. each. Samples of "Cuticura, Dept. E, Boston."

WINTERSMITH'S CHILL TONIC

Sold for 50 Years. FOR MALARIA, CHILLS AND FEVER. Also a Fine General Strengthening Tonic. At All Drug Stores.

ONLY ONE CAUSE FOR WORRY

Decoction Put Up by Obliging Chemist Removed All Other Troubles From His Customer.

Rashuns was feeling uncomfortable as he trudged home in the rain. Suddenly he heard a laugh behind him and curious to know who could feel hilarious in such weather, he turned around and recognized Simpson, who was keeping dry with the aid of an umbrella.

"Suppose you're laughing because I've forgotten my umbrella?" growled Rashuns.

"No, no! Come under and I'll tell you," said Simpson. "I have just heard about Mason. He went to a chemist and said to the man: 'Give me something that will banish from my mind the thought of sorrow and bitter recollections.' That chemist must have been an obliging chap, for he made up a dose of quinine, epsom salts, wormwood and a little castor oil for Mason to take, and the poor old chap can't think of anything new except new schemes for getting the taste out of his mouth."

Dad's Great Scheme.

Father noticed that his rather obstreperous young son had the quality of thriftiness, and he resolved to appeal to it.

"Sonny," said he, "I'm going to give you a nickel every day if you're a good boy, on condition that every day you are naughty you give me a nickel. Is it a go?"

"I'd like to do it, dad," answered the little fellow. "But I can't afford it. I've only got \$1.26 in my bank to start on."—Peoples' Home Journal.

In the Tolls.

He (watching another couple)—I suppose he feels that he could not live without her.

She—Yes, and I don't think he'll have a chance to find out that he could.

Department

frequently

are crocks,

and con-

er on the

fect, how-

utter and

ular one-

able form.

the appear-

try roll,"

handled,

carton

er but

ce of

the

er on

alled,

with

but

Department

frequently

are crocks,

and con-

er on the

fect, how-

utter and

ular one-

able form.

the appear-

try roll,"

handled,

carton

er but

ce of

the

er on

alled,

with

but

Department

frequently

are crocks,

and con-

er on the

fect, how-

utter and

ular one-

able form.

the appear-

try roll,"

handled,

carton

er but

ce of

the

er on

alled,

with

but

Department

frequently

are crocks,

and con-

er on the

fect, how-

utter and

ular one-

able form.

the appear-

try roll,"

handled,

carton

er but

ce of

the

er on

alled,

with

but

Department

frequently

are crocks,

and con-

er on the

fect, how-

utter and

ular one-

able form.

the appear-

try roll,"

handled,

carton

er but

ce of

the

er on

alled,

with

but

Department

frequently

are crocks,

and con-

er on the

fect, how-

utter and

ular one-

able form.

the appear-

try roll,"

handled,

carton

er but

ce of

the

er on

alled,

with

but

Department

frequently

are crocks,

and con-

er on the

fect, how-

utter and

ular one-

able form.

the appear-

try roll,"

handled,

carton

er but

ce of

the