

The Business of Being a Housewife

Department of Education and Inspiration for the Home Manager

CONDUCTED BY

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Waste.

Where to Look For It and How to Stop It.

Cheerfulness and efficiency are generally recognized as two of the most important things in life. We put cheerfulness first because it generally leads to the latter. The two combined spell success.

The housewife's Big Job is to give to the world cheer-radiating, quick minded and nimble bodied men and women. This does not mean only that her own children shall have these qualities. It means very often that she must overcome crummy habits in herself, husband, or any of her "in-laws" who happen to be living with her.

All the arduous details of keeping the house clean, the linen fresh, and meals correct show a worthy result only in a cheerful, healthy family. If your family is otherwise you are committing unmeasurable waste somewhere in your scheme of management.

Food plays the most important part in making successful human beings. Properly combined, correctly cooked, served attractively in the right amounts, make forceful happy beings, who are able to create and lead.

Do you send your workers out into the world each morning in a cheerful mood?

A prominent writer says, "Corporations refuse to elect crochety executives, managers, or foremen. Promotion is for the cheerful."

Mr. J. O'Brien Armour is quoted as saying he would give a million dollars to have Charlie Schwab's smile.

The Morning Meal. Do you realize that the morning meal generally strikes the keynote of the day for the members of your household? Good food makes for good digestion and good digestion makes for good spirits.

See that you are in a cheerful frame of mind each morning. You radiate your feelings. Overtones are more important than most of us realize. That you may strike a keynote of cheer at the morning meal, you must not be hurried about the meal. Get up ten or fifteen minutes earlier if necessary but do have time enough to prepare and serve your breakfast without nervous agitation.

The meal itself will vary according to the occupations of the workers in your family. For the average city office workers either of the following is satisfactory.

A medium serving of well cooked rolled oats with top milk and sugar. Toast, crisp bacon and coffee with cream and sugar. Fresh fruit, griddle cakes, pork sausage and coffee offer an alternative breakfast. For those doing manual labor increase the portions and add potatoes. Many office workers eat much less. Those hearing forty need considerably less. A cup of coffee and a buttered muffin is all that is required by many. This breakfast usually needs reinforcing with a cup of cocoa, or bouillon about ten-thirty.

The places of material waste are in the buying, care before cooking, preparation, serving and use of left-overs. After breakfast take careful stock of the table before clearing. Are all the plates "clean"? If food is left on the plates you have served too much. Overcome this next time. Then plan how you can make the most effective use of the food left on the serving plates. There are many delicious casserole dishes and salads we will tell you about in future issues that call for bits of bacon, sausage or cooked rolled oats.

Make a place in the menu of the next day to take care of all left-overs. This will prevent any waste of such food. Save all the fat from the sausage or bacon. It is very high in food value. Use it in cakes, cookies and pies as shortening. It can also be used as the foundation of white sauce to be used as gravy or in croquette mixtures.

In doing your marketing buy fresh foods in season and in small quantity. Buy only standard package foods and in any quantity you wish as these will keep indefinitely and always be uniform.

Unpacking the Market Basket. Every patriotic woman now eliminates all unnecessary service. This she knows adds to food costs giving only a bit of style in return.

As soon as the foods are in the home the housewife becomes the one responsible for their continuing in perfect condition until served. The reliable commercial producer has gone to great expense to provide the

THE SECOND LINE TRENCHES.

The Home Preparedness League with headquarters at the School of Domestic Arts and Science, Chicago, forwards the following announcement.

All patriotic housekeepers are looking to Mr. Hoover for guidance and suggestions in the conservation of food. He has asked us not to use butter in cooking. This makes it necessary for us to learn how to substitute oleomargarine, vegetable oils, fats, trimmed from meat and drippings. Fats of all kinds should be saved and used.

The following quantities may be substituted for one-half cup of butter:

- 1/4 cup of chicken fat
- 1/2 cup of lard less 1 table-spoon
- 1/2 cup of butter plus 3 table-spoons of lard
- 1/2 cup of cottonseed oil less 1 table-spoon

(Cornell Bulletin Food Series, No. 12)

We add 1/2 cup of oleomargarine less 1 table-spoonful.

MOLASSES COOKIES

- One egg
- One cup sugar
- One cup molasses
- One cup pork sausage drippings
- One teaspoonful salt
- One tablespoonful ginger
- One tablespoonful soda
- One tablespoonful hot water
- Six cups flour

Method: Beat egg, add sugar and beat again, then add molasses and shortening and beat again. Add one cup flour, ginger and salt and soda in hot water, then add remainder of flour. Flour must be sifted before it is measured, then measured carefully again. Use extra flour to roll out. These cookies should be rolled quite thick. They are very soft when baked.

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proper utensils and building in which to prepare the package foods. He buys fruits and vegetables only freshly picked. He hires experts to prepare tasty formulas for everything from jellies to potted meats. He builds wonderful coolers in which to keep choice meats for your demands. He sees that your dealer has these foods all in perfect condition.

Your dealer has gone to considerable expense to keep the food in this perfect condition until delivery to you. It then becomes the home manager's business to put all foods away properly immediately upon delivery.

Practical Tested Recipes

Mrs. Adams personally vouches for these recipes. Seasonings will naturally have to be regulated according to the tastes of the family.

In carrying out our absolute waste eliminating program we find croquettes and fritters a great help in adding variety to our service. We are cutting down on the quantity of meat used, endeavoring to give the meat flavor to various made dishes. For utilization of all left-overs croquettes and fritters are splendid.

SALMON

After you have had a delicious variety of canned salmon for luncheon or tea, there is always a little left. This is usually eaten "between meals" or is brought to the table as a plain left-over unattractively served in the small dish it was put away in. Nine times out of ten this appetizing bit of nourishing food finds its way to the discard. Such waste is now considered nothing short of criminal.

Buy the canned salmon with a well known quality label on and then use every morsel of the delicacy. It furnishes the same body building material as meat. Combined with rice, or hominy, it makes the main dish of a hearty meal.

SALMON CROQUETTES

- 1 1/2 cups salmon
- 1 cup white sauce
- 1/2 teaspoonful salt
- 1/2 teaspoonful lemon juice
- 1 egg
- 1 tablespoonful water
- Howl cracker crumbs

Remove skin and bones from salmon and flake. Mix with seasonings.

every day, through the press. Women who really desire to help win this war are going to study these helpful messages and become efficient in managing the food department of their homes.

Apply Daughter's Training

It often takes the young daughter who is studying domestic science at school to call our attention to technical mistakes. It is the wise mother who encourages her daughter to apply this knowledge in the home.

Let us consider the term, frying. The average woman calls everything that is cooked in a skillet or in deep fat "fried." As a matter of fact about five out of every six foods she terms fried are really sauted.

To fry food is to cook it submerged in deep fat. Pure leaf lard has been generally voted the best frying medium. It has a delicate delicious flavor it imparts to foods. To have the best results one must be sure to read the label and buy only a product that says pure leaf lard on the label.

The high price of raw material has brought the price of the very best pure leaf lard up also. The best alternative is a pure vegetable shortening. This comes in the same kind of pail and should be used and cared for in practically the same way.

In buying high grade shortening or any food for that matter, it is wise to remember the name of the producer who has given you satisfaction. Inquire for his brand of the new food you wish. If your favorite producer has the new food on the market you will be assured satisfaction with the first trial.

Expert Deep Frying

As pure leaf lard and vegetable are both all shortening and free from moisture the same rules for frying should be observed.

Heat the frying medium slowly. Test for right temperature by dropping a cube of soft bread in the fat. If the bread becomes a golden brown in sixty seconds the temperature is right for doughnuts, fritters and all foods, which have not been previously cooked. At forty seconds the frying medium is right for croquettes or

fishballs. For potato chips the test bread should brown at twenty seconds.

Avoid chilling the lard or vegetable by putting in too much cold food at once. Drain all fried food on soft paper. When finished, clarify the fat by adding a few slices of raw potato to absorb particles of food. Strain fat through a cheesecloth after clarifying, let cool, then cover and keep it in a cool place. It can be used repeatedly, if treated in this way.

Next week, Mrs. Adams will give some suggestions regarding sauteing.

"A CALL TO HOUSEKEEPERS"

Save Meat, Wheat, Fat and Sugar

By MRS. JANE S. McKIMMON
State Agent, Division of Home Economics.

I am thrilled when I think of the part the housewife can play in our country's plans for winning this war.

She has suddenly been elevated to the position where she holds in her hand the power to increase or diminish at will the distributing power of the country's food supply. There is not a doubt that housewives understand well what a serious thing the shortage of wheat, meat, fats and sweets is to our allies on the other side, but it is hard for any woman to believe that the small economies and denials she might practice in her own home would in the aggregate make an enormous difference in what this country would be able to ship to a suffering people.

One year ago the English citizen was restricted to three-fourths of a pound of sugar per week; in this country the amount of sugar used per person for the same length of time was one and three-fourth pounds. If the Englishman did not suffer in health with his limited amount of sweets, is it not possible for us, the housewives

of America, to try cutting off at least three-fourths of a pound of sugar per person from our families' weekly supply? Much of our one and three-fourths pounds of sugar goes off the table in the bottom of the teacups undissolved or is put in an over-sweetened dessert. While the need for sharing with our brothers across the waters is so great, could we not make one and one-half teaspoonfuls do where two were required before, by using a little extra effort in stirring to dissolve it, or in giving up favorites, and using instead our own sweet potatoes and fruits, canned or fresh, which need so little additional sugar?

With meat our problem is going to be harder. We are so accustomed to its delicious flavors, and our families are so dependent on what they call the main dish of the meal, that much ingenuity in selection of substitutes and careful methods of preparation are going to be necessary. It is the study of how to prepare appetizing substitutes for meat and wheat flour that all of us need if we expect to keep a satisfied household. We can do it, women, and for our own satisfaction it will be interesting to keep accounts of just how much we have saved by our efforts.

The south has already done much in substituting corn meal for wheat flour, but we can substitute still farther, since substitution has become such a vital question. We may add cotton-seed and soy bean meal to our wheat bread, and by so doing add also to our supply of meat substitutes, as these products contain in different form the protein so valued in meat.

If the garbage pail is to be reduced until it will hold only the coffee grounds and the egg shells, we women can see that it is kept small by having our family consume every particle that is taken upon the plate, and "the

gospel of the clean plate" will spread the country over.

The United States Food commission has called upon all women who have charge of a household to sign a food pledge card. This card asks that the housewife pledge herself to save particularly the things I have mentioned: meats, sweets, fats and wheat. Perhaps many of us already have signed a similar card, but in spite of that fact, we are asked to go again on Saturday, October 27, to the nearest school house, hear an explanation of what Mr. Hoover is asking all of us who are willing to do our very best to assist him in this great food conservation movement. To you women who did so much in the summer in planting a garden and in saving the products of that garden by canning and drying, I make a special appeal. Come day and bring every housewife whom you can with you.

North Carolina wishes to stand in the very front of the list of states when the patriotic women of the country are registered, and you can do much in placing her there. The governor is to issue a proclamation calling on all housewives to register for the conservation of food on October 27. Let us respond as patriotically as did our sons and brothers when they were called to register for military service.

There was a man in our town, And he was wondrous wise, He swore by all the dogs that he He would not advertise.

At last one day he advertised, And thereby hangs a tale; The ad was set in nonpariel And' headed "Sheriff's Sale."

Young Arthur was wrestling with a lesson in grammar, "Father," said he thoughtfully, "what part of speech is woman?" "Woman is no part of speech, my boy; she is all of it," returned father. —Milwaukee Sentinel.

Drive Out the Chill

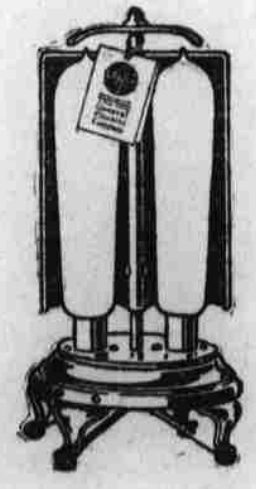


There are many mornings when the furnace is unnecessary but when there's just enough chill in the air to make you uncomfortable while dressing.

Why run a risk of catching cold when a turn of the switch will send a warm, sunshiny glow through the room?

There is something of the pleasure of the old fashioned fire place in this accommodating little G. E. Luminous Radiator.

We have in stock these Luminous Radiators in various sizes and patterns, the twin-glower, the three glower, etc. Let us demonstrate to you the value of this modern electric comfort.



Asheville Power & Light Co.

SALESROOM: 102 PATTON AVE.
Buy a Liberty Bond.

FOOD CLASSIFICATION

Cut this out and save it. It will help you to help Mr. Hoover.

Food Principles	Uses in Body	Food to eat to obtain these principles	Amt. for Bal. Ration
1. Protein	Builds & repairs all muscles and tissue	Meat Fresh or Canned Fish Fresh or Canned Eggs Milk Fresh or Evaporated Cheese Nuts Beans Fresh or Canned Peas Fresh or Canned	Daily
2. Carbohydrates	Give heat and energy	Sugar Cakes, candies, pure grape juice, syrup, etc. Starchy vegetables Cereals Rolled oats, rice, hominy, etc. Bread Oat bread, Corn bread, Hominy bread	3-5
3. Fats	Give heat weight, Store-fat	Butter Oleomargarines Lard Salad oils Fat of meat Cream, etc.	1-5
4. Mineral Salts	Builds bones, teeth, etc.	Fruit Vegetables Fruit juices	100 Calories Portion
5. Water	Carries waste; keeps body at right temperature	In all foods, especially vegetables and fruit. All drinks	3 Quarts

Write Mrs. Adams for War-Time Menus. Next week Mrs. Adams will offer suggestions as to the amounts of the various food principles necessary for children from 5 to 15.