

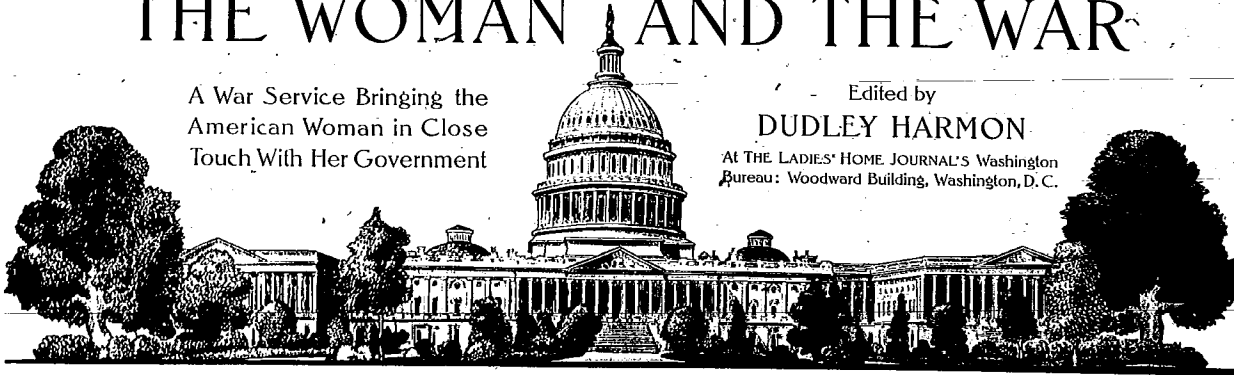
THE WOMAN AND THE WAR

A War Service Bringing the American Woman in Close Touch With Her Government

Edited by

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At THE LADIES' HOME JOURNAL'S Washington Bureau: Woodward Building, Washington, D.C.



Questions That Women Ask Mr. Hoover

Answered Here So That Every Woman in America May Know What She Can Do to Help the Food Administration

SO MANY questions have come to the Food Administration from women that the present opportunity is taken to present the answers to those that have arisen most frequently and seem most generally puzzling or misunderstood. For example:

Don't Stop Eating All White Bread

Is it not true that a steady diet of corn meal or whole wheat or bran is not entirely good for us?

MANY people find it so from experience, but it is not necessary to stop entirely eating bread made from white flour. For instance, a good plan is to eat white bread at one meal; corn bread the next, whole wheat bread the next, and then revert to white bread. At this time has a total abstinence from white bread been recommended, merely its wise conservation.

Why Should We Eat More Potatoes?

Just what is your idea in urging a greater consumption of potatoes?

EVERY extra potato eaten this year will be a direct contribution to the amount of food available for shipment to Europe. It is by reducing our consumption of such foods as, particularly, wheat, beef, pork, etc., which can readily be shipped to Europe, while potatoes cannot, that we are going to be able to feed our Allies in their time of great need. Increase in our potato consumption will more or less automatically bring about less use of other foods. Besides, you will, by greater potato consumption, help the farmer.

Four-O'Clock Teas

You urge the stopping of four-o'clock teas; why? Is it due to a wish to conserve tea?

NO, it is not on account of the tea, but of what is served. By custom, with it—cakes, cookies, wheat-bread sandwiches. All these involve the use of wheat flour and are not essentially foods. Therefore eliminating them will work no hardship and the flour in them will be released for use where it is essential.

Why Lamb Should Not be Eaten

Am I right in assuming that you wish us to stop eating very young lamb? Why?

YES, and because it is vitally necessary for that lamb to become a mature sheep and thus produce more wool for clothing.

The Eating of Sugar

You ask us to stop consuming sugar; doesn't the body demand it?

IT CERTAINLY does, and the Food Administration has never urged people to "stop consuming sugar." It has, however, urged people to stop wasting it—Statistics show that the average American consumes three times as much sugar as any one of our Allies. All that is urged is that some of this sugar that obviously is consumed for the sweet tooth's, and not the body's, sake be not thus consumed. Moreover, the housewife, as well as the rest of the family, will find that honey, syrups and molasses are excellent substitutes for sugar in sweetening cakes and candies.

Why Our Wheat Must Go Abroad

Why must so much of our wheat go abroad? Why can't our Allies use corn?

BECAUSE they do not know corn as we do. They wouldn't know what to do with it, and this is no time to ask fighting men to try new things. They do know wheat; it is literally Europe's staff of life, and that is why we who know corn must eat as much corn as possible and let our Allies have our wheat. Besides which, Europe is now infusing with its wheat flour all the barley and oats that the peoples can stand.

Why Should We Save Coal?

What relation has the saving of coal to the food problem?

COAL comes from a distance. It must be brought to you by the railroads. The railroads are going to have their hands full to move the troops, and to get supplies to the camps and food to the seaboard. You will distinctly help by saving coal and thus minimizing its transportation.

An Easy Way to Save Flour

How can I, in one way, save white flour in my small household?

IN THE way you serve bread. Cut it at the table, slice by slice, as it is wanted. Save the uncut ends of the loaf, convert into crumbs and use them in puddings, breakfast cakes and muffins.

Husbands Must Help

I am willing enough to save as I am urged to do, but often my husband complains. What shall I do?

THE man who complains at the result of his wife's efforts to conserve food is doing her an inexcusable injury. He should never hesitate to cooperate in her wise conservation plans. Every man should join the Food Administration.

Why No Second Helpings

You have urged against second helpings at table; why?

BECAUSE overly generous second helpings are too often not consumed and what is left on the individual plate is generally wasted. A generous single helping is more desirable.

Meatless Days

Is it true that you approve meatless days?

YES, as a simple system of domestic meat conservation. Eat more fish and less meat generally. Meat for breakfast is unnecessary; eggs and cereals are good substitutes for it.

When to Use Butter

How can we do without butter, as we are asked?

YOU are not asked to do without butter; you are asked to conserve butter. Use all that is necessary on the table. Children particularly need it. But in cooking use other fats, as drippings, vegetable oils and butter substitutes.

Other Ways to Save Wheat

Which foods can I best reduce the use of in my home to save white flour? How about wheatless meals?

CAKE and pastry. We eat much more cake and pastry than is good for us and it will be easy to reduce the amount. If you will eat even white bread with discretion and cut out from fifty to seventy-five per cent of your cake and pastry, it will help immensely. Three wheatless meals a week would mean one wheatless day.

Use Milk a-Plenty

We should use milk a-plenty, should we not?

DECIDEDLY yes. Especially for children. Let them drink all the milk you can afford to buy and that they relish. Use buttermilk and sour milk, too, the latter in cooking and the making of cottage cheese. This latter might well appear on the luncheon-table much oftener than it does.

Eating Less Pork

We are asked to cut down our consumption of pork; why?

BECAUSE pork products have a high proportion of fats, which are desperately needed abroad by our Allies, whose own supplies of fats are diminishing; besides which, pork products are readily shipped abroad.

Seeing the Farmer Through

You ask us to help the farmer with his potatoes; how do you mean?

THE farmer planted more potatoes this year than ever before and is now raising a bumper crop, largely because it was urged upon him as a patriotic duty. If those of us who shouted to the farmer to save us by raising more potatoes fail to take them off his hands he will have a just cause for grievance. Furthermore, the farmer has a good memory and, should he face a financial loss on his potato growing this year through a failure of the public to eat what six months ago it begged him to raise, he will be slow to respond in the future to any appeal telling him what to raise.

The Waste in Restaurants

How about the waste in hotels and restaurants; is anything being done about it?

THERE is; the hotels and restaurants are falling into line with the finest kind of cooperation. And you can help their proprietors by not ordering those foods that should be conserved. A hotel won't long supply what its guests do not demand.

Where Can a Woman Learn?

Where can I intelligently learn your ideas of food conservation?

DURING the early summer thousands of teachers received special instruction in the summer schools in the gospel of saving food in war time. There is now a host of women ready to give food instruction to women wherever they can be assembled, whether in crossroads schoolhouse, town hall or city meeting place.

If you don't know what arrangements, if any, have been made in your community for lessons and demonstrations in the better use of food, here are the things you can do and should do:

- (1) Get into touch with the Food Administration's representative in your community.
- (2) Make inquiry of a domestic science or other school-teacher or the school authorities.
- (3) Get in touch with the woman agent in your county of the State College of Agriculture; or, if there is no county agent, write to the Extension Division of your State College of Agriculture and see if the services of a county agent or other competent person can be secured to come to your community and organize a class in foods. If this is not practicable,
- (4) Ask the Extension Division of your State College of Agriculture how you can take a correspondence course in foods and home management, and thus go to school in your own home.
- (5) Ask the pastor of your church, for the churches are advancing the cause of food conservation in every community.

Some of the classes—most, in fact—will be free to all women willing to join them. To other classes small fees will be charged. Some women naturally will find the opportunity for instruction in food saving brought directly to them. Other women, of course, will have to seek their opportunity.

HOW YOU WILL KNOW HER



HERE are the official ladies and uniform of members of the Food Administration of the United States. Any woman who signs the Hoover pledge is entitled to wear them.

The uniform is of blue chambray, with pointed collar and cuffs of white pique and cap of white lawn. Its cost, made at home, will be from one dollar to one dollar and twenty-five cents. All the pieces can be easily laundered, as they open out flat. The cap is fastened by snaps. The cuffs are detachable.

The dress has a double front; if one panel becomes soiled the other may be brought outside. It is fastened by two straps, either of which may be passed through a slit and the caps buttoned at the back. There are two pockets on the skirt.

The dress is blue; the collar, cap and cuffs, white; the insignia are embroidered in red, white and blue, surrounded by yellow wheat.

Buttons for the Hoover Pledge's Uniform may be obtained by members of the Food Administration by sending ten cents to the Food Administrator, at Washington, D.C.



THE WOMAN AND THE WAR

A War Service Bringing the American Woman in Close Touch With Her Government

Put Two Fridays in Every Week

It Will Not Only be Economical, But Will Help to Win the War

EVERY "fish day" in your household will help America to win the war with food. "Eat more fish" is the simplest of all the many ways of cutting down your use of meat and thereby releasing more meat for shipment abroad. Fish is equal in nutritive value to the best of meats. Consequently you will not be depriving your body of anything it needs by eating fish several times a week in place of meat.

Fish is cheap, wholesome and plentiful. It is one of our few foods which can be had in quickly increasing quantity on demand. If fish are not in your markets in great numbers and at reasonable price it is because you have not demanded them. Ask for fish two or three times a week instead of once, and you will find your supply not only increased but more diversified. Many delicious fish are lost to us because no one asks for them, and each year millions of pounds are thrown back into the sea because there is no market for them. Yet we have gone on thinking, most of us, that the only "fish day" was Friday, when as a matter of fact there is absolutely no reason why we shouldn't have two or three fish days in each week.

Practically all fish are good fish, and because you yourself know only two or three is no reason why you shouldn't buy others. You often cheat yourself by buying only the best-known and most popular fish—for the fish that is in most demand is likely to be the highest in price.

FISH is distinctly not a "telephone-for-it" food. You should go to the market or to the wharf, and make your own choice, to get the best values and largest variety. Besides, the fish market varies, and what is fifteen cents one day, on another day may be ten or even seven cents. Furthermore, if you let the fish dealer do a good business on Friday only, the prices you pay on that day are necessarily fixed so as to carry the expense of his establishment on dull days. Put another Friday into your week and you'll give the dealer a better chance and get a better bargain and better service.

Fresh fish must, above all else, be truly fresh. A soggy fish, with sunken eyes and strong odor, should not be purchased. The flesh of a fresh fish, when pressed by the finger, does not retain

an indentation. It is also necessary that fish be handled in a cleanly manner and stored and exposed for sale under hygienic conditions. You can be sure of none of these facts unless you buy your fish at the market and not by telephone.

There are some fish with which it will pay you particularly well to get acquainted. They come recommended by your Government, and deserve to be better known and more used. Few people know about the goosefish, for example.

These weigh on an average twenty-five pounds, and furnish steaks containing flesh-building material equal, pound for pound, to sirloin steak. This fish alone would provide a cheap and wholesome food for people on the Atlantic Coast, yet ten million pounds of these fish are thrown away yearly by New England fishermen. In Europe this same fish is highly valued. Ask your dealer to get some for you.

Then there is the sea mussel. Millions of pounds of this valuable food are used in Europe, yet in the United States practically none is eaten. The sea mussel is delicious, nutritious, wholesome and cheap. A peck of sea mussels in the shell will supply all the meat required for a meal for ten persons. They are among the most easily digested of foods and are in season when oysters are out.

THE United States Bureau of Fisheries tells the most same story of the grayfish or dogfish, the bowfin and the sail fish or black cod. If you live near a stream or a lake or the seashore, where the land is sandy or unfit for raising crops, do not feel that Fate has discriminated against you by not allowing you to grow and preserve fruit and vegetables—why not preserve fish?

Bulletins telling about a number of food fish, with recipes for their preparation, will be sent you on request by the United States Bureau of Fisheries at Washington, D. C. Ask for any or all of the following circulars; they are free:

- Economic Circular No. 23, "The Sable Fish, Alias Black Cod."
- Economic Circular No. 25, "The Burbot: A Fresh-Water Cousin to the Cod."
- Economic Circular No. 22, "The Grayfish."
- Economic Circular No. 48, "Oysters: The Food That Has Not Gone Up."
- Economic Circular No. 11, "Canned Salmon."
- Economic Circular No. 12, "Sea Mussels: What They Are and How to Cook Them."
- Economic Circular No. 19, "The Tulefish: A New Deep-Sea Food Fish."
- Economic Circular No. 26, "The Bowfin: An Old-Fashioned Fish With a New-Found Use."
- Economic Circular No. 28, "Preserving of Fish for Domestic Use: Canning and Salting."

THE FISH YOU CAN GET IN YOUR STATE

STUDY THIS LIST AND ADD DIFFERENT FISH TO THE FAMILY DIET

MIDDLE ATLANTIC	NEW ENGLAND	SOUTH ATLANTIC	PACIFIC COAST	MISSISSIPPI VALLEY	GREAT LAKES	GULF
Catfish Squeteague (Weakfish) Cod Alewife (Herring) Flounder Craoker Striped Bass Carp Tilfish Bluefish Shad Scup Sea Mussel Halibut White Perch Sea Bass Yellow Perch Spot Eel Butterfish	Grayfish Squeteague Cod Alewife (Blueback) Flounder Hake Pollock Smelt Mackerel Swordfish Scup Sea Mussel Halibut Cusk Haddock Goosefish Spot	Catfish Squeteague Sea Trout Drumfish Alewife (Herring) Mullet Craoker Striped Bass Sheepshead Spanish Mackerel Kingfish (Tulefish) White Perch Sea Bass Spot	Grayfish Barracuda Trout Salmon Flounder Sable Fish Striped Bass Smelt Red Rockfish Herring Shad Halibut Sea Mussel	Catfish Black Bass Drumfish Buffalo Sturgeon Sucker Crappie Carp Spoonbill Bowfin Pike Pikelet	Catfish Lake Trout Drumfish Pike Perch Sturgeon Sucker Whitefish Carp Burbot Lake Herring Black Bass Yellow Perch	Catfish Squeteague Drumfish Buffalo Mullet Craoker Grouper Sheepshead Spanish Mackerel Pompano Red Snapper

FISH YOU HAVE OVERLOOKED

MIDDLE ATLANTIC	NEW ENGLAND	SOUTH ATLANTIC	PACIFIC COAST	MISSISSIPPI VALLEY	GREAT LAKES	GULF
Tilfish Sea Robin Whiting Goosefish Drumfish Shark Skate and Ray Sea Mussel Squid	Tilfish Sea Robin Whiting Goosefish Shark Skate and Ray Sea Mussel Squid	Drumfish Carp Cavally Shark Skate and Ray Porpoise Meat	Sable Fish Red Rockfish (Red Snapper) Smelt Sea Mussel Squid Whale Meat Dolphin Meat	Bowfin (Smoker) Burbot Moon-Eye (Smoker) Shippack	Burbot (Smoker) Moon-Eye (Smoker) Sheepshead	Drumfish Grouper Carp Cavally Meat

Grayfish, canned, can be obtained everywhere.

If Not Butter, What?

Here are a Number of Good Substitutes to Use in Cooking: By Jane Leighton

THAT is the question we immediately ask after hearing Mr. Hoover's warning: "No butter in cooking; use substitutes." We know there are other kinds of fats—suet, lard, margarine, "drippings," poultry fat and oils, but we don't know just how to select them for use in place of butter, for in the last analysis there is no perfect butter substitute.

When selecting butter substitutes the principal facts to consider are the purpose for which the fat is to be used—whether for cooking, for frying or for seasoning—the quality and the price. All the different edible fats give practically the same amount of nourishment.

Take suet as an example: When the beef or mutton suet and scraps of fat cut from meat before cooking have been "rendered" and clarified they can be used in many ways. Keep a scrap on the back of your stove and put it into it all the tiny bits of fat and gristle that might otherwise be thrown out as waste. When the can is half full "render" or cook it.

To do this put the fat through the meat chopper and then melt it in a double boiler until all the fat has melted. Strain the while melted, through a cloth fine enough to keep back bits of gristle and charcoal. When suet is finely cut the fat will separate easily from the gristle and tissue just after melting and so there is no danger of scorching. It is important that the fat be melted at as low a temperature as possible; because if overheated in "rendering" it will not keep so well. After straining the fat, heat it again carefully to drive off moisture and to sterilize it.

WHEN suet has an undesirable flavor or odor which is not too pronounced it can be partly, if not entirely, removed by heating the suet with a good grade of charcoal, about the size of a walnut, on each pound of chopped, unrendered fat, then "render" the fat as described above. Let the charcoal remain in the melted fat for about two hours; occasionally stir the mixture. In straining the fat use flannel or other closely woven cloth in order to remove all the fine particles of charcoal. If the odor is very pronounced use more charcoal and heat the mixture for a longer time. Adding a little salt after straining gives somewhat of a butter flavor.

Frying makes quite a lot of difference in the amount of fat which the food absorbs. For instance, a doughnut batter fried in beef fat absorbs the least amount of fat when the fat is hot enough to golden brown a cube of bread in half a minute, or well brown it in a minute and a half. This is usually 300 degrees Fahrenheit.

If the doughnut is fried in the same fat at 20 degrees Fahrenheit lower, or 340 degrees Fahrenheit, it absorbs about twenty-five per cent more fat. That twenty-five per cent is a pretty big percentage to lose when trying to economize. In order to get the most from the fat in deep-fat frying, heat beef, mutton fat or lard to the test given above; heat vegetable fats—cottonseed oil, coconut fat and others—until the cube of bread is cooked to a golden brown color in half a minute or is well browned in one minute.

BEF and mutton fat may be mixed with lard to make a good shortening. When this is done a good proportion is one-half beef or mutton fat to one-half lard. It may be used in the same proportion as butter wherever a recipe calls for butter.

Some fats, such as beef or mutton suet, are sometimes too hard for satisfactory shortening. By mixing with softer fats, like lard or cottonseed oil, they may be softened as much as desired. One way of doing it is to grind together two parts of unrendered beef or mutton fat and one part of lard. Then render in a double boiler as described. If half a pint of skimmed milk is added to each two pounds of the mixture before rendering, the flavor is improved.

Another way to soften hard fat is to mix three parts of unrendered beef or mutton fat, which has been ground finely, and one part lard. Render this, like the other, in a double boiler. If the beef or mutton fats are rendered they may be softened by adding the lard or cottonseed oil to them, adding the mixture and thoroughly mixing. Let the lard fat should separate out, occasionally stir these mixed fats while they are cooking. The flavors of the beef and mutton are softened by this process.

Other ways in which beef drippings may be used are for seasoning such dishes as macaroni and tomatoes and tomato sauce, for seasoning bread dressings and for basting fish. Bacon, sausage, lamb and ham fats may also be used like this. When bacon is baked in the oven it is easy to collect the excess fat and save it for future use. Cook the bacon strips on a rack so that it does not absorb its own drippings.

Sausage drippings will lower the cost of a dish of Boston baked beans by using half a cupful of sausage fat instead of the usual half pound of salt pork. Sausage drippings are also very good as a shortening for gingerbread. Use the same amount of drippings that the recipe requires for shortening.

When you buy chicken or other poultry save the fat, and render and clarify it just as you would suet. There is always much fat right under the skin. This fat may take the place of one-half the amount of shortening called for in spice-cake, cookie or biscuit recipes.

One of the new fats that the war has brought on the market is coconut fat. In cooking, it is used especially for making cakes, cookies, pastry, muffins and biscuits; its proportions in a recipe are the same as butter.

Corn oil, when properly refined, may be used in combination with other fats for baking. When half a cupful of lard is required in a pastry recipe, one-tenth of this amount may be replaced by corn oil. The pastry will taste the same as though all lard were used.

But butters may be used as shortening in biscuit, muffin, cake and soup recipes, and add a delightful taste to the mixture. Peanut butter is particularly satisfactory. To prepare peanut butter at home roast the nuts, shell them and remove the skins. If you are making the butter in large quantities rub the peanuts gently between coarse towels and then the skins are easily removed. Put the nuts through the food chopper, using the finest knife; add salt if desired. The butter should be packed in glass tins, covered and kept in a cool place.

MAKING savory fats is another way to obviate any undesirable flavor in the mutton or beef fat. They are made by adding some strong seasoning, like thyme or marjoram or summer savory, to the fat. These fats are useful in frying croquettes and warming up vegetables, since they give a spicy flavor to the food.

One savory fat is made by adding one slice of onion about half an inch thick and two inches in diameter, one teaspoonful of broken bay leaves, one teaspoonful of salt and one eighth of a teaspoonful of pepper to one pound of unrendered fat which has been chopped fine; then render the mixture in a double boiler, and strain.

Another savory fat is made by adding one slice of onion about half an inch thick and two inches in diameter, two teaspoonfuls of thyme, one teaspoonful of salt, and an eighth of a teaspoonful of pepper to one pound of unrendered, finely chopped fat; render in a double boiler and strain through a fine cloth.

IF YOU want to prepare a savory fat from fat that has already been rendered, modify the previous recipes by melting the fat and adding the seasoning. Use the same proportions as for the unrendered fat recipes, and gently heat the mixture for an hour or longer, then strain.

Here is a recipe for savory fat from a rendered one: Add one onion, one sour apple and one teaspoonful of ground thyme or other sweet herb tied in a small cloth to one pound of rendered, melted fat. Cook on the back of the stove or in the oven until apple and onion are well browned. Strain through a fine cloth.

If you do not like these particular flavorings, or there are others you prefer, change them to suit your taste. Be sure to strain all the savory fats through flannel or other closely woven cloth, so that all the bits of the herbs are removed before putting the fats away.

Gingerbread Made With Sausage Drippings

- 1/2 Cupful of Sugar
- 1/2 Cupful of Molasses
- 1/2 Cupful of Hot Water
- 1 Teaspoonful of Ginger
- 2 Cupfuls of Flour
- 2 Teaspoonfuls of Baking Powder
- 5 Tablespoonfuls of Melted Sausage Drippings
- 1/4 Teaspoonful of Soda
- 1/4 Teaspoonful of Salt

ADD the hot water and the drippings to the molasses. Mix the dry ingredients and sift them. Add the liquid, beating until thoroughly mixed. Bake in a well-greased, shallow pan in a moderate oven for about twenty-five minutes. Bacon drippings can be used in place of the sausage drippings in the recipe if preferred.

Baking-Powder Biscuits With Beef Fat

- 3 Cupfuls of Flour
- 1 Cupful of Milk
- 6 Teaspoonfuls of Baking Powder
- 3 Tablespoonfuls of Beef Fat
- 1/4 Teaspoonfuls of Salt

MIX the dry ingredients and sift them; cut in the fat or rub in lightly with the finger tips. Gradually add the milk; mix with a knife roll or pat on a floured board to about half an inch in thickness; cut into rounds with a biscuit cutter and put into a baking pan. Bake in a hot oven for about twelve minutes.