

That Big Question of FOOD

Domestic Problems as Worked Out by the
United States Government
Office of Home Economics, and
How Practical Frugalities
Are Applied to the Little Daily
Problems of the Kitchen.

Some Easy Economies

STALE BREAD can be toasted, ground for a breakfast food, broken up for soup.

LEFT OVER CEREALS can be reheated, used in puddings, served in croquettes.

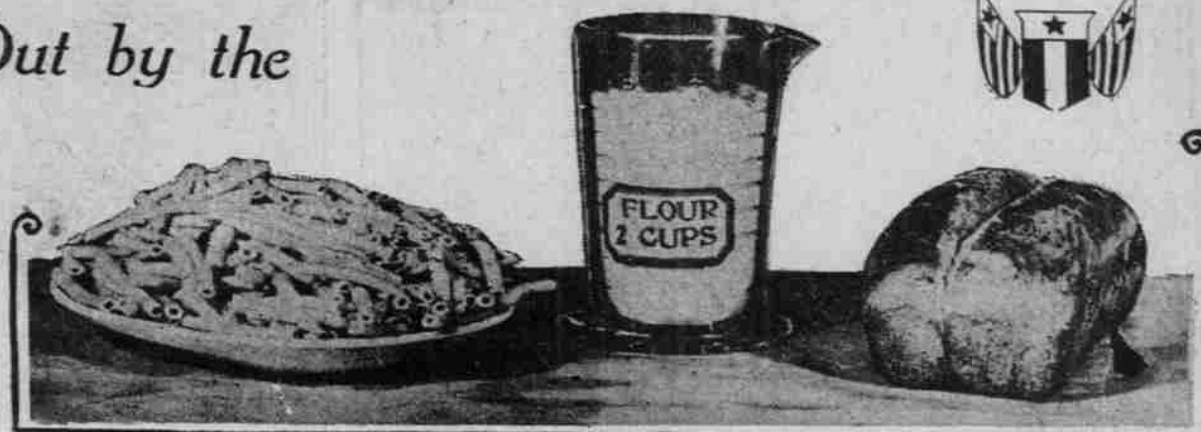
CEREALS help cheapen the diet.

LEFT OVER HOMINY or cornmeal can be fried.

BROKEN BREAD and reheated gravies make a nourishing dish.

PANCAKES can be made a valuable part of the diet.

BUT—the government experts warn against cutting down too far the use of meat, eggs, butter, sugar, fruits and vegetables.



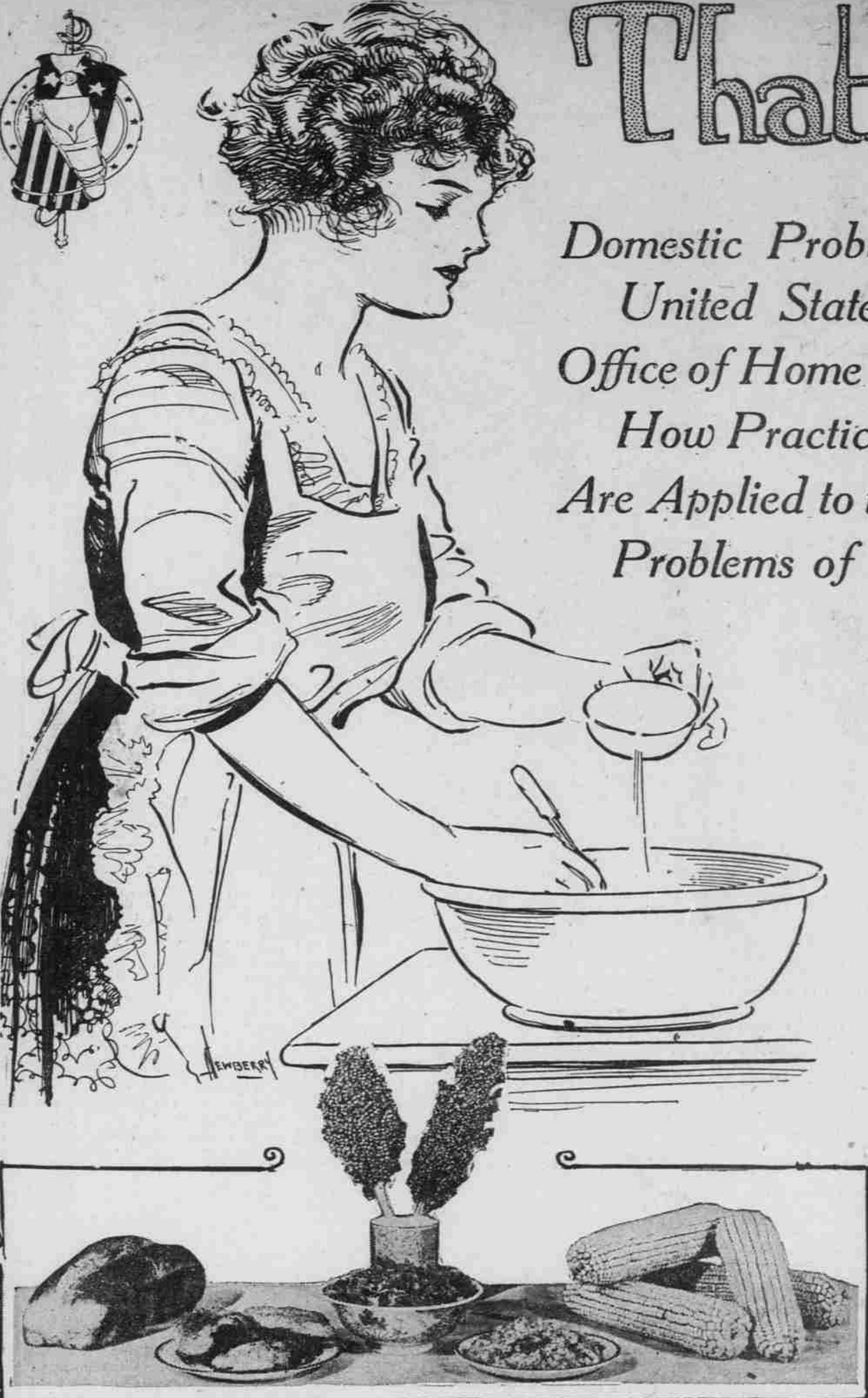
Three Ways of Using Eight Ounces of Wheat.



One-Half Cup of Rice Makes a Big Bowlful When Boiled.



Up-to-Date Measuring Utensils.



Cereal Foods - Wheat Bread, Biscuits, Corn Flakes, Oatmeal, Corn on the Cob and (above) Grain Sorghum.

BY RENE BACHE.

HOW shall the wartime housewife save the food? This is a problem which the U. S. Government office of home economics is trying with all its might to work out.

The big war-time problem of conserving food divides itself naturally into two parts. How shall the housewife avoid waste? And, secondly, how shall she buy her food supplies in such fashion as to get the most nutriment for least money?

On this subject Uncle Sam's experts have a number of useful suggestions to offer—confined, however, in this article, to the cereal foods, which in every family make up the bulk of the diet.

Where food is concerned, Americans are said to be the most wasteful people in the world. And in the average American household more bread goes to waste than any other kind of food. This happens mainly because the housewife does not know what to do with her stale bread.

Bread that has been cut gets stale more rapidly than an uncut loaf, and unless the housewife plans very carefully, she is likely to find her bread-box full of hard, dry slices and ends of loaves that are of no use on the table.

Such slices and loaf-ends are commonly thrown into the garbage pail. It is a really wicked waste, especially under present circumstances, and to avoid it, two things may be done. The stale bread may be treated in a way to make it appetizing or it may be used in cooking.

To the average American housewife, toasting is the only accepted method for utilizing stale bread. But there are many other ways in which it may be turned to useful account. For instance, when a loaf has lost its freshness, it is a good idea to cut off what will be needed for a meal and place the slices in a hot oven for a few minutes just before serving. The heat softens them and they will be found very palatable.

If stale slices of bread be placed in the warming oven, or in a pan on the back of the stove, and allowed to dry out very slowly until they are slightly brown and crisp throughout, they will taste delicious.

This "twice-baked" bread, if desired, may be crushed with a rolling-pin and used like a "ready-to-eat" breakfast cereal. Eaten with cream and sugar or otherwise it is equally nutritious and highly satisfactory to the palate.

Crisp ends and bread remnants may be cut up into small cubes and fried in lard, for use as "croquettes" in soup—particularly pea soup, to which they are a great addition. Broken bread and reheated gravies make a nourishing dish.

French cooks frequently put scraps of stale bread into soups, just long enough before serving to allow them to soften. The familiar "croute-au-pot" (crust in the pot) of the best restaurants is simply a thin soup with bread in it.

Remnants of cereal breakfast foods may often be employed in making palatable dishes. Thickening soups, etc. Thus, for example, small quantities of cooked cereal left over from a meal can be molded in cups and reheated for later use by setting the cups in boiling water.

The practice of frying the "left-

overs" of boiled hominy or cornmeal mush is as old as the settlement of this country, and the nursery song about the "bog pudding" the queen did make from King Arthur's barley meal shows that for centuries other cereals have been treated in the same way.

"Oatmeal Oysters." A dish with which few housewives are acquainted is "oatmeal oysters." The latter are croquettes of left-over oatmeal, dipped in egg and crumbs and fried.

A cupful of rice weighs 5 ounces, a cupful of flour 4 ounces and a cupful of flaked breakfast cereal scarcely half an ounce. Obviously, then, it is not bulk that makes food-value. Weight is what counts. The housewife is recommended to keep this in mind when she wishes to buy food as cheaply as possible.

One cupful of uncooked rice or oatmeal will make over four cupfuls of rice or oatmeal. The difference in bulk represents merely the water that has been absorbed by the cereal. The housewife must allow for that when she reckons the quantity of nutriment that the dish supplies.

On the other hand, if the cereal be cooked in skim milk, which is rich in "protein" (the stuff that makes muscle and blood), this valuable material is taken up by the oatmeal or rice, and the dish is just that much more nutritious.

A cupful of rice cooked slowly in a double-boiler can be made to take up six cupfuls of skim-milk and is one of the most remarkable developments of Yankee industrial ingenuity.

Next to bread and biscuits, the most common way of using cereals is in the form of the so-called breakfast foods. These preparations have been marvelously differentiated within the last few years. Maize is pressed into thin flakes and baked crisp; rice in the whole grains is cooked under pressure, so that they puff or pop like popped corn. Oats are partly cooked by steam and then run between rollers which flatten them out. Here, indeed, is one of the most remarkable developments of Yankee industrial ingenuity.

The housekeeper who wishes to be economical should, in buying such products, note the net weight (which the law now requires to be marked on every package), and, from this and the price, reckon the cost per pound. Some breakfast foods retail at 48 cents a pound (15 cents for a 5-ounce package); others at 5 or 6 cents.

Speaking of cereal foods in a general way, the uncooked ones (as might be expected) are cheapest. The housewife can buy hominy, cracked wheat or unsteamed oatmeal for less than she would have to pay for the same articles partly cooked or "ready to eat." In loss by burglary of money, bullion, bank notes, etc., in consequence of the felonious extraction of the same from the safe or safes described in the said schedule and located in the banking room also described in the said schedule and hereinafter called the premises, by any person or persons who shall have made entry into such safe or safes by the use of tools or explosives directly thereupon, in the sum of \$5000 on the ground that the cashier was employed as a "tool" within the terms of the policy.

It is cheaper to buy in bulk than by the package. Steam-cooked oats can be bought in bulk. The larger her family is, and the more storage space she has available, the greater the advantage to the housewife of buying cereals in bulk. But she must be sure to keep them in receptacles proof against invasion by insects, lest a wholesale de-

struction of her stock on hand bring the economy account to the debit side of the ledger.

Cooked and Partly Cooked. Partly-cooked cereals cost less than the "ready-to-eat" kinds—the latter requiring no preparation for the table, or only enough to make them warm and "crispy." But fuel and labor are needed to prepare cereals in the home and the wise housekeeper reckons with these considerations in deciding which kind is more economical for her own use.

In "light housekeeping" the convenience of the "ready-to-eat" preparations often more than compensates for their higher cost. Indeed, from the viewpoint of any home manager whose means are not too restricted, the pleasant variety offered by cereals manufactured in the more elaborate ways may seem worth a few cents extra.

The greater part played by cereals in the diet of the average family is not to be overlooked. Cereals prepared in the household (leaving bread and biscuits out of the question) are commonly not cooked enough. Hominy, for instance, should be cooked for at least an hour and a half in a double-boiler.

The proper salting of cereals is most important. In the plain boiled cereals enough salt should be used to season or mashes the careful use of salt makes a difference between an appetizing and an unpalatable dish. A good general rule is to allow one teaspoonful of salt to each quart of water.

Griddle-cakes and pancakes are really a kind of thin bread, cooked on a thin surface instead of in the oven. In planning meals the wise housekeeper will think of them in this way.

The greater part played by cereals, the cheaper the diet. But, say the government experts, while to a certain point it may be prudent to cut down

LEGAL SIDELIGHTS FOR LAWYERS AND LAYMEN

BY REYNELLE G. E. CORNISH, OF PORTLAND BAR.

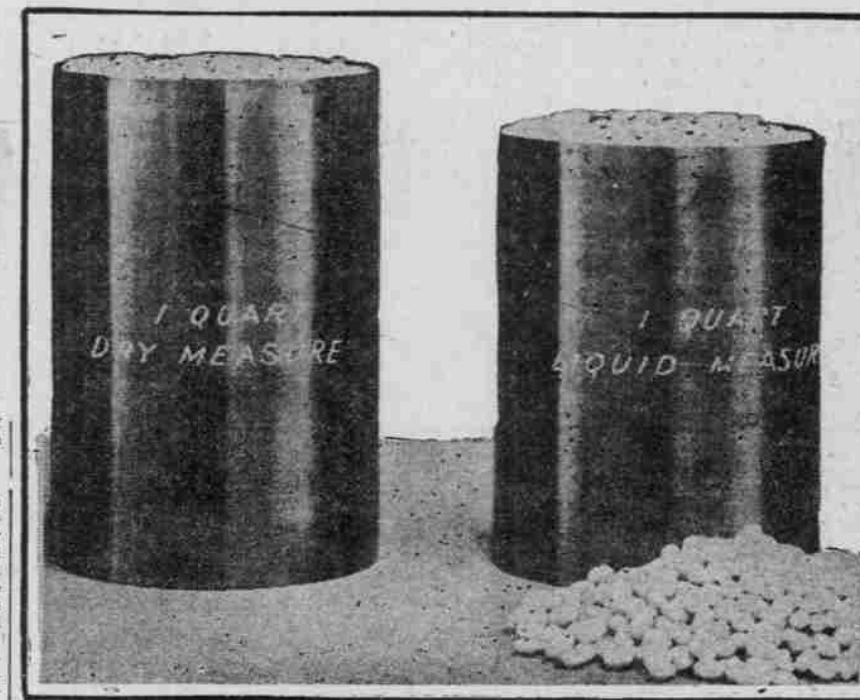
BURGLARY insurance and holdups. Insurance companies are usually very anxious to have their policies strictly construed, especially when a loss has occurred and the policy holder is seeking to recover, and the insured is equally anxious to stretch the terms of the policy as far as possible in order that it may cover the particular means by which he has suffered the loss.

In this case the bank had been entered by thieves after banking hours and the cashier held up at the point of a pistol and compelled to open the safe. The plaintiff sued the insurance company under a burglary insurance policy containing a clause for indemnity "for all loss by burglary of money, bullion, bank notes, etc., in consequence of the felonious extraction of the same from the safe or safes described in the said schedule and located in the banking room also described in the said schedule and hereinafter called the premises, by any person or persons who shall have made entry into such safe or safes by the use of tools or explosives directly thereupon, in the sum of \$5000 on the ground that the cashier was employed as a "tool" within the terms of the policy.

The court refused to read such a construction into the policy, saying in part: "It is true that the word 'tool' has several meanings, and in one sense one person may be the tool of another. In this sense, the cashier in opening the safe and in opening the inner chest was the tool of the robbers; but when we read the whole policy it is manifest that this is not the kind of tool that the policy contemplates.

"It is a burglary policy. The indemnity is for all loss by burglary of money, bullion, etc., by any person who shall have made entry into the safe by the use of tools or explosives directly thereon. Burglary tools and explosives are evidently what the policy refers to. The insurance is in effect of the sufficiency of the safe against the tools and explosives of burglars. That it was not contemplated that the company should be liable where an officer of the bank was held up, as was done here, and no violence was done, is shown by the provision that the company is not to be liable for any robbery by holdup unless the regular working force is at work in the bank.

"The insurance was not against all loss at the hands of burglars and robbers. The money was required to be put in an inner safe or chest, and the insurance company was not to be responsible unless there was a forcible



Showing Proportionate Loss to Customer in Selling Dry Commodities in Liquid Measure.

the allowance of meat, eggs, butter, sugar, fruits and vegetables, there is a limit beyond which this reduction cannot be safely carried. Cereals alone are not adequate for the maintenance in health of the human body.

While the housewife is so earnestly advised to save her loaf-ends and odd bread slices, a wholesale waste of precious breadstuffs is permitted for the manufacture of "hard liquor." During the last year 41,000,000 bushels of grain in this country were distilled for whiskey.

The quantity of grain required to make one big drink of whiskey will furnish the material for six ounces of bread—more than half of the ordinary loaf of today. In a twelvemonth enough grain is used in the United States for distilling to furnish 13,000,000 people with a pound loaf every day in the year!

entry by tools or explosives not only into the safe, but also into the chest. "Fairly construed, this policy does not cover a loss by hold-up, where, after the money is put in the safe, and the working force of the bank has left, an officer of the bank is held up and required to open the bank and safe."

Negotiable Instruments.—A concise statement of the rules governing the transfer of negotiable instruments, and the conditions which led to their origin is well stated by the Court in Knox vs. Eden Musee American Co. 42 N. E. 988 in which the Court said in part as follows:

"The rigid rule of the common law which prohibited the assignment of choses in action was, in England, at an early date, relaxed to some extent to conform to the usages of the merchants and the necessities of commerce, and at length, by the aid of statutes and judicial decisions, bills of exchange and promissory notes were completely taken out of its influence, and they came to have distinct attributes and qualities not pertaining to any other form of contract.

"They were not only made transferable by delivery and assent in the name of the transferee, but, contrary to the general rule of the common law, honest acquisition for value was held to give the transferee a new and original title, wholly independent of that of the prior holder and subject to no infirmity which affected the paper in his hands. The real owner who had been despoiled of the paper by robbery or theft, or who had lost it without negligence, was precluded from reclaiming it, and the maker, although he had been defrauded into executing it, could not be heard to allege the fraud as a defense against a bona fide holder. And the transferee, although he may have been negligent in taking it, and omitted precautions which a prudent man would have taken, nevertheless, unless he acted mala fide, his title, according to the doctrine now settled, will prevail.

"These familiar but arbitrary principles applicable to commercial paper, originating in commercial policy, the encouragement of trade, the convenience of having some representative of money readily convertible, and commanding confidence, while they operate in many cases with great severity upon the rights of innocent persons, have contributed greatly to stimulate commerce and advance the prosperity of states.

"The principles applicable to negotiable paper have been extended to embrace public debentures payable to

bearer, and bonds of corporations, and some of the incidents of negotiability have, either by custom or statute, been applied to instruments not strictly negotiable. Certificates of stock, in business corporations, are embraced in the class last mentioned. They are not negotiable in form, they represent no debt and are not securities for money. But the courts of this country, in view of the extensive dealings in certificates of shares in corporate enterprises, and the interest both of the public and of the corporation which issues them, in making them readily transferable and convertible, have given to them some of the elements of negotiability.

"The courts have frequently been importuned to extend the qualities of negotiability of stock certificates and to clothe them with the same character of complete negotiability as attaches to commercial paper, so as to make the transfer to a purchaser in good faith, for value, equivalent to actual title, although there was no agency in the transferor, and the certificate had been lost without the fault of the true owner or had been obtained by theft or robbery.

"But the courts have refused to accede to this view, and we have found no case entitled to be regarded as authority which denies to the owner of a stock certificate which has been lost without his negligence, or stolen, the right to reclaim it from the hands of any person in whose possession it may subsequently come, although the holder may have taken it in good faith and for value."

DAYS OF PEACE RECALLED
Fishermen of Folkestone Once Rewarded by German Emperor.

FOLKESTONE, England, June 18.—In Folkestone Cemetery, where the majority of the victims of the German aeroplanes raid of May 25 were buried, there is a large monument over the graves of German sailors buried there 25 years ago. The monument was erected at the expense of the German government.

The sailors belonged to the crew of the German ironclad Grosser Kurfurst, which was sunk in collision with the Konig Wilhelm near Folkestone. The sailors were buried in batches, as their bodies were recovered, with full naval and military honors, and tributes paid by the townspeople to the German dead. To show his appreciation for the hospitable treatment accorded the survivors of the disaster, the German Emperor, William I., the present Emperor's grandfather, sent to the vicar of Folke-

stone a splendidly bound Bible for use in the parish church. The fishermen of Folkestone rescued many Germans at the time of the disaster, which caused the loss of 254 lives, and the Emperor presented several gold watches bearing the imperial arms in recognition of the gallant services of the rescuers.

GIRLS! MAKE A BEAUTY LOTION WITH LEMONS



At the cost of a small jar of ordinary cold cream one can prepare a full quart of the most wonderful lemon skin softener and complexion beautifier by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as sallowness, freckles and tan, and is the ideal skin softener, smoothener and beautifier. Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and make up a quart of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It naturally should help to soften, freshen, bleach and bring out the roses and beauty of any skin. It is wonderful to smoothen rough, red hands.—Adv.