

PORTLAND FAMILIES ECONOMIZE TO SAVE FOOD SUPPLY

More Simple Meals Are Rule Nowadays in Nearly Every Household, Where Aim Is to Co-operate With Hoover Plan.

Men cannot fight on empty stomachs and nations cannot keep up hope forever, if deprived of life's commonest necessities. There are many articles of food which we of this country can easily do without, or for which we have many substitutes, but which are an absolute necessity for our allies and for the men of our own Army and Navy who will be sharing the hardships and dangers of those allies in so short a time.

Oregon women are rapidly falling in line with the suggestions and requests made by the President and by Herbert Hoover, the food czar, but it is only since the opening of the local office under W. B. Ayer, Federal food commissioner for Oregon, that the great majority are being made to feel that this most important branch of war service has local as well as National significance. The probability now is that Oregon's splendid record of prompt raising of troops, filling of regiments, liberty bond buying and Red Cross giving will be equalled if not exceeded in the elimination of waste and the conservation of the foodstuffs for which our Nation's Executive and his assistants are asking.

These Portland housewives have told briefly what they are doing toward food conservation and their suggestions may be helpful to others.

Simple Meals Are Rule.

Mrs. Holt C. Wilson—Mr. Hoover's instructions have been the cause of much happiness to me, and I find it a joy to do the thing he asks for. We have always lived simply and with as little waste as possible, but now we are reducing still further. We have meat but twice a week, and then I try to have the cuts where there is the least waste. For instance, I buy the residue of the President's turkey, the chops themselves, and find that the meat makes delicious stew. On the other days we have different varieties of fish, poultry, etc. Every stomach requires as much variety as do the brain, heart and mind, and menus should be simple, but diversified. Another excellent substitute for meat is Wisconsin brick cheese, which, pound for pound, contains more nourishment than the former.

Miss Sallie Lewis—I eat very little meat and economize as much as I can and am planning other food reforms in my household.

Mrs. William Wheelwright—Mr. Wheelwright and I are intensely interested and are co-operating in every manner possible. We have two meatless days a week and one on which we use absolutely no white flour. Our vegetable garden has supplied us with all the vegetables for our daily use, as well as for putting up, and, although the space thus utilized was small, we have had beans, peas, corn and a variety of small garden truck. Every year I took a course at the Benson Polytechnic, and feel that Miss Tingie's instruction has been of inestimable value to me in the economizing of my household.

Mrs. J. G. Edwards—We have one meatless day a week and have followed for the past three years, as, having been in England, the necessity of the measure was brought home to us even in the early stages of the war. We have also used the Canada war cake during that period and, with that exception, have done no baking. We use very little bread. In all of these measures, as well as in a number of other reforms, I have the eager cooperation of my English servants. All of our meals are most simple, and even when we have guests the menu is limited to three courses.

Mrs. Theodore Wilcox—I have gone through my kitchen and stipulated as to what foods we will eliminate from our menu, and I am carefully studying the different menus with the idea of instituting still further reforms. I most strongly recommend the meatless and wheatless days, as it is the summing up of the little that makes the great help. The best rule that I know of is to use the things that are perishable and avoid using those that are most needed by our armies and our allies.

Mrs. Julius Louison—We have done away with the use of white bread and white flour almost entirely, and for several months past have had very little meat. I am most carefully supervising my kitchen, so that there shall be absolutely no waste. The children have been taught not to leave food on their plates and we have gone back to the old-fashioned broiler board, and find it makes a great difference in the amount of bread consumed. We do not serve deserts, with the exception of the different fruits.

Mrs. Max Houser—We are following as carefully as possible all the Government requests and directions. We have one meatless day a week, and meat only once a day, on the others. Enough vegetables and fruits have been raised on our place in the country to supply our own table, and to can in profusion. In addition, I have been much interested in helping and teaching others how to do their home canning. We are most anxious to co-



operate in every possible way with those who have the situation in charge.

Food Reform Followed.

Mrs. Peter Kerr—Mr. Kerr is greatly interested in the question of food conservation, and we are striving to adopt the different food reforms, as they are advocated. We are fortunate in our vegetable garden, which yields not only all the fresh vegetables we require, but also an abundance for canning. Up to the present we have put up beans, carrots, onions, peas and beans. The latter are salted and put in stone crocks, to be used during the winter as they are needed. One of the greatest economies has been initiated by our cook, who is a Norwegian, and who, after the fashion of her country, keeps the fat from the different kinds of meat we use, and when she has a sufficient quantity to work with puts it on the stove, with

Less Meat Is Eaten.

great meat-enters at any time, and, of course, at present we are eating even less. Our vegetable garden, which we planted in the early spring, has kept us well supplied with all the different varieties of vegetables, and on just that one lot we have grown potatoes, carrots, turnips, onions, peas, beans, and tomatoes. I was brought up not to waste, so that part is natural to us. We not only use the Canada war cake, which Mrs. Walter Burns introduced into Portland, but I have sent the recipe to my people in England, and they are using it and giving it to a great number of other people.

Mrs. I. N. Day—When I return to Portland in the early Fall I plan on having meatless days. I think the best way to conserve is to do without water, which she allows to come to a boil. This she empties off and repeats the process until she has a clear, white substance, which is put in jars and used in place of butter in baking and all manner of cooking. Owing to this substitute, our household of nine requires but four pounds of butter a week, about half the amount we formerly used.

Mrs. Guy W. Talbot—Yes, indeed, I have given much thought to the Hoover idea, and we are using a great deal of corn meal, both for bread and mushes, and for months now we have been doing without wheat flour as much as possible. Our dinners for our most formal meals, and we are trying to live more simply than ever. I do believe people generally will never return to the foolish idea of having the old-fashioned dinner, with its endless courses and varieties of foods.

Mrs. Thomas Honeyman—We have a war garden, which, in a comparatively limited area, has kept and will keep

us supplied with beans, peas, carrots, tomatoes, potatoes and cucumbers, the latter being planted between the rose bushes. Whatever is left over is canned by a careful, conscientious cook, who sees that nothing goes to waste. We have put up raspberries in great quantities from our garden, and more of the other fruits than usual. We have at least two meatless days a week, and often more. Whole wheat and rye breads have been substituted for white, and salad and dessert are never both served at the same meal. Early in the season I bought sweet butter and have rendered 60 pounds of it, to be used during the winter and spring. I also get soap by the board, and find that by allowing it to dry thoroughly first we need very much less than the other way.

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Mrs. Harry L. Sherwood—We are not great meat-eaters at any time, and, of course, at present we are eating even less. Our vegetable garden, which we planted in the early spring, has kept us well supplied with all the different varieties of vegetables, and on just that one lot we have grown potatoes, carrots, turnips, onions, peas, beans, and tomatoes. I was brought up not to waste, so that part is natural to us. We not only use the Canada war cake, which Mrs. Walter Burns introduced into Portland, but I have sent the recipe to my people in England, and they are using it and giving it to a great number of other people.

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Mrs. Thomas Kerr—We have had a meatless day for some time, and have just started the wheatless day, on which day we have no puddings or deserts of any kind made of white flour, and only rye bread. We have raised all our own vegetables, both for daily consumption and for canning and, as much as possible, we have things from our garden, even in an social entertaining I may do. Our dinners are limited to three courses, whether we have guests or not.

Mrs. J. N. Fleischner—We are trying to do "our bit" to help the situation, and are now doing without meat one day a week, and later on shall try to have two meatless days a week. We are also serving but three-course dinners and are willing to help further in every way we can. We are sure whatever is wasted, that is really the best possible aid to conservation of food.

Mrs. James Zan—We always live simply, but are now dispensing with deserts, and thereby conserving sugar and other important ingredients. I am putting up quantities of vegetables and fruits, and am sending some to the soldiers.

Mrs. Solomon Hirsch—Elimination of waste is the most necessary factor for conservation and I do not believe in people becoming hysterical at this time, because anything done spasmodically never lasts. As soon as we do, I am sure all Americans will gladly respond, as they have in the past, to any

Mrs. Joseph Teal—We are living as simply as possible, and with as little waste as we can. I always live simply, and have not done any entertaining for months.

Mrs. Helen Lane Corbett—I always live simply, and have not done any entertaining for months.

Mrs. Walter Burrell—I have never believed in wasting and buy only just what we require. We are using dark flour, wherever possible, and preparing our vegetables and meats together, so that we do not need other fats, and but little flour. I have labored bacon ham, because those are things that can be sent abroad. We use the Canada war cake in place of other deserts, and I have put up quite a number of vegetables and fruits.

Mrs. J. G. Gaud—We have grown vegetables on our place, wherever there is the least space for them, even in between the flowers. We also have different varieties of fruit, all of which we are canning as they ripen. We eat very little meat and are economizing as much as possible in bread.

Mrs. W. B. Ayer—I have inaugurated two full meatless days during each



week, and are having very simple meals. We have put up large amounts of fruit and vegetables to assist in the Hoover work.

Mrs. Sherman Hall—We are trying to do whatever we can in the way of food conservation. We use cornbread and rye bread each day at least one of the meals, and generally at two. I have canned a great variety of vegetables for winter use, so as to economize in the foods needed elsewhere.

Mrs. Edward Cookingham—I am doing my best to save in every way I can think of. We have one meatless day a week, and on the other meat, but once a day. Fruits and vegetables have been canned as they were in season.

Mrs. W. H. Skene—I have cut one course from each of our meals, and am trying to get the best food value, with least possible waste. We have two meatless days a week, which I intend to increase to three, and I expect systematically to arrange my household according to the best interests of the Government.

Mrs. Lewis Mills—I have always lived economically and without waste. We have adopted the meatless day and also have a vegetable garden, from which we get the vegetables for our own use.

Mrs. George Good—We have one meatless day each week, and I am trying to be careful in every possible way not to have any waste.

Mrs. William C. Alvord—I am economizing in every possible way at present, and am also studying various schemes of food saving, with the idea of inaugurating some of them in my home. We now have the meatless day and the wheatless day, and I am using the bread board, which I find is a great saving in the amount of bread used. We have canned and preserved many kinds of fruits and vegetables. One thing that we should bear in mind is that by peeling our potatoes we sacrifice largely of their nutritive value.

Mrs. Gordon Vorhees—We are living more simply than formerly, and are canning all the vegetables for our own use that are not used from day to day.

Mrs. Ralph Hoyt—We have very simple meals, and are doing entirely without deserts. We have one absolutely meatless day a week, and very little meat on the other days. What little meat we do use is of the most simple character.

Mrs. Aaron Frank—We live very simply, and never have deserts. We use rye bread instead of white, and have meat but once a day. All in our family use the old-fashioned bread board.

Mrs. Frank Hart—We are substituting other things less valuable in the place of meat and using graham bread instead of white; in fact, as little white flour as possible. We have no deserts, and I am planning a systematic manner of food saving and elimination of waste.

Mrs. Ainsworth—We have meatless days once or twice a week, and are exercising all care and economy in the use of white flour. Beside which, we have canned fruits and vegetables.

Mrs. Lloyd Wentworth—I keep the Hoover pamphlet in the kitchen, and we are endeavoring to live up to it in every particular. We have several meatless days a week.

Mrs. Herbert Nichols—We use corn meal or graham meal at least once a day, and find that it is a health as well as a food-saving measure. I find that there is very little, if any, waste in my household, as I was brought up to guard against it, and besides I have a cook who feels as I do on that subject and is of the greatest assistance when that nation is engaged in a life-and-death struggle. Hence it is that every woman should, where she can, conserve wheat, so that we may send it to the French, who are fighting so valiantly.

Mrs. Marion Dolph—I am cutting down food waste in any place that I find it, and am watching things most carefully. I go to market and buy everything myself, and find that it makes a great difference. We also try to make things last as long as possible, and are being most careful in the use



which, if properly treated, will keep for years. I have also put up eggs, and we always make our own soap.

The vegetables we got from my uncle's country place, and they were all picked and put up by ourselves.

Mrs. Franklin Griffith—We are not using veal or lamb and are following all the other suggestions for food conservation as nearly as we can. Both Mr. Griffith and I are anxious and eager to co-operate in every way to be of assistance.

Mrs. J. F. O'Brien—We are arranging to have as little waste as possible, and in addition have very few deserts, meatless days twice a week, and are using and canning vegetables grown on our place, potatoes, corn, peas, beans, onions, lettuce, radishes, carrots, tomatoes, which we grow on our lot, showing what wonders can be achieved in a small space, in this land of plenty.

Mrs. Charles H. Carey—We are doing whatever we can, using rye and other substitutes for white flour, and getting along with very little meat.

Mrs. William H. Lines—I am doing as I have always done, with as little as possible—eliminating all waste and food extravagance.

Mrs. Clarence Jacobson—I intend co-operating in every possible way and will in the all needed reforms in my household.

Mrs. Joseph Wiley—I am having all different kinds of vegetables canned and have also put up eggs. We are using whole wheat bread and have two meatless days a week. I sincerely believe that all who do their part in a manner asked of us and particularly to conserve the things the Nation needs and is asking for.

Mrs. Bert Ball—I have put up bushels of vegetables, all from our own garden. Early in the spring we pulled up all the weeds in our garden, and we have the meatless day and one on which we use no white flour, and I have a number of other reforms I intend to commence shortly.

Mrs. Fred Sells—We are keeping the meatless days for some time, and are keeping the meatless days and we intend to conform to all rules and requests during the coming Winter and as long as shall be necessary thereafter.

Mrs. Julius Lippitt—In our home we now use the Hooverized butter balls and find that these smaller ones answer the same purpose as the larger ones of the pre-Hoover regime. We are keeping the meatless day and are economizing in the use of white flour.

Mrs. Lee Hoffman—We use very little white flour and make our own bread of rye or cornmeal. We have also raised the vegetables we are using and some for canning. In addition, we are keeping the meatless day.

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PRESIDENT SAYS TIME TO END WASTE HAS ARRIVED.
BY WOODROW WILSON.
This is the time for America to correct her unpardonable fault of wastefulness and extravagance. Let every man, every woman assume the duty of careful, provident use and expenditures as a public duty, as a dictate of patriotism which no one can now expect ever to be excused or forgiven for ignoring. Everyone who creates or cultivates a garden helps, and helps greatly, to solve the problem of the feeding of the nations.

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FOOD CONSERVATION DEPENDS ON OREGON WOMEN.
BY W. B. AYER, FOOD COMMISSIONER FOR OREGON.
In our work of food conservation in Oregon, we are going to depend largely upon the natural ingenuity and cleverness of our Oregon women. They can exercise these gifts in manifold ways in the buying, preparation and serving of foods, while keeping in view the essential point that we must save meat, wheat, sugar and fats. It is for the Oregon women to decide just what shall be substituted for these essentials, but we feel that her ingenuity and her patriotism may be depended upon to work out the details of these problems to the entire satisfaction of her family and for the benefit of her country.

Let all loyal men, women and children stand together against all manner of food waste. Let each also constitute himself a guardian against food waste by others. Let all remember that the full garbage pail at home means empty dinner pails in Europe and for the less fortunate in our own country.

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Mrs. Henry L. Pitcock—We are having one meatless day a week and saving as much as possible in bread, besides which we have raised most of our vegetables and have canned a great many.

Miss Jean Mackenzie—We have two meatless and one wheatless day each