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.

EN 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 coun try 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

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 administrator, 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 equaled if not excelled 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

briefly what they are doing toward food conservation and their suggestions may be helpful to others:

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 things he asks us to do. 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 French chops, instead of the chops themselves, and find that the meat makes delicious stew. On the Simple Meals Are Rule. the chops themselves, and find that the meat makes delicious stew. On the other days we have different varieties of fish, poultry or egg dishes. Every stomach requires as much variety as do the brain, heart and mind, and menus should be simple, but diversified. Another excellent substitute for meats is Wisconsin brick cheese, which, pound for pound, contains more nourishment than the former does.

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

my household.

Mrs. William Wheelwright - Mr. Wheelwright and I are intensely interested and are co-operating in every manner possible. We have two meat-less days a week and one on which we

stages of the war. We have also used the Canada war cake during that pe-ried 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 co-operation of my English servants. All of our meals are most the menu is limited to three courses.

Menus Are Less Elaborate.

Mrs. Theodore Wilcox—I have gone through my kitchen and stipulated as to what foods we will eliminate from our menus, and I am carefully studying the different measures 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

drs. Julius Louisson-We have done and find it makes a great difference have given much thought to the amount of bread consumed. We have given much thought to the hover idea, and we are using a great dinners are limited to three courses, deal of corn meal, both for bread and mushes, and for months now we have

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 canaling. We are most anxious to co-



charge

PRESIDENT SAYS TIME TO END WASTE HAS ARRIVED.

BY WOODROW WILSON. to correct her unpardonable fault of wastefulness and extravagance. Let every man and every woman assume the duty of care-ful, 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 culti-vates a garden helps, and helps greatly, to solve the problem of the feeding of the nations.

water, which she allows to come to a boil. This she empties off and rewith the use of white bread and peats the process until she has a clear,

tion 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 formal meals, and we are trying to live

Food Reform Followed.

Mrs. Peter Kerr—Mr. Kerr is greatless days a week and one on which we use absolutely no white flour. Our vegatable garden has supplled 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 beens, peas, corn and a variety of small garden truck. Early in the year I took a course at the Benson Polytechnic, and feel that Miss Tingle's instruction has been of inestimable value to me in the economizing of my household.

Mrs. Peter Kerr—Mr. Kerr is greatly 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 raspberries in great value to me in the economizing of my household.

Mrs. Peter Kerr—Mr. Kerr is greatly 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 beets, carrots, onlons, peas and beans. The latter are sailed 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 Norwesian, and who, after the fashion of the greatest economies has been initiated by our cook, who is a Norwesian, and who, after the fashion of the greatest economies has been initiated by our cook, who is a Norwesian, and who, after the fashion of the greatest economies has been initiated by our cook, who is a Norwesian, and who, after the fashion of the greatest economies has been initiated by our cook, who is a Norwesian, and who, after the fashion of the greatest economies has been initiated by our cook, who is a Norwesian and bearing the Winter and Spring. I also get soap by the box, and

Less Meat Is Enten.

Mrs. Harry L. Sherwood-We are not great meat-eaters at any time, and, of course, at present we are eating even 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, onions 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 recipes to my people in Eng-and, and they are using it and giving t 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 best way to conserve is to do without

Mrs. Thomas Kerr-We have had a away with the use of white bread and white flour almost entirely, and for several months past have had very littles 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 bread board, mrs. Guy W. Talbot—Yes, indeed, I makes a great difference have given much thought to the meatiess day for some time, and have just started the wheatless day, on

Mrs. I. 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

Mrs. James Zan-We always live uply, but are now dispensing with aserts, and thereby conserving sugar nd other important ingredients.

Mrs. J. D. Farrell-I am fortunate in having a person in the kitchen who meets me more than half way, in foodsaving. We have two meatless days a week and serve meat but once a day on the other five. In addition, we have several days a week on which I sub-stitute corn and rye bread for white; especially the good, old-fashloned corn especially the good, old-fashloned corn-bread. I have tried to regulate things so as to have the simplest meals pos-sible, consisting usually of but two courses, and never, under any circum-stances, more than three. We have but one vegetable at a meal—if pota-toes, no other. A sample of our menus would be a chop, with baked potatoes, custard or stewed fruit. When we have guests, I add a salad.

Mrs. Helen Ladd Corbett — I always live simply, and have not done any enertaining for months. Mrs. Joseph Teal-We are living as

simply as possible, and with as little 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, se that we do not need other fats, and but dittle flour. I have tabooed bacon and ham, because those are things that can be sent abroad. We use the Can-ada war cake in place of other desserts, and I have put up quite a number of

vegetables and fruits. Vegetables Are Grown.

Mrs. J. G. Gauld-We have grown vegetables on our place, wherever there is the least space for them, even in between the flowers. We also have dif-ferent varieties of fruit, all of which we are canning as they ripen. We eat very little meat and are economizing as uch as possible in bread Mrs. W. B. Ayer—I have inaugurated wo full meatless days during each | becomes the contract of th

I-Mrs. J. Curtis Simmons, Well Known in Musical and Society Circles, Picking Beans in Her Own Garden Preparatory to Canning Them for Winter Use.

2—Miss Hazel Weidler, Happy in Her Cabbage Patch, and Miss Helen Eastham, Proud of the Vegetables in the Garden They Have Cultivated as Their Part in Food Conservation. 3—Miss Ethel Malpas, Daughter of Mr. and Mrs. F. C. Malpas, and Miss Dorothy Jones, Daughter of Colonel Jones, Who Go to Market and Help in the Campaign of Patriotic Service.

week and serve meat but once a day patriotic appeal made by the Govern-on the others. We use practically no ment, and then we will all adapt our-white bread, rye or combread being substituted, and, in addition, by care-substituted, and, in addition, by careful household supervision, all waste is in a movement to procure more varie eliminated.

to economize as far as the Government wants us to. For the coming Winter we shall have two meatless days a week, and shall do with as little white flour as can be managed. Our vegetable garden has yielded vegetables for our daily use and also for canning. I our daily use, and also for canning. 1 am putting up quantities of vegetables and fruits, and am sending some to the

Henrietta Failing one Mrs. Solomon Hirsch-Elimination of waste is the most necessary factor for conservation and I do not believe in people becoming hysterical at this ically never lasts. As soon as we ar told what is necessary for us to do, I spond, as they have in the past, to any

FOOD CONSERVATION DE-PENDS ON OREGON WOMEN.

W. B. AYER, FOOD COM-MISSIONER 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 exer cise 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 woman 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 coun-

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.

may be. Portland people should unite Mrs. A. A. Morrison-We are trying mand for meat would be diminished.

Less Flour Is Used.

Mrs. George Weidler—We use white serts, and I am planning a systematic flour but once a week and apply the manner of food saving and elimination all the vegetables for our own use and for canning. Miss Hazel Weddler and Miss Helen Eastman have a garden at Twentieth and Lovejoy streets, and Miss Weddler, Miss Gles and Miss Henrictta Falling one on Johnson have canned fruits and vegetables.

Johnson

street, on both of which they have done all of the work themselves, and from which they have had, or will have, a great variety of vegetables, including artichokes, cucumbers, potatoes, tomaoes and all the small garden truck. Mrs. Henry Ladd Corbett-I am following the Hoover regime in every possible manner and have entirely given day, and find that it is a health as up formal entertaining. We do not serve any food between meals, and I have redoubled my precautions against waste, although I have always tried to guard against it, and besides I have eliminate that. We supply ourselves a cook who fegls as I do on that substructively with everything we use wing the Hoover regime in every pos from our own place, with the exception of meat and milk, even growing the hay we need. I have canned every-thing possible in the way of fruits and vegetables. While I am making every effort to conserve food, I do not find it necessary to change our mode of living, as we have never served more than two-course dinners, with an additional

ourse when guests were present.

Mrs. Walter J. Burns—We have elim-mated all wheat cereals, substituting instead things not so badly needed in cakes, instead of crackers, and bread made of cornmeal, graham flour and walnuts, instead of the former kind We do not use white flour, and have as little meat as we can get along with. A favorite recipe of ours is "Johnny ake." which, with a number of othe recipes, I have taken from the Marian Harland cookbook. I have put up many crocks of string beans and a great many other vegetables.

Cornbread Is Enten. Mrs. Henry L. Pittock-We are havng one meatless day a week and sav-ng as much as possible in bread, beside which we have raised most of our egetables and have canned a great Miss Jean Mackenzie-We have two

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 nearly as pearly as servation as nearly as we can. Both

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

afr. Griffith and I are anxious and eager to co-operate in every way to be

of assistance.

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

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 Ladd—We are simply following general directions as to flour and meat, and the canning of fruits and vegetables. I intend to do just as Mr. Honver requests for the future. Mr. Hoover requests for the future

Mrs. Eugene W. Rockey-We have the meatless day and the wheatless day. I have never thrown foodstuffs away, or been wasteful with them, so do not find it necessary to reform in that particular.

Mrs. Donald W. Green.-I am cutting down in our meals as much as possi-ble. We have no cakes or desserts, and never more than two courses at a meal. Beside which we have the meatless day, and use very little white

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

Mrs. Clarence Jacobson-I intend co-operating in every possible way and will initiate all needed reforms in

Vegetables Are Canned.

week, and are having very simple

not to have any waste.

Economy Is Fracticed.

is that by peeling our potatoes we sac-rifice largely of their nutritive value.

Mrs. Gordon Vorhees-We are living

Mrs. Ralph Hoyt-We have very sim-

ntertaining we do is of the most sim-

have meat but once a day. All in our

family use the old-fashioned bread

Mrs. Frank Hart-We are substitut-

ing other things less valuable in the

place of meat and using graham bread

have canned fruits and vegetables.

loover pamphlet in the kitchen,

Hoover Pamphlet Followed.

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

a cook who feels as I do on that sub-ject and is of the greatest assistance to me. We put up all manner of vege-tables, including corn on the cob,

EX-AMBASSADOR APPEALS TO

WOMEN TO SAVE.

BY JAMES W. GERARD.

What I wish particularly to impress upon the women of the country is the spirit of service

and self-abnegation of the Ger-

man woman. And the American

women will show the same splen

did spirit in approaching the problems of the war.

It does not seem clear to the average American woman why we should save our wheat to be

sent to the allies. This is simply because 50 per cent of a French-man's food has always consisted

of white bread, and it is not easy

to change the diet of a nation 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. Lloyd Wentworth-I keep the

meals. We have put up large amounts of fruit and vegetables to assist in the

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 combread and rye bread each day at 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. Henry Jones—We have one meatless day a week and use hardly any white flour, substituting graham, whole wheat and corn wherever possible. We have canned both vegetables and fruit.

Mrs. Joseph Wiley—I am having all different kinds of vegetables canned and have also put up eggs. We are using my best to save in every way I can think of. We have one meatless day a week. I sincerely bentleve that we all should help in every 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 others meat but once a day. Fruits and vegetables have been canned as they were in season.

Mrs. W. H. Skene—I have cut one Mrs. Harry Nunn—I have a splendid and is asking for.

Mrs. Harry Nunn—I have a splendid cropp of potatoes grown on a lot 100 by

day. Fruits and vegetables have een canned as they were in season.
Mrs. W. H. Skene—I have cut one ars. W. H. Skene—I have cut one course from each of our meals, and am trying to get the best food values, 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 housecrop of potatoes grown on a lot 100 by 120. We are using very little white flour and meat.

flour and meat.

Mrs. F. C. Malpas—We have two
meatless days a week and use practically no white flour. I have canned
large quantities of vegetables from our place in the country. We were brought up to eat everything on our plates, and

hold according to the best interests of the Government. Mrs. Lewis Mills-I have always ot to waste. lived economically and without waste. We have adopted the meatless day and Mrs. Max Fleishner-We are using very little butter and very little ment, mostly substituting poultry and fish. We are also economizing in white flour and do with as little bread as we can. also have a vegetable garden, from which we get the vegetables for our Mrs. George Good-We have one We have followed the Hoover

meatless day each week, and I am try-ing to be careful in every possible way ning in regard to fruit and vegetable can-Mrs. Herman Burpee-We have a vegetable garden and have followed Mr. Hoover's suggestions as much as possible. We are also being most care-

Mrs. William C. Alvord-I am econo-

Mrs. William C. Alvord—I am econor izing 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
of vegetables, all from our own gar-

great saving in the amount of bread used. We have canned and preserved many kinds of fruits and vegetables.

Mrs. Bert Ball—I have put up bushels of vegetables, all from our own garden. Early in the Spring we pulled up all of the flowers and planted the vegetables. vegetables in their places. We now 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 Seller—We are keeping

nore simply than formerly, and are aising many vegetables; canning hose that are not used from day to the meatless day each week, as well as the wheatless one: In addition, we grew enough vegetables for our daily use and many for canning.

Waste Is Ellminated.

ple meals, and are doing entirely with-out desserts. We have one absolutely meatless day a week, and very little meat on the other days. What little Mrs. Coe McKenna-I am trying to save all waste. We have two meatless days a week and one wheatless one, Besides, I have canned quantities of Mrs. Aaron Frank-We live very simply, and never have desserts. We use rye bread instead of white, and

besides, I have canned quantities of tomatoes and fruits.

Mrs. Arthur Sherwood—I have canned any number of vegetables, in fact, have laid in a great supply of jars, and I have made up my mind to fill each one with something, either fruit or vegetables.

Mrs. Kenneth Beebe-We have been using the war bread for some tim also use very little meat, possibly every other day, at one meal. We do very little baking and I see to it that there is absolutely no waste. I save the cold coffee that may be left from a neal and use it for different purposes, nd also make most delicious soup from he pods of peas, which are generally

Edward Falling - We have canned a great many vegetables and are keeping the meatless days and we intend to conform to all rules and re-quests during the coming Winter and for as long as shall be necessary there-

Mrs. Julius Lippitt-In our home ow use the Hooverized butter 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 n the use of white flour.

Mrs. Lee Hoffman-We use very lit-e 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. Mrs. John Robinson—We do not have

meat on two days of the week and are being most economical in the use of white flour and cereals. Both of us are heartily in favor of everything that will be of assistance in winning the war.

White Flour Not Used.

Mrs. L. B. Menefee-I am economizing food in every way in my power. We never use white flour and are following all the rules for food conservation. In have canned a great amount of fruit and vegetables, mostly grown in our own garden. We are entertaining most simply and at a recent dance we gave, nothing was served but loganberry juice and sandwiches (the latter with crusts) and the guests entered eapercrusts), and the guests entered eagerand gladly into the exigencies of the

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

(Concluded on Page 7.)

& H. Green Trading Stamps Will Be Given on All Charge Accounts if Paid in Full by the 10th of Each Month.

Labor Day

Store Closed Tomorrow!

Our Advertisements Will Appear in Monday Evening Papers and Tuesday's Oregonian

Olds, Wortman & King

The Satisfactory Store