

THE OREGON SUNDAY JOURNAL'S ASSOCIATE EDITORIAL

SANITARY FOOD PRODUCTION



CONDOR PEANUT AND POPCORN STAND PROTECTED BY GLASS CASES

with barnyard of soda, of milk containing bacteria of fifth and millions of bacteria, of gelatin, eggs and oysters contaminated with intestinal bacteria, the manufacturers who have faced the federal courts have pleaded guilty to practices that have robbed the pocket-book of the consumer, but fortunately worked no injury to his health.

After these years of federal supervision and vigorous state control we are beginning to realize that food adulteration is taking on a new phase and that it is of far more moment to the consumer to know his food is made in clean factories than that it is properly labeled as to the place of production or the percentage of glucose or butter.

In other words, it is now apparent that many foods, though chemically satisfactory, are unsanitary until they are made in clean factories. The work of the pure food official goes beyond the laboratory and the analysis of samples suspected of fraudulent adulteration and consists in looking at the place of manufacture and the distributing agencies.

The food officials of the so-called pure food states carry the need of active work for clean food, but because of the pressing need of driving out food frauds were unable to give much attention to the work until the federal food law came to their rescue with its far-reaching control over the purveyor of goods entering interstate shipment.

to sacrifice much of his time and run the risk of losing patients and making enemies for the sake of the opportunity to do something toward a lower death rate.

But however energetic he is, however willing he may be, he cannot give of his time to visiting dirt basements and unclean warehouses, ill-kept restaurants and filthy bakeries. This work must either be done by sanitary police or by the case service of the western states, where the women use their influence and vote as well in all movements for the general good, or by the unpaid volunteer, who, seeing an opportunity to improve sanitary conditions, goes ahead and does it.

Here is where the progressive women's movement finds its opportunity for real service. This is the way for women to enter public affairs through an avenue closed to men, and for reasons but little understood by them.

YEAR ago shoulders were shrugged complacently when protests against dirt were made. "Every one must eat his peck of dirt" was the answer that a reformer would receive. Times have changed. With intelligent directors at the controlling wheel of affairs, with principles that govern the preservation of health, and with the individual's interest in affairs that immeasurably influence his happiness, the peck of dirt has dwindled in quantity and quality.

It is astonishing how many open their mouths while eating, and synchronously close their eyes. Candy, bread, meats, fish, vegetables and fruit in a condition that would appal the eater if he but knew are taken into the system and are quick to get in their deadly work in undermining health. No cheap arguments can combat science. "Oh, well," some will say, "our grandfathers knew nothing of this and they lived." Our grandfathers read by candlelight, lived in comparative discomfort and died from diphtheria; but that is no logical reason for our doing likewise.

As the days go on we should pass toward the light of intelligent and safe living. That movement which affects the food condition is undeniably an important factor in the world's progress.

Harry E. Barnard is well fitted to speak on sanitary food production. As state food and drug commissioner, his experience has been wide, long and deep. He knows the dangers, the facts and the avenues of escape. Let him tell you of the evils that threaten you, and of easy means that can be adopted by which better general conditions will obtain.

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The enforcement of sanitary food production is a subject that is full of interest for the health officer; it should be of even greater interest to the housewife. For the first time since pure food laws were placed on the statute books the consumer can for herself take active assistance to the crusade for clean food.

Unlike the enforcement of earlier food laws, sanitary work must be done where the food is made, and does not stop at a single inspection. It is possible with one analysis to secure changes in formulas and labels; it is possible to secure better sanitation with one inspection. The new field of labor must be entered by the consumer if the law is to yield real results.

Sanitary food is food free from bacteria that might do harm to the consumer. Sanitary food production is the employment of methods of work that protect the food that these bacteria do not find an opportunity to reach it. Sanitary food distribution is the handling of that food in such a way that it is always kept under conditions that make it impossible for dirt from hands, street, floor or carrier to come in contact with it.



SHOWING FOOD EXPOSED TO DUST AND DIET OF THE STREET

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chased away the bacteria go away also. So you, madames housewives, look to the condition of the grocery store you patronize; get acquainted with your baker; know the interior of your butcher's meat box as you do your own. If you can possibly do so, visit the dairy that supplies you with milk for your children. If you cannot do this because you live too far from the source, at least know where it is bottled and the condition of the plant.

In visiting the grocery as my deputy sanitary officer, I expect you to note carefully everything to which you would raise objection if you saw it in your own home. If you see unclean fruit exposed to all the dust of the store, to attack by flies and insects, it is your duty to point out to your grocer that such a practice is repugnant to your ideas of cleanliness and, as well, in violation of law; if you find his cracker bins open, shut the covers down—slam them. If you will the noise will call the grocer's attention to your work quite as effectively as another discussion of dust and dirt; if you find candles, sugar, cereals, anything that you eat without first washing and cooking, unprotected, stay by it until it is covered up with some form of dustproof case. If the grocer asks you if you are crusading in the interests of some showcase manufacturer, tell him "No; in the interest of the health of your patrons."

If you find your suggestions unappreciated, go with your trade to a grocer where your right to know

A QUESTION FOR YOU

WHERE are you place you on the witness stand for a few minutes. The cross-examination need not be feared and we feel sure that your replies will drive home some important truths, and materially benefit our readers and writers.

Is not the leading article on this page of value to you? Do you not feel that you know more about the science and art of the home than before you read it? The fact is indisputable that homekeeping, with everything that the word entails, has been boiled down to a science and can be governed by truths and laws that will decimate labor and multiply efficiency and success. Is it worth while?

If an opportunity were given you to hear a great writer or lecturer, noted for reform, for successful work in the betterment of general conditions, or for a big heart and brain devoted to helping others, would you refuse? That is what we are giving each week.

No longer do the housewife's duties end and work as her mother's mother did. The successful woman is moving with events. Progress is a great force that takes intelligent beings with it. This page stands for progress.

Thank you, we know your answers. Next week Grace M. Viall will speak on the "Value of Home Economics."

animal that enters them, never finding one unit for food, although the work of the federal inspectors shows that thousands and thousands of both cattle and hogs are every year condemned by them as diseased and unfit for food. Ask the proprietor to turn on the light in his meat box if it is as clean as your own. Note the absence of mold, rancid grease, slimy meats. Is the odor sweet and suggestive of din-din? Is the box used for cooling of other foods besides meat? And if so, are they kept in a separate compartment? Look at the sausage grinder and the meat slicer. Are they being cleaned, free from grease and sour meat? Does your butcher have marble-topped counters? Does he expose meat on top of them where it can be handled by every inquisitive customer and utilized as a breeding place for flies? If he does, suggest again that the sanitary inspector be called and the hungry feeling of his customer entirely assuaged.

Go next to the bakeshop. I am sure you will find your neighborhood baker the delicious odors of fresh bread and spicy cakes come floating out to meet you as you enter. But, as my inspector, you will not be satisfied unless you see the delicious odors of fresh bread and spicy cakes come floating out to meet you as you enter. But, as my inspector, you will not be satisfied unless you see the delicious odors of fresh bread and spicy cakes come floating out to meet you as you enter.

How can we expect to make our efforts for law enforcement be results? If there is any other way, if we have yet to hear of it. We can inspect and arrest, and repeat the treatment as often as we have time and energy, but such methods will not teach sanitation and they will turn from tradesmen's pockets into the hands of the police, and the money that could far more properly be spent for soap, water and good, effective labor on banded knees. So, on behalf of the purchasing housewife to secure for yours and her family a clean food supply.

And now, as your final act as deputy food inspector, you are to make your report. If you find conditions grossly insanitary, you will make it to your own health officer. If you do not think it necessary to report, you may have time to spare whom you trade so well that such action is not necessary, take the story of your first day's labors in behalf of the grocer and butcher and give it with it as your text make converts of every listener to the cause of sanitation.

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By Harry E. Barnard, B. S.

State Food and Drug Commissioner of Indiana.

WITH the passage of the federal food law in 1906, the practice of food adulteration was made no difficult that now, six years later, the gross forms of fraud that had enriched manufacturers and dealers are never found. The law is doing its work of suppressing food fraud, and every consumer's table is the safer for it. It is comparatively rare that the products of the honest manufacturer

now go to market free from the competition of cheap imitations. It is eliminating fake weights and substitutes; it is driving out artificial colors and bleaches. It is faithfully serving the people by protecting them against the dishonest dealer. Thus far it has done its work well.

But now, looking back over the long lists of successful prosecutions, we are astonished to find that no few food cases have really concerned the public health. With the exception of the cases that have involved the sale of goods made of decomposed raw material, such as tomato products put up

MENUS AND RECIPES FOR A WEEK FROM AN EXPERT COOKERY

This department will be in charge of a different instructor every month. The plan will give the housewife the benefit of wide and varied experience, and will present topics of interest to all.

Conducted by Helen Louise Johnson

MONDAY		
BREAKFAST	Cereal	Stewed Prunes
LUNCHEON	Broiled Liver and Bacon	Coffee
DINNER	Wafers	Cauliflower Salad
BREAKFAST	Vegetable Soup	Baked Potatoes
LUNCHEON	Floating Island	Coffee
DINNER	Boudins of Chicken	
BREAKFAST	Hominy	Corned Beef
LUNCHEON	Cream of Pea Soup	Prime Souffle
DINNER	Chicken Soup	Roast Lamb
BREAKFAST	Stewed Prunes	Coffee
LUNCHEON	Stewed Fruit	Cookies
DINNER	Braised Orange and Banana	Griddle Cakes
BREAKFAST	Coffee	Griddle Cakes
LUNCHEON	Baked Ham	Caramel Custard
DINNER	Baked Ham	Caramel Custard

Eggs a la Benedictine

Cut English muffins in half and toast. For each half delicately broil a round piece of ham, cut to fit the muffin, or a slice of bacon, using whichever is preferred. Lay the slice of meat on the toasted muffin and keep very hot while the eggs are poached, one for each half muffin. Add 1 tablespoonful of chopped parsley, 4 tablespoonfuls of cream, a very little onion juice, salt and pepper to taste. Stir together in a saucepan over the fire until they are also as thick as the bread-crumbs and fry in deep hot fat. When croquettes are to be fried, certain points are to be noted. In the first place, the eggs should be always means whites and not yolks. Yolks have sufficient albumen to make a grease-proof covering, but they have also so much fat in themselves that they will not make so dry and perfect a covering as the whites alone. The egg is put over the croquette because the albumen coagulates as quickly as it is submerged into the hot fat, thus protecting the mixture inside from soaking up the grease and breaking to pieces. It is economy to use the white of the egg, which should be beaten slightly and mixed with sufficient cold water to make a thin covering only. This not alone makes a better and more delicate croquette, but the egg goes further. Bread-crumbs are specified because they make a better covering than cracker crumbs.

Potato Croquettes

Beat the yolks of 2 eggs light and add to 2 cupfuls of mashed potato. Mix well. Add 1 tablespoonful of chopped parsley, 4 tablespoonfuls of cream, a very little onion juice, salt and pepper to taste. Stir together in a saucepan over the fire until they are also as thick as the bread-crumbs and fry in deep hot fat. When croquettes are to be fried, certain points are to be noted. In the first place, the eggs should be always means whites and not yolks. Yolks have sufficient albumen to make a grease-proof covering, but they have also so much fat in themselves that they will not make so dry and perfect a covering as the whites alone. The egg is put over the croquette because the albumen coagulates as quickly as it is submerged into the hot fat, thus protecting the mixture inside from soaking up the grease and breaking to pieces. It is economy to use the white of the egg, which should be beaten slightly and mixed with sufficient cold water to make a thin covering only. This not alone makes a better and more delicate croquette, but the egg goes further. Bread-crumbs are specified because they make a better covering than cracker crumbs.

Cheese Fondue

Melt 2 tablespoonfuls of butter, add 4 tablespoonfuls of flour, mix until smooth and well cooked. Add 1 cupful of milk and stir as if making cream sauce until the mixture becomes thick. Take from the fire, add the beaten yolks of 3 eggs, 4 tablespoonfuls of grated cheese, 1 teaspoonful of salt and 1/2 teaspoonful of paprika. Mix thoroughly. Add carefully, folding them in, the beaten whites of the eggs, and turn the mixture quickly into greased souffle dishes, individual, or one baking dish, if preferred. If in small dishes, bake in a quick oven for 15 minutes; but if in a large dish, 20 will be necessary.

Halibut a la Delmonico

To 2 cupfuls of mashed potato add 1 cupful of hot milk and the beaten yolks of 2 eggs. Thoroughly mix and season with salt and paprika. Grease a baking dish and line with the potato mixture. Cover with a layer of boiled halibut, over which should be put a layer of bechamel sauce. Repeat, putting between each layer of shredded fish a layer of sauce. Cover the top with a layer of the mashed potatoes, sprinkling over the top with greased bread-crumbs mixed with parmesan cheese. Brown for 15 minutes in a hot oven and serve at once.

FRIDAY

BREAKFAST
Cereal
Stewed Prunes
Coffee

LUNCHEON
Stewed Fruit
Cookies

DINNER
Braised Orange and Banana
Griddle Cakes

SATURDAY

BREAKFAST
Beef Hash on Toast
Buttered Toast
Coffee

LUNCHEON
Deviled Oysters
Cabbage Salad

DINNER
Clear Soup
Corned Beef
Cauliflower
Biscuit Glace
Coffee

SUNDAY

BREAKFAST
Strawberries
Creamed Potatoes

DINNER
The following recipes are given merely because they are everyday affairs. It is actually easier to find good recipes for dishes one uses three or four times yearly than to find the best recipes for the most common foods. Coffee is the most variable article put upon the table, and almost four-fifths of the pressure-cooker-made. The old-fashioned coffee, the kind of coffee our grandmothers used to brew for themselves or buy from the grocer, is the best, which developed the flavor and provided a rich and delicious beverage.

how the food you buy is cared for is recognized. When you visit your butcher, ask him where his supply of meat comes from. Then ask if the abattoir is under government inspection. Look for the oval purple stamp and the words "U. S. Inspected and Passed" on every quarter of beef or pork. If you don't find it, ask "why?" Don't buy meat for your table that is not prepared at an inspected slaughterhouse. Remember that unsuspected meat is very apt to be from an animal that would not pass inspection. Recall the fact that there are no standards of local shops in the country that kill and sell every

disolved in a little hot water to the tomatoes and take them from the stove. Do not get careless at this point and think the soda will dissolve sufficiently in the tomatoes without the previous dissolving in the warm water. The success of this soup depends upon carefulness in details. Strain the milk into the tomatoes, season with salt and pepper and serve at once. Do not add the tomatoes to the milk; add the milk to the tomatoes and serve at once. This is the correct order, and the reason is as follows: The tomato purée is full of seeds, and if these are added to the milk, they will break down and make the milk curdle. By adding the milk to the tomatoes, the seeds are broken down and the milk is not affected.

Chicken a la Casserole

Either a young chicken must be selected for the chicken casserole or part of the cooking be done in another dish. Many prefer the latter method, as it does away with an objection which occasionally arises in the amount of fat that collects in the casserole, preventing moving before serving. The method of first cooking outside and then in the fat and sauce is the best. Clean an old-fashioned Dutch oven with a small amount of boiling hot water and cook for three-quarters of an hour. Rub the inside of the pot with a small amount of butter. Put a layer of water in the pot and simmer for an hour. This may be done on Saturday or Sunday. Put the chicken in the stock, and when cool remove the fat from the surface. The next day put the parts of the chicken desired for the casserole in the cold stock. Add sufficient stock—weakened if desired by the addition of a little water—1 cupful of very small button onions and 1/2 cupful of small carrots. Let cook until the vegetables are nearly tender, then add peas, cauliflower, Brussels sprouts, string beans, and any of these vegetables as you may happen to have a small quantity on hand or wish them in the casserole. A half cupful of butter may be used in place of all or any of these. What ever is added should have time enough to cook tender. Potatoes may be used, often are, but it is better to cook the potatoes separately in some way and serve with the casserole than to cook them with the other things. A half hour before serving make a thick brown sauce by browning a tablespoonful of butter, adding 1 tablespoonful of flour and 1/2 cupful of milk. Rub the mixture smooth. Add some liquid from the casserole until smooth enough to add to the liquid in the dish. Season with salt and pepper and a dash of sherry. Serve in the casserole dish.

Sauce Hollandaise

Beat 4 tablespoonfuls of butter to a cream. Add the yolks of 2 eggs, one at a time, beating each time thoroughly or until very well mixed. Add 1/2 teaspoonful of white pepper, 1/2 teaspoonful of salt and 1/2 cupful of hot water. Cook over hot water, stirring steadily until the mixture thickens; then add 1/2 cupful of half a lemon, remove from the fire and serve at once.

Biscuit Glace

Put 2 cupfuls of granulated sugar and a pint of water in a saucepan over the fire. Stir until the sugar is dissolved and cook until the syrup spins a thread. Watch carefully, but do not stir or the sugar will grain. Beat the yolks of 6 eggs and pour the syrup into them, stirring them, beating steadily until the mixture is thick and smooth. When cool add 1 teaspoonful of vanilla, 1/2 cupful of sherry and a tablespoonful of rum. Some prefer marshmallows to the sherry, in which case less should be used. Turn

SUPPER		
Baked Beans	Savory Sandwiches	Salad Merguez
BREAKFAST	Baked Beans	Dried Beef and Cream
DINNER	Tomato Soup	Breaded Veal Cutlets
SUPPER	Baked Ham	Tric Horned Ham
BREAKFAST	Stewed Prunes	Creamed Potatoes
DINNER	Clear Soup	Fresh Fried Potatoes
SUPPER	Beef Steu	Jellied Pig