

CUT HOME WASTE

Servants Are Responsible for Greater Part of It.

Investigations in New York Prove That Average Family Throws Away Pound and Half of Good Food Every Day.

People of average means can hardly afford in these days to keep servants. Households which formerly kept two or three now get along with one maid. Many manage with half a servant, sharing her with a neighbor. Not a few housewives have been driven to the necessity of doing their own cooking and sending the washing to a laundry.

This has meant a great deal of discomfort, but there has been an incidental gain. Waste is enormously reduced. Servants make nearly all the waste of a household. Many housewives, deprived of "lady help," have been astonished to observe a shrinkage of their food bills, notwithstanding the present doubled and trebled prices.

When a domestic establishment employs half a dozen servants the waste is enormous. Nearly always in a house run on that scale the butter and cook "stand in" with the butcher and grocer, and their take-off increases with the amount of food they throw away.

Recent investigations by the New York health department proved that the average family living in a private house, with one or more servants, throws away a pound and a quarter of perfectly good food every day.

It was found that the average apartment house family throws away only one-fifth as much—largely, doubtless, because such families reduce domestic service to a minimum.

In the tenement districts of New York one garbage can usually suffices to hold the food refuse of 20 families. But in the "private house districts" it was found that 103 families had 175 garbage pails, or more than a pail apiece.

Examination of the 175 pails revealed 18 pounds of bread and rolls, 50 pounds of meat, 35 pounds of potatoes, 16 pounds of cereals and large quantities of perfectly edible fresh vegetables.

Always the amount of food waste varies directly with the number of servants employed. As a matter of fact, the full garbage pail seems blithely to have been regarded in this country as a manifestation of prosperity. Not till very recently have people begun to think that possibly this was a foolish idea.

The KITCHEN CABINET

If this whole world followed you—followed to the letter—Would it be a nobler world, All deceit and falsehood buried From it altogether; Malice, selfishness and lust Banished from beneath the crust Covering hearts from view? Tell me, if it followed you Would the world be better?

OUR DAILY FOOD.

Here is a fruit soup that someone who is fond of such soups may desire to try:



Prune Soup.

Wash and soak one pound of prunes in three pints of cold water overnight. In the morning heat slowly and add one lemon sliced very thin, and one stick of cinnamon; cook below the simmering point until the prunes are tender but unbroken. Add water if needed, as there should be three pints when done; add three tablespoonsful of sugar, a pinch of salt and sufficient sugar to sweeten. Cook until the soup is transparent. Remove the cinnamon, and two-thirds of a cupful of orange juice, reheat and serve at once.

Quick Coffee Cake.—Sift together one pint of flour, one-third of a cupful of sugar, three teaspoonfuls of baking powder, half a teaspoonful each of salt and cinnamon. Mix to a soft dough with half a cupful of milk stirred into a beaten egg. Add four tablespoonfuls of softened butter. Spread the mixture in a shallow pan and sprinkle with sugar and cinnamon. Add raisins if desired. Bake in a moderate oven and serve with coffee.

Creamed Liver.—Take calf's liver left from a previous meal, chop it and add to a cream sauce. Arrange thin slices of toasted bread with a slice of cooked bacon on each; pour over the creamed liver and serve.

Baked Squabs.—Cut five squabs into four pieces each and flatten lightly by pounding. Put the livers to cook in a little salted water. Season each piece of squab with salt and pepper. Line a baking dish with chopped ham, sprinkle with chopped chives, place a layer of squabs, then a layer of hard cooked eggs, a sprinkling of ham, chives and another layer of squabs. Crush the livers, mix with one tablespoonful each of flour and butter, add a pint of chicken or veal stock and pour over the squabs. Cover with oiled paper and bake one hour.

Nellie Maxwell

IMMIGRANTS ARE BEING SWINDLED

American Sharpers Throng New York City to Prey on People From Old World.

USE SIMPLE SCHEMES

Get! Brooklyn Bridge and Statue of Liberty Every Day—Five-Cent Subway Tickets Bring \$20 for a Trip to Chicago.

New York.—"From steerage to success" briefly sketches the careers of many immigrants to America. But it does not tell the struggles, the hardships and even the indignities endured by many immigrants, including some of the most successful ones, during the intervening period between their arrival in America and the time when they achieve success or suffer failure, as the case may be.

Every year brings a fresh crop of stories about successful immigrants, but it brings also stories about immigrants leaving America, disappointed and discouraged, because, lacking governmental protection and friendly guidance, they fell into the hands of New York city sharpers who fleeced them of their savings.

Tricks Are Many.

The tricks of these sharpers, as catalogued by persons who have investigated complaints, range from the outright sale of the Statue of Liberty and Brooklyn bridge for an amount equivalent to the entire savings of the immigrant to the sale of subway tickets at a cost of from \$10 to \$20 each, "good for a trip to Chicago."

One artful confidence man who waxed wealthy without the necessity for prolonged honest effort garnered immigrant dollars through the sale of green tickets at \$1 to \$5 apiece entitling the bearers to admission to the United States.

More than 2,000 immigrants annually file complaints of exploitation with the bureau of industries and immigration of New York state.

Immigrants Fall Easy Prey.

Newly arrived immigrants, unfamiliar with our language, customs and laws and form of government, are easy



Selling the Statue of Liberty.

prey, and many individuals take advantage of that fact.

New York is not the only state where immigrants are being exploited. California, Massachusetts and Ohio have also official reports of frauds practiced on immigrants. Practically every other state can tell the same story.

Overcharging for baggage, frauds perpetrated by so-called "private" bankers, the sale of worthless inventions, fake partnerships, the passing of Confederate money and counterfeit coins and outright robbery through pocket picking and open violence and force are common throughout the country.

KILLS SON FOR BERRY THIEF

Two Farmers Try to Protect Patch From Raids Unknown to Each Other.

Concord, N. H.—Oliver C. Diamond, a farmer of West Concord district, was shot and killed late at night by his father, who mistook him for a berry thief, according to reports to the police. Raids upon their berry patch had aroused the ire of the Diamonds. The father said he decided to arm himself and lie in wait for the raiders.

Unknown to the father, the son decided upon the same course, and when the elder Diamond saw an armed man emerge from the thicket he said he fired. Oliver Diamond died soon afterward. After investigating the shooting the authorities decided no action on their part was necessary.

AVOID CHRISTMAS TREE FIRE

Utmost Care Should Be Used in Trimming, Thus Preventing Fatalities in the Homes.



PEOPLE cannot be too careful in guarding against fire when trimming a Christmas tree, says a correspondent in Good Housekeeping. There have been scores of Christmas tree fatalities in homes and in Sunday schools which a little care might have prevented. The writer once set a tree in a blaze, consuming nearly half of it, tinsel ornaments going with the green branches. A tiny candle had been wired too high, and it took only a few minutes of its brisk heat to char a branch above it and start a flame. A thick portiere was torn from its pole and thrown over the blaze. If it had not been at hand the light window curtains would have caught fire in another minute. Since that Christmas our tree has always been placed in the center of the room, and we have eschewed cotton wool, tissue-paper angels, and celluloid ornaments. First of all, we wire each candle securely in place at the furthest end of a branch which has nothing above it, either fir tree or trimming. Then as the tree is denuded we watch carefully the fast-disappearing candles. Sometimes one of them, nearly burned down, will topple over or be merely a spark of flame, but near to something inflammable and be a menace.

GOOD TURNS ON CHRISTMAS

Chance for All to Aid the Friendless in Having Happy Yuletide Season.

REAL purveyors of Christmas cheer may often find a market for their precious wares outside the pale of charity, for all homeless people are not necessarily poor, and neither are all childless homes necessarily unhappy. Housekeepers who are short on homes may combine these two lackings and make Christmas day a merry delight for the grown-ups in spite of these unfortunate conditions.

There is always something peculiarly pitiable in the idea of any one "flocking alone" which should appeal to the home-maker without a family, so that this should be the occasion for her to gather in all the bachelor maids and homeless men of her acquaintance and give them a joyful opportunity to "flock together." Even the Scrooges, if she knows any, should be rescued from their lonely hovels of gruel and persuaded to open their shut-up hearts and wear them outside for general inspection, as Dickens says, "For Christmas days to peck at." Therefore, collect six or eight of these birds of a feather who are destitute of near-by kith and kin and make your Christmas feast a center of good cheer for all the charming solitaires you are able to draw within its radius.—Woman's Home Companion.

Good Year for Violets.

Sweet peas have been forced for the Christmas market only for many years past. They must be started blooming before the cold weather begins. Then they will bloom all winter. Daffodils do not get in until February, but almost all the rest of the spring flowers, hyacinths, narcissuses, bavardias, and so on, are on the Christmas counters. Easter lilies, too, though rather cold and white for Christmas, are sold. Violets, are fine this winter, deeply, darkly, beautifully blue. Some mignonette now comes in enormous sprays. There are carnations but the bright red Christmas carnation is the favorite. Holly comes from the hills of Maryland and the south. The wild holly supplies the market and there has never seemed to be any perceptible diminution of the supply. Great quantities of it are purchased by all sorts of dealers, who decorate their stores with it and send out a sprig attached to every Christmas parcel.

BAD FATE

Wooden Soldier: After faithful service in the nursery for a year, I will be cast aside for a new toy this Christmas.

Dumb Animals Remembered.

The noblest observances of Christmas are its charities. In all ages and among all peoples the poor have always been bountifully remembered on that day, and in many parts of England and Scotland even the lower animals are given an extra feeding that they, too, may have cause for rejoicing when all mankind are glad. Many readers will remember Burns' address of the auld farmer to his mare when presenting her with an extra feed of corn on New Year's day. "A guid New Year I wish thee, Maggie, Has, there's a ripp to thy auld baggie."

To Avoid the Rush, Soldier, just back from his harvest furlough, to the sergeant—"My father wants to know if I'll get another furlough at Christmas. Here is the picture of the pig that is going to be killed."—Ellegenda Blatter.

Monmouth Herald

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