

### Mrs. America Meets The War

(Editor's Note: War touches every home and every citizen. This column, based on official government information and prepared by the Office of War Information, shows how the war will affect Mrs. America and her home.)

With more cheese available for consumers than ever before, government food supply experts are advising Americans to eat more cheese.

A year ago it was doubtful whether production of American cheese could meet the demands for shipment abroad. Now, in addition to the quantities bought by the government for feeding our overseas armed forces and our Allies, civilians at home will have plentiful supplies for their dinner tables.

The same things that make cheese an ideal food for shipment abroad, recommend it for greater use here at home. Cheese is a concentration of all the food values that make milk a "must" in any diet, and can be used as part of the daily milk allowance. Cheese contains the proteins needed for building strong muscles, it has many of the vitamins and minerals necessary for health and growth, and is rich in energy-giving fats.

When cheese is plentiful, advised Mrs. Lamar Tooze, Oregon Consumer Relations Representative of the Office of Price Administration, the housewife who uses it in her meals is providing her family with nourishing food at low cost. "And she is making a contribution to the war effort as well, when she buys food that is abundant rather than using foods which are more limited in supply."

Cheese has many uses in the day's meals. As a main dish, to be used occasionally instead of meat, Mrs. Tooze suggested the following recipes:

#### Cheese Vegetable Dish

2 cups diced cooked potatoes; 1 cup diced cooked carrots; 1 cup peas; 1 medium onion, finely chopped;—Put vegetables in buttered baking dish, cover with cheese sauce, set in a pan of hot water, and heat thor-

oughly in a moderate oven. (Cheese sauce—2 tbsp. butter or other fat; 2 tbsp. flour; 1 cup milk; ½ lb. cheese, finely sliced.) Make a white sauce of butter, flour, and milk. Add the cheese and stir until it is entirely melted.

#### Macaroni Cheese Loaf

1 pkg. macaroni broken into small pieces; 1 cup soft bread crumbs; 3 eggs slightly beaten; 1 cup milk; 1 heaping tsp. finely chopped parsley; 4 tbsp. butter or other fat; 1 cup finely grated cheese; 1 tsp. salt; 1-8 tsp. pepper; 1 tsp. finely chopped onion.—Cook macaroni until tender in boiling salt water. Drain. Mix all ingredients together and form in bread pan. Set in pan of hot water and bake 1 to 1½ hours in a moderate oven. Turn out onto a hot platter, and cover with cheese sauce.

#### Cheese With Rice and Tomato

2 cups boiled rice; 1 cup tomato sauce; 1 cup finely shredded cheese; butter or other fat.—Put a layer of boiled rice in a well-greased baking dish. Add a layer of cheese. Alternate rice, tomato sauce and cheese until the baking dish is full. Add small pieces of butter and cheese for the top layer. Bake about ½ hour in a moderate oven.

In addition to its use as a main dish, cheese adds taste and interest to other menus—and extra nourishment at low cost. For the American war worker a cheese sandwich can provide that extra energy needed on the production line. A wedge of cheese, eaten with another sandwich or with dessert is also a welcome addition to the lunchbox.

And for the family at home during the day, cheese has innumerable uses—grated on salads, in cheese biscuits, with crackers instead of a sweet dessert, or as an in-between-meals snack for the ice-box raider.

Silk stockings are precious items in milady's wardrobe these days, but used silk hosiery also has an important use. Government experts have found a way of turning used silk hose to the manufacture of powder bags and other war purposes. For some time reclaimed silk could be used for military products when it was blended with longer silk of which there has only been a limited amount. Experiments con-

## How to Display Ceiling Prices



A single poster may show the ceiling prices for a group of related items—such as meat. The list should be printed in letters large enough to be clearly readable from the point of purchase.

ducted during the past year developed a way of making war products entirely from discarded stocking silk. The WPB froze all used silk hosiery in the hands of dealers, with minor exceptions, to be reclaimed for war purposes. However, the government does not contemplate a campaign for collecting old stockings from the general public.

If you are not able to secure your usual selection of meat at the butcher shop during the summer seasonal period of meat shortage, don't complain. Remember that our Armed Forces and those of our Allies must have the first call on the country's meat supplies. So heed the advice of Price Administrator Henderson to "buy carefully, buy conservatively and buy less if possible during the next six weeks." And by the way, OPA price ceilings on beef, veal and pork have saved home-makers money. If prices for meats were unchecked, they might have gone skyhigh because of competitive buying for the remaining supplies after purchases for the armed forces and lend-lease.

One of these days everyone may be walking an extra block or two to help street cars and busses meet their wartime transportation problems. Transit companies are being urged by the Office of Defense Transportation to reduce the number of stops made by busses and trolleys. In this may the same frequency of service can be provided despite the use of less equipment on the line. That means transit companies will be able to shift busses and street cars for needed service on other lines.

The price you'll pay per can for soup produced after June 30 will be a bit higher than the cost of others on the grocer's shelves. However, you won't be getting exactly the

same article because the new product will conform to the requirements of the WPB tin conservation order for additional solids and larger metal saving cans. Naturally that creates an increase over March 1942 cost levels in production of canned soup, and the OPA pricing formula takes this into consideration. The new products will have considerably more food value per ounce than soup canned prior to June 30. Incidentally, housewives bought more than \$100,000,000 worth of canned soup during 1941.

The limited quantity of new wool available for civilian use doesn't mean that there will be a shortage of warm clothing when the winter months roll around. The WJB conservation order is intended to stretch the amount of cloth to be made out of the limited amount of wool that is not earmarked for military purposes. While the amount of wool that can go into all-wool fabrics was decreased there is an increase of the allotment for mixture with reworked or reused wool or cotton or rayon.

Save your waste kitchen fats and grease to help steer Uncle Sam's ships to the fighting fronts. Glycerine is derived from waste kitchen greases, and that is what a ship's compass floats upon. As more and more Liberty ships slide down the ways, more and more glycerine is needed. Since our fat and oil imports have been cut off because of war, it's the kitchens of the country to the rescue by salvaging waste grease for its precious glycerine.

Summertime is not the season that makes Mrs. America think about keeping the home fires burning. But the Office of Defense Transportation has been doing some worrying about a possible bottleneck in deliveries of fuel next fall. You can be assured of sufficient coal and wood next winter when the cold winds blow by ordering it from your dealer now and storing it for later use.

If your electric range is no longer usable and cannot be repaired, you stand a chance of buying one of the last 45,000 electric ranges in the country. Likewise before these stoves were frozen in the hands of dealers, distributors, and manufacturers, if you had your home wired for installing a range and you have no other cooking equipment, available, you should qualify for one. If you are in either classification, you must certify to it in writing to your dealer. The ranges now offered to Mrs. America represent the total available. That's all there is—there won't be any more because production has been stopped for the duration.

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