

STOP FOOD WASTE.

Much of the \$700,000,000 Annual Waste in Homes Caused by Careless Handling, Improper Cooking, etc.

Good Food is Wasted—

If it gets into the garbage pail. If allowed to spoil in the home. If ruined by careless cooking. By careless paring and trimming. When too much is served at a meal.

Good food helplessly thrown into garbage pails, food allowed to spoil in the household, food spoiled by improper cooking, and food destroyed by rats, mice, and insects constitute the heavy items in the \$700,000,000 annual waste of food in homes in this country cited recently by the Secretary of Agriculture. Seven hundred million dollars is considered to be a conservative figure. In household waste, of course, are not included the vast losses of food allowed under improper handling or inefficient marketing methods to spoil in transit or in the hands of producers or dealers.

Much of this \$700,000,000 household waste of food, the dietary specialists of the United States Department of Agriculture declare is easily preventable. This preventable waste consists in large part of the following items:

1.—Edible food thrown into the garbage pail or into the kitchen sink. That vast amounts of nourishing material are thrown out from American kitchens and so made useless for human consumption, is well established by the returns from garbage and fertilizer plants showing the amount of fats and nitrogenous material recovered from city garbage.

Much of the food is thrown out, the specialists say, because so many people do not know how to utilize "left overs" or will not take the trouble to keep and prepare them. The specialists point out that left-over cereals can be reheated or combined with fruits, meats, or vegetables into appetizing side dishes; that even a spoonful of cereal is worth saving as a thickener of soups, gravies and sauces.

Stale bread can be utilized in a variety of ways in combination with vegetables and meats and in preparing hot breads and puddings. Skim milk, too widely looked down upon as a food, although it contains practically all the nourishing elements of whole milk with the exception of the cream or fat, can be used as a beverage, in cooking cereals, or as a basis for milk soups and sauces. Even sour milk, so largely thrown away, can be used in making hot bread or in the home manufacture of cottage cheese.

Every scrap of fish or meat can be combined with cereals or other foods lacking in pronounced flavor, both to give flavor and to add nourishment to made-over dishes. Every bit of fat or suet trimmed from meat before cooking or fried out in boiling, roasting, or broiling can be made useful in cooking. Many butchers, after they have weighed meat and named the price for the cut, trim off valuable suet and fat. This fat, which the housewife pays for, if taken home and used, would reduce expenditures for prepared cooking fats. Water used in cooking rice and many of the vegetables contains nutrients and desirable flavoring materials valuable in soups or sauces. Too often such fats and water are poured into the sink.

Many persons regard the saving of small amounts of left-over food as unimportant. If they kept accurate account, however, for any period, the specialists say, many families would be astounded by the amount of good food they are throwing out and by the sums that they are paying to the grocer, the butcher, and milkman merely to replace good food being absolutely wasted.

2.—Spoilage of food due to careless handling and storing in the home.—Important amounts of perishable foods are made dangerous or inedible in households because they are exposed unnecessarily to heat, germs, dust, dirt, or to flies and other insects.

Much milk spoils quickly because it is kept uncovered in warm kitchens. Close observance of the doctrine "Keep perishable food, especially milk, cool, clean, and covered continuously" may make a striking difference in food bills of many families.

In other cases, one or two vegetables, beets or carrots, for instance, not needed immediately are thrown out or allowed to spoil instead of being used in soups or combination dishes. Fruits which could be stewed and kept are allowed to spoil. Vegetables and fruits in quantities often are stored in hot, damp, and poorly ventilated bins and under conditions which hasten wilting, fermentation, and decay. Fruits, surplus beans, tomatoes, and other vegetables produced in home gardens are allowed to spoil on the vines or rot on the ground. A morning's work would can and preserve such surplusage for use when fruits and vegetables are scarce and high in price.

Much food is ruined by being stored where flies and other insects or rats and mice can get at it. Much cereal food is ruined because it is not protected against weevils or other insects.

3.—Food spoiled by careless cooking.—Many housewives who complain that children and adult will not eat breakfast cereals fail to realize that the cereals they serve are undercooked, scorched, or improperly seasoned, and thus made unpalatable. Most of the cheaper foods require careful seasoning and preparation to be fully appetizing. In many households, the specialists believe, proper attention to the cooking of these cheap and desirable foods will increase greatly their consumption and thus reduce considerably the use of more expensive foods eaten instead of cereals.

Vegetables properly prepared tempt the appetite. When they are served in soggy form or in watery or poorly flavored dishes, much of them will be left on the table. The nutritive value and flavor of meat or fish can be lessened by overcooking or improper cooking. If fats are allowed to burn even a little, they develop unpleasant flavors and usually cause people to refuse gravies and sauces made with them or foods fried in them; burned meat is also disagreeable, as are burned vegetables.

4.—Waste in preparation.—Much useful food gets into the garbage pail because the housewife in preparing potatoes or other vegetables and fruit such as apples, cuts off with the skin a considerable percentage of edible material. Careless paring of potatoes may consign as much as 20 per cent of the edible portion, including outer layers containing valuable mineral substances, to the garbage pail. Many persons are unaware that the green and tender tops of many vegetables which contain valuable mineral and other food substances, are excellent cooked as greens, or even as addition to salads.

5.—Overgenerous serving of food.—Many families take pride in serving lavish and overbountiful meals. Such meals lead inevitably to waste of food on the table and overeating, which often impairs health and efficiency. The same standard, "Eat enough food and no more," rightly followed, would reduce greatly food bills in many homes and, at the same time, tend to improve the physical condition of all members of the household.

"THE ROUND-UP."

Closing the Hunting Season.

It was early in the hunting season, and the clerk had been busy all day filling out licenses for would-be hunters. Just before the office closed a young man stepped up to the desk.

"Do you wish a hunting license?" asked the clerk.

"No, ma'am," replied the youth; "I'm through hunting I wish a marriage license now, please."

A New Type of Book.

It was after prohibition had reached a certain town in the Middle West that an express agent telephoned a man prominent in the town. This was the conversation that followed:

"Is this Mr. X?"

"Yes."

"We have a package of books for you, Mr. X, and we wish you would arrange to get them at once, as they are leaking badly."

In Training.

The clergyman who officiated at the college girl's wedding recently christened her first baby.

"She is a girl of the most original and practical ideas," smiled the minister. "As a rule babies fairly howl while they are being christened, but this one was as quiet as a lamb. Remark on it later, I said to the mother."

"Mrs. Douglas, I must congratulate you on the little one's behavior. I have christened several hundred babies, but I have never before christened one that behaved so well as yours."

"No under he behaved well," the young mother replied complacently. "His father and I with a pail of water have been practicing christening him for the past two weeks."

A traveling man one night found himself obliged to remain in a small town on account of a washout on the railroad caused by the heavy rain, which was still coming down in torrents. The traveling man turned to the waitress with:

"This certainly looks like the flood."

"The what?"

"The flood. You've read about the flood, and the Ark landing on Mount Ararat, surely."

"See mister," she returned. "I ain't seen a peep for three days."

Notice.

The stallion Liberal, black Percheron, will be at the Harris barn once a week for two days, Friday and Saturday, commencing April 21st.

TILLAMOOKER IN TRENCHES Will Be Glad to Get Back To The United States.

P. Easton who was connected with the Royal Chop House, in this city, but now a member of a Scotch regiment in France, sent this interesting letter to Tom Hamilton.

I got your letter this afternoon, as I was sitting in a very good dugout making tea and toast for the Colonel and his staff.

We are sending quite a bit of scrap iron over and of course Fritz is replying in kind. I was out taking a smoke a short time ago, and as I looked across the valley, along our line, one of Fritz's big ones hit a brick building a little way off, and sent up an immense cloud of red brick dust.

Far from it being difficult for me to settle down to civil life again. I will be only too glad of the chance. It will be delightful to be able to go for a walk after breakfast and be assured that a shell is not going to knock your block off.

Although I am not sorry I came, still it will be a happy moment when I start for U. S. again. I spent a very pleasant month or two in Glasgow before I came here, but I will not waste much time there when I get through. I don't think I ever told you about my first experience in the first line.

It was in mid-summer, and we relieved the English regiment about eleven at night, on a Sunday at that. The road leading to the communication trench had been shelled unmercifully, and the holes were full of water, as it had rained for a day or two, and was still raining. We stumbled along, came to a marsh, crossed that on boards and finally got to the beginning of the trench. It was narrow and led up to nearly the top of the ridge, which overlooked the surrounding country. Fritz held the top at the point we were stationed at. I was put on as sentry on a listening post forty yards from the enemy lines, as soon as we got there. The moon came up about twelve and I could stand on the firing step and see Fritz's shovels throwing dirt out of his front trench but no head appeared above the parapet.

It was a bit serious standing there watching that he did not start to come over. However, you soon got used to it. Next day was beautiful and sunny and I felt a great sense of the unreality of the whole business, (this feeling often comes over me yet), I could look down and see several villages all in ruins, and what had been a fine country side. In the evening of that day, Fritz gave me my first touch of war. For two hours his trench mortars bombarded our first and second lines. A trench mortar is a short range gun that throws an enormous shell. You can see the shells coming, and the rush through the air followed by an explosion, is most terrifying.

We were mostly new men, and after I had recovered my nerve I found it very interesting to watch how they all took it. I will tell you more about this again. Enough iron came over to blot out an army corps, but when they stopped, and we took stock, no great damage was done. After that I had a sort of contempt for shells, which lasted until I was under a forty-eight bombardment by the long range heavies. Now, every time I go up the communication trench, the short hairs at the back of my neck bristle, and if a whizz-bang comes over down I get.

A big advance is the rottenest thing you can imagine, rifles, equipment, men lie about and you stumble over them, to the accompaniment of the rattle of machine guns, and the bursting shells, and you think, will I ever get away from this, but as soon as you get behind the lines and meet the bag-pipes you forget it. The kilt and bag-pipes have amply justified themselves in this war. If you saw a bunch of Kilties, covered with mud, and splashed with blood, you would wonder which part of hell they had sprung from.

They are a sight to strike terror to the boldest hearts. I think we have Fritz just about where we want him. We make raids whenever we like, and always bag something, while if he tries to come over on us, he doesn't get past the wire.

It is a great mistake to think that the Germans are more efficient than us. We have them beat both for brains and stamina. The British soldier will stand up under a bombardment that would drive a German daft. The British army is a wonder, imagine a battalion after battalion walking over to the German trenches, over ground strewn with wire, pitted with shell holes, and swept by machine gun bullets. Fritz can't do it. He had no trenches to pass when he made his advance, and this summer we'll give him something that will cure his hunger.

Wood Sawn—Call E. W. Knight on the Mutual phone, Prompt service and careful work.

TAXES WILL NOT BE INCREASED

Revenue Provided for Interest and Principal on Road Bonds.

Opponents of the road bond bill contend that the proposed bond issue will become an added burden to the general taxpayer. As a complete answer and refutation of this argument, the Legislative Good Roads Committee has incorporated the following statement as a part of its argument in support of the bond bill which will be published in the official state pamphlet:

"We have ascertained from the records of the office of the Secretary of State that the income from the present quarter-mill tax is \$220,000 per annum; that the income from auto licenses, based upon the present number of automobiles at the increased license rate effective August 1st, will be not less than \$310,000 per annum to be used in paying interest and principal of bonds. The above funds will be sufficient not only to pay the interest and the principal of the \$6,000,000 bonds authorized by this act, but will also pay the interest and principal of the \$1,819,280.55 in bonds authorized to meet the government road appropriation. After paying these bonds there will be a surplus of at least \$2,793,402.66. Since 1911 the increase in the number of automobiles in the State of Oregon has been 33 1/2 per cent per year. With the completion of good roads this increase will naturally be larger. However, we have not taken any increase into account but have based our figures on the present number of automobiles."

GOOD ROAD POINTERS

Good roads will make Oregon the greatest dairying center in the world. Remember this when you vote on the road bond bill in June.

The proposed bond issue will provide good roads at no greater cost than the state is now paying for poor ones.

The action of the recent Legislature in doubling the annual license on automobiles and making the funds derived therefrom available for road construction is justified by the reasoning that it is the automobile that destroys the road and it should bear the burden of road construction.

"When public money is honestly spent on a road every dollar becomes three dollars," says the Portland Journal. "First, there is the dollar in the road itself. Second, there remains in the community the dollar which has been paid out for labor and material. Third, there is the dollar of economic value added to the land adjacent to the road. This is a real value, not a speculative one. It is an increase in productive capacity."

Better reasons for supporting the road bond bill June 4th could not be offered. It may be depended upon that Highway Commissioners Benson, Thompson and Adams will see to it that every dollar of the road fund is honestly expended and full value returned in roads honestly constructed.

The personnel of the Highway Commission, appointed by Governor Withycombe, is in itself a guarantee that the money derived from the proposed \$6,000,000 good roads bond issue will be wisely and economically expended. It is a further guarantee that every cent of the money will be spent in practical road construction. There will be neither waste nor extravagance in the expenditure of the fund.

In voting the good roads bonds June 4th, the voters of the state are taking absolutely no chances. The bill authorizing the bonds specifically describes the roads to be improved and defines the general character of their construction. Bids will be invited and, if the proposals are excessive, the Highway Commissioners have announced that they will do their own paving. What more could be asked?

None of the money to be expended for good roads under the bonding act will be expended in Multnomah County although that county pays 40 per cent of the automobile licenses of the state and a proportionate share of the regular quarter mill road tax.

GOOD ROADS RALLY TO BE HELD APRIL 28

Reduced excursion rates from all sections of the state have been granted by the railroads for the Statewide Good Roads Rally to be held in Portland, Saturday, April 28. Don't forget the date and arrange to attend. Every friend of the road bond bill and good roads enthusiast is invited to be present.

Governor Withycombe and Highway Commissioners Benson, Thompson and Adams will deliver the principal addresses and short five-minute talks are proposed by the Mayors of various Oregon cities. From present indications, the rally will prove the most notable gathering of good roads boosters ever held in the Pacific Northwest.

"TWO TOP NOTCHERS" at Gem Theatre,

In these two Photoplays we are offering something entirely out of the ordinary. Don't fail to see both of them, on date mentioned below.

The Problem of the Ages confronts the Poor Mother in

"ONE TOUCH OF SIN"

The Teuse Photoplay in which

WILLIAM FOX

Presents

GLADYS BROCKWELL

The Woman of a thousand expressions

Left alone with her child, she turns to the only man who has treated her kindly; but she is confronted by her former lover.

Which One Shall She Choose?

See this picture, and judge for yourself whether she did rightly.

Thursday Night, April 26th. Adults, 15c. Children, 5c.

LOVE ON A BATTLEFIELD

And the Sublime Blood Sacrifice of a Woman with a Crushed Soul are Marvelously Shown in

"The Black Butterfly"

with the Magnificent

Mme. PETROVA as the Star.

A Metro Wonderplay of irresistible power.

In Five Tremendous Acts.

Saturday and Sunday, April 21-22.

Adults, 15c. Children, 5c.

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All the convenience of gas. Cooks everything any wood or coal range will cook, but keeps your kitchen cool. The long blue chimneys do away with all smoke and smell. In 1, 2, 3 and 4-burner sizes, ovens separate. Also cabinet models with Fireless Cooking Ovens. Ask your dealer today.



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