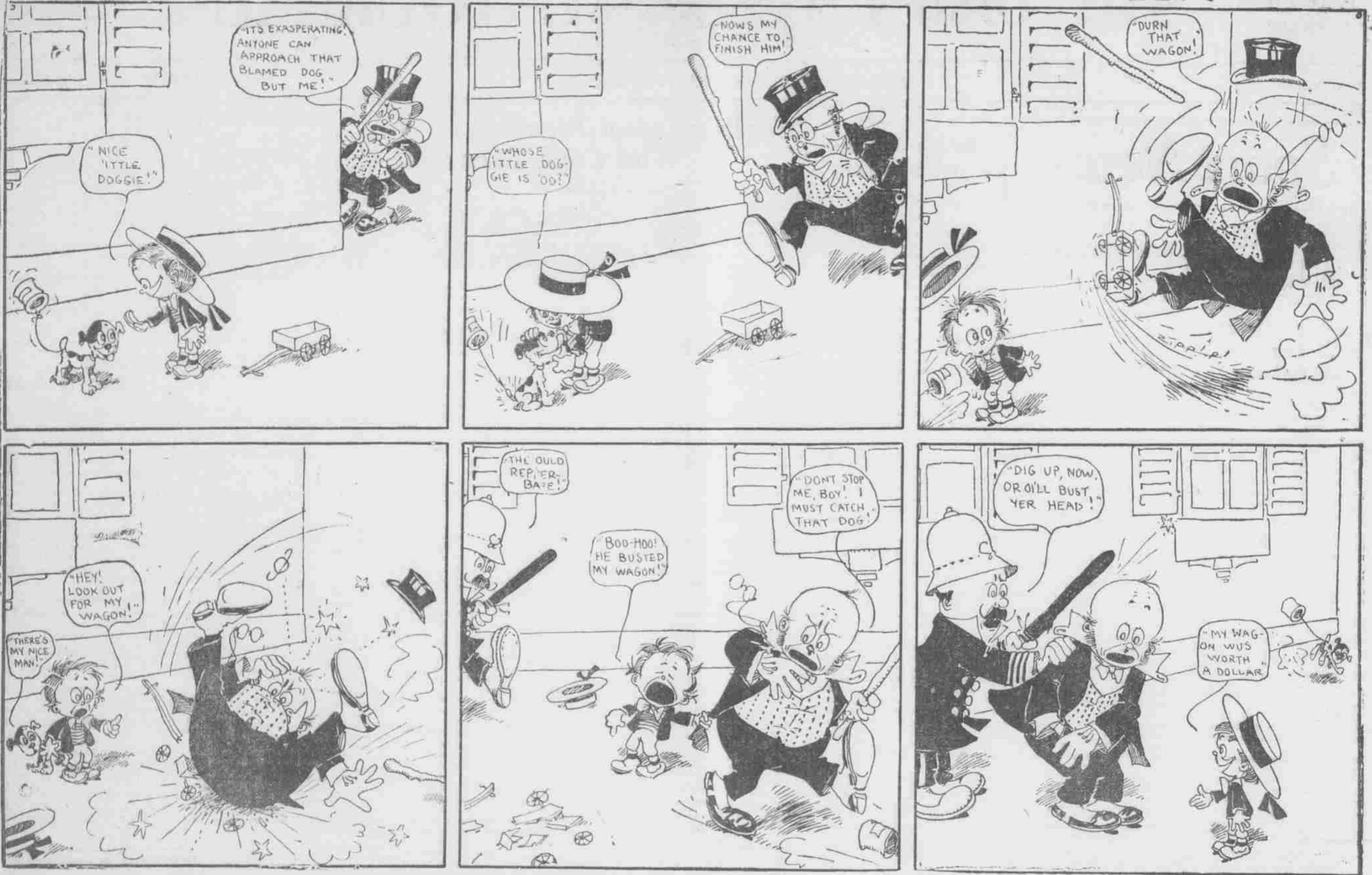


# WAGS—THE DOG THAT ADOPTED A MAN



## Pale, Sallow Cheeks

show that the blood is impoverished and that the stomach is not properly assimilating its food. In fact a woman's physical condition always shows in her face. Pale skin, blotches, pimples, sallowness or dull eyes all

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## German Food Supply Regulations Not Success

By William G. Shephard (United Press staff correspondent). Rotterdam, May 27.—(By mail.) The German government is regulating the food supply for the poor but so far it has not taken in hand the control of food for the rich.

The many travelers from Germany who gave their ideas of the German food situation to me here all complained that the wonderful, scientific food conservation scheme of the Germans broke down when it came to dealing with the food of the rich.

This is why there are food riots in Germany. Injustice exists and civilians of German towns realize it. "Poor people must stand in line for soups before a meat shop, providing they have five or six marks for a pound of meat," said one German I met in Rotterdam.

"Maybe the meat supply in the shop will hold out until their turn comes in the line and maybe it won't. But rich people can hire a servant whose sole duty is to stand in the meat line every day, from 1 o'clock in the morning until the day's supply of meat for the rich man's household is secured."

And even if the rich man's servant fails to buy meat, he and his family can always go to a hotel or restaurant and get meat on every day in the week except Tuesday and Friday.

"The authorities may frown on a household going to a restaurant every day, but there is no law against it and if the household doesn't want to be criticized for doing this he has only to go to a different restaurant every day and his unpatriotic practice will not be noticed."

The idea seems to be growing among the middle and lower classes in Germany that the only fair way to deal with the food conservation plan is to put all civilians on a ration basis, each person being granted only a certain quantity of food every day and each individual being sure of receiving the full quantity.

man, who had socialist leanings, "there ought to be no rich or poor. Everybody ought to be on the same basis and many Germans think it is monstrous that the poor should suffer more than the rich."

"We all feel that if the war goes on every person rich and poor ought to be supplied with a daily ration ticket. With this ticket a poor man will be certain of receiving all the food he needs for his family and the rich man will not be able to secure any more than the poor whether he eats at a hotel or at home."

It is to placate the poor and the middle classes of German towns that the government soup wagons pass through the streets.

The restaurants and rich hotels of German cities where a man with money enough had only to go in and express his desires in order to have them fulfilled, become sources of irritation to German civilians.

The government therefore tried to bring restaurant conditions to the people by establishing the food wagons.

In many households cooking is almost a thing of the past. Housekeepers wait for the passing of the food wagon and run out with receptacles to purchase the current meal, which usually consists of war bread and a vegetable soup.

The food wagons however, while they may satisfy the hunger of the populace do not, I gather in Rotterdam, satisfy the popular demand for more justice in the distribution of food.

"Put the whole country on rations" is the solution Mr. Average Citizen in Germany offers his government.

"The riots we have been having are not so much for food as for justice and fair play in the distribution of food," explained a German from Berlin.

The next and concluding food story from Germany will detail what articles of food are most used in Berlin.

what started today—unless peace puts an end to it.

## HOUSEHOLD HINTS

**Rice with Pimentos**—To a can of tomatoes add one teaspoon sugar two teaspoons salt, one-fourth teaspoon pepper, small onion chopped fine. Butter baking dish, spread layer of tomatoes in bottom of dish, then one of rice, and sprinkle with chopped pimentos. Dot with butter, repeat till dish is filled. Sprinkle top with bread crumbs mixed with a tablespoonful of the butter, and bake in moderate oven about 35 minutes. This will serve six persons.

**Oysters With Onions**—Peel and cut four small onions into dice and fry in two tablespoons hot butter until a golden color. Add one quart oysters; one teaspoon finely chopped parsley, one teaspoon lemon juice, salt, pepper. As soon as edges of oysters begin to curl pour into hot (three) and serve at once.

**Oyster Rolls**—Procure from three-quarters to one pound of ramp steak (cut very thick), cut meat into thin slices and dip each slice in flour, which has been seasoned with salt and pepper. Roll in each slice of meat two large oysters which have been sprinkled with lemon juice and a little cayenne pepper. Skewer each roll with a small, thin wooden skewer (toothpick will do). Melt in a sauce pan 1-2 ounces of butter; when hot add prepared meat rolls and fry nicely; they will take about 10 minutes at the most. Take up the fried rolls and arrange them on a plate. Pour off the fat in the pan, add a little stock, gravy or water and the liquor from the oysters; season to taste, boil up and strain it over the meat. Serve at once.

**Indian Pepper Cups**—Take six large green peppers from which tops are cut and seeds removed; one pint boiled rice, one tablespoon butter, one tomato, one good-sized onion, one teaspoon of salt. Add onions to rice with the tomato, chopped, and salt. Wash peppers, stuff them, put on tops like a lid and stand in baking pan, covering bottom of pan with a little water to which add your butter. Bake this all in quick oven for about 20 minutes, basting three or four times.

**Roast Beef Heart**—One heart, one-quarter pound suet, six ounces bread crumbs, one-half cupful milk, two tablespoons finely chopped parsley, one tablespoon powdered mixed herbs, salt, pepper, paprika, one pint gravy. Wash the heart in salt water, taking care to remove all the blood; wash in a second water and dry with a clean cloth. Chop the suet, mix with it the bread crumbs, parsley, herbs, salt-pepper and paprika; then add the milk and fill all the cavities of the heart with the stuffing. Grease a piece of white paper well, place this over the cavities and tie it on tightly with a string. Put one heaping tablespoonful of dripping into a pan, put in the heart and allow it to roast for two hours, basting well. For the sauce, put one tablespoonful of butter into a sauce pan, stir in

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one tablespoonful of flour. When blended together add gradually the gravy, allow it to boil, then add one onion finely chopped, a little salt and pepper and a large spoonful of mushroom ketchup. Cook for five minutes, pour the sauce over the heart and serve hot.  
**Cream of Peanut Soup**—One quart milk, one cupful peanut butter, one tablespoonful chopped celery, one teaspoonful onion juice, one-fourth teaspoonful pepper. Stir and cook until hot. Moisten one tablespoonful of cornstarch in a quarter cupful of hot milk and add it too hot milk; stir until smooth and thick, then strain. Add half a teaspoonful of salt and serve with croutons.  
**Orange Float**—One quart water, juice and pulp of two lemons, five sweet, juicy oranges, four tablespoonfuls cornstarch, one cupful sugar. Put the water on to boil. Moisten cornstarch with a little cold water, then stir it into boiling water; cook slowly for 10 minutes, stirring constantly. Take from the fire, add sugar, lemon juice and pulp. Cut the oranges into small pieces, remove the seeds, pour the boiling cornstarch over them and stand away to cool. Serve cold with sugar and cream.  
**Chocolate Bread Pudding**—Two cups bread crumbs, four eggs scalded milk, two squares bitter chocolate, two-thirds cup sugar, two eggs, one teaspoon vanilla, one-fourth teaspoon salt; bread pudding dish greased; crum the bread fine and press them down a little in a cup; soak the milk over boiling water and melt the chocolate in it; add crumbs, sugar, salt, eggs slightly beaten and vanilla; pour into pudding dish and bake slowly one hour.  
**Nut Pudding**—Mix and sift 1-2 cups flour, three teaspoons baking powder and pinch of salt. Cream one-half cup butter and one-half cup

sugar, add two eggs, then one-half cup water and flour alternately and one-third cup chopped nuts. Pour in buttered tins and bake one-half hour. Serve with lemon sauce.  
**Lemon Sauce**—Mix one-half cup sugar and two tablespoons cornstarch; add one cup boiling water; boil for five minutes, remove from fire and add two teaspoons butter and one and one-half teaspoons lemon juice.  
**Oatmeal With Dates**—Dates should be washed and steamed for 50 minutes; then drop in the cereal before serving.

## SAYS ENGLAND BEGINS TO FEEL FOOD SHORTAGE

Washington, June 23.—An intimation that Great Britain is for the first time facing a shortage of food supplies through the German submarine blockade is conveyed in a report received here through consular channels today.

## 115 1/2-RE OLD AND WILL CAST FIRST VOTE

Santa Rosa, Cal., June 23.—Giving his age as 115 years, Fernando El Cisano, an Indian, registered at the county clerk's office today. Seven other Indians from the Alexander valley registered also. All said they are republicans.

## NEWPORT-NYE BEACH

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## Great Britain Becomes Nation of Militarism

London, June 21.—Great Britain today became a nation of militarism. All but a negligible quantity of male Britons between the ages of 15 and 41 today automatically become soldiers for the duration of the war under the military compulsion act. They are the army of the reserve and will be come trained units as fast as the military authorities can put them through the necessary steps.

It is estimated that upwards of 600,000 are thus added to the military forces. Between 250,000 and 400,000 are youths under nineteen. The remainder is divided between married and single men who have held back mainly for family or business reasons.

Beginning today every man walking the streets or highways of Great Britain, excluding Ireland, is subject to challenge by a police constable and must produce his certificate of military exemption forthwith or face the consequences.

But, few are free under the compulsion act. Total exemption is openly granted only to clergymen, exchanged prisoners of war and the medically unfit. From today onward for thirty

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