

The Farmington Enterprise

W. E. Lord, Editor

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Devoted to the upbuilding of Farmington and Oakland County

Advertising Rates Made Known at Office.



Potatoes Patriotism
Eat one potato a day, and you will win this war.

Potato Soup
2 cups hot rice or mashed potatoes.
1 quart milk.
2 slices onion.
2 tablespoons butter.
1 tablespoon flour (rice flour or corn flour).
1/2 teaspoon salt.
Celery salt.
Pepper.
Cayenne.
1 teaspoon chopped parsley.

Melt butter, add to it the flour and seasoning, stirring the mixture until smooth. Add gradually to this, one cup of milk and boil for one minute. Add the potato, mix thoroughly, then add the rest of the milk and the slice of onion. Heat to boiling. Remove the onion, strain the soup if necessary, add the parsley and serve. Water saved from cooking celery is a good addition to potato soup. Two cups of tomato juice and 1-2 teaspoon of soda may be substituted for two cups of milk.

Potato Puff
Add beaten whites of eggs to mashed potatoes (2 eggs to 5 medium-sized potatoes). Pile the mixture lightly in a baking-dish and bake it in the oven until it puffs and browns. The yolks of eggs, and one-fourth cup of grated cheese also may be added.

Scalloped Potatoes and Cheese.
Arrange a layer of sliced raw or boiled potatoes in a greased baking dish and sprinkle with grated cheese. Repeat until the dish is nearly full. Four milk over the whole, about one-half cup to every three potatoes. Skim milk may be used. Bake in a moderate oven until done. The length of time required depends upon whether the potatoes are raw or boiled and whether the baking dish used is deep or shallow. Boiled potatoes baked in a shallow dish will take only 30 minutes. Raw potatoes in a deep dish may take as much as 1 1/2 hours.

Potato Lat
3 cups mashed potatoes.
4 tablespoons minced onion.
1 tablespoon green pepper or pimiento.
1/2 cup minced green pepper.
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Mix the ingredients well together. Turn the mixture into a buttered baking dish. Brush it over with melted butter or dripping. Bake it in a moderate oven for 25 minutes.

Potato Rolls (3 Dozen)
3 cups mashed potatoes.
1/2 cup flour.
1/2 teaspoon salt.
1/2 teaspoon corn syrup.
1/2 cup compressed yeast softened in 1/2 cup water.
1/2 cup milk scalded.
1/2 teaspoon fat.

Add the hot milk to the potato and mix the mixture well. Cool until it is lukewarm, add the softened yeast and other ingredients. Allow the dough to rise to double its bulk. Work it down and let it rise until it has increased in size again. Shape the rolls, let them rise until they are double in size and bake them in a hot oven.

Potato Muffins (Serving a fourth of the Flour)
1/2 cup liquid.
1/2 teaspoon salt.
1/2 teaspoon corn syrup.
1/2 cup compressed yeast softened in 1/2 cup water.
1/2 cup milk scalded.
1/2 teaspoon fat.

Add the liquid, melted fat, syrup and beaten eggs to the cooled potato. Mix the dry materials together and add to the first mixture. The dough will be too stiff to mix easily with a spoon. Use a knife or a fork. Bake about 30 minutes in a moderate hot oven (305 degrees C.-400 degrees F.). Make eight large or twelve to sixteen small muffins.

CHURNOLD is the best by test. Phone us—Cook's Grocery, Phone 8.



SHOWER BATHS FOR CHILDREN

Low Wash Basins and Little Shower Baths Adapted for the Use of the Tots.

CHATEAU DES HALLES NOW CHILDREN'S HOSPITAL

One of the Most Complete Establishments of Its Kind in France, With Jolly Playrooms and Toys to Amuse Patients.

Up in the mountains, where snow falls early and lies deep, 30 miles from Lyons, is the little French village of Les Halles—a story book village, with its massive stone church standing sentinel over two long rows of trim, blue-gray plaster cottages. And a mile farther on is the Chateau des Halles, where your Red Cross has established a home for 200 sick children.

Marginal built the chateau. Marginal was the man who built the railroad along the Riviera and many other railways in France. And thirty odd years ago he built this castle up in the mountains for his country home. But soon after his two children died. Then he died, and when his widow loved him she left the chateau to the city of Lyons to be used as a hospital for children.

The War's Wreckage.
Then came the war. A little rivulet of the war's wreckage began to trickle in at Evian "refugees," elderly men and women, children, even babies, who had once lived in the parts of France engulfed by the German tides and whom the Germans, finding them useless, were beginning to ship back into France by way of Switzerland. Gradually this rivulet swelled. Soon 1,000 of these unfortunate were arriving at Evian daily. And fully half of them were children, and most of them, thin, dirty, sickly and, worse, grim, spiritless, with faces that had forgotten how to smile.

To care for these children was the task which the Red Cross assumed. Working with the French authorities, the Red Cross secured permission to make use of the old and almost forgotten Chateau des Halles up there in the mountains. For years the chateau had been closed. No effort had ever been made to fix it up as a hospital. Your Red Cross had to begin at the very beginning.

Robins Big and Jolly.
But what a wonderful task it has accomplished! The Chateau des Halles, transformed into a children's hospital and rest home, in a furious haste under the terrible pressure of war needs, with little time to think twice and no time to rest. It is not only one of the most complete establishments of its kind; it is one of the best children's hospitals in all France. The two rooms where the arriving children are isolated for a few days are big, jolly rooms—just what is needed to efface from the little ones' minds the memories of those long days behind the German lines. The big play room is strewn with rocking horses and wonderful smile-enticing parrots and other toys carved by the wounded poilus.

And you stray from room to room, and everywhere you find new evidences of this watchful care. And then you reach the bathrooms. This chateau was built by a man of wealth. Its plumbing was excellent and yet it has been stripped out and replaced with little low wash basins and little shower baths that the children can use more comfortably.

That is how your Red Cross thinks and cares for France's children.

HER WEIGHT IN GOLD.

An Aviator's Letter Tells What a Red Cross Nurse Is Worth.

"As for the American Red Cross—well, I could never in a thousand years express my appreciation and admiration of these American women. I worship them. I guess all the fellows do. The first day I came into camp—and my morale was right low; I'll tell you about it some time—well, I went into the American Red Cross, and there, standing behind a nice clean counter, was a little round faced Red Cross nurse. She just beamed at me on a sunny day. I never came as near making a fool of myself in my life. I felt like throwing my arms around her and weeping for joy. It was, I managed to salt up my chocolate a bit—only a drop or two that I couldn't help rolling off my cheek. "If I ever paint and get a look that exactly like that little Red Cross. They would be worth their weight in gold if they did nothing but just be here."

Volunteer Pledge Card

Below will be found a sample of the pledge card being distributed to every person in Farmington Township, and those who are willing to do their "utmost" for this great work without solicitation are urged to sign and leave card at either the Farmington State Bank, the Peoples State Bank or the Postoffice on Saturday or Monday.

The "V" on the card stands for "Volunteer," and when you fill out the card and deposit it at either of the above places you are recorded as a "Volunteer," not a solicited subscriber.

This same arrangement is being carried out all over the county, and it is hoped to "Go Over the Top" with a rush, and without any solicitation.

Remember the Patriotic meeting at the Town Hall Saturday evening, E. G. Pipp, just returned from the battle front, and L. W. Goodenough, will speak.

PLEDGE CARD—ALL FOR THE RED CROSS

For the purpose of providing for the Relief work of the Oakland Co. Chapter of the American Red Cross and Oakland County's quota of \$10,000 for Red Cross War Fund, and in consideration of the subscription of others, I promise to pay to the Oakland County Patriotic League and War Board.

Payable, one fourth cash; one fourth July 1st; one fourth August 1st; balance September 1st. If paid in full at time of subscribing, mark card "Paid."

Volunteer Pledge Card

I, , of County, Michigan, do hereby authorize the to make the payments as per this agreement and charge to my account.

Signed May 20, 1918.

Received from Dollars, \$

the Red Cross Drive of the Oakland County Patriotic League and War Board of May, 1918.

Eleanor Robson Belmont, Home From Europe. Tells of Her Unbounded Faith in the Red Cross.

By ELEANOR ROBSON BELMONT.

WHEN I left for Europe a few months ago I had no cast iron reverence for the Red Cross. When I returned from Europe I brought home with me unbounded belief in the organization. I had seen enough to make me realize that this was the best method of serving the soldiers and sailors. We are waging an economic war. Therefore the surest and most effective way to help is through the established channels selected for that purpose by the government.

The main work of the American Red Cross, however, is, of course, carried on in France. The policy of these countries is to back up the French in their own efforts and to help them develop along their own lines, not to rot French institutions and transport American money to France to work, then, in canteens, in warehouses, in dispensaries, for polio or for refugees, in Paris or in



ELEANOR ROBSON BELMONT.
the devastated districts, for the children or for the aged, it is always on the same plan of backing up the French if they have any organization or plan.

Polio Like Oysters and Salad.
The canteen work is one of the most gratifying ways of helping the men. To see these poilus enjoy the first delicacies they have had for days is a soul-satisfying sight. The English and French maintain canteens where they dispense soup, hot coffee and cocoa, or, better, chocolate, etc., but the American Red Cross canteens serve real dinners at cost or under. The poilus are inordinately fond of oysters and salad; when they can order a plate of oysters or a dish of salad in an American canteen they are as happy as children. We have six canteens in the French zone for the Red Cross army. France is, of course, divided into zones. In one line of communication canteens we serve from 4,000 to 8,000 men a day. These canteens are near the railroad stations for the benefit of the men going to the front, being transferred to some other section, or going home on a furlough. In one section the

WE CAN DISPENSE WITH WHEAT, DR. J. H. KELLOGG

Battle Creek Sanitarium Head, Long a Meatless Advocate, Supports Wheat Conservation Program of Government.

"There Is Nothing At All in Wheat Bread That We Cannot Get From Other Foods" He Says.

If a prize were to be awarded for the most faithful observance of Mr. Hoover's meatless and wheatless days, the Michigan honor would go to the Battle Creek Sanitarium without a contest of much less, a protest.

The famous Battle Creek health resort has been on a strictly meatless diet for half a century and thousands of converts have been won to this plan through regular visits to the Sanitarium. Of course wheat flour has been served to guests, but now that the soldiers and our Allied regular wheat Dr. J. H. Kellogg, the distinguished head of the Sanitarium, says wheat can be dispensed with as conveniently as meat. Wheatless days in America are just beginning. In the judgment of Dr. Kellogg, like the liquor question the meat situation is fast becoming an economic one. The people put all their faith in the liquor traffic for economic reasons; they could not afford to allow the product to be manufactured. It is the same with meat; it is too expensive and will be prohibited by fundamental law, in the opinion of Dr. Kellogg. Of course wheat is essential as a body builder, but Dr. Kellogg says the military authorities are emphasizing its importance as a war ration.

"There is no necessity for eating wheat at all. We can get along without it very well as long as we have a general assortment of miscellaneous foods," says Dr. Kellogg. "There is nothing at all in wheat bread that we cannot get from other foods. I haven't averaged two slices of wheat bread a week for years. We can get from other foodstuffs, including other cereals, everything we require."

The official wiping out of wheat and meat is no hardship whatever from the point of health, economy or anything else. The people of Italy live largely on cornmeal and the people of South America and Mexico live almost entirely on corn and beans, but they eat nuts, cocoanuts and the avocado and other fruits that contain complete proteins.

Meat Not a Meat Eater By Nature.

The Catholic Church has for centuries maintained a meatless Friday and has been recognized by sanitary authorities that this Friday fast of the Catholic Church as well as the fast during Lenten season, is a very hygienic and wholesome measure and conducive to health.

"There have been many times, I have been advocating a non-flesh diet. More than one hundred thousand patients who have visited the Battle Creek Sanitarium, have tested this dietary while here and many thousands of them have been so well pleased that they have continued to discard flesh foods after going home. I have watched carefully for any possible ill-effects from the meatless diet, but have never observed any indications of an injury. No one has suffered for lack of meat. As a matter of fact, the meatless diet is the biology diet, because man belongs to the class of the animals known as primates including the orang, the chimpanzee, the gorilla and man. All of these primates with the exception of man, adhere to the meatless diet. Man is a civilized animal and he is also a natural meat eater. When a young lion sees a rabbit for the first time it doesn't have to be taught to kill the rabbit and eat it, but does so without any instruction. You cannot imagine such a thing as a young child killing an animal and eating it. However, give it an apple and it will lay hold of it and eat it. It is entirely contrary to the nature of man to slay and eat. It is an acquired habit and is unbiological."

Waste Will Stop Meat Production.

One of the great advantages of this meatless diet, that I do not think the Government itself fully appreciates, is the fact that every time you save three pounds of meat you save one hundred pounds of food, for it takes one hundred pounds of food to raise a steer to make three pounds of food in the form of beefsteak. It is entirely contrary to the nature of man to slay and eat. It is an acquired habit and is unbiological."

Bathing a Luxury.

A Red Cross doctor and nurse go regularly to the villages in their section. Each village is informed when they are coming so that all who want medical advice or treatment can meet together in one spot and save unnecessary calls. Of course, if the doctor goes to him, the nurses carry along other things, such as soap, etc. In many regions of France, owing to lack of facilities, bathing is a luxury. The hospital has grown up to that it is a danger. Now since the mothers are convinced that their children will be neither killed nor injured by bathing, they are taking baths, how they do look forward to them.

WHAT THE BODY REQUIRES

Dr. J. H. Kellogg.

Battle Creek Sanitarium.

There are three kinds of foodstuffs. These are fats, carbohydrates and protein. Protein is the material that goes to build up the tissues of the body while the carbohydrates (starch and sugar) are used for fuel. Protein furnishes the repair material of the body. Starch and fat are to the body just what coal is to the locomotive, while protein is to the body just what the iron bolts, brass washers, bearings and things of that kind which we put into the locomotive at the repair shop, are to the engine. So we do not require much protein. We have enough protein in our food in the ordinary foods of the American bill of fare without any meat at all. If everybody would cut meat out of the bill of fare entirely, they would all be better off provided that they would take a proper assortment of other foods including milk, eggs or nuts. We ought to use peanuts and soy beans. Add those to the bill of fare and you do not need meat. Twenty years ago the Assistant Secretary of Agriculture, Mr. Dabney, wrote me that the time was coming when meat would be scarce and high and we ought to have a variety of substitute. A pound of almonds contains fifty per cent more protein than a pound of meat.

diminishing and necessarily so, because the great free pastures we used to have on the prairies of the west, are being cut up into farms. As the population of the country increases we must economize in foodstuffs, for costs so much more to take food at second hand in the form of flesh than it does to take it in the form of the original foodstuffs. For instance, when it takes one hundred pounds of corn to make three pounds of beef, you lose 97 pounds of food. The only reason food is scarce in this country at the present time is that the cattle and hogs are eating up our foodstuffs. We raise three billion bushels of corn a year and of that, the people of the United States only eat 10%, the cattle and hogs eating most of the rest of it. There are four billion million cattle in this country besides milk cows and more than that number of sheep. Virchow, the noted anthropologist and the greatest scientist who lived in the last century said "The future of the race is in the hands of the vegetarians." He saw it must be so, as the world cannot produce enough surplus food to support the wasteful methods of the livestock industry indefinitely. Every densely populated country in the world is practically vegetarian.

Feed 97 Pounds to Get Three.

"You have to feed the animal three pounds of food and 97 pounds of food more in order to get that three pounds of food back again. You throw away 97 pounds of good food in order to get three pounds of meat. The reason is that the steer needs food for the same reason that man does, to keep him warm, to support his life and activities."

Our people must cultivate the potato eating habit. More potatoes and less breakfast cereals and bread would be a very great improvement. Cereals contain an excess of acids. The potato furnishes a rich supply of organic bases or alkalis which neutralize the acids of the body and keep the blood in healthy condition.

"Meat will be used less and less in the future and the important thing to know is whether or not we can get along without it. The experiments made in recent years by McCollum of Wisconsin University and by Science of Yale University show that meats, eggs and milk contain certain proteins that are very valuable for the body, because they are what are known as complete proteins. They are capable of making perfect tissues. This is not true of cereals, not even of wheat. Wheat is better than corn, but none of the vegetables contain these complete proteins. It has been found, however, that certain of these vegetable foodstuffs do contain complete proteins and one of them is the soy bean which plays such a great part in the nutrition of the Orient. It will come along in this country very rapidly. Another is the peanut, and it is also found that the almond and nuts generally contain perfect proteins. That is the reason we use the monkeys, apes, the gorillas and the chimpanzees are able to live on their fruit and nut diet. If one eats meats out of the diet, he must be sure to put in something else, which will take its place and furnish these perfect proteins, which is the real science of dietetics at the present time,—to prepare a bill of fare which furnishes everything the body requires."

The Real Substitute for Wheat.

"Corn with milk added is a perfect substitute for wheat. It would do no harm if a complete embargo should be placed on wheat flour all over the United States. The people can live perfectly on corn as long as they have milk, eggs, nuts and beans. "There isn't going to be any shortage of corn. The corn we are now feeding to the hogs, pigs and sheep, will furnish food for one hundred and sixty million people for a year. It is the greatest economic waste in the country to feed corn to cattle. Of course, meat is made of corn, which is an enormous waste also, but the biggest waste of corn in this country is in feeding it to cattle."

Live Stock Population Decreasing.

"Our population is increasing rapidly while the livestock population is