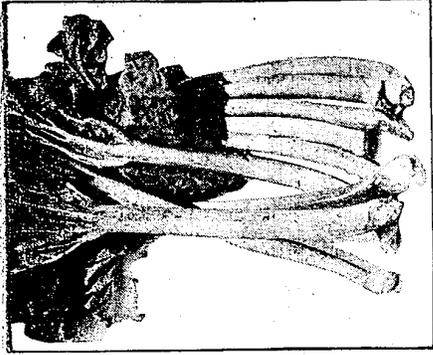


The Housewife and the War

Special Information Service, United States Department of Agriculture

RHUBARB—MAKE THE MOST OF IT



Rhubarb Fresh From the Garden. Ready for Use in Any One of Half a Dozen Attractive Ways.

RHUBARB IS ONE OF BEST PLANTS

Advance Guard of Many Good Things in Way of Fresh Fruits and Vegetables.

YOUNG LEAVES ARE TENDER

Expert of Department of Agriculture States Her Experience in Making Delicious Dishes—Some Recipes Are Given.

I always hail with delight the first tender stalks of rhubarb that grow in my garden. They are the advance guard of so many good things in the way of fresh fruits and vegetables that the spring and summer bring to us.

How the back yard or city garden can raise its clump of rhubarb. I find it one of the most useful plants in my garden. By cutting out the bloom stalks before it matures and pulling the stalks after I have good rhubarb in the kitchen. If neglected to look the leaf stalks become woody, but the young leaves in the center of the crown will be tender and usable all summer. The leaf stalks should not be reduced too much by harvesting, as it will weaken the root and reduce the harvest the following year. Even when fruits come I do not forget the rhubarb, and in preserving time it repays me for my care by saving me money.

Waking Preserves. Raspberries and strawberries are usually expensive to buy by the crate for preserving, but I make preserves, using from one-third to one-half by weight of rhubarb. Both raspberries and strawberries have a decided flavor, so that the rhubarb is not noticeable. I allow the rhubarb to cook down until fairly concentrated before adding the berries. The result is a delicious jam or preserve.

There is time to time I cut the rhubarb and, if it is not wanted for immediate use, put up a few cans for winter. I have kept some very successfully by cutting into half-inch pieces, packing in jars and filling to overflowing with cold water, then sealing the jars as usual.

Yeast in the summer I make a few jars of rhubarb conserve, cooking the rhubarb with sugar until concentrated, then adding oats and raisins. When rhubarb made its appearance this spring I resolved to find a way to use it without waste. I have found that by using corn syrup I can make rhubarb yeast successfully.

Rhubarb Sauce. Wash the rhubarb and cut in half-inch pieces. Put three cups of the cut rhubarb in a saucepan with two tablespoons of water and cook for five minutes. Add one cup of one-half cup of corn syrup and cook to a soft mash. I like the rhubarb to tender.

If you desire a sweeter sauce, a tablespoonful or so of sugar will help. One of my favorite desserts is rhubarb tapioca.

Rhubarb Tapioca. Soak a half cup of pearl tapioca in two cups of water until soft. Put in double boiler and cook until clear. Add more water if necessary. Add one-half teaspoon of salt and stir in three cups of rhubarb sauce. When cool add a teaspoonful of vanilla. Chill and serve with cream.

Another favorite of mine is rhubarb pudding. I save all left-over muffins or biscuits made from the wheat substitute and grind them into crumbs. These I use as a basis for scalded pudding.

Rhubarb Sauté. Wash tender rhubarb stalks and cut into pieces about two inches long. Soak a cup of crumbs in a cupful of milk. Add a half of the cut rhubarb, if the rhubarb is very tender, add a slight

with water. Butter a baking dish and put a layer of crumbs sprinkled with cinnamon or nutmeg, then a layer of rhubarb and three or four tablespoonfuls of corn syrup. Dot with butter. Repeat until dish is full, covering the top with buttered crumbs. Bake for 20 minutes and brown on top. This may be served hot with or without sauce.

RHUBARB—HOW TO USE IT

One of the food specialists employed by the United States Department of Agriculture is an enthusiast on rhubarb. Not only does she demonstrate it in the departmental kitchens and elsewhere, not only does she commend its good qualities to women everywhere, but she grows it in her own garden and prepares it in her own kitchen for use by her own family. Read her statement of some of the excellent uses she finds for it.

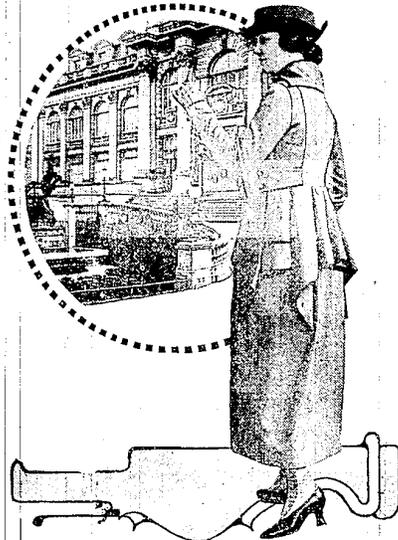
Breadless Meals Save Wheat. How are you saving wheat? One way is to serve breadless meals now and then. Have you ever tried this?

Breadless meals are not planting ahead. You can't take just any meal and take the bread out and expect the family to like it. Bread has several functions in the meal, and fully deserves the high opinion which we have of it. It is one of our best foods for fuel, furnishing carbohydrate in the form of starch and also body-building protein and mineral substances. But if the meal contains enough of these to furnish the starch and the protein needed why not save the bread?

Try planning your meals so that these wheat-saving dishes take the place of the bread. Put up sweet potatoes or dumplings—baked, boiled or fried—rice, oven-fried cornmeal mush, hominy grits, large hominy, baked beans, lima beans, split peas—all are good served as vegetable fried squash (and these can be cooked in the oven instead of in the fat kettle) in addition to potatoes or sweet potatoes, makes the meal more tasty for many of us, and is a very easy way of securing variety. Aside from the question of economy and convenience the important thing in such a case is that the character of the meal as a whole, which must be truly varied and not made up almost entirely of any single type of food. We must have other kinds of food in our diet—fruits, onions, green beans, green peas, tomatoes, spinach, carrots and so on, choosing those which are in season and abundant in your garden or your market. With a varied meal planned in the usual way, except that the servings of the starch foods and the vegetables are larger than usual, to make up for the bread, you can have a breakfast, dinner or supper which may be pleasing to the taste and which will meet the body needs.

There are other food combinations and dishes which you can take advantage of in planning the meals with bread. For instance, you may prefer to replace part of your usual allowance of bread with a wheat-saving dessert. These desserts, if made with bread, in a different form: Rice pudding, hotamy pudding, Indian pudding, tapioca cream or fruit tapioca, cornstarch pudding, banana pudding, etc. Some are under-ripe, because they are richer in starch than the ripe ones, or gingerbread made from the wheat substitute.

New Arrivals in Street Suits



Are they made of silk or are they of wool? That is the question that gives our eyes to the new showings of suits and tells us to take many an extra step for a closer view. It turns out that many of the suits for midsummer are made of new weaves in silk fabrics that are soft and supple and have little luster, so they keep us guessing. Besides the all-silk fabrics there are silk and wool mixtures, all of them calculated to make us forget to deplore the scarcity of wool. In case the government should see fit to commandeer the wool production it will be no hardship to wear these new fabrics.

There are many belted models in the new modes and many coats open over eye-looking plique vests. Tucked lengths, cleverly applied buttons and unusual pockets are features that come up their style—fine points in the technique of making. Skirts grow narrower and remain plain. Fashion still finds stenciling adorable and designs in fashioning suits along such trim lines that they suggest slits even on a plump figure. This bit of camouflage is well worth considering.

The suit pictured might be made of one of the new silks or silk and wool mixtures, and it would be effective in pounce or poplin or in light weight wool materials. It embodies the salient features of the season's modes for midsummer with its coat pointed at the bottom and belted about the sides and front and its covered buttons applied in rows to the sleeves. Two of them at each side are slipped through actual button holes so that the belt across the front fastens on either side.

Julie Bottanly

Midsummer Blouses Lovely and Practical



Men would cherish the monotony of his workaday clothes by indulging himself in many changes of tie, and women in the same way rely upon blouses to give the spice of variety to their daily costume. The new blouses that have just made their appearance for midsummer wear promise to fulfill their mission in the most refreshing way, for they are made of light colors with white in many ways. Manufacturers of fabrics and designers of blouses have worked together for the good of womankind this summer, the first producing striped and cross-bar as well as plain materials and the latter pleasing and versatile details of trimming.

Cluster tuckings, contrasting collars and cuffs, fringe of net or plain organza, narrow lace inserts and edgings and some hand embroidery finish off the clever planning and cutting which see to it that the new blouses are fitted and dainty and sometimes they are just as simple as they look—but not often. It is their business to look simple and beautifully finished.

The blouse shown in the picture bears out these statements. It is of blue voile with white organza collar and cuffs. There are two placements at the front, one of them a little simulated chinistras in white organza set in an applied affair that looks like a vested of the voile outlined with a corded edge and finished

Long Front Panel Featured.

The long front panel is featured in many frocks—that is, a panel in skirt and bodice, which may or may not be separated by a belt or grille of fabric contrasting in color or material with that of the rest of the frock. For instance, a figured foulard frock will show a panel in both bodice and skirt of satin in the color of the ground, and the figure in the foulard. A serge frock will have a panel of satin, a gilette frock will be paneled with tulle or lace.

COVER CROPS ARE HELPER IN ORCHARD

Use of Them Lessens Need for Fertilizers, M. A. C. Horticulturist Says.

LEGUMES FIT IN WELL

Vetch, Peas and Clover Ideal Under Michigan Conditions—Oats and Rye Also Have Place.

By PROF. H. P. HALLIGAN, Department of Horticulture, Michigan Agricultural College.

East Lansing, Mich.—The current scarcity of fertilizers and the consequent high price of potash and nitrogenous fertilizers emphasize the necessity for using cover crops in Michigan fruit orchards this season. Of all the residues at a fruit farm for becoming the fertilizer family and maintaining the fertility of the orchards, cover crops are one of the most efficacious. While they add no potash or phosphorus to the soil, they make such of these elements as are already present more available to the fruit at seasons of the year when they are most needed.

Recent experiments in fertilizing commercial orchards have shown that it is possible to derive great benefits from fertilizers which add nitrogen to the soil. Some of the chief advantages of leguminous cover crops lie in the fact that they serve for this purpose, and furnish an element which, if purchased to buy it in the form of commercial fertilizer, would be very expensive. Clovers, vetches, beans and peas when used as cover crops supply nitrogen to the orchard soils. But cover crops have their greatest value in that they add humus to the soil. This humus tends to maintain the physical condition and increase the water-holding capacity of the orchard land. One of the strongest arguments in favor of cultivation in Michigan orchards is the fact that this practice preserves the moisture. Soils without humus are not capable of holding large quantities of water. The addition of humus makes their capacity in this respect greater.

The selection of a plant for cover crop purposes depends largely upon the character of the soil and the time at which it can be seeded. On the sandy soils, winter vetch is one of the most desirable leguminous cover crops. It must be seeded rather early, that is, some time in July or early August, and it usually is combined with oats or rye, as vetch makes but a slow growth in the fall and early winter is able to withstand very dry weather during late summer and fall as well as the tramping of pickers and packers at harvesting time. If used with oats and seeded with a drill, 15 pounds to the acre is sufficient with a bushel of oats, but if spread broadcast 20 to 25 pounds should be used per acre. On the heavier clay loam soils, Mammoth clover and alfalfa are better choices for leguminous cover crops. These crops require a very well prepared seed bed and if the weather conditions are favorable in late summer and fall, a good crop will be secured. Crimson clover is also good sometimes as a cover crop, but its lack of hardiness, especially during severe open winters, makes it less desirable than those first mentioned.

On orchard lands that have not been previously used for cover crops, where the soil is not in an ideal condition, rye is a desirable crop to use. It brings the soil to a mellow state so that a cover crop can be grown. Rye is also an excellent cover crop to sow if the seeding has been delayed until the fall. It makes a fair growth during the fall and springs up very early in the spring so that by the time the orchard is plowed there is a fairly heavy crop of rye to turn under.

Of the other crops that may be used, oats are probably the most popular. The seed is not expensive and is much better than weeds in an orchard. Oats can be sown late and produce a good cover in the fall. They are also very popular in orchards that are to be plowed in the spring, as they are plowed in the fall. Oats also make an excellent crop to sow with winter vetch or peas, but being indigestible, they do not themselves add nitrogen to the soil.

The comparatively high price of seed at the present time makes it important that the soil should be very well prepared and to obtain the maximum benefit from the amount of seed used it will often be desirable to drill the seed rather than to broadcast it. Under the present abnormal conditions, fruit growers in Michigan cannot afford to neglect this practice of obtaining the many benefits to be derived from cover crops.

Makes Fine Sandwich.

If you haven't tried a sandwich of barley or rye bread and cold cheese, with a lettuce leaf and salad dressing, you don't know how really easy it is to do without wheat and meat.

Serving Cottage Cheese.

Cottage cheese may be served hot as cheese sausage or cheese soup, or scalded with peanuts, and cold in salad, sandwiches, or punch.

POULTRYMEN TO CO-OPERATE

M. A. C. Plans Demonstrations of Culling, Feeding and Marketing—Asks Teamwork.

By PROF. C. H. BURGESS, Department of Poultry Husbandry, Michigan Agricultural College.

East Lansing, Mich.—Can you call out of your farm flock the layers from the nonlayers? Can you figure out a ration that in a certain season will bring the best returns from your hens at a minimum cost? Are you pooled on the big and little tricks of marketing, knowledge of which will make possible the obtaining of the best prices? Among Michigan's professional poultrymen are to be found a large number of highly skilled and capable individuals who are pretty well up in all these practices, but this doesn't apply to Michigan agriculturists as a whole. On the average farm, poultry raising is usually a side issue and receives only the attention, or rather the lack of attention, which is usually the fate of "side issues." Yet, in the aggregate, these farm flocks of a few score or so, usually a side issue and receives only the attention, or rather the lack of attention, which is usually the fate of "side issues." Yet, in the aggregate, these farm flocks of a few score or so, usually a side issue and receives only the attention, or rather the lack of attention, which is usually the fate of "side issues."

What is proper handling? The query isn't a new one by any means, but if inferences are to be drawn from the number of times this question is asked, letters received by the college, it is still a live one. The matter, however, is not one that can very easily be made clear by letter—therefore the department, during the coming season, proposes to conduct a number of demonstrations among farmers. Farms will be selected where flocks will be culled and put upon a regular culling basis—and of course the co-operation of interested persons will be necessary. If you are one of those who would like to see something of this sort done in your community, then the matter up with your county agricultural agent and ask him to communicate your request to us. Or if you are in a county where no agent is employed, then write direct to the department of poultry husbandry, Michigan Agricultural College, East Lansing. This work will be started on July 1.

TO AID CREAMERY MEN

M. A. C. Will Put Man in Field to Work With Dairy Manufacturers of State.

East Lansing, Mich.—A man whose business it will be to give assistance to the dairy manufacturers of Michigan will be employed by the dairy department and extension division of the college after July 1. The particular function of this new member of the extension staff will be to travel about the state visiting creameries and co-operating with the managers of them just as a physician might make his rounds to prescribe for his patients—though the dairy industry of Michigan, as it happens, is far from being a "sick man."

The official announcement by the college of the plans for the new work sets forth that the object of it will be to assist "Michigan dairy manufacturing plants to become more efficient and to improve the quality of their products. A study of the conditions surrounding the making of dairy products in these plants will be made to the end that assistance can be given where help is needed. Personal acquaintance will be built up with buttermakers and others in plants in order that they may know you clearly in case they have questions or questions of factory policy crop up. "Assistance will also be given to producers and to county agents in the organization and establishment of new co-operative plants and improvement of conditions in the old ones if such be called for."

O. T. Goodwin, formerly associate professor of dairying in the Georgia Agricultural College, is the man who is chosen for the new commission will be entrusted. He will begin his work in Michigan on July 1.

SCHOOL TEACHERS TO DRILL

Men and Women Will Be Given Military Instruction at M. A. C. This Summer.

East Lansing, Mich.—Michigan, so it is reported from the Michigan Agricultural College, will have a "military college" all its own this summer—though unlike the Russian amazons, the M. A. C. organization is expected to be more flourishing than killing. The M. A. C. is expected to have a number of features of the summer session at the college.

But while the new organization will be novel, it is by no means intended to be for the purpose of training the military. The purpose of the college is letting it be known. The idea is to afford a means by which school teachers can be trained in military fundamentals, so that upon returning to their schools in the fall they can drill their pupils as is being done in large numbers of progressive communities.

The military course at M. A. C. will be open to men and women as well as female teachers. Maj. P. G. Wrightson, commandant of the cadet regiment at the college, will instruct those who enroll for it. The "recruits" will be organized into one or more companies and schools in both close and extended order tactics, the manual of arms, and a number of other fundamentals suitable for high school and normal school companies such as teachers will be called upon to direct.

Individuals wishing to enroll are advised that they can secure information by writing to Prof. C. H. Burgess at M. A. C.