The Housewife and the War

(Special Information Service, United States Department of Agriculture.)

MAKING THE MOST OF VEGETABLES.

Some of the Good Things From the Garden Plot.

STRAIGHT FROM GARDEN TO COOK

Fresh Products and Proper Cooking Mean Everything to Modern Housewife.

HINTS FROM FOOD LEAFLET

Every Cook Can Do Much to Make Vegetables Appetizing and Attractive by Proper Cooking—Overcooking Is Bad.

Sweet juicy beets, corn, lima beans, squash, summer cabbage, cauliflower, carrots, Brussels sprouts and spinach as well as cool green cucumbers, and juicy tomatoes—these are some of the good things that the late vegetable plot has to offer as a reward for the hours of work spent upon it earlier in the season.

Who, that has the privilege of enjoying the vegetables at their best, fresh from the garden, will not say that the vegetable garden is worth the trouble it costs? No one not accustomed to fresh vegetables cooked within a few hours after they are gathered really knows how good vegetables can be.

Points From New Food Leaflet.

Every cook, however, whether she starts with vegetables fresh from her garden or whether she buys the best she can procure on the market can do much to make her vegetables attractive and appetizing by proper cooking. The United States department of agriculture and the United States food administration in United States food leaflet No. 16 give the following pointers in regard to the cooking of vegetables:

Vegetables just out of the garden taste best when simply cooked—steamed, boiled or baked—and served with a little salt, butter, milk or cream. Often a heavily seasoned sauce covers up the more desirable vegetable flavor.

Overcooking of vegetables impairs their flavor. Very delicate flavors are destroyed, while vegetables with strong flavors, such as cabbage or onions, become disagreeably strong if cooked too long. Overcooking also destroys the attractive color of some vegetables.

Cook summer vegetables as soon after they are gathered as you can in order to preserve the flavor. If they must be kept over, keep in the icebox or some other cool place.

Let wilted vegetables soak in cold water to freshen them. If vegetables must stand after paring, covering with cold water will prevent wilting and discoloration.

Before cooking, put head vegetables and greens in cold water for an hour, with one tablespoonful of vinegar to remove insects, then wash very carefully.

Save Water for Soup Stock.

Drain all boiled vegetables as soon as tender—they become soggy if they are allowed to stand undrained after cooking. The water drained off may be saved for soup stock.

Most vegetables should be cooked in a small amount of water, because a part of the mineral salts dissolves out into the water, and is lost if the water is thrown away. Cook whole when possible.

Tender spinach or lettuce leaves require no added water for cooking. If thoroughly washed, enough water will cling to the leaves to prevent their burning.

Delicately flavored vegetables should be steamed or cooked slowly in a small amount of boiling water until tender and the water boils away.

Strong-flavored vegetables may be cooked uncovered in a large amount of rapidly boiling water, and the water changed several times during cooking.

Starchy vegetables should be put on to cook in a sufficient large amount of boiling water to cover them. Boil gently, and keep kettle covered.

The time required for cooking vegetables depends on the kind, size and age of the vegetable. You must use your judgment in deciding when they are done.

NEED OF VEGETABLES

Remember that vegetables are not only good to eat but good for you—make the most of the varieties that the summer brings.

Leaf vegetables, lettuce, spinach and cabbage that are largely water are splendid food, for they furnish valuable minerals which your body needs as well as growth-promoting substances that help make children grow and keep adults healthy.

Minerals in vegetables keep your blood as it ought to be and your whole body in good condition.

Vegetables are better than medicine to prevent the common evil of constipation.

Serve a quantity of vegetables and you will need less bread and meat in the meals.

Apple Butter Saves Surplus.

Do not let the surplus apples go to waste, make them into apple butter. Summer apples make splendid apple butter, even without the use of boiled cider, which, however, is a desirable addition if it can be obtained. Pare, core and cut up the apples, add a little water and stew into apple sauce. Let this simmer gently at the back of the stove for several hours, stirring occasionally as needed to prevent sticking. When it is two-thirds done add one pound of white or brown sugar to each gallon. After cooking thick enough, stir in spices to taste. Pack in sterilized containers and cover with melted paraffin.

If sweet cider is to be used boil it down to half the original volume. By boiling it to a thick lump, less sugar is required. To each gallon of sweet cider use a gallon of pared, cored and sliced apples. Either add these to the boiled cider and begin cooking, or stew them into apple sauce and add the sauce to the boiled cider. Cook gently but stir often for two hours, then add a half pound of sugar to each gallon of product, or use no sugar. Continue cooking and stirring until thick enough, stir in spices to taste, pack in sterilized containers and cover with melted paraffin.

Milk-Vegetable Soup.

Don't throw away left-over skim milk, says the United States department of agriculture. It is a nutritious food and every drop of it should be used. One way to utilize it is to make milk-vegetable soups.

To each two cupfuls of milk use one tablespoonful of flour, one tablespoonful of butter, two-thirds of a cupful of a thoroughly cooked vegetable, finely chopped, mashed or put through a sieve, and salt to taste. Thicken the milk with the flour as for milk gravy and add the other ingredients.

Practically any vegetable except tomatoes may be used with the other ingredients as stated. If tomatoes are used, a little soda should be added to them to prevent the milk from curdling.

Milk is the most important food there is for growing children.

The KITCHEN CABINET

Leave no tender word unsaid,
Do good while life shall last;
You know the mill can never grind
With the water that is past.

WAR TIME DISHES.

NUTS are rich in both protein and fat. A cupful of chopped peanuts equals a half pound of steak, chicken or leg of lamb. No meat except pork chops and sausage will provide enough fat to replace the fat found in a cupful of peanuts. Walnuts are not as rich in protein as peanuts; but they furnish nearly twice the amount of fats.

Egg Plant With Walnuts.—Boil an egg plant until tender, cut in pieces, remove the skin and mash the pulp. To the pulp add one cupful of chopped walnuts, two tablespoonfuls of bread crumbs, two eggs well beaten, salt and pepper to season. Mix well, put into a well-greased baking dish, cover with well-buttered crumbs (the crumbs may be mixed with any sweet fat) and bake until brown.

Scalloped Onions With Peanuts.—Peel and cook six onions, chop two-thirds of a cupful of roasted peanuts, cook together two tablespoonfuls each of fat and corn flour; add a cupful of milk and seasonings. Put the onion and peanuts in layers in a buttered baking dish, add the white sauce and cover with buttered crumbs. Bake until brown.

Shoreham Sweet Potatoes.—Cut four cooked sweet potatoes in one-fourth inch slices lengthwise and arrange in a shallow dish. Lay three sections of orange, free from membrane, on each slice of potato. Pour over one-half cupful of maple syrup and bake in a moderate oven, basting frequently until the syrup is almost completely absorbed. Serve from the baking dish.

Prune Coupe.—Take two cupfuls of tart milk (not warm), add one crushed junket tablet dissolved in a tablespoonful of water, two teaspoonfuls of vanilla, a few grains of salt. Mix to the freezer can and let stand until the milk is thick, then freeze. Serve small portions in glasses with prune sauce.

Prune Sauce.—Take one cupful of cooked prunes, four candied greengage plums, six candied cherries, two oranges, two tablespoonfuls of lemon juice, one-third of a cupful of honey. Simmer all together gently, cool and add a half cupful of chopped nuts.

Sweet Potato and Peanut Croquettes.—Take one cupful of mashed sweet potato, one cupful of finely chopped peanuts, salt and pepper to taste. Shape like croquettes, roll in fine bread crumbs well buttered and bake in a hot oven until brown. Serve with a white sauce mixed with two tablespoonfuls of chili sauce.

SEASONABLE DISHES.

A LITTLE left over oatmeal may be fried in small cakes and served with bacon for the next day's breakfast or if two cupfuls or more is at hand, make an Oatmeal Brown Betty.

Pare and slice three apples, sprinkle with sugar and cinnamon or nutmeg and put into a deep baking dish in alternate layers with oatmeal. Molasses or corn sirup may be used in place of sugar. Bake in a moderate oven until the apples are soft. Serve with cream or a sauce made of apple juice.

Sweet Potato Buns.—Boil and mash a sweet potato. Rub into it enough corn meal and flour to make it like bread dough. Add half a teaspoonful of cinnamon, half a teaspoonful of sugar and one teaspoonful of yeast. When the dough has risen to double its bulk, shape into biscuits, let rise again and when light bake.

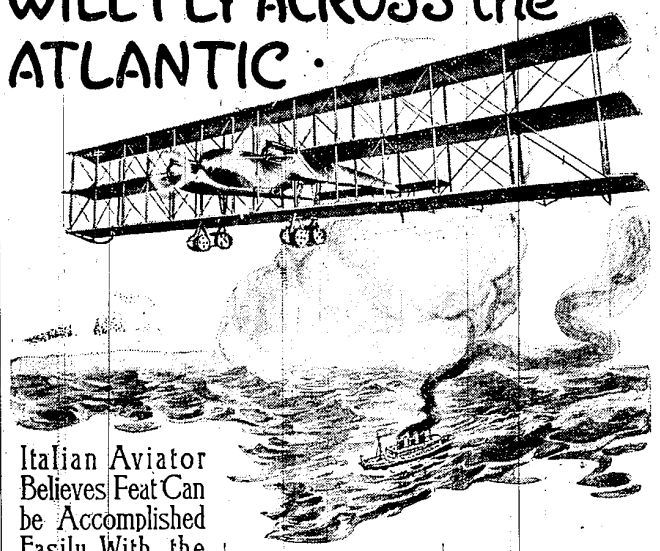
Corn Chowder.—Take two cupfuls of finely chopped corn, one cupful of milk, two cupfuls of rice or vegetable stock, one cupful of diced potatoes, two tablespoonfuls of chopped bacon, two tablespoonfuls of butter, four tablespoonfuls of corn flour, one teaspoonful of salt, one-eighth of a teaspoonful each of pepper and paprika, and one tablespoonful of chopped parsley. Boil the potatoes and onions with the stock ten minutes; add the corn, salt and pepper and boil five minutes; add the heated milk, flour and butter creamed together and cook until smooth. Sprinkle with chopped parsley and serve hot.

Clam Stew.—Drain the liquor from ten large clams. Put the clams through a meat chopper and add the clam juice, bring to the boiling point, remove the scum and add three cupfuls of milk. Rub two tablespoonfuls of butter with the same amount of flour and add to the stew. Cook for five minutes and season with salt, pepper and chopped parsley. Serve with croutons or crackers.

Orange Cream.—Soak one-fourth box of gelatin in one-half cupful of cold water and add enough boiling water to make a pint of liquid. Squeeze the juice from three oranges and half a lemon, strain, sweeten to taste and mix all together. When it begins to stiffen fold in one-half cupful of whipped cream.

Nellie Maxwell

WILL FLY ACROSS the ATLANTIC



Italian Aviator Believes Feat Can be Accomplished Easily With the Caproni Plane

LIEUT. LEOPOLD BELLONI of the Royal Italian flying corps, now in this country, says positively that the transatlantic airplane flight will be made. While he does not set a definite time for the start, he says that a Caproni airplane will turn the trick.

This western ocean flight has been talked of and dreamed of for many years. Three things are essential for it. They are faith, skill and organization. With these Lieutenant Belloni believes success is sure. Italy has the faith, she has the skill in the trained aviators of her army but she does not possess the organization, says a writer in New York Sun.

He believes that this is at hand in America and that Italy and the Caproni would desire nothing more than that the United States should furnish the organization and share in the laurels which will fall to those who first fly over the Atlantic. At the same time the lieutenant admits that America is well supplied with skill, too. As he puts it:

"The flying youth of Italy and America would be proud to make the flight."

The organization, he says, should consist of ships stationed at intervals along the line of flight to wireless the course to the pilots of the transatlantic machine and for precautionary measures. Other work necessary would be the gathering together of weather reports and data vital to the men who will rise in the air in one hemisphere and land in another.

As to the type of airplane for the trip, Lieutenant Belloni favors a regulation Italian army Caproni. He has no preference for a triplane over a biplane, but he does believe that the machine should be speedy and should carry a small crew, instead of a heavy and slower air cruiser capable of carrying several men.

Would Like Liberty Motors.

For engines he says emphatically that there is nothing that would suit the Caproni brothers better than that a plane of their making equipped with Liberty motors should make the attempt, guided by an Italian-American crew.

"Caproni would have it so," said Lieutenant Belloni. "He loves America. He patterned himself after your famous Wright brothers, and I know that there is nothing would give him greater pleasure than to have America share in the honors of an ocean flight."

Had Gianni Caproni, father of Italy's huge bombing and fighting machines, which have given a good account of themselves on the Italian and French fronts, been asked if the flight across the sea were probable this year it is safe to say that he would have replied: "We will do it."

Caproni, who is just thirty-two, was born in the Trentino, of Italian parents who had lived the greater part of their lives in the mountain hamlet of Masone, which numbered about 500 souls, under the yoke of Austrian rule.

Despite the fact that they were forced to bow to the will of the Hapsburg government, they remained Italians at heart and instilled the love of the mother country into their younger son, who is now serving Italy so well. The home ties of the Caproni family held them under the despotism of a hated ruler, and they lived and dreamed of a day of repatriation.

It was in this atmosphere that young Caproni received his early training. His elementary schooling was acquired in the small and isolated institutions of the Trentino. Even in these schools the boy's love for mathematics was indicated and appreciated, and when he had finished the courses presented his aged father and mother packed his few belongings, bestowed upon him their blessings and sent him north away from the Trentino to the engineering college at Munich, Bavaria.

Was Graduated When of Age.

On his twenty-first birthday he was graduated from that institution with the degree of civil engineer. It was about this time that the Wright brothers began to demonstrate to a skeptical world that man could fly in a heavier-than-air machine.

Their successes so fired the young Italian engineer with the dream of becoming a creator that he decided upon aviation as his life work. Despite his racial impetuosity, he realized that a theoretical groundwork would be necessary, and instead of joining the ranks of the exhibition fliers who immediately sprang up in Europe he continued the business of prying truths from texthooks.

It was a hard pull, for the expense of a higher education along proper lines was far from small and the sums offered for exhibition flights were large. But young Caproni stuck it out, and traveling still further north and away from the Trentino, he went to Liege and entered the Miraflot institute in that city.

He applied himself to the more difficult courses in its curriculum, among them being that of electro-technics. This he mastered, and immediately broadened the scope of his pilgrimage for knowledge to include Paris and the flying fields of the continent.

He was always an irrepressible enthusiast on the future possibilities of the airplane, but usually tempered his advanced, and what in those days were radical, views with solid facts gleaned from his long preparation.

In the earlier days of the French demonstration flying the young man from the Trentino spent a great deal of his time talking with the men who were making exhibition flights and improving on the theories of the Wright brothers. He was always ready to discuss the future of the airplane and was frequently considered quite mad when he talked of time and distance annihilating machines capable of carrying as many as ten and twenty men.

Not Daunted by Skepticism.

But the skepticism of the earlier fliers, and many of them were painfully frank in their characterization of Caproni's dream, did little to crush the spirit of the man who has since become the producer of heavier-than-air machines which are larger and can do more than those he pictured in his own mind in the earlier days.

When he had drawn a great mass of opinions, practical experiences and beliefs from the earlier birdmen of Europe he returned to the Trentino, where he spent some time digesting them.

Finally Caproni was ready to build his first machine. He enlisted the aid of ordinary Italian carpenters, and in a small shed not far from Arco began the construction of a machine. It grew under his direction, but it did not grow as fast as the suspicions of the Austrian police authorities.

Caproni was watched and hindered in every possible manner. The police did not limit their aggression to the inventor, but extended it to his brother.

This, of course, could not continue, and Caproni again packed up his belongings, again received the parental blessing and crossed the Austro-Italian frontier. He went to Milan, Italy, and applied to the military authorities there for permission to erect a hangar and experimental laboratories on the cavalry exercise field near Somma Lombardo.

Has Designed Nineteen Good Types.

Here at last he was given the opportunity to build and test his first airplane, and it is to the credit of Caproni that this first machine was rolled from the hangar and flew on its first trial. Others were turned out and still others, and to date nineteen types have been designed and built by this man, and in each instance have flown as soon as finished.

The worth of these Caproni machines is proved by their adoption as standard bombing planes by the French government, the letting of contracts to the Caproni by the United States government and the purchase of several of the big triplanes by the British government.

Since the outbreak of the world war Caproni airplanes have taken all of the aviation records in Italy and have smashed many of the international figures. The inventor has not confined his activities to any one type, but has diversified his output. It is no uncommon sight on a Caproni field to see a gossamer winged monoplane roll out of a hangar door and under the lower plane of a giant Caproni triplane which has carried more than fifty men as passengers in a long nonstop flight.

At the same time the honor of the first tank airplane must go to Caproni. Some weeks ago news dispatches from the western front announced the use of the first aerial tank by Germany. The Caproni tank airplane had flown long before that announcement.

The biggest of the Caproni machines recently completed in Italy carried more than fifty men. It so far eclipses any other effort along similar lines that approximate dimensions are of more than passing interest.

Carries Seven Guns.

This leviathan of the air has an approximate wing spread of 155 feet from tip to tip, is about 65 feet long and 33 feet high, is armed with seven guns and develops 2,100 horse power with three motors.

This machine, of course, can carry an enormous freight of high explosives and drop them behind the enemy lines, and Italy would build many of them if she could. At present only one of these battle cruisers of the air has been constructed. Italy cannot spare more raw material for the construction of others. But Italy is depending on the United States for that raw material, and believes that she will get it.

Caproni is no self-advertiser. In this he resembles his countrymen. When something has had to be done in a military way Italian military chiefs have done it without talking. When it was necessary for new and vital things to be done in the air over the Italian front Caproni has done them. The words of a young Italian officer when asked why it was that Italy was not letting the world know what she was doing sum the situation up well.

"Italy does not want to talk," he said. "She wants to fight and to do."

And if the past performance of Gianni Caproni means anything, the statement by his representative in this country that the continent to continent flight will be made may be accepted at face value.

TAKEN FROM EXCHANGES

Following a representative conference at Kalamazoo, Mich., women offered their aid on state farms.

The principle of the opaque post card projector has been utilized in a new machine for registering color printing plates on a printing press.

A Parisian has invented roller skates propelled by a one-quarter horse power gasoline motor, the fuel tank being carried on the wearer's belt.

George H. Hughes of Denver, Colo., forty years old, enlisted in the National army at the first call of President Wilson for volunteers. Richard A. Hughes, eighteen, son of George H., with the consent of his father, enlisted a few days after the parent. Both were sent to Camp Kearney, Cal., where the son has become a sergeant of the company in which the father is a corporal.

A deserving working girl of Paris has fallen heir to an annual income of $500 which was enjoyed by a pet horse of Adolph de Rothschild until its recent death from old age. This was in accordance with the will of M. de Rothschild.

Five hundred sheep growers on the Minidoka reclamation project, Idaho, are consolidating their flocks into larger bands for summer grazing. Small sheep growers realize the benefits of inexpensive summer grazing through this co-operation.