

EIGHT

Ideas of Women Of Honolulu Are To Be Solicited

"Hints to Housewives on the Conservation of Food" is a new feature of the Saturday Star-Bulletin and is to be continued for the period of the war.

With the appointment of a woman's committee of the territorial food commission, information on the conservation of food and the elimination and use of waste is to be spread throughout the territory, and the Star-Bulletin has placed this new department of the Saturday issue at the disposal of the committee to assist in disseminating this information.

Each week Mrs. A. C. Alexander, chairman, of the committee and other members of Honolulu women will contribute brief and to-the-point information of general interest in many ways in which food may be conserved and how the odds and ends may be converted into tasty dishes for the table.

Recipes showing how Hawaiian products may be used will also be submitted from time to time, as well as other recipes of interest to the housewife.

The women of Honolulu are invited to contribute to this department of the Saturday Star-Bulletin and contributions may be mailed or submitted to the editorial department. Communications to this department should be addressed to "Hints to Housewives Department, Honolulu Star-Bulletin."

ONE WOMAN TELLS HOW TO UTILIZE RICE THAT HAS BEEN LEFT OVER

When cooked rice is left over I make rice cases with it, writes Mary Mason Wright in the Ladies' Home Journal. To each cupful of rice one egg is added, then molds or cups are lined with this, pressing it firmly down around the sides and bottom until about an inch in thickness. These are put aside in a cool place for a short time; then carefully removed, inverted, placed on a pan and put in the oven until a delicate brown. Salmon or other fish, chicken, veal or any left-over meat chopped fine and mixed with white sauce or gravy may be served in these rice cases.

Children particularly like these cases when they are filled with a marmalade made from left-over fruits. Perhaps there are some pieces of pineapple, a few strawberries, cherries, apricots, peaches or other fruit. These are all combined and made into preserves or marmalade with some sugar, and filled into the cases. They are then served with cream or a custard sauce. These cases may also be used to serve fresh fruits.

When tomatoes are in season, tomatoes served with fillings of left-overs are very popular. Large tomatoes are washed, a slice cut from the top of each, the seeds and part of the pulp removed, and the inside sprinkled with salt and pepper. These are then filled with seasoned chopped chicken, veal, ham or any left-over meats, mixed with bread crumbs, seasoned with butter, placed in a greased pan and baked in the oven. Rice, macaroni, baked beans and sweet corn all make good fillings for these baked tomatoes.

For a salad, medium-sized tomatoes are peeled, prepared as before, then inverted and put on ice for an hour or two. Fill them with chopped chicken or other meat, chopped celery and mayonnaise dressing; or with baked beans mixed with part of the removed tomato pulp and salad dressing.

EXAMS. FOR TEACHERS TO BE HELD ON AUGUST 6

Examinations for teachers' certificates will be given those attending the summer session now going on at the Normal school, by the department of public instruction on August 6, 7 and 8. The schedule is as follows: Aug. 6, 1917—8:30-10:30, Methods 1, First 2. Second; 10:30-11:30, agriculture; 11:30-12, spelling; 1:30-3:30, geography; 3:30-4:30, physical training.

Aug. 7, 1917—8:10-10:30, grammar; 10:30-12, hygiene, sanitation and physiology; 1:30-3, history; 3:30-4:30, composition.

Aug. 8, 1917—8:10-10:30, arithmetic; 10:30-12, drawing; 1:30-3:30, literature; 3:30-4:30, vocational education. Grammar Grade Examinations.

Aug. 6, 1917—8:11, geography; 11:12, drawing; 1:20-4, plane geometry.

Aug. 7, 1917—8:10-10:30, algebra; 10:30-12, elementary science; 1:30-4, professional knowledge.

Aug. 8, 1917—8:10, English; 10:12, history.

EDUCATIONAL COUNCIL

On Monday evening, July 30, 8 o'clock, at Central Union Parish House, there will be an important EDUCATIONAL COUNCIL. The theme is to be "Vital Educational Problems of the Modern Church," and the Rev. Dr. Palmer will lead the discussion.

This Mid-Summer Council promises to be of unusual value, and all who are interested in religious or educational work are cordially invited to attend.—Adv.

"Mother" Jenkins, who taught a Sunday school class in New York for 65 years, is dead.

Hints to Housewives on Conservation of Food

Dollar Stretchers

Watch the Measure, Save the Money.

3 teaspoonfuls equal 1 tablespoonful.

2 tablespoonfuls of butter equal 1 ounce.

4 tablespoonfuls of flour equal 1 ounce.

16 tablespoonfuls of any dry ingredient equal 1 cupful.

12 tablespoonfuls of any liquid equal 1 cupful.

4 cupfuls equal 1 quart.

2 cupfuls of butter (packed solidly) equal 1 pound.

2 cupfuls of finely chopped meat (packed solidly) equal 1 pound.

2 cupfuls of granulated sugar equal 1 pound.

2 2/3 cupfuls of powdered sugar equal 1 pound.

2 2/3 cupfuls of brown sugar equal 1 pound.

9 or 10 eggs equal 1 pound.

To Save Lighting a Gas Oven.

When heating scones or muffins place them on a pie tin and cover with deep cake pan. Put over an ordinary burner, using an asbestos mat under the plate to keep the muffins from burning.

You'll Be Fooled Too.

My chicken loaf hasn't a bit of chicken in it! Yet the only noticeable difference between a real chicken loaf and my loaf is the cost. This is my recipe for it: Boll three pounds of lean beef, one pound of lean pork, a bone and three or four cloves until the meat is tender. Grind the meat, three hard-cooked eggs and three very dry slices of bread, the last two as finely as possible. These are well mixed together and seasoned with salt and pepper. The broth is boiled down until there is just enough to moisten the meat, and, after removing the grease, is added to the meat mixture, care being taken not to get it too soft for slicing.

Remember That Though Olive Oil, lard and cottonseed oil are practically all fat, butter is only about nine-tenths fat; therefore, when one of the first three is used as a butter substitute, only four-fifths as much is required. Isn't the difference in the cost worth saying?

Whipped Cream Need Not Be a Luxury if you use the evaporated milk. Place a five-cent can of the milk in a pan of cold water and heat it to the boiling point, then remove the can immediately and place it in ice-cold water. When the milk is cold open the can and pour the milk into a chilled bowl which is set in a bowl of cracked ice. After it is thoroughly chilled whip it in the usual way, and flavor it if desired.

Have You Tried Buying Canned Goods by wholesale? If you do not wish to get several dozen cans at one time, perhaps your neighbors will join you in buying in this way. You can save as much as ten cents on the dozen and forty-five cents on the two dozen; a saving of nearly a cent a can if bought by the dozen and almost two cents a can if bought by the two dozen.

When You Pay for Fresh Eggs, do you get them? To test eggs place them in a deep pan of water. If any of them are bad they will float; if any are stale they will slant away from the bottom of the pan, or perhaps stand on one end. But if the eggs are "strictly fresh" their weight will cause them to sink.

Rice Versus Potatoes. One ounce of uncooked rice gives the same nourishment as four ounces of uncooked potatoes, although both have the same bulk when cooked. So, if potatoes and rice were the same price a pound—as during this winter of high prices they were—potatoes would be four times more expensive than rice. Are they worth that to you?

Suppose You Order a Steak at twenty-eight cents a pound at your butcher's. He cuts the steak, puts it on the scales and tells you the price. If the steak weighs three pounds exactly it will cost you eighty-four cents. Thus you are paying for every particle of that steak. The butcher then removes the steak to the block and proceeds to "trim" the steak, cutting away certain portions of fat and meat and bone. He then deposits all he has cut from the steak in a box beneath the counter, all of which you have already been charged for at the rate of twenty-eight cents a pound. On the following morning the butcher sees these trimmings, for which you have paid at a pound, for six, seven and eight cents a pound, put them in a box and sell them for shortening; while the meat and bones are excellent for soup.

To Make Grape Juice by a tested recipe do this: Pour one cupful of boiling water on a half-pint glass of grape jelly and stir the jelly until it is dissolved. When cool, add one quart of ice water and cracked ice. Add the juice from two lemons and one lemon cut into fancy shapes. Sweeten to taste and serve in lemonade glasses with straws.

Do You Realize that the shape of a vessel can reduce your fuel bill? It is a fact that the contents of a kettle will heat more quickly than those of a kettle with a small base.

The shortage in tinplate has been so far overcome that the tinplate conservation committee lifted its embargo on the use of tin cans for the packing of non-perishable goods.

HOW CAN I DO MY "BIT"?

An Editorial Answer to the American Housewife

From the Ladies' Home Journal

Every woman with a love for country is asking herself the question: "What can I, as a woman who must stay at home, do? What is my 'bit'?" Can such a woman do anything? Much, more, almost, than any other woman.

When a country is at war the economic and domestic conditions of that country are absolutely in the hands of the women who stay at home. It is then that the finest and best in womanhood blossoms forth, and it all shows itself in her efficient conduct of the home and of her children.

If ever the American housewife has the chance to show her domestic efficiency it is now and in the months to come. Prices, already high, will undoubtedly be higher. Labor, scarce enough now, will be scarcer. Transportation, already congested, will be more congested. And in the face of these problems that will touch, personally and directly, every housewife the average income will shrink as taxes increase and as men are taken from their wage pursuits to serve their country.

The American housewives' problem will be high prices and reduced incomes.

And here is where the woman left at home will measure up or not. Only two factors will help her: efficiency and economy. The time for wasteful housekeeping is over. And how wasteful we have been we will only realize as conditions compel us more and more to do with less or without. Nor will either necessarily injure us in any way if the woman has her head about her. With less we can easily do. And how simply and better we can do without is a lesson that will be new to some and good for all. We have had a succession of softening years of prosperity. It will do us good to have a period of the hardening process that comes with sacrifice. Nor should we for one instant complain. What has been the remarking of the peoples of other nations will be our making. And we need the remarking. Our turn has come, and the time is here either to put into practice what we have learned, or to learn what we should have learned—and didn't.

The American woman must learn thrift. She must get away from the notion that prodigality is the sign of the aristocrat and that it is mean to be thrifty. We have cooked by wasteful processes; we have served in overabundance; we have thrown away what others have used; we have taken no thought of lean times to come. But the lean times are here and they will be leaner yet before we are much older. It is here that every American woman can do her "bit." The time has come for her to study her job of running her home as a business, and to place it on an intelligent and systematic basis. This does not mean parsimony. It does not mean that she need or should deprive those at her table of the necessary nourishment. But it does mean that she must study the food problem more closely; to see how much she can give that is nourishing for how little money.

Let no woman decide that because she is "only one woman" she can do little or nothing. She can do much. She can do all, so far as her own problems are concerned, for only she can solve them. Others may advise or help, but she alone can directly solve. And the finest work will be done quietly by the individual woman. That is always so. It is for each woman to solve intelligently the problem of her own home and family. And each woman should. There is no choice in such times as these. The woman who does is a help to her country; the woman who does not is a detriment.

DRIED FRUITS AND VEGETABLES

Why worry about the foods you cannot buy? Use those that you can buy. If you have never used before begin trying them now. Conditions have changed everywhere, so it is up to the housekeeper to meet the present situation, not to talk and worry about it. Use what you can afford to buy. Here are the dried fruits and vegetables that are always cheap. Have you given them a trial? If correctly prepared and attractively served you will want them again and again.

DRIED APRICOT BUTTER
One pound of dried apricots.
Three cupfuls of sugar.
One-quarter teaspoonful of salt.
One teaspoonful of cinnamon.
Wash the apricots in warm water, cover with six cupfuls of cold water and let stand 24 hours; put over a slow fire and boil slowly until tender. Mash through a strainer or a colander; add the sugar and salt; return to the fire and simmer slowly until thick. Add cinnamon; fill into jars or glasses. Serve with bread or fritters.

PRUNE BUTTER
One pound of prunes.
One cupful of brown sugar.
One level teaspoonful of salt.
One teaspoonful of cinnamon or one-half teaspoonful of grated nutmeg.
Thoroughly wash and soak the prunes overnight in enough water to cover; put on to boil in the water in which they were soaked and boil slowly until tender, so they can be mashed through a colander; add sugar, salt and spices; boil slowly until thick. A little grated orange peel will improve the flavor.

LIMA BEAN SOUP
One pound of dried lima beans.
Two tablespoonfuls of finely cut bacon or chopped bacon.
Two tablespoonfuls of finely cut onion.
One tablespoonful of finely cut parsley.
One teaspoonful of salt.
One-half teaspoonful of thyme.
One-eighth teaspoonful of pepper.
A dash of paprika.
After soaking the lima beans for 24 hours put them on the fire with two quarts of boiling water and boil until

tender; if this year's beans, they will be tender in 45 minutes. Mash through a colander, and add the bacon and onion, which have been cooked in a small pan until the bacon is done but not brown; then add the seasoning and the parsley. If a tablespoonful of corn starch is mixed with a little cold water and added it makes the soup thick and creamy. There is enough soup for two meals; or, if you do not care for soup for two successive days, take half the beans from the stock and use them for a salad, a bean loaf or for croquettes. You will find that it saves labor and fuel to boil the two dishes at the same time.

Timely Trifles

What to Eat and Why

Are you tired of hearing that "a European family could live on the food the American family wastes"? Then take up the government on its offer to help use food economically. As long as the supply lasts you can obtain free, from the Department of Agriculture at Washington, D. C., a bulletin on conservation of foods and planning of meals. It contains the substance of what the food specialists have been trying to tell you, but in language stripped of technical terms. It will show you, in terms of food, not values, what kind of food every one ought to eat and how much. It solves the menu-making problem for you by naming the food in the five groups, each of which should be represented in everyone's diet every day. Finally it gives some practical suggestions for saving in the use of food. If you're less than an expert in food values and cookery, you should get this bulletin and use it. It is just what most women need right now. Ask for Farmers' Bulletin No. 508.

Living on 21 Cents a Day

If you don't believe men and women can live on a diet costing 21 cents a day, and get fat, then the Chicago department of health is prepared to prove it to you. It is ready to put in your hands the actual record of a test made last winter, the purpose of which was to prove that one way to reduce the cost of living is to mix brains with food. This record, now officially published, shows that six men and six women kept well and did their usual work, but also gained an average of nearly four pounds per person in weight. The bulletin gives the menu for each meal during the two weeks and most of the recipes used, besides a statement of all food bought and prices paid. If you like you can try the test yourself; simply follow the menus and recipes from day to day. Send 10 cents to Dr. John Dill Robertson, commissioner of health, city hall, Chicago, Ill., for a copy.

What Did You Waste Today?

Is there any woman who can say that she had no share in the waste of food worth \$700,000,000 by Americans last year? We can go a long way toward paying the bills of the war, and render real war service at home, our government says, if each of us will do our part to stop this enormous wastage of food. Our enemies owe their survival in large part to the willingness and ability of all their people to abolish waste of food and make every ounce count. The United States department of agriculture, as one part of its work in war, is attempting to mobilize American women in a fight in dead earnest against waste of food. Are you serving your country and the nation with which it has joined cause, by cutting down food waste? To women also the government looks to discipline the men and the children of every home in the war against waste. If you are not in touch with anybody or place giving information on how you can save food, ask your state college of agriculture or the United States department of agriculture to help you. Either will.

How Do Rice and Barley Compare As to General Food Value?

If you wish to force one of our "help" cereals to "serve in the ranks" as a common vegetable we could do no better than to make barley our selection. It resembles rice in composition, but contains more protein, fat and mineral matter. Since it is cheaper than rice the housewife will "get more for her money" and will not exceed her "allowance" so quickly in these days of excessive food cost if she calls barley to her assistance. Billed barley, for example, is a most satisfactory food and possesses a flavor which appeals to many persons rather more than does the flavor of boiled rice. Barley has about the same food value as wheat, but barley flour does not make good bread unless mixed with an equal weight of wheat flour. So far as the digestion of rice and barley in the stomach is concerned our tests indicate that boiled barley digests rather more rapidly than does boiled polished rice and leaves the stomach sooner. The natural brown (unpolished) rice is passed into the bowel in about the same time as barley.

Let them stand for 24 hours; put over the fire and boil slowly in the same water until tender; then mash them fine and add the sugar and salt; boil slowly until the mixture is stiff. This quantity will make five glassfuls of jelly.

RAISIN MARMALADE MADE WITH APPLES

Two cupfuls of seeded raisins.
One cupful of brown sugar.
Two teaspoonfuls of salt.
One cupful of water.
One tablespoonful of lemon juice.
Two cupfuls of strained apple sauce.
Rinse and dry the raisins; put them through a food chopper; add the water and salt and boil slowly for 30 minutes; add the lemon juice and the apple sauce and simmer for 30 minutes or until thick. Put in jelly glasses and keep for future use.

RHUBARB JAM WITH FIGS

One quart of cut rhubarb.
Two cupfuls of sugar.
Two cupfuls of figs.
Two tablespoonfuls of orange juice.
Cut the rhubarb into half-inch pieces; put into a porcelain lined preserving kettle with the sugar and a quarter of a cupful of water. Place over a slow fire; bring to a boil; add the figs, which have been put through a food chopper or cut into very thin slices, and boil until thick, stirring a few minutes longer.

Delicious Salads May Be Made From Left-Overs

Delicious jellied salads can be made of left-over vegetables and meats. Vegetable or meat stock may be used as a basis for these salads. Here are a few that are particularly liked.

Green Pea and Veal Salad

Dissolve one tablespoonful of gelatin in two tablespoonfuls of cold water and stir into it one cupful of stock seasoned to taste and heated to the boiling point. When it begins to thicken stir in three tablespoonfuls of mayonnaise dressing. Add three-quarters of a cupful of chopped veal and three-quarters of a cupful of cold boiled peas. Pour a layer of the jelly into a mold that has been wetted, place in a layer of veal and peas, and pour over some more of the jelly. Repeat until all the ingredients are used, having a layer of jelly on top. Chill and, when ready to serve, turn out on lettuce.

Jellied Lamb

Dice three cupfuls of lamb and season with half a teaspoonful of salt, a quarter of a teaspoonful of pepper, half a teaspoonful of lemon juice and a pinch of paprika. Dissolve one tablespoonful of gelatin in two tablespoonfuls of cold water and stir into it two cupfuls of hot stock seasoned to taste. When the stock begins to thicken stir in the lamb and pour into a wet mold. Chill, turn out and slice. Chicken can be molded in the same way.

With left-over milk which has soured I make what my family call my "make-the-most-of-it" biscuits—which which they always do! Following is the recipe:

Rub into one tablespoonful and a half of shortening two cupfuls of flour, a quarter of a teaspoonful of salt and half a teaspoonful of soda which have been sifted together. Add one cupful of sour milk, and stir very lightly, making a soft dough. Drop tablespoonfuls into greased muffin tins, and bake for twenty minutes in a hot oven.—Ladies' Home Journal.

Educational News of Special Interest To Teachers In Hawaii's Schools

By Vaughan MacCaughy, College of Hawaii

THE AMERICAN FLAG

A great deal of attention is being given, at the present time, to the American flag, its history and significance. The flag has always been a conspicuous emblem in the schools of the mainland, and ever since annexation the flag salute has been notably well taught in the schools of Hawaii. Teachers and others who are interested in obtaining detailed information concerning the flag may find the following brief list of references of use. These are standard books and pamphlets concerning the American flag:

Our Flag—Its History and Changes from 1607 to 1910, by Mrs. Henry Champlin. Published by the Tuttle, Morehouse & Taylor Co., New Haven, Conn.

The American Flag—In Prose, Poetry and Song, Michigan Library, Lansing, Mich., 1916.

The Stars and Stripes and Other American Flags, by Peleg D. Harris. Published by Little, Brown & Co., Boston, Mass.

Evolution of the American Flag by the late George Canby and Lloyd Balderson. Published by Ferris & Leach, Philadelphia, Pa.

Stars and Stripes from Washington to Wilson, by Charles W. Stewart. Published by Navy Publishing Co., Washington, D. C.

The Story of Our Flag—Colossal and National, by Addie Guthrie Weaver. Published by A. G. Weaver, Chicago.

The American Flag—New York Educational Department; compiled by H. H. Horner. Published by the State of New York.

RURAL FIRE INSURANCE

Rural school teachers in Hawaii who are studying the local life and industries of their communities, will find some interesting material in a recent bulletin of the U. S. department of agriculture, Washington, D. C., entitled "The Organization and Management of a Farmers' Mutual Fire Insurance Company." It epitomizes the co-operative idea that is becoming so prominent a feature of American agriculture everywhere, and that has been so highly developed in the Hawaiian plantations. The history of cooperative insurance companies is strewn with failures, but nevertheless the fundamental idea of cooperation is thoroughly sound, and has withstood the most severe tests. Plantation fire insurance is one of the lines along which this cooperative principle is expressing itself.

DR. CLAXTON SAYS

Speaking of the war and its possible effects upon the public schools, that "All schools of whatever grade should remain open with their full quota of officers and teachers." The salaries of teachers should not be lowered in this time of unusual high cost of living. When possible, salaries should be increased in proportion to the services rendered. Since the people will be taxed heavily by the federal government for the payment of the expenses of the war, teachers should be willing to continue their work, and do it as well as they can, as a patriotic service even if the salaries cannot now be increased.

All equipment necessary for the best use of the time of teachers and students should be provided, as should all necessary increase of room, but costly building should not be undertaken now while the prices of building materials are excessively high and while they are urgent and unfilled demands for labor in industries pertaining directly and immediately to the national defense. Schools should be continued in full efficiency, but in most instances costly building may well be postponed.

WORK PLENTIFUL IN HONOLULU NOW CHARITIES FINDS

Applications for Jobs Reduced to Minimum, Asserts Manager Brooks

Work for the laboring man in Honolulu has been plentiful within the last nine or 10 months and continues. If the decrease in the number of men who usually apply to the Associated Charities for aid in finding a job is any evidence of the demand for labor. Within the last year the Associated Charities has found work for about one man a week, whereas, under the usual conditions, they find work for between 10 and 15 men with families a month.

"With the construction of so many new buildings and roads in the city we have found very little demand for work in the city," says Edgar E. Brooks, manager.

"In the last nine or 10 months we have had but few occasions for finding men work as laborers, but previous to that time it was our observation that there was not enough work in Honolulu for all of the people who wanted to stay here.

"We found many families coming to Honolulu to live, whereas they rightfully belonged on the plantations. There is always work for them there, but for one reason or another they preferred to come into the city and do what they could here.

"The charities does not make a business of finding men jobs, and most of our work is among people who are not capable of earning a living, but we have always been ready to help the fathers of large families to live comfortably.

TEACHERS OF HAWAII'S HIGH SCHOOLS.

The following table has been prepared to show the size of the teaching staffs, 1916-17, of the various high schools in the Territory of Hawaii. In each instance the school principal is included.

School	Men	Women	Total
Punahou Academy	12	11	23
McKinley High School	5	10	15
Mills School	9	1	10
Hilo High School	3	6	9
Japanese High School	7	1	8
St. Louis College	7	0	7
Iolani School	4	3	7
Maui High School	1	4	5
Kaui High School	2	2	4
Japanese Cen. Institute	3	1	4
Acad'y Sacred Hearts	0	4	4
St. Andrew's Priory	0	4	4

ENGINEERING AT COLLEGE OF HAWAII.

A late report of the College of Hawaii makes the following statement with reference to the work in engineering:

"The number of students taking work in engineering has shown an increase and the high standard of work has been maintained. Those who have graduated in engineering have found satisfactory positions and are making creditable records for themselves and the college. An increasing number of men from the regular army stationed on Oahu have taken advantage of the opportunities offered by the college. These men have been well prepared by high school, and in some cases college work, and have proven to be diligent students. The commanding general has been consulted regarding an extension of this sphere of usefulness of the college and it now appears likely that as the number of men stationed here increases, especially in the engineering, ordnance and general corps, an increasing number of properly qualified men will receive instruction at the college."