

REMEMBER THE DAYS!

SUNDAY—One Meal Wheatless.
 MONDAY—All Meals Wheatless.
 TUESDAY—One Meal Wheatless
 WEDNESDAY—All Meals Wheatless
 THURSDAY—One Meal Wheatless.
 FRIDAY—One Meal Wheatless.
 SATURDAY—One Meal Wheatless.

FOOD WILL WIN THIS WAR—SAVE IT!

Food Conservation Section

Save Food.
 Buy War Savings Stamps
 and Thrift Stamps.

food

- 1—buy it with thought
- 2—cook it with care
- 3—serve just enough
- 4—save what will keep
- 5—eat what would spoil
- 6—home-grown is best

don't waste it.

YOU CAN CAN MORE FOODS

What a difference a long row of canned foods in your fruit closet makes in your state of mind.

It answers the question, "What am I going to have for dinner tonight and how am I going to get it?" It also does away with the terrors of the unexpected guest. Your problem is solved, the row of canned foods has simplified life for you.

Last summer the entire country was smitten with the healthy contagion of canning. Women who had always delicately avoided even speaking of what went on in their kitchens, rolled up their sleeves and spent hours studying and putting into effect the "cold pack" method, other women who generally "only preserved," last summer canned vegetables, meats, soups and, some of them, even fish.

Now that we have all this canned stuff on hand, don't hoard, use it! Get ready to put up more this season.

CONSERVATION IN OUR HOTELS

A few days ago the representative of the Food Administration met the proprietor of one of the family hotels which has the reputation of setting the best table of any on Kauai. Dur-

ing the conversation he remarked that when wheatless and meatless days were put into effect he thought it a great hardship and like many others, criticized Administrator Child and the Food Administration, but since he had been devoting a little time and thought to preparing dishes not containing wheat or meat he is giving his guests better variety and more wholesome meals at a less cost than formerly and the guests were fully satisfied.

"If anyone tells you that wheatless and meatless days are a hardship, you tell them to go and climb a tree. They do not know what they are talking about," was the way he put it.

What one person can do, others can do by trying.

CONSERVATION RECIPES CONTRIBUTED BY MRS. DE SPAIN

Sour Milk Corn Bread

2 cups corn meal, 2 cups sour milk, 2 tbs. fat, 1 tbs. brown sugar or honey, syrup or molasses, 1 1/2 tsp. salt, 1 egg, 1 tsp. soda, 1 tbs. cold water. Cook the meal, milk, salt, fat, and sweetening in a double-boiler for about ten minutes. When the mixture is cool, add the well beaten egg, and the soda dissolved in the cold water. Bake in a shallow pan or preferably in muffin tins for about 3 minutes.

Barley Scones

1 cup whole wheat flour, 1 cup barley meal, 1/2 tsp. salt, 2 tsp. baking powder, and soda together and work in the fat with the tips of the fingers or two knives. Combine the flour mixture with the sour milk to form a soft dough, turn out on a well-1/2 inch thickness, cut into diamond floured board, knead slightly, roll to shapes, and bake in a hot oven.

Baking Powder Biscuits

1 cup corn flour, 1 cup wheat flour, 4 tsp. baking powder, 1 tbs. butter, 1 tbs. lard, 3/4 cup equal parts milk and water. Mix the dough as usual and roll very thin, dust brown sugar cinnamon, and milk over the top, roll

up like Jelly Roll, cut about 3 inches thick, and bake in a hot oven. This recipe, without the device for rolling out, is taken from the cook book which accompanies the Blue Flame Stove. The recipes in this book are reliable, and the house-wife may easily modify them into Conservation Recipes by substituting for one-half of the wheat flour called for, corn flour, bran, etc.

Corn Pound Cake

1/2 cup brown sugar, 1/4 cup fat, 3/4 cup corn meal, 1/4 cup milk, 1 egg, 1/2 tsp. baking powder, 1/4 cup wheat flour, flavoring. Cream the fat, add the sugar slowly, beat the yolk of the egg and add to the sugar and fat, sift the flour, cornmeal, and baking powder together, add to the first mixture alternately with the milk. Bake in a small, deep tin.

Corn and Bran Dressings

1 cup cornmeal, 1 cup bran, 1/4 cup sugar, 1/2 tsp. salt, 4 tsp. baking powder, 1 cup milk, 1 egg, 1 tbs. crisco. Mix the ingredients and bake in a buttered pan. When cooked, break up in a chopping bowl, add 1 1/2 tsp. Worcestershire sauce, cover with water and let remain until soft. Add 2 chopped onions, a little black pepper, 1/2 tsp. salt, 1 egg, 1 tbs. catsup, 2 green peppers. Stuff your bird or rabbit with this and bake.

DO NOT WASTE ICE

Thousands of tons of ice are wasted in hotels, restaurants and dining cars every year.

Should this waste continue, it is probable that millions of people will have to do without ice during a portion of the coming hot season.

A large proportion of the ice used in the United States is artificial. To manufacture such ice, ammonia is used in large quantities.

Ammonia is not going to be available to any great extent for ice making.

It is going to be used in making munitions. One pound of ammonia will make twenty hand grenades.

We must depend to a larger extent

than usual upon our supply of natural ice. We must make that supply go further than ever.

To do this we must use ice sparingly.

In Hotels and restaurants patrons should be given no more ice than is absolutely necessary. Every hotel and restaurant that operates its own refrigerating plant should make sure that there are no leaks. These are bound to occur when joints are not perfectly tight, and sometimes much ammonia escapes in this way. Some of these plants use from one-half to one pound of ammonia for every ton of ice made. The total ammonia loss from carelessness and waste is enormous. It must be avoided.

Don't waste ice. Don't waste ammonia.

A ton of ice saved may mean one pound of ammonia saved.

One pound of ammonia saved may mean twenty hand grenades.

Twenty hand grenades may win a battle.

FOR THE WAR TIME KITCHEN

The Return of King Horginy

In these days of food substitution hominy is again taking its place as a household staple. Its food value almost equals that of whole corn and in the pioneer period it was eaten much as we eat potatoes today.

Many people of the South, moreover, still serve hominy morning, noon and night, and not merely as a breakfast dish. In fact, this serving of hominy as a breakfast cereal with milk is largely responsible for its present low estate in the food category. For many people consider that hominy, to be really palatable needs the flavor of meat or egg.

So before letting it be wholly condemned by prejudiced family, prepare it as a vegetable to be eaten with gravy or combined with meat in a casserole dish, or with cheese. Served with duck, hominy has been a favorite of the epicure ever since the days of the Revolution.

Remember, that when hominy is

used as a vegetable no bread will be required, therefore one way of saving your share of the present heavy wheat needs is to serve hominy at least once or twice a week. The following are some recipes that are worth trying:

Casserole of Meat and Hominy

Chop 2 cups of cooked hominy and put into an oiled casserole in layers alternating with 1/2 cup of meat cut in cubes. Chicken, veal or beef may be used. Add seasoning, salt, pepper, chopped parsley, and onion salt. Add one cup meat stock or hominy liquid. Cover with crumbs and cook one hour.

Hominy and Oysters

1 1/2 cups chopped hominy, 1 tbs. cooking oil, 1/2 cup bread crumbs, pepper, 2 dozen or more oysters and liquor, 1/2 cup milk, 1/4 tsp. salt.

Butter a baking dish and put in a layer of hominy, then a layer of oysters, adding seasoning to each. Alternate until all materials are used. Pour milk and oyster liquor over oysters and put bread crumbs on top. Bake in oven till browned on top or for about thirty to forty minutes, depending on the shape of the dish.

Hominy Pudding

2 cups hominy chopped fine, 1/2 cup chopped dates or raisins, 1/4 cup corn syrup or honey, 1/2 cup milk, 1 egg well beaten and 1/4 tsp. salt.

Mix the above ingredients and put in oiled custard cups. Put in a pan containing water and bake in a moderate oven till set like a custard, or until a knife, when inserted, will be clean when removed.

Peach Conserve

One can peaches, one lemon, one orange, 1/2 cup of sugar, 1/2 cup corn syrup, one cup raisins, one cup walnut meats.

Cook the thickly sliced outer skin of the lemon and orange in the peach syrup until tender, then add the peaches sliced, the walnuts cut in pieces and also the raisins. Cook until of the desired consistency.

Peaches and Macaroons

One can peaches, one dozen mac-

aroons, one egg yolk, one cup peach juice.

Drain the peaches and place in a pan with the pit side up, reserving two of the pieces. Mince these with macaroons, adding the beaten yolk of the egg and one tablespoon of sugar. Fill the peaches with the mixture, pour over them the juice, and sprinkle with sugar. Bake for ten minutes in a hot oven.

Fruit and Custard

One can fruit, one-half cup honey, two teaspoons corn starch, one-half pint of milk, one egg yolk.

Drain the fruit and line a dish with the pieces, then pour over it a custard made of the other ingredients. The custard should be made in a double boiler, and when cold poured over the peaches.

Peach and Tapioca Pudding

One can peaches, one cup tapioca, sufficient corn syrup to sweeten, two tablespoons cooking oil, mixed ground spice, lemon.

Cook the tapioca in a double boiler for half an hour, using a quart of water. Put the peaches in a pan add the corn syrup, the spice, and the cooking oil. Pour the tapioca over the fruit, bake to a light brown, and serve with the liquid sauce.

Fruit Ices

Ices may be made in great variety from canned fruits. The fruit may be made into a puree, if necessary, corn syrup added, and when the fruit is not sufficiently tart, lemon juice. Combinations of different fruits may be used to obtain additional flavors.

Barley Scones.

2 cups barley meal, 1/4 tsp. salt, 2 tsp. baking powder, 2 tbs. fat, 3/4 cup sour milk, 1-3 tsp. soda.

Sift together the dry ingredients and work in fat. Dissolve soda in a little cold water and add to milk. Combine all to form a soft dough. Turn out on a well floured board, knead slightly, roll to one-half inch thickness. Cut in diamond shapes and bake in a hot oven.

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