

# HOW THE GERMAN HAUSFRAU FIGHTS THE ALLIES

## Aided by Science and Government, She Feeds the Nation Despite Blockades—Committees Now Depend on Her.

By Ernestine Evans.

AT THE moment the English blockade cut off the import of foodstuffs for the civil population of Germany there began the longest and most extraordinary battle of the war, Deutsche Hausfrauen über alles.

The problem of the German woman has been threefold. She has had to meet scarcity, she has had to meet high prices and, more difficult and less obvious, she has had to maintain a variety in diet as a defence against depression when the whole nation was being obliged to lower its standard of living.

The broad administration of the country's foodstuffs, the mobilization of flour, the limitation of the bread card, the levelling of prices have been, on the whole, the work of the city magistrates of Germany, but no administration has met this year without including on its board of advisers the able women, usually from the local headquarters of the Nationaler Frauenverein, concerned in the relief of the town. In the city of Berlin the Mayor's committees on meat, on butter, on bread, on fruit, etc.—committees which meet regularly at least once a week—have depended for much of their initiative and for most of the practical methods of educating the housewife upon their women members.

Through it all Frau Hedwig Heyl, president of the Hausfrau Verein, has been perhaps the most interesting figure. Frau Heyl is the daughter of the founder of the North German Lloyd, and her talent for getting things done isn't to be wondered at. She is president of the Deutsches Lyceum Club, the clearing house, as it were, for all the activities of the intellectual women of the empire. It was she ten years ago who wrote the first cook book which conscientiously tried to educate the housewife and not just teach her new ways to flatter her husband's stomach. All this was when she was managing a factory that was part of her heritage.

The Hausfrau Verein was started before the war. It is Frau Heyl's theory that you begin everything at the point where you happen to be, and that there isn't half as much to be done in providing young girls with lectures as with practical directed to young men as it is in making the life of the woman at home intelligent, because she sees the connection between the railroad systems of East Prussia and the price of green peas in the market and the kind of dishrag she uses and the health of her children. But before the war the growth of the league was slow. Life was full of so many distractions.

Frau Heyl's way of describing the league is interesting.

"People don't think enough; really they don't. You ought never to do anything without inquiring why. You can't do anything unless you have an intelligent understanding of the whys of the old ways. And women especially. They do great numbers of things well, but mostly things they see and do copy."

"Now we have a great vision. We know that if the war is won by us it must most of all be won because women adopt reasonable methods of housekeeping. If the man in the field gets a letter, it's not so bad now as it used to be, the intelligence goes to make good things. And that is the business of every woman now—to work with high patriotism as the principal spur."

That, then, was her job—to so reorganize the housekeeping of the Feldgrau's wife that she should feel as little as possible the pinch of the blockade. The things that have since been done are legion.

My first visit to the central bureau on Lutzowplatz was to hear a lecture on "Wer die Glücklicher, Grossmutter oder Wir?" (Who Were More Fortunate, Our Grandmothers or We?) I have been to numbers of lectures since—lectures, for example, on

"How to Make Pretty Christmas Cakes for Our Children Without Fat."

But more interesting than that first lecture, which recalled with a certain regret the household of older times with the women handling raw materials and being mistresses of working establishments, and which then pointed out that machines and organization had freed women for a much fuller life, women who would economize their time and spend their leisure thriftily, was the exhibit of war foods kept open every day for the benefit of the housewives of the district.

Dried vegetables of every kind and variety stand on the orderly stalls. They are fruits of Frau Heyl's 1915 spring campaign to use for the cultivation of vegetables every garden plot that formerly bloomed with flowers. Dried carrots, a hundred pounds of them, have come from the fashionable dooryard of the Lyceum Club itself.

There is the table with its statistical exhibit, bottles full of colored liquids showing the proportion of fat and carbohydrates and of mineral salts in all the available vegetables—a little lesson in precise appreciation of the food value of the bean, for example.

Then Ersatz! Ersatz! It is a word to conjure with in Germany, for the minute the blockade lifts its head with a leer ours but to wave a handkerchief, and some chemist, half-chemist, will discover a scientific substitute. As for all the old ersatzes, the egg powder that wholesale bakeries and seagoing steamers have known for a long time, and the substitutes for milk that Arctic explorers long ago were grateful for, those are legion. But always there remains the problem of teaching millions of women new recipes.

The Lutzowplatz exhibit room abounds in samples of new kinds of marmalades. No wholesale manufacturer in the days before the pure food law had better worked out the science of producing quantity without making quality unpalatable. Strawberries, apples and quinces have been joined to pumpkin pulp and carrot. Jam in its turn has taken the place of butter on many a family's morning rolls.

New kinds of bean flour, new kinds of pea flour, new oils to take the place of olive oil and of lard for fried food, form one table's contents. The soya bean deserves a chapter of its own, not only because of the part it has played in the war, but because it is likely to be an increasingly used foodstuff of the world on its merits, as discovered in Germany's Kriegszeit, are known.

The soya bean is native to Manchuria, and was introduced into Europe only a few years ago by one of the big steamship companies. Large oil pressing and cattle fodder works outside of Hamburg and Copenhagen have to date used all the supply. Now, not only is the fat used for frying in the place of olive



Frau Hedwig Heyl, president of the Lyceum Club and Hausfrauenverein, "The Mother of Berlin."

oil, but the bitterness is extracted and the flour used not only by Professor Backhaus in his scientific dietary scheme for the 1,500,000 prisoners of war, but the Hausfrauenverein, having discovered that as a mother's food it was the best known dietary guarantee of the mother's milk supply, has undertaken to popularize its use by mothers before and after childbirth.

In their further effort to put children first, the Hausfrauenverein has given its support to the administration scheme in Berlin whereby the cows' milk supply is distributed first among families where there are small children. And long before the prohibitions which have been effected made certain denials necessary the Hausfrauenverein raised its voice against the use of whipped cream, against the use of butter; and always it has been busy furnishing recipes designed to show women other and simpler ways.

The Lutzowplatz exhibit room, foreseeing the cotton shortage, and knowing the price of woollens, has made a specialty of paper quilts. "I've tried them myself," said one of Berlin's wealthy women to me. "I couldn't

## Frau Heyl, "The Mother of Berlin," Explains Why Fate of the Fatherland Is in Hands of the Women.

bear advising them until I had tried them, and they are wonderful. I can't understand why they have not been used always. And less than cheap they are, for every one has newspapers!"

From time to time the Verein brings out new cook books, absolutely practical ones. That is easily seen when one knows with what care Frau Heyl has made five editions of the first simple volume, each revised to meet the market needs of particular provinces, and to preserve the taste and flavors cherished by the district populations. There is a special cook book for the Rhine, one for the Baltic provinces and East Prussia, one for Silesia, etc. And to meet the Berlin regulations installed two months ago—regulations prescribing food without fat on Tuesday, no meat at all on Wednesday and Friday—special cook books have been brought out. They deal with boiled dinners, little used fish and the appropriate dressing, vegetable combinations, fruit and potato dumplings, pear and cabbage rolls, these last being fully as substantial as meat. Eggs, of course, are out of reach for most people. Thirty pfennigs apiece is the price for strictly fresh eggs, so old tricks with omelettes are for the few cooks and not the many.

Just before Christmas the Charlottenburg branch of the Hausfrauenverein gave its own exhibit. The branches, of which there are several in the greater cities of the empire, do most of the work. They circulate the information that women in all parts of the fatherland have garnered during the year.

The Charlottenburg branch held its three-day fair in the town Rathaus (for each of the towns or boroughs that go to make up Gross Berlin has its own stately town hall). Down two long assembly halls the visitor took her way, viewing a tremendous exhibit of "What to Eat." Every woman in Charlottenburg who was famous for a recipe, provided it was economical; every woman who had the trick of making something out of nothing—cornmeal mush, looking like a Christmas cake—had sent in her sample. It looked for all the world like the Van Tassel dining room in the legend of Sleepy Hollow. And yet one knew that there was no mere display of woman's kitchen art, but a striking example of the strength and ingenuity of German women whose desire to serve their country has been aroused.

The big Berlin cooking school had its exhibit. There was a hospital table devoted to invalid dishes. There were three tables of Christmas cookies. And at every table one could obtain typewritten recipes of any dish that tempted. For a mark one could get forty recipes with which to strengthen and diversify the family diet.

As always, the potato figured everywhere. I would rather hear Frau Heyl speak of the potato than hear almost any one I know

speak on any other subject. It isn't just her abounding common sense and her unique organizing way that have made her known as "the mother of Berlin," the practical adviser when the Crown Princess has a piece of work to do, and a warm friend of the Empress. It is a lyric quality that no one can in the least convey; the shiny something in her eyes and voice, so compellingly exhibited as she fell to talking to me of potatoes one afternoon in her drawing room in the big house on Hildebrandstrasse.

"If the Englishman who introduced the potato to the Continent could only have foreseen! General Hindenburg has meant not more to us than General Potato. We have learned to combine potato flour with flour of every grain there is, from wheat to rice. We have learned even to dry potatoes."

And I know from my own personal experience that they have learned to make potato puddings with fruit juice and custard sauces; that potato in soup and in salad, in goulash and with every kind of meat, has been the backbone of war diet.

Lists are posted everywhere both by the Hausfrauenverein and the Nationaler Frauenverein indicating from day to day what a proper market price for foodstuffs is. For though Germany is the most social and most highly organized country in the world, and though we have maximum prices set for certain necessities, like bread and butter, Germany is also one of the countries where freedom to compete has been most preserved,

**KRIEG und KÜCHE**

Esst Kriegsbrot

Kocht die Kartoffeln in der Schale

Kauft Keinen Kuchen

Seid Klug spart Fett

Kocht mit Kochkiste

Kocht mit Kriegs Kochbuch

Halft den Krieg gewinnen

Nationaler Frauenverein

Poster used in the German housewives' educational campaign.

## CRANBERRY COOKERY

**C**ANDIED cranberries make a delicious and inexpensive confection, much resembling candied cherries, but having a distinct flavor of its own. This is a suggestion to housewives from the home economics experts of the United States Department of Agriculture, who have been developing new uses for the cranberry. They have developed a method which, if followed closely, gives a bright, firm, plump, semi-transparent candied fruit, which can be eaten as a sweetmeat or used to give a touch of color to frosted cakes, whipped cream, or custards, or which can be used like citron in cakes or puddings or chopped up and added to tutti-frutti ice creams.

The secret of candying cranberries lies in handling the fruit so that it will become saturated with sugar. This calls for slow cooking on the instalment plan and the use of a dish large enough to permit all the berries to float at the top of the syrup during cooking. The skins are so tough that they must be pierced before cooking to let the syrup into the pulp or interior. To do this, three little slits, each an eighth of an inch long, should be made in each berry with the point of a penknife. Use selected, large, firm cranberries. The directions for cooking are as follows:

For one and a half cups of berries make a thin syrup by boiling together until clear two

cups of sugar and two and a half cups of water. When the syrup is cool add the berries and bring very slowly to the boiling point. If the berries are heated too quickly the skins will burst before the syrup soaks into the pulp. As soon as the syrup boils take the dish off the stove and let it stand overnight. Next day drain the syrup from the berries and boil it until it is reduced to about half its original volume. Put the berries into this medium thick syrup and heat slowly; boil gently for three or four minutes, and then allow to stand for two hours or more. Then boil gently a third time for five minutes. A smaller dish probably will be needed for the third and last boiling. When thoroughly cold, or better still, on the following day, drain off the syrup and

spread the berries out on a lightly buttered plate or sheet of clean waxed or lightly buttered paper until the surface of the berries dries.

The berries, if directions have been followed, will candy separately, and not into a sticky mass.

To make a delicious ice cream, add one-half to three-quarters of a cup of chopped berries to each quart of the cream mixture. They also can be combined with bits of candied orange or lemon peel, or other glace fruits to make tutti-frutti ice cream. The syrup left over after the berries are candied has a pleasant sweet-acid flavor and fine color and is excellent in pudding sauce or even, when diluted with water, for use on pancakes, waffles, etc.

# DO THE CHILDREN'S HOLIDAYS DEMORALIZE YOUR HOUSEHOLD?

## Mental as Well as Material Readjustments Must Be Made Before One May Begin to Cope with the Situation—"Single Mindedness" Is of Particular Worth.



They will sleep later during the holidays.

By Sioned Matzner Gruenberg.

WITH a sigh of relief a certain mother sank into a rocker and exclaimed: "Thank goodness this vacation is over and the children will be back in school tomorrow!"

And her expression of relief was echoed unconsciously, of course—in thousands of homes all over the land.

Every year, several times a year, whatever routine we may have been fortunate enough to establish in our various households is rudely broken up by the advent of holidays and vacations. No matter how experienced we are, no matter how carefully we plan our calendar and figure our budget, the holidays always seem to catch us unawares. Of course we know they are coming. We make preparations, sometimes weeks in advance, for a hundred little details. But we never seem to ant-

icipate the fact that vacations and holidays do break up the routine for sleeping and eating and playing. Indeed, our weekly Saturdays and Sundays ought to teach us a lesson, but some of us simply will not learn.

Have you never noticed that children will sleep later on Saturdays and on holidays than they do on ordinary weekdays? And by the same token they will sleep later during holiday week than during ordinary weeks.

And then we are annoyed anew that breakfast is late and that the "whole house is upset"—annoyed and somewhat perplexed, too, for we do not seem able to make out just what the trouble is until it is all over.

But that is not the worst of it. There is always something extra to do during these trying days—all the more reason why we should be undisturbed—but then the disturbance is at its worst. It is all very exasperating as well as perplexing, and it only shows how patient we are that there isn't more friction than there is.

But when we come to think of it, the children are not so much to blame. If there are boys or girls home from college or boarding school, don't they want to spend much time with their friends? You wouldn't have it otherwise; yet that means visiting and entertaining—and you have to take your share. And it means getting ready and keeping appointments—or missing them—and coming

home late, and then perhaps a little more conversation with the door half open; and all of these things do so break up the even tenor of older people's ways.

Then there is the excitement that goes through the air; you simply cannot escape it. And the noise itself is distracting enough. Nor are the younger children any more restful. Everybody seems to feel inspired by the anarchy of interrupted routine of work and play.

And it always takes us by surprise.

But why can we not be prepared? Well, we can if we know just what it is that we are to prepare for. We are prepared with the additional apples or cookies, and we usually have our decorations and housecleaning off our hands in time. But the irregularities of the children's free time find us mentally unprepared. The fact is that, although we have again and again experienced the distraction that comes at these times, we persist in keeping our thoughts in their familiar ruts, with the result that the demands upon our attention

made by the children come as disturbances, and we resent them.

The kind of preparedness needed by the parent for meeting the trying ordeals of the children's days at home is entirely a mental one. It is, in fact, nothing but assuming the appropriate state of mind. And the problem is one that every woman can understand from her own experience. Just imagine, for example, that you made an afternoon call on a friend, or attended a reception, with your mind fixed on the details of your domestic establishment. You know just exactly what would happen. Mrs. Gussily will make a remark about the lovely fur trimmings on your cobweb netting dress, and you will answer, absent-mindedly, that you intend to get the trimmings for the fir tree after putting the last batch of preserves away. Or some one will ask you to pass the sandwiches, and you will catch yourself thinking aloud, "Don't you know when you have enough?"

Of course, if you did anything like that in company you would soon cut off the supply of invitations. But that is exactly the sort of thing we do constantly with our own children. We give them only half or less of the attention that is required for plain, decent conversation on the ordinary remarks and comments of every-day intercourse. And when they ply us with more than the usual number of questions,



"And the noise itself is distracting enough."



"Let us then give the children . . . our undivided attention."

or relate to us more than the usual number of exciting adventures (exciting to them, not to us), we either repulse them as intruders upon our mental seclusion or we meet their advances with half-hearted listlessness and languid smiles. This may look polite and friendly enough externally, but does not altogether conceal the lack of interest. And when it is all over we still feel that we have experienced a real hardship.

When the holiday season next approaches—and, so far as the children are concerned, there is a respite from routine every week—let us be prepared by clearing the decks, as far as possible, of all thoughts and concerns that are not immediately related to the children's own interests. Let us then give the children, while we are with them, our undivided attention, confident that our neglected cares will receive their due share when the children are about their business.