

# Women Who Are Helping Hoover === But Some Are Not



Mrs. E. M. Crossmann  
Kajiwara Portrait?



Mrs. GEORGE CELLHORN  
Gerhard Sisters Portrait?



Mrs. JOHN G. THOMSON  
Kajiwara Portrait?



Mrs. EUGENE T. SENSENEY  
Kajiwara Portrait?



Mrs. GEO. BASS  
Gerhard Sisters Portrait?



Mrs. ROBT J. TERRY

**T**HE way to make people think is to pinch their stomachs," said a wise statesman, commenting on the French revolution, and the woman whose housekeeping allowance has not been doubled in the past year is in danger of making not only herself but her entire family think.

For the most part the work of the Central Committee is serious business. The humor comes from the volunteer workers and the committees of women who have gone out from the various churches and other organizations in a house-to-house canvass of the food situation.

One tremendously practical woman, who had listened to an animated and most convincing address by a very rich and influential member of one of the leading churches, decided to find out just how far the lecturer practiced what she preached. They lived "on the same alley," the wealthy woman's home facing on the more fashionable street next to the one on which she lived. So she dressed herself up in the worst-looking togs the attic would yield, put a market basket on her arm and informed the policeman on the corner that she was looking for feed for her chickens.

"And here is what I found," she said, triumphantly, as she showed the contents of the basket to some of her friends. "Look at this ham hock. It weighs almost two pounds. I telephoned for my laundress to come and get it this evening. Of course, I won't tell her that I rescued it from my neighbor's garbage pail. The idea would be disgusting, even to a poor negro woman who has to wash for a living, but it was lying in a bunch of celery and lettuce leaves and is perfectly clean."

"I wish you hadn't told your laundress about it," one of her friends laughed. "If I had that piece of ham I'd feed my family three days on it." "Well, maybe you'll take something else I found," the garbage investigator retorted. "I was going to give these to the man who takes care of our furnace, but—" she interrupted herself for the purpose of making an ocular demonstration of the monstrous extravagance she had unearthed. Returning from the pantry, where she had held a brief consultation with the refrigerator, she removed the cover from a tin pail and exposed to view the necks, backs and wings of three chickens.

**When Chicken Is Not Chicken.** "They were right under that ham hock," she explained, "and were in with some grapefruit skins and potato parings. I didn't find all the pieces. I think one of the chickens was shy one wing, but I found three gizzards and three backs. That is evidence that the water that those same despised

backs and wings were cooked in. And I remember the praise you gave my luncheon. If you had only known it, the only extravagant thing about it was the praise."

**Human Nature in Equation.** This incident calls to mind another, which serves to illustrate a curious point in human nature—the big and important thing with which we have to contend when we are trying to bring about any fundamental reform. If there were no "human nature" in the equation, the solution of the problem would be easy.

A woman who had been a successful housekeeper for a good many years, and who had a conservation card conspicuously displayed in her front window, was summoned to the front door by her maid. Two women wished to speak to her. They wanted her to sign the conservation pledge.

"No, it isn't actually that," her companion interrupted. "I think the point of all this conservation is just this: that we must have all we want or need, in the way of wholesome food, but we must not waste anything that could be used."

They are going to have three fried chickens for dinner tonight. I suppose there will be a lot of cooked chicken meat in the garbage pail tomorrow. I think it is an outrage for that woman to be going around preaching economy to other women when such things are going on in her own kitchen."

"Why, what would you do with those pieces of chicken?" one of her friends asked, innocently. "I always throw away the necks and backs and wings. There isn't any meat on them, and I consider it a waste of fat and gas to fry them, when none of my family would touch them. Before it got to be the fad to conserve, I never cooked anything but the breasts of young chicken. With capon it is different. You roast the whole bird, but the carcass is thrown out, anyway."

"Not in my house," the investigator stormed. "And it never was. This thing isn't a fad, as you call it, but I am glad it is being taken up as a fad by the women who couldn't be appealed to in any other way. What would I do with these perfectly good pieces of chicken? Well, I'll tell you what I did with them when I brought them in the house. I washed them thoroughly with borax water, so that they would be clean, and then I salted them and put them on ice, so they wouldn't spoil. My furnace man's wife will make soup and chicken hash of them, because she doesn't know any better. But I want to tell you that you have eaten green peppers stuffed with chicken at my house, at one of the nicest luncheons I ever gave, and the filling for the peppers was made of the meat picked from this very part of the chicken. The first course at that luncheon was clear consommé, that had its origin in three backs, that those same despised

any more. She doesn't waste even apple parings. She saves them and makes them up into vinegar. I buy meat only twice a week, and we never have any actual meatless days, because she makes tasty dishes out of the tiniest scraps of meat."

"You keep a cook!" the first spokeswoman ejaculated. "I compel myself to do my own cooking, no matter how deeply I hate it. I haven't kept a cook since the invasion of Belgium. I don't think it is right."

"I don't get the point," the woman who was being interviewed said, seriously. "What has the invasion of Belgium to do with our servant problem? I think the American woman who has to earn her living by cooking is just as much in need of a job now as she ever was. The one I have would be on the street if I didn't give her a home—and if all women who are able to employ maids thought as you do."

**More Harm Than Good.** "I think we ought to sacrifice ourselves, the servant class along with the rich people, as a protest against the invasion of Belgium. I shall not employ a cook until that wrong is righted, and I don't think you have any right to employ one either."

Her face was very red as she went down the steps, muttering something about "disloyalty." Her companion

lingered just long enough to say in a whisper: "The fact is, she didn't employ a cook before the invasion of Belgium, and I am going to tell the committee of our church that such women as she do more harm than good."

One of the chief advantages of work under the Women's Central Committee is that the volunteers who go out to bring the gospel of conservation to the homes of the people, whether rich or poor, are trained for their task. They know what to say and how to say it. It is not a fad or a means of breaking up the monotony of life. There is nothing hysterical or vindictive in either the manner or the motive. And there is no jealousy and no discord, in large measure this is due to the character of the women who are at the head of the executive department. In this statement is implied no disparagement of the other organizations which are aiding in the carrying on of this vitally important work. There is evidence that they have accomplished much, but the old proverb, "In union there is strength," applies as much to the conservationists of 1917 as it did to the patriots of 1776, and without it neither of them could hope to succeed.

As for the women who are directing the spread of ideas, they are all housekeepers and they have brought to their work a practical basis which in inval-

to consign ham hocks and chicken backs to the garbage can? Where the public schools are equipped for the practical teaching of home economics, classes are held to the benefit of housekeepers and volunteer workers who are willing to go in to the homes of the poor and teach them not only to buy and cook in the most economical manner, but to provide nutritive and perfectly balanced meals for their families. Short feeding is not going to render any service in this crisis; but sane and rational feeding, intelligent feeding, which only one woman out of a thousand understands, will be the saving of the nation.

The Central Committee provides not only the actual demonstrators, but lecturers who are prepared to enlighten the people on such important questions as the world food situation, substitutes for the so-called necessities of life, economical buying and handling of produce, child feeding and several other kindred themes. Under the auspices of the Education Committee the lecturers are given voice training, so that they can endure the strain of continuous public speaking, and already the lecturers are in demand, not only in civic centers, churches and societies within the city and suburban towns, but from towns within a radius of a hundred miles, in Illinois and Missouri.

The women who assist are doing much to cut down the fearful waste in public places, such as hotels, clubs, grocery and meat markets, and commission houses. Then there is the book of recipes which tells the cook exactly how to provide tempting dishes in which the foodstuff which cannot be shipped abroad may be substituted for those she has been in the habit of using.

**Thought Too Highly of Both.** On a road in Belgium a German officer met a boy leading a jackass and addressed him in heavy jovial fashion thus: "That's a fine jackass you have, my boy. What do you call it? . . . Albert, I bet!" "Oh, no, officer," the boy quickly replied. "I think too much of the king." The German scowled and returned: "I hope you dare not call it Wilhelm." "Oh, no, officer. I think too much of the jackass."—Paris Liberte.

## Value of Substitutes If a Shortage of Butter Comes

**F**EW if any of those who have read and understood the warnings in the newspapers as to the shortage of cereal and sugar have failed to be impressed by their sinister significance. The facts are not new and have been well known to scientific and government authorities for the last year or more. But few if any people fully realize that unless a miracle happens a shortage of butter and animal fats will grow out of this scarcity of sugar and grain. Hence Prof. W. D. Halliburton of London, the celebrated writer on foods, has rendered a service to society by publishing the facts in the Journal of Physiology in a form so clear and cogent that anybody can grasp them with ease.

In the first place, sugar and grain are necessary foods for pigs and cows, animals that supply a great deal of edible fat. Butter is a stable of human diet, and it is not easy to economize in the direction of this fact. It contains more nutriment for its bulk than any other foodstuffs except meat and cheese, and it is not probable that the amount usually consumed by workers or busy men can be reduced with advantage.

What has happened lately in England may soon happen here, and it is therefore worth while to inquire how people can do with less butter.

In England most classes with means are in the habit of consuming, with rare exceptions, four meals a day; that is to say, a substantial breakfast from 8 to 9 o'clock, a luncheon from 1 to 2, a tea between 4 and 5, and a dinner from 7 to 8. In Scotland, as any visitor knows, there is sometimes a fifth meal at midnight. During the war even the workers have been able to enlarge their meals considerably.

There are some 16,000,000 men and women who are making unprecedented wages, which they spend largely on food. It is no wonder that there is a shortage of butter and fat. Afternoon teas have been curtailed, as sugar and tea are scarce. But at many of these meals butter is consumed, and must be supplied as long as possible. The scientific reasons for this seem satisfactory. At breakfast, for example, the average man requires a greater bulk of food than at any other time throughout the day. This is caused by the long demand on his un replenished reserves of energy during the

hours of sleep, by the drop in body temperature during the night and by the loss of energy, or, what is here the same thing, heat, in bathing and dressing. If he is to work soon after breakfast or if he has worked until late at night his breakfast should consist mainly of food which can be quickly digested that is of butter, cereal, milk, eggs and fruits, both uncooked and preserved with sugar.

Prof. Halliburton reveals a new reason why the average man can replenish his stores of energy with butter. He has discovered with other scientists—for he lays no claim to exclusive discovery—that butter and other fats of animal origin contain a valuable substance essential to human growth. He calls it the "accessory growth substance," and by some it is identified with vitamins. He divides the edible fats into two groups consisting of butter and animal fats, and the vegetable fats. The growth substance is present in butter, butter fat, butter oil, egg yolk, cod liver oil, kidney fat and heart fat. He found by feeding experiments on animals that it is absent from the majority of oils of vegetable origin, since olive oil, almond oil, corn oil, sunflower seed oil, bleached cotton-seed oil and linseed oil were unable to replace butter in the rations given to animals.

The special object of his experiments was to find out to what extent the numerous butter substitutes at present on the British market possess the fat soluble growth factor. The investigation is of great importance, for there is a steady and increasing consumption of butter substitute owing to the high price of dairy milk. The best butter substitutes are: Animal fat margarines, the high-priced margarines; the vegetable oil margarines, the cheaper grades and nut butter. Before the growth substance in pure butter was discovered butter and margarine were thought about equal in nutritive value.

The oleo-oil margarines, which are made from beef fat, mutton fat and lard oil and mixed with milk, possess the growth substance, and margarines prepared on this basis are as nutritious as genuine butter. But coconut oil, cotton-seed oil and arachis or peanut oil contain little or none of this substance, and margarines prepared from them are not the equal of butter. Nut butter and lard substitutes are also destitute of growth substance.

Trying to cheer up a man naturally given to worry is about as gratifying an operation as trying to sweep back the sad sea waves.