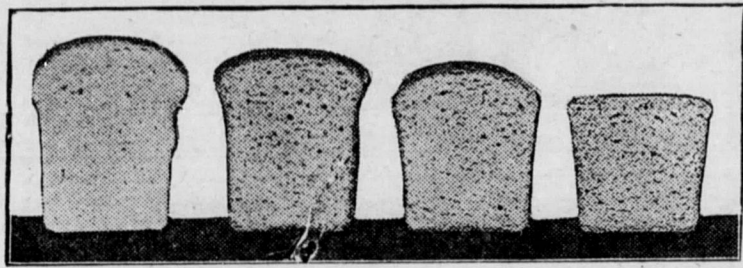


The Housewife and the War

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

WAR TIME BREAD MAKING.



One Kind of Bread That Should Not Be Made and Three Kinds That Should.

WHEATLESS LOAF SHOULD BE MADE

Satisfactory Yeast Breads With Cereals Other Than Wheat Are Being Baked.

SOME OF RESULTS OBTAINED

Problem Solved Both for Housekeeper and Professional Baker by Experimental Kitchen of Agricultural Department.

Housekeepers as well as professional bakers have been working on the problem of how to make satisfactory yeast breads with other cereals than wheat. Not all have solved the problem satisfactorily. The office of home economics of the United States department of agriculture has successfully worked out ways of combining the various substitutes in making a 50-per-cent-substitution bread, a 75-per-cent-substitution bread, and an entirely wheatless bread.

The first loaf pictured above has gone out of style in America; it is the all-wheat loaf that we were accustomed to using before the war. The other loaves are the kind that all Americans should use now. In the last three loaves a mixture of barley and rice flour has been used in place of wheat flour; the second loaf has only 50 per cent wheat flour; the third goes a step further and uses only 25 per cent wheat, while the last boasts of being entirely wheatless. These breads were worked out in the experimental kitchen of the department of agriculture, office of home economics and the United States food administration, home conservation section.

Increase Volume of Substitutes.

The food administration requires that all bread sold must contain 20 per cent wheat substitutes. But, if we can make satisfactory bread using a higher percentage of wheat substitutes so much the better. Here is the recipe for a 50-50 bread that is very good.

50-50 Bread.

1 1/2 cups liquid. 1 tablespoonful corn
1/2 cupful mashed potatoes. 2 teaspoonfuls salt.
1 1/2 cups wheat flour. 1/2 cupfuls barley flour.
1/2 cake yeast. 1 1/2 cups rice flour.

Make a sponge of all the ingredients except the rice and barley flour. The potatoes should be freshly mashed with no fat or milk added. The water in which they were cooked can be used for the liquid. Let the sponge stand in a warm place until very light. If dry yeast is used, set the sponge the night before. Add the rice and barley flour when the sponge is light. Knead and let rise until doubled in bulk. Knead again, form into loaves, place in a loaf pan, and allow to rise until bulk is again doubled. Brush over top of loaf with melted fat before putting it to rise. Bake for one hour and a quarter in a hot oven.

Other satisfactory 50-50 breads make use of rolled oats (1 1/2 cups), combined with rice flour (1 1/2 cups), or corn flour (1 1/2 cups), or tapioca flour (1 1/2 cups), in place of the rice and barley flour in the recipe.

Loaves Are Less Elastic.

None of the loaves using a high percentage of substitutes equal the all-wheat loaf in lightness, wheat having a special substance known as gluten, which gives it elastic properties that make it specially valuable for bread-making. None of the other flours, except rye, contain this substance in any appreciable amount so that when we substitute for the wheat flour large quantities of flours that do not contain gluten, we cannot expect the same elasticity. The loaves are more compact and less porous. In the 75-per-cent and 100-per-cent-substitution loaves an egg is used as binding material and as an additional leavener.

A 75-Per-Cent-Substitution Loaf.

1 1/2 cups liquid. 1 egg.
1/2 cupful mashed potatoes. 1/2 cupfuls barley flour.
1 1/2 cups wheat flour. 1/2 cupfuls of rolled oats.
1/2 cake yeast. and
1 tablespoonful corn 1/2 cupfuls rice flour
2 teaspoonfuls salt. 1 1/2 cupfuls corn flour.

Make a sponge of the first six ingredients and a third of the mixture of rice and barley flour. Let stand in a warm place until light, at least two hours. When the sponge is light, work in the rest of the substitute flours and the egg slightly beaten. Shape the

dough at once and place in loaf pan. Brush top of loaf with melted fat. Let rise to double the bulk and bake in hot oven for 1 1/2 hours.

Housekeepers have been serving wheatless bread for months in the form of quick breads. Many housewives as well as many hotel-keepers pledged themselves to serve no wheat until next harvest. The need for a wheatless bread that could be kept in hand and be used for toast or for sandwiches was felt by all who took the pledge.

This 100-per-cent bread will help meet this need:

100-Per-Cent Bread.

1 1/2 cups liquid. 2 1/2 cupfuls ground 1/2 cupfuls rolled oats
1 tablespoonful corn and
1/2 cupfuls rice flour
1/2 cake yeast. 2 1/2 cupfuls rice flour
2 teaspoonfuls salt. or
1 egg. 2 1/2 cupfuls corn flour.
3/4 cupfuls barley or

Make a sponge of first four ingredients and one-half of mixture of substitutes. Follow the directions for the 75-per-cent loaf.

These breads are real victory breads. Use them for the cause of liberty.

BREAD WITHOUT WHEAT.

It was long thought by most people that bread could not be made light with yeast unless a large proportion of wheat flour was used in it.

That has been found to be, in large measure, erroneous.

Breads made of cereal materials other than wheat flour can be made light with yeast.

The discovery is one of the necessary war-time achievements of science.

It is available to the housekeeper and to the professional baker.

No one who has to do with bread making can perform his full patriotic duty without applying it to as great an extent as possible.

Food Waste From Rats.

In all parts of the country there is a serious economic drain in the destruction by rats and mice of merchandise held for sale by dealers. Not only foodstuffs and forage, but textiles, clothing and leather goods are often ruined. This loss is due mainly to the faulty buildings in which the stores are kept. Often it would be a measure of economy to tear down the old structures and replace them by new ones. However, even the old buildings may often be repaired so as to make them practically rat-proof; and foodstuffs, as flour, seeds, and meats, may always be protected in wire cages at slight expense. The public should be protected from insanitary stores by a system of rigid inspection.

Similar care should be exercised in the home to protect household supplies from mice and rats. Little progress in ridding the premises of these animals can be made so long as they have access to supplies of food. Cellars, kitchens and pantries often furnish subsistence not only to rats that inhabit the dwelling, but to many that come from outside. Food supplies may always be kept from rats and mice if placed in inexpensive rat-proof containers covered with wire netting. Sometimes all that is needed to prevent serious waste is the application of concrete to holes in the basement wall or the slight repair of a defective part of the building.

The necessity of co-operation and organization in the work of rat destruction is of the utmost importance. To destroy all the animals on the premises of a single farmer in a community has little permanent value, since they are soon replaced from nearby farms. If, however, the farmers of an entire township or county unite in efforts to get rid of rats, much more lasting results may be attained. If continued from year to year, such organized efforts are very effective.

Ink spots may be removed by saturating the spot with lemon juice and rubbing plentifully with table salt. Apply before washing, and in ordinary cases no trace of the spot will remain after the wash.

If you sprinkle a little salt on your coffee before pouring on the boiling water it will be wonderfully improved. Always warm the coffee pot before making coffee.

To prevent cheese from molding wrap in a cloth that has been dipped in vinegar and wrung dry. Keep in a cool place.

U.S. TO WIN WAR ON WEST FRONT

NEW DRAFT MEN, 18 TO 45, TO BE IN FRANCE IN EIGHTY DIVISIONS BY NEXT JUNE.

U.S. ARMY OF 4,000,000

EIGHTEEN DIVISIONS TO BE LEFT AT HOME AND TRAINED, SAYS GENERAL MARCH.

Western Newspaper Union News Service.

Washington.—In reporting the administration man-power bill extending draft ages Aug. 15, Chairman Chamberlain disclosed to the Senate that Gen. March had told the military committee it was up to the United States to put enough men in France to win the war on the west front, and had expressed the belief that 4,000,000 Americans under one commander could go through the German lines whenever they pleased.

The report also revealed that the new American war program calls for eighty divisions, or something over three million men in France by June 30 next year, with eighteen more divisions in training at home.

All of the men called for active service under the proposed new draft ages—18 to 45—Gen. March told the committee, would be in France by next June.

Secretary Baker informed the committee, the report said, that the President's policy called for concentration of American forces on the western front, including Italy, and that "the theory of the fighting in the future is that we must force the issue and win on the western front."

Immediate extension of the draft ages was declared by the army representatives to be imperative in order that the United States might throw its full strength in the struggle and win.

If the draft ages are fixed at from 18 to 45, Gen. March said, the system of volunteer enlistment in the United States army automatically disappears.

Gen. March told the committee that he was unqualifiedly in favor of having the army composed of as many young men as possible. Young men between 18 and 20, he said, not only do not have many incumbrances, but they are better fit physically.

BOLSHEVISTS RETREAT

British Reach Caspian Sea, and Disbanded Soldiers Flock to Allied Standards.

Washington, Aug. 16.—The march of events in Russia from news received Thursday seems to be rapidly assuming the proportions of a rout of the Bolsheviks and of a nature to bring dismay to Germany. With allied troops rapidly moving south from Archangel, forces of British, French, Japanese and American troops at Vladivostok and operating to the westward, and a British force at Baku, Czechoslovaks have taken new heart in their heroic fight against the Germans and Austrians.

Late dispatches recorded the advance of the allied troops from Archangel to Pabersheskalia, 100 miles south on the road to Volodga. The Bolsheviks are retreating and were reported committing every known atrocity upon the civilian population which openly has espoused the cause of the allies.

ALLIES GAIN IN TWO SECTORS.

British Advance Near Proyart and French Gain From Oise to Matz.

London, Aug. 16.—The British and French again have been able to gain ground on two important sectors—the British a short distance northwest of Roye, where the Canadians took the village of Damery and Parvillers and the French on the southern wing of the battle front, where they have captured two farms in the process of clearing the hilly and wooded district around Lassigny of the enemy. North of the Somme between Albert and Arras the Germans are continuing to fall back and the British are keeping in close contact with them. Thus far the Germans have definitely given up the towns of Beaumont-Hamel, Serre, Buequoy and Puisieux-au-Mont, and at several points have crossed the Ancre river, with the British following closely on their trail.

American Schooner Sunk by U-Boat.

Washington.—The American schooner Dorothy Barrett was sunk by shell fire from a German submarine near Cape May, N. J.

U. S. and Britain Protest Oil Decree.

Washington.—The United States and Great Britain has joined in diplomatic representations to the Mexican government against the oil land decrees of President Carranza, which it is contended amount practically to confiscation.

France Loaned \$200,000,000 More.

Washington.—France was given a loan of \$200,000,000 by the treasury, bringing the total credits to France to \$2,065,000,000.

Pithy News Notes From All Parts of Colorado

Western Newspaper Union News Service.

COMING EVENTS.

Aug. 22-24—Colorado State Firemen's Convention at Georgetown.

Sept. 1—Mining Engineers' meeting in Denver.

Sept. 1—Fifty-sixth annual conference of Colorado M. E. Church at Delta.

Sept. 4-5—Shoe Dealers' Association meeting in Denver.

Sept. 5-6—Arkansas Valley Fair at Rocky Ford.

Sept. 19—Beaver Park fair at Penrose.

Sept. 23-25—Colorado State Fair at Pueblo.

Sept. 26-28—Lincoln County Fair at Hugo.

Denver's public debt is \$1.50 per capita.

August 19, Arvada will be host to 250 Fort Logan soldiers.

F. B. Schorr, a Denver carpenter, was shot by a holdup on Stout street.

Water rates at Boulder have been advanced 25 per cent. by the City Council.

Holly's new Methodist Episcopal church will be dedicated Sunday, August 18.

Colorado will get \$19,273 of the federal fund of \$2,307,460 for vocational education 1918-19.

Dr. Nelson Drew Wells of Fort Morgan was commissioned a captain in the medical corps.

Mrs. Katherine Waters, deputy district clerk, died at Fort Morgan following an operation for appendicitis.

There will be a convention of the National Insurance Underwriters Commission in Denver from September 10 to 13.

Adjutant General McCain conferred upon seven Denver men and one Central City resident officers' commissions.

Charles E. Smith, known as Booster Smith thruout northern Colorado, and 61 years old, died of heart disease at Longmont.

Bruce Rutherford, 17 years old, son of R. C. Rutherford, survived a shock of 6,600 volts from a live wire at Cripple Creek.

Members of the International Union of Mine, Mill and Smeltermen in session in Denver decided to hold all of their conventions in the future in Denver.

A Japanese funeral service was conducted in true Oriental fashion at the Buddhist church, in Denver. The services were conducted for Mrs. Suoe Jitajima, wife of a Sedgwick farmer.

Albert A. Oakley, 22, son of J. H. Oakley, a farmer living two miles west of Rye, died in France July 29, from wounds received in action, according to a telegram from Washington.

The Salvation Army has been given the hearty approval of the State Council of Defense in its plans for raising \$50,000 in Colorado for the Salvation war work among the soldiers in France.

Camp Lewis, Washington, will receive eighty-six Denver men, who leave Denver August 26 in the last draft that will be made from class A-1 prior to some new draft order from Congress.

The Vernon property, Ironton district, on the equipment and development of which \$250,000 was expended during 1916-1917, is now idle as a result of war conditions and financial contraction.

A. E. Bauer, manager of the Walsh-Hidden Treasure group, Imogene basin, sent out a twenty-two-ton shipment of ore that shows an absence of the zinc content that characterized the early-day shipments.

Kern H. Copeland of Grand Junction was awarded a commission as a second lieutenant in the sanitary corps.

A double funeral for Mrs. George Tush of Denver, who committed suicide, and for her husband, who died following an attack of appendicitis at La Junta, while en route from Dawson, N. M., was held at the Globeville hall.

Mrs. E. J. Randall sustained a fracture at the base of her skull and a shattered left arm as the result of an automobile accident on the Rye road, twenty-eight miles from Pueblo. A woman, who was driving the car, suffered a broken collar bone. The driver was trying to turn around in the road and backed off a 40-foot embankment.

All properly qualified youths of Colorado are urged by Governor Gunter and the State Council of Defense to go to college this fall and enlist in the Students' Army Training Corps, organized by the War Department. Then they will be called upon to serve the government in the capacities in which they are the most valuable whenever wanted by the government. While going to college they will be soldiers, drilling daily.

With four of her sons already in the service of their country, Mrs. Clara Eagan of Boulder only smiled when her remaining son, John W. Eagan, told her he believed he ought to enlist. She told him to go, and when he took the examination at the University armory for admission to the officers' training corps at Camp Pike, Ark., he passed as 100 per cent perfect, and was accepted. He expects to leave for training in a few days. In addition to having given five big boys to the cause, Mrs. Eagan is active in Red Cross work.

CENTENNIAL STATE ITEMS.

Two more Colorado men have given up their lives while "carrying on" with the marines in France. The casualty list of the marines includes the names of Mearl C. Rockwell, son of Mr. and Mrs. William Rockwell of Holly, and Leo I. Hill of Steamboat Springs, as killed in action. Dewey E. Nulph, who is reported as being wounded, is a resident of Cameron. He is 20 years of age, and the son of Mr. and Mrs. Frank Nulph. Nulph joined the army May 5, 1917, and has been in France several months. Earl C. Decher of Apache is among the marine severely wounded in action.

Reports from the War Saving Stamp selling agencies show that in most instances those who pledged to purchase stamps in July purchased more than the amount pledged. This is a healthy indication, so far as finances in the state are concerned. People of the state will be glad to know that Colorado stands first in the number of pledges according to population. Of our 1,000,000 people, 337,000 pledged, or about 100 out of every 290 people pledged to purchase stamps. The next nearest state is Missouri which had one out of every four.

The production of winter wheat in Colorado this year, according to estimates made on Aug. 1, will be only 7,095,000 bushels, as against an estimate of 7,728,000 bushels on July 1. The loss of 633,000 bushels, however, has been practically balanced by an increase in the estimated production of spring wheat of 600,000 bushels. The above figures are compiled from the government crop report covering Colorado, issued by the field agent at Denver.

A presidential warrant was issued for the rearrest at Pueblo of twenty-four Austrians who have served a year's sentence in the county jail, imposed by Judge Lewis for their refusal to register in the selective draft. The warrant commits the prisoners to a designated internment camp for the duration of the war. All of the twenty-four were arrested in June, 1917, at Leadville and had just completed their sentence when again taken in.

The largest number of automobile chattel mortgages, representing automobile deliveries for the day or so preceding, is eighty-six, as recorded in the county clerk's office. This strongly refutes the rumor that automobile purchases would be curtailed by the advance in price of all supplies and the more stringent government regulations.

A letter received from R. K. Fell, who has been in the front line trenches in France, was received by his uncle, John C. Ferril, county assessor at Cripple Creek. Fell states that he has seen Belgian children crippled for life by the German soldiers. He adds that the noise of the guns is constant at the front, indicating one of the greatest movements of the war.

With a "win the war first" slogan the twenty-third annual convention of the State Federation of Labor convened in the Elks' hall at Salida, with 100 delegates present, representing 191 unions in the state and nearly 12,000 laboring people, to discuss and propose state labor laws and amendments to be put before the next legislature.

In order to make possible the continued monthly production of about 3,500 tons of coal, and to open certain sections in Pitkin county that were isolated when the Midland railroad ceased operations, the Rio Grande railroad agreed to operate the Mill-nee, Newman tunnel and La Salle Mining Company's spurs out of Aspen.

When the Colorado Legislature convenes next winter it will be asked by representatives of the War Department and the National Council of Defense to pass legislation for the establishment of a state quarantine headquarters to care for those who are victims of social diseases.

Robert B. Reed, whose name appears in Gen. Pershing's casualty list as being among the missing, is the son of Mrs. B. W. Christner of Willard. Young Reed never lived in Colorado. He enlisted in the infantry from Pennsylvania, his native state.

O. H. Shoup of Colorado Springs, candidate for the Republican nomination for Governor, has received word of the appointment of his son, Oliver H. Shoup, Jr., to a first lieutenant in an ambulance corps on the American front in France.

Enos A. Mills, naturalist and author, and Miss Esther A. Burnell, the first mountain guide to receive a license from the United States government, were married at the Mills cabin in Estes Park.

Colorado manufacturers of soft drinks will not be permitted to substitute saccharine for sugar, according to an announcement made by Secretary Kennedy of the State Board of Health.

Included in the casualty lists announced Aug. 10 are: Max H. Beyer, Denver; wounded, degree undetermined; and Corp. Charles A. Ross, Denver; missing in action.

A patriotic poster soon to be distributed will bear the following wording: "Every Loyal American Should Use the American Language. It is the language of your country. If you don't know it, let us help you to learn it.—Americanization Committee, State Council of Defense."

Denver's first board of water commissioners held their first meeting in the office of Mayor W. F. R. Mills and organized. Finlay L. MacFarland was elected president; Charles H. Reynolds, vice president, and Benjamin A. Sweet, secretary.

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