

FOOD HEAD OF NATION TELLS EACH ONE'S PART IN THRIFT CAMPAIGN

BY DAVID F. HOUSTON,

United States Sec'y of Agriculture.
(Written Especially for Day Book.)

Those citizens who produce, conserve and market food wisely will help toward the achievement of national agricultural sufficiency and thus will perform valuable wartime service for the nation.

Those living in villages and the suburbs of cities do not appreciate sufficiently the possibility of adding materially to their food supply by utilizing for the raising of vegetables suitable idle soil in yards, vacant lots and unused outlying fields. Gardening is peculiarly an activity in which the family may share with resultant mutual benefit. When conditions render it feasible, small flocks of poultry and even a pig should be kept. Through utilization of table wastes, scraps and other refuse as feed, much wholesome food in the form of eggs, poultry or pork may be produced at relatively low cost.

On farms, in view of the world's scarcity of food, every effort should be made to produce more crops than are needed for our own requirements.

Many millions of people across the seas, as well as our own people, must rely, in large part, upon the products of our fields and ranges. There is hardly a possibility that the production of such crops as the cereals, peas, beans, cowpeas, soy beans and buckwheat, can be too great this year.

The most effective step that may be taken to increase the production of these staple crops is to enlarge the acreage devoted to them in the regions where they are grown habitually.

Meat production should be increased by vigorous effort to combat animal diseases, especially hog cholera, tuberculosis of hogs and contag-

ious abortion, and by getting rid of cattle fever ticks and other parasites which weaken or kill animals and reduce meat supply or milk yields.

A deficiency of hay and forage for the next winter will jeopardize the future meat and dairy supplies of the country and result in a shortage of roughage for military draft and saddle animals. In regions where dairying dominates, a full acreage of clover, alfalfa and the grasses that is in productive condition should be maintained.

SOME ECONOMY TIPS

Some lessons in economy that can be learned out of school were today offered to the families of Chicago by teachers in the city's high schools. They are:

We buy too much water. Buy dried beans, peas and other dried vegetables, soak them over night, then cook them.

Butterine is as good as butter. At least use it in cooking.

Skimmed milk has excellent food qualities, costs only 12 cents a gallon and serves many purposes in baking.

Learn how to prepare cheap foods palatably. Hominy is good when properly prepared.

Learn how to dry and can vegetables, that the surplus crops this year may be preserved for use next winter.

Make over old garments. Do more patching and mending. Save the pieces.

Save all wool and cotton goods, for they may be needed for some purpose later and the price is advancing rapidly.

Sew rags and odd scraps of cloth as your grandmothers did and have them made into rugs to keep the floor warm in winter.

Buy crackers in bulk and pay less for paper wrappers.