

HOME GARDENS MUST BE CULTIVATED NOW

The Soil Must Be Stirred Frequently to Be Kept Soft and Loose for the Best Results.

SECOND CROP NOW READY

Beets, Carrots, String-Beans and Navy Beans May Be Planted.

"What can I plant now? Is it too late to plant any vegetables for winter use?"

You may plant beets, carrots, string-beans and navy beans, as late as the 15th of July. Rutabagas and turnips may be planted any time from the 15th of July to the 15th of August.

Great care should be taken to keep late gardens well cultivated. Do not work the ground when it is wet, as it will cause the soil to cake hard. Cultivate after each rain, as soon as the ground will not ball up when squeezed in the hand.

Cultivate Potatoes.

Cultivate your potatoes well and deep, but be careful not to injure the roots of the plant. The last cultivation for potatoes should be when they are in full bloom. They should then be ridged up well, but do not bring the ridge up to a sharp point, as that will drain the water off too much when it rains. Make the ridge wide and flat at the top, so as to hold the water in about the roots. Sometimes potatoes do not bloom at all. In that case, when the vines become darker green at the top and begin to show tufts as if to bloom, the last cultivation should be given, and not too close. Do not cultivate potatoes too late, as that will disturb the forming tubers and do harm. Early potatoes should be removed from the ground as soon as they are mature, and the ground well cultivated and sown to turnips for a second crop. Late cabbage can be planted between the potato rows after the last cultivation, or navy beans, or late string-beans, and get a good crop if the season is favorable. Make your land produce all it can.

Thin Out Plants.

Persistent cultivation will pay large dividends. Don't think that because your garden is free from weeds it does not need cultivation. The soil must be thoroughly stirred frequently, and kept soft and loose for best results.

Don't neglect to thin out your carrots, lettuce, beets and other plants that stand too thick for development. If crowded in the row, the plants cannot develop properly.

Gardens Improved.

During the last two or three weeks the garden plants have made a good growth, and the earlier vegetables are now in use by many people.

Almost every home has a garden of some size. The people have responded to the demands with great unanimity and earnestness. Some there are who resent the idea of sending food to the British or to the French, and even refuse any information about their gardens. We are not raising gardens for the British or the French. We are raising food for ourselves, and our task is to urge the people to raise all they can and so conserve it as to have plenty when a still worse time comes that we have yet realized. Every garden helps to keep down the general cost of living. With the best efforts that can be made, when this war closes, soon or later, the world will be in dire need of food. Whether we justify the war or not, the war is on, and it is only humanitarian to do our best in the matter of raising and conserving all the food products possible.

Pink Teas.

Pink teas and card parties must become things of the past in the homes of truly patriotic women," warns Miss Harriet Vittum in an address before the speakers' bureau of the woman's committee of the National Council of Defense. Miss Vittum is chairman of the Illinois division.

Porto Rico.

Porto Rico shipped over \$3,000,000 worth of fruit to the United States in 1915. Fresh pineapples shipped to the mainland that year were valued at \$1,723,694.

Typical Foods Suggested for Use During Campaign for Economy

By Mrs. W. P. J. Dinsmoor

Common sense at present is above par. "Frenzied frugality" in foods presents dangers the wise housewife will avoid and follies that have only the merit of exciting laughter. An immediate radical change of diet for the rank and file of our people is neither wise nor necessary. Food that is merely "filling" without providing something to "stick to the bones" is deceptive. Soups and salads are not sufficient for growing boys and girls. To change abruptly from the accustomed white bread to whole wheat and other coarse breads is liable to produce intestinal troubles, so it is best to introduce coarse breads by degrees.

Indiscriminate experimenting with stock food for human dietaries is not to be commended. The digestive tract of pigs and cattle is suited to the digestion of great quantities of bulk food and capable of using stronger mineral salts than can the human system. But, until there has been abundant proof that purslane, poke weed, and milkweed, and plantain contain nothing harmful to human alimentation, it is best to be satisfied with greens you are familiar with. Some milkweed found in Illinois, for instance, is poisonous. There is no pressing need at the present time for all of us to eat soy beans and alfalfa. Wait till specialists have clearly demonstrated the value of these stuffs as human food and in the meantime let the cattle concentrate them for you. Do not be misled by such captions as the following: "Foods for Nothing," followed by a page of recipes which advises, for instance, one cup of bread crumbs, two cups of cream sauce and two hard cooked eggs, to make available two quarts of **boiled milkweed**, the food value of which is probably just what it costs—nothing. The value of the mineral content of many leaf crops is unquestioned and it is, of course, desirable to increase the number of foodstuffs, but experimenting in new foods should be left to specialists.

Typical Foods.

A good guide to sensible planning of meals is found in the following grouping of typical foods:

1. Foods characterized by protein—Lean meats, poultry, fish, milk, oysters, cheese, eggs, dried legumes, nuts and other protein-rich foods.
 2. Foods characterized by starch and similar carbohydrates—Bread, crackers, macaroni, rice, cereal breakfast foods, meals and flours and other cereal foods!
 3. Foods characterized by mineral substances and organic acids—Spinach, peas, lettuce, potatoes, turnips, apples, oranges, berries and other vegetables and fruits, raw or cooked.
 4. Foods characterized by fat—Butter, cream, lard and other culinary fats, salt pork, bacon, chocolate and other fatty foods.
 5. Foods characterized by sugar—Sirup, honey, jellies, dried fruits, candy and other sweets.
- All five groups should be represented in the diet every day, and about one-tenth of the entire amount should be chosen from the first group. This will insure enough building and repair material. A generous selection from the third group will insure the necessary bulk, mineral substances and organic acids.

Fish and Fowl.

Since the army may draw heavily on our beef and pork supply and since the demand for wool makes it wise to forego the use of lamb and mutton for food, it seems wise for us to become familiar with the food values of all types of fish and fowl procurable in order to secure sufficient variety in our dietary.

The following bulletins, which will be sent on request free from the Department of Commerce, Bureau of Fisheries, Washington, D. C., should have a place in each kitchen library. They provide interesting and helpful information:

- Economic Circular No. 11—Salmon (including fifty tested recipes).
- Economic Circular No. 18—Oysters.
- Economic Circular No. 19—The Tilefish (with twelve recipes).
- Economic Circular No. 20—Caviar; What It Is and How to Prepare It.
- Economic Circular No. 23—The Sablefish.

Economic Circular No. 25—The Burbot, A Fresh Water Cousin to the Cod.

The guinea, a fowl little appreciated in the country but considered a great delicacy in the city, is worth more attention as food than it has heretofore received.

Uses of Fats.

The average housewife has given little thought to the use of fats from fowls. Chicken fat and goose fat are both capable of very thorough digestion. They are not irritating though the latter has a somewhat laxative effect.

The leaf fat should be taken from the fowl in dressing it and tried out in a double boiler at a fairly low temperature, or in a shallow pan in a slow oven. It should be put into a receptacle where it can be tightly closed from the air, so it will not become rancid. It is not practical to separate either of these fats in large quantities, but for present use it is very little trouble to render out while cooking a fowl, and it can be used in many dishes in place of butter.

In spice cakes, chocolate cakes, ginger breads, or cookies, chicken fat is quite as good as butter. Since it is 100 per cent fat, however, while butter is only 85 per cent, it is not necessary to use quite so much, and if the fat is not slightly salted in rendering it should be in using. In biscuit, pastry, cooked salad dressings or sauces for spaghetti, macaroni, etc., the special flavor is quite desirable. Many of the citizens of foreign birth or parentage prefer the fat of the goose to any other.

The extension division in home economics recognizes the desire of the housekeepers of the state to do their full share in thus conserving the food supply and will issue at opportune seasons methods and recipes for dealing with the crop at hand.

First among garden crops that may be carried over to another season by canning is asparagus.

Canning Recipes.

Asparagus should be canned only when it is young and tender. The sooner the product is canned after picking the better. After careful washing and sorting, the tops may be canned for vegetable and salad use. The ends may be canned for soup. Blanch in boiling water three to five minutes. Plunge it into cold water. After having packed it into jars, pour boiling water over it. Add one teaspoon of salt to each quart. Partially seal. Cook in hot water bath one hour. Count the time from the point when the water begins to boil. If a steam-pressure cooker of five pounds pressure is used, forty minutes will be sufficient time after the pressure begins to register.

Wash rhubarb. Cut in pieces. Blanch one or two minutes in boiling water. Plunge it into cold water and pack at once into jars. Pour over it a hot syrup, using one cup sugar to one quart water. Adjust rubber and partly seal. Set the jars in a hot water bath and steam twenty minutes. A richer syrup may be used if desired.

HOOVER WANTS ARMY OF THRIFT TO SAVE FOODS

Wheat, Meat and All Kinds of Fats Must Be Kept for Soldiers.

The greatest thing the private citizen can do in this time of national crisis is to save food, according to Herbert C. Hoover.

More than half a million men have volunteered to risk their lives at the front in the cause of democracy, and in a few days many thousands more will be called upon by our government to don the khaki and navy blue and go out to meet privation and death.

We can't all go to the front, but we can all do something to win the war. Let us all here and now pledge ourselves to a definite sacrifice for food conservation.

Food to Decide War.

On June 18 President Wilson launched a great food conservation campaign and Herbert C. Hoover called upon all the housewives of the nation to form a gigantic army of thrift in which each should pledge herself "to join in the service of food conservation" and "to carry out the directions of the food administrator in the conduct of her household in so far as her circumstances permit."

"Since food will decide the war," Mr. Hoover said, "each American woman can do a real national service by protecting the food supply of the nation."

Wheat, meat and all kinds of fats are said to be the foods of which there is the greatest shortage and which are most needed by the fighting men of our own army and those of our allies.

Subscriptions.

Liberty Loan subscriptions totaled \$3,035,226,850, an oversubscription of nearly 52 per cent.

Coming Events at Community House

- July 6th—Douglas Fairbanks in "The Matromaniac." Cartoon.
- July 13th—Ann Pennington in "Susie Snowflake." Cartoon.

NOTICE

On and after Monday, July 2, all hair cutting will be 35c, except Tuesday and Thursday. Children 25c. M. L. ADAMS, 812 Elm St., WINNETKA

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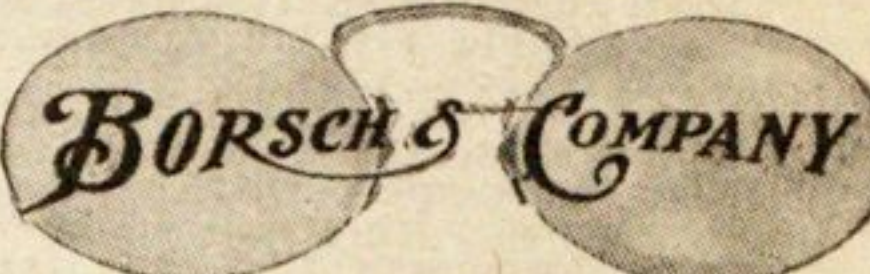
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