

U.S. Population Increase Since 1939 Adds to Demand for Domestic Grain Output

(Editor's Note: Until about a year ago, Mrs. Raymond F. Giffels, 280 Waddington road, was Director of Home Economics and Consumer Relations for the National Association of Food Chains, in Washington, D.C. One of her various services was to direct the National Nutrition Program to chain food companies and supplying them with copy in the home-maker's language. This consisted of household hints, recipes, nutrition information and current food news which was released each week.

(Mrs. Giffels is a member of the American Home Economics Association and the American Dietetic Association. Before retiring from the business world, she was a member of many national food conservation committees working at the national level. She was both a high school and college teacher before entering the home economics business field.)

By Mrs. Raymond F. Giffels

Less food and more food appears to be the number one need of the entire world. We in America, with our holiday tables groaning from over-abundance, have an obligation and an opportunity to do something about conserving and sharing our food, and helping control high food prices.

The demands on our food supply here are not all coming from abroad. Today there are 13 million more Americans than in 1939. They want more and better food, can afford to buy it, and have been buying it.

We now consume 18 per cent more of all foods than we did before the war.

The primary food needed for export is grain, and we need to save wheat to build up our own normal carry-over, which is now considered dangerously low. As a result of this huge demand, grain prices have advanced. As a result of this huge demand, grain prices have advanced. As a result of this huge demand, grain prices have advanced.

Shrinking Food Budgets
The strain of increasing high food prices has stretched to the limit many homemakers' budgets. The President's voluntary food conservation program, as interpreted by the Local Citizens Food Committee, asks us to "Save Wheat, Save Meat, and Save the Peace."

In addition to wanting to cooperate in this program, the average American woman is looking for ways to continue to serve well-balanced meals to her family out of a shrinking food budget. The success of any voluntary program is based upon self-discipline, and it is up to each individual to buy wisely, waste nothing, and save.

The Birmingham Citizens Food Committee reports excellent progress has been made toward the first objective of saving 100 million bushels of wheat under this voluntary food conservation program. However, it is to recognize that the conservation emergency is not over, but may be needed for an additional year.

Democracy in Action
Food is a weapon of both war and peace, and America more than any other nation, holds the

pantry key to the world's food supply. The public—farmers, retailers, home-makers, schools, restaurants—and the Government working together can meet this emergency and point up democracy in action to a war-weary world.

Specifically, if every American will save two slices of bread a day that will be enough to give 17 million starving people their bread ration of a pound of bread every day.

One of the best ways to save money and food is to use more of the plentiful foods—oatmeal, potatoes, winter squash, pears, apples, spinach, and the Government working together can meet this emergency and point up democracy in action to a war-weary world.

Here is how one good plump hen, plus a bit of menu planning, can be made to serve three main dishes. A six-pound hen costs around \$2.76. The average cost of each of the following dinner menus for four persons is approximately \$1.50.

Eat One Hen Per Week
Poultryless days ended because poultry producers pledged a reduction in the number of chickens to save wheat. A campaign which calls for every American family to eat one hen per week for the next six weeks has been worked out by the poultry industry in cooperation with Government leaders. This campaign, if successful, will eliminate 136 million grain eating hens.

CHICKEN FRICASSEE

Baked Sweet Potatoes
Orange and Grapefruit Salad
Cookies—Milk

- 1 heavy fowl (disjointed)
- 1 quart water
- 1 stalk celery, diced
- 1 onion, sliced
- 2 carrots, diced
- 1 bay leaf
- 4 cloves
- 1 teaspoon salt

Place chicken in stewing kettle, half cover with water. Add flavoring ingredients and simmer over low heat until tender. Skim off the fat. Remove chicken from stock and reserve a part of the chicken (about half) for chicken pie and chicken casserole. Keep chicken warm while making sauce.

Fricassee Sauce:

- 3 tablespoons fat
- 1 tablespoon flour
- 2 cups chicken broth
- 1/2 cup cream
- 1 teaspoon lemon juice
- Worcestershire sauce

Melt fat and blend in flour. Add chicken broth and cook over low heat until thickened, stirring constantly. Combine cream and lemon juice. Add to sauce and reheat. Add a dash of Worcestershire sauce. Arrange warm chicken on platter, pour hot sauce over it and garnish with parsley.

BAKED CHICKEN LOAF

Coolie Casserole—Harvard Beans
Stewed Dried Peaches—Milk

- 1 cup cooked, diced chicken
- 1 1/2 cups soft bread cubes
- 1 cup evaporated milk
- 1/2 cup diced celery
- 1 tablespoon minced onion
- 2 eggs, well beaten
- 2 tablespoons margarine
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Quick, easy, and good! If the chicken runs a bit scant, add one or two hard-cooked eggs! Combine all ingredients in order named. Pour into greased loaf pan. Bake in moderate oven for 30 minutes. Serves 4.

CHICKEN-CHEESE PIE

Sweet-sour Cabbage
Apple Crisp Pudding—Milk

- 1/4 cup diced green pepper
- 3 tablespoons fat
- 3 tablespoons flour
- 1 1/2 cups milk (or chicken broth)
- Salt and pepper
- 1/2 cup cubed cheese
- 1 cup diced chicken
- 1 1/2 cups whole-kernel corn
- 1 one-cup recipe for drop biscuits

Cook the diced green pepper in fat until soft. Blend in flour, add milk, and cook until thickened, stirring constantly. Add seasonings to taste, chicken, corn and cheese. Stir until cheese melts. Pour into 1 1/2 cup greased casserole; top with drop biscuits and bake in a hot oven (450° F.) for 15 minutes. Serves 4 to 6.

TUESDAY PEACE PLATE:

Tuna-Stuffed Potatoes
Green String Beans
Bread
Margarine
Tea
Baked Apples
Milk

Bake the potatoes, scoop out centers, mash and season. Blend in grated tuna and a bit of minced onion. Restuff the potato shells, reheat in the oven and serve piping hot. Allow 15 minutes for each potato. Should be adequate. If you've raisins handy, stuff a few in the apple centers. You'll be able to manage two glasses of milk for the children.

THURSDAY PEACE PLATE:

Hamburger Stew with Fresh Vegetables
Shredded Lettuce
Toasted Whole Wheat Bread
Upside-down Pineapple Cake (Biscuit Mix)
Tea

Brown the ground beef, season with salt, pepper, and diced onion. Add 1 cup water. Add the cubed potatoes and carrots and simmer until partially tender. Add shredded cabbage and cook until all vegetables are tender. Use 1/2 cup butter to make 1 cup biscuit mix for the upside-down cake. Dot shredded pineapple with a little brown sugar and margarine. Add batter and bake. Serve warm.

Overstreet Lecture to Be Heard Monday

Dr. and Mrs. Harry Overstreet will discuss "The home, as the place for psychological maturing," at Adams School next Monday evening, Dec. 15. Tickets may be secured at all elementary schools and the Wabash Pharmacy. Mrs. Fraser Fomeroy, ticket chairman, reports that they may also be had at the door.

Both the Overstreets are nationally known in the field of adult education, and for many years Dr. Overstreet was head of the department of philosophy and psychology at the College of the City of New York. In presenting their subject they interrupt each other with their different view points, he is more the philosopher and she the psychologist, thereby giving the audience a more balanced coverage of the chosen subject.

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HOW TO Care For Your Dog

By Erik Bergstrom

(Bergstrom, well-known Birmingham authority on dogs, their care and habits, welcomes letters from readers concerning special dog problems. Write him in care of The Eccentric.)

CARE OF TEETH

The teeth of the dog are often a cause of foul breath. The dog's mouth is subject to most of the diseases of which teeth, that are common to humans, although the teeth are less subject to caries.

Due to the dog's diet which if proper excludes the use of soft, mushy feeds, dogs generally have less tooth troubles. However, it is not uncommon to find excessive tartar, pyorrhea, loose teeth, caries, inflammation of the gums and diseased teeth. Quite often, a brown discoloration of the enamel is seen. This is due generally to a severe illness which favors the disintegration of the enamel.

In general, conditions of the mouth and teeth are usually corrected. If your dog has a foul breath, consult your veterinarian. By proper examination and diagnosis he will determine the causative factor and eliminate possibilities.


Most tooth conditions are remedied quite easily if they are treated early. Scraping of the encrusted tartar, removal of loose or diseased teeth and treatment of inflammation of the gums are all easily accomplished provided treatment is instituted early. If the condition is allowed to persist, the inflammation may spread to the membranes of the jawbone resulting in a serious condition.

Keep the animal's food firm and chewy. Allow the dog a good

knuckle bone to chew on now and then. A word of caution here: Don't allow the dog to have rib bones, steak bones or other types of bones that may splinter. A bone that an splinter is as dangerous to your dog as ground glass. Only one in a thousand dogs will ever be harmed by a sharp bone, but why take the chance of being the odd case?

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