Creola B. Holyfield

Rockford N. C.

(Mrs. H. G. Holyfield)

PRODUCTION
Conservation and Processing of
Foods for Farm Families.

Unit 1.

The Production of Food for Farm Families.

eight problems.

1. Cooperation in Community.
2. Understanding the Food Situation.
3. Determining the Food Requirements of the family.
4. Producing the Required vegetables.
5. Producing the Required fruits and vegetables.
6. Producing the required poultry and eggs.
7. Producing the reguired dairy products.
8. Producing the required meats.

Co-operation



Unified Effort Brings Glorious Results

in the Home

Community

State

Nation

Proplem 1. Understanding The Food Situation.

"It is necessary that all agriculture be fully mobilized in order to get maximum production in 1943. We cannot produce too much of the things we need. The jobs is to produce the right amount of the right things in the right places. This will require careful planning and hard work.

"Military and lend-lease buying is expected to take a fourth of our total food production in 1943, as compared with 13 per cent in 1943 and 4 per cent in 1941."

"The most important changes from 1942 represented by the goals for 1943 are these: more meat and milk, more poultry and eggs, more of the vegetables high in food value and less of those low in food value in relation to volume; more corn, less wheat; more peanuts for food and oil, more potatoes, and more dry beans and peas."

"Maximum production of dried fruits will be necessary in 1943. Military and lend-lease requirements will be larger and civilian demand will be greater because of the reduction in supplies of canned fruits and juices".
Claud R. Wickard, Secretary of Agriculture.

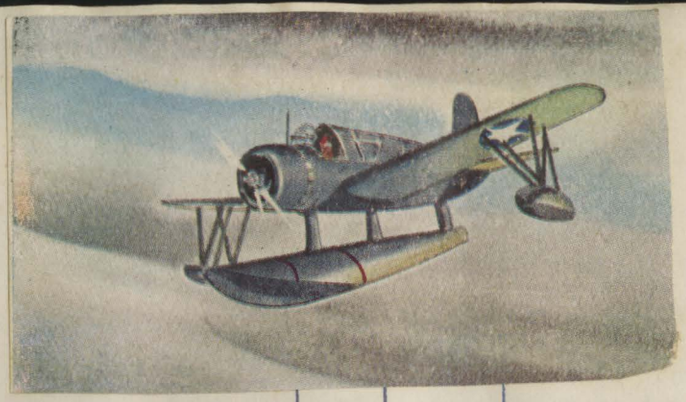
"The needs for 1943 are so great that every food production resource must be mobilized to meet the demand.

"Thirty-five per cent of the 1942 pack of the most important canned vegetables was set aside for army and lend-lease needs. Fifty per cent or more of the 1943 pack of the important canned goods will be required for these needs. This means that civilians will have to depend more and more upon fresh supplies from commercial sources and that they will need to supplement these supplies through home garden production. Furthermore, because of the military and lend-lease needs for canned supplies, it will be important for garderners to plan to store and preserve for winter use as much as possible of the products of the gardens.

From Book IV. "The Victory Gardens Campaigh." Office of War Information.

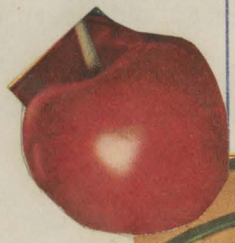


Some foods are marching off our tables to many battle fronts. Others must be used sparingly for lack of ships and labor.





1941 1942 1943





Lend Lease
and
Military Needs.





Many more of the important food s are expected to be rationed.

In view of the outlook of conditions existing in the early months of 1943, farm families will no doubt be interested in producing, processing, and conserving adequate foods for home use and as much surplus as possible for available local markets to aid the war effort.

Farm families that produce and conserve sufficient home grown foods to meet their needs will contribute to the war effort by:

1. Providing a more adequare diet for the family to maihtain health at a maximum for the duration.

2. Reducing the amount of foods to be purchased from the groceryman, thereby curtailing necessary transportation and delivery services.

3. Freeing all commercial canned and dried foods, meats, eggs, milk products, and fats for the United Nations, the armed services and civilian defense workers.

Suggested Teaching Aids and Activitées.

1. List the foods purchased in 1942 by members of the class that can be home gwown, processed and conserved in 1943.

2. List the nmber of boys in the armed services, in defense production, or in essential civilian occupations from families represented by members of this class.

a. Calculate on the "food budget", page 7, the additional food fiecessary for maintaing the health of the members of these families away from home.

b. Calculate on the "food budget", page 7, the amount of foods required to maintain adequately the health of these at home.

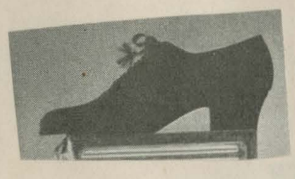

LIPTON TEA
LIPTON TEA
¼ LB. NET WT.
ORANGE PEKOE AND PEKOE
BLACK TEA · CHOICEST BLEND
THOMAS J. LIPTON, INC. (PACKER) HOBOKEN, NEW JERSEY

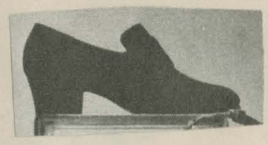

FRANKLIN
Cane
Sugar




FRESHLY ROASTED
BOKAR
GROUND TO ORDER
COFFEE
A&P COFFEE SERVICE


Crisco
Crisco
Crisco






BEEF


1.
Pa's working on a Ration Board;


FISH


SWIFT'S
PREMIUM


Spry
VEGETABLE OIL BY EXCLUSIVE
Spry
PURE VEGETABLE SHORTENING
FOR ALL BAKING AND FRYING
CAKES—PASTRY—COOKIES—BISCUITS


SPARERIBS


HEINZ
FRESH
CUCUMBER
PICKLE


DOLE
UNSWEETENED HAWAIIAN
PINEAPPLE JUICE


Libby's
100
Famous
Foods


Campbell's
CONDENSED
TOMATO
SOUP


Del Monte
PEACH HALVES


Del Monte
FRUIT COCKTAIL


PHILADELPHIA
BRAND
PASTEURIZED
CREAM CHEESE
3 OZS. NET WEIGHT
KRAFT CHEESE COMPANY
Never Sold in Bulk
Made only by KRAFT


NET WEIGHT ONE POUND
made by KRAFT
Parkay
THE DELICIOUS VEGETABLE
OLEOMARGARINE



Point Rationing of Foods

HOW DOES IT WORK?

Here are answers to questions you will ask as food-points join dollars in your budget planning

AMERICA'S homemakers—you women who are as much a part of the war effort as tho you wore uniforms—are being handed another job.

This job is planning your family's meals under the restrictions of point rationing. You've read the announcements and you know that from now on you must plan your family's meals with one eye on the ration book. Your planning job is vital, and its first requirement is that you understand just what point rationing is all about.

It's complicated—difficult to explain or understand. Let's not make any bones about that. But in operation it's as simple as such a thing could be, and it's a sound, workable system, thoroly tested by British experience. And it is essential.

It means that every homemaker in America must learn an additional kind of budgeting. You must learn to plan your use of ration points in the way that will best satisfy the tastes and nutritional needs of your family. You'll pitch in and do the job, of course, as you always have. And we'll keep right on helping you.

We wish we could sit down with each of you and tell you what we've learned about point rationing. Since that's impossible, here are the answers to all the questions we think you'd be most likely to ask:

Q Why is rationing necessary—isn't there enough food to go around?

A There is enough for everyone. But if some people are allowed more than their share, there won't be enough left of certain desirable foods for the rest of us to have any.

Q Aren't we producing more food than ever before?

A Yes, we are. But out of this gigantic food supply we're helping to feed our allies, and to maintain the best-fed army in the world.

Q Is there enough food left for civilians?

A Yes. But certain foods are in greater demand than ever before because they ship well, or because more people can afford them than in past years. Rationing insures that each of us gets a fair share of the essential foods. It does away with rushing to stores early in the morning, or being disappointed.

Q I see why we must have rationing—but what's the purpose of this new point rationing?

A The purpose is to permit you freedom to choose the food you prefer, within a group of items which substitute for each other.

Some foods—cereals such as corn flakes, wheat flakes, and bran flakes, for example—can be treated as a group. In meal preparation one substitutes pretty well for [*Turn to page 82*

Point Rationing of Foods

[*Begins on page 37*]

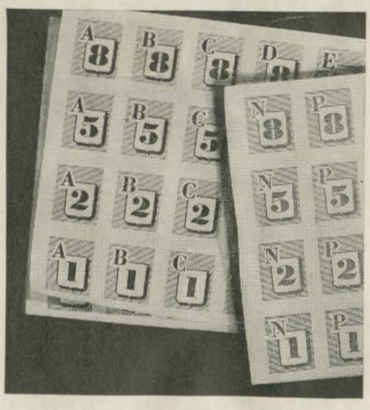
another. So these foods can be rationed as a unit.

Point enters the picture in this way: Your ration will consist of so many points a month. When you buy a pound of one food within the group you may use up one of your points. A pound of another food may, if it's scarcer, cost you two or more points.

You're free to choose which of these foods you wish to "buy" with your limited number of points.

Q What's the ration book like?

A It's called War Ration Book Two, and contains 192 coupons, each bearing a letter and a number.



There are four red coupons bearing the letter A, each having a different number—1, 2, 5, or 8. There are four B's, numbered the same way, and so on thru the alphabet (two letters being omitted to make the number of coupons come out right). A set of blue coupons exactly duplicates the reds.

The numbers 1, 2, 5, and 8 (which indicate how many points a coupon is worth) were chosen because by adding together various combinations of them you can get almost any total from 1 to 16.

Q How do I use my ration book?

A Let's suppose the Office of Price Administration decides cereals must be rationed. (Cereals are very *unlikely* to be rationed soon; that's why they're a good example!)

OPA might announce a point value of 1 for a pound of corn flakes, 2 for bran flakes, 6 for corn meal, etc. And it might say each individual may use 32 points for cereals next month, using red coupons A and B (this would be a total of eight coupons, and the numbers on them would add up to 32 points).

Then if you wanted 5 pounds of bran flakes you'd need to use 5 times 2 (the point value of bran flakes), or 10 points. You'd give your grocer one 8-point coupon and one 2-point coupon. Or any other combination that added up to 10.

Q What if I use up all my points before the month is over?

A You'll just have to get along without any more of the rationed items until the next ration period begins.

You'll need to budget your coupons just as carefully as you ever have your household funds.

So far as point-rationed foods are concerned, each expenditure will cost you ration points as well as money.

Q How will point values be decided?

A In general, the basis will be relative scarcity. If one product in a group is pretty scarce, it will be given a high value in points. Then fewer people will buy it, and the supply won't run out.

In some cases, nutrition value may also be considered.

Q How will I know what point values have been assigned and what my ration is?

A This information will be posted in your grocery store, and otherwise widely announced by the OPA. If point values are changed, the announcement of this will be posted also.

Q What additional foods are going to be rationed?

A Sorry. That's a question we can't answer. But don't worry; whenever a new rationing program begins it will be widely announced.

Q How does point rationing affect my meal-planning?

A You'll now have to take account of how much each rationed food costs in points—as well as in money. If you find one of your favorite foods has a high point value you may want to switch to a similar item that won't use up so many of your points.

Q How can I get help with these new problems?

A The Better Foods & Home Management Department of *Better Homes & Gardens* is dedicated to just that purpose. You'll notice that this month, as in other months, we're giving you meal plans and recipes and food ideas that use plentiful foods—tips, in other words, to lick your food problems, whatever they may be. All along, you'll find us emphasizing use of non-rationed, plentiful foods.

Q What should I, as a patriotic American, do during rationing?

A Your first job is the one you've been doing right along—feeding your family well to keep them healthy and strong. Food rationing is just another factor you must now consider in doing this job.

On top of that, it's every American's job to discourage grumblers, crush rumors, and explain the reasons and the procedures of rationing to those folks who complain because they just don't understand the need.

RELATED SUBJECT MATTER (PROBLEM III)

1. Grow an all-year garden of adequate size to meet the family food needs.
2. Plant vegetables at the proper time.
3. Plant vegetables in succession.
4. Plant recommended varieties.
5. Plant high quality garden seed.
6. Follow recommended cultural practices.
7. Control diseases and insects.

Size and Location of the Garden.

The size of the garden will depend upon the number of persons in the family. Approximately one-half acre of land properly planted in succession crops the year around will provide vegetables for a family of five. An additional two acres in such crops as corn, tomatoes, field peas, peanuts, melons, and cane for syrup should be planted for canning and storing, if the land is available.

As much of the work in planting, cultivating, and harvesting is done during spare-time, and vegetables are best when used soon after being gathered the garden should be near the house. A south or southeast slope is best because the soil in such a location warms up earlier in the spring, allowing earlier planting and earlier crops. The soil should be a deep; well-drained sandy loam, with a moisture retentive sub-soil, if possible. However, other soils can be made to produce good vegetables if properly managed.

Harold M. Lambert



A WISE man has said

that a garden is the best place

for rearing children.

Where else can a child absorb,

at the same time,

so much beauty and so much of the joy

of live things?

A child comes into a garden

with wide-open eyes,

and even the greatest scientist

may see no more deeply

into the mystery of life and growth.

There is a unique wisdom in learning

the ways of the sunshine,

its warmth,

the fresh winds,

the fragrance of the outdoors,

the songs of birds;

there is something profoundly moving

in the sight of a child,

pausing to wonder in the midst of it all,

for in her sensitive soul

there may be more

of the wisdom of the ages

than we can know.

—E.T.P.

Walk

Walk

Walk

Walk

Garden HERBS

for Salads and Seasonings

Greens?



Asparagus

Beets

Cabbage

Onion Sets

Peas

Tomatoe

Pepper, Egg plant

Cucumber

Squash



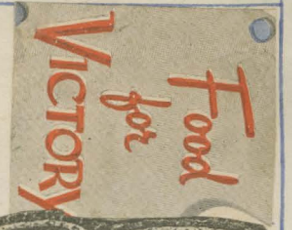












Peanuts

Pole Beans

Soy Beans

Carrots.

Irish Potatoe

Lima Beans

Okra

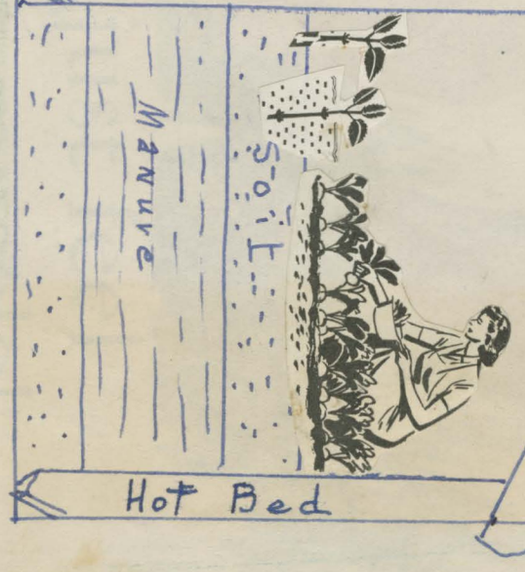
Corn and Beans

Corn + Beans

Cantaloupe

Water Melons

Sweet Potatoes.



Walk

Walk

Walk

FOOD FOR VICTORY



...just feel
that muscle!

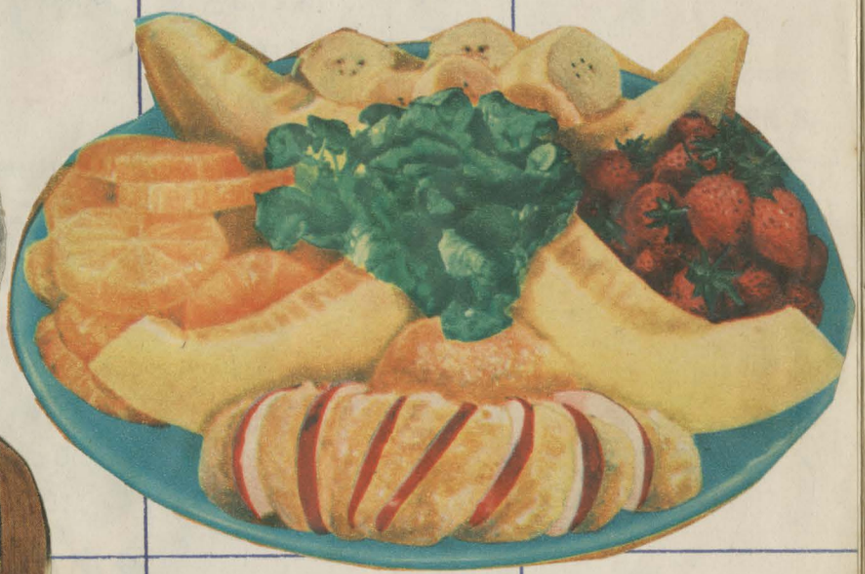
Food Chart

Sources	Function	Nutrients furnished.
	Builds muscles and blood and Keeps one healthy.	Proteins
 **1. This is a delicious duet**—fine-milled whole wheat and golden corn meal. They give Clapp's Instant Cereal	Keeps body warm - gives Power to work. An over supply is stored as fat. 	starch and sugar
	Energy. An over supply is stored as fat.	Fat

Continued

Sources	Function	Nutrients furnished
	Builds blood, teeth and bone tissues, Regulates the heart, and protects the nerves.	Calcium
	Necessary for building every living cell in the body	Phosphorus
	Prevents Goiter	Iodine

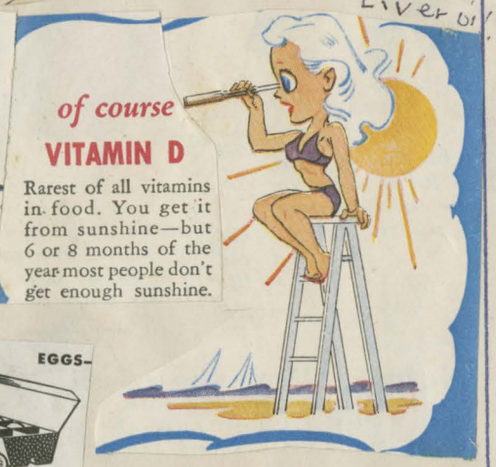
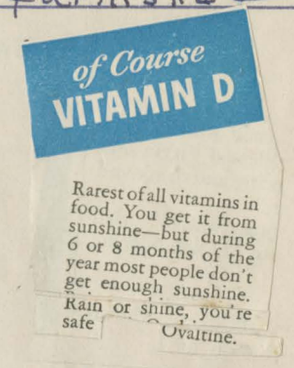
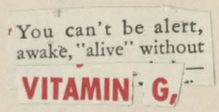
Continued

Sources	Function	Nutrients furnished.
	Builds blood and strong muscles.	Iron
  		
	Needed for Normal elimination.	Roughage.

Continued

Sources	Function	Nutrients Furnished
	Needed for normal growth, health, reproduction, normal skin, and normal mucus membrane. It prevents night blindness.	
 Wheat Germ	Necessary for normal growth: It gives protection to nerves, and is important for Lactation, keeps appetite, good digestion, and normal muscle. Vitamin B1 is needed to secure the full amount of energy from foods.	 (Thiamin)
	Needed for growth and health; It is necessary for normal blood vessels, gums, teeth, and bones. Vitamin C prevents scurvy.	 (absorbic acid)

Continued

Sources	Function	Nutrients furnished
  Fish Liver Oil   	Necessary for growth and health and for building strong teeth and straight bones. Vitamin D Prevents rickets.	 
	Needed for growth and robust health at all ages. It is required to burn foods in the body.	   (Riboflavin)

VEGETABLES

THE BALANCED DIET RECOMMENDED BY YOUR GOVERNMENT INCLUDES TWO VEGETABLES OR MORE EVERY DAY...





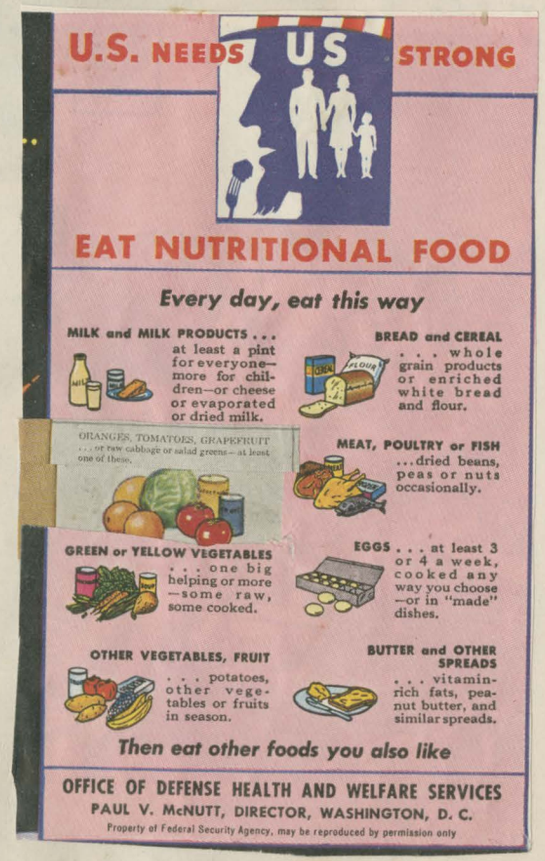
fruit



EGGS

and





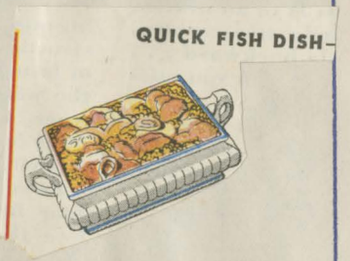
Daily Diet



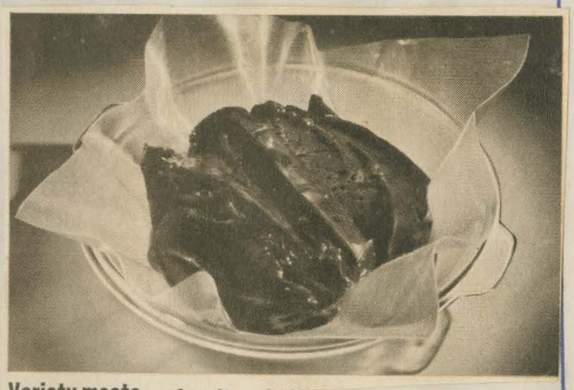
Steaks, chops and roasts

Meat or fish

or



Complete proteins and Phosphorus, Iron and Iodine.



Variety meats, such as liver, kidneys,

1 Serving

or

Liver or Sea food.



Continued



Canned Fruits

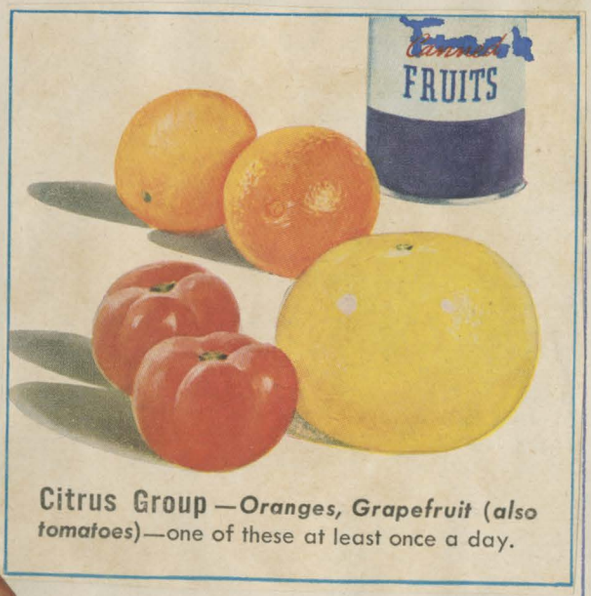
1 Serving

Vitamin B. C.

Bulk Minerals.



Fresh fruits or Tomatoes



Citrus Group—***Oranges, Grapefruit (also tomatoes)***—one of these at least once a day.

Vitamin C.





Continued.



Cereal Group— ***Bread and Cereals***— enriched bread, enriched flour, whole grain products, macaroni, spaghetti.



Fats, Sweets
and seasonings as you like them.



Starch.



Cream

Enough to obtain the right body weight.



Water

6 to 8 glasses daily

For body substance and regulation

DANDELION
Serve raw as salad with tomatoes and French dressing
Cook as spinach, serve with vinegar



BROCCOLI
Serve with cheese sauce
Or lemon butter sauce



Green or yellow, and others



— some raw, some cooked



Leafy Salad
Raw Vegetables.

1 Serving

Vitamins
A. B. C. E. G.

Minerals and Bulk.

Continued



1 Serving

Minerals,
Bulk and
Vitamins.



Whole grain Cereals.



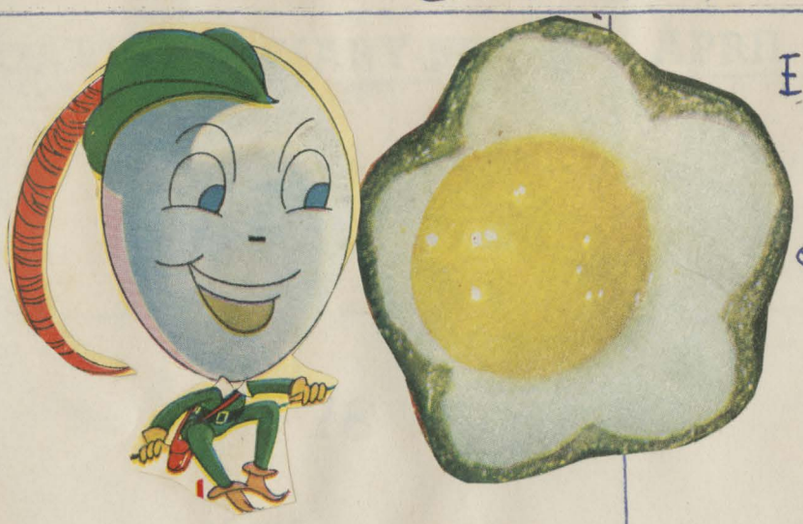
Vegetables other than Potatoes.

1 Serving

Minerals,
Bulk and
Vitamins.



Continued



EAT AN EGG A DAY
The Experts Say!

Eggs or egg yolk.

1 Serving

Minerals, especially Iron.

Vitamin A and D.



Whole Milk

Milk. (Whole)

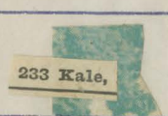
1 Quart for Children.

1 pint for adults.

Minerals. Proteins.

Vitamin A. B. C. D.

Garden 1943 Calendar

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
		15 20			
	15 18				
	 15 18	15 18			
	 15 20	1 15			1 10
	 1 15	1			
	 15 28	1 15			
	 mustard	1	1		
	 233 Kale,				
	 Collards			1	1

GARDEN 1943 Calendar

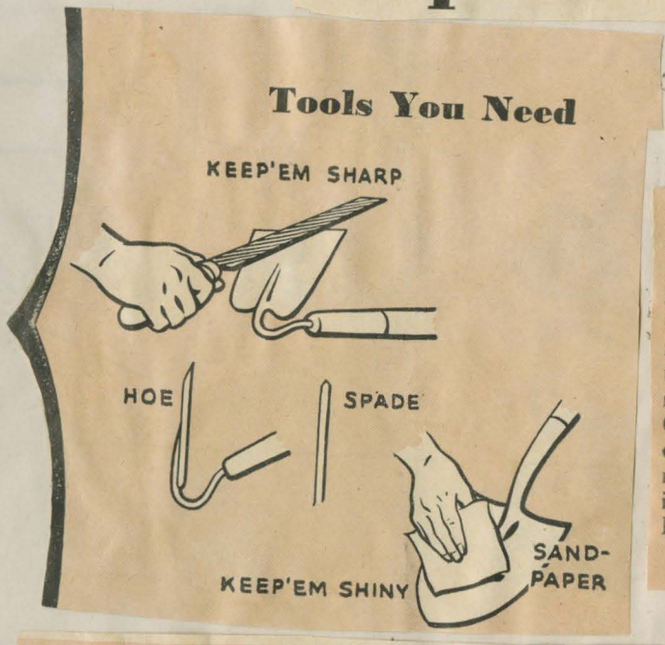
JULY	AUG	SEPT	OCT	NOV	DEC
	 Mustard	1 15			
	 Turnip	30			
	15				
	 Onion		15 30		
	15 30				
	 Lettuce 31				
	 Kale	1 30			
	 Rape	1 30			

That Food Garden

Pick It

AND

Spade It



TOOLS,

How to Sharpen: Before using any of your tools, old or new, go over the edges with a file or whetstone. New tools don't come well sharpened. Keep soil-working tools ground to a wide-angle edge, not a thin one which nicks easily. Sandpaper paint from new tools and rust from old ones so they "scour" readily—that is, so the earth doesn't stick. Good way to clean rusty tools is to soak them overnight in half-and-half kerosene and motor oil, then scour them with a rag soaked in the same solution and dipped into sand. Paint oil on tools after each use.



The Food Budget.

Foods	Yearly amount per person	Yearly amount needed for family of:	amount to be purchased
Milk	73 gal. to drink and for cooking.	300	
Butter and Cheese	73 gal. of milk required	292	
Eggs	30 dozen	120	
Poultry	31 lbs.	124	
Beef.	53 lbs.	212	
Pork	75 lbs.	300	
Lamb, fish and game	22 lbs.	88	
Vegetables	200 lbs. potatoes sweet and irish 100 lbs. tomatoes or citrus fruits 160 lbs. green and yellow vegetables 20 lbs. dried peas, beans, and nuts.		
Fruit	160 lbs.	640	
Sweets	3 gals. syrup and honey 40 lbs. sugar*	12 160	
Cereals	100 lbs. corn meal and grits 100 lbs. flour, wheat cereal and other cereal.	400 400	

* Due to sugar rationing, some adjustments must be made, uning more honey and syrup.

Who's Going to Eat? You or the rabbits?





When choosing your site, remember the more extensive the cultivated area around your site, the less likelihood there is of rabbits' and field mice's—or, near woodlands, woodchucks'—being destructive. Cutting down all weeds in adjoining fields or lots will help. Frequent dusting with sulphur discourages rabbits. Corn, tomatoes, squash, pumpkins, and melons are seldom bothered and can be grown without protection. Figure-4 box traps catch rabbits. Fence 30 inches high and close-meshed at the bottom will keep out rabbits. For chickens it must be six inches to a foot higher.

Your dog will be delighted with the ease of burying his bone in the lettuce bed. Teach him to stay out of the garden. If he even walks down a row of young lima beans with their brittle heads, he'll destroy half the crop.

Share Croppers

YOU WON'T WANT



IF and WHEN any of these show up in your garden—here's what you do about them

By Leslie MacRae

THIS year loss of perfectly good food isn't to be tolerated. Dusts and sprays to outwit the garden pests must go on regardless of whether there are enough dust guns and sprayers to go round.

Such tools as there are can be passed around your neighborhood circle. In a small garden, sprays can be carried in a pail, applied with deft swishes of a whisk broom. Dusts can be spread from a bag made of double thicknesses of old curtains and whacked smartly with a stick. (Hold this away from you on a second stick, and tie a handkerchief over your nose.) A baking powder can with holes in the lid makes a pretty good sifter.

Get your garden's enemies. But don't harm the lady bugs, which eat plant lice, or the bees.

Illustrations by Maynard Reece

Pale-striped Flea Beetle



8 x size

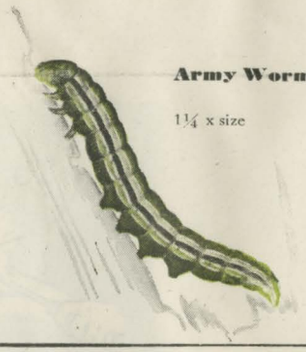
The large and lively family of the flea beetles leap nimbly from rows of spinach, potatoes, eggplants, cabbage, and sweet potatoes, in which they eat hundreds of small holes and reduce leaf surface to an injurious degree in dry weather. They also feed on watermelons, pumpkins, peas, beans, and beets. Bordeaux spray containing lead arsenate, applied every 10 days, is necessary if flea beetles appear in hordes.



Wireworm

2 x size

The first year after sod land is broken is when you're most likely to have wireworms. These burrow into germinating seeds (especially corn) and into potatoes, beets, turnips, onions, watermelons, carrots, and beans. Pick them by hand when the ground is forked. It's often feasible to plant moldy corn 3 inches deep, in spots 4 feet apart. These attract wireworms, which can be dug up 10 days later and killed. Then plant.



Army Worm

1¼ x size

Out of grain fields the hordes of army worms advance in some years to near-by gardens, where they feed on beans, sweet potatoes, cucumbers, celery, peppers, strawberries, parsley, and corn. They feed by night and lie curled under clods by day. A deep furrow with vertical side toward the garden will often stop their march. A line of poisoned bran (see Variegated Cutworm) will stop them.

Cabbage Worm



1½ x size

Velvety-green cabbage worms are pretty certain to riddle the leaves of cabbage, collards, cauliflower, broccoli, kohlrabi, kale, Brussels Sprouts, and often mustard, horse-radish, turnips, and radishes unless poisoned. Spray both sides of leaves with a scant ounce of calcium or lead arsenate and 1-inch cube of laundry soap to 1 gallon of water. Or dust with 1 part of either poison to 3 of hydrated lime or sulphur.

Grasshopper



¾ size

Familiar in several colors and sizes, the grasshoppers hatch from May till July. Unless your garden is in a district badly infested, damage will be nominal. A poison bait made of 25 parts bran or hardwood sawdust to 1 of Paris green or white arsenic, sweetened with blackstrap molasses or other sirup and moistened with water, can be spread in the mornings to excellent effect. Add lemon rinds if you have them.

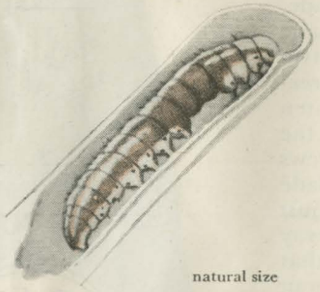
Mexican Bean Beetle

2 x size



Where it occurs, the Mexican Bean Beetle is the most serious threat to all kinds of beans, also cowpeas. A few may appear when beans come up, but they are most common in July and August. Dust with 1 part calcium arsenate to 9 parts hydrated lime, starting when beetles first appear in numbers. Coat undersides of foliage. These beetles are yellow to coppery brown and twice the size of the beneficent lady bugs.

Common Stalk Borer



natural size

A general feeder east of the Rockies, the common stalk borer does damage to potatoes, corn, tomatoes, cauliflower, and peppers. Injuries show in late July and August, when other plants wilt above point of attack, and corn grows bent and stunted. Corn near margins of field is injured most often. Destroy all affected plants at once, and clear giant ragweed from borders of garden before September.

Striped Blister Beetle

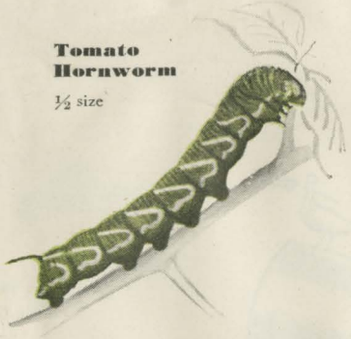


2 x size

"Old-fashioned" potato bugs, otherwise blister beetles, attack potatoes, beets, tomatoes, squash, beans, peas, onions, carrots, spinach, cabbage, corn, and asters thru all parts of the United States and southern Canada. In June and July use calcium arsenate or lead arsenate when beetles first appear. Or knock beetles into half a can of water on which floats a quarter inch of kerosene.

Tomato Hornworm

½ size



Threatening in looks tho actually harmless, the big green tomato hornworms devour the foliage of a plant in a short time. Besides tomatoes and tobacco, they attack peppers, potatoes, and eggplant. In a small garden hand-picking is best. Concealed worms can be located by their droppings. Lay a shingle over each one before you step on it. Dust large fields with lead arsenate in June and August.

Cabbage Looper

1½ x size



Inching along rapidly, the cabbage looper can do much damage in a single night. Tho more active, cabbage loopers work along with the cabbage worms. The numbers increase with second and third generations, so cabbage should be dusted or sprayed with lead or calcium arsenate or Paris green as soon as worms appear. Do not use a poison spray within 2 weeks of harvest. Use pyrethrum and hellebore sprays whenever possible.

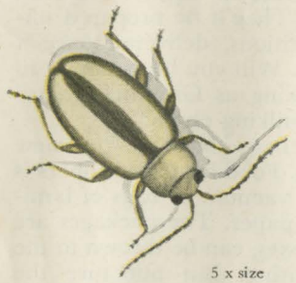
Leaf Hopper



11 x size

Wedge-shaped bits of light green or tan flying up by the hundreds before you as you walk thru the garden indicate leaf hoppers. These tiny sap-suckers are responsible for tipburn or hopperburn on potatoes. They also cripple beets, tomatoes, eggplant, rhubarb, and soybeans when infestation is heavy. Use a 2-percent nicotine dust on the undersides of foliage or a nicotine sulphate spray.

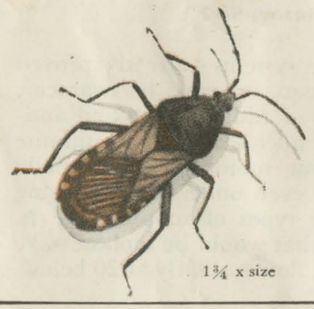
Striped Cucumber Beetle



5 x size

Heavy feeding of plants and frequent cultivation will often get your cucumbers, melons, and squashes thru attacks of the striped cucumber beetle. Young plants are most vulnerable to these attacks, which may come anywhere thruout the eastern United States. Keep dusted with calcium arsenate, or cover with screen or cloth. Another escape is to plant thickly, and thin later.

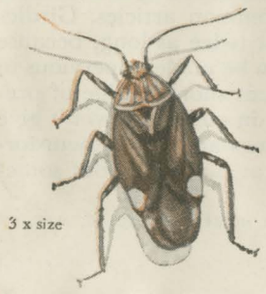
Squash Bug



1¾ x size

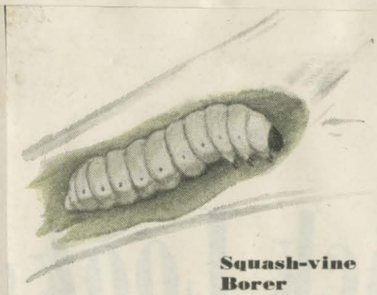
The poison bite of the squash bug causes wilting, curling, and blackening of the leaves on melons, cucumbers, pumpkins, and especially late winter squash. Young bugs can be killed with a fish-oil soap emulsion. A better control is to crush egg masses as soon as found on young plants in spring. Bugs will gather under boards laid among vines at night and can be killed in the morning.

Tarnished Plant Bug



3 x size

Skulking habits and an obscure color enable the tarnished plant bugs to carry disease to some 50 useful plants and to distort and cripple others. Chief victims in the home food garden are beans, potatoes, chard, celery, cabbage, turnips, salsify, and strawberries. There is no effective control except to clean up all near-by weeds. Bordeaux spray on potatoes repels them to some degree.



Squash-vine Borer

1½ x size

Sudden wilting of squash vines is often due to tunneling of the stems by borers, thick, whitish, grub-like creatures. Look for holes spilling a coarse yellowish excrement near base of plants. Spray eggs with 40-percent nicotine sulphate solution and slit stems above holes and dig out borers. To offset the harm they do, cover stems and joints near base of plant with soil to bring on supplementary roots.

Corn Earworm



½ size

A global pest, the corn earworm is also called the tomato fruitworm and cotton bollworm. A single worm often tunnels into several tomatoes, leaving them soured and decaying. Spray or dust plants when fruits are marble-sized with lead or calcium arsenate. Repeat in 10 days. Dust or spray corn silks with the same when they start to turn color, or inject a half teaspoon of white mineral oil sold with a spray can for this use.

White Grub



1½ x size

Lumpish (but good bait for channel cat), the white grubs lie curved in the soil and attack potatoes, corn, beets, and strawberries. Often associated with cutworms, they're most common in newly turned sod land. No poison is practical, but because they show plainly when soil is forked or plowed, many can be picked out then. Plow in fall when possible. Robins do a good job at clearing freshly turned soil of these white grubs.

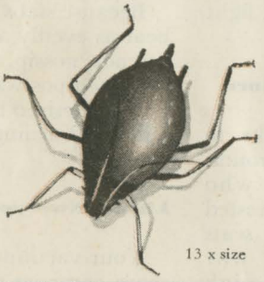
Colorado Potato Beetle



1¾ x size

Best-known beetle in the United States is this striped pirate, with its brick-red young. Feeding in groups, they soon devour leaves, kill plants, and cut yield. Lacking potatoes they feed on tomatoes, cabbage, eggplant, peppers, and ground cherries. In small patches potatoes can be dusted with lead or calcium arsenate. Standard spray for fields is 2 pounds lead arsenate to 50 gallons of 5–6–50 Bordeaux spray.

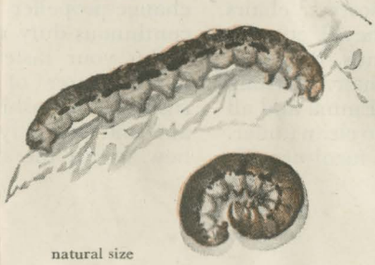
Bean Aphis



13 x size

Small, soft-bodied aphids or plant lice can be red, green, brown, black, or gray. They usually cluster near growing tips, where they suck sap, and cause crumpling and distortion. Lady bugs eat them, but a spray or dust of 40-percent nicotine sulphate or rotenone-pyrethrum compound is surer. Repeat on third day to catch stragglers from soggy mass of lice not hit the first day.

Variegated Cutworm



natural size

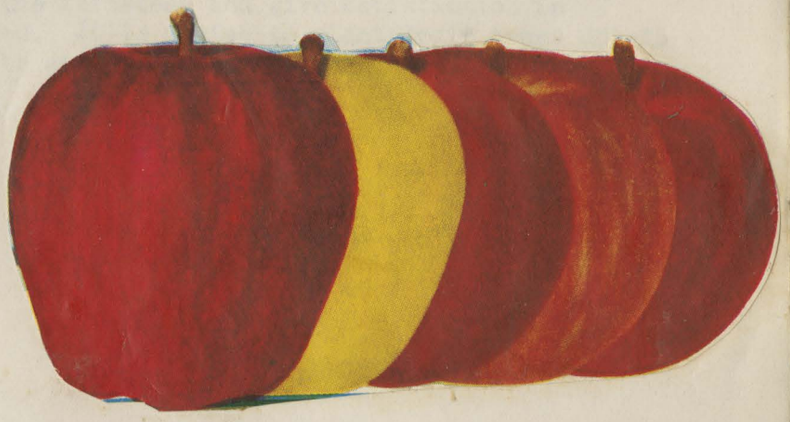
The Variegated Cutworm does great damage by cutting off newly set tomatoes and cabbages and newly sprouted corn near the surface of the ground. It works mostly by night; lies coiled by day close to plants cut last. Crush on sight, or use poison bait made from 1 quart of dry bran, 1 tablespoon Paris green, one-half cup molasses, and a scant quart of water. Spread thinly in the evening.

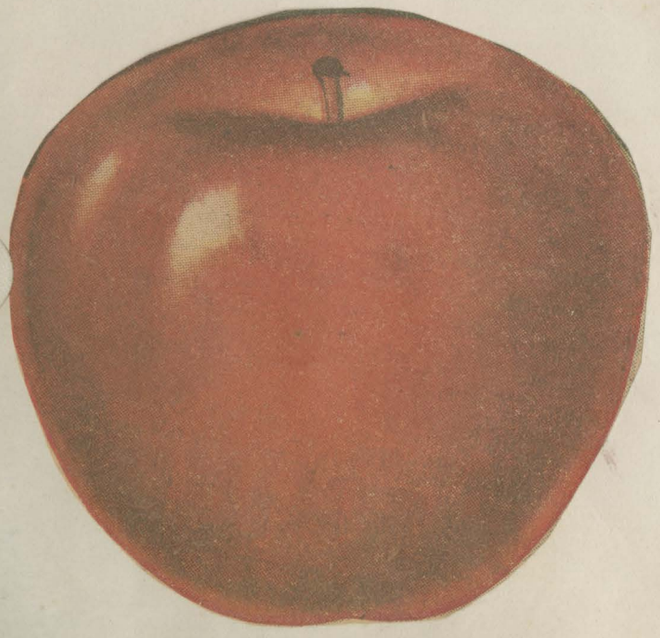
victory orchard

TREES



Apples





Varieties

1_ Bonum.
2_ Melba.
3_ yellow transparent.
4_ Golden delicious
5_ Stayman Winesap
6 Rome Beauty.

RELATED SUBJECT MATTER (PROBLEM IV)

1. Plant sufficient fruit and nut trees to provide an adequate supply of these foods for the family.
2. Select recommended varieties of fruit and nut trees.
3. Prune old and new orchards.
4. Fertilize fruit and nut trees.
5. Control insects and diseases.
6. Harvest fruit at the proper stage of maturity.

A home orchard properly planned and cared for will be an asset to the farm family not only from the standpoint of producing food to properly balance the diet, but also to add beauty to the farmstead and give satisfaction in gathering ripe fruit when it is needed. It is unwise to plant fruit trees unless provisions are made to control insects and diseases.



5 on 1 Apple

The world's finest Apples, early mid-season and late. Five outstanding varieties including Anoka, Yellow Delicious, Jonathan, Red Rome Beauty and Red Delicious all on one tree and all at a price that you would normally pay for a good two year old tree of only one variety. A complete Apple orchard on one tree.

The Modern Orchard

Most scientific horticultural development in years.

All of you love delicious fresh fruit of different kinds and especially so if you can get it right out of your own back yard. The average yard would not permit 22 separate trees. Realizing this, we have by scientific methods grafted 22 outstanding different varieties of delicious fruits on 6 strong 2 yr. old trees described above. "Perfectly hardy throughout the nation."

5 on 1 Peach No. 3364

Here is the amazing Peach Tree, 5 distinct varieties growing abundantly on one strong thrifty tree; including the celebrated Hale Haven, Rochester, J. H. Hale, Early Elberta and the famous South Haven.

3 on 1 Pear No. 3379

This marvelous Pear tree will furnish you an abundance of fresh delicious fruit of Bartlett, Kieffer and Early Harvest. Plan now to enjoy your own fresh Pears by ordering today while the supply is available.

3 on 1 Cherry No. 3363

This marvelous Cherry Tree will furnish you an abundance of fresh, delicious fruit of: Richmond, (early sour) Black Tartarian, (sweet) Montmorency, (late sour). This tree will produce the same large luscious Cherries as if you had one individual variety on a single tree.

3 on 1 Plum No. 3388

Imagine, if you can, 3 varieties of Plums on one tree: Red June, America and Abundance giving you delicious fresh Plums from early June until late summer.

3 on 1—Peach—Plum—Apricot

Here is the most sensational Fruit Tree ever offered to the American public. 3 distinct varieties of delicious tree fruits including Elberta Peach, Burbank Plum and Early Golden Apricot, growing and fruiting abundantly on one tree.

Kind	no. of trees or plants	Varieties
Apple	6	Yellow transparent, close, williams, bonum, molba, golden delicious, delicious, stayman, winosap and rome beauty.
Peach	6	Mayflower, Golden Jubilee, Hiley, Georgis, Belle Elberta, and Halehaven.
Pear	3	Kieffer, Seckel, Waite.
Plum	3	Burbank, Red June, Damson, Abundance, Mathley.
Cherry	3	Montmoroncy, May Duke, and Early Richmond. Note: Cherries, particularly sweet varieties such as Tartarian, are not adapted to Eastern North Carolina.
Pocan	3	Mountains: Indiana, Busseron, Green River. Piedmont: Sturar, Indianna, Green River, and Busseron. East: /Stuart, Schley, Broke.
Black Walnut	3	Stabler, Thomas or native seedlings.
Filberts	3	Barcolona, Durchilly, and White Avoline. Note: It is necessary to plant a combination of varieties in order to insure crosspollination and a crop of nuts.
Bunch Grapes	10	Ontario, Moore's Early, or Fredonia, Portland, Niagara, Delaware, Concord, or Sheridan, and Catawba. Wino varieties: Delaware, Norton, Catawba, Cynthiana, Ivos, Clinton
Muscadine	3	Scuppernong, Thomas, Memory, James, Mish for wine. Note: Muscadine grapes not adapted to mountains
Figs	3	Celeste. Note: Figs are not adapted to mountains and upper piedmont. Other varieties such as Brown Turkey, Brunswick, and Ischia do well in Tide-water counties.
Dewberries	10	Young. Boysenberry. Note: Dewberries not adapted to higher elevatio in Mountains.



Peaches

TREES

Varieties

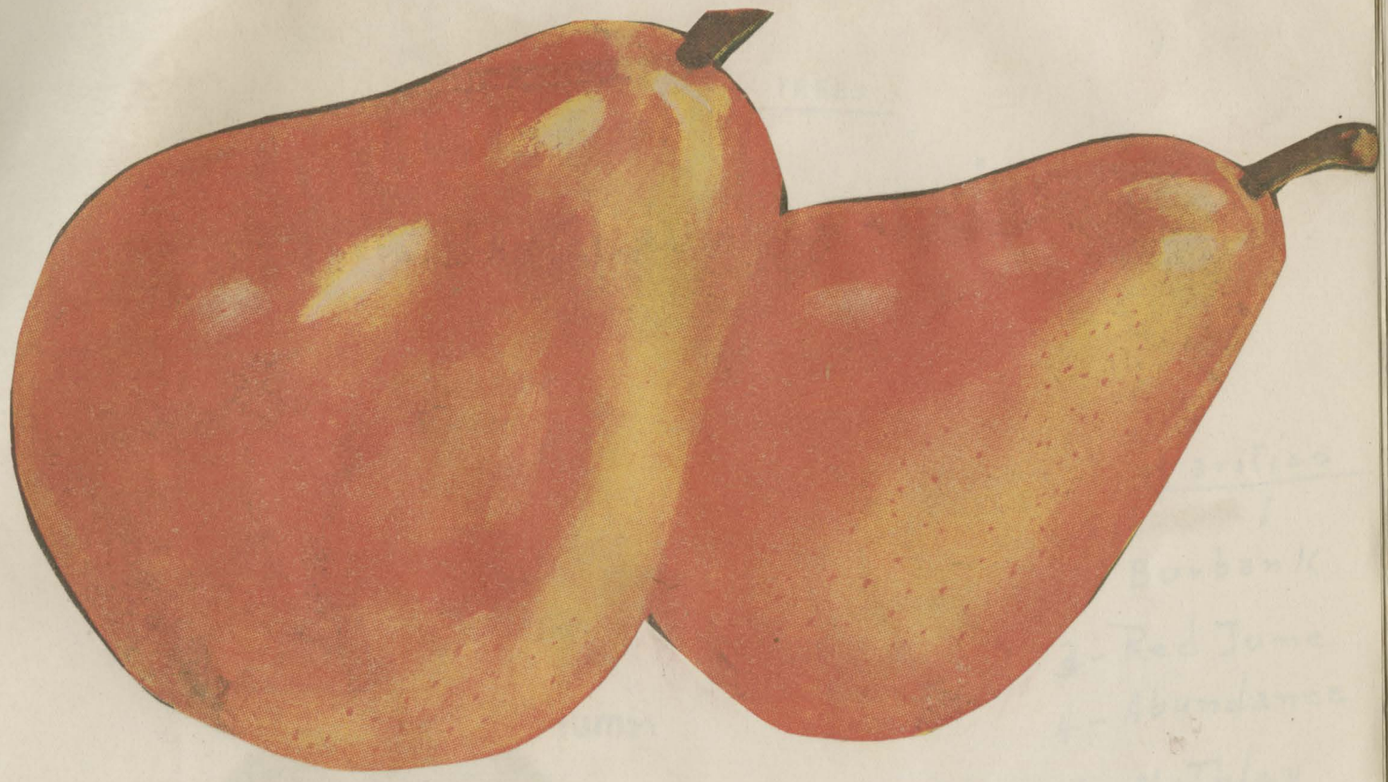
1 - Mayflower

2 - Golden Jubilee

3 - Georgia Belle

4 - Elberta

5 - Halchaven



Pears-

TREES

Varieties

1 - Kieffer

2 - Seckel

3 - Waite

TREES



Plum

Varities

DAMSON 1

2- Burbank

3- Red June

4- Abundance

5- McThley



Cherries

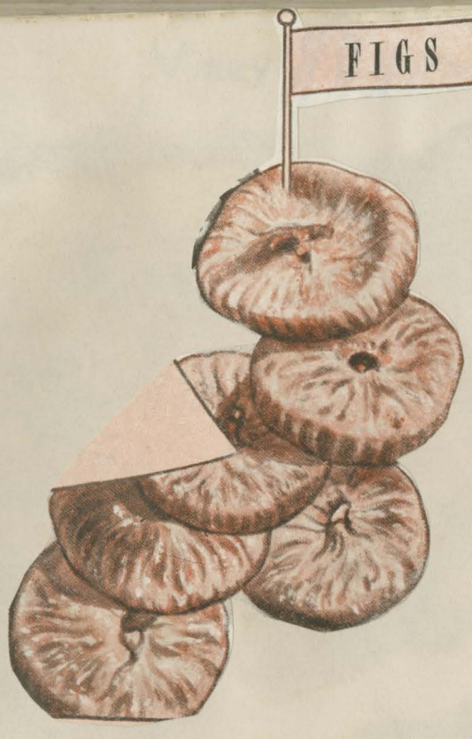
Varieties

1 – Montgomery

2 – May Duke

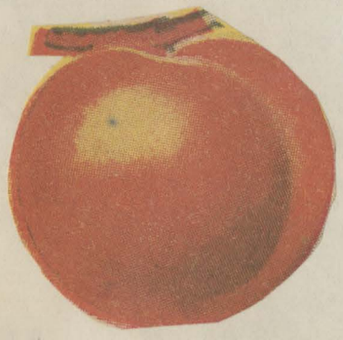
3 – Early Richmond

TREES



TREES

Varities 1 – Celeste



APRICOTS

TREES

Varieties

1 – Wilson Delicious

2 – Superb

3 – Stella

Vineyard

VINES



Varieties

1- Ontario
2- Portland
3 - Moore's Early
4 - Niagara
5 - Delaware

Grapes

Muscadine

ines . . .

Varieties

1- Scuppernong
2- Thomas
3- James

6 - Concord
7 - Catawba
8 - Clinton
9 - Norton

Kind	No. of trees or plants	Varieties.
Blackberries	10	Early wonder and Eldorado.
Raspberries	10	Red: Latham, St. Regis. Black: Cumberland, Plum Farmer.
Strawberries	100	Mountains and Piedmont: Premier, Dorsett, Blackmore, Fairfax. East: Blakemore, Southland, Fairfax, Eleanor Reesevelt, Fairmore, Daybreak, and Massey.

Setting the Trees and Vines.

Plant fruit and nut trees in the fall in Eastern North Carolina and in the spring in the Mountain. Grapes and other small fruits may beplanted in either the fall or winter. Set fig trees in the spring; raspberries either in the fall or spring; strawberries from December to March in Eastern North Carolina and during the fall or early spring in the Western Part of the State. Set dewberries as early in the spring as possible.

How to plant:

Kind	Depth of planting	Distance apart	Planting Procedure.
Apple and Pear	Two inches deeper than they stood in nursery.	35 ft.	Dig a hole large enough to receive roots without bending them. Place top soil around roots and pack firmly.
Peach, Plum, and Cherry	Two inches deeper than they stood in nursery	25 ft.	Dig a hole large enough to receive roots without bending them. Place top soil around roots and pack firmly.
Bunch Grapes	Two inches deeper than they stood in nursery	10 x 20 ft.	Plant same as recommended for trees. Trim roots of extremely long plants to about 8 inches from the stem.
Muscadines	Two inches deeper than they stood in nursery	10 x 20 ft.	Plant same as recommended for trees. Trim roots of extremely long plants to about 8 inches from the stem.

BERRIES



Vines

. . . . .

. . . . .

Varities

1 — Early Wonder

2 - Eldorado



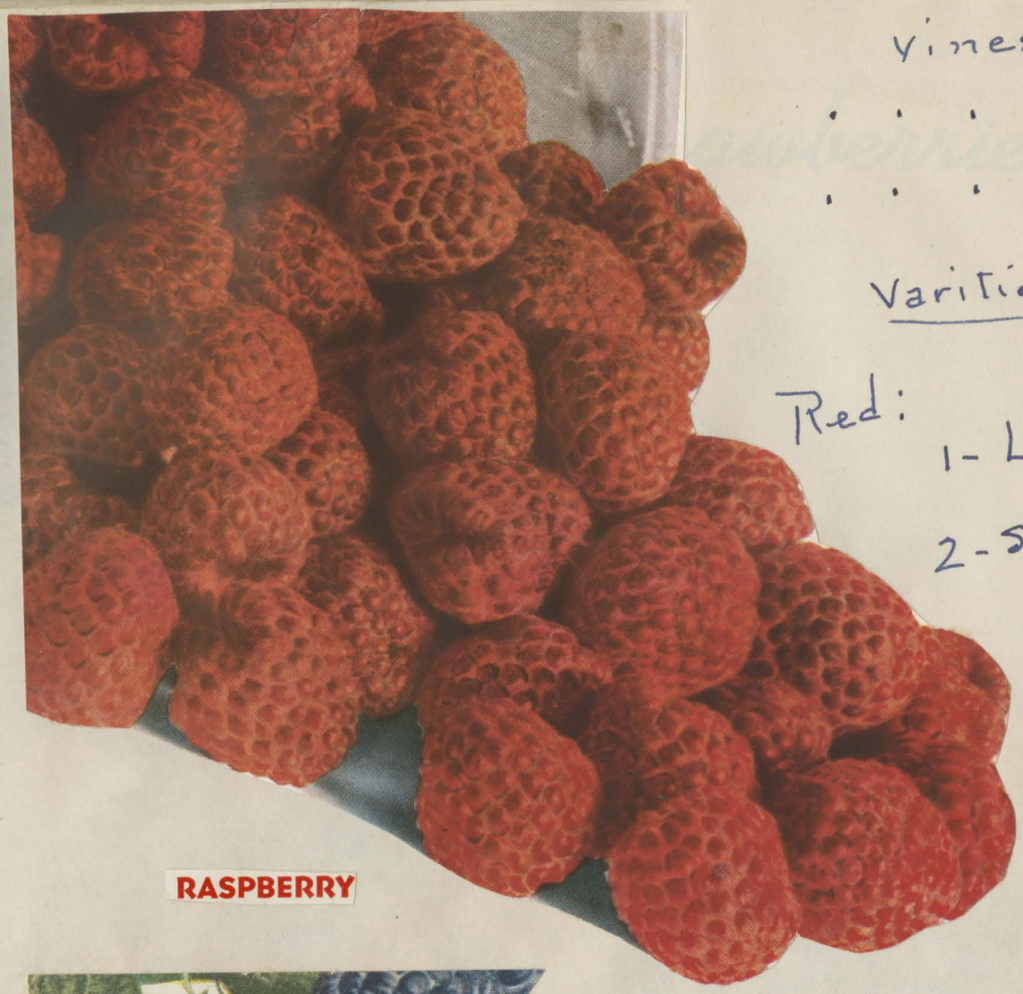
Vines

. . . . .

. . . . .

Varities

Young



RASPBERRY

Vines

Varities

Red:

1- Latham

2- St Regis



Black:

1- Cumberland

2- Plum Farmer

Strawberries



Varieties

1- Premier

2- Dorsett

3- Blackemore

4- Fairfax

100 plants.

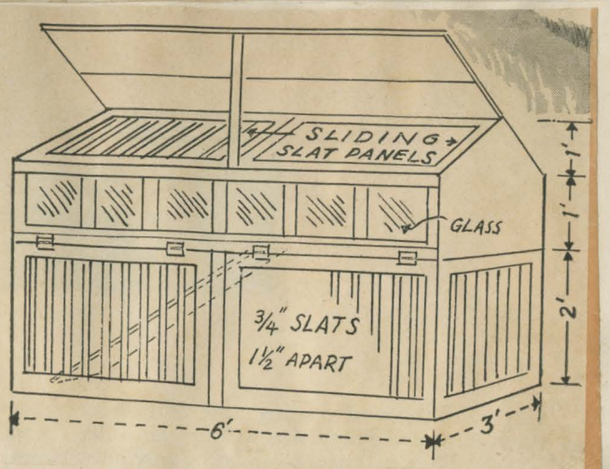


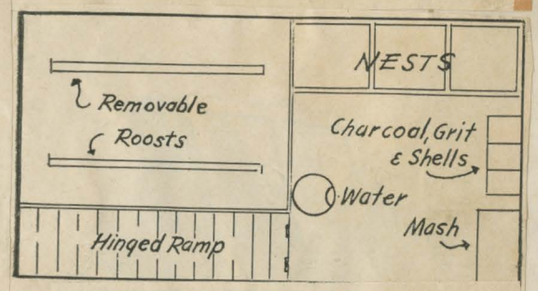


Wake up America!

Poultry, and Eggs From Your Own Back Yard

The two-story plan of this practical, attractive hen house gives enough room for nine laying hens. The ground floor is a scratching area, taking the place of a yard or run. If the ramp is raised on cold nights for protection against drafts, ventilate by slightly opening hinged roof. The plan directly above shows arrangement of the second floor; straw should be scattered in the half where the feed dishes are. In good weather the roof is open to admit sunlight. If you can get chicken wire, you may want to use it instead of slats. You can build this hen house to fit whatever materials you find available





By Darrell Huff

MANY people who haven't seen a live chicken close up since childhood days have been asking themselves this question lately:

"Can I supply my family with eggs and meat by putting a flock of chickens in my back yard?"

It's a pretty important question to those families that haven't been getting enough eggs this winter, are wondering about next winter, and of course want to help out with the national food problem by producing as much food as possible at home. The answer, and there's a lot of investigating, a lot of checking and cross-checking of experts behind it, is: Yes, you certainly can, if . . .

These ifs might be called the drawbacks to back-yard egg and poultry production. These are days for tough, realistic thinking, so let's plunge right in and consider the drawbacks first:

1. You'll have to take the trouble to learn a little about chickens.
2. You'll have to build some kind of house for your flock.
3. Chickens require regular attention —feeding and watering and housecleaning.
4. If you change your mind later, or get careless and neglect your flock, you may lose money on the deal.

The positive side is even simpler. In England right now there's a popular song, "Say, Little Hen, When, When, When Will You Lay Me an Egg for My Tea?" That song's popular because it strikes home so hard; in England an egg is a vital thing, its value not to be measured in money.

IN THIS country we're more fortunate. We're all going to get enough to eat; we're even going to get enough of all the different things we need. But we've already discovered we're by no means going to have everything we want in 1943.

If we're to be sure of plentiful vegetables, we'll have a garden. If we want a sure source of eggs—fresh and plentiful—we'd better produce them in our own yard.

Well, let's say you've looked at the drawbacks and they don't impress you—you're ready to sail right in. How do you go about it?

First of all, you get hold of a hatcheryman. He knows about local conditions, and he can tell you whether you're permitted to keep chickens where you live. (It'll be a pretty stand-pat city government that refuses to suspend any rules interfering with food production this year.)

You'll also arrange with your hatcheryman now for the chickens you'll be buying soon. You'll arrange with him or with your feed dealer for a supply of feed.

You want to start your chicken-raising the simplest, surest way, so you don't buy hatching eggs or day-old chicks. You order a flock of well-developed pullets, to be delivered when they're about eight weeks old. At this age they'll be husky enough to survive in an unheated hen house.

YOU won't need any roosters at all, unless you intend to use some of the eggs for hatching. What kind of chickens? Chances are you'll want one of the all-purpose breeds. These are good egg-producers and they're sturdy: Plymouth Rocks (White or Barred), Rhode Island Reds, Wyandottes, Orpingtons. Another excellent bet is the Leghorn, a smaller breed, especially suited [*Turn to page 96*

Eggs From Your Own Back Yard

[*Begins on page 19*]

to egg production. Several other less common breeds are good, too.

It really won't make much difference which of those you choose—but do insist on good stock. And don't fool around with bargain-priced birds.

NOW that you've arranged to adopt these potential egg-layers, you've got to provide them a home. You have a lot of choices—styles in chicken houses are as varied as in human habitations.

The simplest kind of house for raising a small flock is the one we've pictured and diagramed for you. It's a two-story model that will accommodate nine laying hens in a very small space. Any amateur carpenter can construct it, and it doesn't require hard-to-get chicken wire.

If you do a neat job of hammering and sawing, and paint it to harmonize with your home, it'll look as neat in your back yard as anyone could want.

This neatness, by the way, is important. You'll have far better luck if you keep your hens in clean surroundings. They'll lay better and live longer, and you'll learn to enjoy them.

WE'RE showing a house for nine hens because that's about the smallest number you'll probably want to have. Nine hens, properly cared for, should give you three to six eggs a day—enough on the average to meet the egg requirements of the government nutrition yardstick for a family of four or five.

You'll feed these growing chicks partly on mixed feed bought from your feed dealer, partly on green feed (waste lettuce leaves, grass from your lawn-mowing chore), partly on scraps from your table and kitchen.

Charcoal, grit, and oystershell should be available to the chickens at all times. Water should be available, too, and it must be kept clean. Change it once a day—oftener in freezing weather.

▶ Going to raise chickens? We have a booklet telling just the things you need to know to start and maintain a successful back-yard flock. For a copy, send 10 cents to *Better Homes & Gardens*, 7504 Meredith Building, Des Moines, Iowa.

THE hen house we've shown is one that can be cleaned easily. One thing worth remembering about the cleaning process is that chickens and gardens can complement each other neatly. Outside cabbage leaves and other waste from your garden help feed the chickens; and chicken manure is an excellent fertilizer.

Chickens that get into the garden are another matter; but doubtless you already know about that. The beauty of the kind of house we show is that your chickens can be *kept* in it. They don't have to be let out at all.

If you've bought your pullets early, they'll begin to lay along about the end of October. It's hard to guess now how scarce and expensive eggs may be by that time—but it's a good bet you'll be whistling cheerfully as you gather the eggs.

So far we haven't said anything about raising poultry to eat. That's because you'd want to buy baby chicks or two- to four-week-old ones. And you'd need some kind of brooder house with a heating unit to keep the chicks alive until they reach the healthy age of about 10 weeks and the weather is getting pretty warm anyway.

But the brooder house can be very small and cheap to build. Indeed, the house we show can be used as a brooder if the ramp is raised and fastened in place and the house is protected from cold winds. The heating unit need cost only a couple of dollars; in fact you can keep a small flock warm with the heat from an electric light bulb.

So maybe you'll want your chicken-raising enterprise to furnish you with several fine broilers and fryers a week all summer.

ONE way to go about it is to buy 50 chicks of mixed sexing. These can be day-old chicks, but started chicks (two to four weeks old) will save you possible grief. Keep them in the brooder house, and start eating the cockerels at eight weeks or so. Keep right on eating those cockerels till they're all gone, preferably by the time they're 20 weeks old.

With any kind of luck you should have about 20 pullets left when the cockerels are eaten. You eat some of these, too, till your flock's just the size the needs of your family and the size of the hen house dictate.

By the way, here's a good trick you might want to try. You can buy cockerels for a fraction of the price pullets bring. But the process by which a hatchery selects pullets is rarely better than 85 or 90 percent accurate, so your flock of 100 will contain 10 or more pullets. You eat the cockerels as soon as they're old enough, leaving yourself the needed nine or so egg-layers. You've had all the chicken you could eat for several months, with a flock of hens left, all at a bargain price.

If such a program involves more chickens than your family can eat, just remember there's nothing handier or more delicious than a shining row of fruit jars of canned chicken.

IF YOU decide on a flock of 10 to 20 or so, you may want to put aside some eggs. During the heavy egg season the following spring, your flock may produce more eggs than you can handily use. Just put them down in water glass. As your hens slack off in late summer, your stored-up eggs will meet your cooking needs. Your hens will continue to turn out enough fresh eggs for your table needs.

It's always been a pretty satisfactory feeling to look out across a back yard with a garden and a hen house. A good, husky, food-producing garden. A neat, handsome little hen house that's keeping the family in eggs and perhaps poultry too.

And right now it's about as good an answer as many of us can find to the question we're all asking—what can I do to assure my family enough good food to eat and at the same time help to win this war?

The average family should have ten hens for each member of the family. Also thirty little chicks.



	VITAMIN B GROUP		
	B_1 (THIAMINE) MICROGRAMS (1)	B_2 (RIBOFLAVIN) MICROGRAMS (2)	ANTI-PELLAGRA FACTOR MILLIGRAMS
PORK	1602	344	11.0
BEEF	227	294	8.4
LAMB	337	397	
VEAL	310	414	16.2
LIVER	389	3343	35.5
FANCY MEATS			
Kidneys	515	2603	19.8
Heart	659	1980	7.8
Sweetbreads	373	907	3.7
Brains	280	439	9.0

Based on ¼-pound edible portion before cooking. (1) Thiamine: 1 microgram = ⅓ International Unit—(2) Riboflavin: 1 microgram = ⅓ Sherman-Bourquin Unit.

The average family should have ten quarts of canned meat for each member of the family.



"I've just heard from my draft board"

"They tell me I'm in the Army now. I've passed my physical exam and all the rest of it, and I'm certified to do one of the most important jobs in the world—helping to give strength to America's fighting troops. . . ."

The lady has a right to be proud. For today, all over the United States, fresh milk is being served in Army camps as a basic part of the conditioning diet.

Livestock and Dairy





"... one quart with lots of cream on. And you better put on a shiny cap like on our bottles back home."







The average family should have two or three cows, two pigs, one Beef, one Lamb, and one Mutton.

Unit 11.

The Conservation and Processing of Food for Farm Families.

1. Canning Fruits and Vegetables.
2. Canning Meats.
3. Pickling Foods.
4. Curing Meats.
5. Storing Foods.
6. P rocessing and Storing Grains and Cereals.
7. Handling Milk and Processing Dairy Products For Home Use.

Polly Patriot's town has lent her
Elbow room for a Canning Center.
Housewives happily there together
Store the fruits of the summer weather.
"Waste is shameful and waste is folly.
We're doing our bit. Are you?" asks Polly.





USE Ball ALL-GLASS JARS *for*
WAR-TIME CANNING!



CANNING EQUIPMENT







BALL *"Ideal"* COOKER

All New Aluminum. Strong —Light. Only two pieces—Kettle and Lid. Opened and Closed by Center Handle. Comes completely equipped.





STEAM PRESSURE



Towel



Pencil

Canning Jars You'll Be Using

By Cora Joyce



Ball Brothers Co.

You'll find the new jar closures look a little dull. They'll do the job, tho. New and old, here are types you'll meet. Left to right: the screw-on band with separate metal disk; "lightning" type (spring clamp); band with glass lid; the zinc top, now gone to war

Kerr Glass Mfg. Corp.



The food we can is of utmost importance this year. It's too valuable to be gambled in inferior or damaged equipment

PLAN your canning now! It's none too early to be thinking about the glass jars you'll be filling—and the ways you'll be sealing them.

When you shop this year for containers and closures, you'll meet some new war models, and you'll find changes in those you're used to. So let's get acquainted with 'em.

2-Piece "Self-sealing" Caps. Have you used this type—an old friend? There's a screw-on metal band to be removed as soon as the food in the jar has cooled, and a disk-type lid. The disks have a sealing composition around the rim, and this adheres to the jar during the canning process. It creates an air-tight seal. Jar rubbers aren't needed. We think you'll be happy with these two-piece caps, the completed job is so trim and neat.

Today's patriotic homemaker won't mind that the new screw bands and metal tops are a bit less shiny, realizing that the tin has gone to war. The metal disks are tin-coated by an electric method that saves two-thirds of the tin formerly used.

Just take extra care of the bands so you can use them again and again. Carefully dry and store the band—even wipe it with a cloth dipped in melted paraffin to retard any possible rusting.

Glass Disk Tops. These, too, are used with screw-on bands. Unlike the self-sealing metal ones, they use a jar rubber. It's a small one that fits tightly between the glass disk and the jar top. The present outlook is that there'll be an adequate supply of these excellent closures.

Zinc Lids. When you can't buy the zinc lids you've been used to in the stores, it's because nothing can take the place of zinc in the munitions our fighters need. It's all right to use your old zinc lids over again if you follow the precautions below for war-model jar rubbers.

Jar Rubbers. Your jar rings this year will be war models and will need special handling. They're lipless and contain a minimum amount of crude rubber. They may be black and smell a bit queer. They must not be stretched for testing, for they haven't the usual snap-back. Turn lids slowly in sealing so rubbers won't skid. Give them a fair chance and they'll do their work well.

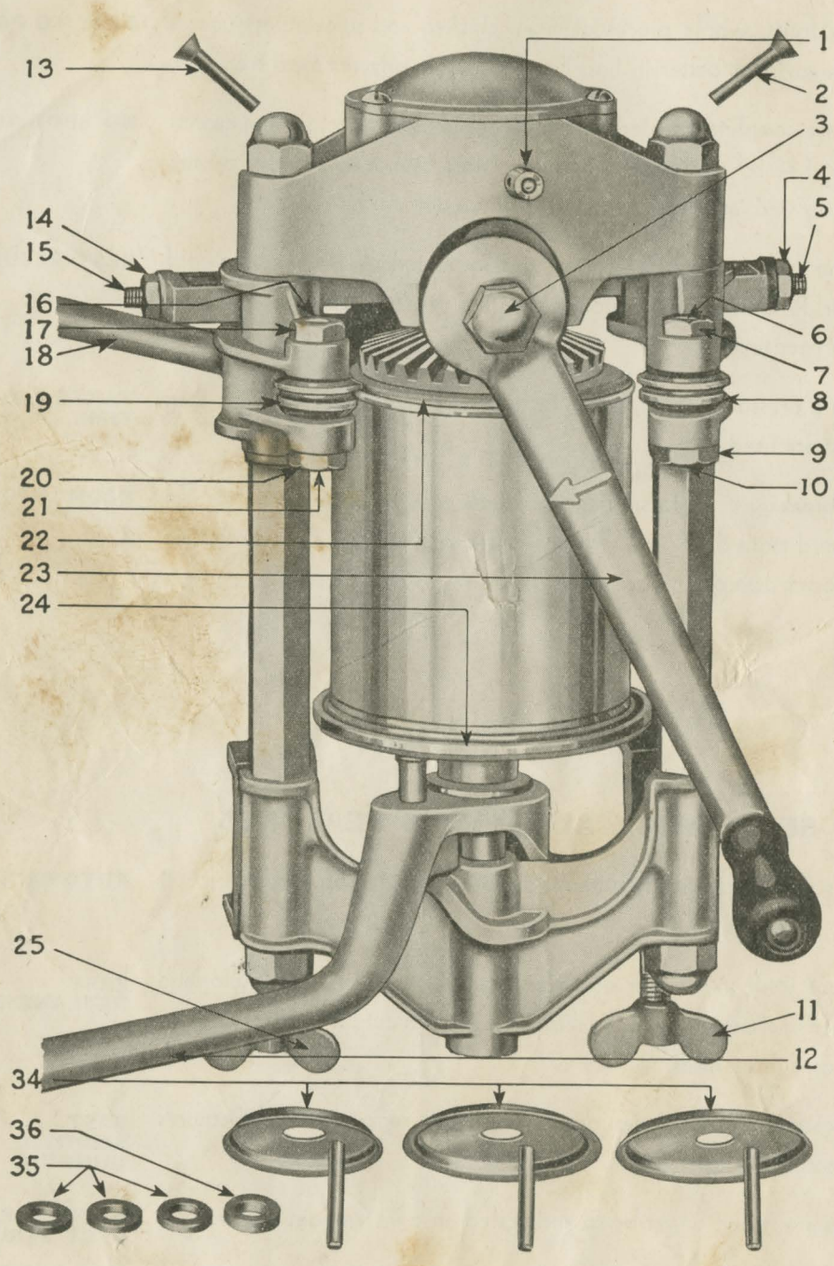
"Lightning" Type Jars. The jars with glass lids attached by steel springs are an excellent bet. There'll probably be an adequate supply of them all season long. They require jar rubbers, of course.

Glass Jars. Glass is non-critical material. And we can't afford to use less than the highest quality for the food Mrs. America is canning. Don't risk it by using inferior or damaged equipment. Of your jars made for use with a common one-piece zinc lid, only those made within the last two or three years are dependable to use with the two-piece cap. Examine the top of the jar carefully to see that there are no nicks, cracks, or sharp edges. The top edge must be smooth, even, and flawless.

A war-model jar combines the round and square types into a round-square model. It's lighter in weight yet much stronger because of the more even distribution of glass.

GOOD LUCK AND GOOD EATING! May everything you can this year gleam proudly and serve perfectly from your cupboard cache!

FRONT VIEW OF SEALER



Steps to be taken when Canning

1- Washing Cans.

2- Sterilize jars.

3- Sorting and grading fruit.

4- Blanching (To loosen skin)

5- Pre. Cooking.

6- Packing.

7- Head space. (To allow for expansion)

8- Exhausting. (Lids not tight)

9- Processing. (Cooking)

10- Cooling jars. (Do not invert jars
Do not cool in draft)

11- Labeling.

12- Storage. (Cool, dry, dark places)



CANNING BY THE JAR-COOKED METHOD IN THE HOT WATER BATH

There should be 24 quarts of fruit and 32 quarts of vegetables for each member of the family.

Directions for Hot Water Bath.

1- Have water boiling Hot when <u>hot</u> jars are put in.

(a) Be sure to use a wire or wooden rack in the bottom.
(Jars should not touch)

(b) Have the water deep enough to Comptetely cover the jars. Water should be two inches over the top of the jars.

2- Keep Canner covered during processing.

3- Count processing time from time water starts to boil.

(a) Keep the water boiling.

(b) Keep a record of the time processing starts and ends, so that no mistake in processing time will occur.

4- Remove jars from Canner.
If necessary tighten screw tops, but do not bother vacuum lids.

Food for Pickling



will fill my pantry shelves with pickles and relishes



that pep up wartime meals!



HOMEMADE STYLE PICKLES

Crisp! And spiced just right!

1. Cucumbers
2. Cabbage
3. Onions
4. Sweet Pepper
5. Green Tomatoes
6. Peaches
7. Ripe Tomatoes
8. Water Melon Rind

Formula for Syrup.

No. 1– Use 14 ounces of sugar to one gallon of water.

No. 2– Use one pound (14 oz) of sugar to one gallon of water.

No. 3– Use three pounds – 9 oz of sugar to one gallon of water.

No. 4– Use five pounds – 8 oz of sugar to one gallon of water.

No. 5– Use six pounds – 13 oz of sugar to one gallon of water.

Four methods of Canning fruits.

1– Hot water bath.

2– Open Kettle.

3– Pressure Cooker.

4– Electric Oven.

One pint of sugar is one pound.

Today's Meat Cuts

BEEF



Shank
Stew - Soup



Flank (Cubes)
Stew



Plate (Boiling Beef)
Braise

Rolled Plate
Braise
Stew - Soup

Short Ribs
Braise



Beef Brisket
Stew - Soup



Knuckle Soup Bone
Soup



Cross Cut Fore Shank
Braise
Stew - Soup



Arm Pot Roast
Braise



Boneless Neck
Braise - Stew



Blade Pot Roast
Braise

VEAL



Veal Shank
Stew - Soup



Blade Veal Roast



Arm Veal Roast
Roast - Braise



Veal Breast
Braise - Stew



Veal Riblets
Braise - Stew



Veal (Cubes)
Stew

How to Cook Them

Here's the take-off for meals men cheer over—hefty stews, tender, rich pot roasts, steaming soup-kettle wonders, flavorful lamb shanks with vegetables, and the makings of rich, brown gravy. Now's the time to strike out and try the less familiar cuts. So let's dig out the Dutch oven and perfect stew- and gravy-making art.

Braising or pot-roasting: Roll meat in flour. Brown on all sides in hot fat. This is important for rich flavor and color. Season. Add a very small amount of liquid. Tomato juice or sour cream tenderizes, adds flavor. Cover. Simmer until tender on top of range or in moderate oven (300–350°).

Stewing: Cube meat. Roll in flour. Brown on all sides in hot fat. Season. Add hot water just to cover meat. Cover tightly. Simmer until tender. *Meat should not boil.* Add vegetables when meat is tender, so they will not overcook. Thicken liquid for gravy.

Soup-making: Cover bony soup meat with large amount of *cold water*. Idea—have your meat man saw bone lengthwise—extracts all the good flavor from the marrow. Add seasonings. Cover. Simmer tender. Now's the time to add cut vegetables.

For brown stock: Cube meat. Brown in hot fat. Season. Add large amount of cold water. Cover. Simmer.

Roasting: Place fat side up on rack in open pan. Do not cover. Do not add water. Roast in moderate oven (300–350°) until tender.

Variety meats:

Liver	Sweetbreads
Kidneys	Heart
Tongue	Brains
Pork Feet	Tripe
	Oxtails

In February *Better Homes & Gardens* you'll find "Variety Meats They'll Go For" and "Variety Meats Chart."

PORK



Loin Roast
Ham End



Loin Roast
Shoulder End



Blade Pork Steaks
Braise - Fry



Bacon Square
Pan-Broil



Fresh Shoulder Hock
Braise - Stew



Arm Pork Steak



Spareribs and Backbones

LAMB



Lamb Riblets
Braise - Stew



Lamb (Cubes)
Stew



Rolled Breast



Lamb Shanks
Braise - Stew



Arm Lamb Chop
Broil - Pan-broil



Blade Chops
Broil - Pan-broil



Cushion Style Lamb Shoulder
Roast



Boneless Shoulder Chops
Broil - Pan-broil



Lamb Neck Slices
Braise

All meats should be cured by approved methods.

MAKING THE MOST OF YOUR MEAT RATION



BE OPEN-MINDED WHEN YOU BUY. All kinds and cuts of meat give you delicious flavor to highspot your meals. And they're all nutritious, supplying valuable proteins, B vitamins, minerals. So get acquainted with new meats. Then you're prepared to make the best possible use of your ration points.



FOR QUALITY—WHATEVER THE CUT—it's wise to get a Swift's brand if you can. The beef Swift experts choose is branded on the meat, *Swift's Premium*, *Swift's Select*, or *Swift's Arrow*. The fine flavor and tenderness these brands assure you is specially important now that you're limited on quantity.

Time Table for ROASTING MEATS

Oven temperature: 325° F.—(moderately low)

	Minutes Per Pound 3 to 5 lbs.	Minutes Per Pound 6 to 8 lbs.	Internal Temperatures (Meat Thermometer)
BEEF			
Standing Ribs, rare	26 min.	22 min.	140° F.
medium	30 min.	26 min.	160° F.
well done	35 min.	33 min.	170° F.
Rolled Ribs—add 5 to 10 min. per pound.			
PORK			
Leg	45-50 min.	40 min.	185° F.
Rib and Loin	35-40 min.	35 min.	185° F.
Shoulder	40 min.	35 min.	185° F.
Boston Butt	50-55 min.	.....	185° F.
LAMB			
Leg—medium	35 min.	30 min.	175° F.
well done	40 min.	35 min.	182° F.
Crown—well done	45 min.	.....	182° F.
Shoulder, well done	35 min.	.....	182° F.
Boneless Roll, well done	40 min.	.....	182° F.
VEAL			
Leg	35-40 min.	30 min.	180° F.
Loin	35 min.	30 min.	180° F.
Shoulder	40 min.	35 min.	180° F.
Boneless Shoulder Roll	45 min.	40 min.	180° F.



PROTECT IT BY PROPER STORAGE. To protect the fine meat flavor, and guard against spoilage, you should wrap uncooked meat loosely and store it in the coldest part of refrigerator. Ground meat is particularly perishable. Cooked meats should be covered and put in the refrigerator soon after the meal.



COOK IT CORRECTLY. Only the tenderest beef cuts—roasts and steaks—should be cooked by dry heat. Other cuts should be water-cooked or braised (browned, then cooked slowly in a small amount of liquid in a covered pan). Your ration stamps will go further if you use meat "extender" dishes often.



Suggested Approved Practices.

1. Follow approved methods of storing fruits and vegetables.
2. Construct storage facilities.

Fruits and Vegetables Suitable for Storage.

Many of the vegetables produced in North Carolina may be stored for varying lengths of time provided proper storage facilities are available. Some of the vegetables commonly stored are: sweet potatoes, irish potatoes, onions, cabbage, turnips, carrots, tomatoes, dried beans, and dried peas. In some parts of the State, apples are stored for winter use.

Storage Conditions.

"The object of vegetable storage is to preserve the product stored for as long as possible in a condition which approaches the fresh state as nearly as possible.

"Vegetables when stored are not dead but are living organisms, and growth functions continue until the plant matures. Since the plant is no longer able to draw nutrients from the soil, it has to use materials stored in itself for these functions, and finally shriveling and breakdown occurs. The living plant cells take in oxygen and give off carbon dioxide and water. If oxygen is not available or if carbon dioxide accumulates in the tissues, the plnat is injured. Proper control of the temperature, humidity, and air circulation, helps to retard these internal activities and prevents moisture loss, thus prolonging the plant's life and usability.

"However all storage vegetables do not require the same terperature, moisture, and aeration conditions. In general they can be roughly classified into the following groups;"

Storage Table for Vegetable Crops.

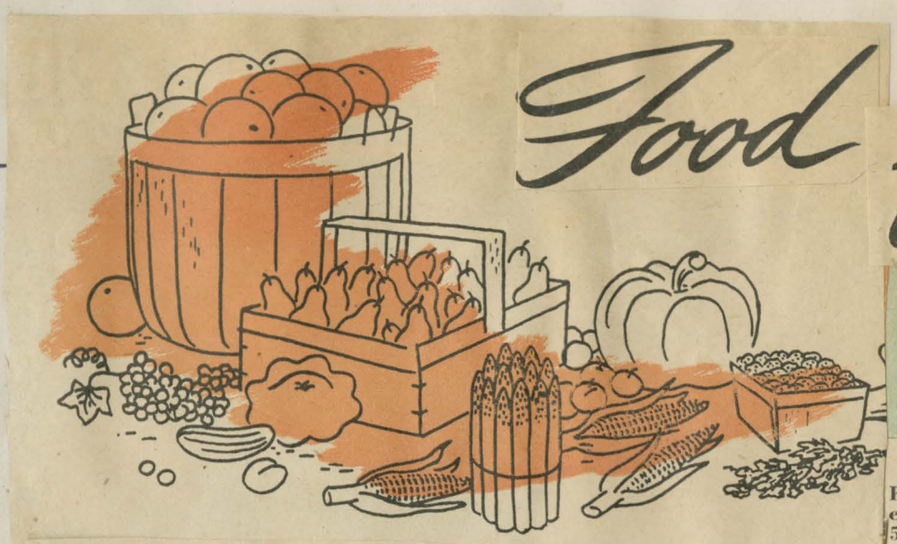
Crop	Temperature of	Humidity	Air Circulation	Maximum Storage Period
		Per Cent		
Cool, moist, little air, circulation.				
Beets	32-40	90-95	little	4-5
Carrots	32-40	90-95	little	4-5
Turnips	32	90-95	little	3-4
Cool, moderately moist little air circulation				
Cabbage	32-40	90-95	little	4-5
apples	30-42	85-90	little	1-7
Potatoes	36-40	85-90	little	5-6



Storage,

Store in a cool, dry place.

Food to DRY



Before You Dry

As you can see from the chart, fruits, such as apples, pears, peaches, plums and apricots, require treatment before drying, to prevent color changes and to protect from insects. The commercial pre-drying treatment is sulphuring (see directions on page 50) but the other methods suggested in the chart are satisfactory for home use. Fruits to be frozen for home use are usually packed in a cold syrup (which may be part honey or corn syrup) or packed with dry sugar. Fruits may be frozen without sugar but they are not entirely satisfactory—they must be cooked.

Brined vegetables, except corn, require no steaming or other preliminary treatment.

To Reduce Spoilage

Work with small lots of food rather than try more than you can successfully put up in a morning. A good plan if you are working with the boiling-water-bath, as in canning tomatoes, is to put each jar in the canner as soon as it is ready, marking the time it is due out. (You can put a number on each lid in wax crayon.) There is danger of under-processing food if the boiling water bath container is not deep enough to allow for an inch of water over the tops of the jars, plus head space for boiling. If it is a bit too shallow for that, clamp on the lid so that there is a good head of steam. And if you must add water during processing, add *boiling hot* water.

Oven canning is satisfactory only if you have a controlled oven with a thermostat, where you can keep the temperature steadily at 250°. Then juice will not boil over. If you use one of the steam canners (steam without pressure), increase processing time 20% over boiling-water-bath times, and be sure there is a good head of steam circulating freely around the jars.

Here is a final word about dried products: package them so they will not absorb moisture—for example in glass jars, tin containers with tight lids, waxed or treated-paper cartons or bags. Fill as full as possible to exclude air.

	For types of homemade equipment, see pages 50 and 51
APPLES AND SAUCE PEARS, PLUMS PEACHES, APRICOTS	Select fully ripe, sound fruit. Prepare for drying, sulphur or dip in salt solution (4 tblsp. to 1 gal. water) or steam 5–7 min.
RHUBARB, CHERRIES STRAWBERRIES OTHER BERRIES	Not generally dried
FRUIT AND TOMATO JUICES	Not generally dried
TOMATOES	Tomato slices, tomato paste can be dried
SOUP MIXTURE	Dry vegetables individually, mix
ASPARAGUS, BROCCOLI GREENS, GREEN PEAS LIMAS, SOYBEANS CORN, SNAP BEANS BEETS, CARROTS PUMPKIN, SQUASH	Asparagus and broccoli not usually dried. Steam other prepared vegetables 4 to 15 min. depending upon size. Spread in thin layers on trays. Dry between 120° to 150°F.
OTHER PRODUCTS	Figs, prunes, herbs, okra, peppers, mushrooms, sweet potatoes

Home Driers

Here Are Some Good, Easily-Made Devices That Use Sun, Stove Heat or Electricity.

TO WIN greater favor with your family next winter when you serve home-dried foods, look first to the freshness and maturity of your product, then to your method of drying and the equipment. The chart on a preceding page tells how to pre-heat vegetables and fruits for dehydration, what temperatures to use, and how to store.

Don't forget to make use of the sun. Two or three days of bright, breezy weather will do the trick. Provide a favorable place, such as a surface sloping toward the sun, with good air circulation, and protection from dust and insects. Drawing A shows a window or door screen set on a simple wooden frame. Saw horses can be used if one is blocked up to give slope. A shed roof of corrugated tin is ideal (see B). Also a combination of screens and hot-bed frame gives quick drying.

Trays made of laths set a half inch apart are ideal for open-air drying of apricots, apples and peaches, and can be easily stacked for sulphuring for insect protection. To sulphur, stack trays of fruit 6 to 8 inches above a shallow tin containing paper-wrapped sulphur, allowing 1 level teaspoon per pound prepared fruit. Ignite the paper, quickly cover with barrel or box. Unless fruits are sulphured, cover them with screen netting or cheese cloth during drying.

If heating devices are used for drying, start and end the process at around 130° F., with the middle stages at 145° to 150°. If you haven't a dairy thermometer or something similar, watch the temperature closely to avoid scorching your food, and move trays or food about so that the drying will be even.

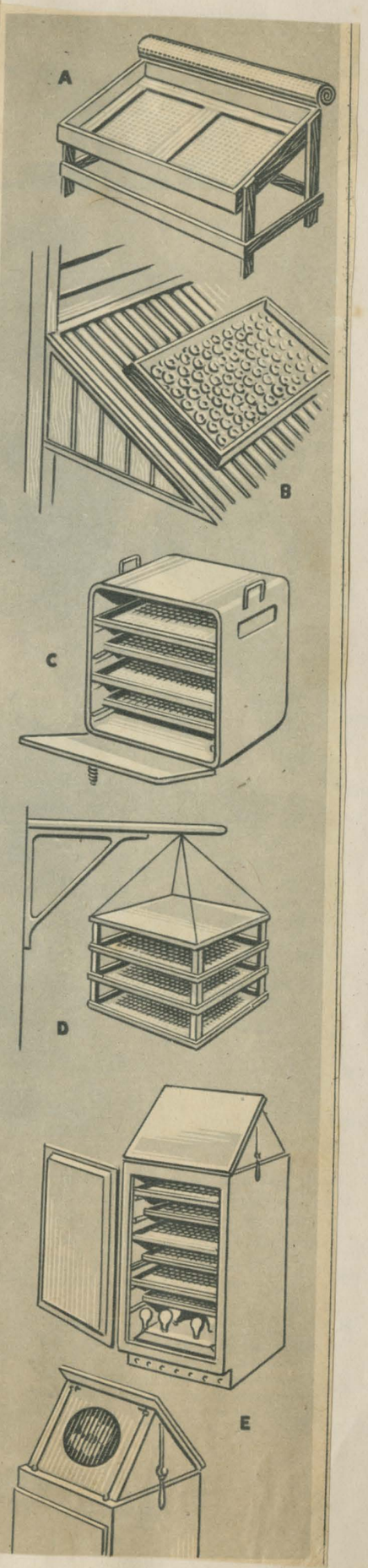
To make use of what you may have on hand, Cornell University suggests fitting an old portable oven with trays, which slide on the runs provided for wire racks (Drawing C). Cut two openings near the top and be sure there is a metal plate or spreader directly over the heat. Stagger the trays as shown in the drawing, making them a bit more shallow than the cabinet.

The "bird-cage" or hanging type of dryer (D) can be swung away from the stove when anything steamy is on it. Cover with thin cloth to protect the food. The cabinet-type dryer (E) uses electricity or other small heating units. This model, designed by the Engineering Department of the University of Nebraska, uses nine 100-watt bulbs and a household fan. You can make a similar cabinet without a fan to use over a brooder stove, a coal oil heater, or even the cook stove, varying the height of legs or base as necessary.

For further help on building dryers, see your County Extension Agent or Farm Security Agent, or send to your State College for free bulletins.



Easy and inexpensive to build and use, this rack swings over kitchen range for home drying of fruits and vegetables.



N.C. State College of Agri. & Engineering & U.S.Dept. of Agri. Cooperating

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS STATE OF NORTH CAROLINA

H. R. Nisgonger
Extension
Horticulturist

FALL GARDEN NOTES - HOME STORAGE

The following vegetables may be kept for several months after harvest. Turnips, rutabagas, beets, sweet peppers, cabbage, carrots, tomatoes, sweet and Irish potatoes, dried beans and peas, winter squash and pumpkins, apples and pears.

Places to Store

House Cellar or Basement -- Partition of one end of the cellar if it contains a furnace for heating the dwelling. The storage should have one or more windows with or without glass to be used for ventilation. One window is sufficient for a 6 x 8 foot storage room. A dirt floor is preferred with a slatted floor built at least a foot above the dirt. A boxed shute or stove pipe running from a section of the window to below the slatted floor will provide for the ventilation letting the cold air beneath the stored products. Another section of the window should have a hinged door which can be opened to let out the warm air. The inlet for cold air and outlet for warm air should be opened during the night in order to ventilate and cool off the storage, but only during periods of non-freezing weather.

Apples and pears should not be stored with vegetables as they absorb odors. Root crops should be sprinkled occasionally with water to prevent them from drying out. A large piece of burlap suspended in a tub of water will also provide for moisture where root crops and fruit are stored. Apples and pears keep well where temperature is around 35 to 40 degrees and where the atmosphere is not too dry. The flavor of pears will improve in storage. Root crops may be stored in slatted crates or boxes, or placed in small piles. Wrap sweet peppers and tomatoes in paper and lay out on shelves. Place cabbage on shelves with stems up. Store onions and sweet potatoes after they have been cured in a dry place where the temperature is around 55 degrees. A basement or cellar often contains too much moisture for onions and sweet potatoes. An attic storage is much better. Warmth and dryness essential for storage of pumpkins and squash.

Outdoor Bank Cellars and Pits -- A hill side provides a convenient location for a bank cellar. A pit may be of any convenient size, but several small pits are more convenient for small quantities of several kinds of root crops as all contents in the pit can be used during a short serving period. Make a shallow excavation of six inches deep and line with straw, make a conical pile of products cover with alternating layers of straw and dirt. Ventilation should be secured thru a small opening in top of pit. Another method is in the use of a stave barrel which is embedded on its side in the soil to a depth of 6 or 8 inches and covered entirely with straw and dirt. Place the root crops in individual layers, running lengthwise with barrel. Chicken wire is loosely attached to one end of the barrel. When it is necessary to secure small supplies, the dirt is pulled away at the wired end and the wire lifted. The different root crops for several servings can then be taken out without disturbing the remainder of the contents of the barrel.

Dried Peas and Beans -- Beans and peas should be picked as soon as they are mature and spread out to dry. They should then be shelled and stored in bags in a dry place. After the peas and beans have been shelled, place them in a tight container and fumigate with carbon disulphide for 48 hours for control of weevils. For each cubic foot of container use 3 teaspoonfuls of the liquid which is poured into a shallow container and placed on top of beans or peas. Repeat fumigation two weeks later. Keep carbon disulphide away from fire.

Cooperative Extension Work in Agriculture and Home Economics - State of North Carolina. Special Service in Furtherance of Acts of Congress May 8 and June 30, 1914.
I. O. Schaub, Director.

Wartime do's and don't's

FRIGIDAIRE

tells how to make room in a crowded refrigerator

If your refrigerator was crowded in normal times, chances are it has an even bigger job to do as you cooperate with necessary wartime measures. Less frequent deliveries, fewer trips to market, mean storing more foods and keeping them longer. You use more fresh vegetables; make soup, bake beans and prepare other foods you used to buy in cans!

Today, knowing what to *leave out* of your refrigerator may be almost as important as knowing what to *put in!* Here are some timely do's and don't's that may help you "stretch" your refrigerator a size larger!

Do



Foods that *must* be refrigerated

All dairy products. Store all except ice cream on open shelves. Store ice cream in freezer. Store butter and "soft" cheese in covered containers; wrap hard cheese in waxed paper or clean cloth wrung out of vinegar.

Meat, fowl, fish. Keep in meat tray or loosely wrapped in waxed paper below freezer. Exceptions: Always wrap fish to prevent odor transfer. Wrap mildly cured meats like bacon in cloth wrung out of vinegar to prevent mold. Wrap and freeze ground meats, variety meats, and fish if not to be used at once; poultry and other meats if to be kept several days.

Frozen foods of all kinds. Wrap and keep in freezer.

Fresh green and salad vegetables. Keep in vegetable compartment or other covered container.

Fresh "ripe" fruits. Store in covered container. Berries keep best in shallow pan, covered loosely with waxed paper.★

Other: Cover and store cooked, opened, canned and bottled goods (not mentioned under "don't" or "maybe").★

★*Some refrigerators are designed to provide temperature and humidity conditions that make it unnecessary to cover foods.*

Don't



Foods that *need not* be refrigerated

Sugar preserved foods. Dates, jelly, jam, honey, syrup.

Fresh foods. Bananas (which should never be refrigerated) avocadoes, potatoes, sweet potatoes, parsnips, turnips, beets, dry onions, squash.

Dried fruits if in a cool, dry atmosphere. But in a warm, humid atmosphere it is best to keep dried prunes, apricots, etc., in the refrigerator.

Other: Vinegar, dried spices, split peas, popcorn, unopened canned and bottled goods (except fresh milk and cream), cooking fats (other than bacon grease and drippings) if they will be used up in a short time.

A good rule when storing food: When in doubt, store in the refrigerator.

Do's

- **Do remove** food from store wrappings or packages. Refrigerator bags take less space than bowls or dishes.
- **Do stack** containers of food of different sizes to permit more circulation of air in an overcrowded refrigerator.
- **Do collect** small bits of meat, potatoes, and vegetables in one jar for use in hash, stews, or soup stock.
- **Do this if** pressed for space: Partially cook leafy vegetables such as spinach and chard 3-5 minutes. Store with juice in tightly-covered container. Keeps several days. Finish cooking just before serving.
- **Do check** leftovers daily. Use promptly, not only to gain room, but to save flavor and nutritive values which may be lost when leftovers are stored for too long a time.

Don't's

- **Don't freeze** too many ice cubes. Remove unneeded ice trays and use space for food storage purposes.
- **Don't store** food in containers that are too large. Keep different size jars with tight lids handy. Always store small containers on shallow shelves.
- **Don't make** your refrigerator a catch-all for opened containers of vegetable shortening, peanut butter, jellies, jams, catsup, mustard, relishes, etc., which usually keep for a reasonable time on the pantry shelf.
- **Don't load** your refrigerator with beverages, melons, fruits, or other foods to be chilled. Chill only enough for the next meal. Keep "extras" out of the refrigerator until needed.



Foods that *can* be refrigerated

(if space is available)

Some foods do not require refrigeration for safe-keeping, but are improved in taste when thoroughly chilled. Others keep better in the refrigerator but can be left out. Among these are:

Carbonated beverages★ Pickles and olives★
Fresh oranges, grapefruits, limes and lemons★
Fresh peaches and pears, not fully ripe★
Pineapples, melons★, cabbage, cucumbers, watermelons★
Bread, cake, pies and other pastries
Peanut butter and salad dressing

★ *If space is limited, chill only enough of these foods and beverages for immediate needs. Store the remainder outside of the refrigerator.*

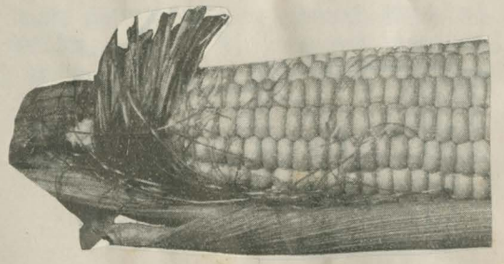


H. ARMSTRONG ROBERTS

MEMORY MILL

I remember them well:
The sagging floor where the
Grain sacks lay,
And the idling wheel,
waiting
For the swell
Of the lazy river and
the dam's slow play
Over the flume.
It's a tale to tell.
Dusty miller,
do you remember me?
I remember you well.







1. Whole Wheat Nut Bread.

1 cup whole wheat flour
1 cup white flour
1/3 cup sugar
3 teaspoons baking powder
1 egg
1/2 teaspoon salt
1/2 cup chopped nuts- pecans, peanuts or walnuts.
2 tablespoons fat
1 cup milk

Mix and sift dry ingredients, add nuts. Combine melted fat, beaten egg and liquid. Blend dry ingredients with liquid ingredients until smooth and well mixed. Fill greased loaf pan two-thirds full and let stand for 10 minutes. Then bake in a moderate oven (325-375) degrees F. for 40 to 45 minutes.

2. Boston Brown Bread

1 cup whole wheat flour
1 cup white flour
1 cup corn meal
2 teaspoons soda
1 teaspoon salt
1/2 cup brown sugar
1/2 cup rainsins (chopped)
2 cups sour milk
1/2 cup molasses.

Mix and sift dry ingredients and add the raising. Add the combined liquid ingredients and stir until well mixed. Fill greased molds about two-thirds full, cover and steam for 3-1/2 hours. After taking from water remove cover, place in warm oven for 10 to 12 min. to dry out. If steam pressure cooker is used, place molds on rack in cooker with 3 cups water. Close cooker, but leave petcock open and steam for 15 minutes. Close petcock and cook 1 hour at 15 pounds pressure. When removed from cooker follow directions given above for drying out leaves.

3. Whole Wheat Cookies.

3/4 cup fat
2/3 cup sugar
1 cup molasses
1/4 cup sour milk
1 teaspoon soda
1 teaspoon baking powder
3/4 teaspoon ginger
1/4 teaspoon cinnamon
1/2 teaspoon salt
3 cups whole wheat flour
1 cup white flour

Cream fat and sugar together. Add molasses and milk and mix well. Sift dry ingredients together and add to the molasses mixture, mix well and chill. Roll dough thin and cut in rounds or strips. Bake on greased cooky sheet in moerate oven (325 to 350 degreesF.) The dough when chilled may be sliced as ice box cookies.

4. Whole wheat rolls.

1 cup liquid yeast
1/2 cup scalded milk
1 teaspoon salt
2 to 4 tablespoons fat
2 tablespoons molasses or honey or sugar.
1-1/2 cups white flour
2-1/2 to 3-1/2 cups whole wheat flour

Scald milk and add sugar, lard and salt, cool to lukewarm, add liquid yeast and enough white flour (about 1-1/2 cups), to make a drop batter. Beat until smooth and bubbles appeal on surface. Add whole wheat flour-enough to make a moderately stiff dough. Put on board and knead thoroughly out. When smooth place in a greased bowl, cover and set in a warm place. When almost doubled in bulk, put on bread board and knead lightly. Shape into rolls. Place in greased pans and set in a warm place to rise. When almost doubled in bulk, bake in a hot oven (400 degrees F.)

Handling Milk.

1. Use glass containers — Churn too.

2. Use cheese cloth doubled for strainers.

3. Cool milk before putting in the ice box.

Let milk stand 12 hours before skimming.

Skim with a glass siphon tube that can be bought for 10cts (called cream extractors)

Two quarts of this cream will make one pound of butter. Use wooden bowl and spoon to work butter in.

Cream should be 60 degrees F when ready to churn.

Use soda or alkali powder when washing milk vessels.

Steps in making cottage cheese:

1. Obtain clean, fresh skim milk.
2. Heat the milk to 145 degrees F. and hold at taht temperature for 30 minutes.
3. Cool to 75 degrees F.
4. Add about 1 pint of starter (fresh butter milk) to 30 pounds of milk and stir.
5. After stiring thouroughly set away at 75 degrees F. to curdle.
6. Cut and stir and then heat to 100 degrees F. and hold for 30 minutes-stir gently at intervals. Pour upon cheese-cloth and drain for 20 to 30 minutes.
7. Place in a pan and add salt at the rate of about 2-1/2 ounces to 10 pounds of curd.
8. If desired, sweet or sour cream may be added at the rate of 1/2 pint to 10 pounds of curd.

Cheeseshould be stored in a cool place.

Making Liver Pudding

"The heads, tongues, skins, hearts and other pieces should be cooked until the cuts can be boned. Scald the livers last. If they are deeply cut with a knife they should be sufficiently seard in about 10 minutes. Add about 10 to 20 per cent of liver, by weight, to the other products.

"Grind all the cooked material moderately fine and add about one-fifthe as much soup by weight, using enough soup to make the mixture soft but not sloppy. Season to taste and mix thoroughly. The following season is suggested for 100 pounds of the mixture.

2 to 2-1/2 pounds salt
2 to 4 ounces black pepper
1 to 3 ounces sage (if desired)
1/4 to 1 ounce red pepper (if desired)
1 to 2 ounces all spice (if desired)

"The mixture is usually stuffed in beef casings and simmered in water until it floats; usually the time required is 10 to 30 minutes. After being cooked the pudding is plunged into cold water, chilled for at least 30 minutes and hung up to drain."

Spoon Bread.

1 cup corn meal	2 cups water
1 teaspoon salt	2 eggs
1 tablespoon butter	1 cup milk

"Cook meal, salt, butter and water in a double boiler for ten minutes, stirring until smooth and thick. When cooled somewhat, add the well beaten eggs and then thin the mixture to a batter with the milk. Beat well, pour int a greased baking dish an d bake in a moderate oven for 30 minutes. Serve at once for baking dish.

And this shall be our Victory:

In a free nation—as the birthright of every American

—each home shall be a shrine of freedom.

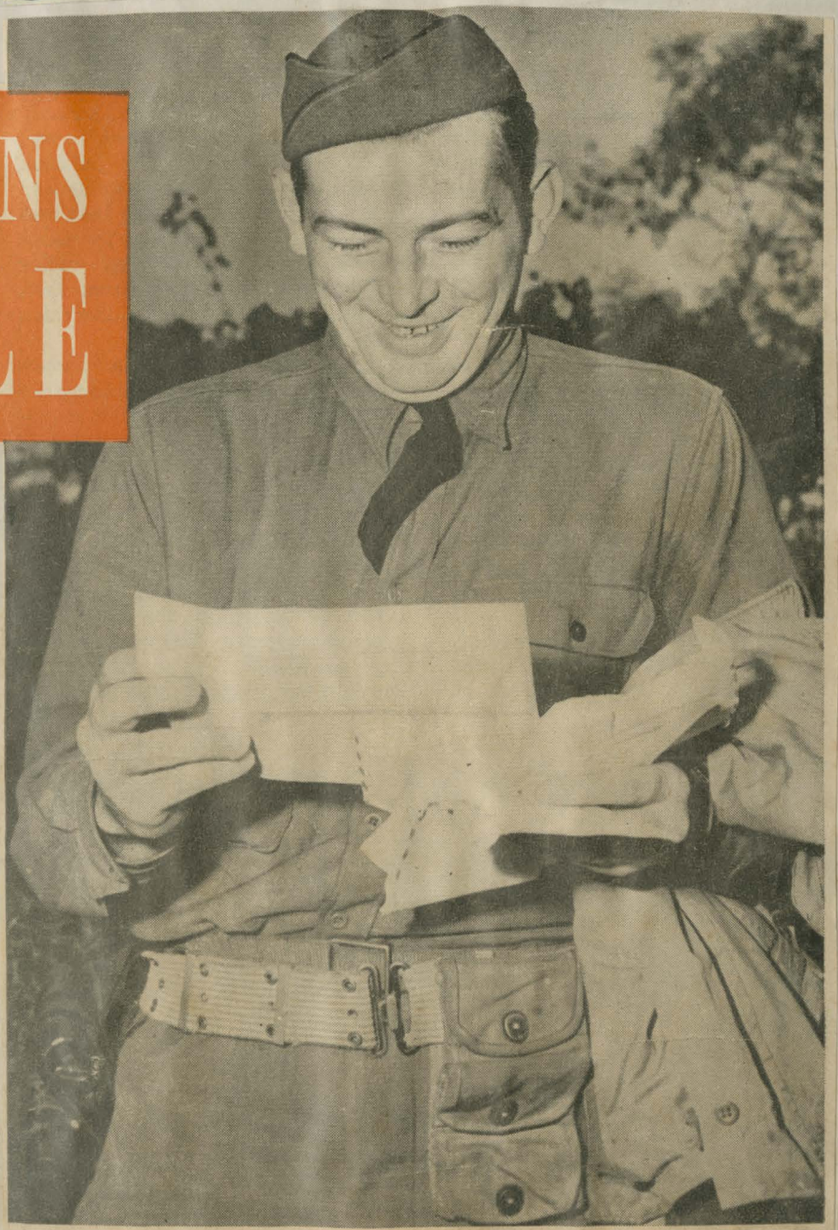


. . . to the Home of your Dreams!

HOW YOUR IMAGINEERING AND INDUSTRY'S IMAGINEERING HOOK UP. Industry is thinking up new, fascinating produc for after the war. Making these products will provide jobs for millions, provided there are enough people with money to buy the new products. The families which have their surplus tucked away in War Bonds ready to turn into cash, to buy these products, are going to be the families that are sitting on top of the world. Tomorrow is going to be a thrilling experience, yet all its wonders can be bought today by those who can see that the purchase of War Bonds is like eating your cake and having it too. You finance the war, you prevent inflation, and you *still have* the wherewithal to buy the future that is ahead.



MAIL MEANS MORALE



Make your letters cheerful and frequent. Grins like this are good for morale.



A WOMAN IN A GARDEN

By Grace Noll Crowell

I had listened to the news of war
'Til earth and sky turned black;
I bore the burdens of the world,
It seemed, upon my back.
Then suddenly I realized
That some way I must shift
That burden to a Higher Power
Before the clouds could lift.

I prayed about it—then I went
Out where my garden lay:
A darkly-lovely, quickening thing
There in the bright spring day.
I sank upon my knees and felt
The soil beneath my hand,
And I thanked God that through this war
We have the good, clean land.