

UNITED STATES FOOD ADMINISTRATION

WAR
SERVICE
in the home



Washington:
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WAR SERVICE

in the home

WHAT YOU CAN DO.

TO THIS TASK

"we dedicate our lives, and our fortunes, everything that we are and everything that we have."

—PRESIDENT WILSON.

EVERYONE must help if we are to win.

The soldier must obey orders or there will be no army. The people must be one or there will be no nation. So that we win, all of us must FOLLOW DIRECTIONS.

This is Your War guide for use in Your home.

It tells you what foods we must save to provision ourselves and our allies; it tells how we can stretch our supplies so everyone will have enough—without any hurt to your health or your strength.

Your Government does not ask you to give up three square meals a day—nor even one. All it asks is that you eat less of the foods we need to keep the armies going and eat all you want of the other things that we have in plenty.

Eat plenty—keep up your strength and your vim to help win the war. You have dedicated to the Nation everything that you have; you are asked now to give up—just some habits of the kitchen and table.

America and her Allies must not run out of WHEAT, MEAT, or FATS. If we let that happen, Germany will win the war.

We must save SUGAR, use every drop of MILK, and—we must learn to FOLLOW DIRECTIONS.

War Service in the Home

FOOD WILL WIN THE WAR.

IF you have given a son or brother or husband to fight; if your wife or daughter or sister is nursing at the front; if you have subscribed for Liberty Bonds or Red Cross; if you aid war orphans or cripples; if doing all these things you think you have done your share,

KNOW THE GRIM TRUTH.

All the blood, all the heroism, all the money and munitions in the world will not win this war **UNLESS OUR ALLIES AND THE ARMIES BEHIND THEM ARE FED.**

They will not be fed unless we take care; indeed, if we are not prudent we, too, shall go hungry. Protect our supplies, then, that they may be fed, that your sacrifice of life and money be not in vain.

Lest we lose the Great Cause, do you stand guard, each day, in your home, over your supply of

WHEAT, MEAT, FATS, SUGAR, MILK.

Use here the foods that we have to spare so we will be able to supply the needs "over there."

War Service in the Home

USES OF FOODS.

ALL foods yield energy. All living requires energy. Foods also build the body, regulate its processes and keep it going. Most foods are useful in more ways than one.

One class, the proteins—such as meat, milk, eggs—are useful chiefly as tissue builders. Starches and sugar are used chiefly for energy, while fruits and vegetables furnish mineral salts and bulk.

A well-chosen diet contains material for growth, repair, reproduction, energy, and regulation, and so requires a careful selection from each class of foodstuffs.

If one would choose wisely, one must know food values in terms of cost and the use of food in the body. When we start to save we have to figure so that every need is met somewhere in the day's three meals.

The Farmers' Bulletins published by the Department of Agriculture tell more fully these values. They are:

What the Body Needs, No. 808.

Cereal Foods, No. 817.

Foods Rich in Protein, No. 824.

Fresh Fruits and Vegetables, No. 871.

The following table will help to wise choice. Study it.

War Service in the Home

HELPS TO A WISE CHOICE.

TAKE FROM EACH CLASS.

Use sparingly the Foods printed in Capital letters. Use freely all others.

PROTEIN.

| | | | |
|-------------|------|------------|---------|
| Dried Beans | Fish | MUTTON | PORK |
| BEEF | Game | Nuts | Poultry |
| Cheese | Milk | Dried Peas | VEAL |
| Eggs | | | |

FATS.

| | | | |
|----------|------------|-----------|------------|
| BACON | Cottonseed | Margarine | Peanut Oil |
| BUTTER | Oil | Nut | SALT PORK |
| Corn Oil | CREAM | Butterine | |
| | HAM | Olive Oil | |

SUGARS.

| | | | |
|--------|---------|----------|-------------|
| CANDY | Figs | Jams | Raisins |
| Dates | Honey | Molasses | SUGAR. |
| Dried | Jellies | Prunes | cane, beet, |
| Fruits | | | maple |

STARCHES.

| | | | |
|-----------|------------|-----------|-------|
| Barley | Cornstarch | Potatoes, | WHEAT |
| Cereal | CRACKERS | Sweet | WHITE |
| Foods | Oats | Rice | BREAD |
| Chestnuts | Potatoes, | Rye | |
| Corn Meal | Irish | Tapioca | |

REGULATORS.

| Fruits. | | Vegetables. | |
|---------|---------|-------------|----------|
| Apples | Melons | Cabbage | Onions |
| Bananas | Oranges | Celery | Salads |
| Berries | Pears | Green Peas | Squash |
| Lemons | | Greens or | String |
| | | Pot Herbs | Beans |
| | | | Tomatoes |

War Service in the Home

EAT YOUR WAR BREAD NOW.

BREAD we must have. But millions of people get along very well who never taste wheat. It won't hurt us to do with less wheat.

Notice in the table, **WHITE BREAD** is printed in capital letters. That means **save WHEAT**. We must stretch our supply or there won't be enough for ourselves and our allies.

Use 4 pounds of wheat flour instead of 5 and the thing is done. Eat corn bread, rye bread, oatmeal bread and cakes, barley scones, rice, potatoes.

Save one pound a week for everyone in the United States and it gives us 133,000,000 bushels more this year for our allies. They can pull through with that. Without it, they can't.

Use other cereals with wheat to make bread. Mix wheat-and-oatmeal or wheat-and-cornmeal. It's better to grow on than wheat alone.

Eat a baked potato instead of the other slice of bread when potatoes are plentiful.

Cut down on pie and cake. Use cornmeal in making them. The wheat flour you **save** will keep a soldier in the trenches.

When you do eat wheat bread, **save every crumb**. Cut it at the table so there will be no stale slices left. Make crusts and crumbs into puddings, muffins, baked dishes, griddle cakes.

Share your **WHEAT** with the Allies.

Better eat war bread now than eat the black bread of Germany later.

WHY MEAT IS SO HIGH.

MEAT is bound to be dear. It was scarce and high before the war.

For years the number of people in this country has been increasing faster than the number of Meat Animals. Much of the open country out west where cattle used to range by hundreds of thousands has been fenced into farms.

Then came anthrax, foot and mouth disease, hog cholera—one plague after another.

Four years ago our Government began a great campaign for more live stock, JUST TO FEED US IN PEACE TIMES.

War doubles and trebles the demand for our meat. We must provide meat for the boys in the trenches. We must stretch our meat supply. We must **SAVE MEAT** to save ourselves.

We can. Eat fish; it's as hearty as **MEAT**. Eat poultry; it does not make army rations. Use milk, eggs, and cheese; they are almost the same as **MEAT**.

Peanut butter and vegetable oils are good fats. Dried beans, peas, and grains take the place of meat if milk is used with them, or cheese or eggs, or plenty of green vegetables.

One ounce of meat a day for everyone in the country amounts to the meat from 4,400,000 animals in a year. **SAVE YOUR OUNCE**. It's a little thing to do to save your country.

FATS ARE DOUBLY PRECIOUS.

FATS are the most precious thing in this war. Germany is nearer breaking for want of fats than any other one thing.

Hindenburg himself not long ago gave notice that unless his troops and the munition makers got more fats—something would happen in Germany.

Fats supply energy. When people go hungry they draw on the fats in their bodies. When that is gone they are an easy prey to disease. Some fats have stuff in them for growth. Without fats, people weaken and waste away.

Our armies use fat by shipload. Glycerin, which comes from **FAT**, is one of the chief things for making modern explosives. *We must have fats to keep up the fight.*

Save **FATS**. Do not limit your supplies of milk, table butter and cheese; but consume all. Don't waste any. You can cut the consumption of fats by reducing pastry and fried foods. Use cottonseed or corn oil or peanut oil for cooking. Use drippings.

Trim your own meat and melt the fat. Don't let a scrap get into the garbage pail.

Waste no soap, save the scraps; it's made of fats. Fats that can not be used for cooking should be saved and made into soft soap.

Our waste of animal fat has been awful. Save it. Cut down your consumption at least one-third of an ounce a day. That is enough to make 400,000 tons a year, if all America saves its **FATS**.

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WHY WE MUST SAVE SUGAR.

AMERICANS eat more sugar than other folks do, more than is really good for them. We have been using **FOUR OUNCES** apiece daily, other people half as much. And now our Allies are down to one ounce a day—or less.

Till the new crop comes in, there is not enough sugar in the country to give us our usual allowance. We may have to cut down on SUGAR, whether we choose or not.

During the canning season you were told to use sugar for preserving, because by eating preserves we save fats. Otherwise—**SAVE SUGAR.**

Instead of four ounces a day, use not more than two. That is more than folks have in Europe. Save at least an ounce of sugar a day.

Give the children sirup, honey, molasses, preserves. It's better for them than candy. Munch raisins if you crave sweets. Go light on sugar in tea and coffee. Don't leave any in the bottom of the cup. Stint yourself on sweet drinks. Eat your cake without frosting.

Nibbling sweets to tickle the palate never did anyone any good. Too much makes a body lopy. And now that sugar is wanted to win the win, it's a sin to use any for mere indulgence.

One ounce a day—that's all it takes to make a stock of 1,185,000 tons this year for our Army and our Allies. Saving that ounce a day is part of **YOUR WAR SERVICE.**

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OUR MILK SUPPLY IS SHORT.

THE WORLD is desperately hard up for butter and milk. For small children nothing can take the place of milk; they die if they don't get it. For grown folks it is the next thing to meat.

MILK from the cow is almost a complete food. Skim milk is nearly the same in food value as lean meat. One quart of milk has more fuel stuff than half a pound of good beefsteak, more than eight eggs.

Before the war we had a tough problem to get milk enough. On top of that we are sending ten times as much condensed milk to Europe as we did five years ago.

On top of that our Allies have been killing their dairy cattle for food to an alarming extent. They had to because they needed the meat and were short of cattle feed.

Our own dairy herds are less than they were as some have been slaughtered because of the high price of feed—and because farm hands are scarce to milk the cows.

MILK is too valuable to waste. Give it to the children to drink, or if you give them **SKIM MILK**, give plenty of butter to match it up. Drink **SKIM MILK**, use it in cooking.

If it sours it is still good for cooking or for making cottage cheese.

Don't let a drop of MILK be wasted.

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YOUR COUNTRY'S CALL.

YOU would give your life for your country. You would scorn an American whose patriotism ended with waving flags, cheering the troops and standing up when the band plays. You want to serve your country.

Are you willing to do what your Government asks? Are you willing to follow directions?

Are you so comfortably fixed that you can afford to eat what you please? Ah, but you can't afford to eat what your country needs. FOLLOW DIRECTIONS.

Are you saving now of your slender means all you possibly can? Still, as far as your circumstances permit, FOLLOW DIRECTIONS.

Have you servants who can't be made to understand? It is your chore to see that they do. FOLLOW DIRECTIONS.

Follow directions. To-day the direction is to save two slices of bread, an ounce of meat, an ounce of sugar, a snitch of butter. Tomorrow as conditions change, there will be new directions. FOLLOW DIRECTIONS.

Follow directions. If Germany wins you will be obeying orders given by someone you will not care to obey. Your government asks you to prove that free people can follow directions.

Follow directions. If we fail in this, the war will drag on. As we succeed, we shall sooner have peace. FOLLOW DIRECTIONS.