

CONSERVATION HERE AND ELSEWHERE

[The Star-Bulletin publishes No. 2 of a series of timely articles on conservation by Jeannette Stevenson Murray (Mrs. Frederick G. Murray) of Fort Shafter. Dr. Murray is post surgeon at Fort Shafter, and a major, medical reserve corps. Dr. and Mrs. Murray's home is in Cedar Rapids, Iowa, where Dr. Murray had practised for 15 years prior to enrolling in Uncle Sam's medical service and being sent to Hawaii. Mrs. Murray has taken a keen personal interest in conservation of food supplies and since coming to Hawaii has maintained that interest here. The series of articles of which this is the first will include not only varied and practical war recipes for Hawaii's housewives, but hints on war gardening, feeding small children, milk as a meat substitute, guava jelly and our soldiers abroad, and other subjects of special local interest and application.]

French war cooking illustrated by American vegetables and cereal recipes flavored with a minimum of meat.

BY JEANNETTE STEVENSON MURRAY.

The main war effort for American women is saving of food. The reports at end of first year show that we have failed. We do not realize that hunger will weaken the strongest defensive. We need to contemplate the Germans in London, Paris and Washington in order to have it brought home to us that the wheat supply must be released for overseas. The drive is on for American women. Our problem is to serve foods not needed for shipment. Our army is seeking to avoid early mistakes of French and English, so also should American housewife study the art of the French woman, when she takes vegetables, cereals, herbs, and by adding a small bit of meat renders a palatable, nourishing and attractive meal. The French woman teaches two important points in conservation:

1. Small quantities of meat and fat cooked slowly with vegetables and cereals retain every bit of savoriness, while cooked alone as in frying or roasting much is lost.

2. The vegetables and cereals are insipid, lacking piquancy of taste; but they acquire this fine flavor from the meat and are consequently eaten in much larger quantities.

Since one dish can be prepared and served much more easily than three or four, we have a saving of service and fuel. This is especially true when gas is used. A small top oven fitting over one burner is a great saving. In the cook stove one should plan to bake several dishes at once. Coal is to be conserved everywhere, especially in Hawaii.

In some localities pork is not sold. Even where it is, it should not be served or cooked alone; but used sparingly as in chop suey and chowders, where the dish is made up almost entirely of vegetables and cereals and no other meat quite takes the place of the pork for flavoring.

1. Marblehead Chowder.

2 cups fish, 4 cups diced raw potato, $\frac{1}{4}$ cup diced salt pork, 3 cups water, 3 cups milk, $1\frac{1}{2}$ cups diced onion.

Clams or any kind of fresh or salt fish can be used. A flaky white fish, similar to cod or halibut, is best. If cooked first it is easier to bone and dice. If fresh, the water in which it

is boiled should be added to chowder. Put salt pork in kettle. Stir until partly fried. Add onions, cook until they begin to brown. This frying of pork and onions must be watched carefully. If they brown or burn the delicate flavor of the chowder will be lost. Add potato, fish, water. Boil until potatoes are cooked. Add milk. Boil up once. Season. We should cut out crackers. Serve with a bowl of boiled rice instead.

This chowder has been a staple food for the New England fishermen for nearly three hundred years.

2. Philadelphia Scrapple

This was originally made of a pig's head. Try making it, as follows:

2 quarts water, tablespoon salt, 1 lb. Hamburger steak, 1 cup chopped suet, $2\frac{1}{2}$ cups corn meal.

Stir meal in boiling water, add salt, meat, suet. Boil 2 hours slowly so that mush does not burn or stick to bottom. Pour into bake dishes. Cool until next day. Slice and fry. Requires very little fat for frying. Can also be made with 1 lb. beef left from a brisket boil and 2 quarts stock. Add meal to stock then meat chopped.

3. String Beans and Potatoes

Navy beans should be left for the army. String beans are plentiful and good in Hawaii.

1 lb. string beans cut in halves, $\frac{1}{4}$ cup diced salt pork (leave rind on), $\frac{1}{2}$ cup water.

Season salt (allow for salt in pork) pepper, simmer for 3 or 4 hours. Add more water if necessary. Should be a little juice on beans when cooked. Long slow cooking gives fine flavor.

Boil potatoes with skins. Peel hot and put whole into skillet with 2 table-spoons drippings. Fry until brown all over. Serve with beans.

4. Scalloped Potatoes and Meat

1 quart sliced raw potato, 2 cups ground left over meat, $\frac{3}{4}$ cup onion diced, 1 large green pepper (if you have it), 2 cups tomato unstrained.

Put in greased bake dish half potato, meat, onion, pepper, tomato in order named, then other half. Cover. Bake. Remove cover at last to brown. Serve with a cabbage salad.

5. Rice and Meat Custard

1 pt. boiled rice, 1 pt. or less ground left over meat, 1 pt. milk, 1 or 2 eggs, $\frac{1}{4}$ cup cheese, cut in small pieces, salt, paprika, minced parsley just before serving.

Beat eggs in bake dish, add other ingredients. Stir up and bake until thick. Should be brown on top, do not cook too long or custard will separate. Serve with a salad of lettuce, tomatoes, cucumbers, green peppers.

Boil rice every day for combination dishes and for your children. They prefer it to bread when served with milk and a scant sprinkling of sugar. Price and corn meal are the logical cereals for Hawaii. Here is a recipe from the South admirably suited to us:

6. Southern Rice Cake

2 eggs, 2 cups sour milk, 1 cup boiled rice, 1 cup corn meal, tablespoon melted fat, 1 teaspoon soda, 1 teaspoon salt.

Beat eggs. Add other ingredients. Mix thoroughly. Bake in moderate oven until firm and brown. This is a very thin mixture but thickens as it bakes. Can be baked with sweet milk and 2 teaspoons baking powder. It is surprisingly good served with honey or syrup.

Subject for next week: "The Food Value of Nutritious Soups."

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