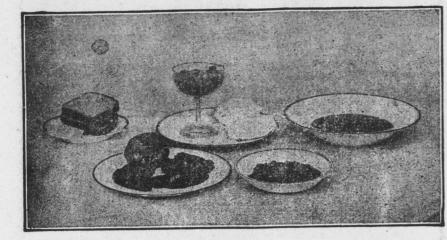
Use of Protein---Rich Foods in Cookery

Health and Happiness, Number 51

From Farmers Bulletin 824, "Foods Rich in Protein," United States Department of Agriculture



Figures 6 and 7 represent meals which furnish equal amounts of protein. Fig. 6.-Meal in which protein equal in amount to that in figure 7 is supplied mainly by two chops. The meal in figure 6 consists of clear soup, bread and butter, two pork chops, potato and tomato, pineapple and frosted cakes of the so-called buttercake type.

The Value of a Nut Crop.

Scientists have made known to us the nutritive value of nuts, and food the nutritive value of nuts, and food France, previous to the war, from experts have advised them as a sub-stitute for meats. In simpler days, says the Detroit Free Press, the bag of hickory nuts was a part of the win-ter's store and its contents an accom-paniment of the apples served to the evening's passing guests. The black walnut and butternut trees that were split into fence rails by the pioneers split into fence rails by the pioneers suppy is lessening, eventually there of southern Michigan are still lament- will be money in it.

ed by their descendants; they would be worth "big money" now, but had to make way for the crops that must occupy the land.

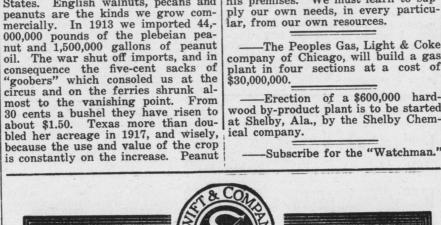
It is not generally known that prior to the war the United States imported about \$13,000,000 worth of nuts every year, although nut-growing has become a growing industry in several Extra result of the individual far-mer would not only preserve them on States. English walnuts, pecans and peanuts are the kinds we grow com-mercially. In 1913 we imported 44, 000,000 pounds of the plebeian peanut and 1,500,000 gallons of peanut oil. The war shut off imports, and in consequence the five-cent sacks of "goobers" which consoled us at the circus and on the ferries shrunk al-

ed peanuts grow in favor yearly. The highest priced nuts came from France, previous to the war, from a section which has been ravished by the

Why do we not see to it that our state highways, the great arteries of interior travel which absorb so much of our farm land, are planted with nut trees, which would not only beautify them, but also increase the wealth of mer would not only preserve them on his premises. We must learn to sup-

-----The Peoples Gas, Light & Coke company of Chicago, will build a gas plant in four sections at a cost of

----Erection of a \$600,000 hard-wood by-product plant is to be started at Shelby, Ala., by the Shelby Chemical company.





Profits may be considered from two angles:

1st—Their effect on prices; 2nd-As a return to investors.

When profits are small as compared with sales, they have little effect on prices.

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Fig. 7.-Meal containing the same amount of protein as that in figure 6, but partly from one chop and partly from eggs and milk used in soup, custard, and sponge cake. This meal includes the same quantities of bread and butter and of vegetables as in figure 6. Only one chop is used, but the protein (and also the energy) thus lost is made good by using a milk soup in place of the clear soup, and serving baked custard and sponge cake instead of fruit and frosted cake for dessert.

Protein usually is introduced into meals in two ways: First, by means of dishes made up principally of a protein-rich food such as meat, milk, or eggs, and, second, by dishes or combinations in which a small proportion of protein-rich food is used with materials from other food groups, as when milk and eggs are used in the preparation of soups, vegetables, cakes, etc.; when cheese is served with pie or other dessert; or when nuts are served as dessert, are used in making bread, cakes, or puddings, or are added to salads. Most people realize that they are introducing considerable protein into

their meals by the use of meat, fish, beans, etc. Few realize, however, how large an amount is introduced in small quantities by means of soup or dessert.

This is shown by figures 6 and 7, representing meals which furnish equal amounts of protein. That in figure 6 consists of clear soup, bread and butter, two pork chops, potato and tomato, pineapple, and frosted cakes of the socalled butter-cake type. The meal in figure 7 includes the same quantities of bread and butter and of vegetables. Only one chop is used, but the protein (and also the energy) thus lost is made good by using a milk soup in place of the clear soup, and serving baked custard and sponge cake instead of fruit

and frosted cake for dessert.

Other ways of introducing the same quantity of protein by material of different kinds can easily be found.

For example, in a breakfast of 2 eggs and 3 ounces of toast (yielding as much protein as 2 ounces of uncooked cereal), with fruit, butter, and sugar, the eggs would provide the greater part of the protein. If for the two eggs there were substituted 2 cups, or 1 pint, of milk, the meal would provide just as much protein. The milk might be served as a beverage or on a cereal breakfast food; or be used in making such dishes as cereal mush, muffins, corn bread, or milk gravy. In this case protein equal to that in two eggs might be distributed through several dishes.

In a lunch consisting of 4 ounces of fish, with bread and butter, a salad of fresh vegetables, and boiled rice and honey for dessert, the greater part of the protein would be supplied by the fish. If 2 ounces of ordinary cheese or one-fourth cup of cottage cheese were substituted for the fish, and a cup of custard (4 ounces) were substituted for the fruit, the lunch would supply just as much protein.

In a dinner consisting of 4 ounces of roast beef, with bread and butter, vegetables cooked without the addition of milk or other protein-rich food, and a fruit pudding for dessert, the greater part of the protein would be supplied by the meat. If a soup made from 1 ounce of dried beans were served, onehalf cup of milk used in the preparation of the vegetables, and 1 ounce of shelled nuts used for dessert in place of the pudding, it would be possible to reduce the meat to 2 ounces without lessening the amount of protein in the meal.

First Aid Lessons FOR BOYS and GIRLS

By Ruth Plumbly Thompson in Public hardly notice any breathing and the

Ledger. Heat Exhaustion: person is very weak. Send for the doctor first!! Then move to a cool place and loosen the

Indeed, no! This is not the same as sunstroke, and if you treat it the same way you are likely to kill instead of curing it.

the point teactor concector twenty drops of aromatic spirits of ammonia will help start the "engines" working again. (You see how important it is for "first-aiders" to ALWAYS know

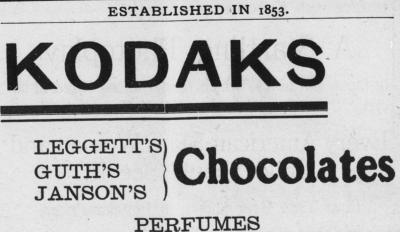
ing too hard on very warm days or in very hot rooms and walking in the sun without either parasol or hat. In sunstroke the face is very red and the skin dry and hot, but in heat exhaustion the face is pale and covsun without either parasol or hat. ered with a cold sweat. You can rest!

——Port Arthur, Texas, is begin-ning a campaign to turn itself into a city of palms. Trees of uniform spe-cies are to be systematically planted on all the streets and boulevards; the School Board will co-operate in lay-ing out the school grounds with walks and palms; and the railroads will help and palms; and the railroads will help by planting palms in their train yards and around their property generally. It is a delightful, but not a new, scheme in town improvements. Lon-don has for years been planting palm trees in its streets, and there are cer-tain other English towns, like East-

Swift & Company paid 10 per cent dividends to over 20,000 stockholders out of its 1917 profits. It also had to build extensions and improvements out of profits; to finance large stocks of goods made necessary by unprecedented requirements of the United States and Allied Governments; and to provide protection against the day of declining markets.

Is it fair to call this profiteering?

Swift & Company, U.S.A.



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