

HIGH COST OF LIVING MUST BE REDUCED

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on a salary" and the stretching powers of a salary have their limitations. He was eager and earnest in his efforts for the little brood dependent upon him but the Power Beyond had some- how made the oversight of not in- creasing his income with the increas- ing cost of living. And so the anxious lines were beginning to show and he was glad of this chance to talk things over. Carefully and minutely he ex- plained the situation.

"The same sum has just got to see us through for a while at least even if we count the pin feathers on the eagle before spending," was the final word.

Edict Goes Forth

So the edict has gone forth to the army of wives of the great American middle class. All over the country the Mrs. House Keepers have taken up the fight and put their shoulders to the wheel in earnest. In the parlance of the day, "it is up to us" to beat the price raisers at their own game. Housewives' Leagues boycot- ting specified goods for a specified length of time are becoming a mat- ter of history but only in certain localities and under certain conditions has much been accomplished. Co- operation is the cry of the day but an even more forcible word is neces- sary. It is an obvious fact that when the money will not purchase the regular amount then less must be bought. There is NOT a fool short- age in America to-day in spite of as- sertions to that effect. It is true that a great quantity is being shipped abroad but in the far West the potato crop was so immense that many were thrown into the rivers as the easiest way of disposing of them.

Retail dealers dread above all things a surplus supply of perishable goods left on their hands. Accord- ingly, if the housewife buys in smaller quantities the retailer in self-defense orders less from the wholesaler who in turn will be obliged to make a drop in his prices and this hits the specu- lator who is cornering the market. The present solution of the situation seems to be most careful and frugal buying on the part of the head of the culinary department.

The gist of the matter may be found in a conversation overheard in one of our local marketplaces the other day. Two dealers were discussing the price to be put upon certain goods. One named the sum.

"Oh, but come now, ain't that too much to ask?" the other expostulated.

"Why not? The fool women will pay it, why not get it?"

How much longer do the Mrs. House Keepers of Harrisburg intend to be placed in a position of such ridicule by the men who are literally cheating them?

Another Mouth to Feed

Once when a certain little lad was told of the arrival of a new baby brother to his next door neighbor he looked wise and, for want of other remark shook his head and said: "Another mouth to feed!"

Yet this was long before the era of high prices and difficult living of 1916. It would be tragically true to-day to the average couple of small income. Let me state clearly at the beginning that all the receipts I shall give throughout this series of articles are suited to the use of a family of four, the general average number in the modern American household. All measurements by either cup or spoon are level, not rounded.

Use of Eggs
There are two essential food staples the use of which during the winter season is always a source of anxiety to the frugal housewife, namely eggs and butter. Especially is this true just now with regard to the former when the wholesale dealers have packed them by thousands in cold storage plants. One party in Chicago is reported to have controlled 72,000, 000 eggs and claims he will hold them for 70 cents per dozen. The city health authorities raided his ware- house recently and seized several mil- lion of them which were too far past the bloom of youth. Unfortunately Mrs. House Keeper, you and I have not that privilege. It is hardly pos- sible to boycott so important an article of diet entirely but it is both possible and wise to curtail the use of them. A table can be set plentifully and well on one dozen eggs a week including such delicacies as cake and mayonnaise dressing as I shall prove later.

Butter is the other item which amounts almost to a luxury. A num- ber of women are using substitutes on their tables with the artificial coloring and salt worked in. Per- sonally I do not approve of this be- cause there are food values in good dairy butter essential to the health and development of childhood. In buying print butter in the paper cartons it is cheaper to use the one-pound size than the half-pound. It cuts bet- ter and goes farther. If kept cold there is no waste. Warm butter ad- heres to the wax paper in which it is wrapped. But for the school recess bite and the between meal spread a cheaper and even more wholesome thing is peanut butter. This can be bought for from 14c to 20c per pound in the open market and 10c, 15c, and 25c jars. Because of the rich and sometimes strong oil of the nut it is advisable to use a good grade for the sake of young digestions.

Pound of Butter a Week
If used sensibly one pound of table butter should last a small family for a week unless there should happen to be a great deal of hot bread, waffles and flannel cakes used. In that case molasses or maple syrup is a great aid.

With the cost of food stuffs steady- ly climbing, many people are of the opinion that it is wisdom to buy in large quantities, crates of canned goods, flour by the barrel, etc. Where there are many to feed, this is true. Where the family is small it certainly is not. It is human nature to be liberal with a thing when we are aware of a large supply in reserve and one grows careless accordingly. I have always found it advisable to keep only one or two jars or cans of each thing on my reserve shelf—then the unexpected guest always finds me pre- pared—but I order others only when the first are about to be used. The same rule applies to spices, sugar, flavorings, etc. This makes for frugal, careful use of your materials and is a bigger saving in the end.

Economy Hints

There are an infinite number of ways of economizing on important

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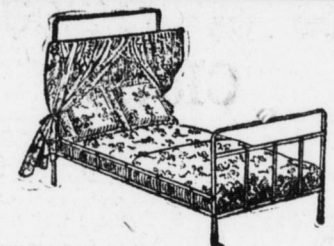


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things when cooking. For instance, always sweeten ice tea while it is still fresh and hot. The heat melts the sugar and diffuses it. It takes twice or three times as much sugar for the same purpose afterward. On the same principle in making cocoa add sugar to the cocoa powder before stirring it into a paste and adding to the hot milk.

After slicing the bread for a meal, scrape the crumbs from the board into a glass jar instead of the garbage receptacle and keep them for frying or sprinkling over baked dishes. A clean cloth spread over the rolling board will prevent the dough from sticking as much thus making less waste as well as an easier place to clean.

Within handy reach of the range keep a can for drippings and before your frying pan cools pour off all left- over grease for future use. Two thin slices of bacon will give a tablespoon full of excellent dripping. If this rule is followed extra lard or shortening

How to Get Your Gun in Condition For Good Shooting

By PETER F. CARNEY

Keeping a gun in condition is not such a difficult task if one gives the matter a little care and attention, but the trouble is that sometimes one feels a little lazy and so "friend" gun suffers. Among the many formulas given for cleaning or finishing gun barrels, the following is recommended: Remove the old finish with an emery cloth and polish the gun barrel, using care not to touch the barrel with the hands or oil after clean- ing. Then with a piece of absorbent cotton apply a solution made of the following: Spirits of nitre, 3 drams; tincture of iron, 3 drams; sulphur, 1 dram; blue vitriol, 2 drams; corrosive sub- limate, 1 dram; Nitric acid, 1/4 dram; Copperas, 1 dram; rain water, 12 ounces. Set the gun barrel away to dry thoroughly and then repeat until seven or eight coats have been ap-

plied. After the barrel has had plenty of time to dry wash thoroughly with a cloth and hot water, and polish with a piece of soft wool dampened with linseed oil.

For re-bluing barrels without heat- ing the following applies: Wipe the gun barrel free and clean off oil, rust or any other deposits, then apply nitric acid, using care to see that none of the acid touches the hands. Neutralize with water or a soda solu- tion, oil the barrel and burnish. Un- less you have had some experience un- der intelligent supervision it is better to leave the bluing process to a gun- smith.

Three Classes For Runners in Wilkes-Barre Marathon

Wilkes-Barre, Pa., Dec. 1.—The first annual marathon of the Wilkes-Barre Times-Leader will be held to-morrow. The course, one of the best in the country, is about ten miles in length. It is being placed in splendid condition and already many of the entrants are

taking daily trips over the route. There will be three classes, open, Wilkes-Barre and Luzerne county. All entrants will run from scratch and the winners will receive beautiful medals, gold and silver. The mara- thon is under the auspices of the Amateur Athletic Union and those who enter must be bonafide amateurs.

W. A. Rogers, physical director of the Wilkes-Barre Y. M. C. A., is in charge of the race and he is in com- munication with some of the best run- ners in the country. He has already heard from some of them and he ex- pects that the field will contain at least 100 athletes.

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