

THE EVENING TIMES AND STAK, ST. JOHN, N. B. SATURDAY, JUNE 16, 1917

HOW TO STOP MUCH OF THE \$700,000,000 FOOD WASTE

Garbage Pails, Careless Handling, and Improper Cooking Waste Most of it—Rats, Mice and Insects Ruin Large Quantities

Good food is wasted. If it gets into the garbage pail. If allowed to spoil in the home. If ruined by careless cooking. By careless paring and trimming. When too much is served at a meal.

Good food heedlessly thrown into garbage pails, food allowed to spoil in the household, food ruined by improper cooking, and food destroyed by rats, mice, and insects constitute the heavy items in the \$700,000,000 annual waste of food in homes in the United States, cited recently by the secretary of agriculture.

Seven hundred millions dollars is considered to be a conservative figure. In household waste, of course, are not included the vast losses of food allowed under improper handling or inefficient marketing methods to spoil in transit or in the hands of producers or dealers.

Much of this \$700,000,000 household waste of food, the dietary specialists of the U. S. department of agriculture declare, is easily preventable. This preventable waste consists in large part of the following items:

Thrown Away

1. Edible food thrown in the garbage pail or into the kitchen sink. That vast amounts of nourishing material are



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thrown out from American kitchens and so made useless for human consumption, is well established by the returns from garbage and fertilizer showing the amount of fats and nitrogenous material recovered from city garbage.

Much of the food is thrown out, the specialists say, because so many people do not know how to utilize leftovers or will not take the trouble to keep and prepare them. The specialists point out that left-over cereals can be reheated or combined with fruits, meats or vegetables into appetizing side dishes that even a spoonful of cereal is worth saving as a thickener of soups, gravies and sauces. Stale bread can be utilized in a variety of ways, in combination with vegetables and meats and in preparing hot breads and puddings. Slim milk, too, widely looked down upon as a food although it contains practically all the nourishing elements of whole milk, with the exception of the cream or fat, can be used as a beverage, in cooking cereals, or as a base for milk soups or sauces. Even sour milk, so largely thrown away, can be used in making hot breads or in the home manufacture of cottage cheese.

Every scrap of meat or fish can be combined with cereals or other foods lacking in pronounced flavor, both to give flavor and to add nourishment to made-over dishes. Every bit of fat or suet trimmed from meat before cooking or tried out in boiling, roasting, or broiling can be made useful in cooking. Many butchers, after they have weighed meat and named the price for the cut, trim off valuable suet and fat. This fat which the housewife pays for, if taken home and used, would reduce expenditures for prepared cooking fats. Water used in cooking rice and many of the vegetables contains nutrients and desirable flavoring materials valuable in soups or sauces. Too often fats and much water are poured into the sink.

Many persons regard the saving of small amounts of leftover food as unimportant. If they kept accurate account, however, for any period, the specialists say, many families would be astounded by the amount of good food they are throwing out and by the sums that they are paying to the grocer, the butcher, and milkman merely to replace good food being absolutely wasted.

Carelessness

2. Spoilage of food due to carelessness in handling and storing in the home. Important amounts of perishable foods are made dangerous or inedible in households because they are exposed unnecessarily to heat, germs, dust, dirt, or to flies and other insects.

Much milk spoils quickly because it is kept uncovered in warm kitchens. Close observance of the doctrine—"Keep

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Makes scrubbing quick and easy. Don't wear out your back and your temper. Just let Old Dutch clean your



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perishable food, especially milk, cool, clean and covered continuously, may make a striking difference in the food bills of many families.

In other cases, one or two vegetables, beets or carrots, for instance, not needed immediately are thrown out or allowed to spoil instead of being used in soups or combination dishes. Fruits which could be stewed and kept are allowed to spoil. Vegetables and fruits in quantities often are stored in hot, damp, and poorly ventilated bins and under conditions which hasten wilting, fermentation and decay. Fruits, surplus beans, tomatoes and other vegetables produced in home gardens are allowed to spoil on the vines or rot on the ground. A morning's work would clean and preserve such surpluses for use when fruits and vegetables are scarce and high in price.

Much food is ruined by being stored where flies or other insects or rats and mice can get at it. Much cereal food



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is ruined because it is not protected against weevils or other insects.

Poor Cooking

3. Food spoiled by careless cooking. Many housewives who complain that children and adults will not eat breakfast cereals fail to realize that the cereals they serve are undercooked, scorched, or improperly seasoned and thus made unpalatable. Most of the cheaper foods require careful seasoning and preparation to be fully appetizing. In many households, the specialists believe, proper attention to the cooking of these cheap and desirable foods will increase greatly their consumption and thus reduce considerably the use of more expensive foods eaten instead of cereals.

Vegetables properly prepared tempt the appetite. When they are served soggy from or in watery or poorly flavoured dishes, much of them will be left on the table. The nutritive value and flavor of meat or fish can be lessened by overcooking or improper cooking. If fats are allowed to burn even a little, they develop unpleasant flavors and usually cause people to refuse gravies and sauces made with them or foods fried in them. Burned meat is also disagreeable as are burned vegetables.

4. Waste in preparation. Much useful food gets into the garbage pail because the housewife in preparing potatoes or other vegetables and fruits such as apples, cuts off with the skin a considerable percentage of edible material. Careless paring of potatoes may consign as much as 20 per cent. of the edible portion including outer layers containing valuable mineral substances, to the garbage pail. Many persons are unaware that the green and tender tops of many vegetables which contain valuable mineral and other food substances, are excellent cooked as greens, or even as additions to salads.

5. Overgenerous serving of food. Many families take pride in serving lavish and overabundant meals. Such meals lead inevitably to waste of food on the table and to overeating, which often impairs health and efficiency. The same standard, "Eat enough food and no more," rigidly followed, would reduce greatly food bills in many homes and, at the same time, tend to improve the physical condition of all members of the household.

Housewives, interested in economy, who wish to be certain that their families are getting proper food and not too much, should ask the U. S. department of agriculture to send Farmers' Bulletin 808, "How to Select Foods—What the Body Needs." This bulletin classifies foods into simple household groups and shows the housewife how to plan meals that will provide for the growth and repair of the body and supply the energy the various members of the household need for their special tasks.

That form of conservation would constitute a just and adequate war policy. Let all pay in the coin they possess. That spells equality of sacrifice so far as such is practicable.

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"Every citizen who uses more in his household than his household actually needs is increasing the cost of living for those less fortunate, and he is hindering the prosecution of the war."

—Sir Thomas White, Minister of Finance.

THE well-to-do woman who sits at her phone and orders provisions lavishly, regardless of price, is abusing the power of money as a bully abuses brute strength!

No longer can we help ourselves as we see fit from an unlimited food supply—we are either limiting our buying to our own real needs or "hogging" someone else's share.

Extravagant buying by those who can afford it, with waste in some kitchens, and excess at some tables, will inevitably bring still greater hardships to those who cannot afford the prices, and hunger to those who must live on less.

Buy for your household as carefully and economically as your husband buys for his factory, store or office. Study food values as well as prices—make it a point to know just what you are getting—eliminate waste—and you'll find that you can feed your family well on far less than you spend now.

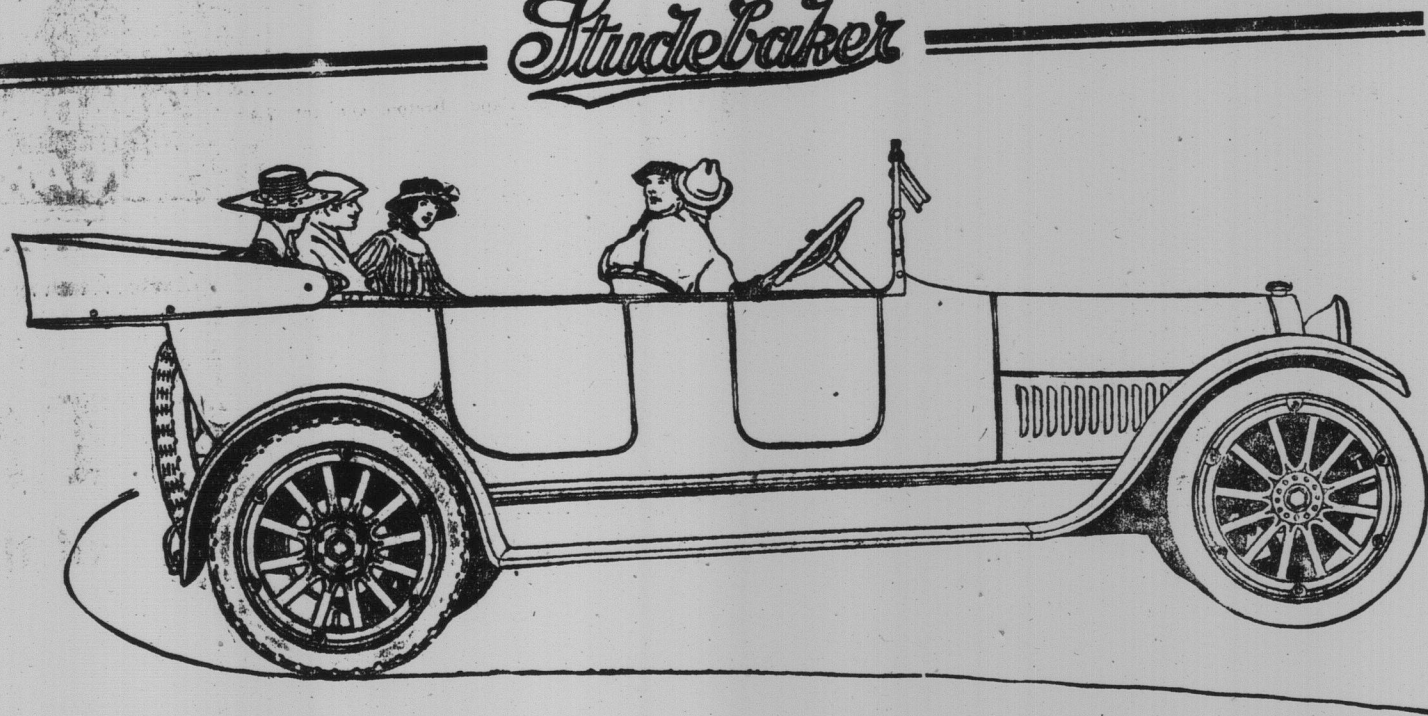
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