SAVING SUBSTITUTES

CANADIAN FOOD CONTROLLER'S SUGGESTIONS OF WAR-TIME DISHES

Tuesday

Save Beef and Bacon by using Fish and other substitutes

FISH CHOWDER

Any baked or boiled fish left over can be used.

Recipe—2 cups potatoes (sliced)
1 cup onion (sliced)
1 cup fish (sliced)

The method is as follows:—

Cook the potatoes, fish and onions separately and drain. Make a white sauce. Put the fish, potatoes and onions in the white sauce, re-heat and serve hot.

WHITE SAUCE.—2 tablespoons flour, 2 tablespoons butter. Heat these in a frying pan and cook for one minute. Do not allow to brown. Add one cup of milk and stir until perfectly smooth. Season with one half teaspoon of salt and one-eighth teaspoon pepper.

Ways of Wheat saving are many, Graham flour helps; eat more brown bread.

BROWN BREAD

Recipe—Graham flour, 2 cups
White flour, 1 cup
Molasses, ¾ cup
Sweet milk, 1¾ cup
Soda, ¾ teaspoon
Salt, 1½ teaspoon

Sift the flour, salt and soda well. Add the molasses and the milk. Pour into well greased moulds and steam about three hours.

Friday

Save Beef and Bacon by using dishes like Macaroni and Cheese

MACARONI AND CHEESE

Cook macaroni in boiling salted water for twenty minutes. Drain and pour over it cold water. Put a layer of macaroni. Sprinkle with grated cheese. Repeat. Pour the white sauce over this and cover all with buttered crumbs. Bake until the crumbs are brown.

MACARONI, CHEESE AND TOMATO

Prepare as for macaroni and cheese, only use tomato sauce instead of white sauce. Prepare as for white sauce, using tomato juice instead of Milk.

Save Bread and Flour by using Cereals like Corn and Buckwheat

Try JOHNNY CAKE

Cornmeal, 1 cup	Soda, ½ teaspoon
White flour, 1 cup	Baking powder, ½ teaspoon
Sugar, ½ cup	Salt, 1 teaspoon
Sour milk, 1½ cup	Molasses, 1 teaspoon

Mix and sift the dry ingredients twice, and gradually add the sour milk. Beat well, and bake in a shallow greased pan, in a moderate oven.

(Recipes by Domestic Science Expert, Food Controller's Office.

NEW RECEIPE FOR CHEESE

Lecturing at the Royal Institute of Public Health Mr. Josiah Oldfield said that he had learnt from a Hindu lady with whom he had once stayed in India an admirable receipe for making digestible cheese. It was this: "Put a pint of fresh milk on the fire; meanwhile squeeze the juice of a lemon or two in a cup, and when the milk commences to simmer empty the contents of the cup into it and give it a stir. In three minutes the curd will separate from the whey. Pour contents into a piece of muslin, and hang it up for an hour."

Dr. Oldfield declared he had travelled thousands of miles on this form of cheese. —*The Times*, London.

CHINESE COOKERY

Romance again knocks at the kitchen door, as it did in the days of Lucullus, Petronius and Brillat-Savarin, this time clothed in a mandarin's coat and peacock feathers and a pig tail. It is called "The Chinese Cook-Book." (Stokes, New York), and consists of a hundred recipes by a magician named Shiu Wong-Chan, who tells us that an Emperor called Pow Hay-Se 3,000 years ago invented the Chinese system of cookery which Confucius thereafter put on a scientific basis. Be that as it may, Shiu fails not to evoke visions and dreams, with his nomenclature of Oriental dishes, dreams and visions, which transcend those of Kubla Khan or the still life of Monsieur Redon. "Lobster in Golden Pond," "Ruby Mixed with Pearls," "Immortal Food," "Food of the God of Law Horn," "Gold and Silver Frankfurters," probably evolved during the German occupation of Kiao chau; "Lily-Root Pudding," these are some of the exotic epithets on a Chinese bill of fare. Then for people of a more mauve fancy there is "Dry Pork with Gray Potatoes," and for the worshippers at Lamb's shrine "Brittle Pork." Another interesting preparation seems to be "Stove Party," at which the guests are advised to "keep moving" continually. Less appetizing to Westerners would appear to be "Raw Fish Party." Still, the crude basis of this feast is so well hidden with spices and gustatory disguises, lemon leaves, sesamum-seed, almonds, peanuts, peanut oil, chrysanthemums, that even a pink-haired barbarian would hardly know what he was eating. With Chinese methods, even the very costly bird's-nest becomes palatable.

Mr. Shiu is very conservative in his offerings, since they are his first and intended for the novice. He does not include salted or pickled eggs, which he might very well have done, considering that Americans will shortly have to reconcile themselves to an increased longevity for the cold-storage product. He points the way to food conservation by a number of recipes involving use of sharkfins, but he is silent on the subject of silkworm grubs and chow-dogs. As Stevenson said, "the world is full of such a number of things," and European man eats so very few of them, that any broadening of his culinary horizen must be welcomed, especially in these times of the exhaustion of the few recognized food resources. Mr. Hoover might take a leaf out of this Oriental cook-book. Instead of making people sign abstention pledges, he should supply them with a lot of abstaining recipesas aromatic andentrancing as these of Mr. Shiu. We should not be admonished to a wheatless day, but lured to a day of "Stuffed Triangle Bean Cake"; we should not be scolded into a meatless day, but tempted by a day of "Wine-vapor Fish Swimming in Golden Pond." A vogue must be created for dishes concocted out of altogether unaccustomed materials, and prizes be awarded for the greatest originality in this direction. The object of this new cookery will be not only in the direction of economy; it will also be in the direction of renovation of jaded appetites. Listen to the scientific Mr. Shiu on this subject:

When a man sees or smells something that is tasty, his mouth begins to water. The water is a dilution of hydrochloric acid, with which food is digested. If he does not chew his food long enough to let the water form and mix with the food, he has a sickness known as indigestion. When he goes to a physician the physician will give him some form of dilute hydrochloric acid to digest his undigested food, and so he will feel all right. Since Chinese food is prepared in so tasty as well as fancy a way, it makes one's mouth water the moment you look at it. Therefore it makes indigestion impossible.—*New York Evening Post.*

TEN REASONS WHY CANADA'S FISH ARE A FIRST FOOD RESOURCE

BY PROF. EDWARD E. PRINCE, LL.D, M.A., D.Sc., F.R.S.C., Commissioner of Fisheries for Canada, Ottawa

In spite of much talk about Food Conservation, it is a remarkable fact that the most important of our natural food resources has been largely forgotten by the authorities, and almost ignored by the general public.

Most people are alarmed at the shortage of potatoes, or beef, or pork, or fruit, or eggs, but what about fish? It should be pointed out that in the Food Bill prepared by the Committee on War in the New York Legislature, no mention whatever is made of fish, while in the United States Council of Natural defence, every industry is represented except the fresh fish industry; and some of our own Commissions in Canada have apparently forgotten that our fish and fisheries rank amongst the most important in the world.

Canada's fish and fisheries are entitled to a first place amongst food resources. Fortunately there are farseeing men amongst us who have realized that fish rank amongst the most delicious and most nutritious foods. In public addresses some prominent Canadians have lately called attention to these important facts; but speaking generally, it has not been realized that the Canadian people have a supply of the best kind of food in the shape af fish, and that in every part of the Dominion there is a supply which is practically inexhaustible.

There are ten reasons why our fish and fisheries rank amongst our greatest Natural Resources.

1. Fish are unexcelled as food because:

(a) They are rich in proteins, which build up the tissues of the human body, and supply energy for warmth and muscular exertion and activity.

(b) They are more digestible than meat or vegteables, and contain little fat or waste material. Fish digests in 1½ to 2½ hours, but beef takes 3 to 4 hours, and pork as much as 5 hours.

Doctor Langworthy, a United States' expert recently stated that cod-fish steak, for the same cost, provides more than twice the proteins and 2-3 of the energy which sirloin beefsteak furnishes.

2. Fish are more universally distributed than any other food resource.

Canada has waters everywhere, great oceans on her east, west, and north boundaries, and there are lakes and rivers spread like a net all over her vast territories. There are local fruit areas, great wheat fields and grazing lands here and there, but wherever there are waters in the Dominion there are fish, east, west, north and south.

3. Fish produce more human food per acre than land crops yield.

"But once in the year," said the British Fisheries Commission, 1863, "an acre of good land carefully tilled produces a ton of wheat or 203 cwts. of meat. The same area on the bottom of the sea, on the best fishing grounds, yields a greater amount of food to the persevering fisherman every week in the year." The waters in the opinion of the best authorities are far more productive of food than the land.

4. Fish produce a harvest self-tilled, self-seeded, self matured; they require only to be harvested and marketed; but the land requires to be properly ploughed, seeded, and tilled, with great labor and expense, before the crop is produced. Without labor, expense, and care, the fish harvest ripens ready for the fisherman to gather, and the public to enjoy.

5. Fish are food practically ready for use.

No factories or manufacturing equipments, abattoirs, or other establishments, are necessary to make the production of the waters ready for the kitchen. Some races, like the Eskimo, and many European nations, eat fish just as they are brought from the water, and in the case of even the most fastidious peoples, the cleaning and cooking of fish is one of the simplest of domestic tasks.

Fish are not only the lightest and most digestible of foods, but they are the most available.

6. The fish harvest is most reliable, in spite of fluctuations and hindrances which are commonly called "Fisherman's luck."

The fish harvest is safe from the danger of such calamities as destructive storms, cyclones, earthquakes, volcanic eruptions, etc., which frequently make a wilderness where smiling fields, forests, and vineyards formerly thrived.

Local destruction of fish occurs, no doubt, owing to storms, pollutions, etc., but such loss is very slight, and in a season or two entirely repaired.

7. The fisheries persist in spite of war and criminal destruction associated with war methods.

The first aim of an enemy is to destroy its opponent's food supply. Ranches and fields and forests are, therefore, burned, but the fish in the seas and lakes and rivers still continue unharmed, prolific, and abundant. Submarines, etc., may destroy a certain amount of fish, but the supply on the whole is little affected.

8. Fish cannot be completely depleted or destroyed by natural or human causes; but may be relied upon to furnish a permanent supply of food.

Eminent authorities like Professor Huxley and Professor McIntosh claim that our best food fish cannot be completely exterminated. The late Professor Hind estimated, for example, that our Atlantic cod banks had furnished no less that 150 to 175 millions of codfish to the bank fishermen during the last half century though they have been fished for six hundred years. This is probably much under estimated, and the production of fish having been taken from the waters, the "Banks" still remain the most productive in existence.

9. Fish are cheap food, or should be.

Nature produces the harvest, though the cost of the harvesting may increase. The cost of labor, of boats, of nets and fishing apparatus, may rise, but the first cost is the same. In other words the water produces fish without labor or care on man's part, and any increase in price is, therefore, due to the conditions of catching or marketing, and these should not very seriously affect the cost of fish, and if they do, artificial trade causes are at work, and these can be remedied, and in time of war should be promptly and effectively investigated.

10. Fish are a welcome and palatable food.

Many people dislike pork or veal. Some dislike potatoes, and others will not accept oat meal porridge; but the palate must be depraved, and the digestive organs very abnormal, will find fish undesirable and indigestible. Such degenerate natures are rare. What is more appetizing than cod-steak with oysters, and haddock with anchovy sauce, or a trout or salmon-steak with lemon; or a boiled lobster. To most people these form a most delightful and welcome food on the daily bill of fare.

The above ten reasons prove the value of fish and fisheries as a source of cheap nutritious and reliable food for our people, and they are summarized as follows:

1. Fish are the best of foods.
2. They are more universally distributed.
3. They are more productive than any other food materials.
4. They are produced at less cost.
5. They are ready for use without any manufacturing process.
6. They are not affected by calamities, storms, etc.
7. They are immune from the destructive methods of warfare.
8. They are practically inexhaustable.
9. They are an economical food.
10. They are welcome and delicious on the table.

—*Canadian Fisherman*, October, 1917.

"How fast was this man going?" Easily forty miles an hour." "What makes you think so?" "He admitted that hewas doing twenty."—*Baltimore American.*

"The colonel is very polite." "His politeness was hard put to it to-day, however." "How was that? "He tried to hold a receiving door open for a lady."—*Lovisville Courier-Journal*

A WORD TO THE HOUSEWIVES

Ninety per cent. of the food consumed in Canada passes through the hands of our women. There is, then a great responsibility resting upon them to conserve supplies needed overseas and to utilize perishable foods. Waste in all its many forms should be regarded not only as a sin, but as actual disloyalty in war time. It is important that sufficient and nourishing food should be provided, suited to the needs of the different members of the family.

Arbitrary rules in this case are of little value but the principle is of general application,—that the women in the homes can do no more important patriotic service than by guarding against waste. The question of substitution is very largely in their hands. A little saving in every home, when multiplied by all the homes n the Dominion, would mean a very large amount of food products saved for the soldiers.

You may feel that you do not need to sign the Food pledge—that you will save all you can without it. But how about your neighbour? The actual pledge may help her to remember the duty of food service. The housewives of Canada, pledged to food service, and living up to their pledges, will be a powerful factor in the struggle against Germany and against starvation.

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