



How To Be Useful In War Time

HINTS FOR HOUSEWIVES

NO LIKELIHOOD OF A FAMINE



There is no likelihood of a famine.

There is plenty of fresh meat vegetables and fruit in the country. Last Saturday at Convent Garden Vegetables were thrown away for want of buyers, and the price of meat has risen very little. Remember that fresh food will not keep, and that preserved food – bottled, tinned, and so forth – will keep, and may come in very useful later.

Do not starve your family or your servants. Every one needs all the strength possible. Give plenty of food, but plain.

Mr George Knowles, Stockton House, Codford St. Mary, Wilts, informs us that the Roman fashion of sweetening food with honey has proved on trial excellent. Sugar is dear, and half a tablespoonful of honey will go as far as three tablespoons of sugar.

Stale bread goes farther than new bread and is more digestible. Remember the value, for puddings, &c., of crusts and breadcrumbs.

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