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WAR TIME RECIPES

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PUBLISHED BY THE

WOMEN STUDENTS' WAR WORK COUNCIL

OF THE

UNIVERSITY OF WISCONSIN

December, 1917



W.D.

MANY of our boys are already in France and many more are on the way. Already some have paid the supreme sacrifice—they have given their lives that Freedom and Human Liberty may live.

The least we can do is to help conserve the food supply so that our boys at the front will have enough to eat. To do this, we must eat less wheat, less meat and less sugar. Let us all do our bit.

Very truly yours,

MAGNUS SWENSON,

Federal Food Administrator.

WHAT YOU CAN DO TO HELP WIN THIS WAR.

OUR PROBLEM "is to feed our Allies this winter by sending them as much food as we can of the most concentrated nutritive value in the least shipping space. These foods are, Wheat, Beef, Pork, Dairy Products, and Sugar."

OUR SOLUTION "is to eat less of these and more of other foods of which we have an abundance, and to waste less of all foods."

"Each one of us can save $\frac{1}{4}$ the wheat by buying at least $\frac{1}{4}$ less wheat flour than we have previously bought."

Wheatless Recipes

PASTRY.

2 cups barley flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt

$\frac{1}{3}$ cup fat
Water to make a stiff dough

Combine as for other pastry. This crust is particularly good for mince, apple, squash, and pumpkin pies.

STEAMED BARLEY PUDDING.

1 cup sour milk
1 cup molasses
1 egg
1 teaspoon soda

$\frac{3}{4}$ cups corn meal
1 cup barley flour
 $\frac{1}{4}$ teaspoon salt
1 cup chopped raisins

Beat egg; add molasses, milk and soda dissolved in a little cold water. Sift

corn meal and barley flour together and combine with first mixture. Add chopped raisins and pour into well greased baking powder tins or popover cups. If the latter are used cover each cup with a well greased paper. Steam two hours.

CORN MUFFINS

- | | |
|--|-------------------------------|
| 1 cup sour milk | 3 teaspoon baking powder |
| 1 tablespoon sugar | 1 egg |
| $\frac{1}{2}$ teaspoon soda dissolved in 1
teaspoon water | $\frac{1}{2}$ teaspoon salt |
| 1 tablespoon shortening | $1\frac{1}{2}$ cups corn meal |
- Bake in small muffin tins for 20 minutes.

CORN MEAL CRISPS

- | | |
|-----------------------------|---------------------------------------|
| $\frac{3}{8}$ cup corn meal | $2\frac{1}{2}$ tablespoons melted fat |
| 1 cup boiling water | $\frac{1}{2}$ teaspoon salt |

Add corn meal gradually to boiling water and cook two minutes. When smooth, add melted fat and salt. Spread evenly on a well greased, inverted dripping pan as thin as possible, using a long, broadbladed knife. Bake in a moderate oven until well browned. Cut in squares, remove from pan, and serve at once.

BROWN BREAD

- | | |
|-----------------------------|-------------------------------|
| 1 cup corn meal | 1 teaspoon soda |
| 1 cup rye flour | 2 teaspoons baking powder |
| 1 cup barley flour | $\frac{1}{4}$ teaspoon ginger |
| $\frac{3}{4}$ cups molasses | $\frac{1}{4}$ teaspoon salt |
| 2 cups sour milk | |

Sift corn meal, rye and barley flour, baking powder, ginger, and salt together.

Mix sour milk and molasses, and add soda, previously dissolved in a little cold water. Combine liquid and dry ingredients, stirring thoroughly. Steam for from four and one-half to five hours.

CORN PONE.

- 1 cup white corn meal
- 1 teaspoon salt

1 pint boiling water

Cook these together five minutes. Add 1 cup milk, 1 cup boiled rice, 1 tablespoon fat; 2 well beaten eggs. The mixture should be like mush. Bake 45 minutes in an earthen dish. Serve in the dish.

VIRGINIA PONE.

- 1 cup hot boiled hominy
- 2 cups milk
- 5 tablespoons fat
- $\frac{1}{2}$ teaspoon salt

- 1 cup white or yellow (Indian) meal
- 2 teaspoons baking powder
- 2 eggs well beaten

Add the milk and fat to the hominy; cool, add Indian meal and baking powder mixed and sifted together; then the eggs beaten thoroughly. Bake in an earthen dish 45 minutes. Serve in the dish, cut in triangular pieces.

FRUIT CAKE.

- $\frac{1}{2}$ cup fat
- 1 cup sugar
- 1 cup sour milk
- 3 tablespoons molasses
- $\frac{1}{2}$ teaspoon soda
- 2 $\frac{1}{2}$ cups barley flour

- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon each of cloves, cinnamon, allspice
- 1 cup chopped raisins
- $\frac{1}{4}$ cup citron
- Combine as for other fruit cake.

OATMEAL COOKIES.

1 egg

$\frac{1}{2}$ cup sugar

$\frac{3}{8}$ Tablespoons melted fat

1 cup rolled oats

$\frac{1}{3}$ teaspoon salt

$\frac{1}{4}$ teaspoon vanilla

Beat egg until light; add gradually sugar, and then stir in remaining ingredients. Drop mixture by teaspoonful on a thoroughly greased inverted dripping pan, one inch apart. Spread into circular shape with a case knife first dipped in cold water.

Bake in a moderate oven until delicately browned. To give variety use $\frac{3}{8}$ cup rolled oats and fill cup with shredded cocoanut.

CORN HOE CAKES.

2 cups corn meal mush made by cooking 1 cup corn meal and $2\frac{1}{2}$ cups water in a double boiler for several hours.

2 tablespoons melted fat

$\frac{1}{2}$ teaspoon salt

1 egg well beaten

3 teaspoons baking powder

Add egg and melted fat to cold mush mixing thoroughly. Stir in salt and baking powder; form into flat cakes in the palm of the hand and bake in hot oven until delicately browned.

MUFFINS.

1 cup sour milk

$\frac{1}{2}$ teaspoon salt

1 tablespoon sugar

2 tablespoons melted fat

1 egg

$2\frac{1}{4}$ cups barley flour

$\frac{1}{2}$ teaspoon soda

2 teaspoons baking powder

Beat egg, add sugar, sour milk, salt and soda dissolved in a little cold water. Sift flour and baking powder and combine with the first mixture. Add the melted fat

and beat well. Bake in well greased muffin pans until thoroughly done, about one-half hour, depending upon the size of the muffins.)

POTATO MUFFINS.

4 tablespoons fat	2 cups flour
2 tablespoons sugar	3 teaspoons baking powder
1 egg	salt
1 cup mashed potatoes	1 cup milk

Cream fat and sugar; add egg well beaten, milk and mashed potatoes. Mix thoroughly. Sift flour, baking powder and salt; combine with first mixture and bake in greased gem pans 35 minutes.

FIG LAYER CAKE.

$\frac{1}{3}$ cup fat	3 teaspoon baking powder
$\frac{3}{4}$ cups sugar	$1\frac{1}{4}$ cups milk
2 eggs	2 cups white corn flour

Scald milk and pour over corn flour. Allow to stand for few hours. Cream fat and sugar; add well beaten eggs, then the soaked corn flour. Beat well; add baking powder; beat quickly and thoroughly and bake in two round tins in moderate oven.

Before serving place fig filling between cakes. Whipped cream may be served on this.

FIG FILLING

Cut figs into small pieces; add $\frac{1}{3}$ cup sugar, $\frac{1}{3}$ cup water, and 1 tablespoon of lemon juice to one cup chopped figs. Heat in double boiler or sauce pan until soft and thick enough to spread.

Place while hot on cake.

CORN AND RICE MUFFINS.

$\frac{1}{2}$ cup cooked rice

1 cup milk

1 egg

1 tablespoon sugar

2 tablespoons melted fat

$\frac{1}{4}$ teaspoon salt

3 teaspoons baking powder

$1\frac{1}{4}$ cups corn meal (white)

Combine as for muffins. Bake in moderate oven 35 to 40 minutes.

Meatless Recipes

Each one of us is asked to use one ounce less per person per day, so that our boys at the front can have beef, pork, and mutton, which are easily shipped.

MEXICAN RICE.

Cook $\frac{3}{4}$ cups of rice in boiling water until tender. Heat an iron frying pan very hot; add two tablespoons of fat and when melted, add rice, and cook until rice is slightly browned, stirring lightly with a fork. Put in a hot serving dish, pour over it 1 cup hot tomato sauce, and sprinkle with $\frac{1}{2}$ cup grated cheese, lifting rice with fork, that sauce and cheese may coat each kernel.

CORN CHOWDER.

1 can or 3 cups corn

4 cups potatoes, cut in $\frac{1}{4}$ inch slices

2 onions sliced

salt and pepper

2 tablespoons cornstarch or barley

flour

4 cups scalded milk

3 tablespoons beef drippings or other fat

Cook onion, cornstarch and fat, stirring often so that onion may not burn. Add

potatoes and 2 cups boiling water; cook until potatoes are soft; add corn and milk, and cook 5 minutes. Season with salt and pepper and serve.

BAKED CARP ARMENIAN STYLE.

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|-----------------------------------|-----------------------------------|
| 3 pounds carp flesh | $\frac{1}{2}$ bunch mint |
| 2 onions | 1 cup water |
| 3 ripe tomatoes or | 1 teaspoon salt |
| $\frac{1}{2}$ cup stewed tomatoes | $\frac{1}{4}$ cup beef fat or oil |

Place the tomatoes and sliced onion in layers in a baking dish. Lay the skinned and boned carp in the dish and cover with a second layer of sliced onion and tomato. Sprinkle the finely chopped mint and parsley, salt and pepper over the top. Pour over this the melted fat or oil and bake in a hot oven at least $\frac{1}{2}$ hour or until fish is tender.

SCALLOPED CHEESE.

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|------------------|--------------------------------|
| 3 cups milk | 5 slices of bread |
| 2 eggs | 2 cups grated cheese |
| 1 tablespoon fat | $\frac{1}{4}$ teaspoon paprika |

Spread bread with fat and cut into 1-3 inch cubes. Beat eggs, add milk, salt and a sprinkling of paprika. Arrange bread cubes and grated cheese in alternate layers in greased baking dish; pour over egg and milk mixture. Bake in moderate oven from $\frac{1}{2}$ to $\frac{3}{4}$ hour or until set. Serve hot.

SALMON BOX.

Line a bread pan well greased, with warm steamed rice. Fill the center with cold salmon, flaked and seasoned with salt and pepper. Cover with rice and steam 1 hour. Turn on a hot platter and serve with cream or tomato sauce thickened with corn starch, potato or barley flour. (10)

TOMATO AND CHEESE RAREBIT.

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|--|-----------------------------|
| 2 tablespoons fat | $\frac{1}{4}$ teaspoon soda |
| 2 tablespoons flour | 2 cups finely cut cheese |
| $\frac{1}{4}$ cup milk | 1 egg slightly beaten |
| $\frac{1}{4}$ cup stewed and strained tomatoes | salt, mustard, cayenne |

Melt fat, add flour and milk gradually. As soon as mixture thickens add tomatoes mixed with soda. Then add cheese, egg and seasonings to taste. Serve as soon as cheese has melted on rye toast.

SOY BEAN AND RICE CASSEROLE

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| 2 cups steamed boiled rice (without washing after cooking) | Small piece of onion |
| 1 cup cooked soy beans | 2 tablespoons fat |
| $\frac{1}{4}$ cup water | $\frac{1}{4}$ cup bread crumbs |
| $\frac{1}{4}$ cup cubed celery | Pepper |

Add beans to fat. Brown slightly and add the rest of the ingredients, excepting rice. Line a well oiled casserole or baking dish with rice 1 inch thick. Fill center with bean mixture and cover well with rice. Bake 30 minutes in moderate oven. Serve from casserole or turn out in a loaf on platter.

Serve with brown gravy. One egg beaten improves the above,—also 1 tablespoon of chopped green pepper. (Omit pepper in recipe).

BROWN GRAVY.

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|---------------------------------|---|
| 2 tablespoons fat | $\frac{1}{4}$ Kitchen Bouquet |
| 3 tablespoons barley flour | $\frac{1}{4}$ teaspoon Worcestershire sauce |
| 1 $\frac{1}{2}$ cups soup stock | Salt to taste |
| $\frac{1}{2}$ tablespoon catsup | |

Melt fat, add flour and brown. Add soup stock and cook until thickened to a thin sauce. Add seasonings.

EGGS POACHED IN TOMATO

- 1 pint tomatoes
- 1 small onion

- 6 eggs
- Salt and pepper

Cook tomatoes slowly for 10 minutes with onions and seasonings. Break eggs into bowl and then without beating slip them into the hot tomato. Lift the whites until firm with a fork then prick the yolk. Serve at once on toast.

CASSEROLE OF HOMINY, TOMATOES AND CHEESE.

- 4 cups cooked hominy
- 3 cups thin tomato sauce
- $\frac{1}{4}$ pound cheese

Mix tomato sauce with hominy. Put alternate layers of this mixture and grated cheese, in baking dish. Bake in a moderate oven until slightly browned. Green peppers or onions, chopped fine may be added if desired.

RICE CROQUETTES.

- 1 $\frac{1}{2}$ cups cooked rice
- 1 cup thick cream sauce
- $\frac{1}{4}$ teaspoon paprika
- 1 teaspoon salt
- (Cream sauce
- 2 tablespoons fat
- 3 tablespoons flour (barley)
- 1 cup milk
- 1 egg
- 1 tablespoon milk
- Dried bread crumbs
- Combine as for cream sauce.

Add cooked rice to cream sauce. Season and form into croquettes. Dip into beaten egg to which 1 tablespoon of milk has been added. Roll in crumbs and place

in well greased dripping pan. Brush croquettes with melted fat and brown in hot oven. Serve with cheese sauce.

Cheese sauce	$\frac{1}{2}$ teaspoon salt
2 tablespoons fat	$\frac{1}{8}$ teaspoon paprika
2 tablespoons barley flour	1 cup cheese cut in very small pieces
1 cup milk	

Combine first five ingredients as for white sauce. Add cheese and cook over fire until melted, stirring constantly.

Bread Requiring Less Wheat

Do you know that we need at least one hundred twenty-five million bushels of wheat for the use of the armies that are fighting for us? It is your patriotic duty to use flours other than wheat as much as possible.

OATMEAL YEAST BREAD (1 LOAF)

1 cup milk and water, or water (8 oz.)	1 cup rolled oats (2 $\frac{3}{4}$ oz.)
1 teaspoon salt ($\frac{1}{4}$ oz.)	2 $\frac{1}{2}$ cups wheat flour (10 oz.)
1 tablespoon fat ($\frac{1}{2}$ oz.)	$\frac{1}{2}$ cake compressed yeast ($\frac{1}{4}$ oz.)
2 tablespoons sugar (1 oz.)	$\frac{1}{4}$ cup warm water (2 oz.)

Scald liquid and pour it over the rolled oats, sugar, salt and fat. Let stand until lukewarm (about half an hour.) Add yeast softened in warm water. Add flour and knead. Let rise until double its bulk. Knead again, place in pan. When light, bake in a moderate oven from 45 to 60 minutes.

BARLEY YEAST BREAD.

- 1 cup milk, or water (8 oz.)
- 1 tablespoon sugar ($\frac{1}{2}$ oz.)
- 1 tablespoon fat ($\frac{1}{2}$ oz.)
- 1 $\frac{1}{4}$ cups barley flour (4 oz.)

- 2 $\frac{1}{2}$ cups wheat flour (9 $\frac{1}{2}$ oz.)
- $\frac{1}{2}$ cake compressed yeast ($\frac{1}{4}$ oz.)
- 1 teaspoon salt ($\frac{1}{4}$ oz.)

Soften the yeast in part of the liquid. Combine ingredients. Mix into a dough. Knead and let rise to double original bulk. Knead again. Put in the pan, and when again double in bulk bake about 45 minutes.

SWEET POTATO YEAST BREAD.

- $\frac{1}{2}$ cup hot water
- 1 tablespoon fat
- 1 teaspoon salt
- 1 cup sweet potato

- 3 cups flour
- $\frac{1}{2}$ cake compressed yeast softened in
- $\frac{1}{4}$ cup water

Add fat and salt to the hot water, then add the sweet potatoes which have been boiled and mashed fine. When the mixture is luke warm, add the yeast and 1 cup of flour. Beat until soft, then add the remainder of the flour and knead to a stiff dough. Let stand until it doubles its bulk. Shape into a loaf. Let rise 1 hour or until it doubles its bulk again. Bake 1 hour.

CORN MEAL BREAD.

- *1 cup cornmeal mush
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ cake yeast

- $\frac{1}{2}$ tablespoon sugar
- $\frac{1}{2}$ tablespoon fat
- $\frac{1}{2}$ teaspoon salt
- flour

Mix yeast cake in luke warm water; add salt, sugar and fat; stir in corn meal mush and $\frac{1}{4}$ cup flour. Allow this mixture to stand over night in a warm place. In

the morning stir in enough flour to knead; let rise until double its size; form into a loaf; let rise again until double its size and bake in hot oven.

* The corn meal mush is prepared by cooking 1 part white corn meal to 2 parts boiling water in a double boiler for several hours.

RYE YEAST BREAD.

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|---|--|
| 1 cup milk and water, or, water (8 oz.) | 2 $\frac{1}{4}$ cups rye flour (7 oz.) |
| 1 tablespoon fat ($\frac{1}{2}$ oz.) | 2 $\frac{1}{2}$ cups wheat flour (9 oz.) |
| 2 tablespoons sugar (1 oz.) | $\frac{1}{2}$ cake compressed yeast ($\frac{1}{4}$ oz.) |
| 1 teaspoon salt ($\frac{1}{4}$ oz.) | 2 tablespoons water (1 oz.) |

Combine ingredients. Mix into dough and knead. Let rise until double original bulk. Knead again, double bulk, bake about 45 min.

U. S. Food Administration.

POTATO YEAST BREAD.

(The following amounts make three loaves of bread):

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|---|--|
| $\frac{1}{2}$ cup milk and water, or water (4 oz.) | 4 cups boiled potatoes |
| 4 tablespoons sugar (2 oz.) | 8 cups flour (32 oz.) |
| 4 tablespoons fat (2 oz.) | $\frac{1}{2}$ cake compressed yeast ($\frac{1}{4}$ oz.) |
| 1 $\frac{1}{2}$ teaspoons salt ($\frac{3}{4}$ oz.) | $\frac{1}{4}$ cup warm water (2 oz.) |

Boiled potatoes, mashed and combined with wheat flour may be used in making a bread of good flavor and texture. The potato bread is slightly darker in color than patent flour bread, and is also somewhat more moist. It is relished by persons who do not care for any but so-called "white bread." Two manipulations are satisfactory. Either all the flour may be added in the first mixture, making a dough which is very stiff and difficult to knead or, a part of the flour may be reserved and added with the second kneading. In either case, the dough is soft at the second handling, but after baking it produces a satisfactory loaf.

U. S. Food Administration.

COMBINATION LIBERTY BREAD.

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|---------------------------|--|
| 1 cup rolled oats | $\frac{1}{4}$ cup lukewarm water |
| 4 tablespoons brown sugar | 1 cup corn flour |
| 2 teaspoons salt | 1 cup rye flour |
| 2 tablespoons shortening | 2 cups entire wheat flour |
| 2 cups boiling water | wheat flour to mold ($\frac{3}{4}$ cup) |
| 1 cake yeast | |

Pour boiling water over the sugar, shortening, salt and oats. When cool add the dissolved yeast, and the flour. Beat well at each stage of the mixing. When all the ingredients are together, knead the dough well and set to rise as usual. When light knead again, form in two loaves, let rise again, and bake in a slow oven one hour.

RYE BREAD

- | | |
|-----------------------|----------------------------------|
| 4 cups rye flour | $\frac{1}{4}$ cup corn syrup |
| 4 cups wheat flour | 2 cups boiling water |
| 1 cup mashed potatoes | 1 cake yeast |
| 1 tablespoon salt | $\frac{1}{4}$ cup lukewarm water |

Pour boiling water over salt and syrup, when cool add yeast dissolved in $\frac{1}{4}$ cup lukewarm water, stir in the rye flour and potatoes. Add the wheat flour gradually and knead to a smooth dough. Let rise until double its bulk. Knead it, shape it into 3 loaves, let rise and bake in a moderate oven one hour.

Sugar Substitute

The United States is asking us to use 1 ounce less sugar per person per day. This means $\frac{1}{4}$ less sugar than we have been using. We can do this by reduction in the use of sugar candy and sweet drinks.

POPCORN BALLS.

Pop corn; pick over carefully, removing all poor and burned kernels.

Prepare syrup by boiling 2 cups of syrup and 1 tablespoon of butter substitute until it "threads".

Pour slowly over corn, stirring so that a small portion of the mixture adheres to each kernel. Dip hands into cold water and form corn into balls.

The syrup may be made of two cups of corn syrup or $1\frac{1}{2}$ cups of corn syrup and $\frac{1}{2}$ cup molasses. Corn syrup and maple syrup may also be used for binding the corn.

CARAMELS.

3 cups corn syrup

1 teaspoon vanilla

2 cups cream

Mix corn syrup with 1 cup of cream, and cook until a soft ball forms when syrup is tested in cold water; add $\frac{1}{2}$ cup cream and cook again until soft ball is formed; add last half of cup of cream, cook until hard ball forms when tested in cold water; remove from fire, add vanilla and pour into oiled pans. Cool, cut in squares $\frac{1}{2}$ inch and wrap in oiled paper.

Nuts may be added to the mixture just after taking from fire.

CHOCOLATE CARAMELS.

2 squares chocolate

1 tablespoon butter substitute

1 cup milk

vanilla

1 cup honey

1 cup corn syrup

} or 2 cups corn syrup

Cook all ingredients, except vanilla, together until a hard ball forms in water. Add vanilla and pour into oiled pans to cool. Nuts may be added before pouring into pan.

MAPLE NUT CARAMELS.

$\frac{1}{2}$ pound maple sugar

5 tablespoons corn syrup

$\frac{1}{4}$ cup nuts

$\frac{1}{2}$ cup water

Cook sugar, syrup and water until a hard ball forms. Remove from fire. Add nuts and pour into oiled pan.

FRUIT and NUT CARAMELS.

1 cup dates

1 cup figs

2 cups nuts

Wash and dry fruit. Put them with nut meats through meat grinder. Mix thoroughly and form into various shapes or loaves. These may be either rolled in powdered sugar or glazed with the glaze mixture.

HOREHOUND CANDY.

$\frac{1}{2}$ square inch pressed horehound

$\frac{1}{2}$ cup boiling water

2 cups corn syrup

$\frac{1}{4}$ teaspoon cream of tartar

Pour the water over the horehound. Let it stand one minute; then strain through a very fine muslin. Pour this liquid in an agate kettle and add the corn syrup and cream of tartar. Boil the mixture until brittle in cold water. Pour into oiled pan and cut into squares while warm.

TAFFY NO. 1.

1 cup honey (strained)

2 cups corn syrup

1 cup milk or water

1 tablespoon butter substitute

TAFFY NO. 2.

1 $\frac{1}{2}$ cups corn syrup

$\frac{1}{2}$ cup molasses

Boil ingredients until it "cracks" in cold water. Pour into oiled pan; cool and pull.

Finely chopped peanuts may be added to this while pulling.

STUFFED DATES.

Wash and remove stones from dates; fill with nuts, cheese or fruit and nut mixture. Roll in powdered sugar or dip in glaze mixture.

GLACED CANDIES.

Glacé candies are made by dipping nuts, fruits, etc., in a glacé mixture.

2 cups corn syrup

1 tablespoon vinegar

$\frac{1}{4}$ cup water

Boil water, vinegar, and corn syrup together until mixture is brittle when tested in cold water. Place the sauce pan in a pan of boiling water and begin to dip the nuts or fruit at once. Nuts, figs, dates, cherries and prunes can be used.

PEANUT CANDY.

$\frac{3}{4}$ cups corn syrup

1 cup chopped peanuts

$\frac{1}{4}$ cup molasses

Boil syrup until it forms a hard crack in cold water. Stir in nuts and pour on well oiled surface. Mark in squares.

"FOOD IS AMMUNITION, DON'T WASTE IT."

Save

$\frac{1}{4}$ the Sugar

$\frac{1}{6}$ the Fat

$\frac{1}{4}$ the Wheat

$\frac{1}{6}$ the Meat

COMPILED UNDER THE DIRECTION OF THE
HOME ECONOMICS DEPARTMENT, UNIVERSITY OF WISCONSIN
DECEMBER, 1917
WOMEN STUDENTS' WAR WORK COUNCIL