

U.S. Food Administration

APR 1944

THE CONSERVATION OF FOOD

the U. S. Government Campaign
to promote the PRODUCTION,
SHARING, and PROPER USE OF FOOD

Prepared by the **WAR FOOD ADMINISTRATION**
In cooperation with the **OFFICE OF WAR INFORMATION**
March 1944



In a letter dated June 1, 1794, to Mr. Germain, a prospective steward for his Mount Vernon home, George Washington outlined some fundamental practices of home food conservation which the Nation now is being asked to adopt and observe as wartime measures to make food fight for freedom.

The following excerpts from this letter show that Washington in 1794 was fully aware of the same wasteful food habits which are common today. A notable feature, however, is that he not only knew the facts. He actually set out to do something about them.

In our present need to make food fight for freedom, Washington set an example which could well be followed today.

In his letter he warns against:

"Inattention and carelessness in suffering things to be wasted and destroyed.

". . . Providing more for the use of the family than is really necessary."

Later he particularly recommends:

". . . Seeing that that which is provided be not suffered to spoil.

". . . That nothing, however, trifling, ought to be wasted that can be saved . . . nor bought if you can do well without it.

". . . That Cellars, and other places of deposits be cleaned out and put in proper order for the reception and safe keeping of the provisions."

The material which follows elaborates on habits of food waste existing today. It also outlines specific food conservation actions which, when followed, will directly increase our food supply—actions which every man, woman and child can take to make food fight for freedom.

INTRODUCTION

This handbook reveals amazing facts about food waste in this country. It outlines ways of curtailing waste. It requests cooperation in all channels of information in order to reduce this waste and turn the full force of our food supply toward winning the war. It deals primarily with food waste in the home.

Last year, according to the United States Department of Agriculture, more food was wasted in the United States than was needed by our armed forces and for Lend-Lease requirements of all our allies. One pound out of every four pounds was wasted, or 20 to 30 percent of what we produced.

We therefore have a direct means of increasing our food supply, simply by not throwing food away and by using all we have.

We are wasting a weapon of war. Even making allowances for unavoidable waste, it is estimated that by voluntary watchfulness in the home we can save up to one-fourth to one-third of the 125 million pounds of food we waste every day.

This waste occurs at a time when we are faced with a shortage of many foods.

Although farmers are breaking all production records and are out to break the all-time high record of 1943, there will not be enough food this year or for several years to satisfy all needs for it. Despite great records for 7

straight years, and even higher goals for 1944, there are limits to what the farmer can do. Rainfall and all the uncertainties of nature can materially affect his production goals. Aside from military and lend-lease demands, two other factors are creating a serious strain on the equitable distribution of our food supply:

1. Americans have more money than there are goods to buy with it—and much of this is spent on food.

2. Every new allied victory means that more liberated people are pleading to be fed—at least until they can get back on their feet.

So Americans at home face this reality—there will be enough food for good health, but not all the food or the kind of food some of us may want. The problem is to make our food do all the things it must do—sustain us at home as well as our fighters and allies abroad.

The real solution lies in every American taking a number of highly important actions—actions which include a determination to produce more food, to conserve food, to preserve food, to share our food, and to help keep food prices down by paying no more than legal prices. Of these actions, the avoidance of waste is of tremendous importance. It is a war food job in which everyone can help.

HOW MUCH FOOD IS WASTED?

Garbage analysis studies in 247 cities reveal an average collection of from 225 to 300 pounds by weight for each individual every year. This includes wastage from wholesalers, retailers, restaurants, and homes. Of this, 100 pounds of edible food per person are wasted in the home each year.

Three-fourths of a pound of food wasted by each of us every day adds up to a staggering total. A slice or two of wasted bread a week in each home is the equivalent of 2 million loaves. Dabs of butter left on each plate, totaling perhaps as little as one-half ounce a week, would make enough to have supplied our Army last year. The one-tenth to one-fourth of the potatoes thrown away in paring and cooking after they get into the kitchen represents more than enough to supply New York City.

Already the food waste campaign has produced some results. The 1943 garbage collection from residential areas has declined to some extent in all regions where campaigns have been conducted.

Raymond Pearl, statistician and geneticist, estimated a food wastage in the home of 5 percent of protein, 25 percent of fat, and 20 percent of carbohydrates—or an over-all calorie waste of 19 percent.

WASTE IN THE HOME

Americans eat more than 135 billion meals a year. If these meals are poorly planned, not well prepared, only partially eaten, and if left-overs or remains of too large portions are not utilized, the door is left open for tremendous waste.

Here are the major failures of planning that cause waste, and some ways in which this loss of food can be eliminated.

Waste in the Planning of Meals.

1. Failure to take full advantage of foods in seasonal abundance, especially perishables, results in waste. Proper planning not only saves the full nutrient value of the fresh crop to the consumer, but also saves foods which may be used when perishables are scarce.

2. Planning meals ahead cuts down waste in the home due to lack of storage space. There is no sense in buying foods for which there is no room in the refrigerator and for which there is no other adequate storage facility.

3. Failure to plan on the basis of required nutrients causes waste. If a housewife serves more carbohydrates or more protein foods than are necessary, at the expense of vitamins and minerals, an unbalanced diet results. For example, if both potatoes and spaghetti are served

at the same meal, either one may be scarcely touched and the remainder thrown away. Each day's food should include some of each of the Basic 7 food groups. This balancing ensures better health and better appetites for each of the foods served.

4. If the same dishes are served for a period of days, they become less appetizing. The result is wasted food and often a waste in food values.

Waste in Marketing.

Hand in hand with planning goes the right kind of marketing. This yields better nutrition, more for the consumer's money, and a tremendous saving of food.

1. Buying too much means dangerous spoilage and loss. Since many foods deteriorate in nutritional value the longer they are held, there is a waste of food values even if such foods are eventually eaten. It is better not to buy the 2-for-49-cent special if the quantity is liable to be too much to eat before it spoils.

2. You cannot judge the nutritional and taste value of all food by its appearance. Many tons of fruits with slight blemishes are thrown away because their appearance has not appealed to the customer, although in taste and food values they are equal to the most photogenic pears, peaches, etc. The retailer cannot sell them. They rot, contaminate other fruits, and are thrown away. This waste adds to the cost of perishables purchased because the retailer has to average the good with the bad and charge a price to cover wastage.

3. Great waste occurs when merchants, to make leafy vegetables showy, tear off the outer leaves. The outer leaves are higher in vitamin content than the inner. The use of the vegetable brush, good storage, and prompt preparation will give more food value, better taste, and save waste.

4. A good rule for shoppers is "hands off" when it comes to pinching, prodding and otherwise injuring sound fruits and vegetables. Such treatment often causes rot and results in waste.

5. The habit of week-end buying causes waste. Merchants stock up to meet the demand and if their calculations are wrong, left-over perishables rot by the following Monday. The housemaker who makes week-end purchases is inclined to overstock and spoilage results.

Waste in Food Storage.

Lack of information on proper storage methods causes waste. Simple precautions will eliminate much of this, especially when available refrigerating space is small.

1. Left-overs in the refrigerator lose their moisture and flavor unless properly covered. Dairy products left uncovered absorb odors of other foods.

2. Meats often spoil unless placed in the coldest part of the refrigerator.

3. Forgotten foods shoved back in the ice box too often end up in the garbage can. A daily inventory of the ice box is a food saver.

4. All foods do not require immediate refrigeration, so the ice box need not become a catch-all. Millions of dwellings have cellars suitable for storage of certain foods. A properly sunken and covered barrel in the back yard makes excellent storage space for root vegetables like potatoes, carrots, turnips, and beets.

5. Frequent inspection of packaged goods saves waste. This eliminates potential damage from insects and mice.

Waste in the Preparation of Food.

Food values can be completely lost in cooking. For example, paring away from one-tenth to one-fourth of the potato results in physical loss. But in addition, iron and vitamin C in the potato are dissipated by not cooking with the jacket on.

Most housewives still cook vegetables in too much water—then drain off the water and pour it down the sink. This wastes vitamins and minerals which seep out of the vegetables into the water.

Nutrition value and flavor in vegetables like cabbage and turnips are lost by too long cooking.

Many people throw away the leaves of cauliflower, cabbage, endive, and chard, overlooking the nutrient value they add to stews and soups.

Much waste occurs because the housewife fails to try recipes which would make some of the less popular vegetables more appetizing.

Many housewives throw out left-overs or withhold their best efforts on them because they lack the knowledge of proper-preparation methods.

Waste at the Table.

The most obvious waste of food in the home takes place at the table. The actual cause of much of this waste lies in the planning, purchasing, storage, and preparation of food. But part is caused also by prevailing table habits.

Most people tend to resist "new" or unfamiliar foods. Uneaten portions are left and are wasted. The unpopularity of the experiment acts against future purchases of the product.

In wartime, when the shortage of many familiar foods increases the importance of alternate foods, such traditional notions of what is good and not good for us may mean the difference between good health and indifferently different health.

As adults, some people rebel against foods which were forced on them as children.

Many have grown up with the notion that salad greens are "rabbit food," while some housewives consider leaf lettuce, parsley, and water cress only as decorations for the salad. These are, in fact, good sources of vitamin A.

It is a widespread habit to serve on the table more food than can be eaten, simply because it's pleasant to have more than enough. Guests are often urged to take more than they want, because the host and hostess want to be generous.

An extravagant code of table manners is another cause of waste of food. Not squeezing grapefruit for the last bit of juice. Not tipping soup bowls for the last drop of soup. Not picking up chops and chicken bones with the fingers, etc. There is a shortage of fats and butter, yet many people seldom think of soaking up the gravy on their plates with a small piece of bread. Some leave a little dessert for appearance's sake. Although such practices may have been justified before the war, they can hardly be justified now, when food is scarce at home and when hundreds of thousands of our civilian allies are starving.

THE SOLUTION

I. INFORMATION OBJECTIVES

To Everyone:

1. *Emphasize the critical world need for food and how its conservation makes food fight for freedom.*

In spite of record-breaking farm production and the anticipated ten million tons of food which 22 million victory gardeners will produce in 1944, there will not be enough food to meet all demands for it both at home and abroad.

The success of our armed forces, the stamina and morale of workers on the home front, the fighting spirit of our allies and liberated peoples—all are dependent on the quantity of our food supply. Conserving food helps directly to increase this supply and is one means by which every individual can make food fight for freedom.

2. *Highlight the fact that our prodigious food waste consists of the bits and dribblets*

lost through waste in every restaurant, store, and home.

3. *Stress the specific food actions which every man, woman, and child can take to fight food waste.*

Eat every morsel of food that is taken at every meal—"clean your plate."

Cultivate a taste for new foods and new dishes. Continual use makes them palatable. New dishes become old stand-bys.

Help harvest community crops.

Grow and *keep growing* your victory garden.

To the Homemaker:

1. *Emphasize the fact that the homemaker can do more than any other individual toward conserving our food supply.*

2. *Underscore the specific food conservation actions which every homemaker can take to make food fight for freedom.*

Save left-overs—make them appetizing.

Buy perishables according to your needs.

Choose all foods from the Basic 7.

Plan meals by the week.

Buy seasonal and plentiful foods—try new dishes.

Store perishables with care.

Prepare food without unnecessary waste.

Encourage family members to "clean up the plate."

Share or preserve victory garden surplus.

To the Children:

1. *Stress the fact that the conservation of food is one home front activity of major importance in which children can take an adult's role.*

Enlisting their aid requires a simple, direct, and understandable approach coupled with suggested action which can be easily carried out. One approach would be to make children regard themselves as food conservation

"commandos" in their homes. A personal appeal such as this would stimulate action because it puts children in active partnership with their parents in the home front battle against food waste.

II. COMMUNITY AND GROUP PARTICIPATION

In addition to those specific actions which individuals are urged to take, the problem of cutting down on the quantity of food waste will be nearer solution when organizations and communities undertake to assume their proper share of responsibility.

What Organizations Can and Should Do.

Enlist the aid of schools and colleges in reducing food waste.

Assist in community-wide food conservation activities and in drives among their own members.

Set up speakers' bureaus to carry the conservation message to every group in the community.

Organize discussion groups to publicize food conservation methods.

Mobilize the publicity facilities of the community for planned food conservation campaigns.

A list of pamphlets and manuals which will be helpful can be found in the appendix.

What Communities Can and Should Do.

The spearhead in community organization to conserve food waste is the "Clean Plate Club" promotion. Essentially this is a community movement backed by pledges on the part of individuals to do two things—to waste no food, and to clean up their plates at every meal.

These clubs, already in operation in many sections of the country, have proved invaluable in reducing food waste. Plans for 1944 call for an all-out drive to expand clubs of this type nationally.

OTHER SOURCES OF WASTE

Food is wasted at every stage of distribution and use—on the farm, in transit, in storage, in the processing plant, at wholesale markets and establishments, in retail stores, in public eating places, and in the home. This squandering of our food adds up to about one-fourth of all that we produce. Some waste is unavoidable, but much can be prevented by conservation measures.

Over-All Losses.

Such estimates as are available indicate an over-all loss (including both avoidable and

unavoidable waste, between the point of harvest on the farm and the point of sale at the retail market or its equivalent) of as much as 39 percent for tomatoes, lettuce, cauliflower; 25 percent for cabbage, spinach, celery; 20 percent for fruits such as apples, pears, peaches; 13 percent for oranges and grapefruit. For less perishable commodities such as potatoes, peas, and beets, the estimated shrinkage or over-all loss is from 5 to 10 percent. These estimates relate to average conditions and actual losses. They vary, of course, from year to year and

area to area, depending upon the particular conditions and difficulties encountered.

Waste on the Farm.

Waste on the farm takes place from planting to harvesting. It includes damage done by insects and by rodents. Rats alone destroy each year as much food as 240,000 farmers can produce. Common plant diseases each year deprive us of several hundred million bushels of grain and other products. Additional quantities are lost when crops remain unharvested because of local labor shortage, transportation difficulties, limited facilities for processing, or because unpredictable weather causes market gluts of seasonal foods. Rough digging and picking, careless preparation for market, and inadequate refrigeration and storage add to the losses.

There is no general cure-all for waste of food on the farm because here, as elsewhere, some losses result from circumstances occasioned by the war—but all efforts are helpful that make sure the crop is harvested down to the last bit. Voluntary workers and community cooperation where labor shortage exists can save much food. Victory Gardens help add to the supply.

Waste in Transit.

Waste takes place when farm and food products are transported to market. Some of it results from inadequate facilities due to the war situation. But breakage and spoilage commonly occur from improper practices of packing, loading, handling, and ventilating—especially in the shipment of perishables.

When hampers and boxes are packed to the bulging point and then heaped on top of each other, contents are marred and bruised. When delays in transportation are reduced, more of the food value of perishables reaches the table and less waste from spoilage results.

Many pounds of meat are wasted annually through death and crippling of animals in transit and from bruising in general. Three-fourths of the total loss is from bruises, not usually detected until after slaughter. Bruising occurs all along the line: (1) on farms; (2) in transit; (3) at public markets; (4) and to some degree in packing plants. The greatest damage happens in transit, particularly in poorly equipped trucks operated by careless handlers. Projecting nails, splintered boards, sharp-cornered posts, slippery footing, the use of clubs, etc., are a few of the causes.

Waste in the Wholesale Market.

To a lesser degree than in homes and retail establishments, certain waste takes place at the wholesale level. Some loss of foods occurs in cold-storage and "ripening" rooms. This can

be avoided by careful handling and closer attention.

To reduce such losses, the wholesaler should carry on a program with the following objectives:

1. Adoption of good receiving and delivering practices, such as careful handling and stacking on loading platform, to avoid bruising and deterioration from the elements.

2. Conforming to accepted storage plans that prescribe temperature, humidity, ventilation, light, stacking, turning, etc., for the particular commodity.

3. Sanction of progressive merchandising policy calling for adequate packaging, frequent culling, rotating (first in—first out), selling in customary receiving unit, reducing prices to obtain turn-over of foods which may spoil if held longer.

Waste in the Retail Market.

There is additional loss in retail handling. Reports of some of the most carefully managed stores show spoilage losses of 3 to 10 percent on fresh fruits and of 3 to 15 percent of fresh vegetables. These are in addition to losses sustained in selling overripe products at reduced prices in order to avoid spoilage. Some waste is caused by new and inexperienced labor. Dropping crates and dragging sacks cause bruises or actual loss. Much waste occurs through storing, displaying, and selling without giving consideration to the keeping quality of the merchandise. Limited studies suggest that such waste alone totaled about \$450,000,000 in 1942.

Retailers can help reduce such losses through—

1. *Proper receiving*—by practicing established methods for careful handling.

2. *Adequate storing*—by following acceptable standards prescribed for stacking, ventilating, lighting, and maintaining temperature and humidity.

3. *Correct displaying and selling*—by following good merchandizing practices such as rotating, culling, segregating, and adjusting prices on products in danger of imminent deterioration.

A special booklet, entitled "Reducing Food Waste in Retail Stores" may be obtained by writing to the Office of Distribution, War Food Administration, Washington 25, D. C.

Waste in the Public Eating Place.

Twenty-five million Americans eat in public eating places every day. Estimates are not available on the food waste that can be controlled by restaurant management—such as waste caused by inadequate facilities, poor

cooking, overstocking, overproduction, or inexperienced help, but it is estimated there is a 6-percent or larger waste in food left on plates by restaurant patrons.

To cut down his food waste, an operator of a public eating place can do these things:

1. Instruct his kitchen and service personnel in the ways and means of saving food in the kitchen. (Here, factors in food wastage and the means of correcting them are much the same as those which apply in the home kitchen.)

2. Offer his patrons menus which are less elaborate and at the same time varied and well balanced. (It has often been shown that

the public is more interested in quality than in quantity of choices offered.)

3. Assist in educating his patrons to order only what they want and to eat everything they purchase.

The National Restaurant Association is co-operating in reducing waste in public eating places by—

(a) Conducting a survey of its members to determine amounts, kinds, and sources of restaurant food waste.

(b) Carrying on an educational campaign to reduce this waste. Restaurants are, of course, rationed in their food allotments as are consumers who eat at home.

Appendix A

SELECTED REFERENCES ON FOOD CONSERVATION, FOOD WASTE, AND RELATED DATA—AIDS TO CONSERVATION

Information for Public Speakers on Food Waste. (Multilithed.)

Food Conservation. Cooperative Job for all Teachers and Pupils, from "Education for Victory," September 1, 1943. (Mimeographed.)

Publications in support of the Food Conservation program are now in preparation for the use in schools and homes. These publications are scheduled to be off the press late in May. Notification will be given when they are available.

Kitchen Intruders—Why Tolerate Them? U. S. Dept. Agr. AWI-70. Washington, D. C., 1943.

Why Feed the Insects? U. S. Dept. Agr. AWI-64, Washington, D. C., 1943.

Reducing Food Waste in Retail Stores. (Multilithed.)

It's Up To You. A war food play. Script available on request.

(These publications are available on request to the Office of Information, War Food Administration, Washington 25, D. C.)

FIVE SERIES OF POSTERS ON HOW TO PREPARE AND CONSERVE FOOD

Well-adapted for use in schools, dietetics classes, and extension programs.

Up-to-date and to-the-point in terms of nutrition, conservation, economy, and appetite appeal.

Each poster fully illustrated with simple, graphic photographs and brief, step-by-step copy. Printed on heavy white paper.

1. *Fight Food Waste in the Home.* (Size 14¼ by 20 inches. Printed in black and red on white paper. 25¢ for set of 10.) Titles follow:

Join the Ranks—Fight Food Waste in the Home.
Milk and Eggs—Nature's Food—clean, covered, cold—will stay good!

Meat, Poultry, Fish are full of flavor—a cold dry place is what they favor.

Cooked Meat, Poultry, and Fish.

Save Every Drop of Oil or Fat.

Wilt not, Waste not—Fresh Vegetables.

Fresh Fruits are Best in Season—with care, they'll keep within reason.

A Cool Airy Place to Suit Hardy Vegetables and Fruit.

To Keep Bread, Cake, Cookies Nice—protect them from insects, mold, mice.

Sugar—Flour—Cereal—Spice—Canned Foods.

2. *Get the Good From Your Food.* (Size 14¼ by 20 inches. Black and red on white. 25¢ per set of 10.) Titles follow:

Get the Good From Your Food.

Get the Good From Fruit.

Get the Good From Vegetables (3).

Get the Good From Meat (2).

Get the Good From Poultry.

Get the Good From Eggs.

Get the Good From Fats.

3. *Meat Cooking Charts.* (Size 20 by 30 inches. Black on white. 50¢ for set of 7.) Titles follow:

Do you know meat cuts and cook according to to the cut?

Roasting a tender cut.

Stuffing low-priced tender roasts.

Broiling tender steaks and chops.

Pot-roasting a less tender cut.

Braising a less tender steak.

Ground meat in savory ways.

4. *Poultry Cooking Charts.* (Size 20 by 30 inches. Black on white. 50¢ for set of 8.) Titles follow:

Cooking poultry.

Broiling a young bird.

To fry chicken.

Stuffing and trussing.

Roasting young turkey.

Roasting young duck.

Braising a fowl.

Stewing a fowl.

5. *Home Canning Charts.* (Size 14¼ by 20 inches. Green and orange on white. 50¢ for set of 20.)

(How to order poster sets: Send order to the Superintendent of Documents, Government Printing Office, Washington 25, D. C. Each set of charts is complete in itself. Each set is sold as a complete set only. Cash, money order, or certified check must accompany the order.)

Conserving the Food You Buy.

Excerpts from conservation suggestions prepared by the War Food Administration follow:

I. *Suggestions for conserving the nutritive value of food to be used in fresh stage (cooked or raw).*—The following suggestions are taken from *Vitamins From Farm to You*, U. S. Department of Agriculture:

(1) Don't crush or bruise.

(2) Don't soak.

(3) Keep cool until ready to cook or eat.

(4) Use quickly when prepared.

(5) Make raw salad or slaw as a last minute job. Vitamin C gets away faster from foods peeled or cut.

(6) When you cook vegetables, use as little water as possible. Add salt to cooking water at the start to help hold the vitamin C.

- (7) Cook quickly whenever you can. Put vegetables into boiling water and bring the water back to boiling point fast.
- (8) Cook vegetables until just tender—but no longer.
- (9) Stir vegetables only when you must. If you stir you mix air into the food and that destroys some of the vitamins.
- (10) Do not add soda when you cook vegetables. The soda destroys thiamine and vitamin C.
- (11) Do not thaw frozen vegetables before you cook them.
- (12) Serve raw frozen foods, such as fruits, at once—immediately after thawing.
- (13) Since cooking water takes up some of the vitamins and also minerals, it is good food; so don't pour cooking water down the sink. Serve it with the vegetables—or in soups—sauces—gravies.

II. *Suggestions for conserving the quantity and quality of food through adequate storage and methods of preparation* (from Fight Food Waste in the Home, U. S. Department of Agriculture): Keep meat and poultry in the coldest part of the ice box or your coldest storage place—45° F. or lower is best.

Fresh meat.—Cover fresh meat loosely. Wipe with damp cloth just before cooking. If ground, store in extra cold place and cook soon.

Meat broth.—Cool meat broth rapidly, keep cold, use soon.

Cooked meat.—Keep cooked meat covered. Chopped and sliced cooked meats spoil more quickly than meat in the piece. Cut or chop just before using. Keep meat sandwiches and salads cold right up to serving time.

Cured meat.—Keep uncooked, well-cured meat in a dark, cool, dry, airy place. Leave wrapping on ham, bacon, and other cured meat until ready to cook. Keep mildly cured meats like fresh meats.

Poultry.—Wash poultry thoroughly inside and out, pat dry, and store very cold until time to cook.

Sea food.—Fish and all other sea food spoils in a few hours at room temperature. Cook at once, or wrap in wax paper to keep odor from other food, and store very cold.

Milk.—Don't let milk stand out. Keep it in the colder part of the refrigerator. When cooking, take out only milk and cream needed and let the rest stay cold. Don't pour left-over milk back in the main supply. Put away milk the first thing after each meal. Keep odorous foods—fish, onion, cabbage, melons—away from milk. Use suds and sun on all milk containers. Scald often.

Milk and egg dishes.—Milk and eggs are good combinations, but spoil easily. If custards, cream pies and puddings, and cream puffs are not to be eaten at once, cool them quickly, cover, and keep very cold.

Cheese.—Cold and covered, are the watchwords for cheese too. Use cottage and other soft cheese quickly, for they soon spoil. Hard, cured cheese, well wrapped, may be kept longer.

Eggs.—Wipe off soiled spots on eggs with a dry, rough cloth. But don't wash eggs before storing. Water destroys the protective film that keeps out air and odors. Store eggs in open bowl or wire basket in a cool place.

Vegetables.—The fresher a vegetable when it is used, the better the taste, the less the waste, and the more vitamins retained.

"Wilt not, waste not," is a golden rule for garden stuff. For household storage of fresh vegetables, use refrigerator or other cold place.

Salad greens.—To crisp up lettuce, radishes, celery—all raw vegetables headed for the salad bowl—wash, drain, store in covered vegetable pan. Keep cold.

Cooking greens.—Pile cooking greens loosely to prevent bruising. Store in covered vegetable pan, or waterproof bag, preferably after washing and draining. Keep them cold.

Snap beans, lima beans, peas, corn.—To hold the sweet in corn, peas, and lima beans and to keep snap beans fresh, keep them cold. Let them stay in the pod or husk unless you can store them tightly covered in refrigerator.

The cabbage family.—Cauliflower, brussels sprouts, and broccoli lose freshness faster than cabbage. Leave them uncut; keep cold and not too dry.

Root vegetables.—Put beets, turnips, rutabagas, carrots in a cool ventilated place. Cut tops to 2 inches to save space. (Don't throw away edible turnip and beet tops. Save as shown under "salad greens" above—or can, dry, brine, or freeze them.)

Potatoes, onions.—A dry, cool blackout suits them both, but avoid freezing.

Sweetpotatoes, squash.—For sweetpotatoes and squash, dry cool storage.

Berries, cherries, grapes.—To keep berries, cherries, and grapes tiptop, store in a shallow tray in a cold place. Wash just before using.

Peaches, pears, plums.—Spread to keep from bruising. Keep the ripe fruit cool. Let underripe fruits ripen at room temperature.

Oranges, Lemons.—Spread out to prevent loss from mold and rot. Keep in a cool place.

Apples.—Apples soften as much in 1 day at 70° F. as in 2 days at 50° F.—So keep them at the cooler temperature.

Be gentle with the firm apple and orange as well as with the soft berry and the tender-skinned peach.

To pinch and bruise and break the skin will let the enemy, rot, come in.

Bananas.—Bananas are best when kept at warmer temperatures than our native fruits. Let underripe bananas ripen at room temperature.

Dried fruits.—The natural sugar in dried fruits keeps them from molding easily.

Store them in a tight bag or jar in a cool place. Watch in warm weather for worms or weevils.

Spoilage spreads as mold breeds mold, weevils breed weevils. This happens oftenest in the forgotten can or box. Frequent check-ups save food.

Bread.—Cool home-baked bread before storing in ventilated box. In hot weather, to keep bread from molding, wrap in moistureproof paper and put in refrigerator.

Cake.—Cool on rack before storing in its own covered box, ventilated if in humid climate.

Cookies.—Crisp cookies and crackers soften if kept with bread and cake. Keep them in airtight tins or boxes all their own.

Flour, cereal, sugar, spice.—Don't try to store much flour and cereal over the hot months—buy less and oftener. Store such dry foods as flour, cereal, sugar, spices in tight containers to keep out dust, moisture, insects, and mice.

Dried vegetables.—Mice and weevils are fond of dried vegetables, too. Keep dried vegetables in tight containers.

Canned goods.—Tinned foods should be kept dry to prevent rust and spoilage. Foods canned in glass should be stored in a cool dark place.

Quick-frozen foods.—Quick-frozen foods must be kept frozen solidly in the freezing compartment of a mechanical refrigerator until used. Don't hold too long even at freezing. Once thawed, frozen foods spoil rapidly. Do not refreeze.

Waste no fats. Store butter and other table fats in tightly covered dish in a cold dark place away from strong odors. To keep cooking fats well, strain fat drippings to remove food particles and store in clean covered jars in a cool, dark, dry place until used.

Don't drain away vegetable juices. Save them for soups and sauces.

Save fruit juices for cold drinks.

Save bread and cracker crumbs for poultry stuffing or to make a crumb blanket for scalloped dishes.

Use perishable foods promptly.

STOP EVERY SMALL LOSS OF GOOD FOOD. SAVE EVERY DROP AND CRUMB.