CHAPTER III

ECONOMY IN THE USE OF FATS

We are the greatest fat wasters in the world. We habitually waste fat in the kitchen and on the table, in hotels, restaurants, and homes.

We need to save fat and pork products for our allies. We use fat in countless ways in the manufacture of things needed to win the war. Therefore, as a nation, we can not afford to go on wasting, even if we are willing to be extravagant personally.

If every American saved one-third of an ounce of fat wasted daily, a quantity equivalent to one of the butter balls or pats of butter that we serve at a meal, it would amount to 395,000 tons in a year—an important saving in the present emergency.

Subject Matter of the Exhibit

It is important to show by means of exhibits and demonstrations:

1. The extent of fat wasting.
2. The emergency needs for saving fat.
3. The ways in which fat can be saved in the home.

Space

The exhibits described below could be displayed in a booth with a frontage of 24 feet on the aisle and wall space or screens for five large posters. (See diagram, p. 26.)

These exhibits as a whole are suggested mainly for the larger fairs and industrial expositions, where there will be adequate space and equipment. Suitable selections can be made where space is limited.

The chief equipment called for is a row of tables or a counter along the aisle on which glass-covered cases can be placed for displays of food.

It will be necessary to replace the food that spoils from day to day. This may be made easily possible through the cooperation of
DIAGRAM OF "ECONOMY IN USE OF FAT" SECTION

M is a large sign. N, O, P, Q, and R are wall spaces for posters. Numbers 15 to 19 represent posters and placards for the spaces indicated. Numbers 20 to 26 represent photographs of the exhibits for exhibit spaces S, T, U, V, W, X, and Z. See page 25
a volunteer committee of women, each member becoming responsible for preparing the food in one of the displays described.

Displays

Illustrations of a number of displays on economy in the use of fats are shown on the accompanying pages.

If it is possible to use only part of the displays, the two on "Why Use Butter in Cooking" and "Save Butter" are suggested as of chief importance.

Descriptions in more detail are given in the following paragraphs.
1. Save the Meat Trimmings

In the display described below any suitable meat widely used locally may be substituted for the boiled ham.

Center: On a platter part of a boiled ham is ready to serve, with carving knife and fork beside it. Several slices showing fat on the meat and several other slices with fat trimmed off are lying on opposite sides of the platter.

On the left: A plate contains one slice of ham with fat on the meat. Portions of vegetables beside the meat and a knife and fork will suggest the serving of an individual portion of a meal.

Beside this is a second plate, from which the meat and vegetables have been eaten, with soiled knife and fork lying across the plate. All the fat from the slice of meat has been left on the plate.

At the right of the platter: A plate contains a slice of ham with fat trimmed off and vegetables and knife and fork as above.
A second plate is "clean," showing that there has been no waste. On a plate in front of the boiled ham are a dozen small gingerbread cakes.
In front of this plate are two level tablespoons of fat.
Label:

**REMEMBER JACK SPRATT**
Why serve the fat to those who don't care for it?
The trimmings from six slices of ham shortened this gingerbread.

(See photograph on p. 27.)

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**SAVE CHICKEN FAT**
Description, page 32

2. Save Drippings
One of the greatest sources of waste is in throwing away sausage and bacon drippings.
USE OTHER FATS THAN BUTTER IN COOKING—Description, page 33

SAVE SUET—Description, page 34
The display to bring this out consists of—
A pound of cooked or uncooked sausage in a dish or frying pan.
A jar of fat obtained from one pound of sausage.
Label:
"Fat from cooking 1 pound of sausage."
Fried potatoes or other food prepared with sausage drippings.
Label:
"Every spoonful of drippings is valuable in cooking."
(See photograph on p. 28.)

SAVE BUTTER
by not serving too much to each person

SERVE INDIVIDUAL PORTIONS.
A pound makes 48 one-third ounce pieces.

Hotels have learned that there is the least waste from one-third ounce pieces

SAVE BUTTER
Description, page 35
3. Save Chicken Fat

Chicken fat, which is especially valuable in cookery, is frequently thrown away in the home, or, if dressed poultry is purchased, the fat is left at the market.

In America today where fats are plentiful,

Your child may need tomorrow fat that is wasted to-day

In Europe to day where fats are scarce

IN AMERICA TO-DAY

Description, page 37. Rough sketch from which a poster in colors may be produced.
Suggested size, 30 by 40 inch card with wide margin

A display to suggest this saving consists of—
A fowl cut up showing the location of the yellow fat.
Chicken fat in a jar ready for use.
A cake shortened with chicken fat.
Label:

CHICKEN FAT IS OFTEN WASTED
The French housewife thinks it is the finest shortening for cakes. (See photograph on p. 29.)

For Sale

fats for Cooking

$4.50 a pound

An advertisement from somewhere in Germany July 1917

We don't want famine prices for fats in America

FOR SALE—FATS FOR COOKING
Description, page 37. Sketch for a poster in red and black

4. Use Other Fats than Butter in Cookery

Other fats are as good in cookery as butter and their substitution saves the butter and much fat that would otherwise be wasted.

It is suggested, therefore, that the central and most conspicuous feature of the booth on “Save the Fats” shall be a display showing a variety of cooking fats and the uses of each.
Such a display may consist of a row of labeled jars of fat on a shelf at the back of a table, together with a row of foods on the table below, as shown in the photograph entitled “Why Use Butter in Cooking?” A table of fats and their uses will be found in the appendix.

(See photograph on p. 30.)

**Little Wastes of Fat and Meat by Most Americans**

**Equal the Total Loss of Great Herds of Cattle**

**and**

**Vast Numbers of Hogs**

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**LITTLE WASTES OF FAT AND MEAT**

Description, page 37. Copy for a placard for wall back of display of fats used in place of butter. Suggested size, 40 by 40 inches

5. Save Suet

Suet is a valuable cooking fat which is often discarded. The display to show this would include—

A piece of meat with suet as purchased.

The suet cut up in a jar or saucepan.

Rendered suet in a jar ready for use.

A plate of biscuit and a dish of cream sauce.

Label:

**SUET**

Has many uses in cooking.

(See photograph on p. 30.)
6. Save Butter

We may save butter by serving smaller portions; not because we should attempt to decrease materially the use of butter on the table, but because so often the portion served is larger than is needed or even desired. Although that which is left on the butter plates might be utilized for cooking, cheaper fats should be substituted for that purpose.

A display to suggest the saving would be as follows:
A left-over piece of butter mixed with crumbs and other food waste on a plate.
A pound brick of butter with knife lying beside it and a one-third ounce piece on a butter plate nearby. Painted blocks of wood may be used instead of actual butter.
Fighting with Fat

A Contest in Efficiency

MARS—
There's only one hammer Sam—you're next.

FIGHTING WITH FAT

Description, page 37. Rough sketch of a poster to be reproduced in color. Suggested size, 30 by 50 inch card, allowing wide margins
Label:

SAVE BUTTER
by not serving too much to each person
SERVE INDIVIDUAL PORTIONS
A pound makes 48 one-third ounce pieces.
Hotels have learned that there is the least waste from one-third ounce pieces.
(See photograph on p. 31.)

7. Demonstrations of Soap Making and Rendering Fats

Left-over fats may be rendered for cooking or used for home soap making.
A demonstrator may display the exact proportions of water, lye, and fat for good homemade soap. (Good recipes are given on the cans of lye.)

Poster for wall:

IF YOU ACCUMULATE MORE FATS
THAN YOU CAN USE IN COOKING,
WHY NOT MAKE SOAP?

A demonstration of rendering and clarifying of fats for use in cooking is desirable. If the actual process can not be carried out, it should be described and the utensils and the fats in various stages displayed.

Posters for War Exhibits

A number of suggestions for posters to be used on the back wall of the booth have been sketched in the rough and are reproduced in pictures on pages 32 to 36. The idea in all of them is to warn the American people to save fat now so that there will be no possibility of a shortage of this important form of body fuel. They should be arranged in the following order:

(a) “In America To-day.”
(b) “For Sale—Fat for Cooking.”
(c) “Little Wastes of Fat and Meat.”
(d) “Glycerin for War and Soap for Homes.”
(e) “Fighting with Fat.”

A summary of the important “talking points” for explainers and demonstrators is contained in the following extracts from the Home Card of the United States Food Administration:

- Dairy butter has food values vital to children.
- Therefore, use it on the table as usual, especially for children.
- Use as little as possible in cooking.
- Reduce the use of fried foods to reduce the consumption of lard and other fats.
- Use vegetable oils, as olive and cottonseed oil.
- Save daily one-third of an ounce of animal fat.
- Waste no soap; it contains fat and glycerine necessary for explosives.

You can make scrubbing soap at home, and, in some localities, you can sell your saved fats to the soap maker, who will thus secure our needed glycerine.