

mented by a half-day's industrial work in the departments, where we learn all things that pertain to the home. On being graduated from this school a girl is fitted to go into her own home and take up all the duties of a good homemaker, as she attends to the various duties of sanitation, sweeping, dusting, general cleaning, and laundry work.

Nor is sewing neglected, for here we are taught to cut and make our own dresses as well as to do plain sewing. This is an extremely important art in this day of high prices and will assist very greatly in the economy of the home. The dresses we have on today were made by us at an average cost of \$4.00 for material, and will serve to demonstrate to you our skill in this branch of homekeeping.

Then last, but not least, will come the actual practice in the preparation of food, since we have been taught here to prepare and to serve meals; not elaborate ones, of course, but the good, plain, wholesome meals, such as we shall need to have in our own homes. The happiness of a home depends in a very large measure upon the health of the family, and upon no one does this responsibility fall so heavily as upon the housemother. To preserve this health she must constantly consider all matters of sanitation in cleanliness and the care of the waste materials that will accumulate about her kitchen.

As to their diet—there is, perhaps, no article of food so necessary to be properly prepared as is her bread, and we shall now demonstrate to you how we have learned to make it in our domestic science department.

The necessary ingredients for the making of good bread are a first-class flour of some variety and liquid for moistening it, salt for flavoring and some form of yeast to lighten it. The first point we shall consider is the choice of flour. As it is poor economy to buy cheap flour nothing less than medium grade should ever be used. The hard and soft wheat varieties differ somewhat, but most authorities tell us that hard wheat flour is best used for pastries, while the spring wheat flour makes the best bread, since it contains more gluten and less starch so that less flour is required to stiffen the dough.

As for the liquid used, it may be milk—whole or skimmed—or water, or even half of each, but should always be used warm; however, if the temperature exceeds 70 degrees there is danger of destroying the yeast germs, so care must be taken always to test it before using. In cold weather it will be necessary to warm the flour to about the same temperature as that of the water.

Most housewives prefer water, although milk supplies some sugar fat, and other nitrogenous matter which produces a more nourishing loaf than that which is made with water. To this mixture a small quantity both of sugar and shortening must be added, for sugar used in too large