

or attention; communities where the homes are filthy, damp, poorly ventilated, and poorly lighted; homes where no sanitation exists, no knowledge of food value. Strong men and women cannot be raised on outlandish chemical combinations or poorly cooked, indigestible food.

All this brings us around to the assertion made in the beginning—that to become useful citizens much depends upon the home; therefore, let us study housekeeping in a scientific way, making it a profession instead of a drudgery; let us utilize modern science in the home, thereby preserving and promoting health, happiness, and prosperity. The cornerstone of society is the home.

But I shall be more specific and confine my remarks to a few of the culinary processes. Cookery is the art of preparing food for the nourishment of the body. Food is cooked to develop new flavors, to make it more palatable and digestible, and to destroy micro-organisms.

Scientists teach us the chemical elements of which the body is composed and they are similar to those of the foods which nourish it. We must then make a study of all foods and how to prepare and how to cook them.

Many people, although they like cooking and are considered good cooks, have no knowledge of a well-balanced meal; know little of the composition of foods or the reasons for the processes they carry on daily.

For our demonstration we shall make a plain cake. The mixing and baking of cake requires more care and more judgment than any other branch of cookery. Great care must be taken in measuring and combining ingredients. Pans must be properly prepared, oven heat regulated, and the cake watched during baking. For the best results, the best ingredients are essential—fine granulated sugar, good butter, fresh eggs, pastry flour, good baking powder, and pure flavoring.

Recipe for a plain cake: One cup of sugar, one-half cup of butter, two eggs, two-thirds cup of milk, two level cups of flour, two level teaspoons of baking powder, one teaspoon of flavoring

Utensils required: Mixing bowl, wooden spoon, teaspoon, measuring cup, egg beater, bowl for beating eggs, flour sifter, cake tins.

Ingredients required: Sugar, butter, eggs, milk, flour, baking powder, flavoring.

Measurements: In measuring use one sized cup through the entire process; all measurements level. To economize on dish washing, first measure flour into the sifter, sugar into the mixing bowl, then the butter, add this to the sugar, last the milk. Put the baking powder with the flour.

Combining ingredients: Cream butter and sugar and beat eggs. Cakes are made light by the creaming of butter and sugar, by beating