



MEAL FOR SIX COST \$1.28.

Discovery of How to Live Well on 60 Cents a Day.

How to live well on 60 cents a day has been made an easy matter by the department of domestic science, at Teachers' College, Columbia University, says the New York Times. Meals at 22 cents apiece have been prepared by that department, and what is more to the point, eaten with apparent relish by unbiased parties. In addition to all this, the chemical constituents in the food have been carefully weighed and measured, and it has been discovered that enough protein, fats, carbohydrates and calories exist in the 22-cent meal to support men working with the customary expenditure of force. At least the text books say that that amount is enough.

The manner in which this discovery was made is somewhat as follows: Dean Russell of the college planned a luncheon to several friends, and thought it would be a clever idea to have the meal prepared by the department of domestic science of the institution. The teachers laid out the plan of battle, so to speak, and the students completed the work, by cooking the victuals. The luncheons was served to six persons. The total cost of material was \$2.02, from which was deducted the food not actually consumed, which, of course, could be made use of by a careful householder. This brought the total cost down to \$1.28 for the six persons.

This was the menu:

Grapefruit50
Baked haddock58
Hollandaise sauce10
Oysters on the half shell12
Eggs17
Butter08
Pickles04
Tea02
Lettuce salad10
Wafers01
Cheese10
Pineapple sherbet54
Angel cake19
Total	\$2.02

The food value of the things consumed amounted to 6,941 calories. This made the average amount consumed 1,081.8 calories. According to the textbook prepared by Mrs. Ellen E. Richards, of the Boston Science School, only 956.3 calories are necessary to sustain men and women working moderately hard. Miss M. B. Vall, instructor in domestic science at Teachers' College, who had charge of the luncheon, says that 22 cents would be a fair average for all meals, so that persons who pay more than \$241.56 this year, which is a leap year, or more than \$240.96 in ordinary years, are doing a vast injustice to themselves and their pocket books.

Apple and Orange Jelly.

Use an equal number of apples and oranges. Wash the apples, slice and core them; put them over the fire in the preserving kettle with enough cold water to cover them, and simmer them until they are reduced to a pulp. Pour the apple pulp into a jelly bag to strain out the juice. Measure the juice, and to each pint of apple juice add one of boiled orange juice and a pound of sugar, and boil them together, removing the scum that rises until a little, cooled upon a saucer, forms a jelly. Then take the kettle off the pour it into glasses. When cold seal it up like any other preserve.

Sour Cream Nut Cake.

Two eggs, one cup granulated sugar, half cup rich sour cream, two cups flour measured before sifting, half teaspoonful soda, one level teaspoonful baking powder, pinch salt. Beat the eggs till whites and yolks are well blended, add sugar; dissolve soda in cream, stirring it then into the eggs and sugar; sift into the mixture the flour, baking powder and salt, and beat well. Bake in three-layer tins. Filling.—One cup pecan or walnut meats.

Nut Cutlets.

Mix two cupfuls of chopped nuts (almonds and peanuts mixed) with one cupful of mashed potato or boiled rice and a beaten egg; season with half a teaspoonful of salt, one-fourth teaspoonful of paprika, and half a teaspoonful of mushroom or tomato catsup; shape into cutlets, dredge well with bread crumbs and fry a golden brown. Toothpicks may be stuck in the small end of each cutlet to simulate the bone.

Kidney Omelet.

Chop cooked kidney very fine; make an omelet mixture with three tablespoonfuls of milk, three eggs, salt and pepper to season; put one teaspoonful of butter in a frying pan; when it is melted turn in the mixture; cook slowly until a crust is formed on the bottom; in the meantime, sprinkle over the omelet the chopped kidney and chopped parsley; fold the omelet in half, lift it to a hot platter and serve at once.



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Raised Rolls.

Melt a rounding tablespoon of butter in two cups of warm water, add one-half yeast cake dissolved in one-quarter cup of lukewarm water and three cups of flour. Beat ten minutes, then add another cup of flour, cover, and let rise over night. In the morning knead lightly, shape into rolls, and let rise. Bake, brush over with melted butter, and return to the oven for a few minutes.

Hot Water Sponge Cake.

Two well-beaten eggs, one cupful of sugar, one cupful of flour, one teaspoonful of cream tartar, well mixed with the flour, one teaspoonful of extract of lemon, one teaspoonful of salt. Stir all together until quite smooth, then add half a teaspoonful of boiling water, in which half a teaspoonful of soda has been dissolved. Stir briskly, and put in the oven as soon as possible.

Banana Sandwiches.

Among fruit sandwiches, banana takes the lead, and to this a slight variety can be given by spreading each lengthwise slice of fruit with whipped cream rather sparingly. Upon this sprinkle shredded cocoonut, pressing the latter well down with a silver knife. Boston brown bread thus treated will be excellent.

Healthfulness of the Gulf.

If Tom Hannum's prediction was verified, he is now "singing tenor with the angels." He was the most lovable of Washington correspondents, and when consumption developed his fellow journalists secured him a treasury appointment which took him to Texas, where, on light duty, it was hoped that his life would be prolonged.

The evening before his departure, at a farewell dinner, Tom was the liveliest conversationalist. He said:

"The climate of Texas is like that of Florida, and I am sure to improve there. A consumptive friend of mine in Philadelphia went to Florida, weighing only ninety-one pounds. When he came back six months later he weighed one hundred and forty-eight pounds. That's what the express company charged."

Unusual Emphasis Necessary.

"Willie, dear," his mother said, "I wish you would go out and see what all that racket in the next block is about."

Willie went away, and returned half an hour later with the desired information.

"There was a deaf and dumb couple married down there this evening," he said, "and the boys is trying to divorce 'em accordin'."—Chicago Tribune.

