

THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE

oline are cheaper than gas; but the fact

that they require something like half as

long again to bring a given amount of

water to a boll shows that the heat

they give is less intense, and this makes

them really a little more expensive than

gas. Alcohol takes twice as long as

gas, so that what gas will do for 1 cent, gasoline will do for 1.1 cents, kero-

sene for 1.05 cents and alcohol for 10

It must be borne in mind that while

these figures are based upon careful ex-

periments and not upon guesswork, they

are only approximate; that different ex-

periments with the same fuels show

somewhat different results, since stoves

and their management vary. But they

are near enough the truth to serve as

it will at once be seen that a great

saving can be effected by using one of

the fuels which may be burned for a

short period and then extinguished.

Here the stove is used only to bring

food to the boiling point, after which

the fireless cooker carries on the re-

mainder of the process without further

use of fuel. The price of the fireless

cooker is undoubtedly what keeps many

housekeepers from buying; but a con-

sideration of the cost of stoves for all

the fuels under discussion, as well as

fireless cookers, may throw some light

on the question of whether fireless

Kerosene and gasoline stoves are

shout the same price-\$10 to \$12 for a

shout the same price—\$10 to \$12 for a good type—having three burners and an oven. Three alcohol burners will cost about the same, but no oven is included; and baking cannot be satisfactorily done on alcohol stoves, as they now are made, even if a portable oven were placed on them, because they do not give heat enough to bake in a reasonable time. Gas ranges of good make cost somewhat more, but provide four burners and an oven for

provide four burners and an oven for \$16 and up. A coal range or stove that would meet the needs of the average

family would cost twice as much as the gas stove or more, while electrical outfits, which have to include the uten-sils, are about three or four times as

cookers are an unwarranted expense.

With the adoption of a fireless cooker

cents.

a guide





THE old lament, "one fire burns out another's burning," is just as applicable to the kitchen range as it was to the love story in the centuries gone. The little saying holds much of valuable import to the housewife. One fire ought to take the place of another. Our grandmothers should furnish a few brands of light to modern-day housewives, but we have no right to use methods of other days. Progress has not for-

gotten the kitchen fire.

The question now to be answered is, Just which method of heating and cooking is the best? You may not be fully cognizant of the existing conditions of supply, transportation, etc.; you may blindly choose the fire that will cost the most. Let an expert, who has figured out every aspect of the important subject,

give you her results.

Of course there are always circumstances that preclude the possibility of giving a fact that can be universally true, but, broadly speaking,

the facts are here. This article by Margaret J. Mitchell, of the Bruce School, of New York, may put out your old-fashioned, expensive, back-breaking fire. If so, it will not have been written in vain. Any writer who can decimate the drudgery of the kitchen is serving womankind. You may be sure that If this page puts out your kitchen fire, it will supply a modern money-and-labor-saving method to ease the work. With a destructive and constructive criticism, enforced by intelligent application of the first principles of domestic economy, the well-known instructor and writer is introduced to the institute to which you belong.

By Margaret J. Mitchell The Bruce School, New York.

HE old-time kitchen fire used to be relied upon to heat the kitchen in winter, to supply hot water to the house and serve for laundry proposes in addition to its own particular function of cooking the meals. In those days, when wood and coal were the only available fuels, this was perhaps the best that could be done, although the kitchen was upbearably hot in summer, the hot-water supply was apt to be somewhat uncertain, and always there was the weary task of carrying fuel or ashes, keeping the hearth and floor free from coals and dust and s more or less constant attendance was maquired to keep the fire going at all. While it is fully realized that in many kitchens these varied demands are still made and must continue to be made upon the fire, it is by no means true of all; and where the building of a new house is in your control a modern ideal may as well be followed as to repeat the errors and stupidities of the past.

We have now a much larger choice of uels than was used or known formerly, s well as much more varied conditions of living, and it by no means follows that, coal or wood is the best fuel for all cases. How much more rational to all cases. How much more rational to heat the kitchen in winter by steam or for the rest of the house, rather than to roast the cook in summer in order that she may not freeze in winter! Gas water heaters are now obtainable, I there seems no reason why other ils might not be utilized for this puruse, entailing only the expense neces-

sary for heating the water, instead of that required to keep up a great fire, which is often not called upon to do anything for hours at a time. Where laundry work must be done in the kitchen it is necessary to have a fire that is adequate to heat a boiler full of clothes. This would rule out electricity and some fuels like alcohol on the score of expense. But except for this we can dispose of the complications of warming the kitchen, providing hot water and doing laundry work and consider the kitchen fire as primarily a means for doing cooking. This will make the choice of fuels a comparatively simple matter.

Coal is probably the commonest fuel now in use for kitchen fires, and while it is the cheapest under some conditions, on the score of overheating the kitchen in mild weather, scattering dust and increasing the kitchen work enormously, we can condemn it unqualifiedly. Where there is a strong servant girl who can carry coal and ashes, rise early to get the fire going in time to cook breakfast, endure the sweltering heat in warm weather and be constantly on hand to attend to the cooking, coal may still be used. But the coming servant (if there be such a person) and the housekeeper who does her own work will find coal almost impossibly laborious.

To compare fuels intelligently one conditions, on the score of overheat-

compare fuels intelligently must know how much it costs per hour with each to keep up a fire and how much work such a fire will do in an hour. The price of coal varies in different localities and at different times. So does the price of gas. To make a basis for comparison the

\$5 a ton and also at \$7.75 a ton. If you pay more than the higher price, the weight of argument will lie even more heavily against coal. If you pay less than \$5, coal will probably be a cheaper fuel than any others, at least as long as the prices for the other fuels remain as they

For convenience the price of \$1 per thousand cubic feet of gas is taken, as this is a fair average price for manufactured gas. If gas is cheaper than that, the argument for gas as & kitchen fuel is strengthened; if it costs much more than \$1, it will be by so much less advantageous. Two prices are given for electricity, as that varies greatly in different localities. In the table a coal fire, suitable for baking, in a good modern type of stove, managed by an intelligent and trained woman, is compared with one burner turned on full for the other fuels.



You may argue that coal at 1 cent and a fraction per hour will provide for cooking several articles at one time, while an additional burner will have to be lighted for each separate dish with the other fuels. This would make it look as though coal were infinitely cheaper than the other fuels. But we must remember that a coal fire must be kept burning all day, whether it is in use or not, while the other fuels may be turned off when not in use. If one were obliged also to leave the burners turned on full in order to cook, the cost of cooking with the other fuels would be much greater than with coal. But, as a matter of fact, when food is once heated a very low flame will keep it cooking, so that, except with alcohol or electricity, actual cooking with the other fuels need be little if any more expensive per hour than with coal, and may even be considerably cheaper by the day, on account of the hours when there is no fire at all. To make an actual comparison, not

merely a theoretical one, between coal, gas and electricity, one whole day's cooking, including baking bread and cake, was done with each, the same meals prepared in all cases and the fuel consumed measured. This was reported in the Journal of Home Economics for December, 1909. It was found that with coal at \$7.75 a ton, the day's work cost \$0.125, while the same work done with gas cost \$0.1475, and with electricity, at 16 cents per k, w. hour, \$1. It is hard for you to compare these prices with those in your own homes, for it is so unusual to compute the cost of fuel for one day. Perhaps if we tabulate this in the form of a monthly expense it will seem more intelligible.

At the rate

Probably the monthly bill would be less than this computation, since all thirty days would not be baking days. There would be less reduction in the coal bill than in the others, for the



expensive as the coal ranges, running up to \$115 for even a moderate outfit. A fireless cooker, with either a kerosene, gasoline, alcohol or gas stove, will cost no more than a coal range.

I realize that the case for the fireless cooker has still to be argued for most people. A better understanding of its use is needed, and also a realization of the many advantages it presents aside from the mere economy in fuel which is here emphasized. How much this amounts to has not yet been fully determined for all dishes, but with boiled, steamed or stewed foods all the fuel after the initial heating is saved. This means that the greatest saving will come with those foods which would otherwise have to be cooked the greatest length of time, such as cereals, pot roasts, hams, beans, split peas, boiled beef, etc. At Teachers' College in Columbia University some tests were made in which it was found that rolled outs when cooked on the stove consumed \$.008 worth of gas, whereas with the fireless cooker only \$.009 was used. Nearly 90 per cent of the fuel was thus saved. With dried beans \$.012 paid for the gas when cooked on the stove, \$.002 being required with the fireless cooker, only one-sixth as much. When used for baking, the same principle applied. Bread was no cheaper when baked in the fireless cooker, as it took as much gas to heat the stones as to heat the oven and bake the bread; but with baked beans the gas oven cost \$.054, whereas with the fireless cooker it cost but \$.019, only about one third as much. To see this more clearly it may be arranged in a table, thus:

| Cost on | With fireless Percentage | cooker. | cooker. | saved. | cooker. | saved. | cooker. |

With the present style of stoyes and ranges so large a proportion of the heat generated is radiated away and lost that it has been said that cooking in the ordinary kitchen range is merely a byproduct of wasted heat. It seems plainly indicated that if we could do the heating of our food in a confined and insulated space we should save a large proportion of this wasted heat; and with this in view, some experiments were made with fireless cookers into

ONE HOUR WELL INVESTED

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Here is a chance to invest one hour to wonderful advantage. If you are

interested in the betterment of home conditions, the improvement of municipal or state laws; if humanity means something to you, and in your heart there is a wish to do something for mankind, here is your opportunity, Join the People's Institute. Spend one hour a week with eminent authorities on dietetics, food, home economics, domestic arts and sciences, and by exploitations of the general truths do your little part in the great movement of the world

You cannot realize how much your one-hour investment will pay. It is too great an opportunity to miss.

Next week Miss Alice Lakey, who was one of the first women to work for the passage of the national pure food bill, will speak to the members of the institute. Her subject will be "The Pure Food Law and the Housewife."

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longed household trial of this inven-

which electricity was introduced, so that even the preliminary boiling of the food might be done in the closed fireless cooker and the heat usually lost during this part of the process be ab-sorbed and retained by its non-conduct-ing walls. The results justified our ex-pectations. The food continued to boil for ten minutes after the electricity was turned off, and at the end of an hour its temperature was 200 degrees Fahren-heit, only twelve degrees below boiling point. Baking was also tried, with a similar saving of fuel. The ovens of electric ranges are made on this prin-ciple, but the wells are not this kennight. ciple; but the walls are not thick enough to keep in all the heat, and electricity is as yet too expensive a source of heat to be within the means of the public in general. A combination gas stove and freless cooker is now on the market which promises well. It consists of an oven with thickly insulated walls, requiring but one smaller burner to heat it.
As this burner is inside the oven practically none of its heat is lost, the hot vapors from it also being led out around the oven so that they give to it almost all their heat before passing out into all their heat before passing out into the room or chimney. The top looks much like an ordinary gas stove, but a thick insulating hood can be let down over one burner and saucepan as soon as the food is bolling. The gas is turned off at this stage and the food cooks as in any other fireless cooker. A pro-

tion has not yet been made, so far as I know, but it has every appearance of being an excellent attempt to solve the problem of the kitchen fire. It is not so expensive as electrical apparatus, costing about the same as a coal range.

What conclusions, then, can we make? Each housekeeper will have her own kitchen and circumstances in mind, and no one can lay down a rule for her without knowing these; but it is evident that for most people the old laborious fuels are no longer advisable. In the city gas is the cheapest fuel; in the country, where gas cannot be obtained at reasonable cost or at all, kerosene will fulfill all demands where gasoline is felt to be dangerous. Proper stoves are essential. The best are the cheapest in the long run. The fireless cooker is as much a part of the truly modern cooking outfit as its adjunct, the stove, and may even develop to take the place of the cid-fashioned stove. In these days of remarkable inventions, and especially since the study expensive as electrical apparatus, costof the problem of daily home life or the problem of dally home life has been recognized as worthy of the most painstaking research, we have everything to hope for in the way of economical, and labor-saving appliances, and it only remains for us to avail ourselves of them and to take the necessary pains to learn how properly to use and care for them.

MENUS AND RECIPES FOR A WEEK FROM AN COOKERY

This department will be in charge of a different instructor every month. The plan will give the housewife the benefit of wide and varied experience, and will present topics of interest to all.

Conducted by Mrs. Anna B. Scott Cooking Expert and Food Economist.

available m most cities and larger owns all over this country. There are always some exceptions,

but we can easily find substitutes. I have given with each menu the recipe for one of the dishes, and if any of the readers do not understand them they can write for further information, which I shall gladly supply.

We are using some left-overs for the following meal or for the next day. We have changes in both plain bread and in hot breads daily.

We are not using very many eggs now, owing to the high prices. It is best to use what is in season. When eggs are available and at a reasonable then we can have egg dishes morning and desserts made with The following are the menus and

persons, two adults and two children. MONDAY

BREAKFAST Dates with Oatmeal Eggs prepared in Cream Whole-Wheat Gems Coffee or Cocoa

Eggs Prepared in Cream Into each custard cup or ramekin put I tablespoonful of cream or milk top, break 1 or 2 eggs into each, dust with a little salt; set the cup in a pan of bolling water on stove and boll until the egg is set. You can have it very soft or medium done and this makes a very element change the control of the co pleasant change.

LUNCHEON

Spaghetti with Tomato Sauce
Colesiaw
Marshmallow Cake

Tea or Milk Spaghetti With Tomato

Holi and blanch 1 cup of spaghetti; brush a baking dish with butter and pour in the spaghetti; pour over cream sauce and I cup of strained tomatoes; sprinkle with breadcrumbs and bake 20 sprinkle with breadcrumbs and bake 20 minutes in a har oven.
Sauce-Put 1 tablespoonful of butter into a saucepan, add 1 tablespoonful of fleur, mix, add 1 cup of cold milk slowly, stir until smooth; then add 2 tablespoonfuls of grated cheese, 1 teaspoonful of sait and a dash of pepper. Stir until smooth and pour over spagnetti.

DINNER Roup made from left-overs
Park Chops with Brown Gravy
Apple Sauce Creamed Potatoes
Buttered Beets
Frume Southe
Coffee.

Soup Our soup is made from the left-overs. We have a little gravy from yesterday and a little onion; there was a deviled

THAVE tried to give twenty-one good, substantial, well-blended meals for midwinter, with a good variety of meats, winter vegetables and fruit. Whatever appears in these menus is available m most cities and larger two hours. Take out the meat, cut it up into small pieces, put back into the stock, add the gravy, the left-over onlon, and the potato we remove from the skin and add also I tablespoonful of sait, a little white pepper and I tablespoonful of chopped parsley.

Many times you can use all the left-over vegetables by putting them into the double boiler with 4 cups of milk, boiled and strained; thicken with I tablespoonful of flour rubbed with I tablespoonful of butter; add and boil two minutes. Serve with croutons.

> TUESDAY BREAKFAST . Stewed Figs
> Wheat Breakfast Food
> Teamed Frizzied Beef on Toazt
> Hot Parker House Rolls
> Coffee or Cocoa

Hot Parker House Rolls

Use a milk bread sponge and when well raised and ready to shape roll out on a floured board, as you would pastry, and spread with melted butter all over. well raised and as you are and soured board, as you and spread with melted butter all over, and spread with melted butter; cut with oval or round cutter, press through the middle and fold over, letting the edges come together; as they rise they are apt to spread. Put into moderate oven, on a spread, Put into moderate oven, on a spread. Put into moderate oven, on a speed, for thirty minutes; when well-beaten egg, 1 spread. Fut into moderate oven, on a bake sheet, for thirty minutes; when brown brush with a well-beaten egg, I tablespoonful of milk and I tablespoonful of sugar, mixed together, and return to oven for a few minutes.

LUNCHEON Baked Bananas Bread and Butter Cocoa or Caramel Coffee Rice Croquettes

Two cups of cold boiled rice, 2 tablespoonfuls sugar, 2 eggs, 1/2 teaspoonful
grated nutmeg, 1 table-spoonful milk.

Put the rice into a bowl with the
sugar, 1 well-beaten egg and the nutmeg. Roll between floured hands into
cone shapes, then roll in breadcrumbs
and dip into 1 egg and milk, beaten
together, and again in breadcrumbs.

Fry in deep fat.

Lemon Sauce

One cup of boiling water, I tablespoonful sugar, ½ lemon, a little grated rind, I teaspoonful cornstarch.

To the boiling water add the cornstarch mixed with a little cold water, the sugar, lemon juice and rind and a little caramel for color. Pour hot sauce on a platter and stand the croquettes in the sauce.

DINNER

DINNER Baked Veal Ple Stewed Tomatoes
Endive Salad
Blanc Mange Coffee Baked Veal Pie

Baked Veal Pie

Purchase 1½ pounds of stewing veal, wipe with a piece of wet cloth, cut into small pieces; put into saucepan, cover with boiling water, add 2 tablespoonfuls of cut onion and boil slowly 1½ hours. Add I tablespoonful of sait, ¼ teaspoonful of spoonful of sait, ¼ teaspoonful of white pepper and 2 cups of diced raw potatoes, boil 20 minutes and add 1 teaspoonful of finely chopped parsley and 1 tablespoonful of flour mixed with a little cold water. Boil 2 minutes. Place between crust made as follows: Two cups of flour sifted into a bowl with 2 teaspoonfuls of baking powder and 1 teaspoonful of salt, rub in 2 teaspoonfuls of salt, rub in 2 teaspoonfuls of shortening very lightly, and add just enough cold water to hold together; divide in two and roll out. Line a pan and put in the veal and potatoes, leaving a little of the gravy to put over the top. Roll out the other half, put over the veal and brush the crust with the gravy; put in hot oven and bake 20 minutes.

WEDNESDAY BREAKFAST Oranges Cereal Eggs in Tomato Sauce Plain Milk Biscuit Coffee or Cocca

Eggs in Tomato Sauce

Three eggs, 1 cup of tomatoes, 1/2 teaspoonful of onion juice or grated onion, 1/2 teaspoonful of salt, a dash of white pepper, half teaspoonful cornstarch, 3 rounds of stale bread.

Put the tomatoes on to boil in a saucepan with the onion, salt and pepper, boil three minutes. Mix the cornstarch with a little cold water and add to the tomatoes, boil one minute; strain on to the plaffer or baking dish which on to the platter or baking dish, which has been brushed with butter; place the rounds of bread in the tomato, then in the center of each round put an egg, being careful not to break the yolk; al-ways break an egg into a small dish first. Dust with a little salt and pepper and put a small piece of butter on the top of each egg; place in a moderate oven for ten or fifteen minutes or until they are as firm as you like them. Re-move from the oven and serve in the dish they were baked in; garnish with

parsley.

The stale bread is cut in rounds % of an inch thick with a large round cutter, and the center is cut out with a smaller cutter. If you do not have a large cutter, place a sauce dish the size desired and cut around with a paring

LUNCHEON Cream of Tomato Soup, with Croutons Creamed Dried Lima Beans Pickled Beets Wheat Cereal Pudding Tea or Milk Cereal Pudding

One cup cold boiled cereal, 1 cup cold milk, & teaspoonful of salt, 3 table-spoonfuls of sugar, 1 egg, 2 tablespoonfuls of chopped fruit. Canned peaches, pineapple, currants, raisins or any left-over fruit can be used.

Put the cereal and milk into a howl, mash until smooth, then add the well-beaten egg, salt, sugar and fruit. Brush a small pudding pan or custard cups

with melted butter and pour in the mix-ture; set in pan of boiling water in hot oven from 25 to 30 minutes. When cold, turn out and if you have a little fruit juice pour it around the custard. DINNER

Boiled Shoulder Lamb Caper Sauce
Mashed White Petatoes
Escalleped Parsulps
Fepper Cabbage Caramel Jelly

Escalloped Parsnips

Escalloped Parsnips

Wash and scrape 3 large parsnips and put into cold water. Cut the parsnips into rounds and cover with boiling water, and boil from 35 to 49 minutes, or until tender, without a cover. Drain. Put 1 tablespoonful of breadcrumbs into the bottom of a baking dish and 2 tablespoonfuls of cream sauce and ½ of the parsnips; add 2 tablespoonfuls of cream sauce, 1 tablespoonful of brown sugar and the rest of the parsnips; then the balance of the cream sauce and 1 tablespoonful of brown sugar and 1 tablespoonful of brown sugar

20 minutes.
Sauce—I tablespoonful butter, I tablespoonful flour, I cup cold milk, I teaspoonful sait and a dash of white Put the butter into saucepan, melt, add the flour, salt and pepper, mix and add the milk slowly. Stir until smooth and creamy and cook 3 minutes.

> THURSDAY BREAKFAST Stewed Apples Cereal.
> Potato Omelet
> Waffles and HoneyCoffee or Cocoa.

Waffles One and one-half cups flour, 1 cup milk, 1 egg, 1 teaspoonful baking powder, ½ teaspoonful sait, 1 teaspoonful melted butter, 1 teaspoonful sugar.

Sift the flour, sait, sugar and baking powder into a bowl, add the milk and mix well: then add the butter and the well-beaten egg. Mix all well together and bake in very hot waffe-iron. In making waffes be careful not to put too much batter into the waffe-iron; that is the fault with many waffies.

LINCHEON

LUNCHEON LUNCHEON

Hashed Lamb on Toast

Baked Potatoes Pepper Cabbage
Whole-Wheat Bread and Butter
Ginger Cookies Tea or Caramel Coffee Pepper Cabbage

One small head of cabbage, I pepper, teaspoonful celery seed, it teaspoonful mustard seed, 6 cloves, 6 alispice, 1 tablespoonful of sugar, I teaspoonful of salt, half cup vinegar.

Wash and chop the cabbage fine and lay in cold water half an hour. Chop the pepper fine, Drain the cabbage and add the pepper and all the other ingredients; mix well. DINNER

Cream of Lentil Soup
Beef on Casserole
Bweet Potatoes, Southern Style
Cream Carrots, Colesaw
Gold Nuggets with Lemon Sauca.
Coffee. Beef en Casserole

Que and a half pounds beef, 1 table-

spoonful of finely cut cnion, I small car-rot, cut fine, I tablespoonful cut celery, I teaspoonful salt, ¼ teaspoonful white pepper, I tablespoonful flour, I table-spoonful finely chopped parsley, dash reprists

spoonful finely chopped parsley, dash paprika.

Purchase chuck or any other cheap plece of meat. Wipe with a wet cloth and cut into small pieces, or let remain whole (that is a matter of choice). Put the meat into a casserole dish with the onlon, celery, carrot, salt, pepper and paprika; add 2 cups of boiling water and bake in hot oven 2 hours, adding water if necessary. Put the meat in the center of platter, mix the flour with a little cold water, and add to the gravy. Boil 1 minute. If it is not brown enough, add 1 tablespoonful of caramel. Pour the gravy over the meat and vegetables and sprinkle with the chopped parsley. Garnish with sprigs of parsley.

FRIDAY BREAKFAST

Stowed Prunes Commeal Mush
Bolled Mackerel.

Hashed Browned Potatoes
Toast Coffee or Cocca. Stewed Prunes

Wash 1 cup dried prunes through several waters. Put into a saucepan with 2 cups cold water; put on fire and let come to a boll. Cook slowly one-half hour. Do not add any sugar.

Eggs a la Japan Pickled Beeta.

Brown Bread and Butter
Grape Marmalade Ginger Cookles

Tea or Milk

Eggs a la Japan

Two cups of rice, 6 eggs, 1 cup of milk, 1 tablespoonful of butter, 1 tablespoonful of flour, 1 tablespoonful of chopped parsley, 1/2 teaspoonful of salt, a dash of pepper, 1/2 teaspoonof salt, a dash of pepper, ½ teaspoonful of curry powder.

Boll the eggs hard. Cut in half lengthwise; spread the rice on a platter and lay the eggs in the rice, then pour over the cream sauce. Garnish with chopped parsley.

Boiled Rice—Wash the rice through several waters. Put on in 6 quarts of boiling water and boil 25 minutes. Blanch with boiling water, spread on platter and place in oven for a few minutes.

minutes,
Cream Sauce—Put the butter into saucepan, melt, add the flour, salt and pepper, mix and add the cold milk slowly, then add the curry powder and stir until smooth and creamy and rough over the errs. pour over the eggs. DINNER

Boiled Halibut Sauce Hollandaise
Browned Mashed Potatoes
Savoy Cabbage, German Style
Apple Pie Coffee Savoy Cabbage

One small head savoy cabbage, I tablespoonful of butter, I tablespoonful of flour. % cup of cold water, I teaspoonful of salt, a dash of white pepper, I tablespoonful of lemon juice or 2 tablespoonful arrated onion.

Wash and cut the cabbage into small pieces, put on in boiling water enough to cover and boil 6 minutes or until tender. Drain and pour over the sauce, mix well and cook three minutes. Minutes.
Hauce-Put the butter into a sauce-pan, melt, add the flour and onion juice

and add the cold water, salt, pepper and lemon juice; stir until smooth and creamy and cook three minutes,

SATURDAY BREAKFAST

Sliced Bananas Cereal
Creamed Fish on Toast
Sally Lunn and Honey Cocoa or Coffee
Sally Lunn One cup flour, 1 teaspoonful baking powder, 1 teaspoonful salt, 1 tea-spoonful melted butter, 1 cup milk, 1

spoonts melted butter, I cup milk, I egg.

Sift the flour, baking powder and salt into a bowl, add the milk and well-beaten egg and butter, mix well and pour into baking pan which has been brushed with lard. Bake in hot oven for twenty minutes. Cut in squares and serve hot.

The fish was left over from Friday's dinner.

LUNCHEON Hamburg Steak with Tomato Sauca and Boiled Rice Bread and Butter Rusk and Peach Butter Tea or Cocoa Hamburg Steak With Tomato Sauce

and Rice Border Take I pound round steak, chopped, I teaspoonful sait, & teaspoonful pepper, I tablespoonful grated onion, I tablespoonful chopped parsley and mix all well together, then form into flat cakes. Erush pan with drippings and bake in hot oven. Serve on platter, with tomato sauce and the boiled rice border.

der.

Tomato Sauce—Put 1 cup of tomatoes, strained, into saucepan and add 1 teaspoon and 1 te

DINNER Cream of Potato Soup
Stawed Lamb with Dumpings
Mashed Yellow Turnips Red Cabbage Salad
Orange Dainty Coffee
Cream of Potato Soup

One and one-half cups mashed potatoes, 2 cups boiling milk, 1 tablespoonful butter, 1 tablespoonful flour,
1 tablespoonful chopped parsiey, 1 teaspoonful grated onlon; 1 teaspoonful
salt, ½ teaspoonful white pepper.

Put the potatoes into the top of double boiler, add the hot milk and onlon;
as soon as it boils, add 2 cups of boiling
water, the salt, pepper, butter and flour,
which have been rubbed together. Str
until creamy, add the parsiey and dust
with a little paprika, This can be
served with croutens.

SUNDAY

BREAKFAST Sliced Pineapple Hominy Grits Lambchops Southern Corn Bread Homewade Jelly Coffee or Cocoa Lamb

On Saturday morning purchase a forequarter of lamb yearling. There are months in the year when we buy it very much cheaper than at others. We, as good housekeepers, watch that.

You will say, "Oh. I have no use for a forequarter of lamb. There are only four in my family."

Just let me give you a little help along that line. It is Saturday morning, and we see the forequarter at 18 cents a pound, and it weighs eight pounds; that is 96 cents.

properly to use and care for them

How to Cut Up the Lamb

How to Cut Up the Lamb

First. Have the butcher remove the shoulder, remove all the bones and make a pocket for filling; that can be used for a roast. It will keep several days wrapped in glazed paper in a refrigerator or cold place.

Scond. Have the butcher trim the rack (the ribs) for French lambchops or crown roast. Cut off just as many as you need for Sunday breakfast.

Third. The neck and breast should be used for Saturday's stew. The bones from shoulder, rack and neck are for soup. In making a stew, trim all fat from the meat before using, as lamb fat is not pleasant.

DINNER DINNER

Consomme

Smothered Guines Hen

Bolled Cranberries Deviled Potatoes

Bolled Onions or Vegetable of Choice

Suet and Fig Pudding

Smothered Guinea Hen

Smothered Guinea Hen

Clean the guinea fowl the same as a chicken. Cut as for stewing, so as to have two thighs, two drumsticks, two wings; cut the breast into two parts and the backbone into four parts. Clean the gizzard, liver and heart. Fut all into dutch oven or iron boiler and add 2 slices of bacon, or if we have bacon drippings use 2 tablespoonfuls. Fut over fire and brown on both sides, turning quite often. Then add 1 tablespoonful cut onion, 1 tablespoonful salt, 1/2 teaspoonful pepper or seasoning to taste; add 1 cup boiling water and boil two hours or until tender. You must add 1 cup of boiling water at least three times and turn quite often, When tender, remeve and place in the center of large platter. To the gravy add 3 tablespoonfuls of flour mixed with a little cold water and boil three minutes. Strain part over fowl and what is over put into a gravy boat. Garnish with sprigs of parsley. sprigs of parsley.

SUPPER

Cold Sliced Mast Loaf

Potato and Celery Salad Apple Sauce

Brown Broad and Butter

Marshmallow Cake Tea or Cones Meat Loaf

Meat Loaf

The meat loaf was made from the beef that was left over from last night's dinner. There was meat, potatoes, carrots, onion and gravy left. We put all except the gravy through the meat chopper; put the meat, vegetables and gravy into a bowl, add I teaspoonful of finely chopped pawley. I teaspoonful onion juice, I tablespoonful finely chopped red or green popper, season highly and add fresh breadcrumbs enough to form into a loaf; put into a pan that has been brushed with drippings, cover with breadcrumbs and brush with well-beaten egg and breadcrumbs again. Put into a hot oven and bake inlity minutes. Set aside to get cold. Then slice and garnish with parsley and diced red beets if you have fore.