

THE PEOPLE'S INSTITUTE OF DOMESTIC

Phe-Value of Home Economics

Formerly before a woman would spend a sum of money she would think and think and think; but now we women spend our money and then we think

and think and think. Many a time I have heard this conversation in an elevator in one, of Chieago's largest stores: "I want that suit which is displayed in the window, but I cannot order it until tomorrow, because I do not want it to go on this month's charge account." "I have spent all of my husband's salary for this month, so I shall wait until the first of next month to get my new hat, so that the bill will not come in for thirty days." So many women buy extravagant, unnecessary things before the money is earned with which to pay the bills; so we women must be above fadism and must set and live by standards of common sense and good judgment. We can always be prettily and attractively attired without going to the extremes. A woman should be so exquisitely and carefully dressed that no man would turn around to gaze after her as she passes him on the street.

Leaving this question of spending money, we will next consider woman as food provider. Ever since the first days woman has been giving food to man, to his good or to his hurt. The physical, mental and spiritual life of every individual depends upon his nourishment. He may he without shelter of any kind; he may lack adequate clothing for his needs, but food he must and will have, and upon his food depends his capacity for doing his work and doing it well.

The baby, the child, the adult and the sick all have different food demands; and every woman ought to know what foods to give her bables, her growing



for general use in the home. And yet, some of you may say, "My child will not drink milk." Have you tried giving it to him in some novel way? Sometimes children who refuse milk from an ordinary glass tumbler will drink it very greedily from a tall glass such as is used at a soda fountain; and it is made doubly appetizing by inserting two golden straws in the milk. One little girl who scorned milk in a golden cup relished it if it were put in a bottle and she could tilt her head back and let the white liquid gurgle down her threat. One clever woman succeeded in getting her little boy to drink milk after a case of lliness by putting a meringue on the top of the milk, which was served in a little sherbet glass and called liquid ice cream. She succeeded in accomplishing two things in this way: She gave the little boy the needed nourishment in the white of the egg and also the pourishment of the milk. Some of you may say, "All women know by intuition how to prepare and

The child's future life depends upon the food he receives during the first five years of his life, and yet how few of us know what to give the child after he leaves his steady milk diet.

ment.

The ignorance of the average high school girl and even the college girl is appalling.oJust to prove this point, I am going to cite some personal experiences. In an examination recently I asked a college girl this question: "What is bacon?" and the following is the reply: "Bacon is a meat which is made by a very difficult process in which pork is used as a foundation. Fat pork and lean pork are pressed together and we have the result called bacon." Very few gifls, or perchance married women, know the different kinds of meats. The other day I asked a girl how to distinguish between lamb and mutton. This is the answer she gave: "Lamb is from lamb and mutton is from lamb when it is old." The other day I heard a young bride in the market asking for "three pounds of cow baby." You will be surprised when I tell you that the majority of girls of 18 years of age do not know how to separate the yolk of the egg from the white. Thousands of dollars are being spent annually in studying the diseases of chickens and cattle; in sending out bulleting to the farmers throughout the country, so that they may give balanced rations to the stock on the farm, and yet how many dollars are being spent on our girls to teach them to prepare balanced rations

ject, and chief among them are the following:

The children who go to the country schools carry cold lunches. If they prepare and serve a good, hot, nourishing dish to be eaten with the cold lunch, they would do better work and have better health, and certainly the attendance would be larger, if this practical feature were put in with the theory courses. Every mother would fight for this branch of study to be put in her girl's school if she could realize the value to the girl.

Every girl has often wondered and is still wondering why her teachers compel her to take the courses in physics, chemistry, economy, goology and possibly that subject which is detested by all



girls, mathematics. If she could have seen, or could see, the use of these subjects; if she could have applied what she learned in school during the day to the domestic problems awaiting her at home, then her wonder would have ceased. So, on the thought side, Home Economics afford peculiar opportunities to develop the relating power and to correlate other studies. Mathematics begin to be interesting when applied to the subdividing of recipes, in the use of the measuring cup and in the use of the for the family? Men will spend many

OUR OPEN DOOR

THERE is no sign barring the way to our pages. The open-door policy is ours. With a democratic star for our guide, with a catholicity of ideas and a comprehensiveness of treatment, the People's Institute holds wide open the door to its readers.

Crowds of members are moving through the open door of every lecture. Our capacity is unlimited; there is always room for more. The resources of the Institute are inexhaustible Through its medium widely known specialists in economics will give subjects of interest to drive home truths to our readers. A weekly lesson, without cost, is offered by this page. The arts and sciences that pertain to the homekeeping dear to every woman's heart are exploited here. And the door is open!

Our readers have the benefit of the best. It is a prize worth grasping; it is an experience not to be underrated. The results are already claiming emphatic praise from coast to coast.

Next week "The Fireless Cooker" will be the subject discussed. We had almost suggested that it is a burning subject, but that's just the story-it isn't. Ida Cogswell Bailey will conduct the talk.

things. If overcome by some person, we excuse this on the grounds that he is stronger than we; but to be overcome by things is a sign of weakness. Every girl gains great satisfaction in conquering yeast, baking powder, soda and flour, Personal responsibility is developed in the control of materials and natural forces, and the student soon discovers that her mind and muscles are all powerful and are the responsible factors in obtaining a desired result. She learns that luck is but a myth. If a girl pours bolling water on yeast, forgets salt and sugar, is lazy in making her muscles work effectively, lets the dough stand a length of time convenient to herself, and fails to manage the temperature of the oven, she gets her just dues and has a dark, sour, soggy, ill-shapen loaf of bread. Any girl worth while is put on her mettle by such an experience. On the other hand, if she obeys the laws of nature and follows out all the rules and regulations of her yeast mixtures, she will produce a sweet, creamy, delicious loaf of bread -the staff of life. Do I hear you say, "All very well,

but let the girl make bread at home"? I reply, "The girls will not make bread at home." There is a spice about doing things in a cooking laboratory which is lacking in mother's kitchen. Mothers often object to having their daughters do the kitchen work because of the inefficiency of the girls; or perhaps the mald in the kitchen objects to having things put out of place by the unskillful worker.

Another thing which is taught in the cooking room is unselfishness, Every day there are vast opportunities in the cooking laboratory for a girl to learn to share her finished products with her neighbor, with the teacher of with the unexpected guest. It is surprising to see how quickly the selfish trait of character can be overcome by a care-"ful observation on the teacher's part." Another point to be mentioned is that of muscle control. Muscle control is

mothers over than to form new mothers in the right way from the younger generation; and this is the work which we are slowly accomplishing through the work of Home Economics.

Every woman asks and wants to know how she can make the home an Ideal place. It should be full of the comforts and conveniences and articles of charm and should wear the air of "home," so that the children will want to return to It. Let us first regard the woman her-

self. One woman once said to me: "I have so much to do that I do not know what to do first, so I think I'll take my nap and have that much off my mind." Every woman shbuld take a nap every day, and the children should be trained to realize that this is mother's hour and she must not be disturbed. Worry and fatigue are more tiring than work, and when a woman is tired out she is not herself. It is difficult to be patient. The smallest things annoy her and she loses her temper easily. She must guard against this fatigue if she would be a wise mother. The woman in her home should have a system, just as the successful man is systematic about his business. Without a system in the home there is no leisure for the

wife and mother. The woman's workshop should be convenient. She should have efficient tools, and not work in an inefficient way. Since housekeeping is the greatest industry and gives employment to over 18,000,000 people, mostly women who work chiefly for love of others and not for money, this work should be made lighter and less burdensome. The man should provide money for his wife to equip her kitchen properly. She should have a kitchen cabinet which will save her many steps; a fireless cooker, which will save money, time and strength. She should not get down on her hands and knees to scrub, but should have a scrubbing mop and a dustpan with a handle. She should take a magazine dealing with her problems and should keep up to date in her work just as a lawyer and physician keep up with their professions. It is woman's business to consider every detail of her home, and particularly the kitchen, where the food is prepared for the family. There is so much competition in the world today that it takes all the husband and father can do to attend to his business. The work of the work out her problems alone. Of work out her problems along be happy course, there must all both. The co-operation on the part of both. The man should always remember that be can lighten the monotonous tasks which fall to woman's hands, for his work is from morning till set of sun; but her work is never done.

THERE is a growing, aggressive demand for the assignment of Home Economics to a position of importance in our school curriculum. What do you think about it? Do you consider a knowledge of the Domestic Arts and Sciences necessary for women who are the homemakers of the land? Of course you do.

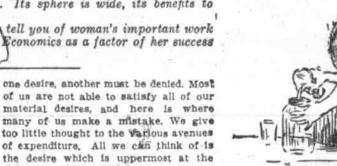
Since thousands of dollars are spent every year in the mastery of raising cattle and bringing them to a blue-ribbon plane of perfection, is it not reasonable to give as much to the raising of children and to the physical, mental and moral nourishment of every human being? Home Economics gives one knowledge requisite for this. Its sphere is wide, its benefits to manity incalculable.

Let an instructor of a large collega tell you of woman's important work in the world, and of the value of Home Economics as a factor of her success in her sphere.

By Grace M. Viall Department of Home Economics, Iowa State College,

NCE upon a time I was asked to lecture in a small town in Iowa. Before my arrival I was adver-' tised in this way: "If the way to a man's heart is through his stomach, here is a woman who can point out the highway"; so, evidently my profession in life is to point out the way to a man's heart through his stomach. This brings to mind the little werse in Meredith's "Lucile":

of us are not able to satisfy all of our material desires, and here is where many of us make a mistake. We give too little thought to the Various avenues of expenditure. All we can think of is the desire which is uppermost at the



We may live without poetry, music and

art. We may live without conscience, We may live without heart. We may live without heart. We may live without heads. We may live without books; But civilized man cannot live without

When we read this little verse, we think of the woman; but before we go into details concerning woman's sphere or woman's business, let us see what is man's business. Man's business is to CARE FOR THE WOMAN. That is why he is here and what he was intended for. He is the protector of and the provider for woman and the home. Woman's business is-and do not start, dear reader, when I say-woman's business is to control the world. This may sound like suffragette talk, and you may throw down the paper in disgust but if you will read further you will see that it is not an article concerning woman's rights, but woman's business. The old saying that "the hand that rocks the cradle rules the world" is now changed to "the hand that stirs the batter rules the world." Inasmuch as woman is the money-spender, the foodprovider, the homemaker and the bearer and trainer of children, surely be governs the world. Do you realize that woman spends 80

per cent of the salaries earned in this country? And how many women get the full value for their money? Most women will never be able to spend so as to bring adequate results until they have in some way acquired a broad training in the estimation of values. As woman awakens to a realization of this truth and seeks to acquire the knowledge and skill necessity to do her part successfully, she will begin to attain the degree of comfort and pros-perity possible for us to enjoy. As we know, money has a limited purchasing power. If it goes to gratify

time and which we feel we ify, regardless of all else. Miss Richardson has written a little book on this question, called "The Woman Who Spends," in which she very cleverly says: "The woman who

longs to get where she won't have to

count every penny will never have her

longing satisfied until she makes every penny count." So you see that the woman through the home has a very close relationship to the business world. How are we going to make women realize this grave responsibility? Train our girls in business ability is the answer. We are just beginning to do that in our colleges, where we are teaching money values by giving courses in household management, household accounts; and above everything else we are trying to set a standard which does not cater to style. A large amount of a woman's money is put in the so-called fads. When a woman is making out her shopping list, she always puts first on the list the things which are really not necessary. If she would stop to think a moment, she would discover that she is spending her money on the superfluitles and is encumbering her life with unnecessary things. In all large cities and even in small towns we see women dressed in the latest style strolling along the streets with their heads full of plans for new hats and gowns, while at that very moment their husbands and fathers are hard at business, driven to the wall, to meet expenses and debts, and disheart-

ened because they cannot manage to meet their wives' and daughters' de-

mands and whims. If one will observe the women on the

street today he will see that the women are better dressed than the men. Sit

in a depot and observe the men and women. The women have expensive furs, suits, hats, shoes and gloves,

while the men are shabbily dressed. The

women look young and well cared for; the men older and tired. So many women have no standard except the videous one of fashion. A woman who has no standard but

children and the older members of her family. Women should not let children

drink tea or coffee, and yet how many mothers are careless in this respect! Women, give your children those foods which will develop the body and the mind and lay the foundation for a healthy man or woman. Give the chil-dren cereals and bread and butter, buttering the bread on both sides. Give them creamed onions and carrots and plenty of fresh and stewed fruits and, above all, the child's food, milk.

Milk is a cheap food. One quart of nilk is equal in food value to: Three-fourths pound lean round of beef.

Milk is a chap food. On milk is equal in food value to Three-fourths pound lean rou Eight eggs. Six pounds spinach. Seven pounds lettuce. Four pounds cabbage. Two pounds salt codfish. Three pounds fresh codfish. Two pounds chicken. Four pounds text. Four pounds turnips. One-sixth pound butter. One-slith pound butter. One-third pound wheat flour. One-third pound cheese.

Compare the prices of the above articles: the time required to prepare; the amount of gas and coal required; the amount of waste, and realize how cheap and good a food milk really is.

Milk is the Best food for the nursing mother. Best food for the weaned haby. It is a cheap food. It is a clean and safe food. Milk makes muscle. It has no waste. It requires no cooking. Milk is a good food for the sick. It is the best food for all-from in-fancy to old age. It can be used in making many disbes. It is easily digested.

they wish to show at the county or state fair. A man will weigh out the food for this animal for months before the shew. The animal will be given the best of care from the time it is born until the time it is displayed and wins the blue ribbon, and yet how much time, thought and money are spent on the farmer's girl? One of our authors says that the brain is in the custody of the stomach. This certainly explains some of the irritabil-

ity, dullness and misbehavior of our children. A large percentage of the absences from school are due to malassences from school are due to mal-nutrition. Women's clubs are awaken-ing to this fact and are establishing school lunches in both town and ristal schools. In Boston they have recently tried an experiment which offered to the children at 10.30 A. M. a penny lunch, a "bite" to break the long hours between breakfast and the noon meal between breakfast and the noon meal. This catches the pennies which have been going over the candy counter and freshens the children for the rest of the morning session. The Speyer School, of New York city, supplies every child from the kindergarten to the third grade with a cup of milk and a graham cracker at 10.30 in the morning. The child pays for the food if he is able; but if not able, he is yed with the others anyway. In the Hebrew Technical School for Girls, in New York city, every girl is given a cup of milk or a cup of cocoa in the middle of the school at 1 cent per bowl. It is re-ported from all of these schools that there is a marked improvement in the physical condition and orderly ways and in the attendance at the schools. These lunches seem to be especially adapted to the rural schools. Mrs. Ellen Richards has made many valuable suggestions for Lunches for Rural Schools Without a Kitchen." The time has come when the rural schools will be equipped for the proper teaching of the boys and the girls how to prepare and serve good, nourishing food. Some of you may say, "What is the value of putting this into the rural schools?" There are many

scales. Every girl would enjoy her dollars on a first-class animal, which mathematics if she could work them out in the cooking room, instead of laboring for hours with pencil and paper. One girl tells me that she has learned more of fractions since she has had cooking lessons than from years of abstract study.

If we can give a girl courses in chemistry which she can apply to the coloring and dyeing and the laundering of her clothes, we are giving her something of definite value. If we teach her the chemistry of foods, she can assist her mother in planning balanced rations for the members of the family. We spend thousands of dollars yearly to in-vestigate diseases of animals and to determine means of preventing these dis-eases, and shall not the girl have equal advantages and be educated in the feed-ing of her child? In the study of physi-ology the girl learns about the digestive tract; in Home Economics she learns what foods are preded to purish the what foods are needed to nourish the body daily. If she can apply the laws of physics in the cooking laboratory, that subject immediately assumes interesting aspects. In botany and zoology she is inter

ested in knowing what plants and anl-mais furnish the materials for the clothes which she is wearing. She can apply all she learns in these subjects to has deliver and the set of the subjects to her daily work in cookery and tex-tile work. So one can readily see that the required subjects of the curriculums of our schools today can be easily correlated to the problems of the home and will naturally arouse interest among the girls and create in them a natural sire for the practical and necessary things of life.

One of the chief things of value in Home Beconomics teaches accuracy. Home Beconomics teaches accuracy. When a girl is drafting patterns, she must be skillful, quick and observant of details. When she is making food charts, she has to be exact and peat about her work. Students in Home Economics soon learn that mind and hand must work together to get good results, and that is one of the most desired heights to attain in education

Home Economics is the best subject yet found to teach the power over

String Beans

SATURDAY

gained in Home Economics. The careful, accurate measurements must made to obtain satisfactory results. Train the girls to manipulate their fingers. Mechanical ingenuity is acquired in Home Economics laboratories. The average girl cannot take apart or put together an ice cream freezer or a meat grinder, or oll a machine, and yet these are the things which she ought

to be able to do in the home. have only attempted to give a few the things the individual gains in this broad subject, but it will at least show that she gains accuracy, self-responsibility and the training of mind hand which she requires for her later life.

The home is the greatest thing in the The home is the greatest thing in the nation, and in the making of a home woman stands supreme. On her de-pends the atmosphere of the home. In this country we have wealth and op-portunity, but our ideals of a home seem to be somewhat wanting. A man may build the house, but he cannot make the home A woman must do make the home. A woman must do that. Asking a little boy one day what home meant to him, he replied, Tiome home meant to him, he replied, Home is where I hangs my hat"; and asking a girl what home meant to her, the answer was, "Home is where my dishes is." Surely there is something wrong somewhere when home does not typify Nine-tenths of the money spent is said to go into the so-called homes of the land; with what result? Our family homes are virtually disappearing and thousands of familles have no roof above them-only another family. Anyhow, necessary it is for women to know something of house plans, of the arrange-ment of rooms and of household devices, so that the work of the kitchen may be done as efficiently and as scientif-ically as the work done in the manufactories by men.

I am sure that every one of us, men and women, will admit that the mind is as necessary a tool to the woman suc-cessful in her business-homemaking-as it is to the shrewd man in his business. Realizing then that women's work in the world is as important, or more important, possibly, than man's work, should we hesitate one minute about equipping the girls for their life work? It is much more difficult to make old

And now we come to the last of woman's sphere, the greatest of all the bearing and nurture of the children. And every one who is teaching Home Economics is but an assistant to the head teacher, the mother. The mother is the first teacher of the nation. The mother has the exclusive care of the child's education for the first five years of its life before it reaches the kinderof its life before it reaches the kinder-garten teacher-years in which the whole health is formed for the better or for the worse. And even after the child enters school, the mother is still the power behind the throne and has the controlling influence over the child's life. Surely then we should equip our

life. Surely then we should equip our girls for this important work. We muss impress upon our girls then the re-sponsibility and duty which will be theirs in the making of good citizens. We have been taiking about women's sphere from, perhaps, the more material side of life: the wise spending of the money and the providing of the proper food for the family, and the making of a happy home, with the bearing and training of the children She has an a happy home, with the bearing and training of the children. She has another function in this world: to add color to the daily routine of life. If the color of the world were painted on a canvas, it would be a dark, muddy color, for there is much sorrow and trouble; but when a woman's hand touches the canvas, it would be a dark, muddy color, color touches; and if you will notice carefully, the color she gives to the world is not the color of a butterfly, but the golden, rich color of the sure beam.

MENUS AND RECIPES FOR A WEEK FROM AN EXPERT IN COOKERY

LUNCHEON

Wafers, Jelly and Cream Cheese

Tea

DINNER

THURSDAY

BREAKFAST

LUNCHEON

DINNER

FRIDAY

BREAKFAST

LUNCHEON

Polenta.

DINNER

Clear Tômato Soup Cod a la Creme

Tea

Hot Chocolate Cookles

Meat Bolls Mashed Pot Lettuce and Tomato Salad Cakes With Custard Co

Pineapple Cup

Pot Roast

Muffins

Cold Meat Cup Cakes

NOTICE .- This department will be in charge of Mrs. A. S. Mercure for the month of April.

Conducted by Mrs. A. S. Mercure

THE last of March and first of April constitute a trying period of the housewife who feels the necessity for economy, for the winter vegetables are practically gone and the prices for them are very high, while the spring vegetables and fruits are very tempting and likewise high in price. As April advances, however, the situation will become a little less harrowing, for prices will grow less as the warmer weather approaches. The new vege-tables, rhubarb and berries should be used as freely as the purse will admit for they contain valuable properties for they contain valuable properties needed by the human system at this time of year. The menus given will be found very simple, and may easily be added to as taste and inclination demand. Breakfasts may easily be enlarged by the addition of fruit and potatoes; but both, being high in price at this time of year, are purposely omlited from the menus, as these are designed to meet the requirements of the average family in moderate circumstances.

The meat ple for Monday's dinner may be made of cold meat left from Sun-day, or, if there is no meat at hand, purchase 1% pounds of top of the round for it. Cut in inch pieces, cover with boiling water, add half an onion, sliced. half a carrot sliced, and salt and pepper to taste. Stew slowly. Half an hour be-fore dinner the ken the staw slightly and make a baking-powder crust, roll-ing it out and cutting into biscuits. Lay as over the stew, which has been

put into a baking dish; and bake for fifteen or twenty minutes. The chocolate blanc mange is made by the usual rule, poured into cups, covered with meringue made from the whites of 2 eggs, 2 tablespoonfuls of granulated sugar and a few drops of vanilla and browned slightly in a seed over rowned slightly in a cool oven. The rule for birds' nests has been published in previous issues of this pa-

The grilled sardines are simply sauted a little butter-in the chaing dish, liked-and served on fingers of toast. For yeal en casserole use 1 large or small slices of yeal cutlets. Salt, shell shees of year cutlets. Sait, pepper, dredge with flour and brown in Lablespoonfuls of hot fat. Place in the casserole, sprinkle with 2 table-spoonfuls of chopped onion and 3 of chopped carrot, pour over 1½ cups of bolling boiling water, cover, closely and cook slowly for two hours. Cut in dice-3 me-dium-sized potatoes, add to the casserole, turn in a can of peas, return to the oven and cook for thirty-five or forty minutes longer. The gravy may be thickened slightly, if necessary, but should be of the consistency of thin

ream. For the dessert purchase empty cream puff shells, fill with flavored and sweet-ened whipped cream. Chopped nuts are

The minored most for Wednesday's breakfast may be made of the meat left from Monday's dinner, and the veal croquettes for luncheon from the re-mains of the veal casserole. The pineapple cup for dessert is merely diced

MONDAY BREAKFAST Cereal Bacon Whole Wheat Muffins Coffee LUNCHEON Creamed Eggs on Toast Stewed Apricots Cake Tea DINNER Black Bean Soup Meat Pie atoes Creamed Cabbage lano Mange Whipped Cream Boiled Potatoes Cr Chocolate Blanc Mange Coffee

TUESDAY BREAKFAST Cereal Hot Buttered Toast Marmalade Birds' Nests Coffee LUNCHEON Orilled Sardines Potato Chips Apple Sauce Tea DINNER Cream of Tomato Soup Veal en Casserole Cream Puffs With Whipped Cream Coffee WEDNESDAY BREAKFAST

pineapple sprinkled with powdered sugar, thoroughly chilled and served in sherbet glasses, with a maraschino cherry on top. uregard eggs make 1 of white sauce and hard boil 4 eggs. Cut the whites of the eggs into small pleces, add to the white sauce, season well; pour; over thin slices of buttered toast. Rub the yolks through a sleve

Mineed Meat on Toast

Coffee

and sprinkle over the creamed ergs. The beef rolls for Thursday's dinner are made from thick slices cut from the pot roast of the night before spoonful of dressing, such as is used for stuffing chicken or meat; the slices are then rolled up and fastened in place with a toothpick. Lay in a baking dish, add any left-over gravy, a little bolling

On for its foundation a commeal mush.

Boiled Potatoes With Parsley To this should be added salt to taste, and to a pint of the cooked mush 3 ta-Coffee blespoonfuls of grated cheese, This should be poured in baking powder tins until cold and firm. Turn out, cut in thick slices; put 2 slices in each rame-Toast kin, with a little grated cheese between and 1 tablespoonful on top. Set in a hot oven until the cheese is melted. Tea Remove from the oven and in each ramekin pour a little highly seasoned fomato sauce. More or less cheese may be used according to taste, and the to-mato sauce may be passed instead of being poured in the ramekins. instead of Hot Chocolate Cookles-Four table-spoonfuls of cocoa, 2 tablespoonfuls of

molasses, 1/4 teaspoonful of cinnamon, the same of nutmeg, half cup of brown sugar and half cup of shortening. Mix thoroughly. Add half a cup of thick thoroughly. Add half a cup of thick sour cream in which 1 level tespoonful of soda has been thoroughly dissolved and enough flour to make a stiff dough. Roll out on a floured board, rolling very thin. Cut with a cooky cuter, dust with a little more cocoa and bake in a hot oven until done. The remainder of these cakes may be served with the stewed rhubarb for the next day's luncheon.

The cod a la creme for Friday's dinner is boiled codfish, the skin and bones carefully removed, the fish coarse ly faked and put in a baking dish. Pour over 1½ cupfuls of white sauce, sprinkle

with rolled cracker crumbs, pour over % cup of melted butter and bake in a moderate oven until prown. Fruit Cream-I pipemilik, yolks of 2 eggs, pinch sait, one third cup of sugar, 1 rounded tablespoonful of granulated gelatin. Soften the gelatin in a little cold water. Heat the milk in the double boller, add the sugar, sait and a few drops of vanilla and stir in slow-

ly the beaten yolks of the eggs. When smooth and slightly thick add the gelatin. Set aside to cool. Soak in 2 tablespoonfuls of sherry, 1/2 cup of raisins, cut in small pleces. When the custard is beginning to set add the raisins and fold in the stiffly beaten whites of the 2 eggs. Set on ice to become firm.

For Sunday's dinner purchase a fowl, have it cut in suitable pieces for serving and stew slowly in enough bolling

ing and stew slowly in enough boiling water to cover, with 1 onion, sliced, a sprig of parsley, a stalk of celery and salt and pepper to taste. When dons let cool in the liquor. This should be done on Saturday morning. For Satur-day's dinner pour off the phicken broth, heat and add a very lifté boiled rice and serve in bouillon cups. The slice of ham for dinner should be browned slightly in a hot frying pan, transferred to the casserole, 1 cup of boiling water added, closely cov-ered and coved for half hour in a moderate oven. The oven heat may also be utilized for the baked potatoes and the cabbage au gratin, which is sim-ply boiled cabbage covered with cream sauce, sprinkled with grated cheese and

ply bolled cabbage covered with cream sauce, sprinkled with grated cheese and browned in a hot oven. For Sunday's dinner the chicken may be dipped in egg, breaded and fried in hot fat. It will be found to be better flavored than usual, owing to its being bolled the day before. For Sunday's dessert, bake a sponge cake in a round pan, carefully cut off the top, hollow out the center and fill with whipped cream, sweetened and flavored, and with 1 cup of mashed strawberries added. Replace the top and serve on a large plate, cutting in suitstrawberries added. Replace the top and serve on a large plate, cutting in suit-able pieces at the table. If straw-barries are are berries are too expensive, any other fruit may be substituted.

Clear Soup Browned Potatoes BREAKFAST Cerea! Beef Hash Coffee Coffee LUNCHEON Broiled Oysters Rhubarb Cookles Cereal Beauregard Eggs Coffee DINNER Chicken Soup Baked Slice of Ham, Brown Gravy Baked Slice of Ham, Brown Gravy Baked Potatoes Cabbage au Gratin Cabbage au Gratin Baked P Creamed Potatoes Vegetable Soup Mashed Potatoes SUNDAY-EASTER BREAKFAST Coffee Fruit Eggs Shirred With Ham Raised Rolls Coffee DINNER Creaned Dried Beef Potato Cakes Coffee Biscult

Fruit Cream

Consomme Fried Chicken (Maryland) Creamed New Potatoes Assaragus Lettuce and Egg Salad Sponge Cake With Whipped Cream and Strawberries Coffee SUPPER

Chicken Salad Olives Baked Custard

water, cover closely and bake for three-quarters of an hour. The dessert for dinner utilizes the cakes left from luncheon, with the ad-dition of a boiled custard. If liked, cakes left from juncheon, with the ad-dition of a boiled custard. If liked, the cakes may be flavored with a tea-spoonful of sherry poured over each one before adding the custard. The polenta for Friday's luncheon has