THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE

BALANCED RATIONS

THE well-balanced meal is not so common as you think. Yet it is not more expensive; it is decidedly more nutritious and appetizing and is just as easily planned, after the principles of balanced rations are known.

If you serve potatoes, beans, peas and white bread at one time, you will be giving to your family an overdose of starchy food and—indigestion. After reading this article, you will not repeat this mistake.

If a meal does not appeal to the diners, something is wrong. Look at the menu to discover the cause. Let an expert in dietetics lead you along a way that will give startlingly beneficial results.

The balanced menu means variety. It also means that the different tissues of the body, with their different elements of composition, are receiving their right proportion of nourishing food. Since the right food determines growth and health, the importance of this page today is obvious.

By Alice Dynes Feuling

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THE present high cost of living has aroused a keen interest in the matter of diet and its relative importance in the scheme of life. Our ancestors were content with the plainest fare and grateful for food sufficient in quantity to satisfy their hunger. For meat they depended on game, and the fruits, nuts and vegetables produced in their own vicinity constituted the remainder of their diet. As civilization advanced, animals were raised and vegetables cultivated for food, and the supply became more plentiful; consequently the diet grew more and more complicated until, in our time, it is customary to provide a menu so elaborate that it is a physical impossibility for one to partake of the many dishes prepared. We have acquired the habit of demanding that much more than we can eat be placed before us and choosing from this abundance such dishes as our fancy dictates. We eat to please the palate, rather than to satisfy the hunger or nourish the body.

This custom arose when provisions were plentiful and inexpensive, and like all habits when once formed, it is difficult to break; but the high cost of food materials should be an effective warning against their superfluous use. In fact, those interested in the study of human nutrition have long advocated careful study of the dietary and simplification of the daily menu, for hygienic as well as economic reasons.

The national government has established, as part of the experiment station, a subdivision for the investigation of human nutrition. Here experts are working to solve the problem of feeding the nation in the most efficient and economical manner. The results of these investigations are published in pamphlet form known as "Bulletins" and offered free of cost to all sufficiently interested to send a request to the office of experiment stations, Washington, D. C. With the aid of these bulletins and the help which is now so freely given by domestic-science teachers, lecturers and writers, every housewife may, if she so elects, become efficient in the field of human nutrition, especially in the nutrition of her own family, which is necessarily her first care.

When food was plentiful and cheap, she did not feel called upon to economize in the amount of food or the number of courses offered. Indeed, in many instances the homemaker prided herself upon being a "liberal provider" when she made her meals as elaborate as possible. If, therefore, the increase in the price of food materials gives an incentive to the homemaker to provide simple menus, always offering a well-balanced ration, then the much-bewailed evil will have served a good purpose and worked a much-needed reform. The homemaker will find more time for her family and friends, her reading, music and outdoor enjoyments. She will no longer waste time, money and energy upon elaborate menus, but will, instead, direct her efforts toward the introduction of a carefully balanced ration.

A balanced ration is that combination of food materials which will provide the body with sufficient nourishment to perform its work with the least waste. In waste we consider waste of food materials; if more is consumed than is necessary, waste of energy in preparing and consuming the unnecessary food, and waste of money in its purchase. To avoid waste, therefore, we should eat just enough food for our bodily needs and no more. In order to provide a balanced ration, it is necessary to understand food values, that we may be able to decide between essentials and non-essentials, between necessities and luxuries. In order to preserve the bodily health, we must provide nutrition through food in the proper proportion to satisfy the needs of the body, namely, to build up bodily tissue and supply the energy for heat and work. There is a difference between food materials and food as eaten. All food materials consist of refuse and edible portions. The edible portions contain water and nutrient ingredients; namely, protein, fat, carbohydrates and mineral matters. "(1) A food is that which when taken into the body builds tissue or yields energy. (2) The most healthful food is that which is best fitted to the wants of the user. (3) The cheapest food is that which furnishes the largest amount of nourishment at the least cost. (4) The best food is that which is both the most healthful and cheapest." The food principles—protein, fat, mineral matter and carbohydrates—need a word of explanation. Proteins contain nitrogen and are known as nitrogenous food. The mineral matter, fat and carbohydrates do not contain nitrogen and are known as non-nitrogenous foods. Protein is found in such foods as meat, fish, milk, cheese, eggs, peas and beans. This food builds bodily tissue and supplies heat and energy. Fats are found in animal tissues, butter, cheese, the various oils, nuts and cereals. Their function in the body is to produce heat and energy. Carbohydrates (starches and sugars) are found in vegetables, cereals, fruits, nuts, milk and cheese. They furnish heat and energy and also supply the necessary "bulk" in the diet. Carbohydrates may be substituted for fats as energy givers, but 2¼ pounds of carbohydrates are necessary to give as much energy as one pound of fat. Mineral matter or ash is furnished by such foods as meats, milk, cereals, lettuce, cress, celery, endive, tomatoes, cucumbers, other "salad vegetables," fruits and nuts. Mineral matter (ash) furnishes the organic salts and enters into the composition of all bodily tissues and fluids.

According to Atwater, the proportion of nitrogenous to non-nitrogenous foods in the diet should be 1 to 3.6. To preserve the bodily balance, the daily ration for a man of average weight at light muscular work must contain twenty-eight-hundredths of a pound of protein and enough carbohydrates and fats to give a total of 3500 calories of energy. Under similar conditions, a woman requires eight-tenths as much food as the man; a boy of 14 to 16, eight-tenths, and a girl 14 to 16, seven-eighths as much as the man; a child of 10 to 13 requires six-tenths; and a child of 6 to 9, five-tenths. These figures may be used as a guide in the study of balanced rations. In general, the colder the climate the more food is needed, for a large portion must be used as fuel to supply the necessary bodily heat. More food is needed in cold weather than in warm; more for an outdoor than an indoor worker; more for one at physical than for the same person at mental labor.

Given two individuals of the same age and sex, equal in weight, one tall and spare and the other short and stout, all other things being equal, the tall, spare person will require more food than his stout neighbor, because he has a greater surface exposed to radiate the heat supplied by the food. This explains why the spare man remains thin, although he is a hearty eater.

The housewife, in making her menu, will do well to consider the occupations in which the members of her family are engaged, as well as the climate, season of the year and the sudden warm or cold spell. When the children crave an undue amount of sweets it is time to look to the diet. It will very likely be too low in carbohydrates. Should an adult partake of his meals and yet find himself hungry for something which he cannot explain, look again to the diet. The proper balance has not been maintained. If only one food principle is provided, the needs of the body are not satisfied, the hunger is not appeased, notwithstanding that a sufficient quantity of food has been consumed. Note the amount of popcorn that it is possible to eat and yet be hungry. The following table from Atwater illustrates a simple balanced ration:

Daily dietaries—Food materials furnishing approximately the 0.28 pound of protein and 3500 calories of energy of the standard for daily dietary of a man at moderate muscular work.

Food materials.	Amount. Ounces.	Cost. Cents.	Nutrients				
			Total. Pounds.	Protein. Pounds.	Fats. Pounds.	Carbohydrates. Pounds.	Fuel value. Calories.
Beef, round steak	13	11.40	.76	.14	.12	...	695
Butter	3	5.65	.16	...	.16	...	680
Potatoes	6	1.25	.17	.02	...	.15	329
Bread	22	5.50	.89	.12	.02	.75	1,760
	44	23.80	1.48	.28	.30	.90	3,455

This table shows the exact weight of each food principle and its energy-giving equivalent in calories. The reader will note that this ration provides twenty-eight-hundredths of a pound of protein (nitrogenous food) and about four times as much non-nitrogenous food. The total fuel value is about 3500 calories. A little observation will enable the housekeeper to think of the balanced ration in terms which are familiar to her. She thinks of meat in "helpings," of bread in slices, thin or thick; of butter in squares. A slice of bread three-fourths of an inch thick from a large loaf weighs two ounces. Four squares of butter (a slice five-eighths of an inch thick, cut from the end of a pound brick) weighs one ounce. Six medium-sized potatoes weigh one pound. A liberal helping of meat without bone weighs four ounces. Six medium-sized potatoes weigh one pound. The balanced ration quoted above gives the following for the three meals:

Round steak, three helpings.
Butter, twenty-four squares.
Potatoes, two.
Bread, eleven thick or twenty-two thin slices.

Animal foods, such as meat, fish, milk, cheese and eggs, are the chief source of protein in our diet. On account of economic conditions, this has become an established custom in our country; but we may use vegetables rich in protein with equal satisfaction. Beans, peas and lentils have long been regarded as "meat substitutes." To these we may add macaroni and cheese, succotash and nuts. In any case, we must maintain the correct proportion between the nitrogenous and non-nitrogenous foods, and give a sufficient supply of nitrogenous foods to build and repair tissue.

It is unwise, however, to use protein to supply heat and energy, for fats and carbohydrates serve that purpose more economically.

One pound of protein gives	**1860 calories**
One pound of carbohydrates gives	**1860 calories**
One pound of fat gives	**4220 calories**

Protein and carbohydrates give an equal amount of energy per pound, but carbohydrates are cheaper than protein. Fat gives 2¼ times as much heat per pound as either of the others. This explains the appetite for fats in a cold climate, where much heat is necessary to supply the bodily warmth.

In making menus the appetite is a good guide if it has not been perverted. Custom (derived from appetite) has given us some good combinations of foods. For example: Pork and beans, roast beef and potatoes, bacon and griddle cakes, rice and milk, macaroni and cheese, lamb and green peas. Each of these combinations affords a reasonably satisfactory ration.

In order to achieve success in menu-making, a few fundamental principles should be kept in mind. The menu-maker should familiarize herself with the composition and effects of the various foods necessary to the balanced ration, namely, protein, carbohydrates, fats, mineral salts, liquids and flavors. In general, furnish a liberal supply of food in the correct proportion. Beware of too much food, for it is apt to cause indigestion and its attendant ills, since the body must discard the surplus as waste. The menu must appease the hunger, satisfy the palate and the esthetic taste, and also provide sufficient nutrients in the proper proportion. Begin with simple menus. The main dish, usually the meat or protein dish, is taken as the central figure and the remainder of the food is built around this to give a complete whole. A bland meat (such as veal) requires a "snappy" sauce or vegetable. A salad gives the necessary touch of color and also helps supply the mineral matter, which the veal lacks. A fruit dessert is suitable with this dinner. To illustrate:

DINNER MENU

Roast Veal Browned Potatoes
Fried Onions Brown Gravy Grape Catsup
Warm Rolls Butter
Tomato Salad on Cress French Dressing
Baked Apples Whipped Cream
Coffee

A mature meat (beef roast) gives the necessary strong note, and in such menu the vegetable need not be of pronounced flavor and a pudding may supply the necessary sweet. The bouillon, salad and dessert furnish color. For example, note the following:

DINNER MENU

Tomato Bouillon
Roast Beef Mashed Potatoes
Brown Gravy Bread
Corn on Cob Butter Dill Pickles
Lettuce Salad French Dressing
Strawberry Short Cake
Coffee

The following are typical examples of

Unsatisfactory Menus

(Not Balanced Rations)

I.—DINNER

Cream of Potato Soup Wafers
Stewed Chicken Biscuit Cream Gravy
Riced Potatoes Escalloped Corn
Salted Nuts
Pineapple Salad Mayonnaise
Ice Cream Angel Cake
Coffee

A cream soup should never be served before a heavy dinner. The menu is too high in carbohydrates and lacking in variety. It is not pleasing to the eye, because it has no pronounced color. Mayonnaise, like cream soup, is out of place in a five-course dinner.

II.—DINNER

Baked Chicken Bread Stuffing
Cauliflower Cream Dressing
Lettuce
Apple Pie Cheese
Coffee

This menu lacks color. It could be improved by serving currant jelly or cranberries with the chicken and substituting "tomato, cucumber and green-pepper salad" for the pale lettuce salad.

The following menus illustrate balanced rations, which not only furnish nutriment in the proper proportion, but also satisfy the appetite and please the palate and the esthetic sense:

"The larger person requires more food"

"WHO SWEEPS A ROOM"

FOR years the housework, with all its attendant drudgery, has been scorned by the thoughtless, and even now is unrecognized in the census list. Housekeeping was regarded as a necessary evil, and women worked in the home because it was expected of them. There was hidden away a disgust for drudgery, for the woman's work that is never done. "Only a housekeeper" was a polite phrase for a disagreeable duty.

Things have changed. We are recognizing the truth of the pregnant verse:

"Who sweeps a room as for thy law,
Makes that and the action fine."

We are changing the attitude toward the noble work of keeping the homes of the land. We have called in science, who has held up the light on cause and effect, and now shows the easy way to successful work in the home.

There is no disgrace, no disgust, no disappointment in housekeeping these days. Institutions like this page have helped to modify the view of the great work. The People's Institute of Domestic Science is showing the success and its resultant joy that should characterize the work in every home. Are you a member?

Next week **"Nuts and Cheese as Substitutes for Meat,"** by Mrs. Mary L. Wade, of Chicago, will be a timely offering on this page.

Satisfactory Menus

(Balanced Rations)

LUNCHEON

Cream of Bean Soup
Toasted Cheese Sandwiches
Stewed Apricots
Cocoa

BREAKFAST

Oranges
Cheese Omelet Potato Balls
Buttered Toast Blackberry Jam
Coffee

DINNER

Clear Soup
Baked Trout Mashed Potatoes
Bread Butter
Cucumber and Tomato Salad
Crackers
Sliced Peaches Whipped Cream
Coffee

The raw materials of the above dinner, for a family of five, would cost about $1.50. If this is to be the standard, it will mean an average outlay of about $10.50 per week for dinners alone. To this first cost must be added the items of service and fuel for cooking. This is a high price for the nutriment afforded; indeed, it contains a liberal contribution to the "god of things as they are."

While this dinner answers both the requirements of a balanced ration and satisfies the prevalent social demands, a much simpler meal, equally nourishing, could be provided at less expense. The variety of balanced rations which may be devised is almost unlimited. Much depends upon the availability of the various food materials, the standards of family life and the skill of the menu-maker. An extremely simple but well-balanced ration may be evolved from which one family will receive quite as much nutriment upon an outlay of $10 per week for all three meals as another family will receive from their food at the above rate of $10 for dinners alone. This requires a knowledge of the taste and dietetic requirements of the family, as well as a careful study of market conditions and comparative food values. It is well worth while to give to the selection of food the same careful consideration that is given to other "business affairs," the success of which is largely dependent upon proper nutrition.

In electing to provide a simple diet, the housekeeper does not necessarily choose to employ inferior materials. Economical buying does not refer to money alone. For example, it is sometimes more economical to buy a good steak or roast than a cheaper cut of meat which requires more fuel and work for its preparation, although the two meats when served afford equal nutrition.

It is the privilege of the enlightened housekeeper to create the fashion of simple dietaries. While nothing of real value will be lost thereby, there will be an appreciable decrease in household expenses, an increase of leisure for the housekeeper and a marked improvement in the well-being of the family.

MENUS AND RECIPES FOR A WEEK FROM AN EXPERT IN 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.

By Wilhelmina Spohr

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IN OFFERING menus excluding meat we are taking from the bill of fare the one food material around which all the rest are usually centered and without which many will not consider they have had a square meal. It is not the intention of these menus to offer arguments in favor of or against the use of meat, but rather to suggest a series of meals including foods of such quality and in sufficient quantity to take its place. Meat is a protein food and if we do not use it we must substitute other tissue-building and tissue-repairing food materials. These include milk, eggs, cheese, cereals, legumes, nuts and fish, a great enough variety to choose from and supplying the nitrogenous principle, but lacking in the flavor of the meat extractives.

When milk is used in its raw state the housewife should be sure that it is of good quality, both as regards its composition and its cleanness. Children cannot thrive on poor milk, nor can their bodies withstand all bacterial invasion through this medium. Buttermilk is also a good food and can be used by many in place of milk, although its food value is only one-half as great.

If eggs are used, only the fresh product need be used at this season, and unless they are well liked they would better be combined with other material. It is well to remember that all cooked egg and milk dishes deteriorate rapidly this warm weather, and if any portion is left over and is to be used later it should be kept very cold. Custard mixtures would better not stand overnight.

Cheese dishes deserve a high place in cookery and are popular when made of good cheese. This is a compact and concentrated nitrogenous food of high nutritive value, but in its natural or raw state would better not be used by children or persons of sedentary habits. Because of its compactness and its high fat and protein content it is better to combine it with carbohydrate material. In the cookery of cheese it is well to remember that a low temperature is necessary, and when it is combined with a food that requires long cooking, such as macaroni, potatoes or other vegetables, they should be cooked before the cheese is added. It is not considered difficult of digestion when properly cooked nor when grated or properly masticated. Cottage cheese is a great favorite during the warm weather and lends itself to many attractive ways of serving.

Many so-called vegetarians make very extensive use of nuts. The most commonly used at this season are the English walnut, almond and peanut, all rich in protein and fat, and because of this are better combined with carbohydrate food. Here again we have a food that requires very thorough mastication or mechanical disintegration of some kind before entering the stomach, if digestion and absorption are to take place. It is well to blanch all nuts before using, for two reasons: The brown covering is not digestible and interferes with the digestion of the meat adhering to it; and, further, if the nuts are shelled when purchased, purely sanitary reasons impel us to give them a bath of boiling water and remove the skins, for they are frequently taken from the shell by persons suffering from loathsome diseases. Nut meats should be stored in the coolest place possible lest the fat they contain become rancid.

Our close acquaintance with cereals in their many forms makes it seem necessary to urge again the thorough cookery of the raw products. We would better urge a greater variety of methods of preparation and attractiveness of service. Cereals offer possibilities for desserts as well as for breakfast dishes, and the breakfast dish varied by the addition of fresh or even dried fruits and molded in individual forms will often attract the older child who sometimes shows a distaste for the plain cooked cereal. The fireless cooker for the cookery of this class of foods will be found a convenience and a fuel saver during the hot months.

Of the dried legumes which give us much protein, beans are possibly the only ones we will care to use, and their appearance should not be frequent during the warm weather, unless fresh shell beans and lima beans may be obtained. Should one desire baked beans, it were better to purchase a can of a good brand than to bake them at home, as too much long-continued heat is required to cook them well.

Those who live where fresh fish may be obtained are fortunate, and fish dishes may be used often; but unless one is sure that it is fresh fish it would better be omitted from the menu entirely, or a can of good salmon or other preserved fish be allowed to take its place.

MONDAY

BREAKFAST

Molded Rice with Crushed Raspberries and Cream
Baked Eggs Hashed Brown Potatoes
Graham Muffins Coffee

LUNCHEON

Nut Croquettes with Tomato Sauce
Gelatin Fruit Salad with Whipped Cream
Iced Tea

DINNER

Green Corn Custard with Broiled Tomatoes
Baked Potato Cabbage-Celery Salad
Apple Meringue Pie Cafe Noir

TUESDAY

BREAKFAST

Sliced Peaches
Wheat Cereal Cream and Sugar
Hot Biscuit Blackberry Preserves Coffee

LUNCHEON

Onion Souffle Creamed Potatoes
Sweet Cucumber Pickles Apple Sauce
London Buns Hot Tea

DINNER

Cauliflower with Cheese
Buttered Lima Beans Stuffed Tomato Salad
Boiled Dressing
Frozen Pudding Sour Cream Cookies

WEDNESDAY

BREAKFAST

Cantaloupe
Boiled Rice Top Milk and Sugar
French Toast Syrup Coffee

LUNCHEON

Nut and Vegetable Pie
Sweet Rolls Stewed Huckleberries
Iced Tea

DINNER

Egg and Noodle Scallop with Mushrooms
Head Lettuce with Roquefort Cheese Dressing
Raised Rolls Olives
Blue Plum Shortcake

THURSDAY

BREAKFAST

Cold Molded Rice, with Jelly and Cream
Toast Coffee Cake
Coffee

LUNCHEON

Apple Fritters Cottage Cheese
Nut Bread Red Raspberry Jam
Cookies Hot Tea

DINNER

Egg Cutlets Mashed Potatoes
Peppers Stuffed with Tomato Cucumber and Onion Salad
Peach Ice Plain Cake

FRIDAY

BREAKFAST

Blueberries with Cream and Sugar
Twin Mountain Muffins Creamed Eggs
Coffee

LUNCHEON

Macaroni and Cheese. Sliced Tomatoes
Left-over Cake Pears
Iced Tea

DINNER

Cantaloupe
Boiled Fish with Oil Pickles
French Fried Potatoes
Peach Cobbler with Thin Cream

SATURDAY

BREAKFAST

Uncooked Cereal Top Milk and Sugar
Flaked Fish in White Sauce Toast
Coffee

LUNCHEON

Canned Baked Beans Pickled Beets
Graham Bread
Berries Cookies

DINNER

Corn Fritters Scalloped Tomatoes
Cottage Cheese and Nasturtium Leaf Salad
Raised Rolls Raspberry Jelly
Glorified Rice

SUNDAY

BREAKFAST

Peaches and Pears
Rice Cereal Thin Cream and Sugar
Cinnamon Rolls Coffee

DINNER

Fruit Cocktail
Fried Muskelonge, Hollandaise Sauce
Creamed Cauliflower Lemon Ice
Corn on the Cob
String Beans and Cheese Salad
French Wafers Blueberry Pie

LUNCHEON

Deviled Eggs
Cucumber-Mayonnaise Sandwiches
Blueberry Cup Cakes Milk

Molded Rice

Press the hot boiled rice into small buttered cups and in a few minutes turn out and serve hot. Any well-cooked cereal may be molded. A layer of cereal and a layer of fruit with a layer of cereal on top is a nice surprise to children.

Green Corn Custard

To 1 cup of young corn, cut or grated from the cob, add 4 well-beaten eggs and 1½ cups of milk. Season with salt and pepper. Turn into a buttered mold and set into a dish of hot water. Bake until firm, turn from the mold and surround with border of broiled or sauted tomatoes.

Broiled Tomatoes

Cut slightly green or very firm tomatoes in half without removing skin and dip into melted butter, season, dip into sifted crumbs and broil until nicely browned and softened.

Corn Fritters

One pint of corn pulp, 1 cup flour, 1 teaspoon baking power, 2 teaspoons salt, 2 eggs. Add the sifted dry ingredients to the corn, then the beaten yolks and fold in the stiff whites last. Drop into fresh hot lard. Drain on paper. Serve on a napkin-covered dish.

Corn Fritters No. 2

To 1 pint of grated corn add enough rolled cracker crumbs to hold the mixture together. Add 1 teaspoon of baking powder, salt and pepper, and drop by spoonfuls into hot fat. Fry a delicate brown.

Nut Croquettes

One cup English walnuts or pecans, 2 cups mashed potatoes, yolks of 2 eggs, 1 teaspoon minced onion, 1 tablespoon chopped parsley, a dash of pepper, ½ teaspoon nutmeg. Mix the chopped or ground nuts, potato and egg together, add seasonings and shape into cones or cylinders. Egg, crumb and fry in deep fat. Serve with white sauce or tomato sauce.

Nut and Vegetable Pie

One cup fresh lima beans (the dry ones will do), 1 cup almonds and peanuts mixed, 1 cup thin white sauce, 2 hard boiled eggs, 2 or 3 small onions sliced, 6 medium sized potatoes, seasoning of salt and pepper. Wash one-half of the potatoes, cook the beans and potatoes and blanch the nuts. Place a layer of beans in the bottom of the baking dish, then a layer of nuts and egg, followed by a layer of diced potatoes. Repeat until the materials have been used. Pour over all the white sauce. Cover the top with the mashed potato, brush over with egg and milk and bake for 30 minutes in a hot oven.

Apple Meringue Pie

Choose ripe, juicy apples. Pare and cook until tender, season with nutmeg and lemon, sweeten to taste. Press through a sieve and fill a nicely baked shell with the mixture. Cover with a meringue made by beating to a stiff froth 2 or 3 egg whites and adding a tablespoon of powdered sugar to each white. Flavor to taste. Bake in a moderate oven until meringue is firm.

Cheese Souffle

Two tablespoons butter, 3 tablespoons flour, ½ cup milk, ½ teaspoon salt, a dash of paprika, ¾ cup grated cheese, 3 eggs. Make a white sauce of the butter, flour and milk in a double boiler. Add seasonings and grated cheese and stir until the cheese melts. Remove from the hot water and add the well-beaten yolks of eggs. Allow the mixture to cool, then cut and fold in the stiffly beaten whites. Turn into a buttered baking dish and bake in a moderate oven very slowly. It is well to stand any custard or souffle mixture in a pan of hot water to avoid cooking too quickly. This mixture may be baked and served in individual molds or ramekins.

Stuffed Tomato Salad

Choose small tomatoes, remove the skins and pulp. Fill with either diced cucumber and onion or with cabbage and green pepper salad. Serve on fresh nasturtium leaves, using blossoms for garnish.

Frozen Pudding

One quart milk, 4 eggs, ¾ cup sugar, ¼ pound each of dates, figs and nuts, vanilla. Make a soft custard of the milk, eggs and sugar. When cool freeze, adding the fruits when half frozen.

Sour Cream Cookies

One cup shortening, 1 cup sour cream, 2 cups light brown sugar, 2 eggs, 1 teaspoon soda. Flour to make dough soft enough to handle. Flavor as desired. This makes a soft cooky.

Glorified Rice

Two tablespoons rice, washed and cooked in salted water and well drained. One-fourth box gelatin soaked in ¼ cup cold water, 1 cup of cream whipped, ¼ cup sugar. Any kind of fruit, dates, prunes, peaches, cherries, etc. Dissolve the hydrated gelatin over hot water. Whip the cream and add to it the sugar, rice and gelatin. Turn into a mold rinsed with cold water. Part of the fruit may be added to the mixture, or it may be arranged attractively on the serving dish. Serve with soft custard or whipped cream. Fresh fruits, such as berries, peaches or plums, are more appropriate at this time of the year.

Hard-Cooked Egg and Noodle Scallop

Boil eggs until hard. Cook noodles in boiling water until tender. Arrange alternating layers of noodles and sliced eggs in buttered baking dish, covering each layer with thin white sauce. Have a layer of mushrooms in the middle. Cover the top with buttered crumbs and grated cheese. Bake until very hot.

Egg Cutlets or Croquettes

Make a thick white sauce of 2 tablespoons butter, 4 tablespoons flour and ¾ cup milk. Season highly. While still hot stir in 1 well-beaten egg. Add the finely chopped whites of 4 hard cooked eggs and the yolks forced through a sieve. A little chopped pickle, green pepper or parsley may be added. Cool. Shape into egg shapes and flatten out to represent cutlets or not, as desired; dip into raw egg and fine crumbs and fry a delicate brown. Serve in a nest of parsley or shredded lettuce.

Peach Ice

One quart fresh peach pulp, 2 cups sugar, 2 cups water, 2 lemons, 1 cup cream whipped.

Put soft peaches through a colander. Make a syrup of the sugar and water and add to the peach pulp. Add the juice of the lemons. Freeze to a slush and then add the whipped cream.

Onion Souffle

Use white onions. Cook until tender. Make a white sauce of 2 tablespoons butter, 2 tablespoons flour and ½ cup milk. Add the yolks of 2 eggs just before removing from the fire, ½ cup stale breadcrumbs and 1 cup finely chopped cooked onion. Allow to cool. Fold in the stiffly beaten whites of 2 eggs and turn into a buttered baking dish. Cook slowly and serve at once.