

THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE

THE HOME AND THE MARKET



"Purchase in wholesale quantities as far as possible."

JUST how to buy the food products so that a dollar will bring back one hundred cents' worth of merchandise is a task which is included in every housekeeper's business, but in which, alas! many women fail. Some enlightening points are given by Mrs. Wade, who was so important in the famous Marketing Club of Pittsburgh, fighting against high prices and poor quality.

Just how to handle food products after they are received in the home is the other half of the story, in which every housekeeper will be sincerely interested. That is also here.

There is one little suggestion given by the writer about loving and respecting your work that is a golden rule that gives compound interest. Try that when you are putting into practice the precepts given to you today.

By Florence Wade

Dietitian and Household Economist and Lecturer

"A man is educated when he's on his job," said an old engineer; and that definition to develop the power and abilities that are within the individual, that each will do well the thing he undertakes—embodies the whole and the best of education.

Now the trouble with the home-making woman is that her attitude toward her "job" is totally different from the man's; he looks on his work—bread-winning—as his opportunity to show off what stuff he is made, and all the trials and difficulties which the encounters in business simply put him on his mettle; whereas the woman's business—housekeeping—is a very serious business to most of us—rarely studied, and often regarded as a stumbling block in a career of personal ease and freedom.

Yet the efficient administration of her home is as much a problem today—in spite of the numerous labor-saving devices with which she can arm herself—as were the duties required of the housewife in the years gone by. Today the housemaker has at her feet the genius of the world to equip her for her life-work, and yet it seems that no other workers give down their own occupation as do women.

"I do nothing but drudge from morning to night," exclaims Mrs. Brown dolefully.

"Ordering meals is such a burden," adds Mrs. Jones.

"Maid is no end of vexation," chimes in Mrs. Smith.

Granted that housework is a drudgery, ordering and serving meals a burden and a vexation, do you imagine business and professional men are free from drudgery in their callings? Suppose every man thought his own particular work the most unpleasant and least profitable of all—what a cheerless world this would be and how little would be accomplished.

Let me give you my remedy. Love your work, regard it with respect, and insist upon the family's respect regarding it; remember the physical, moral and intellectual development of its members depend upon your wise and unselfish devotion and cheerful, capable management.

And a good housekeeper must possess so much more than elementary training; she must combine so many offices in one—that of an executive officer, a chemist, an accountant, a health officer, a nurse and a kindergarten—for on her diplomatic abilities will depend also the harmony of the home.

The first essential of the perfect home is, of course, its adaptation to the financial and social standing of the family. And why cannot this expenditure of the income and most of the management be conducted as a business proposition? Scientific management is saving some of our corporations and industries thousands of dollars annually through economy and better methods. By applying the same principles to the home might it not mean, in part, the solution of the servant problem, which forms such an important factor in the increased cost of living?

Being a graduate in domestic science, I have tried, and with some measure of success, to carry my scientific methods into my home; and in trying to give others the benefit of my own experience I invariably begin by stating that part of the time I have had only one servant, and most of the time no servant at all, and in America such housemakers are in the majority. They especially need help in equipping the home, and in using such equipment according to scientific methods.

My greatest help in aiding me to obtain signal proficiency was, first:

The elimination of the non-essentials in the purchasing, preparation and serving of food. This to me seems the crux of the housekeeper's task. So much time is consumed at this point. Purchasing is so important as to be considered nowadays a department in itself, for here lie some of the best opportunities for economy.

Purchase in wholesale quantities as far as possible, and see to it that your food storage room. Deal directly with wholesalers and insist upon discounts for cash payments. Where discounts are not allowed for cash payments, do your buying elsewhere.

The marketing club and housekeeper's leagues now being established by women in most of our large cities pledge themselves to pay cash for every purchase, since a charge account is invariably larger. Bills have an alarming way of mounting up far more rapidly when paid monthly than when settled daily.

Insist upon cleanliness in the handling of the food; providing dishes that are clean and mechanically sound, and exposed to dirt, flies and infection. Demand correct weight and measure; and read all the labels on canned and bottled goods. Report all violations to the board of health. This entails time and trouble, but is well worth while, since it means the well-being of the family—nay, to its preservation. Storekeepers and manufacturers tell us we can have what we demand, but we do not get the purest and the best; correct measure and weights because we do not insist upon them.

In preparing the food for cooking, obtain all the mechanical devices that serve to decrease manual labor and save time. Sit when it is possible to do so, and rest the tired muscles by change of occupation. Do not order meat, vegetables, fruit or any perishable commodity over the telephone. You invariably pay the highest price, and often are forced upon you a poor selection.

When we established a marketing club in Pittsburgh, we never rested until we brought our housewives directly in touch with the farmers by having a place set aside by the community where buyer and producer could meet. It is an inspiring sight on

Tuesday, and especially Saturday morning to see rich and poor alike—my lady with her maid and servant, and the working woman with her children—all taking the road to the old-and-new-fashioned market. Everywhere you look you see people armed with market baskets filled to overflowing with meat and poultry, butter, eggs and all the seasonal green groceries.

"Think of the time and trouble it takes," said several women to whom I was talking of the time and trouble it takes.

Now, in my experience, time does mean money for men; but for women? Why, the average woman squanders the one and is prodigal of the other in the most appalling way. By the average

housewife, and from the beginning of my housekeeping realized the necessity of studying the relative nutritive values of food materials and the proportions in which they should be eaten. This is now being done in many lunch-rooms under the management of scientifically trained women. Not only is the food pure, clean and nourishing, but tastefully served, and at a reasonable cost.

Although the patrons may not know it, every item ordered is standardized. Eight ounces is the minimum of food allowed, and sixteen ounces the maximum usually considered sufficient for a well-balanced, satisfying meal.

A luncheon consisting of a salad

Prepare your meals in the kitchen as usual and keep them warm by placing them over vessels containing hot water. Have trays, silver, glass, china, napkins, all ready in orderly piles in pantry or closet. Then let each member of the household go into the kitchen and serve him or herself, or if there is a cook at hand, she will do the serving. When you have finished, carry the tray to the kitchen and deposit each article in the receptacle provided—silver in one pan, dishes in another, etc.

This method is admirable in all families—large or small—where meals are not prepared at a fixed time in the customary way. I have found it of great advantage to have cards properly headed and indexed and containing definite instructions. The vegetables, meat, salads and desserts—both as to manner of serving and measure of single portions—should be tabulated; then a change of "help" does not necessitate long, tedious oral instructions. Keep also a record of what constitutes a properly set table for each meal—breakfast, luncheon, dinner—and the time required for each, depending, of course, upon the wishes of the household or diners.

In the removal, washing and replacing of dishes much can be done in the way of improvement. If there are many dishes, a service truck is most desirable for transporting dishes from one point to another. Then there are various sizes of dishwashing machines and drying racks—all serving to reduce time and labor.

As to standards of material, we reach them by tests. I arrange menus for different seasons or occasions and plan them with regard to proper food values, variety and a sufficient number of courses, and last of all I write each dinner out in detail on a numbered index card. This saves an immense amount of time eventually, for in an emergency I can always fall back on these index cards; and the way time is

yet learned how to spend money, because, while formerly we were the great producers, we have now become the great world consumers. Ten billions are estimated to be spent annually in this country alone for home maintenance, its food, shelter and clothing, and fully 80 per cent of this enormous amount is spent by women. It would seem as though the science of consumption is worthy of special emphasis.

To spend in just proportion to one's income, however small, and not to spend too little—for there is such a thing as a higher degree of intelligence than the aimless and inexperienced possess, and the woman who earns money has a keener, juster knowledge of its value than the woman who gets it from the masculine hand of the family under whose thumb she languishes. She will also have to learn the value of time in the process of evolution from the harem to the ballot-box.

Is it not the extravagance of pure economy that takes women to the "bargain sales" where they buy all the things they do not want?

Do you think there would be any "bargain days" if there were only men in the world? Did you ever see a man go from shop to shop to get a necktie five cents cheaper? To be penny wise is indeed the supreme attribute of woman. It is a terrible ordeal for the economical one to go shopping with a husband or brother. "If you like it, take it, but don't waste people's time," says the impatient man as if there were not many steps to be taken after the initial process of mere liking.

"I believe I can do better at Brown's," you urge, while husband or brother looks at you cynically; for better means cheaper, and he knows it.

"Come on, then," and away he bundles you and rummage through the store to try to make up your mind. And next time you go alone.

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"A community market where buyer and producer meet."

age woman is meant all such as do not earn their own living, no matter how modestly; nor those who have a serious purpose in life, without the object of earning, nor those wives and mothers who estimate their time as of value as a maid-of-all-work. Apart from these are the rank and file of women; rich and poor, high and low—who aimlessly potter through life; through shops in search of bargains, through the streets looking for amusement, through joy and sorrow; who think, talk and feel feebly, and finally vanish and cease to exist!

And this is a woman of fair general education, who described a club meeting of fashionable women she attended as perfectly delightful, because the subjects of religion, politics, suffrage, child-labor, the high cost of living and all those disturbing matters were tabooed! "It must have been stimulating," I remarked; but she failed to catch the irony.

The truth is that no fixed law can be laid down for the expending of the family income. Each family must have a law unto itself; the needs, the tastes, the conditions of no two households are the same, while the incomes of thousands are identical. On one point, however, all homemakers agree: three times a day meals must be served for the well-being of each individual family—with or without a servant. And here is where household expenses can be cut down, after the marketing has been attended to, by determining what constitutes a proper quantity for each person of each dish served.

Personally I have never been able to command a large allowance for house-

made of nuts, fruits and dates, figs or raisins, served on lettuce leaves and covered with a made or French dressing, with two substantial bread-and-butter sandwiches and a cup of coffee or cocoa, contains the required amount of proteins, carbohydrates, fats, etc., and is as much as any one ought to consume in the middle of the day unless laboring in the open air; then two hot meat sandwiches and an apple or some dried fruit might be substituted for the salad. I have seen many a hard-working ranchman survive on the first luncheon given.

The caterers all along the Pacific coast are marvels of excellence and cheapness. As many as ten salads, a choice of your meats, two fish courses and eight vegetables were offered, together with several puddings, ice cream and pie for dessert; and hot and cold drinks. You take your tray, napkin, knife, fork and spoon, and the food is served over a counter from the enormous receptacles containing it. Carrying it to a table, you can there take all the time desired in its consumption.

The question of serving in the home is often a serious matter. Frequently I have myself been tempted to adopt the catered fashion of putting everything on the table at once, and so do away with the necessity of leaving my place to serve even a two-course dinner. And just here let me mention my experience on the Pacific coast came to my aid.

Why not introduce the cafeteria system to the home? The idea was a boon to the housewife, for even as the curb market has been in reducing the cost of living.

used by the homemaker often increases or diminishes the family income. No amount of economy in buying will counterbalance carelessness in using the materials bought, and the good housekeeper knows what she receives from every dollar expended. The great trouble with women is that, while most of us know how to save, we have not

yet learned how to spend money, because, while formerly we were the great producers, we have now become the great world consumers. Ten billions are estimated to be spent annually in this country alone for home maintenance, its food, shelter and clothing, and fully 80 per cent of this enormous amount is spent by women. It would seem as though the science of consumption is worthy of special emphasis.

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we all feel that to eat well and substantially is a sheer waste? "There is nothing to show for it," said a friend with whom I was reminiscing for her lack of good nourishing food. Yet she would not hesitate to spend even more on something that she can show.

Now, a man does not think twice about having a good dinner and perhaps a bottle of extra good wine. He thinks it money well spent; but he would be hanged before he would buy an ornamental tie and sustain life on tea and crackers.

What awful things we should eat, anyhow, if it were not for men! Sometimes I think, course, dinners were started by some philanthropist to save women.

"Just eating money to order a course dinner," said a friend tearfully. So when her husband takes her on a jaunt he always says to it that she has a course dinner; "to preserve her from starvation," he laughingly tells her. And when she is resigned to the cost she has an excellent appetite. Perhaps were it not for the fact that men would wrap themselves in lace and velvet and starve to death.

How many of our factory and cheap department store girls look like a imitation of a well-to-do young lady in a huge hat like a cartwheel nodding with plumage! There is really nothing so fatal as the aspiration to be a place; to such aspirations we owe the servant problems of the hour.

In other days girls of all classes were carefully taught all domestic employments; they had to learn to keep house, to sew, to cook and to do all the innumerable little things which are of such vast importance in the home. The modern girl is only taught not to be illiterate, and with this negative quality of a dowry, a fair face, showy clothes and some chatter, she is regarded as eligible for—and indeed, is bestowed upon—the average young man in search of a helpmate.

Now what can we expect she will do but buy cheap food and cheap fluff, and so waste the money given her for household expenses? Can she expect her husband to look longingly to his luscious meal at a third-rate restaurant, which in remembrance seems a banquet for the gods?

It is for this and other important reasons that the industrial training of our girls is, perhaps, of even more importance than that of boys. It is the whole economic management of the household rests on the women. The health, the morals, habits and happiness of the family are in her hands; more than those of the man; on the woman's knowledge or ignorance of household economics, food, cooking and the laws of health depend the difference between the economy or wastefulness, comfort or discomfort, health or disease, cleanliness or squalor, prosperity or poverty of the household.

Is there any larger work for our schools or our colleges than to train girls to this end? How else shall we get the girls of the future to do the meat service? How else shall we give to society, to the race, the best output of manhood and womanhood?

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 Helen Labagh Johnson

Superintendent of the Women's University Club of New York City

DURING the month of June nature is so generous in her contribution to the menu that we can well afford to reduce the supply of heat-producing foods and substitute for them the succulent, appetizing fruits and vegetables which are to be found in such abundance in the markets just now.

To be sure, those same viands may be procured at almost any season of the year, owing to our hot-houses and refrigerators; but the price asked for them is often a prohibitive one to the average housewife, so she will do well to be rather lavish in her use of such delectable things as fresh asparagus, peas, lettuce and strawberries while they are "in season," as they may be purchased very reasonably.

The use of mint with the meats, salads or desserts will often add just that zest which the appetite seems to crave. A little jar of mint, growing in the kitchen window or the garden, will keep the table supplied and yield a big return for a 5-cent investment. As the warm weather advances, the cup of tea which has been so gratefully received during the cold winter days at luncheon and afternoon functions will be supplanted to some extent by iced drinks.

The lemon forms the foundation for many of these refreshing beverages, while plain lemonade, daintily made and properly iced, is a general favorite. There are ways and ways of making lemonade, however. One of the most tasty and economical is as follows: Slice three lemons very thin, remove the seeds and place in a granite pail or pitcher; add sugar, a few gratings of nutmeg and a pint of boiling water; let stand until it becomes cool, then strain, pressing out all the juice possible. Fill glasses about half full of cracked ice, pour in some of the lemon juice, fill the glass with hot water and place a slice of lemon and a maraschino cherry on top.

Fruit lemonade may be made by using the lemon foundation given above. Dilute to the proper consistency and

add shredded pineapple, strawberries, oranges and sliced bananas.

When grape juice is added to the fruit lemonade it makes a truly delicious temperance punch. Grape juice, however, diluted with carbonated water and read all the labels on canned and bottled goods. Report all violations to the board of health. This entails time and trouble, but is well worth while, since it means the well-being of the family—nay, to its preservation. Storekeepers and manufacturers tell us we can have what we demand, but we do not get the purest and the best; correct measure and weights because we do not insist upon them.

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THURSDAY

BREAKFAST
Cereal Coffee
Corn Bread

LUNCH
Liver and Bacon
Creamed Potatoes
Toasted Corn Bread
Rhubarb Marmalade Tea

DINNER
Potatoes
Mock Rabbit
Boiled New Onions
Asparagus Salad with Green Peppers
Cream Pie

FRIDAY

BREAKFAST
Stewed Rhubarb
Scrambled Eggs
Coffee Italian Puffs

LUNCH
Cucumber Salad
Pinner Haddie
Brown Bread Sandwiches
Cocoanut Macaroons Tea

DINNER
Spring Soup
Lamb Chops
Parisienne Potatoes
Fried Bananas
Green Currant Pie

SATURDAY

BREAKFAST
Hominy
Toast
Lamb Kidneys with Bacon
Coffee

LUNCH
Boiled New Onions
Asparagus on Toast
Cream Sauce
Rice Pudding

DINNER
Cream of Lettuce Soup
Ham with Macaroni
New Peas
Strawberry Bavarian Cream
Coffee

SUNDAY

BREAKFAST
Strawberries with Cream
Parley Omelet
Coffee

DINNER
Fricassee Chicken
Rice
New Peas
Mint Sauce
Coffee

SUPPER
Waters
Buttered Toast
Sponge Cake

Chiffonade Soup
Boil together 1 quart of peas, 1 onion, 1 slice of ham and 1 pint of water. When tender, remove the ham and put the peas through a vegetable press; return this pulp to the saucepan and add 1 quart of stock. Add to this 2 heads of lettuce, which

have been cut fine and cooked until tender with a little bouillon, and a tablespoon of butter. Add salt if necessary, and a dash of pepper.

Mint Frappe

Boil together for ten minutes the juice from 1 can of pineapples, 1 cup of sugar and 2 cups of water. Remove from the fire, and add 1 pint of cold water. Add a bunch of fresh mint, bruise it well with a spoon and allow it to steep for about ten minutes. Then strain and add the pineapple, which has been previously put through the meat grinder. Freeze until it becomes like mush. Then add the beaten whites of 2 eggs, continue to freeze, then pack with ice and salt. Decorate each glass with a spray of mint leaves.

Stuffed Shoulder of Veal

Make a dressing of breadcrumbs, chopped thyme and parsley, some melted butter and boiling water to moisten. Season well.

Remove the bone from a shoulder of veal, wash thoroughly and rub well with pepper and salt. Fill the cavity with the bread dressing, pinning the opening together with skewers. Dredge with flour. Place in a baking pan with a little hot water and melted butter. Bake at 350° for 2 hours, basting frequently with the pan juices. When done make a nice brown gravy.

Spinach Souffle

Press 2 cupsful of cooked spinach through a vegetable press. Add 1 tablespoon melted butter and the beaten yolks of 3 eggs, and let it just come to a boil. Remove from the stove and fold in the stiffly beaten whites of 3 eggs. Turn into a baking dish and bake in a moderate oven from 20 minutes to half an hour. Serve at once.

Mock Gooseberry Fool

Rub 1 pint of stewed rhubarb through a sieve. Add an equal quantity of whipped cream or soft custard which has been made from the yolks of 3 eggs. Beat the whites of the eggs stiff. Add 2 tablespoons of sugar, flavor and pipe lightly on top of the pudding. Brown with a hot salamander or shovel.

Sorrel Soup

Cook enough sorrel to make 1 pint. Drain, add 1 tablespoon of butter, and saute. Beat to a pulp, add seasoning and quart of hot milk. Thicken slightly with 1 tablespoon of butter and the same of flour, rubbed together. Serve with croutons.

Peanut Sandwiches

Peanut sandwiches are both palatable and nutritious. Peanut butter

may be bought already prepared, or it may be made at home in the following manner: Shell and remove the skins from 1 quart of peanuts. Take out the germ and put the nuts through a meat grinder a couple of times. Add salt if liked, and a little olive oil or sweet cream to make a paste. Spread between thin slices of whole wheat bread.

Mint Salad

Wash and crisp a sufficient quantity of young lettuce. Sprinkle liberally with chopped mint and a little minced meat—lamb, veal or chicken is best—then dress with a French dressing. Garnish with sprays of mint and serve.

Codfish Supreme

Soak shredded codfish overnight. In the morning add it to a thin cream sauce. Now prepare slices of toast, cut them in oblong pieces, about 2 by 1 inches. Place on each half a hard-boiled egg—cut in two lengthwise—pour a liberal amount of the cream sauce over the fish. Garnish with a radish rose and serve.

Baked Bean Salad

Mix 2 cupsful of baked beans with half a cupful of cold boiled ham, which has been chopped fine. Add 1 minced green pepper and sufficient mayonnaise to moisten. Place on a bed of lettuce leaves, and just before serving pour a little more mayonnaise over the top.

Imitation Poached Eggs

Bake a sponge cake in thin layers, as you would for roll jelly cake. Cut out with a cake cutter or tumbler. Spread each round with nicely flavored whipped cream and place half a candied apricot, convex side up, in the center of each cake, so that it resembles a poached egg in appearance.

Rhubarb Marmalade

Boil together until the syrup is quite thick 1 pound of rhubarb, 1 cup water, the juice and shredded rind of 3 oranges and 1 lemon; add 1 pound of rhubarb cut in small pieces and a bag containing a few bitter almonds. Cook slowly without stirring until the right consistency. Then remove the almonds and put the marmalade in glass jars. When quite cold, seal as you would jelly.

Mock Rabbit (A German Dish)

One pound of corn beef, 1 pound of veal, 2 onions, 1 green pepper. Put through the meat grinder twice. Season with salt and 1/2 cup chopped meat. Spread each round with nicely flavored whipped cream and place half a candied apricot, convex side up, in the center of each cake, so that it resembles a poached egg in appearance.

and breadcrumbs. Put into a pan to bake, laying a few strips of pork fat over the "rabbit"; bake about 1/2 of an hour, basting often. Remove from the pan and make a nice brown gravy to pour over it.

Boiled New Onions

Cut the roots and tops from young onions, leaving the onion stalks about six inches long. Tie in bunches of eight and boil carefully until tender. Remove with a slotted spoon and place each bundle upon a piece of toast. Cut away the strings and pour over the onions a thin white sauce. Serve as you would asparagus.

Asparagus Salad in Green Peppers

Boil asparagus until tender, but not mushy. Put away to chill, then cut them in half-inch pieces. Now take large green peppers, cut them in two lengthwise and remove the seeds. Wash in salted water. Place half a pepper on a leaf of lettuce, fill with asparagus and dress with a dressing of mayonnaise dressing on top. Sprinkle with minced green peppers or chopped pimento.

Italian Puffs

Cream 1/2 ounce of butter, add beaten yolks of 4 eggs, a pinch of salt and 1/2 teaspoon sugar. Add alternately, beating well, 2 cups flour (sifted) and 3 cups milk. Fold in the stiffly beaten whites of 4 eggs. Bake in popover cups for 20 minutes.

Cream Pie

Heat 1 cup milk and 1 cup sugar in a double boiler. Add gradually 2 cups of flour which has been moistened with a little cold milk, the beaten yolks of 2 eggs and a pinch of salt. Cook until quite thick, then flavor with orange or lemon and add to cool. Fill a pie crust which has been previously baked. Cover with a meringue made of the whites of the eggs and the yolks of 2 eggs, placed on top. Bake in the oven or with a hot salamander.

Finnan Haddie

Put a finnan haddie in a granite stew pan and cover it with cold water. Bring to a boil and cook slowly for 10 minutes. Drain and, after removing the skin, cut the haddie into 1/2 inch pieces; add 1 cupful of milk, 1 tablespoon of butter, a little pepper and red sauce. Add a quart of chicken stock and cook slowly for 40 minutes. Put through a sieve, season and thicken slightly with a roux made of 1 tablespoon butter and 1 of flour. Add 1 cupful whipped cream and serve with croutons.

Spring Soup

Cut 1 head of lettuce and 1 onion in slices and cook in boiling water for a couple of minutes. Drain and saute the vegetables in 1 tablespoon of butter for 5 minutes. Then add 1/2 cupful each of asparagus tips, beans, peas, carrots, etc.; cover with stock and boil until the vegetables are tender, then add 1 quart of good stock. Season to taste and serve.

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OUR LESSON

PLATO said, "It is better to be unborn than untaught, for ignorance is the root of misfortune." We try to teach something to our members every time this page appears. With a subject at the head and a helpful, valuable balancing article to round out our page, a lesson worth learning is given every week.

Are you profiting by our teaching? With leaders in all Domestic Science work in colleges, the lecture forum and in the home, our list of contributors is one of which we are proud. It receives excellent expression of the most advanced, tested, views. Men and women through the People's Institute speak and teach our readers. There is no excuse for being untaught.

Remember that even Plato may have had an eye on the kitchen and the home when he made his statement.

Next week Harry E. Barnard, B. S., state food and drug commissioner of Indiana, will discuss "Pure Water, the Most Essential of Foods."