

# THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE

## DOMESTIC SERVICE AS A LABOR PROBLEM



**This Work is Preferred to Domestic Service**

**T**HE great question of the employer and the employed is not only of importance in the world of business; it touches the home, for domestic service is a labor problem which is crying insistently for a practical solution. When the home is giving way to the apartment, and the servant question given as one of the causes of the change, it is time to threaten on the question presented on this page.

The Institute of Domestic Science is giving a big question a big, comprehensive discussion today. What do you think of it? View the topic from either side of the discussion and let us have your verdict, be it that of the mistress or the maid.

By Minerva B. T. Angell

Domestic Science Expert, Massachusetts Institute of Technology

**C**OULD we have more positive proof that this labor problem is not one of recent date than is afforded by the following bona-fide advertisement which appeared in the Providence Gazette and County Journal of 1797:

"500 Reward—Was misled or taken away by mistake from the servant girls of this town, all inclination to do any kind of work, and left in lieu thereof, an impudent appearance, a strong and continued thirst for high wages, a gossiping disposition for every sort of amusement, a jeering and hankering after persons of the other sex, a desire of finery and fashion, a never-ceasing desire for new places more advantageous for stealing, with a number of contingent accomplishments that do not suit the wearers. Now if any person or persons will restore to the owners that degree of honesty and industry which has been for some time missing, he or they shall receive the above reward of \$500, besides the warmest blessings of many abused householders.

Since this date, no problem has been more discussed; none is more vital to the comfort, health and progress of our lives. This discussion in the past, has been almost exclusively personal in character. The case assumes a different aspect when the problem is stated to be as momentous as that of the laborer, and as complicated as that of individualism and socialism. A recent census tells us more than 2,000,000 are dependent slowly, but surely, on an average weekly wage of \$3, making a total expenditure paid annually of over \$300,000,000, and if a servant's wages are not paid, the actual expense is double that amount. It is a well-known fact, that when so deposited in bank, that when so inclined, they can and do save more than almost any other class of employees.

The first statistical inquiry concerning domestic service in this country was begun by the department of history of Vassar College. Up to this time no investigation of this subject had been made by the United States bureau of labor. With the view of ascertaining some of the industrial conditions under which domestic service is given and received, three schedules were prepared—one to be filled out by employers, one by employees, and a third miscellaneous in character. It was ascertained that more than two-thirds of the employees did not reside in the country or state in which they were born, which is quite as true of those in domestic service today. It is of interest to note some of the occupations from which women have gone to enter domestic service. These include: bookkeepers, millinery, copying, saleswomen, nurses, post-office clerks, compositors, office attendants, teachers, governesses and maids. An interesting comparison between the wages received by an average cook at \$5 per week, in private family, was made, earning annually \$260, plus \$25 for board, laundry, fuel, laundry, etc., or \$335, while, under very average conditions, a domestic worker receives \$15 more than is received by the average cook, but out of this must come numerous expenses entailed by the position. Cool and serve with a smile; employ is exempt, so that we might claim



A Possible Future Servant

Though years have passed since this investigation was carried out, the findings are still surprising. In those of Herman Robinson, commissioner of licenses, of New York, who presented his report to Mayor Gaynor recently. We learn from his report that "there is not an employment agency in the city that could not place 100 per cent more servants were the latter competent to fill the places. Yet employment agencies, who know more about the servant problem than sociologists, do not put the greater blame for present conditions on the incompetency of servants as a class, nor even upon their scarcity. They assert that employers, as a rule, give too little attention to servants when they have them, do not provide sufficiently for their comfort, and do not take into account their ambitions. The result being that only those women will enter domestic service who cannot do anything else. The social standing of a servant is a most important factor in her choice of work. When so many thousands of young women were out of employment recently because of the garment-workers strike, not only did they seek work as servants. Although many of them could get more wages (their board being free), they preferred the factory work.

When so many thousands of young women were out of employment recently because of the garment-workers strike, not only did they seek work as servants. Although many of them could get more wages (their board being free), they preferred the factory work.

When so many thousands of young women were out of employment recently because of the garment-workers strike, not only did they seek work as servants. Although many of them could get more wages (their board being free), they preferred the factory work.

the latter earns absolutely more than did the average city teacher in Albany, Atlanta, Baltimore, New Orleans, Patterson, Rochester and Syracuse. Some of the reasons for the demand for employees, "What reasons can you give why more women do not choose housework as a regular employment?" Following are some of the answers:

Other occupations have some "week-end" hours, after which one can do as she pleases without making any one.

Prize, medals and unwillingness to be called servants.

Confinement evenings and Sundays.

More independence in other occupations.

Too hard and confining.

Lack of consideration by mistresses.

Hours too long.

Must live at home by working in shops.

Too few privileges.

Little chance of some respects on others.

Receive no encouragement.

Too lonely, and no social life.

Constant change in work.

Shopwork clearer.

No chance for promotion, etc.

persons from one maid and changes her mind each half hour as to the next place of work to be done. The company believes its experiment would have been financially successful if the mistress had been willing to examine their own methods, revise them according to new and better standards, and pay for good work what it is worth. But few of the employers of this group were willing to expend upon household service what trained service costs. According to economic rules, 10 or 15 per cent of the income should be paid for such service. If less is paid it means poor service with something saved for expenditure in other directions. They preferred skilled work, but did not appreciate the fact, seemingly, that to acquire skill costs time, labor and money, and that whoever benefits by that outlay must pay for it.

This is by far the most interesting experiment that I know of, that has been made to help solve this labor problem. Let us take to heart its conclusions that "before any permanent improvement may be looked for, both mistresses and

maids must appreciate the fact that housework is a trade to be prepared for by manual exercise that should begin in girlhood, if it is to result in the best and dearest skill, and that housekeeping is a public demanding thorough training and the constant exercise of the mental powers. Only such training, on the part of the organization, and the standardization of housework by the mistresses, and inability to meet those standards on the part of the maids, together with the willingness of employers to pay for that ability, will open the way for solving the problem of household service.

We have almost daily, ships arriving in New York harbor which pour out on our shores the poor of all nations. The need seems to be made readily enough to any sort of work. Italians above all, and work on railroad and subway construction, and for building of new highways for automobile travel are in valuable. But their wives and daughters make poor servants and are seldom employed. The best that we can get are the Irish, who have long been in this country, especially when they come from the north of Ireland, as I can testify from personal experience. Then come the Germans, who now outnumber the Irish; French, Swedes, Danes, Norwegians. Of these, the French are the best, of course. As cooks they are unrivaled, as butlers, waiters, footmen, a well-trained French serving man could not be improved upon, neat, economical, respectful; but, as a rule, no matter how poorly paid or poorly fed at home they are the hardest to keep in this country. French maids are admirable as seamstresses and in the higher branches of domestic service, but they are difficult as to the other servants, make trouble about their food, and are untriable as butlers, waiters, footmen, the most tender and reliable. Children love them, which is the best recommendation that could be given. The Swedes are sometimes lacking in head, management and neatness, but seem to have, many of them, little moral sense. They are not noted as truth-tellers as a rule, but are willing, and a wise mistress can manage them. The Germans surpass them in their thrift and in concentration, but are apt to be stolid, and not as gentle and willing as the Irish. The Danes are reliable up to a certain point; they are never stupid, but seem to have, many of them, little moral sense. They are not noted as truth-tellers as a rule, but are willing, and a wise mistress can manage them. The Germans surpass them in their thrift and in concentration, but are apt to be stolid, and not as gentle and willing as the Irish. The Danes are reliable up to a certain point; they are never stupid, but seem to have, many of them, little moral sense. They are not noted as truth-tellers as a rule, but are willing, and a wise mistress can manage them.

They Prefer to Spend All Day For Little Pay

When a girl learned what her mother could teach her and then acquire the rest of her training in the hard school of experience.

When clever and capable, she made what was called a good housekeeper. If not things went blackly and the whole family suffered. In each case the housewife's methods were her own, and there was no generally recognized standard of efficiency. Now, with cooking schools and college courses to set such standards in every branch of household administration a better day surely dawning. It was the experience of the company that the household that lives from hand to mouth, wastes much upon show, has no standards of cleanliness or of methodical service, does not perceive their value and is not willing to pay for them; puts up with poor work at the lowest living wages, and sometimes coddles and sometimes abuses its maids; that infinite varieties of this class make up the great bulk of employers of household labor and that these are largely responsible for low standards of domestic service and for the disfavor in which it has fallen. It was with families of professional and technical men with an income from \$200 to \$500, maintaining small households of one to three maids, that the Household Aid Company did most of its business. It found many divisions of this group, from the capable mistress who knows what she wants and how to explain it, who always knows the time it requires to do a thing well, to the utterly unreasonable woman who exacts the work of three

persons from one maid and changes her mind each half hour as to the next place of work to be done. The company believes its experiment would have been financially successful if the mistress had been willing to examine their own methods, revise them according to new and better standards, and pay for good work what it is worth. But few of the employers of this group were willing to expend upon household service what trained service costs. According to economic rules, 10 or 15 per cent of the income should be paid for such service. If less is paid it means poor service with something saved for expenditure in other directions. They preferred skilled work, but did not appreciate the fact, seemingly, that to acquire skill costs time, labor and money, and that whoever benefits by that outlay must pay for it.

This is by far the most interesting experiment that I know of, that has been made to help solve this labor problem. Let us take to heart its conclusions that "before any permanent improvement may be looked for, both mistresses and

maids must appreciate the fact that housework is a trade to be prepared for by manual exercise that should begin in girlhood, if it is to result in the best and dearest skill, and that housekeeping is a public demanding thorough training and the constant exercise of the mental powers. Only such training, on the part of the organization, and the standardization of housework by the mistresses, and inability to meet those standards on the part of the maids, together with the willingness of employers to pay for that ability, will open the way for solving the problem of household service.

We have almost daily, ships arriving in New York harbor which pour out on our shores the poor of all nations. The need seems to be made readily enough to any sort of work. Italians above all, and work on railroad and subway construction, and for building of new highways for automobile travel are in valuable. But their wives and daughters make poor servants and are seldom employed. The best that we can get are the Irish, who have long been in this country, especially when they come from the north of Ireland, as I can testify from personal experience. Then come the Germans, who now outnumber the Irish; French, Swedes, Danes, Norwegians. Of these, the French are the best, of course. As cooks they are unrivaled, as butlers, waiters, footmen, a well-trained French serving man could not be improved upon, neat, economical, respectful; but, as a rule, no matter how poorly paid or poorly fed at home they are the hardest to keep in this country. French maids are admirable as seamstresses and in the higher branches of domestic service, but they are difficult as to the other servants, make trouble about their food, and are untriable as butlers, waiters, footmen, the most tender and reliable. Children love them, which is the best recommendation that could be given. The Swedes are sometimes lacking in head, management and neatness, but seem to have, many of them, little moral sense. They are not noted as truth-tellers as a rule, but are willing, and a wise mistress can manage them. The Germans surpass them in their thrift and in concentration, but are apt to be stolid, and not as gentle and willing as the Irish. The Danes are reliable up to a certain point; they are never stupid, but seem to have, many of them, little moral sense. They are not noted as truth-tellers as a rule, but are willing, and a wise mistress can manage them.

Typical Living Conditions of Workers

They are a merciful people and are desperately fond of bargaining. They are, however, most interesting. Their taste for art is mostly more developed than that of either the Swedes or Norwegians. A Danish farmer will arrange his bri-a-baad with most artistic taste. As servants, they are scarcely numerous enough to be noticed, but they are to be found neat, faithful and more obedient than their cleverer Swedish sisters. Through the south one still finds the negro—most excellent when most objectionable when bad, and this is equally true of the increasing number to be found in this section of the country—certainly freedom has not improved them as to manners.

The excellence and superiority of English servants in home have induced many ladies to bring over their maids, nurses and cooks, with, however, but small success. There is a great difference in the way of speaking of a servant and to a servant between London and New York, and we conduct our households in a very distinct manner. English maids are more dignified, more all their good manners when they come over here and do not appear at all as they do in London. They soon ascertain their own rights, and are not so dependent as I fear, between us and good service. Yet it is a curious fact that the English maids, who are so much to be desired for their own country, do not resume their good manners as though nothing had happened.

I believe in this country we should try to make a servant, though we may have from etymology, as a witty writer says, that every person who confers a favor on another is a servant. The declaration of the law is a servant, though not from the biblical standpoint and show that we are all servants of one another. The classification of occupations made by the national census bureau, showing that the vast majority of the teachers and domestic servants are placed together; though we may quote to every employe the proudly humble motto of "I am just like you," and that the notion of a servant, as a social fiction, is a thing that has no real basis in the ordinary use of the word to those persons engaged in domestic employment for which they receive a fixed sum just like any other class of men of little avail and the word servant continue to be a mark of social degradation in the profession they work. As in every other occupation, let us substitute the word employe for master or mistress, and use such terms as employer, domestic cook, waitress, housekeeper, etc., thus lending dignity to the profession they work. In the final analysis, requires a high degree of intelligence, patience, skill and efficiency.

Acknowledgments are due Mrs. Florence Kelly for information about the Household Aid Company.

## 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 Alice Gitchell Kirk

Domestic Science Lecturer, Cleveland, O.

**T**HAT has been well said that the greatest difference between the food of the rich and the food of the poor is in the cooking. There is much truth in this, for to a very large extent we live on the same foods.

There are two points, however, that are so valuable in cooking that every one should understand them, and particularly when preparing food for growing children.

**First**—The cooking of starchy foods. Starch is in little hard grains that are digested slowly. When placed in hot water these grains swell up into a soft mass and can then be easily digested. Oatmeal or cornmeal that has been cooked for only a short time is very difficult to digest, but if these foods are placed in a double boiler and cooked several hours they are very digestible. Thoroughly baked whole-wheat bread is without a doubt one of the very best building foods for children, and every normal, healthy child can eat it. But half-baked bread, with the starch grains in it almost as hard as little bits of wood, is noxious to the digestion of either young or old. This is also true in cooking the starchy vegetables.

**Second**—The use of fats in cooking foods for children. Fat is a most valuable heating and strengthening food, but, like every other food, it may injure the body if taken in the wrong way or in too large amounts. Children need only about one-half an ounce of butter at each meal. When fat has been made very hot, as often happens when foods are fried, acids that injure the stomach are formed in it. Also when foods are cooked with fat the digestive juices cannot get at them readily, and they are digested very slowly or not at all. For this reason fried foods have no place in the diet of children, neither should they be given to older people. Fried potatoes, pancakes, crackers and fritters have no place in our children's menus.

We know that children pass through different periods of growth and desire. Foods are changed accordingly, so it would be quite difficult in a short article to specify helpful meals for school children of all ages, so we will only consider those today from 6 to 12 years. At this age they are growing fast and need food to support them with energy, for they are in constant motion, to sup-

ply heat to the body and to build up the tissues which make for new growth.

If the school children are thin and tired most of the time, they probably do not have enough food of the tissue-building kind, and if they are fat and stupid they may not have enough food of this kind and have too much sweet and starchy food. Plenty of fruit, eggs, bread and butter and milk are valuable sources of nourishment for growing children.

The meals for children should be neither heavy nor light. The stomach should never be overloaded so that digestion is difficult. Then children may go to school immediately after a meal and they will be able to work. Train children to eat slowly, chewing every mouthful. Have them rise a little earlier if necessary in the morning, so that they can eat their breakfast in the morning. The following menus will show well-balanced food for children of the ages given:

**MONDAY**  
BREAKFAST  
Fresh Seasonable Fruit (not cold)  
Whole Wheat Muffin and Butter Cocoa  
DINNER  
Lamb Stew, with Carrots, Onions and Potatoes  
Lettuce and Beef Salad  
Prune Puff

The cabbage should be shaved very fine and seasoned with a little sugar, and not with too much vinegar, lemon juice or lemon juice and thick sour cream.

**Prune Puff**  
Material—Whites of eggs, 3; powdered sugar, 1/2 cup; cooking prunes, 1 cup; lemon juice, 1 tablespoonful.  
Directions: Whip the eggs to a stiff froth and slowly add the sugar, mixing all the time. Then add the cooked and pitted prunes, well chopped, and the lemon juice, and beat until very light. Put into a small buttered pudding dish and let stand in a pan of hot water and bake in a moderate oven about 15 or 20 minutes. Cool and serve with a well-cooked custard made from the yolks of the eggs. Other fruits may be used in place of prunes for a change.

**SUPPER**  
Cream of Rice Soup  
Whole Wheat Bread and Butter  
Homemade Sugar Cookies

**WEDNESDAY**  
BREAKFAST  
Sautéed Chicken with Rice and Nuts  
Baked Potatoes  
Custard

**Baked Peaches**  
Select 6 peaches and stalk 12 cloves into each one. Sprinkle over them 1/2 cup of brown sugar and add 1/2 cup of water, cover and let bake in a moderate oven until the peaches are soft. The juice, which may be boiled down a little thicker if desired.

**DINNER**  
Fried Chicken with Rice  
Boiled Onions  
Stuffed Peaches  
Milk

**Date Muffins**  
Material—Butter, 1-3 cup; sugar, 1/4 cup; salt, 1/4 teaspoon; egg, 1; milk, 1/2 cup; whole wheat flour, 2 cups; dates, 1/2 pound; baking powder, 1 teaspoon; bowl, wooden spoon, egg beater, muffin pan.  
Directions—Cream the butter, add the sugar gradually and the chopped dates. Beat the egg and add the milk. Now alternate with flour in adding to mixture, beating well. Carefully mix all in the baking powder and bake in hot, well-greased muffin pan 20 minutes.

**SUPPER**  
Baked Potatoes  
Poached Eggs  
Whole Orange Marmalade and Butter  
Whole Wheat Bread and Butter  
Cocoa

**THURSDAY**  
Baked Peaches with Cream and Cream Sauce  
Toasted Whole Bread  
Scrambled Eggs  
Milk

**FRIDAY**  
BREAKFAST  
Cream of Rice Soup  
Whole Wheat Bread and Butter  
Milk or Cocoa  
Apple for School recess

**Steamed Prunes**  
Wash the desired amount of prunes thoroughly and put them to soak overnight in sufficient lukewarm water to cover. Put them into a small pail with a tight-fitting cover, bring to the boiling point, and set in a fireless cooker vessel, partly filled with boiling water; clamp the cover on tightly and place quickly in the fireless cooker. The prunes will be puffed like footballs, silky and the juice rich and brown. A slice of lemon may be added when the prunes are put into the cooker. If you do not have a fireless cooker, put them in a double boiler, boil 5 minutes and set on the back of the stove, where the water will keep hot, but not boil.

All dried fruits are perfect, both in quality and shape, when cooked in this slow process.

**Graham Gems**  
Material—Milk, 1 pint; salt, 1 teaspoon;

with cold water and soak overnight. In the morning cook in the water in which they have been soaked with the additional stock or water. Add all seasonings, cover and cook about two hours. Press them through the colander and then through a puree sieve. Add the butter, rub butter and flour together, add milk and stir until boiling. Part milk or cream may be used, which adds to food value. Have a thick piece of toast on the soup plate and pour the soup over this.

**SUPPER**  
Disposited Rice with Raisins and Cream  
Whole Wheat Bread and Butter  
Fruit Jelly  
Milk  
Sponge Cake

**Children's Sponge Cake**  
Material—Eggs, 5; sugar, 1 1/2 cups; juice and rind of 1 lemon; flour, 1 1/2 cups.  
Utensils—Measuring cup, lemon squeezer, flat wire beater, platter, grater, bowl, cake pan.  
Directions—Beat the whites of the eggs until perfectly dry. Beat the yolks very light and gradually beat in the sugar and gradually beat in the juice of the lemon, cut and fold in half of the whites, then half of the flour and the remaining whites and flour. Bake in a Turk's head pan 50 minutes. Vary this cake by baking in an open mold and filling the center with sliced peaches, pears or any desired fruits.

**FRIDAY**  
BREAKFAST  
Cream of Rice Soup  
Whole Wheat Bread and Butter  
Milk or Cocoa  
Apple for School recess

**Steamed Prunes**  
Wash the desired amount of prunes thoroughly and put them to soak overnight in sufficient lukewarm water to cover. Put them into a small pail with a tight-fitting cover, bring to the boiling point, and set in a fireless cooker vessel, partly filled with boiling water; clamp the cover on tightly and place quickly in the fireless cooker. The prunes will be puffed like footballs, silky and the juice rich and brown. A slice of lemon may be added when the prunes are put into the cooker. If you do not have a fireless cooker, put them in a double boiler, boil 5 minutes and set on the back of the stove, where the water will keep hot, but not boil.

All dried fruits are perfect, both in quality and shape, when cooked in this slow process.

**Graham Gems**  
Material—Milk, 1 pint; salt, 1 teaspoon;

melted butter, 1 tablespoon; graham flour, 2 1/2 cups; eggs, 3; baking powder, 4 teaspoons.  
Utensils—Egg beater, gem pans, measuring cup, teaspoon, wooden spoon, 2 bowls.  
Directions—Beat the yolks of the eggs and add them to the milk, then the butter and flour. Beat very hard. Beat the whites to a stiff froth and add these with the baking powder to the batter. Mix carefully and bake in gem pans a quick oven 30 minutes. One cup of boiled rice and 1/2 cup of chopped dates may be added to this recipe and you will have a very nice change. In adding the rice use 1/4 cup less of flour.

**DINNER**  
Mutton Broth with Vegetables  
Whole Wheat Bread and Butter  
Fruit Jelly  
Milk  
Sponge Cake

**Apple Tapioca Pudding**  
Material—Boiling water, 1 pint; minute tapioca, 1/2 cup; sugar, 1/4 cup; salt, 1/4 teaspoon; apples, 4; juice of lemon, 1/2. Utensils—Baking pan, measuring cup, sauceman, teaspoon.  
Directions—Add the tapioca gradually to the boiling water and cook until transparent; add sugar and seasoning. Have apples peeled, cored and in the baking pan, pour over the tapioca and set in the oven to bake until the apples are tender—30 to 40 minutes.

**SUPPER**  
Omelet  
Whole Wheat Bread Toasted  
Fruit Cookies  
Cocoa  
Apple Sauce

**Suggestive Menus for Saturday and Sunday, With Quantities Given for Each Meal**  
BREAKFAST  
Cereal cooked overnight with dates, 1-1/2 cup; top milk, 1/2 cup; dry toast, 1 small piece; butter, 1/2-inch cube; milk, 1/2 cup; cocoa, 1 cup.  
NOON DINNER (When Possible)  
Fricassee of chicken, with rice or lamb

**SUPPER**  
Cereal with dates, figs or seeded raisins and top milk; creamed codfish; sauce made of milk and egg yolk; minced lamb on toast; eggs poached or scrambled in milk; creamed potatoes; cornmeal mush; baked apples; steamed prunes.

**SUGGESTIONS FOR DINNER**  
Chicken broth with rice or barley; broiled lamb chops; puree of peas, peas, lettuce, spinach, sauce; lemon, no vinegar; cornstarch pudding; gelatin pudding; fruit sauce with pudding or baked apples and butter; creamed soup; bread or unpuffed rice and butter; milk or cocoa.

**SUGGESTIONS FOR SUPPER**  
Cream soup; bread or unpuffed rice and butter; milk or cocoa.

**Fricassee of Chicken**  
Material—Chicken, 3 1/2 pounds; butter, 2 tablespoon; slice of onion, chopped; parsley, 1 teaspoon; sweet green pepper, 1/2; rice, 2 tablespoon.  
Utensils—Large saucepan, measuring spoon, tablespoon, steel spider, vegetable knife.  
Directions—Clean, singe and disjoint the chicken. As fast as ready place in the cooking vessel. Add 1 tablespoon of flour to the spider, rub with the butter and add 2 cups of cold water. Stir until smooth and thicken, then season. Cut the pepper into tiny scraps and add to this. Pour all over the chicken and enough more boiling water to cover. Use the vessel which will be as full as possible. Cover and simmer gently 25 minutes, add the washed rice and cook 5 minutes. Put at once in the cooler for 4 or 5 hours.

**SUPPER**  
Scrambled Eggs in 1-3 cup of milk; dry toast, 2 slices; butter, 1/2-inch cube; apple sauce, 1 tablespoon or prunes; cookies (home baked), 2 milk, 1 glass.

**SUGGESTIONS FOR BREAKFAST**  
Cereal with dates, figs or seeded raisins and top milk; creamed codfish; sauce made of milk and egg yolk; minced lamb on toast; eggs poached or scrambled in milk; creamed potatoes; cornmeal mush; baked apples; steamed prunes.

**SUGGESTIONS FOR DINNER**  
Chicken broth with rice or barley; broiled lamb chops; puree of peas, peas, lettuce, spinach, sauce; lemon, no vinegar; cornstarch pudding; gelatin pudding; fruit sauce with pudding or baked apples and butter; creamed soup; bread or unpuffed rice and butter; milk or cocoa.

**SUGGESTIONS FOR SUPPER**  
Cream soup; bread or unpuffed rice and butter; milk or cocoa.

**TOMORROW**

**T**HIS is addressed to the housekeeper who is forgetting that there is a tomorrow. Do not say that the article on this page need not be read by you, because you have no servants. You might have tomorrow!

No woman can afford to neglect preparation for the future. The golden opportunity of today should be recognized at its true worth and seized. Remember that today is the best possible time to fortify yourself and the home for tomorrow.

Next week Mary Stone O'Rourke will talk to Institute members about "Saving Strength in the Home."