

THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE







A Peep Into The Store William

OU may not class central heating plants under co-operative echemes, but they are decidedly expressions of the progressive twentieth century ideas that are just as good in practice as in

Co-operative housekeeping is going to settle the servant question. It is going to double the leisure hours of women at home, and increase ficiency and happiness. It is the answer to the protest against the trudgery of housework, specialization being the keynote.

From buying a pound of beef to a back yard, the co-operative system on be worked by you. It has been done. It can be done, and is going to be the system of twenty years hence. Read, agree and put into practice he tenets of the up-to-date housekeeper's creed.

By Grace Viall Gray

says that a mother is expected to be an embryo combination of cook, nurse, laundress, cham-id, waitress, governess and house-r-jack-of-all-trades and master cor none. If you will stop a minute and digest that thought you will readily see it is all too true.

Even in this day of advanced specialization and co-operation in factories, establishments of all kinds and institutions we lack co-operation in the home—the biggest, finest and most valuable institution of the sountry.

Other countries are more advanced than we are along co-operative lines.

Other countries are more advanced than we are along co-operative lines. We Americans admit we are in a muddle; we women know we are handicapped in the home, but we have been sitting for years with our hands folded, so it is high time we were trying to solve the problems of the chief cock, bottle washer nurse-maid, etc. A man marries an educated girl who has had an interesting procession, which she enjoyed, but she is supposed to drop it at the matriage altar and become a jack-of-all-trades in the newly constructed home. She chafes against the narrow constrictions; she hates dish-washing, sweeping and dusting. She was happy in her former work, but is most unhappy in her married occupations. Many a morning when she sees her husband starting out to his office she envies him. Maybe she doesn't voice her feelings and maybe she does. If she does, this is what they are: 'How I envy you, John, You are going down to your neat, well-ordergoing down to your neat, well-order-ed office. It will be all swept and

back the top of your desk, and there's your work before you. If peddlers, position-seekers, agents, buyers and sellers knock at your door, you see them or not, just as you please. Or frequently you make them wait until you are through with the business at hand and your mind is then free to consider them. Your business is systematized, and you aren't constantly worried with petty affairs the way I am at home." The man may hear this speech to the end, and then if he is a thoughtful, anxious - to - please - hiswife man, he will meekly say: "If you have more than you can do, why don't you get a maid?"

There's the whole trouble. Where, oh, where can we find such a treasure of a maid who will bear the brunt of the home? The woman—if there be onewho has found a maid who will keep peddlers and canvassers away; who doesn't break the dishes; who cooks and manages economically; who will care for the baby as you would yourself, has found a gold mine, and she should thank the fates for sending such unheard-of good luck to her doorstep. How many of us women have searched the city employment offices over and over again, to see if we couldn't find just the right woman to dt into our homes? Maybe we enjoy the cooking, the planning of the meals, the marketing, but we dislike the rest of the housework. But where can we find a woman to come in and wash our dishes and scrike our floors, and leave us free to do the things we like to do, and do well? Every one likes to do the things she can do well—it's only human nature. Some mothers love their babies more than anything else on earth, but the constant hourly, almost constant minute, care of the little ones wears a mother to distraction and frequently causes nervous prostration. She beback the top of your desk, and there's

band sometimes wonders if his wife mother-love which one is constantly reading about. If this same

has the mother-love which one is constantly reading about. If this same woman had a competent woman to whom she could trust her bebies every day, she would only be too glad to pay her well. She would rather do the housework—all of it—rather than care for her babies all day. Some of you will say, "She's an unnatural mother," but she's not. One woman is born a baby lover, baby comforter and protector. Another woman wants babies of her own, but she cassod understand them, cannot endure their constant questions, whims or fancies. She will love her babies more if she has them only a few hours a day to play with instead of the whole twelve hours, getting in her way, bothering her with childish questions and hindering her in her housework.

The only solution to the problem, the only way to leave woman as free to enjoy her profession as man, lies in cooperation in housekeeping.

In Copenhagen this problem has been solved. Why can't we solve it in Chicago or New York? A man by the name of Otto Fich established an apartment house of a novel type in Copenhagen in 1904. The apartments—twenty-live in number and containing from three to five rooms each—are rented unfurnished, so that each family can furnish its home according to individual tastes and needs. Each apartment has a kitchenette with a gas stove. The kitchenette and bathroom are supplied with hot water day and night. Electric light and central steam heating are included in the equipment. Each apartment is connected by telephone with the general kitchen and sent up to each apartment by means of an electric dumbwaiter.

One lives as private a life as in the other contents and proves a private a life as in the other case and contents and sent up to each apartment by means of an electric dumbwaiter.

the general kitchen and sent up to each apartment by means of an electric dumbwalter.

One lives as private a life as in the ordinary apartment houses. But think of the joy of living in one of these apartments, for every task of house-keeping is centralized and in professional specialized hands. The cleaning, ventilating, lighting, heating and preparation of food is centralized. The tenants are entirely relieved of the burdens of marketing, cooking, serving, dish-washing, scrubbing, etc.

Luncheon is served in the apartments from 10 to 12. If there are children who have to carry luncheon or business men who prefer to de so, neatly packed lunches are provided from the general kitchen. Dinner is served in the afternoon, according to Copenhagen custom, and tea until 10 in the evening.

Some of you finical enes are saying. But then I couldn't have what I wanted to eat." But there you are wrong, for the menu is so extensive and varied that a monotony can easily be svoided, and furthermore—think of it!—the general kitchen has a list of the preferences, and particularly of the aversions, of every family, in which it is gravely set down that the Smith's family is never to be served with cabbase, the Grown's family with bread pudding and Mr. Green's family with coat pork. Individual as well as family is never to be served with cabbase, the Grown's family with bread pudding and Mr. Green's family with coat pork. Individual as well as family is never to be served with cabbase in chicken dressing we have to have sage in ours. But here in this co-operative kitchen, individual tastes are considered. No boarding house ever did that for a person.

The management furnishes plates, cups, in fact all the dishes. They are the so-called "unbreakable" ware. But each family may provide its own tableware, and have it washed in the general kitchen, without, however, any guarantee against breakage. A family could keep nice china in the kitchenotte, and if guests were present, they could be used, washing them after the guests departure.

"unbreakable" ware would be satisfactory.

Gaundry work, extra service and meals for occasional guests are furnished at low rates.

I think I hear some thrifty housewife saying: "But think how expensive it would be to live like that! We couldn't afford it." But I can dispel your fears there—cheapness is the guiding principle, and cheapness combined with excellence is attainable only with the aid of centralized housekeeping. We are not living cheaply under the present housing conditions.

In the general kitchen and serving rooms you will find the best equipment and apparetus to simplify housework that we, as individuals, cannot afford. The food and other supplies are abundant, of the best quality, and cheap because they are all bought at whole-sale prices.

The annual charges for sent, heat, light, baths, food and service, including pneumatic sweeper, window cleaning and even shoe polishing, range from \$422 for two adults occupying a threeroom apartment, to \$220 for four adults, occupying a five-room apartment. Small additional charges are made for children and servants. Isn't this a glorious dream for us work-crowded, busy mothers? If it is a reality to the women of Copenhagen, why should it be just a dream to us Americans? Can't we make it a reality?

The first centralized apartment house that Mr. Fich built proved so successful that others were immediately projected. In the last report he was planning on erecting a house with large general playrooms for school children and small children. Nurses would be provided, so that mothers who had occupations away from home or at home could leave their little ones in safekeeping.

general playrooms for school children and small children. Nurses would be provided, so that mothers who had occupations away from home or at home could leave their little ones in sate-keeping.

The Fich system has wonderful advantages, and I can see no disadvantages. This system settles the servant question. The household that is centralized has much of its work performed by machines or by skilled laborers with definite hours of work. When housekeeping is thus raised to a specialized industry, it will attract intelligent workers, who now, very justifiably, refuse to work sixteen or eighteen hours in our homes, and consequently choose factory work with its flexible hours.

Again, under this system, the woman is not "ited down." but is able to continue her beloved work just as she did before marriage. She can't help but be a brighter and more companionable wife; a sweeter and happier mother; a greater boon to society, in the larger sense of the word, than the wife and mother who tends baby, mends socks, cans fruit, washes, irons, sweeps and dusts until her back is breaking and her temper is tried and she wishes ahe were back in single blessedness.

The lifting of the housework makes it possible for many a mother to devote her time to her children when most they need her.

Some women may say: "I wouldn't know what to do in a Fich apartment—I should sit all day with my hands idle." In that case this appeal for cooperation is not for indifferent women like you, but for the live, up-to-date women interested in affairs outside the four walls of the home, who have a profession in which they are efficient and happier than washing dishes and scrubbing floors. A trained engineer does not delight in doing work that sike has no calling for. Many a gifted, educated woman has her best ideas for writing when she has her hands in soapsuds, but the dishes must be washed, the baby's fiannel put on the line and the meals prepared. By the time the housework is done her brilliant ideas are flown, and she is too tired to exert her mi laundresses. Each woman does her own marketing, buying from four to six chops a day, a slice of steak or a tiny roast. We could get our meat much cheaper if we bought in quantities instead of little dabs, as now. I wonder how long it will take for women to realize at what great disadvantages they are working and living? A great many of us have small bables. We are afreid to teave them with our maids, and, consequently, we have to take our bables with us wherever we go or stay at home with them. Why couldn't we have a big, sunny nursery at the top of the house with educated women to take charge of our children several hours each day? But until we can cooperate entirely in our households there are some places where it pays well to co-operate.

co-operate.

Of all the expenditures of a community, the expenditure for food is greater than that for any other item. greater than that for any other item. Once upon a time the supplying of food was considered a public utility, but this idea exists no longer, and our food supplies today are almost unregulated, and have been given over to private management. As a result, we have a most wasteful, expensive and inefficient method of marketing. We have such a round-

is no better example of this complicated, chaotic process than the way in which eggs are handled. When the eggs are placed upon our breakfast table they have enjoyed a wonderful round-the-world trip. They have been collected by the farmers at odd times and kept until he has enough to warrant a trip to town. He takes them to the country store-keeper. From the country store-keeper, from the country store-keeper they pass to the collector, who makes it a business of going through the country gathering eggs from storekeepers. The collector ships the eggs in carload quantities to the city, where they are received by wholesale receivers, who are known as "commission men." These commission men then sell the eggs in turn sell the eggs to a retailor or to another jobber, who does business on a smaller scale. And then we go to the market and buy the eggs that have been playing merry-go-round with the farmer, the storekeeper, the collector, the commission man, the big jobber, the little jobber, the retail grocery man and us, the consumers. At each transfer there are expenses for handling, for trucking, storage and of course, there must be a margin of profit. And we, the consumers At each transfer there are expenses for handling, for trucking, storage and of course, there must be a margin of profit. And we, the consumers are thing is true of green vegetables, milk, butter, cheese, canned goods, fish, poultry and many of the staple groceries. Of recent years co-operative marketing has developed, and here lies a great hope of or us. Co-operative marketing has developed, and here lies a great hope of or us. Co-operative marketing has developed, and here lies a great hope of the staple groceries. Of recent years co-operative marketing in neighborhood groups. A number of wholesale commission dealers have agreed to sell and deliver wholesale quantities direct to consumers. For example, a case of eggs, a barrel of potatoes or apples, can be purchased, delivered to one address and divided among several families. The question is, " is no better example of this complicated, chaotic process than the way

giving it to the middlemen and retailers?

The club has this valuable list,
showing the commodities that can be
purchased at a great saving, the
form of delivery, the weight or
quantity and the time of year when
the goods are most plentiful.

Wouldn't it be worth while to form
a group in your neighborhood and buy
commodities at wholessie and thus reduce the cost of living? The names of
the dealers who have agreed to cooperate in this movement can be obtained by applying to the Woman's
City Club, life South Michigan avenue,
Chicage.

There is no doubt that similar ar-

tained by applying to the Woman's City City, 116 South Michigan avenue, Chicage.

There is no doubt that similar averagements could be made with commission men in your respective towns and cities. The Chicago Club has covered the entire city, going from the north side to the extreme south. If they can do a work of this kind in a city like Chicago, surely it can be done very easily in smaller cities and towns. On East Sixty-third street in Chicago there is a United States co-operative store that is helping to solve the high cost of food. It is run on the famous Rochedale system of co-operative buying and distribution that has been so successful in England the last sixty years and has its successful imitators today in almost every civilized country of the world. Three hundred families in Woodlawn and South Park have combined to buy their groceries and meats at wholesale cash prices, and by distributing for themselves save the retailer's profits.

The net profit from the store is returned to the stockholding of each—the usual way—but upon the basis of the purchases of each during a dividend period—first having returned to each, interest at 6 per cent, during the same period, upon the amount of his stock.

For example: If Mr. Brown owns ten shares of stock and Mr. Miller owns

the same period, upon the amount of his stock.

For example: If Mr. Brown owns ten shares of stock and Mr. Miller owns one share, and at the end of six months a dividend is declared, Mr. Brown will receive upon his stock in interest 3: Mr. Miller will receive 30 cents. But suppose during the six months Mr. Brown has purchased goods to the amount of \$100 and Mr. Miller has purchased goods to the amount of \$100 and Mr. Miller has purchased goods to the amount of \$600. A 10 per cent dividend will return to Mr. Brown upon his purchases, \$10, and to Mr. Miller, \$50. In other words, each receives back just that net profit that the grocer would have made had the goods been bought at the ordinary grocery store.



| COMMODITY | FORM OF PEG. | WEIGHT OR QUAN- TITY SOLD TO RESTAILER | GOODS ARE MOSE PLENTIFUL |
|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PRUITS Apples Apples Crabapples Crabapples Blackberries Crabapples Blackberries Chanberries Raspberries, black Strawberries Grapefrist Lemons | Burrel Bushel box Bushel box | 2% bu. 11 pks. 13746 tb. 1 bu. 4 pks. 501 lbs | Nov. to March. Nov. to March. Sept. to Oct. |
| Cranberries Raspberries, black. Raspberries, plack. Strawberries Grapefruit | Box or barrel Crate Crate Crate Box | 1 or 8 bu., 33 or 99 lbs. 10-24 qts. or pts | June and July June and July May and June |
| Lemons Oranges Cantaloupe Watermelon Pasches Pegches | Box or half-box. Box Crate Cars Basket or crate. Crate | 126-250 1 to 4 dosen 1 dos., 100 1 bu. ½ bu. 1-5 bu. 4 to 8 small baskets. containing 10 to 1 | Dec. 15-March 1 August to Sept. July to Sept. Michigan-August July and August Southern-Septema- ber and October Cuba-April, May Florida-May, June |
| Pineapple | Crate | The state of the s | AND THE RESERVE TO HER TANKS IN THE PARTY OF THE PARTY TO SERVE THE PARTY OF THE PA |
| Asparagus Beans, fresh, Beets Cabbage, old Cabbage, new | Sections Baskets OF Box, hampers Barrel Crates | i to \$ dozen | April to Sept. Oct. to April April to Sept. |
| Carrots, old | Bag Barrel, crates Bunches Box | 50 pounds Dosen bunches and up I desen stalks 24 to 56 bunches | Oct. to April April to Sept. Sept. to January April to September August to January August to January |
| Cress Cucumbers, early Cucumbers, late Lettuce, leaf Lettuce, head | Barrel Barrel Box or bushel Box or hamper | I desen stalks. 26 to 36 bunches. 1 desen up 1 dozen up 1 dozen up. | March to May March to May July to September |
| Onions, young Onions, dry Onions, Bpanish Potatoes, new Potatoes, new Potatoes, old Rutabagas | Sack | 1 dosen up 1 2 24 dosen 1 doz bencifes up 60 to 70 pounds. 100 to 165 pounds 20 to 165 pounds 2 bushels 24 to 2 bushels 56 lbs., 1 bu. | June to September June to September November to March |
| Spinach Sweet potatoes. Sweet potatoes. Tomatoes, early. Home grown Turnips, new Turnips, old | Crate Hamper Barrel Crates Baskets, box. Barrel or box. | 40 to 40 lbs. 40 to 50 lbs. 125 to 160 lbs. 5 and 6 baskets 5 and 1 bushel Bunches of 1 dozen up. 50 to 75 lbs. | August and Sept. |
| MISCELLANEOUS Butter Butter Cheese Cheese | Tub 1-pound prints Box or Drum Case | 60 pounds 10 pounds 110 pounds 1 Herkimer, 20 lbs. 2 Dairies, 30 lbs. each 1 young American, 10 10s. each 12 to 24 sections, averaging less than 1 lb. | June and July October October |
| Poultry, five Poultry, dressed | Bag Coops | 10s. each 30 dozen 12 to 24 sections, aver- aging less than 1 lb. | October March, April, Mag |
| Nuts | Box | 125 to 150 lbs. 100 lbs. up. 1 dozen up 50 pounds up Dozen | |

marketing, a group of people can cooperate in buying land and building houses. There are five different groups of University of Chicago professors who joined together. First of all, each group agreed to "stick together." After the ground was purchased, at a much cheaper price than if individuals had bought it, they employed the same architect, the same decorators, etc. The houses are built block style and are very attractive, resembling somewhat the Swiss chalets. Each family was consulted about the arrangement, number and size of rooms, and while the general outside appearance is alike, each house has its own individuality and is quite different inside.

Instead of each family having a tiny back yard fenced in, there is one large yard, much like a little park. Each of University of Chicago professors who

plot, cutting the grass and keeping the lawn neat. Under these circumstances it is very necessary to have congenia

it is very necessary to have congenial neighbors.

One group of professors do a little cooperative buying in potstoes and apples, and particularly in purchasing fire-place wood. Instead of buying wood at the yards for \$12.00 a cord, they purchase it for \$6.00 from a spot in Michigan. Of course some one or two must devote a little time to dividing things bought co-operatively, but they have found it pays.

If the present mode of private management and control is a wasteful and inefficient method, it is pertinent that we change our way of living. The problem is one that must be handled by competent, trained persons, who thoroughly understand the business of co-operation in all its various phases.

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.

Caroline L. Hunt Washington, D. C.

CAREFULLY planned bill of fare A has something in common with a well-designed landscape. The latter is likely to have a broad background of neutral tints which, from the very fact that they are neutral, offer no violent contrasts to each other. This background, which may be a forest or a wide expanse of sea, is usually diversified by bits or bright color, a gleam or two of sunlight through the trees or specks of foam on the wavetops. Background and high lights are equally necessary to the charm of the picture.

The carefully planned bill of fare has also a broad background. This is com-The carefully planned bill of fare has also a broad background. This is composed of more or less neutrally flavored foods, meats and starchy substances, such as potatoes, bread and rice. These tools, which constitute the chief nutritive portion of the meal, are in the successful menu blended by the judicious use of fats of various kindsbutter, meat fats, cream, or clive oiland their somberness is lit up here and their somberness is lit up here and their symall portions of highly seasoned or sweetened foods—jelly, pickles, capers, perhaps, or a little mint sauce or candy. The latter are the "high lights" of the bill of fare, and while they have fittle food values are necessary to tive charm to the diet. Incidentally, it may be said that the "high lights" are the parts of the meal which food faddists leave out of account when they must that a family can be properly, the on the fact that that amount of money will buy enough tissue-forming ment on the fact that that amount of money will buy enough tissue-forming code, enough fat and enough starch. It may be said, however, in spite of the above sulogy upon the "high lights" if the diet, that in these days, when homemade bread has grown out of the above sulogy upon the "high lights" if the diet, that suffers the background, rather than the hackground, rather than the hights" of the diet, that suffers it is wonderful how successful a background good bread and butter make cartein school housekeeper, whose the met with the approval sven of the girls from wealthy homes, attributed her success to her custom of the success to her custom of

wheat, graham, rye, corn, crusty French bread, rusics, biscuits, muffins, current Broffed Tomatoes on Toast with Cheese buns and so on.

Bread and butter come near to being a complete food. They need only to have a little meat added occasionally, or an egg, or a glass of milk. With these the background is complete, so far as nutritive value is concerned. Then comes the task of introducing the small surprises, like the bits of bright color in the landscape, which attract the attention and center the interest. These cannot be supplied by means of an ever-present catsup bottle in the middle of the table. They should vary with the day and the meal. One highly seasoned substance is enough in a simple meal. If it comes with the meat, the dessert may be neutral in flavor. But if the meat course has been somewhat somber, the dessert should be more or less piquant. If the meal is elaborate, the neutrally flavored foods should be so introduced as to keep the highly flavored foods from clashing.

In planning a meal the consistencies of the foods must be taken into consideration as well as their flavor. Too many watery dishes spoil a meal, or too many concentrated foods. Clear soup and water ice, for example, should not be served in the same meal (except when there are many courses), nor baked beans and steamed pudding. The truth is, we give attention to this matter of consistencies almost instinctively. We serve crisp colesiaw with soft baked beans, and brittle crackers or cockies, rather than soft cake, with rich ice cream. Crackers and cheese seem to go naturally together; mashed potatoes seem a fitting accompaniment for steak, and fried potatoes for creamed chicken or fish.

Contrasting temperatures also lend charm to a meal. At elaborate dinners frozen punch is served with hot meat, and a dish which has gained much favor of late is chilled asparagus with hot hollandaiss sauce.

These general principles of bill-of-fave making are given-here not because the following menus live up to them, but in order to prove that the planning of meals, which by some women is considered a bore, may secome an aricapable of being highly developed. the background is complete, so far as nutritive value is concerned. Then

MONDAY BREAKFAST LUNCHBON DINNER

Stagout of Beef with Syrup Pineapple Bayarian Cream Crisp Chackets Coffee TUESDAY BREAKIVAST Concord Grapes
Oatmesi
con and Fried Eggs
Coffee LUNCHBON

DINNER Consomme

Roast Lamb

Baked Bananas with Raisin Sauce.

Mook Indian Pudding with Ice Cream

Coffee

WEDNESDAY

BREAKFAST Crubapple Sauce Hominy and Egys on Toest LUNCHION Cream Tomate Soup
Apple and Green Pepper Saled
Corn Mufins
Honey
DINNER Broiled Cutlets of Lamb with Onion Sauce Pried Eggplant Creamed Potatoes Orange and Mint Salad Tride Rolled Wafers

THURSDAY BREAKPAST
Baked Apples
Crisp Wheat Corest
control LUNCHEON Mock Vepison Baked Potators DINNER

Ragout of Beef

Cover the bottom of a casserole with clive oil. In this brown 3 small sliced onions. Add 2 pounds of beef from the round, cut into small pieces, 5 medium-sized tomatees, a few small carrots, a small piece of bay leaf, pepper and salt. Cover and cook slowly for 2 or 3 fewers. Curried Veal Prench Fried Poistons Chocolete Meringues Peanus Cookies

BRUAKFART LUNCHEON DINNER

Coffee SATURDAY BREAKFAST Sofied Tres Stramberry Jam. LUNCHIBON

d Fish in Foundation Fried Potaton Chopped Pickle DINNER Pimento Soup Brown Bread Cabbage and Green Pepper Saled Lemon Jelly or Ice Cookies

SUNDAY BREAKFAST

Fruit Jam DINNER

SUPPER Cheese Sauce

One cup of milk, 2 tablespoons of flour, % cup of grated cheese, salt and pepper. Thicken the milk with the flour, and just before sawing add the cheese, stirring until it is melted.

Baked Hash With Macaroni Soil % pound of macaroni and put into a buttered casserole, adding a little butter. Push the macaroni to the side of the dish and fill the center with chopped cooked meat, which, in this case, will be the meat from the ragout of beef. The vegetables also can be utilised in this way.

Baked Bananas Peel the bananas and place them in the pan under the roast lamb about 30 minutes before serving.

Raisin Sauce for Baked Bananas One cup raisins, seeded; 1½ cups water, 3 tablespoons sugar, ½ teaspoon ground cinnamon, juice of ½ orange, 2 tablespoons current jelly. Boil together until the raisins are soft. Frunes may be substituted for raisins.

Mock Indian Pudding Mock Indian Pudding
One-half a small loaf of entire
wheat bread, 3½ cups of milk, ½ cup
of molasses, 2 tablespoons butter.
Remove the crust from the bread and
cut it into slices. Fut the bread into
a baking dish, placing bits of butter
upon it here and there. Four over it
the molasses and milk. Bake 2 hours in
s very slow oven. Serve warm, but
not hot, with a small slice of vanilla
ice cream on each dish. In most places
the ice cream can be obtained at mealtime in large enough quantities for this
purpose from a nearby drug store or
confectioner's.

Cutlets of Boast Lamb If lamb or mutton is not overcooked the first time, a very satisfactory
way of using it the second day is to
cut thick pieces from the interior
and fry, broil or pan-broil them.

Orange and Mint Salad

Orange and Mint Salad
Remove the pulp from the oranges
by cutting the fruit in two and using
a spoon. Sprinkle with powdered
sugar and a little chopped mint, adding a small amount of lemon juice if
the oranges are sweet. Chili thoroughly before serving.

Trific
Cover the bottom of a dish with stale
sponge cake in which planched almonds
have been inserted. Pour soft custard
over the sponge cake and place whipped
cream over the custard. Garnish with
blanched almonds, candied pineapple
and candied cherries.

Onion Sauce
Six large white onions, 4 cup butter.

Six large white onions, & cup butter, 1 tablespoon flour, 1 takepoon sugar, is cup oream, salt.
Cut the onions into 3 or 8 places

each and cook them for ten min-utes in boiling salt water. Strain them and cook in a covered sauce-pan with the butter for about % hour pan with the butter for about & hour or until they are very tender. Fress through a pures sieve and reheat. Sprinkle the flour over them, stirring it in thoroughly, and add the seasonings. Bring to the boiling point, and heat long enough to cook the flour thoroughly.

Swiss Eggs

Four eggs, 4 cup cream, 1 tablespoon butter, 4 cup grated cheese, salt and pepper. Heat the butter and cream together, break in the eggs whole, sprinkle with salt and pepper. When nearly done, add the cheese. Serve on buttered toast. Strain the cream over the toast.

Mock Venison Cut cold lamb into thin slices and reheat in a sauce made in the following way: 2 tablespoons butter, 2 tablespoons flour, 1 cup water or stock, 2 cup currant felly, 1 teaspoon Worcestershire sauce, sait. Melt the butter, brown the flour in the butter and add the water or stock, cooking until the sauce thickens. Add the jelly and other seasonings.

thickens. Add the jelly and other seasonings.

Curry of Veal

Two tablespoons butter or drippings, 1% pounds veal; % onion, chopped; 1 pint milk, I tablespoon flour. I teaspoon curry powder, salt and pepper. Fry the onions in the butter or drippings, remove and fry the veal until it is brown. Transfer to a double boiler, cover with milk and cook until the meat is tender. Add the curry powder a short time before

the meat is done and thicken the milk with flour before serving. Cabbage and Green Pepper Salad This is made like colesiaw, except that the cabbags is mixed with an equal volume of chopped awest green eppera. Escalloped Turnips

Escalloped Turnips

Cut the turnips into alices and cook them in water to which a little butter and sait have been added. When the turnips are soft, remove from the liquid and use this to make a white sauce, allowing I tablespoon butter and 3 tablespoons flour to each cup of the liquid. Put a layer of sliced turnips into a taking dish. Cover with the sauce and continue alternating turnips and sauce. On the top put a layer of breadcrumbs and grated cheese. Bake in the oven until the top is brown.

Cuban Sandwiches Gut 2 slices of bread for each person to be served. On half of the slices lay lettuce leaves spread with mayonnaise dressing. On the lettuce lay thick slices of soft cheese. Cover with the remaining slices of bread, and on the top lay a piece of sour or dill pickle.

Peanut Cookies 4 cup butter, 4 cup sugar, 2 eggs, 3 teaspoons baking powder, 4 teaspoon sait, 4 cup flour, 4 cup milk, 1 cup finely chopped peanuts, 1 teaspoon powdered ginger. Mix the ingredients in the order given and drop the mixture from a spoon on to a buttered pan. Bake 15 minutes in a slow oven.

THE HESITATING LOSER

HE pages of history attest to the fact that the one who hesitates The pages of history attest to the fact that the one who hesitates when a valuable opportunity knocks at the door is a regretful loser. Even in household matters is this true. Grandmother should help you to improve on grandmother's days and ways. That's progress.

Today a new and good idea is presented to institute readers. Every Sunday a worth-while subject is discussed by a writer whom you would ride miles to hear if she or he were talking in your town.

Institute readers are growing in numbers to a gratifying degree. It is good to know that péople appreciate high quality.

Next week the luncheon hour will be discussed by Mrs. Florence H. Wade, a noted distitian. 'From Twelve to One' is the discussion which will change a few harmful views of the noon meal. Look out for it.