

# THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE

may be satisfied at far less expense.

effort on the part of the actual lunchers

can be secured. Standards must be

facing a present and a future unlike anything that has ever gone before, and

on the investment"; for all intelli-

gent observers agree that the mental

and physical—to say nothing of the moral—effects of nutritious food sup-

plied to students and workers in factories, stores, and all business of-

floes cannot be calculated. The profit

is vital and far-reaching and in many

A German in a large business con-

corn, relating what the lunchroom recently installed had done for him, said that he used to bring his cold

lunch from home and eat it hastily,

rarely having time to secure a hot

drink. Then at night his wife was obliged to have a hot dinner for him

and the children, who had already had their dinner at noon and de-

manded a share of his. This made it necessary for his wife to serve two

dinners each school day. This was also the testimony of the foreworn

also the testimony of the Sorewoman, a widow with two children in the public schools. With the new arrangement, having had a dinner at the business place, the man found his wife and children upon his return home dressed, rested and pleasant; a light supper of fruit, saisd and bread and butter on the dining table and the whole atmosphere of home changed by the really substantial, nourishing business noon lunch. Said

nourishing business noon lunch. Said
the widow with tears: "God bless the
Firm for our good lunch! My children now take dinner at a neighbor's
and my evenings are spect in reading
and sewing. A light tea is all we
need. I can give almost as much
work again now that we have our
lunch provided and fifteen minutes
for rest as well!" This is the business man's policy of conservation of
his employes; it's the technique of
scientific management.

Just go must we wissly conserve
and use, not abuse the health God
gives us.

As to methods, they are the same

As to methods, they are the same in schools, business firms, hindu-rooms; horseshoe counters—the open end toward the kitchen. Behind the

cases surprising. For instances

changed. We as women workers are





HERE is a science in eating, for science is really "organized com non sense." Most women lack this. If you doubt it, watch them eat. Choose the noon hour in any restaurant, and make a mental note of how and what business women and shoppers eat. Con-Breet these meals with those of the same number of men.

Look at the woman in the home who is alone. She is usually standing up and eating anything that can be extracted from the ice bow with the st trouble. Her husband pursues a far different plan.

From 18 to 1, or any luncheon hour, is just as important as breakfast er dinner time. As soon as women recognize this there will be more profit-

able afternoons for both employers and workers.

Read this. It contains food for thought which can be converted into sensible action every day. Mrs. Wade emphasizes some points that you have long suspected as true and workable. Through the medium of this page we hope to make them contributory factors to noontime happiness.

By Florence R. Wade

TOW, good digestion walt on appetite, and health on both!" Surely the immortal for to no one else are they more appli-

Health, good looks and vital energyupon the preservation of these three reulrements depends the business tion necessitates a maximum vitality, and only by maintaining such can & she to solve these greatest of prob-

Physicians tell us that more evil is wrought among the health of husiness and working women today by the heaty ill-considered lunch than by the long hours of labor. Hence the hints most necessary for business women concern her health, and the very first of these is the lunch and the conservation of her time from 12 to 1.

To secure rest and recreation—freedom

her time from 13 to 1.

To secure rest and recreation—freedom from thought—implies intelligent planning; for it may be said to be the one vitally important about against the many, and should therefore count.

Most young business women form the habit of using this off midday hour in an unsatisfying way. Together with several other girls they race into a crowded lunchroom, and, amid incessant chatter, choose something hurriedly from the bill of fairs that happens to be novel or that strikes them as toethsome. Its nourishing properties are of small consequence, and it may fall anywhere in the scale from indigestible to frivolous, from lobster patties to single cake. It is swallowed whole, washed down with fee water and then away to a bargain counter in some department store or to the excitement of a moving-picture show. In both places the air is bad, the crowd often rude and jording, and the time allowed so nearly up that it is only at breakneck speed that they reach their posts on time. This is not an exaggeration of the way in which hundreds upon hundreds of

young women spend the lunch hour. bour for lunch," said a woman, the had mine off the top of my desir-ham sandwich and a glass of milk-and dio

"See here," I said, "you'll kill your self or else you'll ruin your diges It's all very well to be interested in one's business, but do draw the line at a decent hour at least."

"So will I, when I'm no longer on the market," she replied, "You know very well that a person under such conditions simply can't be regarded as a free woman."

"Say you don't mean R." I begged.
"You, so rosy-cheeked and bright eyed; so full of vigor and glow; so alert and sane."
"But I do mean it; we're all for sale, more or less. It's only the freshness of the article that makes the difference."
"Then preserve what you've got in the way of a healthy digestion." I exclaimed as I closed the office door.
"And the president of the concern she works for never takes less than 1½ hours for his luncheon." I ventured to explain in retailing our conversation to a friend.
"My dear, the male of the species understands the needs of his body much better than the female," was his sententious reply. And he most certainly does.

does.

In choosing a lunch, the price is invariably an important consideration for women, and less frequently for men as well, and just here is where most people demand impossible concessions. Having a very good idea of current prices and values in raw foods at the groceries, provision stores and markets, they expect the proprietors of lunchrooms to perform smiracles; in other words, to serve the cooked meats damitly, or at least appetizingly, for almost the bare cost of materials, not counting the cost of preparing and serving, and the ordinary proprietor, trying to live up to the public demand,

thing that is a miracle—to those who know not the methods and who see not the kitchen or the storeroom. The public has been tricked, and who

is to blame? The proprietor is not in business as a benefactor, he is there to make money, and money you may be sure he will make by hook or by crook. Therein lies the great menace to the health of the business women in our cities, for many dishes can be chesp,

wholesome and genuine; but others must be expensive in the nature of such as people insist upon, often de mand the most costly dishes. As a result, they get veal for chicken, canned lobster instead of fresh, cleverly manu-factured substitutes for maple syrups and all sorts of tams; and so on through an endless list of eatables and dainties.

Now I maintain, from long experi-ence, that a well-chosen lunch need not necessarily be expensive. A single two meals in the day, would cost less than the usual lunch topped off with pastry or ice cream. It would also be more nourishing and ultimately give more pleasure, because it would mean better health, and also because a taste for simple food brings more pleasure an a pampered appetite.

The first thing for the intelligent business woman to do-and the man also is to make a reasonable demand of the lunchrooms which are to supply her needs. Then she should study what in her particular case she ought to est,

To study how to supply the energy we need, how to repair the wear and tear of our human machine, will mean a rich reward in health and spirits. A safe rule is to abide by plain food and cultivate a reliah for it. Look for flavor in meats simply cooked, in grains and vegetables for the natural, not highly seasoned, flavors; do not add sugar, catsup, pickles and spices and a superabundance of salt. If good food does not taste good to you, skip a meal or two-indeed, a good plan is to fast every Friday for the body's sake as well as the soul's. Hunger is the best sauce. Don't say you can't fast one whole day and work. I once fasted six-teen days, never worked harder or felt better. My digestive organs not being taxed, the entire system had a chance to throw off many of its impurities. Unfortunately women-rich and poor, young and old-prefer the frills in cook-

ery and men the substantial, especi ly meats; of this the men eat entirely too much, particularly after the age of an and reap the results of an unbeianced diet in various familiar maladies, such as rheumatism, gout, Bright's disease,

Desserts, woman's specialty, could be out down with great advantage, especially ples. Candy in the quantities in which it is eaten, and the times, is a doubtful blessing. We Americans are the greatest meat and candy consumers in the world, and the medical and dental professions reap the harvest thereof in stomach and blood diseases and decaying, aching teath.

of in stomach and blood diseases and decaying, aching teeth.

Food for working efficiency is the great question before the business woman. She must maintain her physical well-being or she cannot take even the first step toward success. How do you suppose a girl who feeds herself on cream puffs can be anything else but mercurial?

but mercurial?

In a crisis the whole world realises that women are unequaled for nerve and endurance. Tet there is a tendency among business men to look upon girls as unreliable and an uneven proposition for a long pull. The typical young woman laughs easily and cries

easily.

For business she needs an emotional thermostat. Her mind must be regulated as we attempt to regulate hotwater boilers. The water must neither be too hot nor too cold, but must be on tap at the required temperature. To "blow hot and cold" is not a susiness quality.

end toward the kitchen. Behind the counters are the persons who hand out the lunches, which are paid for in checks after each meal. These checks are sometimes purchased at the door as one enters. Often the customers purchase only a plate of soup of a cup of coffee to supplement the lunch they have brought from home and already eaten. "blow hot and cold" is not a cusiness quality.

"Be frivolous off the job," I heard an employer say to his staff of women; "for working success you must live down the term 'giddy girls.' Steadiness is a quality that counts."

Business women must plan their lives for their work—as men do; form habits of eating, sleeping, working, playing, that shall unconsciously square the account between "give and take." Make a boen of the hour off from 12 to 1. Make it furnish food that feeds, a breath of outdoors, a restful mood.

Good looks pay a fair dividend, and it is a fact that on good, nourishing food they have brought from home and already eaten.

A table d'hote lunch often proves the best proposition, as much waste is avoided by reducing the number of articles furnished in a given day.

Such a lunch, costing from 15 to Scents, can be generous and delicious, and the effect is seen at once in the quality of the work done and the improved health of the people themselves. Too much stress can be laid upon the importance of relish in eating. Here

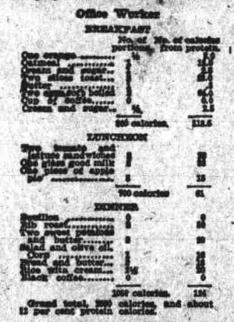
look over the bill of fare and try to imagine what article will taste best, business woman need squander her savings on expensive luncheons unless she due regard being paid presumably to chooses to do so. If she prefers rare ching and the services of a waitress, the high-priced cafes and restaurants will furnish all this luxury to the degree for

Science—otherwise "organized com-mon sense"—is applied to everything but food when it comes to eating. which she is able to pay. But most business women prefer laying aside this extra money for the proverbial rainy day; this also is her privilege, for there taste," say both men and won Now science has no quarrel with this attitude; it merely says, "Exercise your taste, by all means, but with a are plenty of places where her appetite good deal of common sense." It is only, however, by concerted What are the energy requirements of the body? Let us begin with the smallest. When a person is resting and themselves that the right kind of funch

we need original and wise modes of atand does muscular work; when he ditack. Nothing that has succeeded heretofore will merely, because of that, succeed again. We must meet our own ms with our own weapons. And of the first weapons too me about fourteen calories a pound of; actual body weight, for a person of cannot be said: L e., the selection of the average weight (130 pounds), 1830 cal-ories. A person sitting up would use one catory a pound more (1930 calories), and if he diseases three meals a day, he would use an additional calory a pound; if he does light work, like typewriting, proper persons to have in charge of the lunchroom. She and preferably she is a woman and trained in domestic science—must be a well-paid expert. Because a woman is a good cook or "has kept a boarding house" is not a good buyer and a first-class organizer. She must have a fund of good humor and be a student of human naand each portion is the amount which gives 100 calories. For instance, one orange deficient in heat-giving sub-Moreover, the income from the lunches should cover the actual running expenses, the wear and tear, restance, must be classed as one-half porpairs, etc. Nor can one measure in mere dollars and cents the "interest tion; coffee, cream and sugar together give another half—because only small amounts are used. Cream and sugar in

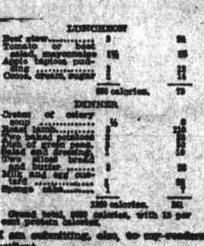
quantities are both heat-givers of great value. The wheat products, the cereal, and the roll and butter supply enough heat to count for two portions, or 200 amount of protein, from 12 per cent to 15 per cent of the total energy; it is the protein we depend upon for building material for the tleaves. An adult has meterial for the therees. An actual last cond only of just enough, with a safe margin to make good the daily wasts. As he or she has no means of storing this constituent, any excess eater must be removed by the prigans of exception and energy, and every adult business woman must be careful to avoid ever-

Here are two sample diets accessed so as to contain the twenty-four-hour requirement for the office worker and the active outdoor worker respectively. The noon hour, from 15 to 1, lunch should be regulated so as to include the proportionate amount.



Outdoor, Active Worker BREAKFAST





are delicious and valuable as a food of bankas, four and a new jour potatos, one pound of bread, four pounds of milk, four and three-fourths pounds of fish or two pounds of eggs. One lives today in such a bewildering

skat, that it is a relief to turn from these to learn of the novel cafeteria western cities. After all, the cafeteria, or self-serving lunch, is the best solution of the whole problem, because it eliminates the expense of service Many one and well-to-do business men are also finding out its advantages. I saw them by the dozen everywhere in the west end on the Pacific coest entering the eafeteria lunchrooms from 13 to I. Bach takes his tray from the side counter, his napkin, knife and fork and spoons, and, awaiting his turn, chooses his mest, vegetables, salad, dessert and drink, pays as he passes to his table, and there lunches in peace. Often the business woman is accompanied by her

knowing what the desert is before you reach it. This will often prevent overeating, because you will "leave a place" for the last course.

A Never take a second cup of coffee.

You will not care for a second if you moisten your food sufficiently with samulaten your food sufficiently with saliva. Take dinner coffee always with dessert, or after, never before.

There is no place in the world where you can spend a dollar to save a cent more easily than in this matter of the lunch from 12 to 1; but it takes both knowledge and skill. Take, for instance.

### MISS MUFFET AND THE

Was frightened away from a calm mast be. was frightened away from a calm meal by a spider. But some-times a spider is good for us! If the spider presents some startling yet necessary truths, it is a good encounter. Yes, it is disturbing to be routed out, but it is benedicial.

The People's Institute sometimes startles its members. It always is good for them. Take the matter of the lunch hour shown up on this page. If you are eating your curds and whey foolishly, it's time to stop. Maybe you are not eating at all ! Well, the Institute will clear up a few

erroneous ideas for you.

Next week "The Psychology of Food," by Ida Cogswell Bailey-Allen,
will present an important subject in this writer's characteristically

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 Caroline L. Hunt

Washington, D. C. OF ALL times in the year bill-of-fare making offers fewest difficulties in October. This is beeause one's family is likely to be tempted into the open air for the purnose of enjoying the changing foliage nd to bring back good appetites with them. It is partly, too, because of the lance of foods on the market sich are at their best at this time of

abundance of foods on the market which are at their best at this time of the year. Just the one fact that apples have not lost the fine flavor with which they left the tree is a help. Toward spring they need to be seasoned up a little with cinnamon, nutmeg or lemon, but not in October.

Uncooked apples satisfy most people at this time of year for a breakfast truit; if variety is sought, however, they may be accompanied by dates or far. This combination offers the pleasant contrasting consistencies or textures about which we spoke last week. The orisp watery apples go well with the soft concentrated dates or figs.

Remember that the skin of the apple is good food, and leave it on so far as possible when the apples are cooked. A comment physician, lecturing before a tris school, advised his hearers to eat to only the skins of the apples, but he cores and even the stems. A facebone student later, in reporting the lecture said that he advised them to eat he skin the core, the stem, and even little piece of the bough. This little has arress to emphasize the need in the dist of cellulose, which is found to be sure, in the bough, but in too one a form for human consumption.

In newing green apples it is possible than sufficiently tender. In the

case of raw apples, the chief problem in connection with the skin is how to secure cleanliness. If there is any doubt as to the way in which the apples have been handled-and, unfortunately, a visit to the average market today is more likely to destroy than to create confidence—the apples may be dipped in boiling water. This can best be done by means of a frying basket. This process does not change the flavor of the apples in any way. I have even dipped apples in any way. I have even dipped such delicate fruit as strawberries in boiling water and have found their flavor to be improved rather than impaired. It is necessary, of course, to chill them afterward.

There is apple sauce and apple sauce, and there is just as much difference between the jeilled apples already described in these columns and the ordinary compound made by stewing together apples, water and sugar as there is between well-baked bread and the somety variety.

MONDAY Quince and Apple Sauce Hominy LUNCHEON DENNIER

Cassarde Steak Boiled Putators

Corn Pritters

Apple Sauce Gingerbrand Coffee TUESDAY BREAKFAST

LUNCHORON Meet Pie With Potate Creat Checolate With Whipped Cream Pickies Date and Nut Cookies DINNER Reast Pork Classed Sweet Potatoes
Pried Apples
Chilled Pears With Chocolate Sauce
Crackers Cheese Coffee WEDNESDAY BREAKFAST

Delaware Grapes Corn Meal Mugh Finnan Haddle on Toast Coffee LUNCHEON Cold Roast Pork Pudding DINNER Veal Cutlets With Ham
Mashed Potatoes
Becalloped Spinach and Cheese
Macaroon Cream THURSDAY BRHAKFAST Haw Prones Hominy LUNCHEON Beet and Pointo Salad Peach Shortcake DENNYER

FRIDAY BREAKFAST Saked Plums
Step Corn Orest
ge on Toast With Choose do
Coffee
LUNCIESSON BATURDAY BRBAKFAST Coffee SUNDAY BREAKFAST

Cauliflower
Cauliflower
Cauliflower
Cauliflower
Coonnut Pie
Codes
SUPPEB
Cod Cranges
Code
Codes
Cauliflower
Caulif

One quart bran, 1 pint wheat flour, 1/2 cup molasses, 1 teaspoon sods, 1 teaspoon sols, 1 pint buttermilk. Bift together the flour, sods and sait and add the molasses and buttermilk. This mixture is sometimes baked in one loaf, but most people like it better when cooked in the shape of muffins. These muffins will keep fresh for several days. Casserole Steak

Casserole Steak

Hawe a sirioin or round steak out
I'd inches thick. Cut it into individual
portions. Sear these over quickly in a
hot spider with a little butter and place
them in a buttered casserole. Place I
tablespoons of fat in the spider and
in it fry I tablespoons each of chopped onion and carrot and a little
chopped parsley, Add I tablespoon
flour and cook until it is brown. Add
I'd cups of stock, and season with salt
and pepper. Cook until the sauce is

## Whey Syrup The whey which is left over when cottage cheese is made can be utilized for the preparation of a very good syrup. To every pint of strained whey allow 2 cupfuls of sugar and boll until the desired consistency is reached.

Date and Nut Cookies

Date and Nut Cookies

One cup of butter, 1% cups brown sugar, % cup sour milk, 1 teaspoon baking powder, % teaspoon soda, % teaspoon salt, 2 cups of rolled oats, wheat flour. Cream together the butter and sugar, add the sour milk, salt and oatmeal. Sift the soda and baking powder with % cup of flour and add to the other mixture. Add enough more flour to make a soft dough, cool and roll out very thin and cut into small rounds. Put two rounds together with a mixture of finely chopped dates and nuts between them. Sprinkle with powdered augar and bake. Chilled Pears With Chocolate Ban

Peel and core large pears and cook them in ayrup until soft. Chill them thoroughly and serve with hot chooslate sauce.

Two ounces chocolate, is cup sugar, is cups milk, I teaspoon arrowroot, is cup grains of sait, is teaspoon vanille. Mait the chocolate in the top of a double belier and add the sugar. Add the milk and cook over hot water for five minutes. Thicken with the arrowroot mixed with the cream and add the sait and butter.

Piquant Soup
Two cups stewed tomatoes, % cup
flour, 2 tablespoons butter or drippings, 1 onion, 1 tablespoon grated carrot, 1 tablespoon grated horseradigh, 2
stalks culery.

fat and add the flour, cocking it until it is brown. Add the tomatoes, carrots and celery, and cook for a few minutes; then add the stock and bring to the boiling point. Cook gently for one-half hour, pass the mixture through a sleve, reheat, and add the horse-radish, sait and vinegar to taste. One tablespoon vinegar is usually found to be the right amount.

#### Italian Soup

Italian Soup

Two ounces macaroni, I cup stewed tomatoes, 2 tablespoons butter, 1/2 cup
grated cheese, I onlon, I quart of stook,
I tesapoon lemon jules, sait and red
pepper. Break the macaroni into inch
pleces and boil in the stock until quite
soft. Peel and silies the onlon and brown
in the butter. Add to the onlon the tomatoes, stock and half of the macaroni.
Cook fifteen minutes and pass through
a fine sieve. Season with sait, pepper
and lemon jules and dilute the soup
with stock if it is too thick. Just before serving, add the macaroni and
cheese.

Bestroot Soup
Two cooked beets, I stalk of celery,
4 onion, I turning, is bay leaf, I tablespoons butter, I tablespoons flour, I
tablespoon vinegar, salt and pepper.
Chop the vegetables with the exception
of the beets and cook them in the butter for five minutes. Add the flour and
cook for a few minutes; add the stock
and cook until it thickens. Allow the
mixture to cook until the vegetables are
quite soft. Peal the beets and pass
them through a sleve; strain the soup
and add to the beets; heat and sea-

Ory breadcrumbs carefully browned in the oven can be served as a cereal with cream and sugar. The bread after being browned, should be rolled and sifted. The coarser crumbs only should be used as a cereal and the dier ones should be used for crumbing orequesties.

Fried Green Peppers

Wash the peppers and remove all the seeds. Cut them in thin slices and cook them in butter and water until the peppers are soft and the water has evaporated.

Sour Gream Sauce

Take equal quantities of alloed potatoes and thinly sliced encumbers and pour over them a dressing made of sour cream seasoned with salt, pepper, vinegar and a little finely chopped paralley and thives. This dressing is improved in consistency by being beats thereusity.

Torkshire Pudding
Three eggs, I cupful flour, I pin
teaspoonful sait. Beat size east
very light, then add the sait. P
mixture over the flour, add d
and beat well. Bake in hiss
sumpass or in an ordinary baki
for afteen minutes, and beate wit
pings from the beat.