

THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE

FROM TWELVE to ONE



has his chef or his cook concoct something that is a miracle... 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...

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 eat...

Young women spend the lunch hour. "Only organized labor can take an hour for lunch," said a woman, the secretary of a captain of finance...

As to methods, they are the same in schools, business firms, lunch-rooms, restaurants, and clubs. The open end toward the kitchen. Behind the counters are the persons who hand out the lunches, which are paid for in checks after the meal is taken...

depend these same good looks. No business woman need squander her savings on expensive luncheons unless she chooses to do so. If she prefers rare china and the services of a waitress, the high-priced cafes and restaurants will furnish all this luxury to the degree for which she is able to pay...

It is only, however, by concerted effort on the part of the actual lunchers themselves that the right kind of lunch can be secured. Standards must be changed. We as women workers are facing a present and a future unlike anything that has ever gone before...

Moreover, the income from the lunches should cover the actual running expenses, the wear and tear, repair, etc. Nor can one measure in mere dollars and cents the "interest on the investment"; for all intelligent observers agree that the mental and physical effects of nutritious food supplied to students and workers in factories, stores, and all business offices cannot be calculated...

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is where we make a grave mistake. We look over the bill of fare and try to imagine what article will taste best, due regard being paid presumably to the relative cost. Science—otherwise "organized common sense"—is applied to everything but food when it comes to eating...

What are the energy requirements of the body? Let us begin with the smallest. When a person is resting and fasting and it is warm, he uses the least energy in his body—for example, lying in bed. When he moves about and does muscular work; when he digests a meal, or when he is exposed to cold, he uses more energy. In twenty-four hours the average utilization of energy under minimal conditions is about fourteen calories a pound of actual body weight...

There is a definite amount of heat which our bodies derive from food, and each portion is the amount which gives 100 calories. For instance, one orange deficient in heat-giving substance must be charged on one-half portion coffee and one sugar together give another half because only small amounts are used...

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Table with columns for 'LUNCHEON', 'DINNER', and 'DESSERT' listing various food items and their caloric values.

the California sun-dried raisins. They are delicious and valuable as a food product, and possess an important medicinal value for their laxative effect. As a comparative food value, one pound is equal to one and one-half pounds of beef...

There is a science in eating, for science is really "organized common 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. Contrast these meals with those of the same number of men.

By Florence R. Wade English, French and German Dietitian, Home Economist and Lecturer. NOW, good digestion waits on appetite, and health on both!

Health, good looks and vital energy—upon the preservation of these three requirements depends the business woman's success. A maximum production necessitates a maximum vitality, and only by maintaining such can a maximum output be secured. How is she to solve these greatest of problems?

Office Worker BREAKFAST: One orange, 1 slice toast, 1 cup coffee with sugar, 1 slice buttered toast, 1 cup milk, 1 slice buttered toast, 1 cup coffee with sugar. 500 calories.

Outdoor, Active Worker BREAKFAST: One orange, 1 slice toast, 1 cup coffee with sugar, 1 slice buttered toast, 1 cup milk, 1 slice buttered toast, 1 cup coffee with sugar. 500 calories.

MISS MUFFET AND THE SPIDER

When our nursery days were very sorry for the little lady who was frightened away from a certain meadow by a spider. But some-times a spider is good for you! If the spider presents some startling and necessary truths, it is a good encounter. Yes, it is disturbing to be roared out, but it is beneficial.

MENUS AND RECIPES FOR A WEEK FROM AN EXPERT IN COOKERY

Menu and recipes section including: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY, SUNDAY. Includes recipes for dishes like Beef Stew, Chicken Soup, and various breads.