

THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE





AT, drink and be merry'—especially the merry part of it—is a very old bit of advice. This discussion today is given to write that down in large letters for every man, woman and child, so that Mother Nature will have half a chance at

The psychology of food means that there is a very intimate connecion between the state of mind and the subsequent state of the stomach. ry a hilarious, heavy dinner with plenty of laughter, and see how easily is conquered. And then take a light, digestible meal, liberally mixed vith tears and worry, and grown over the effect. Truly, there was need I the court jester, and since he has circled to the past, it is up to you to upply the enjoyment that lets "good digestion wait on appetite, and health is both."

There is some excellent food for thought in the article from Mrs. Illen's able and entertaining pen. Read, eat and smile.

By Ida Cogswell Bailey-Allen

In other words, the contrast of fun and happiness created so different an atmosphere that the nerves of stomach and CLEVER mother, wise enough intestines responded to its influence, to put into everyday use facts while the indigestion, which was of a learned in her college career, was greatly troubled over the nervous type, consequently disappeared. here perveding the faming up and apportioning of all kinds als, and the constant digestive sturbances which caused the "soda of food to the various parts of the body. Any normal person should be able to digest all ordinary foods irspetually empty. "Back in the olden sya," she said to herself, "the king's "Back in the olden respective of weather, change of climate, environment or unfamiliar is were enlivened by jester and quality. own, and the court laughed and grew Many an old-time custom has had foundation in the instinctive cravwealth, was raised from babyhood on of the body for right living. I be-Finally his mother leve that my family needs more merritook him to visit his country grand-

nent and wider interest at mealtime. nd that as in the days of the court timulate digestion." So she announced hat the table was to be no longer a learing house for the troubles of the n imaginary grievance, was to pay five ents fine into the "missionary pig." foreover, the toll for dinner each night hereafter was to be a merry tale, a quaint anecdote, or the discussion of ome current event, and no one was to

The result was magical! It was no onger necessary to order soda once a week and to watch the ever-diminis ntents of the peppermint bottle. Brother's "grouchiness" disappeard along with the gas in his stomach; ster's nervousness vanished in a peal f laughter, and the moment father un-

With due allowance for personal idiosyncrasy, the foods that often

folded his napkin, the business look

changed to the geniality they all loved.

The digestive process is the break-

A boy of 10, born into a family of

mother into the spicy larder, where she

invited him to help himself to what-

ever he wanted to eat, as any grand-

mother would do. The lad, just like

a boy, selected a julcy piece of pump-

kin ple, a doughnut or two and a

banana, demolishing them with the

joy of one eating stolen fruit. When

the mother discovered what had hap-pened, she became hysterical, bitter-

predigested diet.

first time, for,

although the boy

was perfectly well,

she had never be-

fore ventured so

far from a doctor.

Soon after arriv-

ing, the boy fol-

lowed his grand.

cause disturbance are those eaten in anticipation of ill results. "Fish always makes me sick," says one, "I cannot eat fruit," remarks a second. In nine cases out of ten that food has disagreed at one time or another when eaten in injudicious combination, the resulting pain being caused by the mixture of materials rather than by the food itself. Thereafter, notion eliminates that particular food from the dietary, and the variety of foods, probably already limited, is

ly reproaching the grandmother and.

scolding the boy. His tears and re-

morse brought on an attack of nerv-

ous indigestion that nearly cost his

cut down another dish. It is a wellknown fact among any food is liable cause indigestion if eaten with that thought in mind, for the influence of thought over the digestive organs is enorous. Were conditions to be explained physiologically, the mame interpreta tion might be made as in certain cases of

caused by an extremely active condition of the brain. calling away the blood from other parts of the body. When the mind is worried, or is busy anticipating possible iliness from food, the circulation becomes uneven, and the blood, which should be most active about the stomach, goes to the brain to vivify the thought, thus retarding digestion. Frequently, it is not food that disagrees, but rather personality that disagrees with food, and no rational dish should be condemned until it has been tested several times with a serene mind.

Habit exerts a tremendous influence upon the digestive qualities of food. In a great hospital, two girls were desperately ill with tuberculosis—having reached the stage when nau-

and the flufflest custards, but nothing could be found that would not cause nausea. At last the staff doctor said: "We can do nothing more for them." The girls, one Irish, the other Jewish, had been constantly begging for edibles not in any hosthe sight of appepital dietary, such as Irish stew, kosher soup and so on, the requests being laid to delirium. Finally, a little nurse thought to herself, "These girls come from the slums, and have

disease. All sorts of dainties were

prepared for them, such as creamed

chicken, fresh eggs, delicious broths

eaten the coarsest of foods all their lives. The Irish girl cannot digest her food because she does not know what it is and is afraid of it, the Jewess, because it is not of her religion." Realizing that the condition was wholly due to the influence of habit, the nurse went to the doctor with her ides. "It is the psychology of food," she said. "Why not give them what they like, for now nothing can make them worse." When the trays of familiar food appeared, life sprang to their eyes, the bowls were drained to the dregs, nausea disappeared, temperature dropped, and, after three months of such diet, they were dis-

That food is most digestible to tomed, and to repertoire" of foods, a child should be taught from babyhood to eat everything set before him. The reason that chilchildren refuse so many foods is because they happen to dislike the "looks," not because they dislike the taste. A girl

charged as "arrested cases."

olives. One night, at boarding school a midnight spread was held in the dark, and a friend popped an olive into her mouth. "What's that?" she said. "I like tt: give me another." We are all familiar with the disagreeable child visitor who will not eat potatoes or eggs or lettuce or something else. The trouble does not lie with the child, but with the unthinking parent, who allows a more whim to limit the

child's food supply. In evercoming such conditions there is no better method than suggestion. Sometimes a child can be coaxed to eat by calling attention to the pretty color, relating a little of the history or even by serving the food in an unusual dish. Again, a subterfuge may be used. A certain family refused to eat gingerbread, so, finally, instead of baking it in a square loaf, the mother cooked it in a round pan and cut it into pie-shaped pieces. Las children ate it with avidity, and called for more. A prejudiced boy of 11 announced to his host that he did "not like mutton." "Very well, Tom," answered the keen man, "I will give you a piece of beef from the end of the leg." and he proceeded to place a cut of mutton upon the boy's plate. Tom ate and liked it, finally being told that he had eaten mutton. A subterfuge of this type should be a last resort, the truth always being explained to the child, else he will

gradually starving, was no nourish-ment could be retained to combat the

To quote an old French proverb, "The eye does half the eating." This is the reason that a well-set table, clean cloth and carefully prepared and garnished foods have so great an effect upon the appetite. Every one is familiar with the experience of early childhood, when even the "sight" of a striped stick of candy would cause "the mouth to water"! A man is but a grown-up child. and the greatest of aids to appetite is

tizing food, This is especially emphasized in cases of illness. The patient will often refuse to eat a carelessly served meal, while a dainty tray, accompanied by a flower or some dittle surprise will bring about a vigorous appetite Money expended in pretty dishes, attractive linen well - designed glass and silver is contribute to the hospitable appearance of a well-set table, and are,

therefore, fundamental to digestion. Human nature runs to extremes, and instead of requiring stimulation, the appetite may need limitation. (In such cases the meals should be planned to give an appearance of abun yet limit the quantity of food. An everhungry man was recovering from a fever, and although allowed three eggs Sinally his nurse prepared a three-egg omelet of the puffy variety that was so big it covered a dinner plate! The man ate one-third of it, saying "You have given me too much today; that's enough for three folks!" A quarter of a pound of cheese is equal in nutritive value to half a pound of cooked beef, yet few would consider it sufficient for a men. If made into a south coma meal. If made into a souffle, combined with lettuce, served in a soup, prepared as a rarebit or served au gratin with potatoes, it would satisfy, because it "looked enough." This principle is being recognized to such extent by medical schools that it is now forming the basis of many cures for obesity. There is also a certain amount of satisfaction resulting from a wide range of foods, A dinner comprising many dishes with small amounts served at a course is more gratifying than many times the quantity of one or two kinds of food. partially because a longer time is spent at the table, but primarily because the body finds in variety all elements necessary to nutriment

Foods that "look good" appeal to the palate. This forms the basis for the use of artificial coloring in foods, and is even yet a lure to the corner bakery. There is an old story told of a farmer who heard that a horse could live on any food, provided he did not know what he was eating. So he adjusted a pair of green goggles to the animal's eyes and fed him on shavings. The unsuspecting horse ate them day after day until finally he grew so weak that he died! Foods from the ordinary bekery are as shavings to the human stomach. and would not be credited in any American home save for the psychological green goggies that enshroud the gaudy decorations in deliciousness, and appeal to the palate to the cost of health and

and probably there is no other phase of home aconomics to which psychology can be so directly applied. While displaying his laboratories to a row of shelves occupying one side of a large room. "These," he said, "contain our 999 failures." "Doesn't it make you discouraged to look at them?" asked the visitor. 'Wo," replied Edison, "for

always the result of experiment, but if the relation of psychology to food is kept constantly in mind, a well nourished family will be the reward. The knowledge that one is eating palatable and wholesome food! will often stimulate the digestive organs to a more vigorous action, the effect being nearly always magical in its production of merriment and good will. This accounts for the psychological miracle of the man without a cent in his pocket who, after a full meal, could conquer the world. Good fellowship is the inevitable result of a meal eaten in a congenial environment, and just as the after-dinner speech has been the expression of contentment for generations, geniality, tol-erance and a wider sympathy will follow the light-hearted meal of the

they represent 999 things not to do."

A satisfactory ration in the home is



T IS not always the expensive utensil that makes kitchen efficiency possible, the commonest little articles often being of greatest assistance; at the same time they are easy to use, necessitating but little cleaning

and costing next to nothing. Probably there is no single article of such use to the housewife as a piece of paper or a paper bag. From the humble newspaper to the fresh rolls of waxed paper in the shops, it is an indispensable adjunct to the dainty kitchen. Often the task of cleaning chicken or game is magnified by the thought of a messy molding board. If several folds of newspaper are laid upon it the cleaning may be quickly accomplished, the first layer with the entrails being and third can be rolled up and put out of sight as soon as soiled. When the cleaning has been done, pieces of the paper may be rolled up, lighted and used to singe the bird. If rolled fairly tight, one or two rolls will be sufficient to cover the whole towl-a much more satisfactory method than the old one of singeing over the fire. After the singeing has been done, the bird is usually washed and then drained. It may then be dried upon several folds of brown paper, and the stuffing and trussing be done in the same place. In this way there can be no muss. Fish, also, may be cleaned on papers, and if boning is to be done there is no better working surface. there is no better working surface. Much of the dislike of cleaning fish hinges on the muss that is created, while if it can be quickly removed, all distante disappears After meat or fish has been washed for the last time, however, newspaper should be used next to it, because of the ink, a piece of manila paper being substituted instead.

Whereas, the paper wrapping of bundles may be used in many ways, they should never be used when they are to come in direct contact with food. In lining cakepans, for instance, there is nothing so acceptable as a fresh piece of manila paper. It is an excellent plan to keep in the pantry a box of papers cut to fit the various pans. These may be kept together with clips or rubber bands. Then a lining is always ready, and it is never necessary to leave the cake at a critical moment to prepare one. it takes no more time to cut a dozen linings than it does one if the kitchen solssors are used. Another little help consists of small squares of paper cut for oiling tins. The pastry brush has a mission, but most women prefer to oil their pans with the traditionary bit of paper. Many a precious moment is lost in searching, the paper finally being torn from any nearby bag of package. If a box or basketful is hung on a hock close by the cooking table, these bits of paper are always at hand—and the kindergarten baby lowes to out them.

basketrul is hung on a hook close by
the cooking table, these bits of paper
are always at hand—and the kindergarten baby loves to cut them.

The dishwashing alone consumes a
large part of the housewife's time,
while if she could only learn to reduce the number of dishes, she could
gain considerable leisure for other
things. Again, the friendly piece of
paper comes to her aid. In baking,
it is usually customary to sift the
flour and measure out the sugar into
bowls; if a smooth piece of manila
paper is used instead, it will not only
save many a dish, but it is more convenient. These papers may be used
again and again, and if tucked away
within reach of the kitchen cabinet
are always ready. The housewife
frequently pares her potatoes and
other vegetables into a clean pan or
the sink. In the former case she has
the pan to wash, in the latter the
sink to clean, while if she sits down,
a newspaper in her lap, it will hold
all the parings. The problem of the
frying kettle and other greasy utensils makes dishwashing a horror to
many women. If the utensils are
wiped out with a swall of paper, a
large part of the grease is absorbed
and the dishwashing greatly simplified. It is an easy matter to wash
the dishes, scald them and leave them
to drain dry if one has a special
drainer and a sink large enough to
hold it. In case one has not, thick
folds of newspaper may be spread
upon the table or set tubs, and the
dishes scalded and packed one by one
upon the papers to drain. A country
housekeeper owes her daily nap and
recovered health to this simple arrangement. In cleaning milk or other
bottles, bits of newspaper, with a recovered health to this simple arrangement. In cleaning milk or other bottles, bits of newspaper, with a good soap solution and a vigorous shakings, will usually accomplish quick results. Again, the garbage can may be kept sweet and clean if lined with paper each day after emptying. If this is done, two on three scaldings a week will keep it sanitary.

scaldings a week will keep it sanitary.

Fried foods disagree with many because they are improperly drained. A generous piece of manila paper, crumpled into little ridges, acts as an efficient drain to all croquettes, doughnuts, fritters and bacon. If the fritters are laid flat, the same effect is not brought about, because in that case only part of the food is drained. Whipped cream for the Sunday night supper is always hard to prepare, unless one owns a cream churn. But again the sheet of paper. In this case it should be large enough to extend several inches beyond the bowl. In the center it should be all in the shape of a Maltess cross, to

permit the insertion of the egg beater, set over the bowl, and the cream may be whipped without danger of spattering the best dress. This same method is of use in beating fruit whips or salad dressings or custards that

have curdled. Ordinary brown paper bags are useful for drying bread and vegetables (like celery tips), keeping them from dust and germs. They may also be put over the mouth of the food chopper when grinding crackers or dry bread, collecting the crumbs as fast as they fall from the knife and preventing scattering over

A pair of scissors is an efficient utensil that is found in but few kitchens. For ordinary use a medium-sized pair of good steel will answer all purposes. ration of food, difficult to perform with a knife, which are made easy by the scissors. When bacon comes from the market ready sliced, a pair of sharp

scissors. When bacon comes from the market ready sliced, a pair of sharp scissors will quickly remove the rind. It is almost impossible to remove the bones from the fiesh of a fish, yet the task will be lessened by half through the skillful manipulation of a pair of sharp scissors. When a chicken or fowl has been dressed and is to be cut up for fricassee, the disjointing can be quickly accomplished by the same means, without danger of splintered bones. Lobster salad is usually the signal for the hammer, toe pick and all of the murderous todis in the kitchen, while, if it is not too hard, a stout pair of scissors will do the work without mutilating the lobster's fiesh and, incidentally, one's temper!

In the preparation of vegetables they are indispensable for clipping the scales from asparagus, cutting up vegetables for the salad, trimming the brown edges from lettuce and mincing parsiey and mint. In shredding lettuce, peppers or other salad plants they are much more satisfactory than a knife, because they do not broke the leaves. Even in baking the scissors occupy a definite place; a "snip" and the biscuit dough is quickly apportioned; a quick cut and the drop cooky falls into place on the baking sheet; fancy wafer shapes may be quickly cut out either with or without the use of a cardboard pattern, while the edges of pie crust may be quickly trimmed. In cutting up angelica, citron and other cake trimmings, nothing takes the place of scissors, while for stoning dates and seeding raising they are invaluable.

When grapefruit or oranges are to be

the place of scissors, while for stoning dates and seeding raisins they are invaluable.

When grapefruit or oranges are to be served halved, the pulp may be quickly clipped and the tough membrane loosened by the scissors, while they greatly lessen the work of separating clusters of grapes or raisins. If two pairs can be afforded, the second pair may be of the curved, surgical variety, which is better adapted to the preparation of fruit. If the children are te use them, to cut up paper cakepan linings, little squares of cheesecloth for coffee bags, etc., a blunt pair should be provided.

Ordinary rubber bands are of greath help and may be supplied at a very small cost. They may be obtained in assorted sizes at 5 cents up per box, and once used the housewife will never be without them. In the preparation of the picnic luncheon they are indispensable for fastening the waxed paper around sandwiches, cakes and fruit, securing the packages of sugar and salt against accident, etc. In the kitchen and pantry their use is manifold: Cleaned celery stalks may be bunched up by a rubber band ready for the ice box, asparagus may be fastened in bundles for cooking by another, the waxed paper may be secured around bread, the tops of flour bags and sacks may be fastened, cereal and booky boxes closed and made dustproof, envelopes of cooking recipes sealed, paper naphtins and waxed paper rolled and kept in small space—in nearly every kitchen the rubber band may be substituted for the sver-vanishing bit of string!

TDA COGSWEIL BAILEY-ALLEN.

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 Caroline L. Hunt Washington, D. C. OST families have adopted a more or less uniform breakfast. some of them always having and others always having bacon. this reason, luncheon has become time when left-overs are served. sugar. Besides cold meat, which may be served in an endless variety of ways, these left-overs usually include small, amounts of vegetables. These can be ptilized in many ways, of which the two most prominent are milk soups and salads. The basis for a milk soup, or, as it is often called, a cream soup, comists of milk, flour and butter in he proportion of 1 cup of milk to 1/2 tablespoons of flour and 1 or 2 tablespoons of butter (depending on the richness desired and the quality of the milk used). This base can be easily and quickly prepared and it is a simple matter to flavor it with the vegetables left over from dinner. The amount used need not be large. Even small amounts of macaroni and cheese or macaroni with tomato sauce, or oreamed fish, may be used.

The combination of potatoes with other vegetables to form a salad also offers infinite variety and a chance to tilize small amounts of vegetables. If such salads are acceptable to the milk, it is well to keep on hand the increasary cooked potatoes and to secure variety by means of the other vegetables. Happy the housekeeper whose family likes simple oil and vinevalues. Happy the housekeeper whose family likes simple oil and vinevalues and also a good fit of color. Cortunately, chives ere an ornamental rowth. Some housekeepers raise ham on the dining room table in the garden. It calls, however, for some skill.

Lannahon is the time to make use of the milk and cream. Cottage cheesed any of the commercial varieties of the milk and cream. Cottage cheesed any of the commercial varieties of the milk and cream. Cottage cheesed any of the commercial varieties of the milk and cream. Cottage cheesed any of the commercial varieties of the milk and cream. Cottage cheesed any of the commercial varieties of the milk and cream. Cottage cheesed any of the commercial varieties of the milk and cream of the different ways. It most common way is, of course, to these left-overs usually include small,

heat it slightly, strain it and mix it with cream or butter. Another way is to drain the uncooked sour milk. This is best done in small, earthenware molds with holes in the bottom. For convenience these molds should be placed in a frame. Prepared in this way, the cheese has the form of the mold and is a very presentable dish. It is usually served with cream and sugar.

BREAKFAST

LUNCHEON

TUESDAY

BREAKFAST LUNCHEON

DINNER Fullenne Boup
Mashed Potatoe
Buttered Par
Checolate Pie
Coffee

BREAKFAST Coffee LUNCHEON

DINNER

THURSDAY

MONDAY

Rice Waffles

Silved Ovanges and Bananas Meat Pie with Blacuit Crust Calli Sauce Apple Tapioca Coffee

Boiled Potatoes with Salt Pork and Milk Gravy Rice Musins Peach Butter Coffee

WEDNESDAY Corn Muffins

Creamed Oysters Tea

BREAKFAST

Convent Jeffy Coccanut Buns DINNER Boiled Mutton with Oyster Sauce French Fried Potatoes Buttered Carrots Foar Salad Cottage Pudding with Chocolate Sauce Coffee

FRIDAY BREAKFAST Grapefruit Boiled Potatoe LUNCHEON

Baked Caramel Custard DINNER Broiled Salmon with Hollandaise Sauce Mashed Potatoes Apple Fritters Boiled Rice with Stewed Dates and Whipped Cream

SATURDAY BREAKFAST Baked Begs LUNCHEON Cream of Cauliflower Soup Salmon Croquettes Lettuce Baked Apples Cookies DINNER Oyster, Stew

se Loaf Lettuce Salad Bnowballs with Orange Juice Coffee SUNDAY Coffee DINNER

Roast Chicken Creamed Fotatoes happie Jelly Scalloped Bergis Lettuce Salad with Cream Cheese Pineappie Ice Chorolate Cake Coffee

Tea

Oatmeal With Cheese Two cupfuls of oatmeal, I cupful of grated cheese, I tablespoonful of butter, I level teaspoonful of sait.
Cook the oatmeal as usual Shortly before serving, stir in the butter and add the cheese, and stir until the cheese is melted and thoroughly blended with the cereal. This can be eaten with

cream, or, better still, with milk, but neither is necessary. It constitutes an extremely nourishing dish and one which is found paintable by those who like cheese. A better accompaniment than cheese. A better accompaniment than milk or cream is the dried fruit men-tioned in the bill-of-fare.

Buttered Parsnips or Carrots A estisfactory way to cook parsuips or carrots is to cut them into small pieces and to boil them in butter and water till they are soft and the water has syaporated. The parsuips should be cooked until they are a delicate brown throughout. Care should be taken not to break the pieces and destroy their shape. The carrots should be served with a little chopped parsiey.

Mutton Soup Four pounds mutton from the neck, 3 quarts cold water, 3 carrots, 2 tur-nips, 1 small cabbage or part of a larger cabbage, 1 stalk celery, few aprigs pars-ley, 1 medium-sized onion, 6 cloves, 1 sprig thyme, 1 sprig marjoram, 2 table-spoons salt.

spring thyms, I spring the spring thyms, I spring the spring term of the meat carefully, cut into small pieces and cover with the water. Bring very slowly to the boiling point and skim. Add the vegetables cut into small pieces and other seasoning, and cook slowly for three hours. Sprain, cool and remove the fat. Serva either clear, with rice, or with the vegetables finally chopped.

Cocoahut Buns Gocoahut Buns

Scald and cool I cup of milk, add 1/4
yeast cake dissolved in 1/4 cup of water,
1-3 cup of sugar, and flour enough to make
a soft sponge. When light, add 1-3 cup
of butter, 2 beaten yolks, I cup of freshly grated cocoanut, 1/2 teaspoon of salt,
and flour enough to make a soft dough.
Allow this mixture to rise, and when
light form into small buns and place
them near together in a greased pan.
Let them rise ugain and bake them.
Brush them over with egg white and
aff upon them a little sugar and cocoamut.

Ragout of Rabbit
One small rabbit, 14 pound of bacon, tablespoonful of flour, I dessertspoonful of chopped paraley, I onlone, I carrot, I tomatoes, I pint of water, salt and pepper, fried croutons of bread. Cut the rabbit into small pieces; wash and wipe them with a cloth. Cut the bacon into small pieces and fry them to a brown color quickly in a saucepan. Turn the bacon on to a piate, leaving the fat in the saucepan. Peel. Ragout of Rabbit

and quarter the onions, fry them in the fat and put them with the bacon. Toss the pieces of rabbit in the flour and fry them quickly in the saucepan to a brown color, adding some more fat if there is not sufficient left from the bacon. Add the water and stir until it bolls. Return the bacon and onions to the pan with the carrots and the tomatoes cut into silees. Let all simmer gently until the rabbit is quite tender (about an hour) and season with pepper and salt. Berve on a flat dish garnished with fried croutons of bread.

Boiled Mutton With Oyster Sauce

Boiled Mutton With Oyster Sauce Four pounds mutton from the shoulder, I pint oysters, I onion, salt. Bone the mutton and stuff with half the oysters, or make a gash in the meat near the bone and insert half the oysters and tie into shape. Half cover the meat with water, and cook in a closely covered dish with the onion for two hours. With the remaining oysters make the following sauce: Oyster Sauce

Oyster Sauce

Two tablespoons butter or mutton fat, I tablespoon flour. A plat oysters, 2 cup of the liquid in which the mutton has been boiled. Drain the oysters and heat and strain the liquor. Wash, the oysters, add them to the hot oyster liquor and cook until they are plump. Remove the oysters and keep them warm. Melt the butter, add the flour and heat thoroughly. Add the oyster liquid and the stock and, finally, the oysters and the seasonings. sonings. Cheese Loaf

One cup dried cow peas, % pound of grated cheese, breadcrumbs and sait Soak the peas oversight, wash them and put them through a meat grinder. Add the cheese and sufficient breadcrumbs to make the mixture stiff enough to be formed into a roll. Sesson. Bake in a moderate oven, basting occasionally with butter and water. Serve with tomate sauce. Snowballs With Orange Sauce

One-half cup butter, I cup sugar, is cup milk, I'd cups flour, S teaspoons baking powder, whites of a eggs. Follow the usual rule for mixing butter cakes and steam the dough is buttered cups.

Whites of 2 eggs 1 cup powdered sugar, juice and rind of 2 oranges juice of 1 lemon. Beat the whites until stiff, add the sugar gradually and continue to beat. Add the flavor-

SATISFIED AND STUBBORN

THE housewife who is satisfied with the methods of work enforced in her home, smiles her contempt of anything new in domestic science, is in danger of losing in the race. There is a little maxim used in many business offices that runs like this: Satisfaction means stagnation.

The People's Institute aims to counteract too much satisfaction. It presents the best way to do things, which is frequently a better way than the one that has been satisfactory to you for years.

Try this page every week. Watch the home improve.

Next week there will be a discussion on the staff of life. Miss Anna
Barrowa, lecturer on domestic science, of Columbia University, will enlighten readers about the everyday article.