

THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE

The PAPER AGE



paper. No article we use is much cleaner than clean, fresh paper. What wonder that its use is increasing!

Sheets of paper wrap all our packages, and still special paper cases are made to fit nearly every type of article transmitted between producer and consumer. Oysters and ice cream are delivered in paper cases, pies from the baker and butter from the grocery store come in paper plates, the milk bottles have paper covers.

Since people are buying their foods in smaller and smaller lots, more and more paper in proportion is required. Incidentally, the consumer pays for these luxuries, whether it is weighed with the food or not.

The grocer's profit must be large enough to cover every expense, from his rent to the string that ties each parcel. Even so, we are not content with a single wrapping; the meat or cheese first must be covered with a choicer grade of paper, parchment or paraffin, and then folded in a stronger sheet for further protection.

Paper-bag cookery cannot be considered as wholly a recent invention, for some one long ago discovered that there was no daintier way to prepare chops

bags which have brought supplies into the house, and they should be folded in their original shape and be kept in a suitable place. The double bags used by some grocers to insure against breakage and loss of such materials as sugar often are clean and may be used to pack away small wooden articles of wearing apparel in summer. A clean muffler put in a clean bag with the end closely folded and tied needs no moth ball within to protect it from insects.

A plate of raw meat or other food may be temporarily protected from dust or flies by putting it in a large paper bag and folding the end of the bag under the plate. This is quite a different thing from putting meat away with the grease soaking into the paper in which it came from the market. A paper bag will protect the food while blacking a stove, or temporarily in any similar unpleasant occupation.

Sold bags even may do good service again. Cut off the top third and lay this double strip of paper inside the bag, making a stronger base. Such a bag on the kitchen table or shelf to catch eggshells and bits of refuse helps keep the kitchen tidy.

The largest bags, cut off in the same way, may be set in the garbage can and save considerable scrubbing. In like fashion the waste-paper basket may be lined and its contents thus quickly and tidily transferred to the waste barrel or the fireplace. Again, shavings or excelsior for kindling a fire may be put in paper bags and thus save much clutter around an open grate in a guest chamber. One who has never tried it will be surprised to find that a paper bag will not break under a considerable weight of hard coal. Bags thus filled and piled carefully in a hod or basket may be used to replenish a coal fire in a sick-room or where a baby is sleeping or when soiled hands would be undesirable.

Much of the paper which comes into our houses around packages is suitable for similar purposes again, and there should be a definite place for it. The passage of a hot iron over the surface of such sheets of paper not only removes folds and wrinkles, but would be sufficient to destroy any "germs" with which it might have come in contact.

Newspapers have many uses. A hook by the cookstove should be kept filled with pieces of newspaper, cut in the lines in which they are usually folded, about a square foot in surface. Nothing is better to wipe off splatters of grease and keep the range in good condition, without much blacking. When the ashpan must be emptied or any similar work done, a double layer of newspaper underneath will save much brushing or scrubbing.

Where it is desirable to keep ice outside a refrigerator for a picnic, or for the top of a packed ice cream freezer, newspaper is a more effective non-conductor than burlap or old carpet. But it is rarely wise to wrap the block of ice in the refrigerator.

Several layers of newspapers or heavy wrapping paper, spread between wire springs and mattress, will be almost as effective as another mattress in preventing the discomfort of cold from below, which no number of blankets above will prevent. Where the blankets are limited, paper also is of service. Many a suburbanite has found protection from a cold wave by folding a section of the daily paper under the thin coat which seemed sufficient earlier in the day.

Several folds of newspaper, with a loop of string in the center, will serve as a coat-hanger, where a better one is not at hand.

The family taking several daily papers, or even a single one, will require little other kindling for an open fire. Indeed,

Paper napkins long have proved useful; paper tablecloths have their place, and paper towels and handkerchiefs make us wonder why we have not had them long ago. Paper sheets and pillowcases may come next.

For the picnic party paper dishes of all sorts are especially useful.

Reduction of dishwashing and economy in laundry bills are certainly permissible in the vacation season, if not in more formal life.

Conservative guests at high-priced hotels and restaurants doubtless would resent the introduction of the paper napkins, but in places of lower grade it would be as much to be preferred to the damp half-clean napkins so often provided as the paper cup to the common drinking cup in railway stations.

A roll of firm brown paper established in the kitchen as in the grocery, or sheets of fresh paper on a convenient hook, will fully justify the cost. Far better to have paper on which to cut up a fish or fowl than on a board or table, which must be washed. The oil rolled in the paper, after the work is done, does not attract flies and is easily disposed of, whether in fire or garbage pail.

Cheese, onion or parsley may be chopped on paper and thus save scrubbing. Crumbs may be rolled or bread dough kneaded. Oysters and scallops may be crumbed for frying by gently shaking a paper of crumbs on which the articles have been dropped after dipping them in beaten egg.

A softer grade of brown or cheap white paper should be chosen on which to drain fried foods. Another use for paper is to remove a film of grease from the top of broths for an invalid or soup for the family table. For this purpose the paper should be glazed.

In an emergency, where no funnel is available, a section of stiff paper may be fitted into the neck of a bottle. A wad of paper will serve as a trivet under a glass jar of beef tea in a kettle or water.

A layer of tissue paper over a mustard plaster prevents too close contact with the skin.

Where frosting tubes are not available for the decoration of cakes a sheet of strong, pliable note paper may be made to serve as both bag and tube.

The decorative possibilities of paper of many kinds are so frequently exploited that they scarcely need reference here. Shelf papers are useful where boards are rough, but should be plain rather than ornamented, and need not hang over the edge. Dollies of paper are rightly superseding the napkins once used under cooked foods. The chop ruffles and soufflé cases may be made by hand if others are beyond reach.

Whenever paper may be used to secure greater comfort or to save unnecessary labor let us not be hampered by traditional preferences for other materials.



CUSTOM AND SLAVES

ARE you doing things in the home as you always have been doing them? Has custom made you a slave without your knowledge? Break away from the rigid rule of things, especially if that rule be far from beneficial. Don't be a slave to the wrong thing.

The slaves of custom and established mode, with packhorse constancy we keep the road, should be a warning in the case of the housekeeper.

This page is a happy medium of exploitation of the new, tried and true ideas that help the housekeeper. Are you a regular reader? The People's Institute is too good and too important to miss. Next week will be a special page filled with ideas for Thanksgiving. Do not let the opportunity to improve the day be ignored.

We are proud of the names that are identified with this page. Here they are:

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IF YOU remember your history that you mastered years ago, you will recall that the world's progress can be understood by the type of instrument that predominated in a division of historical effort. The Stone Age and the Bronze Age are facts that are rich in content for any one that has had even the most casual interest in the human race and its development.

Which name will be placed opposite this age? There are many suggestions, but Miss Anna Barrows, of national fame, has substantiated her title on this page in her characteristically convincing way. If you do not agree with the name, there are many things to be learned; if you do, there are still things to be learned. This page has always something to give its readers in exchange for their time.



And just as a parting thought—let not the Newspaper Division of the Paper Age be ignored by you.

By Anna Barrows

Lecturer on Domestic Science, School of Household Arts, Columbia University, New York; Director School of Domestic Science, Chautauqua, N. Y.

ONCE the human race made its tools of the most durable materials, but it has gradually found that even flimsy paper is suitable for many purposes. The future for paper-bag cookery made us realize that this is indeed the paper age.

Forests are being transformed into this substance, as perishable as the leaves of the trees. Without its books, magazines and the daily papers would be impossible. Moreover, it facilitates communication between producers, tradesmen and consumers, and shortens the housewife's hours of labor.

For the future we are promised paper parasols, hats and stockings, paper carpets, rugs and curtains, paper cars, wheels, and even rails for cars to run on, paper harnesses, and paper coffins. Some day paper may be made waterproof as well as airtight.

As the forests diminish, paper may be made from many waste vegetable fibers, such as cotton hulls. Linen and cotton subjected to chemical processes renew their life of service as clean fresh



without other fuel, a cheerful blaze may be provided at mealtime in a dining room fireplace by a few crumpled or twisted newspapers.

A quaint old cook book gives directions for cooking a beefsteak with two newspapers; that appears to be even one better than paper-bag cookery.

The pasteboard boxes in which millinery's hats and dresses are sent home are useful for storage of blankets and clothing from dust and from moths, if a strip of paper is pasted over the crack between box and cover, after all is solidly packed within.

When the hats and dresses come from their makers they are protected by many sheets of soft tissue paper. These may be smoothed out to use in similar fashion again. Even if torn, such paper should be saved for glass surfaces. Laundry and other cleansing processes owe much to paper. The paper pulp pails and tubs are far lighter than wooden ones, and have some advantages over those made of metal. A hot iron and blotting paper will draw out grease spots from upholstered furniture or rugs not easily washed. Bits of moist paper thrown over rugs or carpets or even bare floors are excellent dust catchers, where sweeping must be done with an ordinary broom.

So much for the paper as a by-product which finds its way into our houses. There are some types of paper which we do well to purchase.

The First Solid Food for Baby

WHEN my daughter Elisabeth was a year old, I decided that it was time to give her solid food, and then discovered that my friends had very vague ideas of their methods of giving their babies this form of nourishment; and even my good doctor did not give me any definite rules.

As my experimenting may help some inexperienced mother, I am going to tell my story. I began by giving her a cereal instead of her bottle for one feeding, either the third or fourth, so as not to have any gas, that might be caused by it, disturb either her nap or sleep at night. I alternated oatmeal gruel and a cream cereal. I could not use rice, as my daughter has always had a tendency toward constipation. I cooked two cups of oat cereal with two cups of boiling water, in which I had placed a little salt, in a double boiler for three hours, then I strained it through a coarse wire strainer, and I had enough for two feedings. In cool weather it can be kept in a refrigerator overnight. I used the rest of the oatmeal for the family table.

The wheat cereal I cooked according to the directions on the box for breakfast porridge, for three hours, and added the yolks of two eggs, which I had boiled for the same length of time in the lower part of the boiler. Be careful not to use any of the white, which is very tough. I mashed the yolks into the cereal while it was warm. After a few weeks I gave her two feedings of cereal a day, also graham crackers and zwieback. When she was fifteen months old she had a baked potato for her dinner and an egg for breakfast. As she did not like sweet potatoes, which are very good for babies, she ate Irish potatoes. I have never fed Elisabeth any fresh fruits except oranges and grapefruit juice and apple sauce, which she loves. I prepare the orange juice with a lemon squeezer.

Elisabeth had five feedings a day until she was a year and a half old, and then four—a lunch in the morning and three regular meals—until she was two years old, and since then only three regular meals, without any lunching except all the water and milk that she wishes. Of course, babies' stomachs differ and every mother has to experiment more or less, but I hope that my experience may help some one who is facing this problem. A MOTHER.

Gingerbread Recipe

FOUR tablespoons butter, 1/2 cup of sugar, 1 egg, 1/2 cup molasses, 1/2 cup sour milk, 1/2 cup of flour, 2 teaspoons of ginger, 1 teaspoon cinnamon and 1 teaspoon soda. Cream the butter with a wooden spoon until thoroughly softened. Add sugar, then molasses and molasses; beat until foamy; sift the flour once before measuring; then again with the soda, ginger and cinnamon. Add the dry ingredients alternately with the sour milk to the first mixture. Give the whole mixture a quick vigorous beating. Butter a cake pan, dredge with flour and pour in the mixture. Bake in the cake batter, spread evenly and bake in a moderate oven about thirty minutes.

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 Margaret J. Mitchell
Bruce School, New York.

THE question of what utensil to use in cooking is one which takes some experience. If the dishwashing is not to be too burdensome, a skillful cook will measure materials in such order that the same measure can be used for banking several measurements, while the novice will measure a cupful of milk the first time, if it happens to catch her eye first in the list of ingredients, or if she happens to go to the ice box and sees it first. Flour and sugar cannot easily be measured in the cup after the milk, but if she had measured the dry things first, moist, sticky materials could then be put into the same cup. Just so with measuring by spoonfuls, a little forethought will save work. But besides this it is convenient to know that milk does not stick badly to aluminum, so that cocoa, chocolate, custards, etc., are best made in an aluminum utensil. Fruit also does not stick badly to aluminum, and it is invaluable for a preserving kettle. The initial cost of aluminum should not frighten any one whose utensils are going to receive ordinary good care, for it will outlast many other saucers. It is not so valuable for frying pans, griddles and waffle irons, for it is exceedingly difficult to clean grease from it on account of the injury done to it by strong soaps and alkalis.

MONDAY BREAKFAST Oatmeal LUNCH Kidney Stew Cold Turkey Dinner Stewed Potatoes Tea	TUESDAY BREAKFAST Oatmeal LUNCH Cold Turkey Dinner Stewed Potatoes Tea	WEDNESDAY BREAKFAST Oatmeal LUNCH Cold Turkey Dinner Stewed Potatoes Tea	THURSDAY BREAKFAST Oatmeal LUNCH Cold Turkey Dinner Stewed Potatoes Tea	FRIDAY BREAKFAST Oatmeal LUNCH Cold Turkey Dinner Stewed Potatoes Tea	SATURDAY BREAKFAST Oatmeal LUNCH Cold Turkey Dinner Stewed Potatoes Tea	SUNDAY BREAKFAST Oatmeal LUNCH Cold Turkey Dinner Stewed Potatoes Tea
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FRIDAY BREAKFAST Waffles Maple Syrup Suet-Boiled Eggs LUNCH Kipped Herrings Baked Potatoes Cocoa DINNER Steamed Fish Mashed Potatoes Hollandaise Sauce Celery Fried Eggplant Coke	SATURDAY BREAKFAST Oatmeal LUNCH Cold Turkey Dinner Stewed Potatoes Tea	SUNDAY BREAKFAST Oatmeal LUNCH Cold Turkey Dinner Stewed Potatoes Tea
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Fried Peppers
Wash green sweet peppers and cut them in fourths lengthwise. Remove the stem parts and the seeds. Fry them in 1 tablespoonful of olive oil for each 4 or 5 peppers, over a moderate fire, so that they will brown a little in about twenty minutes to half an hour. Turn them once, to fry both sides, and serve them neatly arranged around a mound of steamed rice or on a hot platter.

Steamed Cup Custards
Heat 1 quart of milk until it steams. Meanwhile beat 4 eggs, add 1/2 cupful of sugar and 1/2 teaspoonful of vanilla. Stir in, slowly, the hot milk. Strain the mixture into a pitcher and pour it into cups. Set these in a steamer. Cover the steamer with cheesecloth and then with its own cover. Put it over gently boiling water and allow it to cook for ten minutes or more. Test when the custards are done by shaking the steamer a little, to see if the custards are no longer liquid. As soon as they are barely set, lift off the steamer, remove the cups and serve ice cold. A little nutmeg grated over the top before serving improves them.

Cocoa Nut Cake
Soak 1/2 cupful of desiccated cocoanut for 1/2 hour in 1/2 cupful of milk. Melt 1/4 cupful of butter until soft, but not liquid; add 1 cupful of sugar. Mix together 1-2-3 cupfuls of flour and 1/2 teaspoonful of baking powder, and add this to the butter and sugar, alternating with the cocoanut and milk. Beat the whites of 2 eggs stiff and add them and 1/2 teaspoonful of almond extract last. Bake in a greased tin, in a moderate oven, for about three-quarters of an hour. Cover when cold with a boiled

Lettuce, Beet and Egg Salad
Put the lettuce in water till crisp. Wash it in two waters, pulling each leaf off the head. Drain it on a clean towel and fold it in a cheesecloth, or put it into a paper bag and keep it cold until ready to use.

Cook the eggs "hard cooked," drop them in cold water and cut each in half when the shell is removed. Left-over beets may be used, cutting them into small dice. Arrange the lettuce in a nest on the plates, put on this a ring of the chopped beets and in the center of this ring put the egg halves with the yolk turned up. Put a tablespoonful of mayonnaise dressing at the side.

Steamed Rice in the Fireless Cooker
Wash 1 cupful of Carolina rice in a strainer held under running water. Shake it into 3 cups of boiling water to which 1 teaspoonful of salt has been added. Let this come to a boil and put it at once into a fireless-cooker with several quarts of boiling water under it. Let it cook one hour. It will not be injured by two or three, but is best at the end of the hour. When all ready to serve it open the kettle, add 1 tablespoonful of butter in small pieces, and with a fork lightly turn the rice at the

bottom up over this. Serve immediately on a hot platter, surrounding it with fried peppers.

Corned Beef
The fireless cooker is specially good for making tough cuts of meat tender without their becoming stringy. Corned beef may be a delicacy if properly corned and cooked. Order a large piece (8 or 10 pounds) of the rump corned for only four days. Put it on with several quarts of cold water and let it come to a boil, then let it simmer for a half hour before putting it into the fireless cooker for ten hours. Bring it to a boil just before serving. If not cooked in the fireless, let it simmer several hours, until tender, keeping plenty of water around it.

Cream Puffs
Heat together 1 cupful of water and 1/2 cupful of butter until they boil. Add 1 1/2 cupfuls of pastry flour all at once and beat it until smooth; let it cook five minutes, stirring it all the time. When cool, add 5 eggs, one at a time, stirring the unbeaten egg into the dough until it is smoothly blended before adding another. Place a rounding tablespoonful of dough on a greased tin, shaping it slightly to make it round, or dragging it between two knife blades into a long shape if for eclairs. Bake them in a moderate oven for about twenty-five minutes. Cool and fill with cream filling. Eclairs should be frosted on top.

Cream Filling
Put 2 cupfuls of milk to scald in a double boiler. Mix 1/2 cupful of flour, 1/2 cupful of sugar and 1/2 teaspoonful of salt well together, and add the hot milk, stirring out all the lumps. Return it to the fire and let it cook for ten minutes, then stir in 1/2 cupful of butter and 2 eggs, beaten with yolks and whites are mixed. Let this cook for about three minutes, stir-

ring constantly. Cool and add the vanilla.

To fill the puffs use a pastry bag and tube, making a small hole for the tube, or make a cut in the side and insert the filling by teaspoonfuls.

Lemon Pie
Mix well 1/2 cupful of flour and 1/2 cupfuls granulated sugar and stir in 1 1/2 cupfuls of boiling water. Let these cook in a double boiler for twenty minutes, stirring occasionally. Mix 3/4 tablespoonful of lemon juice, the rind of 1/2 lemons and the yolks of 3 eggs and stir the hot mixture slowly into this, return it to the double boiler and cook until the eggs have thickened a little, then add 2 tablespoonfuls of butter. Cool the filling a little and put it into a baked crust. Make a meringue of the whites of the eggs and 1-3 cupful of powdered sugar. Spread on the top and bake in a very hot oven till light brown.

Pastry for Pies
One Large Crust.
Mix together 1 scant cupful of flour, 1/2 teaspoonful salt, 1/2 teaspoonful of baking powder and work in with the tips of the fingers 1-3 cupful of lard. If the crust is to be used for custard pie or any other delicate flavor, half lard and half butter may be needed to prevent a slight taste of the lard, but for fruit pies a good deal will not taste clear in with a half-gallon cold water to make a dough that is not crumbly. Put it out on a floured board, molding it lightly with the hands into a ball. Roll it without much pressure, keeping it in good round shape. Fold it in quarters when ready to fit it on the pie plate to prevent it from breaking. Be careful not to stretch it over the plate; trim the edges that overhang the pie plate. It is best to use for a baked crust, place it on the outside of the plate and prick it in several places, putting the pie plate in the oven upside down. A perforated pie plate is best for making pies.