

Women's Page

Household Hints, Fashions and Recipes

III.—Cost of Food In Moderate Homes.

By EDITH G. CHARLTON,
In Charge of Domestic Economy, Iowa State College.

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It was Ruskin who said, "Sure good is first in feeding people, then in dressing people, then in lodging people and last in rightly pleasing people with arts or science or any other subject of thought."

If Ruskin is right, and we know he is, then it behooves all those who are interested in homemaking and house-keeping to see to it that their duty is well performed; that the results of their labor are not only bringing good to people, but also making good people. This means improving their physical conditions, training them to higher ideals and truer standards of living. The standard of life will determine the character of the home, and when- ever homes and family life are not what civilization and Christianity teach they should be the cause will invariably be found to be wrong stand- ards.

The cost of living depends on the ideas and standards of the persons spending the money, or else it depends on the total disregard for them. The question of how much our living shall cost is more of education than of location, so a scale of expenditures cannot be given that will be suitable in every particular to any locality. Local conditions must be taken into consideration to some extent, though it is generally found that large expend- iture in one department of housekeep- ing can be readily balanced by various economies in another.

Any woman who has a right stand- ard of life will not be satisfied to spend all the income for physical needs. She will want a balance for those things which are termed higher life, educa- tion and all those advantages which develop the mental and moral side of the family. It has been repeatedly proved that when the family income is adjusted so as to leave at least 25 per cent of it for matters not connect- ed with material living there is con- tentment in the family circle and a desire among the individual members to reach the highest attainments of true manhood and womanhood. It is not my purpose in this article to at- tempt to do more than show what pro- portion of the income should be re- served for food and how that amount can be spent in order to keep within the margin and to satisfy the physical needs of the family.

It has been said that one-half the cost of living is the cost of food, and it has been shown over and over again that it is not the food actually eaten which costs so excessively as it is what is wasted by poor cooking, pre- paring too large quantities and buying out of season.

Meals at 18 Cents a Day.

An income of from \$1,000 to \$1,500 should allow no more than 18 to 25 cents a day for each person for food, or not more than 22 per cent of the total incomes. To feed a family of five persons on 90 cents a day, or 18 cents each, requires thought and con- siderable planning on the part of the housekeeper. But on that amount it is possible to provide good nourishing meals every day and in amount suf- ficient for all the needs of the body. This is not a mere theoretical state- ment, for in many homes in this coun- try less than \$1 a day is being spent on the table.

To buy wisely on a small margin requires some knowledge of food val- ues, because it is necessary to have the daily meals represent a given amount of proteid, fat, sugar and starch, mineral matter and water. These food constituents must be pro- vided every day if the body is to be kept in normal condition.

AMOUNT FOOD MATERIAL THAT WILL FURNISH REQUIRED NOURISHMENT FOR ONE DAY FOR MAN AT AVERAGE WORK.

MILK	16	BREAKFAST
BREAD	9	Mackerel
BEER	8	Creamed Potatoes
POTATO	8	Toast Coffee
SALT MACKEREL	4	DINNER
TWO EGGS	3	Roast Beef
BUTTER	2 1/2	Potatoes
RICE	2	Bread Butter
SUGAR	1 1/2	Cheese Tea
CHEESE	1	SUPPER
		Boiled Rice
		Scrambled Eggs
		Bread Butter
		Tea

Total, 4.4 oz. proteid, 2 oz. fat and 16 oz. starch.

The question now is, Which of these foods can be provided for 18 cents a day for each person? Not those out of season nor quickly perishable nor those brought to the consumer from a distance. Such foods are al- ways expensive and may not con- tain any more nutriment than foods produced in home markets. For in- stance, in all inland localities oysters are high priced because they are very

perishable and because of the cost of transportation. They are one of the most easily digested foods, eaten raw or when slightly cooked, and they contain considerable nutriment. But as a tissue building food or a meat substitute they are not nearly as val- uable as some other articles of the diet. A person would need to eat four- teen oysters to derive a quantity of proteid from them equal to that con- tained in one egg, and one pound of beefsteak is equal in tissue building material to 150 oysters, or about the number contained in three quarts. Thus it readily can be seen that in- dividuals or families may be well fed and never eat an oyster. In provid- ing food on an economical basis the line must sometimes be drawn rather sharply between appetite and hunger. Prices differ in various localities, and it is impossible to suggest definite menus that everywhere can be pro- vided for a certain sum of money. However, in the greater portion of this country a selection may be made from the following list of food materials by persons living on from 15 to 25 cents a day:

Beef, mutton, pork or any meat not over 20 cents per pound.
Wheat bread, purchased or homemade.
Butter for the table.
Common cereals.
Suet, lard for cooking.
Whole milk.
Dairy cheese.
Dried fruits.
Cabbage, carrots and other vegetables in season.
Cane or beet sugar.
Fish.
Bacon.
Coffee served with hot milk occasion- ally.
Tea occasionally.
Local fruits in season.

Serving Cheap Materials.

This list of foods can be varied from day to day by the skillful housekeeper and will furnish not only pleasing vari- ety in the meals, but the required nourishment. But when the coarser, cheaper foods are used greater care must be taken in their preparation. Any food, no matter how rare and ex- pensive, can be spoiled by careless or ignorant cooking, and the commonest food material, presenting perhaps few possibilities for a tempting dish, can be made most appetizing by careful preparation and serving. So it all comes back to the original statement that the cost of the table does not de- pend so much on the price of food ma- terials as it does on the knowledge and skill of the cook or on the lack of those essentials to success.

When the variety of food from which to make a selection is limited it is nec- essary to know a number of ways in which to serve the same article as it appears on the table day after day. If oatmeal must be the staple break- fast dish five mornings out of seven, try the addition of a handful of dates from which the stones have been re- moved. Cook the oatmeal thoroughly in a double boiler or fireless cooker and add the dates about half an hour be- fore serving. It will be necessary, too, very often to use the cheaper cuts of meat when the family is living on 18 cents a day, but these are more appetizing if carefully prepared than the expensive steaks or roasts that have been improperly cooked. The following recipes may afford variety in the dinner menu and may suggest to the housekeeper ideas in serving some of the cheaper meats:

Cannelloni of Beef.

Two pounds of lean beef cut from round, grated fine of half a lemon, one tablespoonful of finely chopped parsley, one egg, one-half teaspoonful of onion juice, two tablespoonfuls of melted butter, little grated nutmeg, one teaspoonful of salt and one-quarter tea- spoonful of pepper. Chop meat finely and add remaining ingredients in order given. Shape in a roll about six inches long, wrap in buttered paper, place in a dripping pan and bake thirty min- utes in a moderate oven. Haste every five minutes with one-quarter cup of butter melted in one cup of boiling water. Serve with espagnole sauce.

Esperanto Sauce.

Two tablespoonfuls butter, two table- spoonfuls flour, half a teaspoonful salt, one tablespoonful chopped red pepper or pimento, cup hot water, three teaspoonfuls worcestershire sauce and a lemon thinly sliced. Melt butter, add flour and salt and, when blended, pour on hot water. Cook thoroughly, stir- ring until thickened. Then add chop- ped pepper, worcestershire sauce and, last, the sliced lemon.

Sauce.

Half cup stock, half cup cream, two tablespoonfuls flour, teaspoonful salt, half teaspoonful pepper and table- spoonful capers. Add salt and pepper to flour. Dilute with cold water. Add to stock and stir. Add cream and cook with capers.

Pot Roast.

Two pounds chuck beef. Sear all sides with hot fat. Put in kettle and cover with boiling water. Add half small onion, a cup diced carrots, two tablespoonfuls vinegar and four cloves. Simmer four hours. Serve with raisin sauce.

Emergency Sauce.

Strain liquid in which pot roast was cooked. To two cups add half cup sifted peas and thicken with table- spoonful flour blended with two table- spoonfuls melted butter.

Stew Supreme.

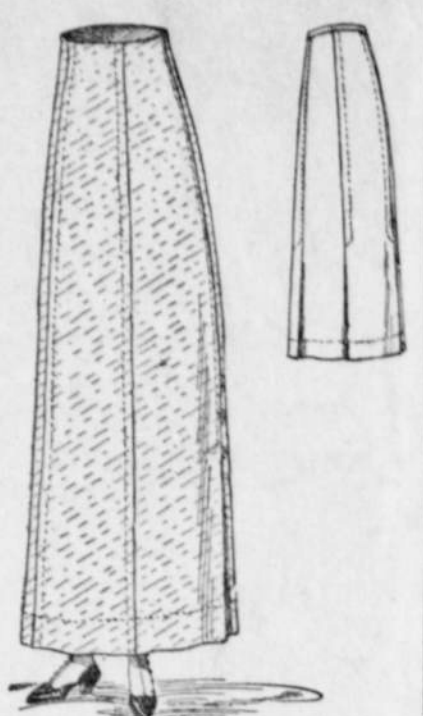
Three pounds veal, half pound lean bacon, three sliced carrots, six small onions, three cloves, blade of mace, salt and pepper to taste, half cup of tomato catchup and tablespoonful of worcestershire sauce. Cut meat into small pieces and brown in butter. Add the vegetables and seasoning and pour over enough boiling water to cover. Let simmer for an hour or until meat is tender. Arrange meat on serving platter, rub sauce and vegetables through a sieve, add the tomato and worcestershire sauces, pour around the veal and serve with small piece of toast.

COIFFURE STYLES.

Very Little False Hair Worn This Season.

Little or no false hair is now the fashion. Pompadours are entirely passe, and parts in the middle or on the side reign supreme. Ears are cov- ered with soft, wavy strands of hair, and the Psyche knot is the favorite.

Any one could pin on curls, pile bunch on bunch, but it is the master hand which creates the neat, close dressing and saves it from that un- tidiness and appearance of dowdiness



SIX GORED SKIRT.

which are often the result of our own efforts. A trial of the new models and their variations is the next move after we have chosen our frocks for the sea- son.

Those of us who bravely attempt it without first seeing it done are likely to go wrong when it comes to arrang- ing the simple but slightly outstand- ing coils which have taken the place of the eternal curl. The coiffure was never so important as she is at the present day. She is no longer the mere manipulator of our locks. She is the artist who studies us and our clothes and helps us to look our best.

Separate skirts with white and col- ored short waists are again in style, and the skirt illustrated is one of the new designs for this purpose.

JUDIC CHOLLET.

This May Manton pattern is cut in sizes for small women and misses of fourteen, sixteen and eighteen years of age. Send 10 cents to this office, giving number, 7364, and it will be promptly forwarded to you by mail. If in haste send an additional two cent stamp for letter postage which insures more prompt delivery. When or- dering use coupon.

No. Size

Name

Address

Why a Cat's Eyes Glow in the Dark.

The eyes of a cat shine in the dark not because they produce light, for they do not, but because they reflect all the light that may reach them. If the cat be in a totally dark room you cannot see its eyes. It is only when there is at least a glimmer of light that these glow. The animal must be looking almost directly at you. What- ever light there be must come from about behind or above you. The cat's eye is a powerful lens with a reflector behind it. This gathers the rays and concentrates them in a horizontal beam. It is possible that these shin- ing eyes exercise a sort of hypnotic fascination for mice and rats. It may also be that the ray they cast, slender and faint though it be, serves to light up their prey sufficiently for their keen eyes to see it.—New York World.

Carlisle and Indigestion.

Carlisle suffered from what he called biliousness during the greater part of his life, but Sir Richard Quain, one of his physicians, has left it on record that this was largely due to overin- dulgences in gingerbread. Apparently Carlisle considered indigestion an es- sential part in the makeup of a reform- er, for in his critical examination of alleged portraits of John Knox he re- fects one expressly on the ground that the individual represented was too ob- viously "eupeptic."

He Wanted to Get In.

Butler—There's a man below to see you, sir. Mayberry—What did you tell him? Butler—I told him you told me, if it was a lady, to say you were in, and if it was a man to say you were out. Mayberry—What did he say then? Butler—He said to tell you he was a lady.—Harvard Lampoon.

The Phrase Illustrated.

Ragged Rogers—Hear about Dusty? He picked up a quarter, got run- ning, and the judge sent him up for ninety days. Frayed Philip—Gee! Dat's what you might call trouble from an unexpected quarter.—Boston Transcript.

Logical.

The Tramp—My pal says as 'ow you've just give 'im sixpence for 'avin' one leg. The Old Lady—Yes, I did. The Tramp—Well, then, gi' me a shil- lin', cos I've got two.—London Sketch

Rubbers.

"Have you any rubber articles?" asked the man entering the store. "Surely," replied the salesman. "We have a fine line of opera glasses."—Yonkers Statesman

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WANTED—To engage berry pickers for White Salmon, Wash. Write 4842- 62nd St. S. E.

WANTED—Girl for light housework, enquire Lents Hardware Co., Lents.

WANTED—Good, clean cotton rags at 1/2c a pound. Mt. Scott Pub. Co.

WANTED—Boys may be had and sometimes girls. The older ones at ordinary wages and others to be schooled and cared for in return for slight services rendered. For particu- lar addresses W. T. Gardner, superin- tendent Boys and Girls Aid Society of Oregon, Portland, Ore.

EOR TRADE—Fine English Banjo, valued at \$120 new. Will take cow, chickens, or other property. Mrs. McLaughlin, Lents, Oregon.

Eggs for hatching, Calkins strain of pure bred white leghorns. Eggs for hatching balance of season \$6.00 and \$8.00 per hundred. Some stock for sale. Call Lents Home Phone 2924 or address Calkins Poultry Farm, Lents, Oregon, Gilberts Station.

PASTURAGE—A limited number of horses will be taken at our pasture, five miles east of Lents. J. S. Wing, 3rd Ave. and Foster road.

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FOR SALE—All kinds of Rough and Dressed lumber at Reduced prices at our mill two miles from Kelo, Oregon. Lumber delivered. Sandy Ridge Lum- ber Co. Phone 41x1. Joel Jarl Mgr.

FOR SALE—Newspapers for wrap- ping or kindling. Mt. Scott Pub. Co.

LUMBER—At our new mill 1 1/4 miles southeast of Kelo. We deliver lumber, Jonrud Bros.

FOR SALE—One fourth acre, cleared, in Walden Park. Five dollar payments. Enquire at Mt. Scott Publishing Co's. office.

FOR SALE—Rhode Island Red Cock- rels. Enquire at Grange Store. tf

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FOR RENT—Modern 4-room house, well located, \$12 per month. Three room house near Bright Realty Co., \$8 per month. Enquire O. F. Freeberg, 1/2 block east Grange Store or Lents Hardware Co.

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ST. PAUL'S EPISCOPAL CHURCH, WOODMERE
—Services and sermon at 4 p. m., every Sun- day. Sunday School at 10:30 a. m. Commu- nion, on second Sunday of each month, Dr. Van Water and Rev. Oswald W. Taylor.

LENTS BAPTIST CHURCH—First Avenue, near Foster road. Rev. J. N. Nelson, pastor. Sun- day School 10 a. m. Preaching 11 a. m., each 7:30 p. m. B. Y. P. U. meets at 6:30. Prayer- meeting Thursday evening at 7:30.

SWEDISH LUTHERAN MEETING—Held every Sunday at 10:30 a. m., and in the evening at the Chapel at corner of Woodbine street and Firland avenue. Rev. B. S. Nyström, pastor.

SWEDISH BETHANIA CHAPEL, ANAKEL— Scandinavian Sunday School at 11 a. m. Bible study and prayer meeting Friday at 4 p. m. Scandinavian people cordially invited and welcome.

GRACE EVANGELICAL CHURCH, LENTS— Preaching Sunday at 11 a. m. and 7:30 p. m. Sunday School every Sunday at 10 a. m. Young People's Alliance every Sunday at 6:30 p. m. Prayer meeting and Bible study, each Wednesday evening. Special music. All cordially welcome. Rev. Conklin, pastor.

LENTS PHIKENDS CHURCH—South Main St. Sabbath School 10:30 a. m. Service 11:00 a. m. Christian Endeavor 6:30 p. m. Evangelistic service 7:30 p. m. Prayer meeting Wednesday 7:45 p. m. Myra H. Smith, pastor.

LENTS M. E. CHURCH—Corner of 7th Ave. and Gordon St. Sunday School 10:30 a. m. Ser- vices at 11:00 a. m. and 7:30 p. m. Epworth League 6:30 p. m. Prayer meeting Thursday evening of each week. All most cordially invited. Mrs. W. Boyd Moore, pastor.

TREMONT UNITED BRETHREN CHURCH— 62nd Ave. 60th St. E. Sunday School at 10:30 a. m. Preaching 11:00 a. m. Christian Endeavor 6:30 p. m. Prayer meeting 7:30 p. m. Prayer meeting Thursday 7:30 p. m. Mrs. Lynn, pastor.

MILLARD AVE. PRESBYTERIAN CHURCH— Rev. Levi Johnson, pastor. Residence 6921-3 Lestoye St. Services: Sunday School at 10 a. m., Morning Worship 11 a. m.

SEVENTH DAY ADVENTIST CHURCH—Satur- day Sabbath School 10 A. M. (Saturday) Preach- ing 11 A. M. Sunday Missionary Meeting 6:30 P. M. Sunday Preaching 7:30 P. M. Wednesday Prayer Meeting 7:30 P. M. All welcome to these meetings. C. J. Cummings, Pastor, residence 28 East 4th St. Phone Tabor 3621.

GRANGE DIRECTORY

(Granges are requested to send to The Herald information so that a brief card can be run free under this heading. Send place, day and hour of meeting.)

PLEASANT VALLEY GRANGE, No. 548— Meets second Saturday at 7:30 p. m., and fourth Saturday at 10 a. m., every month.

ROCKWOOD GRANGE—Meets the first Wed- nesday of each month at 8 p. m. and third Sat- urday at 10 a. m.

MULTNOMAH GRANGE, No. 711—Meets the fourth Saturday in every month at 10:30 a. m., in Grange hall, Orient.

FAIRVIEW GRANGE—Meets first Saturday and the third Friday of each month.

RUMBLE HILL GRANGE, No. 553—Meets in the schoolhouse the third Saturday of each month.

EVENING STAR GRANGE—Meets in their hall at South Mount Tabor on the first Sat- urday of each month at 10 a. m. All visitors are welcome.

GRESHAM GRANGE—Meets second Sat- urday in each month at 10:30 a. m.

DAMASCUS GRANGE, No. 260—Meets first Saturday each month.

LENTS GRANGE—Meets second Saturday of each month at 10:30 a. m.

CLACKAMAS GRANGE, No. 298—Meets the first Saturday in the month at 10:30 a. m. and the third Saturday at 7:30 p. m.

SANDY GRANGE, No. 292—Meets second Saturday of each month at 10 o'clock a. m.

COLUMBIA GRANGE, No. 267—Meets in all day session first and third in each month in grange hall near Corbett at 10 a. m.

CLACKAMAS GRANGE meets first Saturday of each month at 10:30 a. m., and third Sat- urday at 7:30 p. m.

RAILROAD TIME