

LECTURE FOUR TREATS OF VEGETABLES IN THE DIET.

Home Course In Domestic Science

III.—Cost of Food In Moderate Homes.

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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 housemaking 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 whenever homes and family life are not what civilization and Christianity teach they should be the cause will invariably be found to be wrong standards.

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 expenditure in one department of housekeeping can be readily balanced by various economies in another.

Any woman who has a right standard 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, education 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 connected with material living there is contentment 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 attempt to do more than show what proportion of the income should be reserved 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, preparing 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 income. To feed a family of five persons on 90 cents a day, or 18 cents each, requires thought and considerable planning on the part of the housekeeper. But on that amount it is possible to provide good nourishing meals every day and in amount sufficient for all the needs of the body. This is for no mere theoretical statement, for in many homes in this country less than \$1 a day is being spent on the table.

To buy wisely on a small margin requires some knowledge of food values, because it is necessary to have the daily meals represent a given amount of protein, fat, sugar and starch, mineral matter and water. These food constituents must be provided 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	10	BREAKFAST
BREAD	9	Mackerel
BEEF	8	Creamed Potatoes
POTATO	8	Toast Coffee
SALT MACKEREL	4	DINNER
TWO EGGS	3	Roast Beef
BUTTER	2 1/4	Potatoes
RICE	2	Bread Butter
SUGAR	1 1/4	Cheese Tea
CHEESE	1	SUPPER
		Boiled Rice
		Scrambled Eggs
		Bread Butter
		Tea

Total, 44 oz. protein, 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 always expensive and may not contain any more nutriment than foods produced in home markets. For instance, 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 valuable as some other articles of the diet. A person would need to eat fourteen oysters to derive a quantity of protein from them equal to that contained 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 individuals or families may be well fed and never eat an oyster. In providing 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 provided 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.
- Flax.
- Bacon.
- Coffee served with hot milk occasionally.
- 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 variety 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 expensive, 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 depend so much on the price of food materials 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 necessary 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 breakfast dish five mornings out of seven, try the addition of a handful of dates from which the stones have been removed. Cook the oatmeal thoroughly in a double boiler or fireless cooker and add the dates about half an hour before 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:

Cannelon of Beef.

Two pounds of lean beef cut from round, grated rind 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 teaspoonful 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 minutes in a moderate oven. Baste every five minutes with one-quarter cup of butter melted in one cup of boiling water. Serve with espagnole sauce.

Esperano Sauce.

Two tablespoonfuls butter, two tablespoonfuls 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, stirring until thickened. Then add chopped pepper, worcestershire sauce and, last, the sliced lemon.

Sauce.

Half cup stock, half cup cream, two tablespoonfuls flour, teaspoonful salt, half teaspoonful pepper and tablespoonful 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 tablespoonful flour blended with two tablespoonfuls 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 meat and serve with small piece of toast.

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