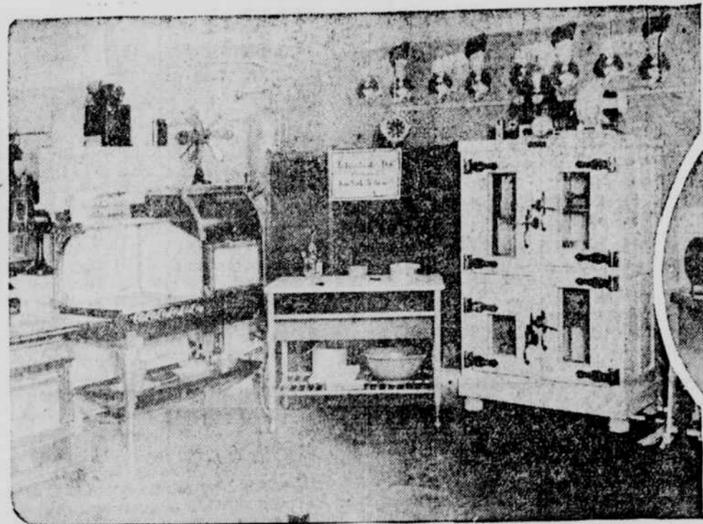
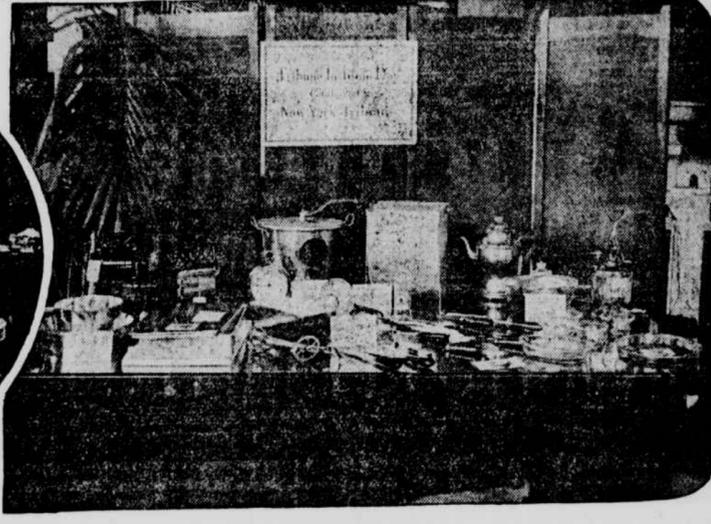
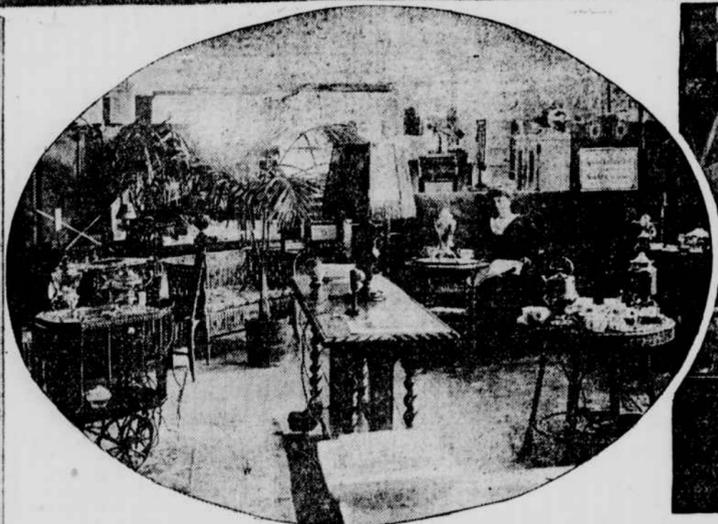


The Tribune Institute

In the World of Women

THE TRIBUNE INSTITUTE AT THE ELECTRICAL SHOW



Home of The Tribune Institute in the New York Electrical Show. Meals Will Be Prepared on the Large and Small Electric ranges and exhibited in the Living Room. The Big Tables Are Loaded with the Smaller Appliances Tested and Endorsed by The Tribune Institute.

What to EAT
and
How to COOK it.

The
Housewife's
Own Bureau
of
Information

Every Sunday
in
The Tribune

TESTED Household
APPLIANCES
and
where to get them

The
Housewife's
Own Bureau
of
Information

Every Sunday
in
The Tribune

Four meals, of which menus are given below, will be cooked by electricity in The Tribune Institute booth at the New York Electrical Show, October 16 and 17. Miss Jenoise Brown, Domestic Science Expert of the Institute, will be in charge, and will be glad to answer questions and demonstrate methods of using the electrical devices.

The Woman Suffrage Party of New York State is turning the power of its magnificent organization toward the establishment of home efficiency and skilled modern methods of housekeeping. Women need the vote, but they know that the unit of civilized life is the home. That is why the State Suffrage Party is in charge of the Home Economics Division of the New York Electrical Show.

Come and See Electricity Cook These Meals

By JENOISE BROWN.
Domestic Science Expert, Tribune Institute.

THE last word in modern efficiency is electricity. It does most of the work in the world of men and now it is offering its aid to the world of women. And little by little women are coming to see that this mysterious force can save the domestic situation. In demonstrating electrical cookery here in the Tribune Institute booth, the dinners will be prepared on electrical ranges; the luncheons on small table stoves. The ice will be made in a freezer operated by an electrical unit which also makes mayonnaise, grinds coffee, kneads bread and turns the food chopper.

Luncheon, October 16th.

- Cream of Tomato Soup
- Chicken en Casserole
- Entire Wheat Bread and Butter
- Bohemian Club Ripe Olives
- Avocado Pear Salad
- Macaroon Pudding
- Tea

BOHEMIAN CLUB RIPE OLIVES.

Ripe olives are prepared in the following way by the epicures of San Francisco, and will taste just as well on the Atlantic Coast as on the Pacific:
Fill a pint bowl half full of olive oil, drop in a clove of garlic, and allow it to stand twenty-four hours. At the end of that time, take out the garlic, fill the bowl to the brim with ripe olives, having first scored each one down the side with a sharp knife, and allow them to stand for another twenty-four hours. Then drain off the oil and serve.

Dinner, October 16th.

- Grapefruit
- Broiled Porterhouse Steak
- Baked Potatoes
- Broiled Tomatoes
- Celery Sticks with Roquefort Cheese
- Lady Anne Ice Cream
- Demi Tasse

CELERY STICKS WITH ROQUEFORT CHEESE.

War time Roquefort cheese is pale-faced with fright. The Penicillium is not completed its perfect work. You can transmogrify it this way:
To a quarter of a pound of cheese, add one dessertspoonful of softened butter, one of sherry or cream, and one dessertspoonful of Worcestershire sauce. Cover thickly with paprika and work the whole into a paste. A dash of cayenne may be added, if liked. Despite the scientific exactness of modern recipes, seasoning must be to taste somewhat, as even twin souls will differ as to the amount of salt and pepper they want in their food. Arrange the sticks on lettuce and serve with French dressing.

LADY ANNE ICE CREAM.

To one pint of scalded cream add one-half

cupful of sugar caramelized (melt sugar slowly in a spider without water, stirring it constantly to prevent burning). To this add another pint of cream, one cupful of maple syrup, one cupful of toasted almonds chopped fine, one-fourth teaspoonful of salt and one teaspoonful of vanilla. Freeze.

Luncheon, October 17th.

- Fruit Cocktail
- Egg in Tomato
- Smelts Sauté with Tartar Sauce
- Rolls
- Watercress Salad
- Rosy Dawn Cake
- Tea

ROSY DAWN CAKE.

Beat the whites of ten eggs until frothy; then add one-half teaspoonful of cream of tartar. Beat until stiff and add gradually one and one-fourth cupfuls of sugar. Fold in one cupful of flour mixed with one-fourth teaspoonful of salt and sifted four times. Add one teaspoonful of vanilla. Bake in two layers from twenty to thirty minutes. Put together with this filling:

Put one and one-half cupfuls of sugar and one-half cupful of water in a saucepan. Boil until the mixture hairs from the spoon. Pour the syrup gradually on the beaten whites of two eggs. Beat constantly until the right consistency and then add one-half teaspoonful of vanilla.
Divide the frosting into two parts. Color half a light pink (vegetable coloring preferred), and add one-third of a cupful each of broken walnut meats, candied cherries and candied pineapple.
Place the pink mixture between the layers and cover the top with the remainder of the frosting. Decorate with candied cherries.

Dinner, October 17th.

- Caviar Canapés
- Consommé Celery
- Turbans of Halibut
- Hollandaise Sauce
- Sandwiches
- Long Island Duckling
- Apple Sauce
- Riced Potatoes
- Eggplant Fritters
- Asparagus Tip Salad
- Orange Ice
- Cheese
- Toasted Crackers
- Demi Tasse

CAVIAR CANAPÉS.

Prepare round slices of toast. To one-half cupful of caviar add the juice of one-half lemon and a dash of cayenne. Spread mixture on toast with narrow rings of Spanish onion outlining slices. Sprinkle with paprika. If desired, omit the onion and garnish with a stoned olive filled with mayonnaise.

TURBANS OF HALIBUT.

Dip fillets of halibut in melted butter. Squeeze a little lemon and onion juice over them and sprinkle with salt. Roll each fillet into a "turban," beginning with the wider end. Fasten by running a buttered toothpick through each. Bake in a hot oven fifteen minutes. Serve with Hollandaise sauce.

WHY IS THE TRIBUNE INSTITUTE?



HERE is no culture until even the utensils in the homes of the people are beautiful." This idea is no longer a poet's dream. It is a very practical goal toward which are moving swiftly the up-to-date manufacturer and the thoroughly awakened and well-trained housewife.

Much of the culture of our daily life is moving back from the drawing room to the kitchen, where it belongs; for the home life may flower in the living room, but it has its roots in the kitchen.

And what is a beautiful utensil? To the poet we know that beauty is truth, and beauty in this connection involves simplicity and perfect adaptation to the end served.

The days when beauty of decoration meant pink bows and tidies to gather dust belong to the days when women had no tools, carried their water for the washing, and knew nothing of labor-saving devices.

Anyone who cannot see beauty in the smooth, plain surface of our modern kitchen utensils, whether they be earthenware, glass or aluminum, has but a superficial eye for beauty. And a vacuum cleaner, a skilful, compact dishwasher or clothes washer, white enamel sinks and tables, sanitary, smoothly-painted walls and easily cleaned floors "look good" to the woman who spends her life among them.

It is the special mission of The Tribune Institute to spread this gospel among the manufacturers who can supply the material manifestations of the ideal and the women whose appreciation and selective power in buying can alone supply the works without which all faith is dead.

That collaboration between the manufacturer and the intelligent housewife is absolutely essential is proven by the fact that until the last decade all sinks and tables have been made at least seven inches too low,—a back-breaking proposition.

It is the theory and practice of The Tribune Institute to promote these ideals of culture and beauty in the home by the most practical detailed work; to promote the manufacture of the most perfectly adapted household utensils by approving the best and making them known as widely as possible to the women who need them.

Any avenue leading toward the desired end is ours. And that is why The Tribune Institute is, and also why it is glad to be a part of the Electrical Show.

Practically the work flows through two main arteries—the proper selection of foods and the intelligent choice of the best utensils and equipment to be used in the kitchen and throughout the house for insuring sanitation, efficiency and beauty.

Nothing can be beautiful that is not clean, and one of the first questions asked in the passing upon a piece of apparatus is: "How easily and completely can it be cleaned?"

On Tribune Institute Day Miss Brown, the Domestic Science Expert of the Institute, will demonstrate along one of these lines by electric cooking experiments, and the Engineer of the Institute, Mr. Weed, will disclose the true inside workings of useful kitchen and household apparatus, including vacuum cleaners, dish and clothes washing machines and electric kitchen power units for minimizing household labor.

You have seen The Tribune Institute on paper for many weeks. Will you come and see it in operation?

We shall be at home from 11 a. m. to 11 p. m. Monday and Tuesday, at the booth of the New York State Suffrage Association, Second Floor, Grand Central Palace. A cordial welcome awaits you.

Anna Lewis Stone
Director, Tribune Institute.

Why Suffragists Advocate Home Efficiency

By IDA BLAIR,
New York State Woman Suffrage Party.



WORKING for the suffrage is a liberal education. It makes women think, and no one can think steadily and constructively without gaining a fairly wide knowledge not only of the immediate object in view, but of everything related to it.

That is why home efficiency has come to be the second slogan of the New York State Woman Suffrage Party. Until the vote is secured "Votes for Women" will always be the rallying cry. But we feel that we have gone so far toward securing the vote that we can afford to give a good proportion of thought and work toward the securing of the best possible home conditions and utilizing the best products of modern science and invention for the securing of efficiency in the home.

HOME EFFICIENCY THE FOUNDATION.

It is a self-evident fact that, even as the ballot is an absolute necessity for the woman who undertakes to do her share toward bringing about better living conditions, so a knowledge of efficient household administration is a foundation of ability to exercise wisely the power given by possession of the vote.

Women are the housekeepers of the world. In their hands rests the welfare of the race. Therefore the public health is as much their business as the health of their own children.

To this end they are bending every effort to secure pure food, to make sure that the milk supply and water supply are above reproach and to see that sanitation is thorough enough to eliminate filth diseases. And, as administrators of the greater part of the world's income, it is their business to see that the cost of living does not run ahead of the standard of living.

CHANGE WROUGHT BY EXPERIENCE.

With a generation of thought and work, the whole attitude of women toward public affairs has undergone a change. Also the type of woman interested in public affairs has changed. Years ago a large proportion of the women who worked for the vote were women without home ties, or upon whom home duties sat lightly, and they worked for an abstract principle of acknowledged citizenship rather than for a concrete benefit in the shape of power to solve problems that affected their own lives and those of their children.

Nowadays the woman who works most energetically for suffrage is the young housekeeper who is determined to eliminate the double standard of efficiency; the young mother who is determined to have the best the world can offer for her children.
Household drudgery once eliminated, the

wife and mother has leisure, strength and vitality to give genuine companionship to her husband, wise comradeship and guidance to her children, and to keep alive her interest in the outer world while she takes from it the best it has to offer for her home.

And, as always, the home is the unit of civilization, the training school for all women can do in the world. Only the woman who has learned to manage her household according to the principles of economy and efficiency can take an intelligent interest in the way public affairs are managed.

FROM INDIVIDUAL TO PUBLIC ISSUES.

The woman whose house is disorderly and whose notion of cleanliness is to manipulate a broom and dustpan is not likely to be a close observer of the condition of the streets and public places. But the woman who owns and uses a vacuum cleaner and who conducts her household on the vacuum cleaner basis is likely to observe very closely the manner in which public cleanliness is maintained.

The woman who manages her own household budget so that every dollar yields a value of one hundred cents not only strikes a body blow at the high cost of living, but also educates herself to the point where she wants to know something of the administration of the city budget and whether or not public conflict keeps pace with public expenditure.

VALUE OF TIME AND PROPER TOOLS.

Women are learning at last that their time is worth something; that there is financial value in having good tools. They are realizing that modern labor-saving devices and the free use of electric power practically solve the servant problem; considering that one person well equipped with modern labor-saving devices can do without undue effort the same amount of work that would use all the time and tax the strength of two or three women working under the old conditions and with the old tools.

That is why the housekeeper's life is becoming just one short-cut after another and why progressive women are abandoning all their traditional conservatism and are more and more adopting the attitude of men toward labor-saving devices.

For years past the man has never doubted his right to the adding machine, the typewriter, the motor engine, or any machine that could make for the saving of time, money and labor in carrying on his business. But the women in the home have been slow to adopt modern appliances even when they could get them. They have held to the dust-scattering, back-breaking household tools of their foremothers, and it is only recently that they have begun to see the advantages of using vacuum cleaners, electric washing machines and irons, and the hundred and one electrical devices that cut the labor of housework down to a minimum.

Having seen it, though, they are accepting with enthusiasm all that modern science can do for them, and are relating to citizenship the same principle of efficiency that applies to the administration of home affairs. They want every tool that can eliminate domestic drudgery, but most of all, they want the one most efficient tool of all—the tool that has always been in the hands of men—the assurance that their opinion will be registered, and considered in the making of laws upon which depend the welfare of their homes and of their children.