

# Some Advice for Those Who Are Over Weight

By VIRGINIA CARTER LEE

previous to serving, add to each pint the stiffly whipped white of one egg. Shake well before serving.

To make the hot slaw, use three-quarters of a head of cabbage (reserve the other quarter for the Sunday night supper salad) and slice into shreds. Cook in salted, rapidly boiling water for twenty minutes; then drain and press out all the moisture. Place in a shallow saucpan and cover with the following sauce: Two tablespoonsful of melted oleo, one teaspoonful of salt, a quarter of a teaspoonful of paprika and a small cupful of white vinegar. Set the pan where it will not boil, cover and let stand for ten minutes.

Supplies for the week will include at the butcher's two ounces of smoked beef at 4 cents an ounce, half a pound of bacon at 45 cents a pound, one pound of lean beef (rotel) at 45 cents a pound, one slice of corned beef at 90 cents a pound (a quarter of a pound), one slice of uncooked ham at 45 cents a pound (one pound), one pound of chopped lean veal at 45 cents a pound, and a slice of salt pork at 10 cents.

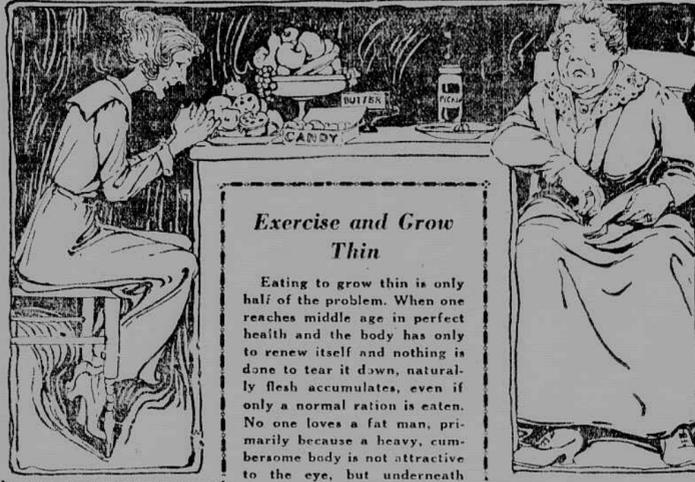
At the fish market one pound and a half of halibut at 40 cents a pound, two pounds of cod at 25 cents a pound, two pounds of weakfish at 28 cents a pound and two dozen oysters in the shell at 15 cents a dozen.

Dairy supplies will amount to \$2.85. Milk, four quarts Grade B bulk, 56 cents, one pound of table butter and half a pound of oleo, 89 cents, and two dozen eggs, \$1.50.

Marketing prices (for four) will approximate the following figures:

Butcher's bill ..... \$1.98  
Fish bill ..... 1.96  
Dairy products ..... 2.95  
Fruits ..... 2.42  
Vegetables ..... 2.38  
Groceries ..... 4.31  
Total ..... \$16.00

For the egg lemonade, prepare as usual, making it rather tart and just



## Exercise and Grow Thin

Eating to grow thin is only half of the problem. When one reaches middle age in perfect health and the body has only to renew itself and nothing is done to tear it down, naturally flesh accumulates, even if only a normal ration is eaten. No one loves a fat man, primarily because a heavy, cumbersome body is not attractive to the eye, but underneath this is the idea that a fat person is lazy and cares more for the delights of the table than for the joys of activity.

These menus deal not with the obese but merely with the healthy person who is about ten pounds "over weight." And for such a person the introduction of exercise into the daily regime is really more important and more healthy than the cutting out of food. Sometimes merely reducing the liquids taken and giving up sweets and fats (butter and cream especially), and taking lemon juice and water, will reduce one sufficiently, if only regular exercise is not crowded out of our busy lives.

The automobile is not an unmixed blessing—it insures us fresh air and change of scene, but our legs may atrophy and disappear, like the wings of some prehistoric animals, if we do not use them more regularly, whether we need to or not, merely to get about. Instead of deranging the balance of the ration by too drastic dieting, try moderation plus exercise.

A. L. P.

## TESTED RECIPES

### Graham "Hurry Ups"

Sift together one cupful each of white and graham flour, half a teaspoonful of salt and four teaspoonfuls of baking powder and return the bran which is removed by the sifting. Rub in with the finger tips two tablespoonfuls of shortening and add gradually a scant cupful of skim milk. Beat well and drop by the spoonful onto a greased baking sheet. Bake in a hot oven about twelve minutes.

### Fruit Salad

Mix together one and a half tablespoonfuls of cornstarch and a quarter of a cupful of sugar. Add gradually half a cupful of warm water and cook, stirring constantly for five minutes. Remove from the fire, add half a cupful of pineapple juice and the juice from half a lemon. Cool and stand aside in a cool place. Toss lightly together three-quarters of a cupful of diced pineapple, one cupful of orange pulp and one cupful of peeled and seeded Malaga grapes, cut in halves. Arrange in lettuce cups and pour over the dressing that has been blended with the stiffly whipped white of one egg. Serve immediately.

### Apple Gâteau

Peel and core one pound of apples, cut them in quarters and stew them in one pint of sweet cider with three ounces of sugar, the juice of half a lemon and a broken stick of cinnamon. Cook only until tender and transparent. Do not break the fruit. Take out the pieces of apple carefully and add to the syrup one tablespoonful of granulated gelatine softened in three tablespoonfuls of cold water. Stir until the gelatine is dissolved, take out the cinnamon and mould the fruit in layers with the cooled

jelly. Be sure that each layer is firm before the next is added and set in the icebox to chill.

### Curried Vegetables on Rice

Cut a quarter of a pound each of peeled onions and turnips into dice and add a quarter of a pound each of celery and carrots cut in tiny cubes. Throw all into a saucpan of boiling, salted water and cook for five minutes. Drain and dry. Place in a large frying pan with one tablespoonful of hot shortening and turn rapidly until seared over. Have ready a pint of brown sauce, flavored with curry powder and pour hot over the vegetables. Cook gently for half an hour or until the vegetables are tender and serve on a mound of hot, steamed rice. Dust with salt and paprika before serving.

### Whole Wheat and Graham Bread

Mix together one and a half cupful each of whole wheat and graham flour, half a teaspoonful of salt, three teaspoonfuls of sugar and four teaspoonfuls of baking powder. Gradually moisten the dry ingredients with one and a half cupful of water and three tablespoonfuls of molasses. Mix well, turn into a greased bread pan and let stand for twenty minutes. Bake about fifty minutes in a moderately hot oven.

### Frozen Macedoine of Fruit

Boil one cupful of grape juice and one cupful of sugar for five minutes and add one teaspoonful of gelatine softened in two tablespoonfuls of cold water. Stir until the gel time is dissolved, cool and add three-quarters of a can of grated pineapple, one small banana peeled and mashed, the juice of one lemon and the yellow pulp from two oranges. Freeze slowly and when the mixture begins to congeal, stir in the white of one egg, stiffly whipped. Continue to freeze until firm and smooth.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b> Orange Juice Fried Smoked Beef Toasted Watercress Café au lait (with hot milk)	<b>BREAKFAST</b> Grapes Broiled Bacon Graham "Hurry Ups" Coffee	<b>BREAKFAST</b> Baked Apples Shirred Eggs Toasted	<b>BREAKFAST</b> Halved Grape Fruit Fish Soufflé with Tomatoes Graham Bread Toast Coffee	<b>BREAKFAST</b> Stewed Prunes with Lemon Broiled Bacon Panned Hominy Cakes Coffee	<b>BREAKFAST</b> Sliced Oranges Scrambled Eggs Toasted Scones Tea	<b>BREAKFAST</b> Grape Juice Cereal Waffles Cinnamon and Sugar Coffee
<b>LUNCHEON</b> Lettuce and White of Egg Sandwiches Baked Apple Tea	<b>LUNCHEON</b> Fish Chowder Fruit Salad White of Egg Dressing	<b>LUNCHEON</b> Bread Sticks Vegetable Salad Mock French Dressing Ginger Ale Bran Cookies	<b>LUNCHEON</b> Browned Corned Beef Hash Thin Bread and Butter Canned Peas	<b>LUNCHEON</b> Curried Vegetables on Toast Egg Lemonade White Grapes	<b>LUNCHEON</b> Fish and Pickled Beet Salad Quick Whole Wheat and Graham Bread Hot Apple Sauce Tea	<b>LUNCHEON OR SUPPER</b> Roasted Oysters Cabbage Salad Ginger Cookies
<b>DINNER</b> Tomato Bouillon Broiled Halibut with Lemon Brussels Sprouts Bread Sticks Prune Whip	<b>DINNER</b> Broiled Meat Cakes Potato Balls Stewed Tomatoes Watercress Salad Grape Juice Jelly with Orange Sections	<b>DINNER</b> Fruit Cocktails Boiled Cod Spinach Lemon Sauce Cider Frappé Cookies	<b>DINNER</b> Celery Bouillon Parsley Omelet String Beans Tomato Jelly Salad Apple Gâteau	<b>DINNER</b> Consommé Broiled Weakfish Baked Stuffed Tomatoes Graham Bread Fruit Jelly	<b>DINNER</b> Vegetable Soup Boiled Potatoes Canned Peach Whip Hot Slaw	<b>DINNER</b> Chicken Bouillon (from cubes) Veal Loaf Spinach Frozen Macedoine of Fruit

# The Locomotive That Runs From Durtyville to Spotless Town

Tested and Endorsed in The Tribune Institute

WOMEN, and men, who five years ago haggled over the price of a new washboard and thought "the old one would do" now are blithely comparing the relative merits of \$150 electric washing machines; it is only a question of "which one?" We say "and men" advisedly, because, to be frank, more

men than women come into the Tribune Institute and discourse learnedly on the relative merits of oscillating tubs, revolving cylinders and vacuum cups. Men have never been strong for "handwork"; that was for women. But when it comes to buying a machine, anything that carries its own motor along, the men prick up their ears and regard

it affectionately, while the women "shy off" and are a little afraid the thing will bite. But a few "wash-less Mondays," complicated by laundry strikes, lead the enthusiasts and the doubters alike to the washing machine as the only solution—for civilized man must have a clean shirt, and as for the baby's rompers, they are the real test of any machine's efficiency.

tub is in operation, speedy and thorough results are obtained. Getting Up Steam As You Go The use of the giant gas burner under the tub while it is moving is the second distinctive point of this machine, and it resulted in raising the water (twelve gallons, which half fills the tub, this being the proper level) 10 degrees, from 140 to 150 degrees, during the eight minutes that were necessary to thoroughly cleanse one load (equivalent to five sheets). Thus this tub gains in heat as the operation proceeds, instead of cooling off, as is usually the case. Hot water plus velocity equals efficiency. The cover has a safety valve to let off excessive steam.

The washing used for the test included sheer lingerie, table linen with coffee stains and badly soiled dish towels; one white skirt was very dusty and grimed from wear with a dark dress. All were as clean as possible at the end of eight minutes! Children's badly soiled clothes would take longer, though soaping and soaking expedite matters. In the picture the Assistant Director of the Institute is about to light the helpful gas flame before putting the tub in motion. Near the gas burner is the drain, opened widely by a side screw valve, which takes a three-gallon pail and empties the tub in three or four minutes (forty-five seconds to the pail).

Another characteristic feature of this washer is its shape, as it is long and narrow, occupying a floor space only 1.5 feet wide and 4 feet long. This was especially convenient in some kitchens and laundries. This machine stands thirty-two inches high, which is not quite standard for the average woman. A board fits over the top of the tub when not in use, so that it may be used as a table, and the wringer is removable, though it takes some strength to accomplish this. The one-way casters make the machine stable, but difficult to move. They

are to be replaced by two-inch swivel casters, which will raise the tub two inches (thirty-four to thirty-six inches is standard height), and make it easier to move about in any direction. A special feature of the wringer is the twelve-inch rolls. Wringer and tub may be in operation at the same time and still keep up the rate of fifty-nine reciprocal strokes to the minute. A full charge was run through in ten to thirteen minutes. The wringer swings into five different positions for convenience in using rinsing and bluing tubs, however paced. A convenient lever starts, stops and reverses the wringer rolls. On top is shown the safety release, worked by pressing down on the lever.

More About The "Makings" As to materials and construction, the copper tub ensures endurance and high heat retention properties. easily be run through even the rinsing and bluing waters in an hour, the cost of operation at the New York rate of 7 cents would be less than 2 cents (1.6 cents) for a full-sized family washing. Practically no hard labor is involved, only supervision and adjustment of the machine. If gas is used during the washing to keep the water hot the cost is 1.2 cents more an hour, with gas at \$1 a thousand. In New York, with 80-cent gas, the cost is slightly less than 1 cent.

## Institute Tested Recipes

[EDITOR'S NOTE: These contributed recipes have all been tested and endorsed by our Domestic Science Expert. We pay \$1.00 for each recipe that is printed. If contributors wish to have rejected recipes returned, stamps must be enclosed.]

**Delmonico Pudding**  
1 quart milk, 1/2 cup jam, 4 tablespoonful 3 eggs, cornstarch, dissolved in 4 ta- 1/2 cup sugar, 1/2 teaspoonful 1/2 salt, cold milk, 1 teaspoonful vanilla.

Directions—Allow milk to boil, then add cornstarch dissolved in cold milk. Cook together for fifteen minutes, stirring often to keep from lumping and burning. Beat the yolks, add sugar and salt and add to cornstarch mixture after taking off stove; cook again for one minute. Add vanilla. Turn into a pudding dish and spread over one-half cup apple, quince, raspberry or blackberry jam. Cover with meringue made from the whites of the eggs, two tablespoonfuls sugar and one teaspoonful vanilla. Serve warm. R. V., Oshkosh, Wis.

This is a light, easily digested dessert, especially good for children and invalids. It is suggested, however, that the meringue be browned in the oven to give a better appearance and flavor. Also, if served cold, it is believed it would be very much more enjoyable, except for small children or invalids with weak stomachs. This recipe makes sufficient dessert for four persons at a cost of about 60 cents.

**Apple Raisin Conservé**  
1 cupful chopped 1 cupful sugar apples, 1 cupful chopped 1 cupful water raisins Juice of 1 lemon.  
Mix all ingredients and cook over slow fire about 20 minutes. Mrs. J. J. O'C., Washington, D. C.  
This is very good to serve with meat as a relish. It also makes an

appetizing as well as a nourishing sandwich for children, the natural sugar of the raisins satisfying their "sweet tooth." It is an aid to the housekeeper who has been unable to do much preserving. This recipe makes three small tumblers of conserve at a cost of about 30 cents.

**Candied Quince**  
2 pounds quince 2 pounds sugar  
Core, slice and weigh quince. Scald slices and boil hard for eight minutes. Remove to preserving kettle containing sugar and one-half cupful water. Place in oven to melt slowly. Let cook until clear. Remove and drain the pieces. When only slightly moist, roll in granulated sugar.  
R. V., Oshkosh, Wis.

This is a distinctly new confection and as attractive as it is delicious. It makes a delightful addition to a fruit salad when cut in narrow strips and attractively arranged. In combination with candied ginger, it is delicious with frozen puddings or ice cream. It is suggested also as a decoration for cake icing in place of the much used candied pineapple. This amount makes about two pounds of the confection at a cost of 65 cents.

**Cranberry and Raisin Marmalade**  
1 quart cranberries 1 cupful sugar 1 cupful raisins 1 cupful water.  
Pour water over cranberries. Cover the saucepan and bring to a boil quickly. Mash with a wooden masher. Boil for three minutes. Mash through a strainer. Add sugar and raisins (cut in pieces). Boil slowly 30 minutes, stirring often. R. V., Oshkosh, Wis.

This is an excellent marmalade for the approaching holidays and especially for those whose preserve closet is not so well stocked as usual. The raisins blend in very well with the tartness of the cranberries, and afford a decided change from plain cranberry sauce. This amount makes two tumblers of marmalade at a cost of about 35 cents.

## "Simplicity" Is Its First Name

Each machine has its own peculiarities, merits and shortcomings. The Locomotive, recently tested out in the Institute laboratory, has several obtrusive virtues that are distinctly its own. Perhaps the first of these is "simplicity" and when a machine is to be handed over to the tender mercies of Bridget, or even to a mistress with no turn for mechanics, simplicity of operation is a point hard to over-estimate.

The oblong copper tub, 25 1/2 x 14 1/2 inches, is perfectly smooth within, it has no protuberances or "insides" of any sort to rub the clothes or to get out of order. The tub simply moves backward and forward on four rollers, making fifty-nine complete strokes a minute; the motion being very like that of a locomotive. By the velocity of the water, as tossed with and against the clothes from one end of the tub to the other, in combination with the heating of the water while the

Let a Locomotive Be Your Laundry Dress

sector of the Institute is about to light the helpful gas flame before putting the tub in motion. Near the gas burner is the drain, opened widely by a side screw valve, which takes a three-gallon pail and empties the tub in three or four minutes (forty-five seconds to the pail).

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## Without Benefit of Science

By FRANCES L. GARSIDE

THE old-fashioned woman used her combings to make into hair wreaths which were framed and hung in the parlor, and the hair the rest of the family shed also went into buds and blossoms and tendrils, so that it was not, in those happy days, considered a misfortune when one's hair "came out." Furthermore, if by chance an unsuspecting guest arrived, and left her hair on a chair back, she awakened next morning to find it made up into Johnny-jump-ups, tiger lilies and forget-me-nots, and under a glass frame.

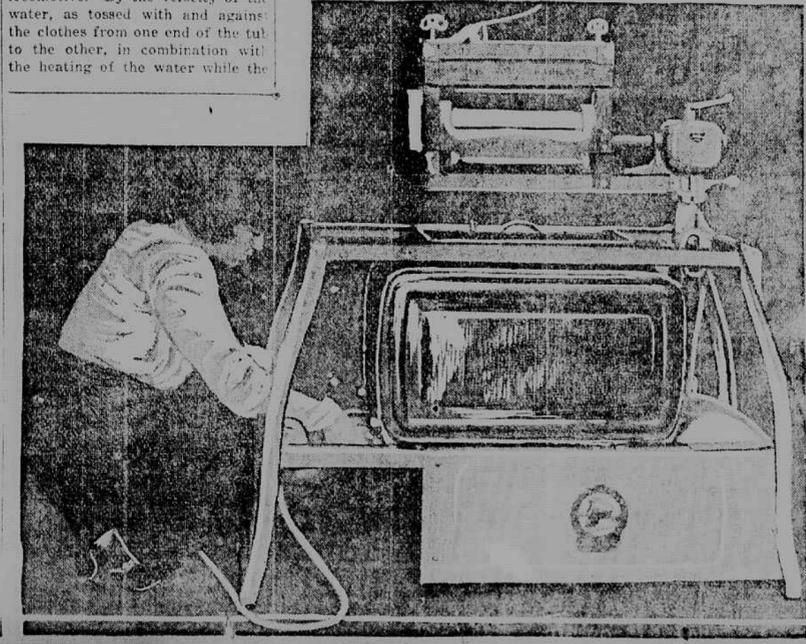
When she went to church she got a "thought" to carry home with her to sustain her during the week; she never could set a table without putting a caster in the centre of it; she had a bad sign for every dumpling she made vegetable soup so thick it was necessary to break off a piece in eating it, and she always carried a handkerchief with her that was never unfolded.

The old-fashioned woman could make good cornbread, but this was her idea of a good recipe: "Take as much cornmeal as you think you will need; that depends on the size of the family. Use eggs in proportion—your judgment will tell you how many—add a pinch of salt and as much soda and milk as you think needed. Some like a hot oven and some prefer a moderate. That you will have to decide for yourself. Follow these instructions carefully and you can't fail."

## Standardized Flour Sacks

NATION-WIDE standardization of the barrel of flour and the bulk packages of meal, grits and hominy is the object of a bill reported favorably from the Committee on Coinage, Weights and Measures in the House of Representatives of Congress. Housekeepers of the country will be chiefly concerned in the bill because it will eliminate the fractional bag of flour and enable them to buy the same standard package in California as in Maine.

It is now the practice of flour and other commercial food manufacturers to sell these commodities in different sized packages in various states. One of the expenses of the manufacturing end of flour, meal and grits has been the necessity for carrying so many different sizes of sacks and containers in order to do business in interstate commerce. Flour going to New York might have to be in 192 pounds to be a barrel, while that for Maryland would go in a 106-pound barrel. Mr. Vestal's bill will put the standard barrel for the United States at 200 pounds. This will do away with the 20 1/2-pound sack, the 48 1/2 pound sack or any other of the quantities having fractional weights. It will mean that meal, flour and hominy will be sold in bulk, in decimal parts of the basic 200 pounds, in multiples of 5, 10, 25 and 50-pound packages. This will not mean that a consumer cannot buy one pound or a half pound from the grocer, but it does mean a first step toward a standardized package from the manufacturer to the grocer.



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