

Tested Foods The Triune Institute Tested Foods HOUSEKEEPING AS A PROFESSION

Tonics, Mineral Salts and Vitamines From Nature's Laboratory

Oranges and Lemons, Rhubarb and Spinach, Chives and Scallions, and Lettuce Are Prescribed

TO TAKE one's spring tonic in the shape of delicious fruits and seasonable fresh vegetables is certainly not an unpleasant task...

At the fish market a two-pound mackerel at 28 cents a pound, one pound and three-quarters of pan fish at 25 cents a pound and a third of a pound of dried cod for 10 cents.

Purchase, for the dairy supplies, two pounds of table butter at 63 cents a pound, one pound of oleo for 38 cents, six quarts of grade B milk at 15 cents a quart, two half pints of cream at 26 cents a bottle and two dozen and a half eggs at 55 cents a dozen.

Marketing for four persons should follow the budget given below. No milk is allowed as a beverage.

Butcher's bill \$3.15 Fish bill 1.10 Dairy supplies 4.44 Fruits 3.69 Vegetables 4.01 Groceries 7.61

Total \$24.00

For Variety

For the molded prunes in grapefruit gelatin soak two tablespoons of granulated gelatin in half a cupful of cold water and dissolve in one cupful of boiling water and half a cupful of hot prune juice.

For the rye bread and scallion sandwiches crisp the tiny onions in ice water, drain and cut in two.

Supplies for the week will include at the butcher's one small hock of cooked ham for 18 cents, one slice of raw ham (one pound and a quarter) at 45 cents a pound, one pound of stewing lamb at 28 cents a pound, one pound of lean veal for 32 cents, one pound and a half of pork chops at 40 cents a pound, two pounds of short steak at 50 cents a pound, a quarter of a pound of bacon at 48 cents a pound

Monday BREAKFAST Grapefruit Cocktail Poached Eggs on Cream Toast Watercress Coffee LUNCHEON Purée of Spinach Croitons Ham Sandwiches Rhubarb Punch Hermits DINNER Bouillon in Cups Broiled Mackerel Asparagus Tips New Potatoes Tonic Salad Peach Tart

Tuesday BREAKFAST Stewed Rhubarb with Raisins Cooked Cereal Cinnamon Toast Coffee LUNCHEON Molded Fish Salad with Romaine Hot Biscuits Grapefruit Marmalade DINNER Tomato Soup Broiled Slice of Ham Creamed Potatoes Dandelion Greens Radishes Ginger Sherbet

Wednesday BREAKFAST Orange and Grape Juice Creamed Mince Ham on Toast Watercress Coffee LUNCHEON Chives and Dandelion Omelet Bread Sticks Rhubarb Potpie with Maple Sugar Sauce DINNER Vegetable Soup Lamb Croquettes Creamed Scallions Riced Potatoes Molded Prunes in Grapefruit Gelatin

Thursday BREAKFAST Fruit Purée Broiled Bacon Egg and Romaine Sandwiches Coffee LUNCHEON Cheese Bread Custard Spinach Salad Hot Coffee Gingerbread DINNER Celery and Chives Canapés Pork Chops and Fried Apples Candied Sweet Potatoes Stewed Tomatoes Deep Rhubarb Tart

Friday BREAKFAST Stewed Prunes with Orange Scrambled Eggs with Cress Toasted Crumpets Coffee LUNCHEON Fried Polenta with Tomato Sauce Rye Bread and Scallion Sandwich Orange Soufflé DINNER Spring Soup Croitons New Potatoes Spinach Cheese Wafers

Saturday BREAKFAST Grapefruit with Loganberry Juice Creamed Salt Cod with Green Peppers Popovers Radishes Coffee LUNCHEON Escalloped Dried Lima Beans Watercress Raised Rolls Orange Cup Canned Fruit DINNER Clear Soup with Tapioca Veal Loaf Brown Gravy Potato Croquettes Escalloped Dandelions Orange Compote

Sunday BREAKFAST Baked Rhubarb and Apples Coddled Eggs Buttered Toast Coffee LUNCHEON or SUPPER Sliced Veal Loaf Chives Buttered Sandwiches Chocolate Washington Pie DINNER Broiled Steak Fresh Peas and Sautéed Scallions Hashed Browned Potatoes Celery Grapefruit Salad Cheese Straws Indian Pudding with Ice Cream

addition of a tablespoonful of flour blended with one of melted butter. Combine with the vegetable purée and stir in the beaten yolk of one egg. Cook for a moment to set the egg and add extra salt and paprika to suit the individual taste.

For a very simple sandwich filling chives butter is delicious. Merely chop the chives finely and cream with the butter. Allow one tablespoonful of the chives to two of butter.

Fresh garden peas and sautéed scallions are as appetizing a spring vegetable as one can find. Cook

the peas as usual, and after draining add for each two cups one cupful of peeled scallions that have been fried in deep fat to a rich brown. Season to taste with salt and paprika and add a little butter to the peas before they are mixed with the onions.

Whatever adds savor and variety is of value in the spring menu. The monotony of our diet, the meager

proportions of our spice and herb boxes and our scant respect for sauces are what make us, as a nation, crave the expensive steaks and roasts which especially give favor. The Oriental folk, who do not eat meat, have curry for excitement and fermented fish dishes. The moral of all which is that the varied and skillful use of the chives, chervil, scallions and piquant sauces repays the

cook's efforts by a triple reward of economy, wholesomeness and pleasure to those she serves.

Those who serve limp greens in lieu of crisp salads; stringy, sour rhubarb, that might be a pink conserve of quality, with raisins, perhaps, and who do not take time to taste and season, have many a bad mark scored against them in dietetic circles for creating a prejudice against these wholesome foods. All fruits and salads are improved 100 per cent by being chilled (think of the warm, poorly served grapefruit you have eaten). The growers have ground for libel suits against some of the café keepers! The following recipes contain some

Vitamines Have a Penchant for Yellow and Follow It Even Into Seeds and Roots, Corn and Carrots

suggestions along these lines and you will find that the little trouble and thought necessary to add the appetizing touch to these well known tonic foods spells the difference often between their being enthusiastically eaten or left on the plate!

Rhubarb Punch

Squeeze into a large bowl the juice of two lemons and add a small cup of strained tea, three-quarters of a cup of sugar, a small bunch of fresh mint, two cupfuls of stewed, slightly sweetened rhubarb and a two-inch piece of stick cinnamon. Set on the ice to chill and ripen, and when ready to serve take out the cinnamon. Add one quart of cracked ice, one sliced orange, one quart of chilled ginger ale and a pint of iced carbonated water. Serve in tall, iced tea glasses with straws.

Chives and Dandelion Omelet

Use three tablespoonfuls of cooked dandelion greens left from the previous dinner and chop finely. Beat the yolks of three eggs until lemon colored, and add half a teaspoonful of salt, a quarter of a teaspoonful of paprika, the chopped dandelion greens, one tablespoonful of chopped chives and three tablespoonfuls of cream. Fold in the stiffly whipped egg whites and bake in an oiled soufflé dish until well risen and delicately browned.

Orange Compote

Separate six navel oranges into sections without breaking the membrane and make a syrup of two cups of apricot juice, drained from canned fruit, half a cupful of orange juice, the juice of one lemon and two cupfuls of granulated sugar. Boil the syrup for five minutes, cool slightly and pour over the oranges that have been placed in a glass dish. Chill on the ice.

Grapefruit Salad

Pare two large grapefruit and remove the sections, cutting these into three pieces each, and let stand for ten minutes in a French dressing, made rather sweet with powdered sugar. Cut three canned pears into cubes and add one green pepper cut in shreds and boiled for two minutes, then drained and chilled. Drain the grapefruit, arrange on lettuce leaves and sprinkle with the pear and peppers. Pour over the dressing and juice drained from the grapefruit.

Escalloped Dandelion Greens

First wash, drain and scald the leaves, then nearly cover with boiling salted water and cook, uncovered, until tender. Drain, season with salt, paprika and butter and chop finely. Turn into a buttered baking dish and cover with a cream sauce, into which has been stirred one bouillon cube, cover the top with crushed dried bread crumbs, mixed with grated cheese, and cook in a hot oven for twenty minutes. Serve in the baking dish.

Rhubarb Potpie with Maple Sugar Sauce

Half fill a deep baking dish with finely cut young rhubarb, pour over a few spoonfuls of water and sprinkle liberally with sugar. Cover and place in the oven until the fruit is nearly tender. Cover with a rich baking powder dough rolled very thin and return to the oven until the crust is crisp and brown (try with a



"Keeping Up With the Vitamines" in the Spring Time

THE growth promoting fat-soluble A follows the yellow color almost anywhere—i. e., though supposed to occur in butter fat, egg yolk and cod liver oil primarily and in animal fats rather than vegetable, and in leaves rather than roots, it is found in yellow carrots and sweet potato, yellow orange juice, yellow commercial oleo, and a little in yellow corn oil. The age of vegetable products, the food given to the animal producing

an animal product and exposure to light, all affect the value of this dietary necessity, so it behooves us to take heed that we get enough of it, and especially provide the children on a less varied ration with the best of butter, milk and eggs, with spinach, oranges and carrots on the side, that they may get their share of these vitamines in growing time. Perhaps the wealthiest source of water-soluble B (necessary also to growth and needed for nerves and development of vital organs—thy-

roid, brain, kidneys, sex organs, etc.) is yeast. A shortage of this vitamine also affects appetite. Canned tomatoes, orange and lemon juice and the germ of the whole wheat (not found in white bread) are also notable sources of this important food adjunct. Soldiers on white bread and tinned meat and jam had beri-beri, whereas their fellows who had coarsely ground wheat flour with the germ and part of the bran kept well.

Alkalis, like baking soda, may destroy its value and a large part of this necessary constituent be left in the cooking water. Don't throw this away.

Water-soluble C is known as the anti-scorbutic—preventing scurvy, tooth degeneration, etc. Fresh fruits and green vegetables stand first as sources, notably orange juice and raw cabbage, lemon juice and canned tomatoes. Beware of long cooking and high heat when trying to serve water-soluble C! A. L. P.



Table with 7 columns (Monday to Sunday) and 3 rows (Breakfast, Luncheon, Dinner) listing various recipes and ingredients.

GUIDE-POSTS FOR JUNE BRIDES



Chapter V.—On the Subject of Soups Thick and Thin, Cold and Hot

By Florence Margaret Lee KNOWLEDGE is power, and it takes a powerful lot of knowledge to be a good cook. Once having arrived, however, you probably will be the home ruler. For super-soup making you must master certain fundamental principles of meat cookery. If the full flavor of meat is to be drawn out into the soup start with cold water and bring slowly to the simmering point, having the meat cut in small pieces in order to expose as much surface as possible. Conversely, to start with hot water would be the best way to boil or stew meat when the object is to retain part or all of the juices.

Long, slow cooking is essential. For rapid boiling coagulates the juices and they are lost to the soup forever. Here is a good place to use the simmerer. If soup stock is to be kept do not cook the vegetables in it (for they spoil more quickly than meat) and leave the layer of fat which will form as the soup cools on the top to prevent air reaching it.

Jellied Soups From this stock, made either from left-overs or freshly bought meat and bone, can be produced consommé, broths, bouillon, or that masterpiece of the chef, cold jellied soup. This is at its perfection when made from the right proportion of meat, bone and water to jelly when cold. During the long simmering herbs, vegetables and spices are cooked in it. These, as well as the meat, are strained out, and the fat entirely removed from the top before serving.

our mothers' footsteps or even the advice of the old cookbooks. Bouillon cubes or meat extracts added to vegetables, dried or fresh, will give a soup better than many made from the stock pot, and with no labor attached. One bouillon cube to a cup of water is used, and no salt—they are very salty. It is not to the clear meat soup that we look for nourishment. It is mildly stimulating only, but prepares the stomach for the substantial food which is to follow.

Cream Soups

Here is the place where it is well to cook enough vegetables so that some will be left over for soup the next day, and thereby save time and effort. A cream soup is quickly made in this way: Make a white sauce, using one tablespoon of flour and one of butter to each cup of milk. Flavor with any cooked vegetable which has first been passed through a sieve, and add amount of flour and butter, and to each cup of white sauce use one cup of purée and the liquid in which the vegetable was cooked. Asparagus, celery, spinach, corn and peas lend themselves especially well to this. Milk, cream or evaporated milk can be used in the white sauce. In the case of the latter, while it will give a smooth, rich body, we advise not using it unless the vegetable flavor is strong enough to mask the slightly "cooked" taste of the milk. There is an endless variety of cream soups to be made, all the way from chestnuts and mushroom and those of delicate flavor to the strong and hardy onion and cabbage.

Never heat an acid, such as tomato, or sea food—i. e., clam—and milk together, for they will curdle. Heat separately and combine just before serving.

Chowders

Akin to the cream soups is the hearty chowder made of fish. Salmon is especially good. Clam is perhaps the favorite, but corn is not to be overlooked. This is almost a meal by itself, and a hearty one, as many a camper will testify. Make the chowder by first cutting the bacon into small bits and frying out the fat slowly. In this fat sauté the sliced onion, removing it before it browns. While this is being done the fish, or whatever is to be used, should be simmering, not boiling; then onion and bacon added; the potatoes, after being parboiled and cubed, are dropped in, and the whole simmered until the potatoes are soft. The scalded milk is now added, salt and pepper to taste, and just before serving split crackers are scattered on top.

Purées also belong to the "hearty class." (By purée we mean the thick cooked vegetable pulp after it has been passed through a coarse strainer.) Sometimes these are cooked with a meat stock as when a black bean or split pea soup is planned to be cooked with the ham bone after the latter has made its last appearance on the table. Usually these purées are so thick that no binder (butter creamed with flour) is needed, but if no meat stock has been used the binder will add richness as well as body.

Canned Soups

Astonishing as it may seem in this day, when science has revealed to us so much about food and these facts are easily procurable, that prejudice should linger among the educated. Now and then during our play hours we are asked by old friends, "Do you

really believe that canned foods are nutritious and safe—that they can be compared favorably with the fresh?"

So just here we would like to say that no food industry is more carefully and scientifically safeguarded than the canned goods. The soups of leading brands are especially well made, and those housekeeping on a small scale are missing the greatest convenience when canned soups are not kept in reserve. In canned soups there is a great variety. Most of these soups are slightly condensed and the directions call for an equal amount of water to be added. This, however, often stretches the number that may be served until the product obtained is thin and weak. If, instead of water, fresh or evaporated milk is used, the soup is wonderfully improved. If cream is used and a little added seasoning, such as celery or onion salt, paprika, etc., you will have a super-soup with a rich, velvety body delicious enough to serve to any guest, however discriminating or pampered. The tomato, pea and asparagus are especially good and a few peas or noods added, and cream floated on top with a dash of paprika give a company soup beyond criticism at short notice.

Soup Garnishes

Croitons are used with all soups. Sometimes these little cubes of bread are buttered before toasting, but usually hot. An appetizing variation will be found by cutting the bread into finger lengths or rings (use a doughnut cutter), dipping into melted butter, sprinkling with Parmesan cheese, then toasting. Or the cheese can be sprinkled over the soup. Consommé needs and gets more variety in garnish than other soups. A bit of chopped parsley, of carrot or omelet, green peas, lemon, vermicelli, noodles, barley, sago, tapioca, may all be introduced in turn in your soup.

And Science Says That Johnny Was Right—He Was Hungry

AND now comes Science, and confirms what the growing boy has been vainly protesting all these years: "I'm hungry!" Poor little Oliver Twists—one and all. "How can he be hungry?" say his jaded elders (who have got their growth long since and probably take no exercise). "He eats more than a grown man!" mourns mother and maiden aunt. But L. Emmet Holt, in a recent scientific report, all carefully diagrammed and "plotted," maintains that the growing, adolescent boy or girl (eleven to sixteen) actually needs 1,000 calories more a day than a moderately active man or woman! This corresponds to an adult's ration, plus the equivalent of half a pound of cheese or a pound of medium fat beef or three pints of milk or one pound of bread. (Not to

be taken literally—merely as a measure of 1,000 calories.) They need this surplus for the double demands of growth and exercise. A surtax, so to speak, on youth's excess income of energy, on flesh and bone. The learned are agreed that the best practice is to give a most liberal diet to children, since the greater part of the evidence on underweight indicates that children usually receive too little rather than too much food. And so Johnny is vindicated after all these years. His devotion to chocolate cake may still be viewed with suspicion—but if he is hungry for bread and butter and milk and fruit he probably needs them. Let no stodgy, "sittin'" elder pass on the appetite of the growing child, playing boy without very careful thought, consulting not his own appetite but considering the testimony of Science and Johnny. A. L. P.

