

age, as it has comparatively little real value as a food by itself. All other breads can fulfil its use and many other requirements at the same time. Oatmeal is more valuable as a food than almost any other article, excepting milk. The food values are based on the present cost, as a dollar's worth of one of really less food value, being cheaper, will give the same nourishment, or more, for the same money. So, as far as possible, find out the real value. Class 2 are good substitutes for meat, especially beef. Oatmeal, cornmeal mush, hominy, cracked wheat, rye, in one form or other should be used constantly, varied by cornmeal breads and battercakes, rice, buckwheat and whole flour battercakes for breakfast. Frying apples is one of the best ways to prepare them for breakfast, as they lose less bulk and go farther than if prepared in any other way. Milk must be counted as a *necessary*, as well as the use of a little more sugar than is strictly necessary for those who really find it hard to eat cereals without it. Do with less of almost any other foods so as not to cut down the milk and sugar bills. Milk is a sort of fairy godmother in making, adding to, and helping out such an unending variety of valuable dishes. Both skim-milk and buttermilk are as valuable, in some cases actually more valuable than whole milk: especially as a diet for some invalids, buttermilk is in a class to itself. They only lack one thing—the butter-fat—and by some chemical change develop other qualities more valuable. The hardest race in the world, the Scottish Highlanders, have been raised largely on oatmeal and milk and herring, and have plenty of bone, muscle and brain, as most Canadians know.

Next, use brown and whole wheat flour in place of white for *everything* except the very few cakes you are going to make hereafter, and finer kinds of pie crust. For breakfast, dinner and supper, learn to make good palatable scones, shortbread, war breads, oatmeal cakes, and the many suitable cornbreads. Use soups, stews, minces, rissoles, hashes, fish (canned and fresh), pigs' feet, tripe, sausage, fowl, game, macaroni and cheese, baked beans, potato-stew, cheese-potatoes, for both