

One pint of milk. This may be in the form of a beverage, or in milk dishes.

About  $\frac{1}{3}$  pound of potatoes or root vegetables.

About  $\frac{1}{3}$  pound fresh vegetables or greens, or fresh fruit in season. If fresh fruit is too expensive, dried fruits should be substituted.

### SELECTION AND PREPARATION OF FOOD

It is well to remember the following:

That it pays to figure carefully how much food is needed.

That it pays to buy clean food from clean stores.

That it pays to go to market, buy for cash, and carry home the foods that are bought.

That foods which are plentiful cost little.

That anything out of season is always expensive.

That food in package form is more expensive than that in bulk.

That it is cheaper to buy in large quantities than in small.

That all foods should be prepared in such a way that all their food value may be kept and none of it wasted.

That a variety of food from day to day, rather than a great variety at one meal, will not only keep the cost of food down, but also lessen labor, to say nothing of its good effect on the body.

### CARE OF FOOD MATERIALS

After food has been carefully selected, it is important that it should be carefully stored and prepared. It must be kept clean and sweet.

Milk and cream should be kept in clean receptacles, closely covered, in a cool place. If purchased in bottles, the bottles should be carefully washed and wiped before putting them in the refrigerator. The top of milk should be used for the breakfast cereal, beverages and puddings.

Eggs should be washed before using. Egg shells may be used for clearing coffee or soups. The white of egg clinging to the shell does the work.

Fruits should be washed and wiped dry, and kept in a cool, dry place.

Salad greens should be carefully washed and picked over. The outside coarser parts may be used in making soups and sauces. The inner, finer parts should be used for salads. After the salad greens