

Bread	4 cents per pound
Dripping*	18 " " "

With each recipe the total cost of the materials is given, also the cost per 100 calories and the cost per pound of protein. Like all such estimates, these calculations only give the relative cost. The housekeeper may estimate the comparative cost of the various dishes by taking into account the amount of materials used and the prices paid for the ingredients at any particular time. Furthermore, these recipes are not set down to be slavishly followed. The skillful cook may lessen the cost by reducing the number of eggs or by substituting less expensive fats for the butter, and will evolve many variations to suit the taste of the consumers.

MACARONI AND CHEESE. BAKED.

1 cup macaroni.	1 cup grated cheese.
2 cups skimmed milk.	$\frac{1}{2}$ teasp. salt.
3 tabsp. butter.	Pepper.
4 tabsp. flour.	$\frac{1}{2}$ cup dried crumbs.
	1 teasp. butter.

Add 2 teasp. salt to 2 quarts water. When boiling rapidly, drop in the macaroni broken into inch pieces, and boil hard 20 minutes. Drain and pour cold water through to prevent sticking together.

Melt the 3 tabsp. butter in a saucepan; add the flour and stir over the fire until frothy; add the milk and stir constantly until it thickens and boils. Season to taste with the salt and pepper; add the cheese and cooked macaroni; mix carefully, turn into a baking dish.

Butter the crumbs by adding the teasp. butter and stirring over the fire; sprinkle them evenly over the dish of macaroni and bake until thoroughly heated, about 20 min.

Note.—This may be served in a vegetable dish, without the crumbs and baking, but the macaroni must then be heated in the sauce.

Cost per 6 persons is	16.5 cents
" per 100 calories is92 "
" of 1 lb. proteid from this food is	\$1.04

WELSH RABBIT.

1 lb. cheese.	1 teasp. salt.
$\frac{1}{2}$ cup water.	Cayenne.

Bread—10 oz.
12 pieces—3" x 4" x $\frac{1}{2}$ "

Prepare the toast, arrange on a platter and keep it warm. Grate the cheese, or chop it fine. Put the water, salt, cayenne and cheese into a frying pan; set it over gentle heat and stir constantly with the flat of a fork until the cheese melts and the whole is creamy. Lift from the heat, beat hard for a moment, pour it over the toast and serve at once.

NOTE.—The success of this dish seems to lie in the choice of a mild flavored cheese which melts well, and the slow raising of the temperature to the melting point, which permits of thorough mixing and beating.

Beer, ale, cider or ginger-ale, may replace the water. Onion juice or garlic may be used to flavor.

Cost for 6 persons is	22.5 cents
" per 100 calories is77 "
" of 1 lb. proteid from this food is	67.2 "

MILKY CHEESE TOAST.

1 lb. bread.	1 tabsp. flour.
3 cups whole milk.	1 tabsp. butter.
$\frac{1}{2}$ cup grated cheese.	$\frac{1}{2}$ teasp. salt.
	Pepper.

Toast the bread and pack into a vegetable dish or arrange on a deep platter and keep warm.

*Dripping was reckoned at the same price as meat, as it is usually purchased at the same price as the meat.