

eggs, well beaten and two tablespoonfuls of milk or cream, or two tablespoonfuls of tomato sauce and cook until creamy. Arrange rice in the center of platter with the bacon around the edge.

#### KITCHEN FUN

"Say, Pat, phwat is dis ting dey call a chafing-dish?" asked Tim.

"Why, man, don't ye know? It's a frying-pan dat's broke into society."

"What is the connecting link between the animal and vegetable kingdoms?" asked the teacher.

"Hash!" answered the class, with one voice.

#### OATMEAL PUDDING

One cup of cooked oatmeal, one-half cup of sugar, one egg, one-half cup of sour milk, three tablespoonfuls of flour, one-half teaspoonful of soda, and a pinch of salt. Place in a baking powder can and steam for an hour and a half.

#### BALANCED FOOD

To eat good, simple, nourishing food is not necessarily to eat correctly. In the first place, many of the foods which we have come to regard as good are in reality about the worst things we can eat, while others that we regard as harmful have the most food value.

But perhaps the greatest harm which comes from eating blindly is the fact that very often two perfectly good foods when eaten at the same meal form a chemical reaction in the stomach and literally explode, liberating dangerous toxics which are absorbed by the blood and form the root of nearly all sickness, the first indications of which are acidity, fermentation, gas, constipation, and many other sympathetic ills leading to most serious consequences.

These truths have been strongly brought out by Professor Metchnikoff in his treatise on the "Prolongation of Life," and by many other modern scientists. But most efforts in the past have been designed solely to cleanse out the system and remove the poison after they had formed, wholly disregarding the cause.

Correct eating involves, first, the proper selection of foods; second, the right combinations, and, third, proper proportioning so as to form at each meal a constructive health and energy building whole. All of which is much simpler than it sounds.

And, strange as it may seem, scientifically proportioned meals are more delicious and more satisfying than the meals which are chosen without regard to health. Instead of being deprived of the good things of life, we come to take more pleasure in eating than ever before. It is not even necessary to upset your table to eat scientifically and no special foods are required. You can get anything you need out of your garden, at your local store or in any restaurant.

#### ODORLESS ONIONS

Take six large onions over which has been poured boiling water to remove the skins. In the center of each make a hole about the size of a quarter. Boil six eggs ten minutes; take out yolks and mash five, then cream into them one heaping teaspoon of butter, add celery salt, pepper and a little salt to taste, roll out one or two crackers and mix lightly with the egg. Stuff the onions with this until you have used all the egg mixture, then place in a shallow pan with six tablespoonfuls of water and bake until done. Be careful they do not scorch or burn. Cut and spread thinly with butter six slices of white or brown bread and lay on a platter. Make a nice, thick milk gravy, using about one tablespoonful of flour to a pint of milk. When the onions are done, remove carefully from the pan in which they were baked and place them, one on each slice of buttered bread and pour over them the hot milk gravy. Serve while hot. Cold mashed potatoes, either white or sweet, can be used for filling.



## Macaroni as a Food

The big test of food value in any article of diet is in its supply of energy units.

Pound for pound, Macaroni contains more energy units, more bone and muscle building qualities than meats, eggs, fish, poultry, etc. Being exceptionally high in nutrition, the next consideration is the cost.

Macaroni is a real economy, because it costs less than half the price you pay for choice meat cuts today. Furthermore, Macaroni can be prepared in over 100 different appetizing dishes. So as a food Macaroni presents endless opportunities for the thrifty housewife.

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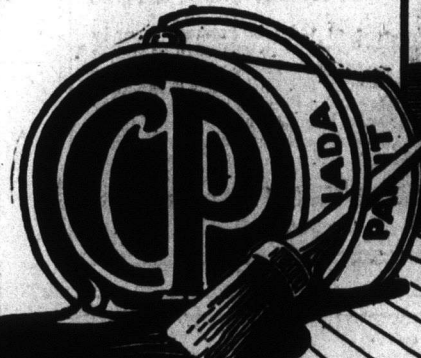
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