

but their use must be restricted for digestive reasons. Codfish, dried, the cheapest source of protein, is in some parts of the country very unpopular. The *balance of the ration* must be not merely in the food put on the tables, but on that actually eaten and digested.

In institution cooking we are compelled to use stews and hashes to a much larger extent than in ordinary domestic life. I have known cooks who could make *one* very palatable stew, flavouring it so as to be appetizing, and getting it up so as to present an attractive appearance. But some of these excellent cooks could only make *one stew*, and the consequence was that after five or six—or fifty or sixty repetitions, everybody wished that cook in Jericho and the stew with him. It is, however, comparatively easy to put stew upon the table four or five times a week, each dish being quite distinct from every other in flavour, odour and appearance, while the main elements remain the same. Take for example, first, plain good old-fashioned *Irish stew* made of meat, onions and potatoes, with no other vegetables allowed in it; then replace the potatoes with rice and add tomatoes, slightly increasing the proportion of onions and pepper, and you have an excellent *Spanish stew*, equally nutritious, but entirely different in flavour. Again leaving out the potatoes, use flour for thickening, put in some pickle vinegar and chopped up pickles and add carrots and turnips, and you have a *Hungarian goulash* which is again quite different both in appearance and in taste, and so on with other combinations which take no more work, and cost no more money, but simply require the exercise of brains.

A very popular breakfast dish consists of pancakes and syrup. How to cook pancakes so as to have them hot for breakfast for 450 boys and girls in two large dining rooms seemed an impossible problem. Yet with a large restaurant griddle plate, heated by gas and with room on it for 24 fair sized cakes at the same time, then dividing the serving so as to furnish cakes for breakfast