

make it. Served with a good gravy, it makes a substantial dish for dinner.

By using a choux paste, left-over rice, macaroni, spaghetti, any kind of beans, peas, or lentils may be made into patties or croquettes. They may be served with gravy or jelly, and their original form scarcely be recognized when they appear on the table next time.

To make the choux paste, take one and one half tablespoons of butter, dairy or vegetable, one tablespoon of chopped onion, and a pinch of sage. Put in a small saucepan, and stir over the fire a few minutes, but do not brown. Add three tablespoons of flour, and stir until it is thoroughly scalded. Then add one third cup of milk, and stir until smooth. Drop into this mixture the yolk of one egg, and stir until it is well cooked. It should be a thick, smooth paste when done. Part of this may be used one day, and the rest saved for another time.

As the housewife seeks to make use of all remnants of food, new possibilities will gradually open before her, and her efforts will become a real pleasure rather than a task.

THE call is, therefore, to YOU to do your part; and in the doing, you will bind yourself to the whole army of women who are serving their country.

— *Dr. Anna Howard Shaw.*