

to fifty-five cents per dozen. For cooking fish they are excellent, as they retain the best flavors, the fish does not become broken and the unpleasantness of pans smelling of fish is eliminated.

I know it is not necessary to say anything to you about the necessity for scrupulous cleanliness in cooking. Always dirt has been an arch enemy of the thrifty housewife. This matter will be dealt with more fully in a subsequent lecture.

HOME ECONOMICS IN RELATION TO COOKERY.

We are glad that the scales are being removed from the eyes of those who depreciated the true value and dignity of the art of cooking.

We rejoice that the economics of this subject includes the saving of the time and energy of the cook herself by means of scientific methods and labour saving devices, but chiefly do we give thanks for those housekeepers who walk in the spirit of Stradivarius when he proclaimed that "not God himself could make Antonio Stradivarius violins without Antonio."

It is the special province of Women's Institutes, of Household Arts Instruction in the schools, of all education in any brands of woman's work in the home, to both disseminate knowledge and cherish this spirit. To the less fortunate than ourselves in the matter of home life or outlook we must hear the message that Home Economics stand for:

"The ideal home life for today unhampered by the traditions of the past.

The utilization of the resources of modern science to improve home life.

The freedom of the home from the dominance of things; and their due subordination to ideals.

The simplicity in material surroundings which will most free the spirit for the more important and permanent interests of the home and of society."