

A BRIDE'S OWN STORY

Of Her Household Adventures

By ISOBEL BRANDS

MARKETING FOR PERMANENT SUPPLIES.

THERE were just a few canned things in the house for our first meal yesterday, so this morning I started out, shortly after 9 o'clock, to get the permanent supplies for the pantry. There's space for all these things in my kitchen cabinet or the refrigerator and vegetable basket right near it, and just as soon as I use up any of these supplies, I can mark it on the "want" list that hangs up on the kitchen wall, and replenish my stock on the next marketing day.

I had to change last night's menu at the last minute just because I didn't have the cheese for the spaghetti. Never again!

Besides, most of these permanent supplies will last me a week—some of them will last a month or more; so that the only things I'll have to buy on my three-a-week marketing trips will be fresh vegetables and fruit, or meats or fish.

"Why don't you telephone for these things?" politely suggested the grocer when I called.

"Well, I don't want to get into the habit of it," I laughed. "My orders will be for such small quantities, as a rule, that the cost of delivery will be more than the profit on the order, and the cost of telephoning will make it too expensive for me to buy at all," I explained.

There's a lot of competition among the grocers here, and while the one nearest me seems to be the best, I don't go to get into the habit of buying at just this place and no other. So I'm not opening a charge account, but paying immediately for everything I buy, and I'll buy at the place that offers me the best quality at the lowest price, regardless of where it is.

I shall keep my list of permanent supplies and mark the prices paid so that I can watch for special prices and save by extra large quantity buying whenever possible.

- ### LIST OF PERMANENT SUPPLIES FOR COOKING
- | Flours and Cereals | Seasonings and Flavorings | Dried and Canned Foods (for emergencies) | Miscellaneous: Vegetables and Fruits |
|-------------------------------------|---|--|---------------------------------------|
| Bread flour, 1 bag (10 lbs.). | Granulated sugar, 5 lbs. | Dried lima beans, 2 lbs. | Coffee, 1 lb. |
| Whole wheat flour, 1 bag (10 lbs.). | Salt, 1 lb. | Lentils, 4 lbs. | Cocoa, 1 lb. |
| Rye meal, 3 lbs. | Mustard, 1/2 lb. | 8 cans salmon, sardines, tunny, tomatoes, soups. | Butter substitute for cooking, 2 lbs. |
| Corn meal, 5 lbs. | Vinegar, 1 quart. | | Baking powder, 1/2 lb. |
| Irish oatmeal, 5-lb. can. | Vanilla, 6 sticks (from drugist). | | Potatoes, 1 peck. |
| | Essence of onion, 1/2 lb. | | Bananas, 1/2 dozen. |
| | Pepper, 1/2 lb. | | |
| | Molasses, 1 quart. | | |
| | Small bottle each of almond and pistachio flavor. | | |
| | Small bottle of chili sauce. | | |
| | Small bottle of Worcestershire sauce. | | |
| | Small bottle of ketchup. | | |
| | Small bottle of soy sauce. | | |
| | Small bottle of oyster sauce. | | |
| | Small bottle of fish sauce. | | |
| | Small bottle of rice wine. | | |
| | Small bottle of sherry. | | |
| | Small bottle of brandy. | | |
| | Small bottle of rum. | | |
| | Small bottle of gin. | | |
| | Small bottle of vodka. | | |
| | Small bottle of whiskey. | | |
| | Small bottle of liqueur. | | |
| | Small bottle of cream. | | |
| | Small bottle of milk. | | |
| | Small bottle of butter. | | |
| | Small bottle of oil. | | |
| | Small bottle of vinegar. | | |
| | Small bottle of mustard. | | |
| | Small bottle of salt. | | |
| | Small bottle of sugar. | | |
| | Small bottle of honey. | | |
| | Small bottle of jam. | | |
| | Small bottle of marmalade. | | |
| | Small bottle of preserves. | | |
| | Small bottle of pickles. | | |
| | Small bottle of relish. | | |
| | Small bottle of catsup. | | |
| | Small bottle of dressing. | | |
| | Small bottle of sauce. | | |
| | Small bottle of gravy. | | |
| | Small bottle of stock. | | |
| | Small bottle of broth. | | |
| | Small bottle of soup. | | |
| | Small bottle of stew. | | |
| | Small bottle of casserole. | | |
| | Small bottle of pie. | | |
| | Small bottle of cake. | | |
| | Small bottle of bread. | | |
| | Small bottle of rolls. | | |
| | Small bottle of biscuits. | | |
| | Small bottle of cookies. | | |
| | Small bottle of pastries. | | |
| | Small bottle of tarts. | | |
| | Small bottle of pies. | | |
| | Small bottle of cakes. | | |
| | Small bottle of puddings. | | |
| | Small bottle of custards. | | |
| | Small bottle of creams. | | |
| | Small bottle of mousses. | | |
| | Small bottle of sorbets. | | |
| | Small bottle of sherbets. | | |
| | Small bottle of ices. | | |
| | Small bottle of chocolates. | | |
| | Small bottle of caramels. | | |
| | Small bottle of fudge. | | |
| | Small bottle of candy. | | |
| | Small bottle of sweets. | | |
| | Small bottle of confections. | | |
| | Small bottle of pastilles. | | |
| | Small bottle of lozenges. | | |
| | Small bottle of tablets. | | |
| | Small bottle of capsules. | | |
| | Small bottle of pills. | | |
| | Small bottle of powders. | | |
| | Small bottle of salts. | | |
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