

THE STORE CUPBOARD

A GOOD store Cupboard is a necessity. It should be well stocked at the start of house-keeping, and can then be kept up at a small weekly expenditure. A slate and pencil should hang in the cupboard, and a note be made of anything exhausted. There should be tins or jars to hold the groceries.

The following list must be taken as suggestive only, no two households have the same requirements.

Tea, Coffee, Cocoa. Sugars : loaf, raw, castor. Flour, Cornflour, Paisley Flour, Baking powder. Maccaroni, Spaghetti, Vermicelli, Italian Paste. Sago, Tapioca, Rice, Patna Rice, Pearl Barley, Oatmeal, Groats.

Table Salt (jar or tin), Table Salt (1d packet) for cooking. Mustard, Salad Oil, Malt Vinegar, Tarragon Vinegar, Chutney. Pickles, Pepper (white or black), Coralline Pepper, Cayenne, Peppercorns, Nutmegs, Cloves, Ginger, Carraways, Cinnamon.

Sauces : Anchovy, Tomato, Worcester, Mushroom.

Glaze (glass jar), Lemco, Marmite, Curry Powder, Jam.

Essences : Lemon, Vanilla, Cherry, Raspberry.