

dinner and supper, with only enough of roasts (rarely chops and steaks) and fresh cheaper cuts to keep in a little meat for made dishes for at least one other meal. In very many, even quite well-to-do families, an ordinary supper consisting of a very large bowl of well-made potato-stew, macaroni and cheese, or good soup, made of soup stock thick with bits of meat, vegetables, rice, macaroni, pearl barley—in short, the carefully saved debris of many meals, with brown or corn bread—is all that should be wanted or given, with a little fruit or pudding. Dumplings are filling at the price, even when made of white flour, as with a lot of good gravy they will take the place of half the usual quantity of meat.

All those wise patriotic women who made a serious attempt to put up fruit and vegetables will reap their reward a thousand-fold now and later. Persevere for a while until you have learned some palatable dishes, then have meat only once a day, or for the second time just a little bit in a mostly potato rissole, or some stuffed vegetable, or cottage pie. The cheapest cuts can, by slow simmering, long braising, grinding very finely, be made far tenderer and more palatable than the most expensive cuts, which, as a rule, are very tough.

Try with all your determination to contract the soup habit. Of all ways of helping to conserve food, that is the best, for every tiny scrap of meat, every teaspoonful of left-overs, and every inch of bread, fried as crotons, can be used—even every bacon rind. The very first and most important thing is to keep a pot in which every fragment of meat or bone is put, then boiled, boiled and reboiled each day. If it has jellied when cool it should be poured off and the bits of meat put by. Save the bones till a few more scraps are added, with once a week or so a new 10c. or 15c. soup bone. With jellied stock, you are prepared at an hour's notice, or ten minutes', to serve a delicious, nourishing, economical dish. A tin of corn and one of tomatoes could be kept for several times, or a little kept out when they are used as a vegetable. A soup with the cut-away bits of cabbage, lettuce, cauliflower, onions, boiled absolutely tender, and