# School for Housewives





HAVE so lately written a paper on the woman who lunches alone that this article may seem to be along the same lines, but the former dealt especially with the woman who goes to her home to take her solitary

This has to do with the woman or girl who must get her midday repast at her place of business or in a nearby

After I had been asked to treat this subject I made a point of inquiring of several working girls with regard to the matter and style of the luncheons with which they were supposed to revive fainting nature and strengthen weary bodies.

One of the girls whom I questioned is so fortunate as to be in the employ of a large and fashionable department

She has the usuar hour for luncheon and recreation, and her employers have had fitted up in their building a comfortable restaurant, where the girls and women may eat. Attached to this is a "rest room" or "lounging room," containing couches, comfortable armchairs, a few good magazines, and an abundance of fresh, although

Near it is a lavatory in which soiled hands and faces may be washed and disordered hair arranged. After the process of eating has been dispatched. always, I fear, too quickly, the partaker thereof may take her weary self to this rest room and there lie or sit and relax nerves and muscles until the time of her "nooning" has expired.

Dumane as the man for whom this girl Another young woman whom I con-

Would that more employers were as

sulted tells a different tale. To be sure, there is in connection with the emporium for which she labors a anch-room, but so fil-ventilated, poorly ighted and wretchedly served that, un-

This particular employe told me shudderingly that the dishes were "so dirty" in this place she simply could not summon up courage to use them.

building, she will not attempt to eat

## HUNGER VS. BUSINESS

There is much said of the need of regular intervals between the times of eating, but some girls find it impossible to regulate their times to suit the dictates of physicians and dietitians. For instance, the young woman whom

I have just quoted says that her "turn" to go to luncheon does not arrive until 3 o'clock in the afternoon. She comes in to business from a sub-

urban town, and this fact necessitates her leaving the breakfast table at 7 if she would not be late to work.

From ! A. M. until 3 P. M. is a desperately long stretch, and she tells me that, at first, she thought she could never stand or overcome the faintness that seized her at 1 o'clock but that after years of training, she has "drilled her stomach" into keeping patient until the time set aside for satisfying its

Other young girls in the same store to luncheon at 11, and this leaves their long fasting period at the other end of the day, that is, from 11.30 or 12, until they reach their homes after 7 at

EST those who have never lent

an attentive ear to the argu-

ments pro and con Vegetarian-

ism might think we bestow too much

time and thought upon the matter,

let me say that the letter which fol-

lows this preface is but one of many

remonstrances to the like effect re-

celved since the publication of the

article supporting a strictly vege-

tarian diet by passages from the

The first page of the communica-

tion selected from the pile of mafter

before me is a repetition of texts

Leviticus, chapter eleventh, is taken up by instructions from Jehovah to his people Israel as to what manner of fiesh may be eaten and what avoided. The fourteenth chapter of Deuteronomy

fiesh-foods. In the sixteenth chapter of Exodus we have the provision of qualt for food and we are told just when it may be eaten. In the fifteenth chapter of Acts, verse twenty-ninth, the aposties instruct new con-

twenty-ninth, the aposties instruct new converts to abstain from meats offered to idols "and from blood and from things strangled." There is no mention of meat as unclean and un-Christian.

And now, my vegetarian friend, let me add that I am not "a meat eater," as the term is understood in its narrow sense. But my family, including myself, partake of meat once a day.

The scriptures are too often made the ground of narrow-minded argument, and the reader of the word should examine both the sides of a question as important as this.

C. H. U. (Milton, Pa.).

It is unquestionably true that we

should all act wisely in following the

example of this pater familias and

eat meat but once a day, especially

in summer. It is as true that we are

nowhere told in the Holy Scriptures

"Breakfast Sulks"

As a practical housemother, I should like to have your views as to what I call "breakfast sulkn." Is there reason or de-

that we ought not to eat fiesh foods.

ten and what avoided. The fourteenth chapter of Deuteronomy wholly given to the words of Moses emdying a repetition of the divine law upon is same separation of clean from unclean sh-foods.

printed here several weeks ago.

The writer continues:

Bible.

fermant, "of course, all of us cannot hairs. be spared between the hours of 12 and 2, so some must go early and some late." Some of these evils the working womshe can remedy.

The habit of rapid eating is deadly

to the digestion and nerves. One reads advertisements of "quick' lunch" places, but a "quick lunch" is lives depended upon their disposing that he has learned to eat his food in his restaurant and to "do without chewing." If he keeps up this practice many years longer he will be where food for the body is no longer needed, or will wish he were there, which is a worse condition of affairs.

Fletcher has written and spoken on slow eating until "Fletcherization" is a newly coined word much used. We cannot afford to smile at his

theory. Briefly, it consists in masticating the food so thoroughly that it is reduced to a soft pulp, almost like a thick fluid, before it passes into the stomach. In other words, it is making the teeth do the work for which they were designed, and thus spare the stomach.

The American business man or woman seems to be laboring under the idea that there is a supplementary set of molars in the stomach. It is almost a wonder that some enterprising American scientist has not tried to introduce teeth into the digestive apparatus, since, by so doing, they might save time which is now spent in the seemingly unnecessary work of feeding the much-

When one watches the working girl take her luncheon, the marvel is not that so many of them are sickly looking, but that any of them live

cency in coming down to a family break-fast with a face like a thunder-cloud; in sitting all through the meal silent and gloomy, speaking only when addressed and then shortly and sharply? When I remon-strate with those who have this habit-taking advantage of a pleasanter mood—I am told that "nobody is up to concert pitch until after he has had his breakfast and that every sensible person recognizes.

that every sensible person recognizes a fel-low's right to be glum at the breakfast table." Give us a motherly word on this head—please! M. J. D. (Camden, N. J.).

If I were to free my mind on the

head you indicate, I should take up

all the room we can claim on this

page and then leave half unsaid. For

I feel strongly in this direction, hav-

ing heard a world of stuff of the kind

you quote. It is absolutely untrue,

unkind and un-Christian to arrogate

the right to darken the mood of all

within the reach of the offender by

"breakfast sulks." If one cannot feel

bright until he has "fed," he should

be man enough to assume the appear-

ance of serenity until his stomach

and temper settle into decency. The

fashion of excusing a gross breach of

good manners by alleging that it is

not natural to have a cheery break-

fast mood is childish and absurd. We

all appreciate the force of the dys-

peptic's assertion that some time must

elapse after the morning awakening

before he can hope to be on speaking

terms with his digestive organs. Here

is his opportunity for the practice of

Mark Tapley's philosophy of being

jolly under difficulties. I wish other

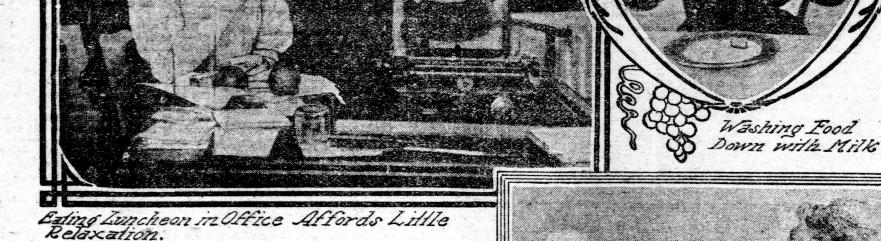
housemothers would let us have their

experiences of "breakfast sulks" and

In Montana

For six months we have been living in Montana, where everything, from politics to provisions, smells of money. The family consists of my husband, myself and two children, a boy of 13 and a girl of 10. The children come home from school "starved," are sad in the morning until they are fed and positively unchristian when obliged to wait for dinner unce their return from the control of the control o

their views thereupon.



night. "But," adds my philosophical in- long enough to accumulate gray

As soon as the hour strikes for their release from desk or counter they "wash up" (in vulgar parlance), don an is powerless to overcome. Others hat and coat and rush to the nearest "eating place," there to insult their stomachs with food convenient for them.

They bolt the viands as if their of a currant bun, a glass of iced tea



Working Woman. Requires More Than Liquid Luncheon.

THE HOUSEMOTHERS' EXCHANGE

A Substantial Luncheon Leisurely Eaten. and a saucer of lemon ice in record

incredibly short time.

one of them grains.

can see."

his way.

nobody good!

"This horse," added the farmer, giv-

ing the glistening coat an affectionate

slap, "doesn't cost half as much to keep

"He takes in his mouth just enough

oats to eat comfortable, and then he

The countryman was a Fletcher in

I would that we could train our Amer-

icans to "chaw and chaw until there's

We would have fewer dyspeptics. But.

then, we would have fewer rich stomach

specialists. It's an ill wind that blows

There lies before me a popular period-

As I run my eye over them, I note

Another

that one "takes crackers, peanuts,

"makes a luncheon of cheese, apple ple,

coffee." And still another confesses to

table are so far in the minority that it

them, we will not spend time in dis-

cussing their ways and means. In

preparing the menus that appear in the

Exchange under the caption, "Family

Meals for a Week," I try to bring

them within the means of housewives of

moderate incomes. If such an one will

follow the menus carefully from week

to week, she cannot but observe that

nothing in the way of "left-overs" is

wasted. Having had a course in prac-

ical containing the everyday luncheon

bills-of-fare of several business women.

lemon wafers, iced tea."

no substance left" in what they eat.

and looks three times as handsome.

It is too dreadful to be amusing, too sad to be disgusting. In any case, it is evil, through and through.

Right here let me say that the employer is not to blame for the hurry habit at the lunch counter. In all reputable stores and offices

there is enough time given to em- And his food does him good, as you ployes for them to get a decent luncheon of nourishing food. That they fail to do this is their own fault, and they pay for it in their own future suffering. They have the

habit of rushing, and they do not care

to stop it. Years ago a farmer pointed out to me the difference between his two horses. One was sleek, round of limb and glossy of coat, while his companion in harness was thin, gaunt and with a coa: that looked dull and life-

The owner explained to me that the thin animal was a ravenous eater, swallowed his oats and hay without half chewing them, finishing his meal in an

I do not think the proper place for economy is in the feeding of a family, but I do think that by careless, thoughtless buying and cooking a lot of money may be used without practical.

ing and cooking a lot of money may be used without practical advantage to any one. I believe that two people may be pretty well fed—when prices are reasonable—on 34 a week.

The last-named luncheon certainly can-

not be considered as lacking in nourishing properties, but when one considers that it was probably eaten in fifteen minutes, one rejoices vicariously in the kind of a digestive apparatus that girl must have.

Most owners of a stomach so fed at one full swoop would pay the penalty in a sick headache before the day was over.

The crackers and cheese are all right, but it should be borne in mind that cheese is a food in itself, and must be eaten slowly, and not followed by peanut butter, a grease-laden article, too heavy to rest safely upon one stratum of cheese and under another of bananas.

These, like cheese, are very good in their way, and one physician asserts that the reason they disagree with so many people is because they are taken in connection with other equally substantial foods, and the stomach is not equal to the task imposed upon it.

### THE CROWNING FOLLY

Lastly, the whole mass just mentioned is washed down with milk. The eater of this luncheon would have fared better on a glass of milk and a slice of whole wheat bread and but-

One has only to go into a restaurant at noon time to be convinced that the average woman does not understand how to treat her digestion.

If she would but learn that a cup of good broth, accompanied by a roll and butter, will stand her in better stead than ice cream and lemonade, or, for that matter, than cocoanut cake and strong (or weak) tea, probably "stew-

A meal that will satisfy the hungriest worker is brown bread and baked beans, after which one may have, if she wishes, a demi-tasse of black coffee. One could go on the strength of that meal for many hours. Sweets are all very well in their way, but they must not form the staple of the meal. They may be used safely to finish the repast and are, at

that time, an aid to digestion. A chop and baked potato strengthen the laborer more than would twice their bulk in pastry and confectionery. I am aware that good chops and steaks "come high," but I would suggest that one cannot complain truthfully of the extortionate prices charged for soups, broths, rolls, milk, cocoa, chocolate, the cereals, milk toast, sweet potatoes, baked apples and cream, custards and a score of other articles that are both nourishing and digestible.

A safe dessert is fruit in some form, either raw or cooked, although, as has been said, bananas should not cap

chaws and chaws and chaws until there a hearty meal. ain't no substance left in the teeniest One man takes during the entire summer a bowl of milk toast and a glass of milk for his midday meal, and thrives on it.

When possible our business girl should leave the building in which she works in order to get her lunch-

Unless the weather be very inclement, were she to walk to and from a restaurant every noon her digestion would be better, and, in consequence, her complexion would improve.

Eating in a hurry and when one is tired ruins the texture of the skin. There is no surer register of the condition of the digestive organs than the complexion.

The women who read eagerly about the latest cosmetics are wasting their time if they do not, first of all, un-



A Brisk Walk Aids Digestion.

derstand that the secret of a clear skin and healthy color lies within themselves-that is, in the whole alimentary tract.

I think that I am safe in asserting that, all conditions being equal, the woman with a perfect digestion is the one with a good complexion, and the converse is also true. To have the digestion good, one must not maltreat

The old adage, "Show me your friends and I will tell you what you are," might be parodied to read: "Show me what and how you eat, and I will tell you what your digestion

## Marian Harland

Mrs. D., Pensaeola, Fla., says her 12-year-old boy is delicate. It strikes a responsive chord in my bosom, for I. too, have a son who was delicate until a year or so ago.

The mother is wise in asking for a whole-some dietary. Careful feeding brought my boy from a state of pale-faced debility to the sturdy rosiness of his present condition. I give him fresh eggs for breakfast stirred up—the white alone, or whites and yolks separately with the juice of some sub-acid fruit, or the pulp of a ripe fruit; and a very little sugar, if any. For dinner he has a well-steamed cereal—cooked for two or three hours—and a glass of new milk. For supper he has a baked potato or other vegetable, such as peas or beans; a little bread and butter and a glass of milk. Sometimes I give him a baked apple for breakfast and a tablespoonful of pure olive oil, which he loves. He does not know what it is to eat candy and never takes a drop of medicine.

I avoid sugar in his dietary on account of a little disturbance of the liver. Sometimes this might be introduced to advantage in proper combination.

It is hard to prescribe unless one knows the conditions to be treated. I am now making dietary studies, induced primarily by interest in my boy.

If Mrs. D. should wish to write to me for particulars about her son's case I will try to help her further, as I know what it is to every over a little, delicate loved one, and I feel so happy over the improvement in my boy that I want every one eise to have the like cause for gratitude.

Mrs. H. M. (Danville, Ill.). Dietary for a Delicate Boy

You say truly that one cannot prescribe in a case one has not had a chance to diagnose. The dietary that agrees with your boy would not suit the idiosyncrasies of another, and vice versa. Every mother must study the peculiarities of her own broodmentally, morally and physically. In a large family there are almost as many varieties of taste as there are members. While I do not believe in indulging the capricious appetite of a child who has "notions about his food," it is manifestly unkind and injudicious to force him to eat what makes him ill, or which he cannot can afford to spend \$5 a day upon the know better than to set before my fellearn to like after repeated and honlow-housemothers tasks impossible to is hardly worth our while to cater for perform. My first effort in arranging

## A "Ravishing" Compote

Do you recollect publishing a recipe for what the inventor—or composer, or whatever you may call the maker—named "Marion Harland Compote"? Well! we have had that delicious compound half a dozen times during the month and yesterday I ventured upon an improvement upon it.

it.

I minced circon fine and mixed it with the chopped nuts. To a cupful of nut-meats I added a quarter pound of circon, sweetened well; filled the cored and unpared pippins with the mixture, arranged them in the bake-dish, sprinkled bountifully with sugar; poured in enough water to rise half way up the apples; covered closely, and cooked tender. When they were very cold I dished and we ate the "compete" with sugar and cream. It was ravishing! I write new to ask if rt was ravisning: I write now to ask it you will accept the amendment to the "Marion Harland Compote."

A. H. M. (Minneapolis, Minn.).

The very day your charming letter arrived I made personal trial of the "amendment." We had the result that evening at dinner. The verdict was prompt and unanimous. The addition of the citron imparted spiciness to the compote, already delicious. In accepting the amendment we passed a vote of thanks to you and a resolution that it be incorporated with the original recipe.

Ridding a House of Ants Ridding a House of Ants

I have seen inquiries in The Exchange as to the best way of getting rid of ants in a house. I was norrined to find my sugar bowl a moving mass of ants one eay. I had my head bound up in a cloth saturated with camphor, and it came to me like a flash that I had heard of the ilse of gum camphor in banishing ants. I had the soaked handkerchief on the shelf, then scattered gum camphor around. I have not seen an ant since, and that was five menths ago.

Camphor is a valuable aid in the dispersion of vermin of all kinds. The only objection to the use of it in dining room and kitchen is that it lends odor readily and strongly to food that may be near it. Butter, bread, milk and meats are uneatable if impregnated with camphor. It is very volatile and neithing escapes it.

# Sunday school. In short, they have the normal 10- and 13-year-old appetites. All of us are well nourished, yet here, where eggs are 50 cents as pound, and so on-my family was fed during August for \$11.50 per week. We have sholesome food and "something good" at each meal. Fruit and fresh vegetables we have daily; cornmeal, graham and whole wholesome food and "something good" at each meal. Fruit and fresh vegetables we have daily; cornmeal, graham and whole wheat flour we use freely. Apples are always where any one can get them, and so were grains in the season. At the end of October I had on hand potatoes enough to last a month, and vegetables, home-made ielly, canned fruit and pickles to last much longer. We eat meat in moderation and use but little tea and coffee. This is not from motives of economy. We use creamery butter, and rather lavishly, sparing it not in seasoning and at table. Our milk costs \$1 per week. It would be more did not the children pretty well fed—when priceso are reasonable—on \$4 a week. I cook everything myself and waste nothing, but a gifinpse of our cat would convince one that we are not stingy. I should delight in living right along by the "meals for a week." with extras from your department, but I cannot afford to spend \$5 a day on the table and to keep two or three maids to cook and serve the good things. So we shall just have to keep along in our small way, soaking up my dry bread for puddings; frying mush and eggs for breakfast and buying chicken for a treat, pie as a luxury. H. T. (Forsyth, Mont.). As the readers of our Exchange who tical housewifery fifty years long, I

## SUNDAY

Grapefruit, arrowroot jelly and cream, deviled kidneys, popovers, toast, tea and coffee. LUNCHEON.

DINNER. Tomato cream soup, braised beef a la jar diniere, cauliflower, scalloped sweet pota toes, mince pie and cheese, nuts and rais ins, black coffee.

LUNCHEON. Cold roast beef (a left-over), souffle of cauliflower (a left-over), stuffed Irish potatoes, marmalsde pudding, cocos.

DINNER.

TUESDAY BREAKFAST.

and apples, quick biscuits, toast, tea and LUNCHEON. Mince of beef and potatoes (a left-over), ried mush, stewed tomatoes, cream puffs and jam, tea. DINNER.

### WEDNESDAY BREAKFAST.

Grapes, hominy and cream, salt mackerel, stewed tomatoes, hot rolls, toast, tea and coffee. LUNCHEON. Ragout of liver and macaroni (a left-over), souffle of cheese, baked toast, apple and celery salad, hot gingerbread and cheese, tea. DINNER. Mulligatawny soup, roast chickens, baked rice, string beans, brown betty with liquid sauce, black coffee.

BREAKFAST. Fruit, cracked wheat and cream, babellad eggs, rice muffins, toust, tea LUNCHEON.

DINNER. Yesterday's soup warmed over, chicken ple (a left-over), baked sweet potatoes, fried hominy, apple dumplings with hard sauce, black coffee.

#### FRIDAY BREAKFAST. Oranges, mush and milk, breaded and fried cod roes, muffins, toast, tea and coffee.

DINNER. Clam chowder, breaded lamb chops, green peas, stewed Jerusalem artichokes, tipsy parson, black coffee. SATURDAY

BREAKFAST. Fruit, cereal and cream, ham omelet, corn bread, toast, tea, coffee. LUNCHRON Halibut steak, mashed potatoes, speghetti with tomato sauce, brown toast, rice and raisin pudding, tea.

DINNER. Cream of spinsch soup, stuffed loin of veal, scalloped tomatees, souffle of artichokes (a left-over), fried much (a left-over), making solutions and the second sec

#### the muscles, brain, nerves and flesh into healthy manhood and womanhood. I wish other housewives would relate their "experiences" and air their theories upon this vital subject. For a child to go hungry from day to day is

LUNCHEON. Pigs in blankets, hot scones, orange and nut salad with mayonnaise dressing, heated crackers and cheese, chocolate blane mange and cake, tea. DINNER

## FAMILY MEALS FOR A WEEK

BREAKFAST Veal loaf, sally lunn, graham bread, toasted crackers and cheese, lettuce and nut salad with mayonnaise, prune jelly with cake, tea.

DINNER

## MONDAY

BREAKFAST. Baked apples and cream, fricasseed eggs, brown and white bread, toast, tea and cof-fee.

Been soup. West Indian stew of mutton with curry, okra and tomatoes (made from Saturday's roast mutton); bananas to accompany the stew, bolied rice, baked potatoes, custard pie, black coffee.

Bean and celery soup (a left-over), larded calf's liver, baked macaroni, spinach, suet pudding with hard sauce, black coffee.

## THURSDAY

### to dwarf its growth and undermine its health. Taking Out Candle Grease

Please have a recipe put into your Exchange for taking candle grease out of green cloth. I hope to see it in next week's paper.

Mrs. R. B. W. (Wilmington, Del.). I can tell you how to get out candle grease, but you will not read it in the issue you name. There are too many ahead of you on the list. If you desire a quick response you must send a selfaddressed and stamped envelope by

Hold a bit of hot fron or steel over the spot. A knife-blade will do. Hold it about half an inch over the grease until the latter melts. Then cover with blotting paper and set a warm iron on the paper to absorb the grease.

the weekly bills-of-fare is to make them

practicable for the average marketer

and "good, plain cook." My second is to

achieve wholesome and tempting va-

riety. The cold meats of yesterday are

never served in the same shape today.

Every tablespoonful of vegetables sent

out from the dining room is destined to

reappear in a different guise tomorrow

or later. So with soups which improve

Our Montana correspondent is wisely

frugal. It does not pay to stint grow-

ing children in their daily food. Even

of those who believe in fastings, many

exempt minors from the obligation to

abstain from generous fare that feeds

with the second and third cooking.