uman race and its development.

give its readers in exchange for their

let not the Newspaper division the Paper Age be ignored by you.

By Anna Barrows

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es of the trees. Without it books,

mpossible. Moreover, it facilitates

nunication & between producers, men and consumers, and shortens

the future we are promised paper

ols, hats and stockings, paper car-

usewife's hours of labor.

And just as a parting thought-

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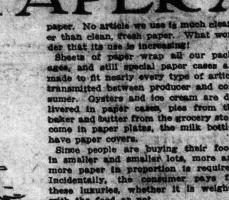
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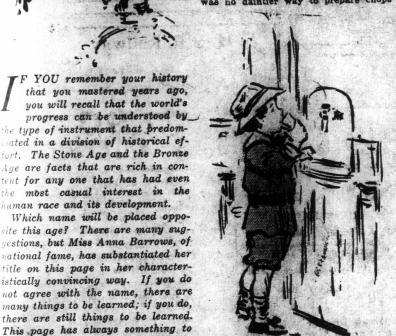
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THE PEOPLE'S INSTITUTE OF DOMESTIQUE SCIENCE SOLVENIES SCIENCE

he PAPER AGE





Inclosed in the paper beg in which they were delivered, multitudes of rolls have been reheated and have come out of the aven as it. of the oven as if fresh baked. Many a rich cake has been protected from burning while baking by layers of paper in the pan below and a paper folded tent fashion above the edges of the pan, at a safe distance from the gradually rising surface of the cake. protect a fowl or joint of mean cooking in the oven, especially ends of nes which might burn before the meat was done.

found that even filmsy paper is ditable for many purposes. The furore paper-bag cookery made us realize at this is indeed the paper age. Forests are being transformed into as substance, as perishable as the Paper-bag cookery has one great virtue, that of saving the washing of some unpleasant dishes, such as the roasting pan and rack, or the tin sheet on which a fish has been baked. This method is zines and the daily papers would most desirable where gentle heat only is required and where juices and delicate flavors too often are lost. In emer-gencies almost anything available may be used for any purpose; but there are better ways to cook a cream soup or rugs and curtains, paper car custard than directly in a paper bag.
As with every other appliance, some practice is needed to learn how to use these bags in the best way. The handpaper horseshoes, and paper coffins, he day paper may be made waterof as well as airtight.
In the forests diminish, paper may books by M. Soyer, grandson of the chef famous in the mid-Victorian period, and by C. H. Senn, an English authority on cockery will be helpful to any one wishing to cook in paper bags.

There are still other uses for paper

grease and keep the range in good condition, without much blacking. When the ashpan must be emptied or any similar work done, a double layer of newspaper underneath will save much the house and they should be folded in their original shape and be kept in a suitable place. The double bags used by some grocers to insure against breakage and loss of such materials as sugar often are clean and may be used to pack away small woolen articles of wearing apparel in summer. A clean muffier put in a clean bag with the end closely folded and tied needs no moth ball within to protect it from insects. A plate of raw meat or other food may be temporarily protected from dust or files by putting it in a large paper bag and folding the end of the bag under the plate. This is quite a different thing from putting meat away with the juices souking into the paper in which it came from the market. A paper bag

the top of a packed ice eream freezer, newspaper is a more effectual non-conductor than burlap or old carpet. But it is rarely wise to wrap the block of ice in the refrigerator.

Several layers of newspapers or heavy wrapping paper, spread between wire springs and mattress, will be almost as ffectual as another mattress in preventing the discomfort of cold from beventing the discomfort of cold from be-low, which no number of blankets above will prevent. Where the blankets are limited, paper also is of service. Many a suburbantte has found protection from a cold wave by folding a section of the daily paper under the thin coat which seemed sufficient earlier in the day. Several folds of newspaper, with a loop of string in the center, will serve as a coathanger, where a better one

The family taking several daily papers, or even a single one, will require little other kindling for an open fire. Indeed;



without other fuel, a cheerful blaze may be provided at mealtime in a dining room fireplace by a few grumply or twisted newspapers.

A quaint old cook book gives directions for cooking a beefsteak with two lewspapers; that appears to be even no hetter that appears to be even the fire the fire that the fire t a strip of paper is pasted over the wad of paper will serve as a trivet crack between box and cover, after all under a glass jar of beef tea in a kettle

When the hats and dresses co from their makers they are protected by many sheets of soft tissue paper. These may be smoothed out to use in similar fashion again. Even if torn, such paper should be saved for cleanng windows, mirrors or other glass(surfaces. Laundry and other cleansing processes owe much to paper. The paper pulp pails and tubs are far lighter than wooden ones, and have some advantages over those made of metal. A hot fron and blotting paper will draw out grease spots from upholstered fur-niture or rugs not easily washed. Bits of moist paper thrown over rugs or carpets or even bare floors are excellent dust catchers, where sweeping must be done with an ordinary broom.

So much for the paper as a byproduct which finds its way into our houses.

There are some types of paper which by traditional preferences for other in



Paper napkins long have proved useful; paper tablecloths have their place, and paper towels and handkerchiers make us wonder why we have not had them long ago. Paper sheets and plilowcases may come next

For the picnic party paper dishes of all sorts are especially useful.

Reduction of dish washing and economy in laundry bills are certainly permissible. in the vacation season, if not in formal life.

Conservative guests at high-prices hotels and restaurants doubtless would resent the introduction of the paper napkins, but in places of lower grade t would be as much to be preferred to the damp half-clean napkins so often provided as the paper cup to the com-mon drinking cup in railway stations. A roll of firm brown paper established in the kitchen as in the grocery, or sheets of fresh paper on a convenient hook, will fully justify the cost. Far better to have paper on which to cut up a fish or fowl than on a board or table, which must be washed. The offal rolled in the paper, after the work is done, does not attract files and is easily disposed of, whether in fire or garbage

chopped on paper and thus save scrubbing. Crumbs may be rolled or bread may be crumbed for frying by gently shaking a paper of crumbs on which the

for the family table. For this purpose the paper should not be glazed. lady's hats and dresses are sent home. In an emergency, where no funnel is are useful for storage of blankets and available, a section of stiff paper may clothing from dust and from moths, if be fitted into the neck of a bottle. A

plaster prevents too close contact with

Where frosting tubes are not available for the decoration of cakes a sheet of strong, pliable note paper may be made to serve as both bag and tube. The decorative possibilities of paper of many kinds are so frequently ex-

ploited that they scarcely need reference here. Shelf papers are useful where boards are rough, but should be plain rather than ornamented, and need not hang over the edge. Doilles of paper are rightly superseding the napkins once used under cooked foods. The chop ruffles and southe cases may be made by hand if others are beyond reach.



This page is a happy medium of exploitation of the new, tried and true ideas that help the homekeeper. Are you a regular reader? The People's Institute is too good and too important to miss. Next week will be a special page filled with ideas for Thanksgiving. Do not let the opportunity to Improve the day be ignored.

We are proud of the names that are identified with this page. Here

they are:

CUSTOM AND SLAVES

RE you doing things in the home as you always have been doing them?

Has custom made you a slave without your knowledge? Break away

from the rigid rule of things, especially if that rule be far from
ficial. Don't be a slave to the wrong thing.

The slaves of custom and established mode, With packhorse constancy we keep the road,

should be a warning in the case of the housekeeper.

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Housekeepers' Alliance, Washin

The First Solid Food for Baby

time to give her solid food, and then discovered that my friends had very vague ideas of their methods of giving their babies this form of nour-ishment; and even my good doctor did not give me any definite rules.

As my experimenting may help some inexperienced mother, I am going to tell my story. I began by giving her a cereal instead of her bottle for one feeding, either the third or fourth, so caused by it, disturb either her nap or sleep at night. I alternated oatmeal gruel and a cream cereal. I could not use rice, as my daughter has always more or less, but I hope that my expehad a tendency toward constipation. 1 cooked two cups of oat cereal with two cups of boiling water, in which I had placed a little salt, in a double boiler for three hours, then I strained it through a coarse wire strainer, and I had enough for two feedings. In cool weather it can be kept in a refrigerator overnight. I used the rest of the oat-

meal for the family table.
The wheat cereal I cooked according o the directions on the box for breakfast porridge, for three hours, and added the yolks of two eggs, which I had boiled for the same length of time in the lower part of the boiler. Be careful not to use any of the white, which is very tough. I mashed the volks into the cereal while it was warm. After a few weeks I gave her two feedings of cereal a day, also graham crackers and zwei-bach. When she was fifteen months old she had a baked potato for her din-

W HEN my daughter Elisabeth was ner and an egg for breakfast. As she did not like sweet notators with the cive has a second to the cive has a seco I have never fed Elisabeth any fresh fruits except oranges, and grapefruit juice and apple sauce, which she loves. I prepare the orange juice with a lemon

Elisabeth had five feedings a day until she was a year and a half old, and then four-a lunch in the morning and three regular meals-until she was two years old, and since then only three regular meals, without any lunching except all the water and milk that she wishes. Of course, babies' stomachs differ and every mother has to experiment this problem.

Gingerbread Recipe

Four tablespoons butter, % cup of sugar, 1 egg % cup molasses sugar, 1 egg ½ cup molasses, ½ cup sour milk, ¾ cup of flour, 2 teaspoons of ginger, 1 teaspoon cinnamon and 1 teaspoon soda. Cream the butter with a wooden spoon until thoroughly softened. Add sugar, then unbeaten egg and molasses; beat until foamy; sift the flour once before measuring, then again with the soda ginger and cinnamon. Add the dry ingredients alternately with the sour milk to the first mixture. Give the whole mixture a quick vigorous heating. Butter a cake pan, dredge with flour and shake out, so that only a film of flour clings to the butter. Four in the cake batter, spread evenity and bake in a moderate oven about thirty minutes. namon and 1 teaspoon soda. Cream

made from many waste vegetable oers, such as cotton hulls. Linen and otton subjected to chemical processes new their life of service as clean fresh

This department will be in charge of a different instructor every month. he plan will give the housewife the benefit of wide and varied experience, ad will present topics of interest to all. Boiled Corned Beef Fried Carrots

By Margaret J. Mitchell Bruce School, New York. HE question of what utensil to use in cooking is one which takes some experience, if the dishwashing is by to be too burdensome. A skillful ook will measure materials in such order that the same measure can be sed for making several measurements, while the novice will measure a cupful milk the first thing, if it happens to atch her eye first in the list of intedients, or if she happens to go to ice box and sees it first. Flour and gar cannot easily be measured in the pafter the milk, but if she had meased the dry things first, moist, sticky tarials, amild then terials could then be put into the ame cup. Just so with measuring by poonfuls, a little forethought will save ork. But besides this it is conv know that milk does not stick badly aluminum, so that cocoa, chocolate, stards, etc., are best made in an iminum utensil. Fruit also does not ick badly to aluminum, and it is inable for a preserving kettle. The tial cost of aluminum should not ighten any one whose utensils are go-to receive ordinarily good care, for

will outlast many other saucepans. is not so valuable for frying pans, iddles and waffle irons, for it is exedingly difficult to clean grease from on account of the injury done to it strong soaps and alkalis. MONDAY BREAKFAST

TUESDAY Apple Sauce WEDNESDAY LUNCH Cream Puffs DINNER THURSDAY

FRIDAY BREAKFAST Soft-boiled Eggs Coffee LUNCH Kippered Herrings Baked Potatoes DINNER SATURDAY BREAKFAST

Rice with Fried Peppers Fresh Rolls SUNDAY

Wash 2 beef kidneys and cut them in halves lengthwise. Soak in cold water to cover them. Change the water after an hour, and let them soak another hour or more. Drain them and add bolling water to barely cover them. Add 1/2 teaspoonful of salt. Bring this to a boil and cook it in the fireless cooker for four or five hours. Bring it again to a boil and replace it in the fireless for ten or more hours (evernight). In the moru-ing remove the membranes and size the stidneys. Thicken a cunful of his liquer

in the pan with 3 tablespoonfuls of flour mixed to a paste with an equal amount of cold water. Add about % teaspoonful salt and a good dash of pepper. Let this come to a boil, add the kidneys and serve when boiling hot. If not cooked in the fireless the kid-

neys should be simmered for several hours, or until very tender. A pleasant variety may be made in the flavor of kidney stew by cooking a sliced onion and ½ cupful of tomatoes and a bay leaf with it removing the bay leaf before serving, and, if desired, straining the gravy before reneating the kidneys in it.

Lettuce, Beet and Egg Salad
Put the lettuce in water till crisp.
Wash it in two waters, pulling each teat
off the head. Drain it on a clean tower and fold it in a cheesecloth, or put it
into a paper bag and keep it cold until
ready for use.
Cook the eggs "hard, cooked." drop
them in cold water and cut each in half
when the shell is removed. Left-over
beets may be used, cutting them into
small dice. Arrange the lettuce in a
nest on the plates, put on this a ring
of the chopped beets and in the center
of this ring put the egg halves with the
yolk turned up. Put a tablespoanful of
mayonnaise dressing at the side.
Steamed Rice in the Fireless Cooker

mayonnaise dressing at the side.

Steamed Rice in the Fireless Cooker
Wash I cupful of Carolina rice in a
strainer held under runn; water,
Shake it into 3 cups of holling water to
which I teaspoonful of salt has been
added. Let this come to a bell an out
it at once into a fireless cooke with
several quarts of holling water in a
it. Let it cook one hour. It will not be
injured by two or three, but a busy at
the end of the hour. When all ready to
serve it open the kettle, add I tablespoonful of butter in small pleque, and
with a fork lightly turn the rice at the

bottom up over this. Serve immediately on a het platter, surrounding it with

Steamed Cup Custards

Heat 1 quart of milk until it steams.

Meanwhile beat 4 eggs, add ½ cupful of sugar and ½ teaspoonful or vamila. Stir in, slowly, the hot milk. Strain the mixture into a pitcher and pour it into cups. Set these in a steamer. Cover the steamer with cheesecloth and then with its own cover. Put it over gently boiling water and allow it to cook for ten minutes or more. Test when the custards are done by shaking the steamer a little, to see if the custards are no longer liquid. As soon as they are barely set, lift on the steamer, remove the cups and serve ice coid. A little nutmeg grated over the top before serving improves them.

Coccanut Cake Steamed Cup Custards

serving improves them.

Cocoanut Cake

Cocoanut Cake

Soak ¼ cupful of desiccated cocoanut for ¼ hour in ¼ cupful of milk. Metch it is come to a bell an interest of holling water it is at so the hour. It will not be two or three, but at the hour. When all ready to pen the kettle, add I table for the kettle for the kettle for the kettle for the kettle for the kettl

frosting, flavored with 14 teaspoonful of almond extract.

Corned Beef
The fireless cooker is specially good Wash green sweet peppers and cut them in fourths lengthwise. Remove the stem parts and the seeds. Fry them in 1 tablespoonful of olive oil for each 4 or 5 peppers, over a moderate fire, so that they will brown a little in about twenty minutes to half an hour. Turn them once, to fry both sides, and serve them neatly arranged around a mound of steamed rice or on a hot platter.

Steamed Cup Custards

The fireless cooker is specially good for making tough cuts of meat tender without their becoming stringy. Corned on a hot place of making tough cuts of meat tender without their becoming stringy. Corned on the property corned and cooked. Order a large piece (8 or 10 pounds) of the rump corned for only four days. Put it on with several quarts of cold water and let it come to a boll, then let it simmer for a half hour before putting it into the fireless cooker for tender without their becoming stringy. Corned without their becoming stringy. hour before putting it into the fireless cooker for ten hours. Bring it to a boil just before serving. If not cooked in the fireless, let it simmer several hours, until tender, keeping plenty of water Cream Puffs

Heat together 1 cupful of water and 1/2 cupful of butter until they boil. Add "s cupful of butter until they boil. Add it's cupfuls of pastry flour all at once and beat it until smooth; let it cook five minutes, stirring it all the time. When cool, add 5 eggs, one at a time, stirring the unbeaten egg into the dough until it is smoothly blended before adding another Place a rounding table-spoonful of dough on a greased tin, shaping it slightly to make it round, or dragging it between two knife snaping it slightly to make it round, or dragging it between two knife blades into a long shape if for eclairs. Bake them in a moderate oven for about twenty-five minutes. Cool and fill with cream filling. Eclairs should be frosted

To fill the puffs use a pastry bag and tube, making a small hole for the tube, or make a cut in the side and insert the filling by teaspoonfuls.

Lemon Pie Mix well % cupful of flour and 1½ cup-Mix well % cupful of flour and 1½ cupfuls granulated sugar and stir in 1½ cupfuls of boiling water. Let these cook in a double boiler for twenty minutes, stirring occasionally. Mix 3½ table-spoonfuls of lemon juice, the rind of 1½ lemons and the yolks of 3 eggs and stir the hot mixture slowly into this, return it to the double boiler and cook until the eggs have thickened a little, then add 2 tablespoonfuls of butter. Cool the filling a little and put it into a baked crust. Make a meringue of the whites of the eggs and 1-3 cupful of powdered the eggs and 1-3 cupful of powdered sugar. Spread on the top and bake in a Pastry for Pies One Large Crust.

Mix together 1 scant cupful of flour.

14 teaspoonful salt, 14 teaspoonful of baking powder and work in with the and half batter may be needed to pre-vent a slight taste of the lard, but for fruit pies a good lard will not taste. Cut in with a knife enough cold water to make a dough that is not crumbly. Put it out on a floured board, molding it lightly with the hands into a ball. Roll