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more than

kinds, you ever 10 cents

THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE

The Paper Age



paper. No article we use is much cleaner than clean, fresh paper. What wonder that its use is increasing!

If you remember your history that you mastered years ago, you will recall that the world's progress can be understood by the type of instrument that freedom

paper bags have brought supplies into the house, and they should be kept in a suitable place. The double bag used by some grocers to insure against breakage and loss of such materials as sugar

And just as a parting thought—let not the Newspaper division of the Paper Age be ignored by you.

By Anna Barrows. The human race made its tools of the most durable materials, but it has gradually found that even flimsy paper is suitable for many purposes.

It is better to wipe on splatters of grease and keep the range in good condition, without much blacking.



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



Paper napkins long have proved useful and popular. They have their place in the kitchen as well as at the table.

Cheese, onion or parsley may be chopped on paper and thus save scrubbing. Crumbs may be rolled or broken up and used for many purposes.

CUSTOM AND SLAVES

ARE you doing things in the home as you always have been doing them? Has custom made you a slave without your knowledge?

- MR. F. M. ALLEN, Chief of Food and Drug Division, Kentucky Agricultural Experiment Station.
MRS. MENEVA B. T. ANGELL, Brooklyn, N. Y., Domestic Science, Extension, Massachusetts Institute of Technology.
MRS. RACHEL FOSTER AVERY, Social and Political Economist.
MRS. IDA COGWELL BAILEY ALLEN, Domestic Science Expert, New York.
MISS L. RAY BALDERSTON, Laundry Expert, Teachers' College, Columbia University, New York.
HARVEY E. BARNARD, B. S., State Food and Drug Commissioner of Indiana.
MISS ANNA BARROWS, Lecturer on Domestic Science, School of Household Arts, Columbia University, New York; Director of Domestic Science, Chattanooga, N. Y.
F. E. BRETHUR, Sc. D., Department of Chemistry, College of the City of New York.
MRS. WINNIFRED HANPER COOLEY, National President of the Associated Clubs of Domestic Science.
MRS. ALICE DYNES FEULING, Formerly Head of Department of Home Economics, Iowa State College.
MISS WINNIFRED STUART GIBBS, Supervisor Home Economics Work, New York Association of Household Arts, Teachers' College, Columbia University.
MRS. GRACE M. VIALI GRAY, Domestic Science Expert, Chicago, Ill.
MISS EDITH HALL, Institute of Domestic Science, Northern Illinois Normal School, De Kalb, Ill.
MISS CAROLINE L. HUNT, Washington, D. C.
MISS HELEN LOUISE JOHNSON, Lecturer and Writer on Home Economics, Westport, N. Y.
MRS. ALICE GITCHELL KIRK, Domestic Science Lecturer, Cleveland, O.
MISS ALICE LAKEY, Chairman Food Committee, National Consumers' League.
MISS ALICE LUDWIG, Department of Home Economics, University of Wisconsin, Madison, Wis.
MISS MARGARET J. MITCHELL, State School, New York.
MISS MARY STONE O'BORKE, Director of Domestic Science, Adelphi Academy, Brooklyn, N. Y.
MISS ELLEN C. SARIN, President Milwaukee-Dowder College, Milwaukee, Wis.
MRS. ANNE E. SCOTT, Cooking Expert and Food Economist, Philadelphia.
MISS MAY SECRET, Department Household Arts, California Polytechnic School.
MISS WILHELMINA H. SPOMER, State Institute, Menomonie, Wis.
MISS FRANCES STEEN, Massachusetts Institute of Technology, Boston, Mass.
MISS ISABEL STEWART, Assistant in Department Nursing and Health, Teachers' College, Columbia University.
MRS. MARY L. WADE, Household Science Lecturer, Chicago, Ill.
MRS. RICHARD WAINWRIGHT, Washington, D. C.
MRS. LILLY HAWTHORNE WALLACE, of London, England, Cooking Lecturer of the Department of Pure Food Congress.
MRS. JOHN L. WALSH, Mayor's Bureau of Weights and Measures, New York.
MRS. ARTHUR WHITTEY, State Normal College, Albany, N. Y.
MRS. LEAH D. WIDFOSSE, Agricultural College of Utah, Logan, Utah.
MRS. HARVEY W. WILEY, Housekeepers' Alliance, Washington, D. C.
MRS. FLORENCE WILLARD, Chairman of Domestic Science Department, Washington, D. C. High School, New York.

The First Solid Food for Baby

WHEN my daughter Elizabeth was a year old, I decided that it was 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 nourishment.

When she was fifteen months old she had a baked potato for her dinner and an egg for breakfast. As she did not like sweet potatoes, which are very good for babies, she ate Irish potatoes.

Gingerbread Recipe

FOUR tablespoons butter, 1/4 cup of sugar, 1 egg 1/2 cup molasses, 1/2 cup sour milk, 1/4 cup flour, 2 teaspoons of ginger, 1 teaspoon cinnamon and 1 teaspoon soda.

Beat together 1 cupful of water and 1/2 cupful of butter until they boil. Add 1/2 cupful of pastry flour all at once and beat it until smooth.

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MENUS AND RECIPES FOR A WEEK FROM AN EXPERT IN COOKERY

This department will be in charge of a different instructor every month. The plan will give the housewife the benefit of wide and varied experience, and will present topics of interest to all.

By Margaret J. Mitchell. Bruce School, New York.

THE question of what utensil to use in cooking is one which takes some experience. If the dishwashing is not to be too burdensome, a skilful cook will measure materials in such order that the same measure can be used for making several measurements.

While the novice will measure a cupful of milk the first thing, if it happens to catch her eye first in the list of ingredients, for if she happens to go to the ice box and see it first. Flour and sugar cannot easily be measured in the cup after the milk, but if she had measured the dry things first, moist sticky materials could then be put into the same cup. Just so with measuring by spoonfuls, a little forethought will save work. But besides this it is convenient to know that milk does not stick badly to aluminum, so that cocoa, chocolate, wafers, etc., are best made in an aluminum utensil. Fruit also does not stick badly to aluminum, and it is invaluable for a preserving kettle. The usual cost of aluminum should not frighten any one whose utensils are good to receive ordinarily good care, for it will outlast many other substances. It is not so valuable for frying pans, kettles and waffle irons, for it is exceedingly difficult to clean sugar from on account of the injury done to it by strong soaps and alkalis.

MONDAY BREAKFAST Omelette Muffins Cold Turkey Presses Stewed Potatoes Cakes

TUESDAY BREAKFAST Apple Sauce Cream Toast LUNCH Hot Yeast Leaf Hollandaise Sauce Chicken Frits Dinner Cream of Tomato Soup Baked Potatoes Mashed Potatoes Stuffed Potatoes Lemon Pie

WEDNESDAY BREAKFAST Apple Sauce Cream Toast LUNCH Hot Yeast Leaf Hollandaise Sauce Chicken Frits Dinner Cream of Tomato Soup Baked Potatoes Mashed Potatoes Stuffed Potatoes Lemon Pie

THURSDAY BREAKFAST Apple Sauce Cream Toast LUNCH Hot Yeast Leaf Hollandaise Sauce Chicken Frits Dinner Cream of Tomato Soup Baked Potatoes Mashed Potatoes Stuffed Potatoes Lemon Pie

FRIDAY BREAKFAST Maple Syrup Coffee Kipped Herrings Baked Potatoes Cocoa Steamed Fish Dinner Hollandaise Sauce Fried Eggplant Celery Mousse Omelette Cream Eggs Coffee

SATURDAY BREAKFAST Orange Cream Eggs Coffee LUNCH Stuffed Rice with Fried Peppers Fresh Peas Potatoes Gingerbread Dinner Rolled Steak Pickles Fruit Souffle Salmagundi Liver and Bacon Coffee Rolls (warmed)

SUNDAY BREAKFAST Apple Sauce Cream Toast LUNCH Stuffed Rice with Fried Peppers Fresh Peas Potatoes Gingerbread Dinner Rolled Steak Pickles Fruit Souffle Salmagundi Liver and Bacon Coffee Rolls (warmed)

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