

DEPARTMENT OF AGRICULTURE.

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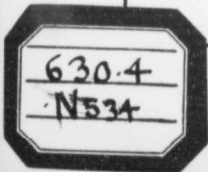
Home Economics as applied to
the Choice and Preparation
of Food.

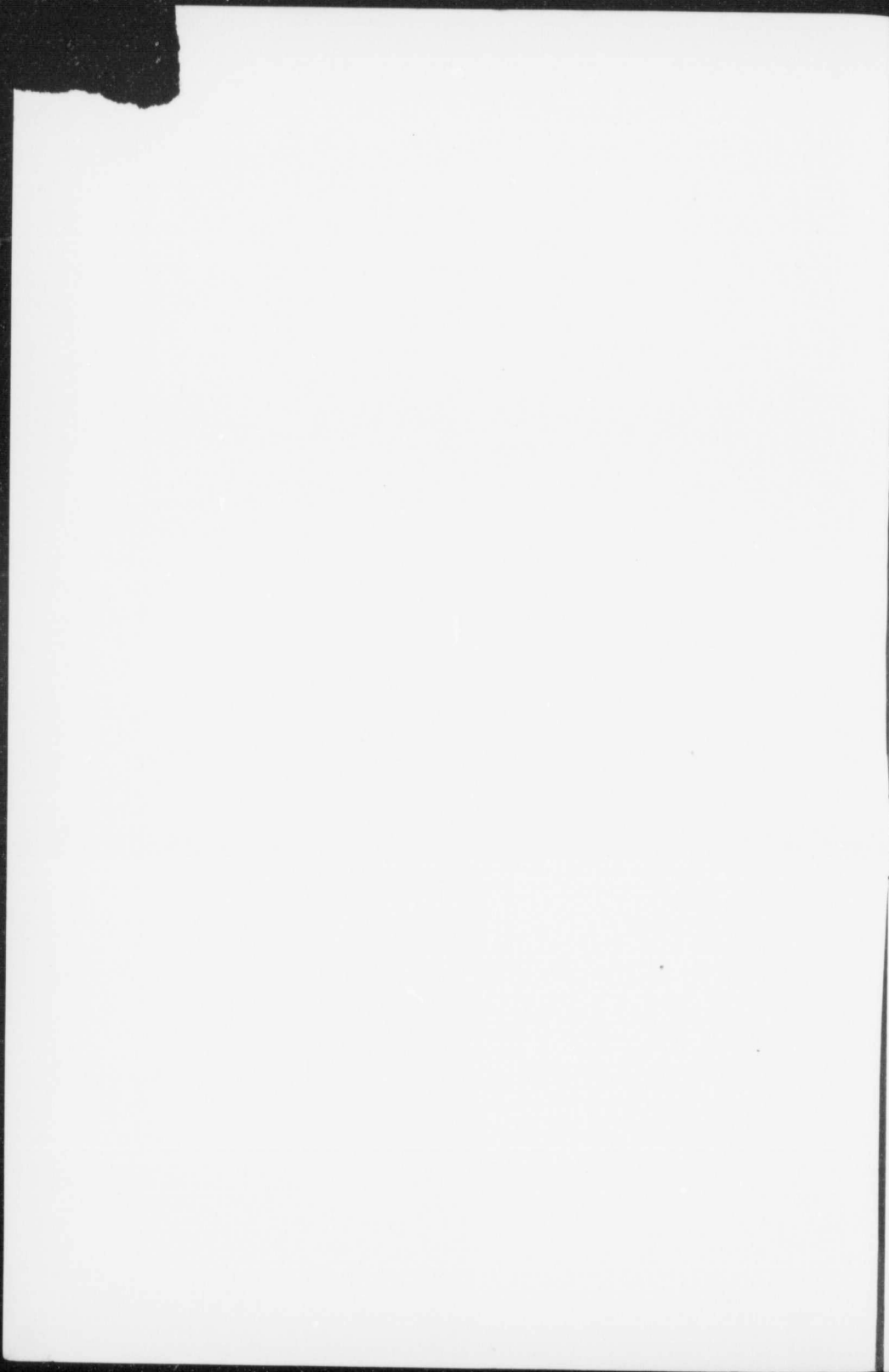
BY

MISS JEAN B. PEACOCK.

*WRITTEN ESPECIALLY FOR THE WOMEN'S INSTITUTES
OF NEW BRUNSWICK.*

HON. J. A. MURRAY, MINISTER OF AGRICULTURE,
FREDERICTON, N. B.





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HOME ECONOMICS AS APPLIED TO THE CHOICE AND PREPARATION OF FOOD

NATIONAL PROGRESS.

That we live in an age of unprecedented progress and achievement, I do not need to tell you. Marconi, with his wireless telegraph and telephone, is flashing this message from continent to continent; Uncle Sam is carrying it by canal from Atlantic to Pacific; Wright Brothers are speeding with it through the conquered air; Steffansson and Shackleton have brought the polar regions within a possible radius of this truth; John R. Mott has carried it into the realm of the spiritual; Edison shouts it from a thousand housetops by means of his ubiquitous phonograph, and it seems to me that the presence here in Sussex this week of you mothers and daughters of New Brunswick is a proof that this spirit of progress, characteristic of the age, has breathed upon the home makers of the land, and found them not unresponsive.

PROGRESS IN THE HOME.

The fact that you are here — and other facts for which we need not go far afield — is proof, I think, of two statements: (1) that the claims of the home upon the housekeeper have changed; and (2) that she has a saving realization of the change. While none of us wish to disparage or underestimate the method of our foremothers, we are forced to confess that times have changed, and we feel that if these women of two or three generations ago, were alive today, they would be as quick as any of us to sense the need of readjustment in the home.

PRODUCTION FORMERLY CARRIED ON IN HOME.

Perhaps some of us wonder why these changes in home life are inevitable. We have only to think of the marvellous changes wrought by the last few years in the industrial world. Why once — and so recently in our new country as to be within the memory of many living — each home was sufficient unto itself in the production of the necessities of life. Full of the romance of a not too distant past are the tales of apple-paring bees, of home grown and spun and woven woollen cloth, and of the dim religious lights cast by the hand-dipped candles of tallow. Then the violent death of the fatted calf made cheese a possibility, and even the skin of the luckless animal was tanned by the energetic father to be worked up later by his own hands into shoes for his family. Later in the more thickly populated localities certain conditions made it possible for one family or individual to make a better coat or bonnet, or pair of shoes, or piece of linen, than the others — eventually giving rise to the system of handicrafts or trades and apprenticeship. After a time this system of municipal or town supply, of material largely handmade, became antiquated because of improved means of travel, because of invention and of the demand for larger quantity and greater variety of products.

PRODUCTION NOW A NATIONAL CONCERN.

Soon production and manufacture and distribution were no longer home or municipal, but national concerns. That is where we stand today. It is indeed a far cry from the conditions prevailing when almost every need of the members of a family was supplied by self-produced articles, to the present state of affairs when the preparation of food is almost the only, so-called, creative work left to the home, unless we include the supreme work of developing manhood and womanhood.

A DEFINITION OF ECONOMICS.

A word often in our ears and on our lips of late is Economy or Economics. Economics treats of the relative value of things. As an abstract subject, dealing with intrinsic values alone, Economics admits of two great divisions — Production and Consumption. In the past, production has been pointed out as the important side of any economically sound enterprise. Of late years the conviction has grown that the use made of money after it has been acquired is of equal importance. In other words, the problem is now as much one of wise consumption, as of successful production. This emphasizes the important place of the home in Economics, as will be realized by those who consider how largely the home is the center of the consumption of wealth.

THE RESPONSIBILITY OF THE CONSUMER.

In the days when the housewife made her own linen and candles and cheese and carpets, and corned beef, and dried apples, she and her family suffered from any lack of care and skill in the process. Equally so now, when the problem is choosing and buying these products, the family purse and the family health are both endangered by ignorance or carelessness or poor judgment on the housekeeper's part. And farther than her family, reach the results of faulty discrimination in buying. When we buy a certain article we set the seal of our approval upon it, we endorse its manufacture. Why? It is the consumers who determine what the factories shall make. If no one bought willow plumes or the cheap grades of silk would there be 168,000 children in the United States alone at work on these and other products, do you think?

WOMEN THE "PRIESTESSES OF BEAUTY."

If every woman who patronizes a grocery store takes the trouble to insist upon absolute cleanliness, with the loss of patronage as an alternative, would there be as much filth in some country "back stores" as we know exists now?

If more of the women of the world followed the example of the New York and Chicago women in their method of keeping the price of eggs down, would eggs I wonder bring five cents each in the markets of a rural community? Truly since the days when nursery rhymes were made, times have changed — now *hens* lay golden eggs and

the *geese* of the world buy them. Someone has said that women are the priestesses of beauty. Well, if all women would keep the altar fires of beauty aglow, hideous china, flamboyant wall paper and extremes in dress materials would cease to be manufactured because of lack of demand for them.

WOMEN AS CONSUMERS ARE THE REAL RULERS OF INDUSTRY.

The entire work of the world must very largely be affected by supply and demand. The home and foreign policies of nations must reckon with these things.

Every dollar that we spend has a bearing on the scheme of things that we seldom think of, I fear. Women, the world over, being the spenders of the world's dollars, are therefore the real rulers of the industrial world at least. A time honored proverb runs "The hand that rocks the cradle, rules the world." We are prone to wonder what more then in the way of power is there to be desired by a mortal with the cradle to rock and the money to spend. The answer comes back "Votes for Women," and passing strange it is that many with a fair supply of both cradle and money clamor for the vote. I wonder if the opposition of mere man to the enfranchisement of women may be an acknowledgment that the balance of power between the masculine and feminine would be seriously disturbed by equal suffrage. I also wonder if it is the wisest ones among women who want to vote—I do not know.

THE ECONOMIC POSITION OF WOMAN.

But, jokes aside, "In the light of all these facts it is a surprising thing that anyone can look lightly upon the share that is given to women in the economic struggle" says Bertha M. Terril in a book called "Household Management." There are those who urge that the reason why women are finding the care of their homes less attractive than formerly, is the fact that all which adds zest and is worth while is taken from them. Rather is it true that some things which demanded time and strength have yielded to more vital things and there is now opportunity to perfect that which is left, with a better appreciation of its importance.

Devine in his book "Economic Function of Woman" further affirms that "it is the present duty of the economist to magnify the office of the wealth expender, to accompany her to the very threshold of the home, that he may point out, with untiring vigilance, its woeful defects, its emptiness, caused, not so much by lack of income, as by lack of knowledge of how to spend wisely. * * * The economic position of woman will not be considered, by those who judge with discrimination, inferior to that of man."

Miss Richardson says "The woman who longs to get where she won't have to count every penny, will never have her longing satisfied until she makes every penny count."

HOUSEKEEPING A PROFESSION.

The reason, very often, for failure, is because woman has not had any special training for her work as a spender for the family. She too often is supposed to imbibe the necessary knowledge incidentally and trust to instinct. Housekeeping ranks among the professions as truly as any other occupation, but how very recent are any attempts to provide for training in this profession. She has grasped the truth concerning the possibilities of her work, who sees in it an opportunity to share the responsibilities of the wage-earner, and to develop the powers of those making up the family.

HOME EXPENDITURE SHOULD CONFORM TO BUSINESS METHODS.

Now it were folly to speak of a need without some suggestions for its gratification.

Miss Richardson says "In olden times women thought and thought and thought before they spent. Now women often spend, and then think and think and think. Nor does the lack of thought beforehand ease the burden of the results of her spending." Authorities on Home Economics tell us that only by the application of business methods to home expenditure, can the best value be obtained for our money. It is natural to feel that economy is being practised when many a coveted article is left unbought. The year's bill, with its record of many unnecessary indulgences, is sometimes rude but wholesome awakening. Some system of bookkeeping which will keep track of every penny is one safeguard against thoughtless expenditure, and even such records are of little value unless we compare one month or year with another and consider well for the purpose of improvement, if necessary, the proportionate amounts spent for food, clothing, rent, running expenses, and the higher life.

Of course, if any such system were to be used in a family, it would be necessary for the members of the family to agree upon a certain standard of living, and decide just how much of the income should be spent for food or clothing, rent and running expenses and the higher life. Where no definite income comes in each week or month, the housekeeper would do well to keep it before her to live within a certain sum, easily covered by the minimum.

WELL-NOURISHED BODIES AT A MINIMUM COST.

From a study of real and ideal budgets prepared by Miss Ellen Richard it is found that the lower the income the higher the percentage spent for food. Therefore perhaps the eye of the economist could detect leakage in the vicinity of this greatest average expenditure. We all sense the need of well-nourished bodies. No type of human efficiency can flourish on anything but a sound basis of physical health, but our desire is to have well-nourished bodies at a minimum cost, if thereby we can save more money to invest in food for mind and soul.

This brings me up to my real subject which you remember was announced as "The Preparation of Food in the Home."

WASTE OF MATERIAL, TIME AND ENERGY.

In this work of preparing food there is, it seems to me, a chance for waste of material, of time and of energy. To laboriously beat up an egg white with a silver fork, when for five cents can be bought an egg beater which will in a moment change it to a froth, is a waste of time, energy and silver fork. To chop meat with a knife, when a food chopper can be purchased for \$1.50, is a waste of time and energy. The possibilities of fireless cookers as fuel savers are just beginning to be talked about among us. Amply justified would we be in the saving of energy by the expenditure of a moderate amount of money upon such small conveniences as a soap saver, a measuring cup, strainers of different sizes, an asbestos mat or two, glass jars plainly labelled for such supplies as rice, starch, soda, salt, etc., a sink strainer, a covered garbage pail, a high stool, brushes of various sizes, a small paint brush for buttering pan, a roll of grocer's wrapping paper, linoleum for the kitchen floor.

RUNNING WATER IN KITCHEN.

I know we all appreciate the value of a supply of pure running water in the kitchen. Perhaps you each one have it. If you have not, don't let any one make you believe it is an impossibility. Modern methods of plumbing make a bathroom and a supply of hot and cold water a possibility, wherever there is water to be forced into the house by natural or artificial means.

LABOR-SAVING DEVICES.

We all know, probably, that a little washing soda in a greasy pot, some vinegar boiled in the kettle to which the odor of fish clings, soaking a burnt saucepan in strong salt water, cold water first in dishes used for egg and milk, and the use of a three cent brush on obstinate, sticking particles of food, will lessen the labor of that thrice hated dish-washing. Some excellent machines for washing dishes are on the market now, but probably the price would be out of proportion to their usefulness in a small family.

A careful planning ahead of the meals of the week will conserve the energy and time, not to speak of the pennies of the cook, as she can at one time prepare enough potatoes for dinner today and breakfast tomorrow. She can plan to have enough fish left over from dinner for a fish scallop for the evening meal of the following day, or she can bake the cakes that need constant attention while she stirs the custard which keeps her by the stove. Of all the worry savers in regard to cooking, I do think the planning of the meals a week or more at a time, ranks first. The use of papers as aids in cleaning the stove and preventing the necessity of much scrubbing of tables and draining boards, cannot be overestimated.

The sifting of a large panful of flour and baking powder at one time, mixed in the right proportion, to be used for biscuit, muffins and cake, will save the use and washing of sifter and bowl at each subsequent baking.

KITCHEN EQUIPMENT.

In the matter of kitchen equipment, the best is eventually the most economical. Agate saucepans or aluminum ware (if the price is not prohibitive) are the best. Food cooks more quickly in aluminum, and less energy is needed to keep this metal clean.

A steel range gives better satisfaction, is more easily cleaned, more durable and more economical of fuel than a cast iron stove.

Hard wood boards and table tops, while not so white as soft wood, are more durable and satisfactory. Tin utensils are neither healthful nor economical for most purposes. Hardwood floor in the kitchen wastes the energy of the housekeeper because it is trying to walk on, and the scrubbing of it is no easy task. Linoleum kept in a good state of varnish is much better.

ECONOMY IN BUYING.

Of the food itself — apart from the mechanical appliances used in its preparation — I have this to say: Both the choice of the raw materials and the skill used in their preparation, are factors of "adequate nourishment at minimum cost."

In the choice of food (1) the kind we buy and (2) the amount to be bought, each deserves some attention. The French woman, that most frugal of housekeepers, we are told, buys a franc's worth or less of each food at one time, while the thrifty English housewife goes to the opposite extreme. In America there is no rule, the amount of any given food bought at one time varying with individual opinion and climate.

We all regard as shiftless the hand to mouth method of buying 10 lbs. of sugar, 10 cents worth of vanilla, and a cake of soap, just as each is needed. In this climate such supplies as sugar, bread and pastry flour, cereals, flavorings, tea, spices, soap and starch, can be taken care of in amounts sufficient for a month at least. It is considered inadvisable to buy sugar and flour in bags as there is danger of its having come in contact with unclean liquids or other dirt in the process of distribution. Often the difference in expenditure from buying in the larger quantities will save 20%. Canned goods can be bought by the dozen, or two families might buy a case together. Buy when a fresh supply comes from the factories. Cereals keep better when bought in sealed packages. They may be bought by the dozen. We each know the economy of buying soap by the box, removing the wrappers and giving it a chance to dry out. Soda, cream of tartar and baking powder, can be bought in large amounts, and the small cans or jars for daily use filled.

It is never good economy to buy cheap grades of flavoring and spices, or those not known to be reliable. Know a good brand and accept no substitute.

CHOICE OF MEAT AND FISH.

Perhaps there is more waste in the buying of meat than any food. It is surprising how many there are who do not know what part of the animal supplies certain cuts of meat. This is not usually a problem

of farm homes, when a half or whole animal may be consumed by the family, part as fresh meat and part as corned, dried or smoked. If, however, one is buying meat by a few pounds at a time, the cuts without excess of bone or gristle or fat — while apparently much more expensive — give more nourishment for the money. Yet, with the proper treatment in the hands of the cook — that is with long, slow cooking by means of hot water or steam — the cheapest cuts can be made palatable and they are just as nourishing.

Fish is usually considered cheaper than meat, but this is not true in inland localities. Great care must be exercised in the choice of fresh fish. If even slightly tainted there is grave danger of ptomaine poison. Oysters and lobsters have prices altogether out of proportion to their nutritive value. We pay in these fishes for flavor and rarity, and we think them occasionally worth the price, though not if rigid economy is being practised. The same may be said of poultry and game.

Of vegetables, the storing and not the procuring is the problem in the country home. Fruits are not usually bought in large quantities, apples being an exception to this rule.

As to the relative cost of baker's and homemade bread, there is much controversy. As to which is more palatable, we are not in doubt.

COOKING AN ART.

But the real art of the housekeeper is not displayed in the buying of the food stuff. That is a purely business proposition. It is in the cooking that the artistic in her temperament comes to the surface.

Ruskin says "Cooking means the knowledge of Meadia and of Circe, of Helen and of the Queen of Sheba. It means the knowledge of all herbs and fruits and balms and spices, and all that is healing and sweet in the fields and groves, and savory in meats. It means carefulness and inventiveness and willingness and readiness of appliances. It means the economy of your grandmothers, and the science of the modern chemist; it means much testing and no wasting; it means English thoroughness and French art and Arabian hospitality; and, in fine it means that you are to be perfectly and always ladies — loaf givers."

It is not drudgery. Do not tolerate that statement in regard to it. It is a science. It is the work of an artist of the highest order.

Michael Angelo found angels imprisoned in every block of marble his chisel touched. Millet, the French painter, saw in two peasants bowed in prayer at the sound of the angelus, the possibilities of a great picture.

Shakespeare found "sermons in stones and books in the running brooks." What made these men different from their fellows was not that they had better materials or different with which to work. The difference lay in the perspective of each, in the vision each had.

We cannot afford, for our own sakes, to miss the vision which makes us sure that cooking at its best is a consummate art, for it is the changing of crude materials into that which will keep perfect our bodies, the temples of the living God.

USE OF FOOD.

However, I must not soar so far away from things material that I shall forget to tell you some things about the preparation of food. First, let me tell you that food has a four-fold function in our bodies.

- (1) To cause growth.
- (2) To repair the worn out tissues.
- (3) To supply heat.
- (4) To furnish us with energy to think and work.

CLEAN FOOD IS VITAL.

Much beside cooking is included in the preparation of food — as any of us will readily see if we think of what meat has to undergo before it is ready to cook — how vegetables and fruits and cereals must be harvested and packed and sold. The matter of clean food is of course a vital one to us when we consider how disgusting unclean food is, and the great danger of spreading of disease. The washing or cleansing of food before cooking is then the first step in the preparation of most food.

This phase of the food question will be dealt with at greater length in a subsequent lecture.

WHY FOOD IS COOKED.

We cook food for a variety of reasons:

- (1) To make it more digestible.
- (2) To make it taste and look better.
- (3) To preserve the food and destroy parasites.
- (4) To furnish a greater variety of food.
- (5) To economise expense.

Each food is probably not cooked for all these reasons. Meat, eggs and fat, are more digestible raw, but they taste and look better when cooked. Different methods of cooking the same food furnish the desirable variety. Often in cooking, left-overs can be used in the production of a new and palatable dish — thus economy is practised.

METHODS OF COOKING.

Many mechanical processes are applied to foods before or during cooking, which tend to make them more digestible or more sightly. I speak of such things as the beating of eggs which makes the mixture to which they are added easier to digest, the folding of air into pastry to make it light, the beating of mashed potato, the creaming of butter for cakes, the whipping of cream, the grating of cheese, the shredding of fish, the kneading of dough, etc.

Cooking is a very old and a very universal process. Some methods of cooking are used by even the most savage of races.

It is accomplished by the application of heat to the food material. The method varies with the food and with individual taste.

The more common methods are:

- (1) Baking or cooking in an oven.
- (2) Broiling or roasting over coals.
- (3) Boiling or stewing in water.
- (4) Cooking by steam in steamer or double boiler.
- (5) Frying in hot fat.
- (6) Cooking by means of frying pan or griddle.

COOKING OF MEATS, EGGS AND FISH.

Broiling or roasting is applied to meat or fish. Intense heat is needed at first for meat so that the outside may become seared, thus preventing the escape of the flavour-giving juices. The temperature of the meat is then lowered or it will become tough and hard to digest. Pork needs a very long cooking, partly because it is sometimes known to contain a parasite which causes trichinosis. Veal, too, needs long cooking, but all meats must be cooked at a low temperature to be tender.

Eggs should never be boiled, but cooked from five to thirty minutes in water just below the boiling point. Cheese needs no cooking; melting does not injure it, but long cooking toughens. There is a great waste of good material and of good digestive energy among us as a result of the wrong kind of cooking applied to these animal foods. Probably meat is most frequently overdone, or the wrong methods of cooking is used on the tougher joints. Such tough cuts require long, slow cooking always. Preferably the heat is applied by means of hot water and steam.

Milk to be digestible must not be boiled. If milk is to be heated for any culinary purpose, it should be done over hot water rather than over direct heat.

Eggs have such a wide range of uses in cooking and such high nutritive value, that the need cannot be overemphasized of short cooking and gentle heat for mixtures containing any appreciable amount of egg. This applies equally to sponge cake, to custards, to omelet, to scrambled or poached eggs. In the country home the problem is not the securing of good eggs so much as more variety in their preparation. Yolk and white beaten separately and combined with a white sauce and some grated cheese, or shredded fish or chopped meat, makes a most palatable and nourishing dish which the French call a soufflé, recipes for which can be found in any reliable cook book.

USE OF "LEFT-OVERS."

Right here let me speak of that substance known as white sauce or cream sauce, for I know of no other mixture which enters so largely into the preparation of made dishes as does this substance. It is made of milk, flour, salt, pepper and butter. It is made thick or thin by varying the amount of flour. It is made more or less rich by using more or less butter; two tablespoons each of butter and flour to one cup of milk makes an average sauce for vegetables or meat or fish. The method of combining the materials is

to melt the butter, add the dry ingredients and then the milk gradually, then stir over the direct heat until the mixture thickens. A very thin sauce of this sort is the foundation of cream soups, such as potato, tomato and corn soup. A somewhat thicker sauce (the one mentioned above in fact) is served with vegetables or fish, while this same sauce with left-overs of meat or fish or vegetables added may be baked as a scallop for breakfast or supper. A very thick sauce may have chopped meat or fish added, may be shaped into cylinders coated with egg and dried bread crumbs, fried in deep fat and called croquettes. In such ways as these the economy of cooking becomes very apparent.

COOKING OF VEGETABLES.

All foods that contain starch such as beans and cereals must have long, slow cooking by moist heat to burst the starch grains and make the food digestible. A large amount of liquid is needed in the cooking of all such foods. Rice and macaroni should be cooked uncovered in a large amount of boiling salted water.

Vegetables need careful cooking to preserve their best flavors. Either steaming or baking is a better method for squash than boiling. The quickest possible cooking in rapidly boiling water, and immediate draining when tender, and then proper seasoning and serving hot, are the essentials of successful vegetable cookery. Cabbage, lettuce and celery when served in salads must be made crisp by standing in cold water before use.

BAKING POWDER MIXTURES.

In the cooking of mixtures made light by soda or baking powder, the things that make for a good finished product are:

- (1) Cold materials.
- (2) The smallest possible amount of handling.
- (3) Quick work — no delays in mixing.
- (4) Immediate baking in a hot oven.

The heat of the oven acts upon the moistened baking powder causing it to give off a gas. This gas in trying to escape through the doughy mass puffs it up. Before it has time to fall the heat of the oven stiffens and cooks the dough. From this it may readily be seen why biscuit or muffins cooked in a too slow oven are apt to be soggy.

SCIENCE OF BREAD-MAKING.

The process of making bread has enough of history, science and art about it to furnish material for a whole lecture. Suffice it to say here that bread is made light by the gas given off by the action of yeast upon a kind of sugar found in moist flour. Exactly the same process goes on when bread is rising as when fruit juice is fermenting and the same products alcohol and carbonic acid gas are the results. The gas in trying to escape puffs up the dough. We know fermented fruit eventually turns sour if exposed to the air. So, if

the action of the yeast on the dough is not stopped by kneading and cooking, an acid takes the place of the alcohol and the bread is sour.

We knead the dough to distribute the gas bubbles and make it fine grained, to knead in air for the growth of the yeast, to make the dough elastic. We bake the dough:

- (1) To stop the action of the yeast.
- (2) To drive off the alcohol.
- (3) To make the food in the bread digestible.
- (4) To make it appetizing and of good appearance.

FRYING IN FAT.

The method of cooking foods in a small amount of fat in a frying-pan is not to be recommended for digestive reasons. Cooking in deep fat, when enough is used to float the food is an excellent, but rather expensive manner of cooking. If, however, we consider that a pot of deep fat can be used sixteen or seventeen times, and that even then what is left can be made up into a good soap for cleaning purposes, the expense of it need not keep us from having croquettes and other fried foods whenever we want them. Any mixture fried in fat must be dipped with egg and crumbs before frying to form a coating for the prevention of fat entering the food. We know that the common use of the modern steel range revolutionized the cooking processes of people used to cooking in an open fireplace. The new things now are the fireless cooker and paper bag cookery.

FIRELESS COOKERS.

The first fireless cookers were rather crude homemade affairs, and a very useful and effective one can be manufactured at home for \$3.00. (See B. C. Bulletin "Preparation of Food.") They are made on the principle that food raised in temperature to the boiling point, and surrounded with non-conductors of heat, will, if kept closely covered, cook itself as it were. The factory-made varieties have soapstone disks, which when heated very hot and placed in these cookers with meat, will roast it to a turn. As a means of cooking beans, cereals, soups, stews and the tough cuts of meat, fireless cookery is ideal.

It must be very apparent that it would save fuel. Then the facts that the food needs no attention after the first heating, that an hour more in the cooker than the food really requires does not affect the quality of the food, that there can be no escape of juice or flavor, that all the work of preparing noon or evening dinner can be done early in the day, must recommend themselves to all. The house-keeper can attend her Women's Institute meeting, go to church, call on a friend, or entertain a visitor, without a thought about her dinner once it is placed in the cooker. Its disadvantage is, of course, the length of time such cooking requires.

PAPER BAG COOKERY.

Of paper bag cookery, brought to its highest perfection by an English cook, called Sayer, it is my experience that the bags are too expensive for very general use. They vary in price from twenty

to fifty-five cents per dozen. For cooking fish they are excellent, as they retain the best flavors, the fish does not become broken and the unpleasantness of pans smelling of fish is eliminated.

I know it is not necessary to say anything to you about the necessity for scrupulous cleanliness in cooking. Always dirt has been an arch enemy of the thrifty housewife. This matter will be dealt with more fully in a subsequent lecture.

HOME ECONOMICS IN RELATION TO COOKERY.

We are glad that the scales are being removed from the eyes of those who depreciated the true value and dignity of the art of cooking.

We rejoice that the economics of this subject includes the saving of the time and energy of the cook herself by means of scientific methods and labour saving devices, but chiefly do we give thanks for those housekeepers who walk in the spirit of Stradivarius when he proclaimed that "not God himself could make Antonio Stradivarius violins without Antonio."

It is the special province of Women's Institutes, of Household Arts Instruction in the schools, of all education in any brands of woman's work in the home, to both disseminate knowledge and cherish this spirit. To the less fortunate than ourselves in the matter of home life or outlook we must hear the message that Home Economics stand for:

"The ideal home life for today unhampered by the traditions of the past.

The utilization of the resources of modern science to improve home life.

The freedom of the home from the dominance of things; and their due subordination to ideals.

The simplicity in material surroundings which will most free the spirit for the more important and permanent interests of the home and of society."