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WIN-THE-WAR

SUGGESTIONS

and

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— SOLD FOR —

The Benefit of Returned Soldiers

Price 15 cents.

1916 3

WIN-THE-WAR SUGGESTIONS AND RECIPES.

This is not a cookery book, only a few recipes and some sketchy hints to help those who want to do more towards economizing our food supply. That economy is one of the most important factors in the successful carrying on of the war, though only one woman in a thousand or so seems to be in the least conscious of the fact.

Food *must* be conserved; the Government *must* have our money; women *must* sacrifice their vanity, their mean self-indulgence and criminal selfishness on the altar of their country's safety. They must do it in order to back up all those who are suffering, and striving, and in such dreadful anxiety at the front; above all, to make good the supreme sacrifice of all the beloved ones who lie forever in the fields of France and Flanders, and those, who, after going through hell, sleep at peace in German prison yards. Every ounce of food saved, *every single solitary ounce*, will do its bit. For every single cent, saved and given or lent to the Government, who can transmute it into munitions while you wait, will tell. "Many mickles make a muckle," or, as those of us who have the misfortune not to be Scotch can say in a free translation, a mighty lot of nickels will make shells, bullets, gun, tanks, aeroplanes, warships—yes, and the clever magicians of munition can even make warm clothes and bully beef out of them. You save money and the Government does the rest.

Without women's sacrifices there will be but little money, as men can't give if all they earn is squandered or carelessly wasted by their womankind. This little book may encourage and decide some women to do a *little* of their bounden duty, and to give their earnest help in getting a proper amount of food over to our

own sons, and to that "tight little island" on whose shoulders the greater part of the burden of this terrible war now rests—the nation which has the safety of the world's future welfare in her keeping. She could not feed for a single month all her own hard working, brave, unselfish people, or for a single day, those millions across the channel who are fighting and dying for you, without the precious food you and her other faithful children send over to her. She doesn't even ask you for your comforts, your selfish luxuries (such things are too humiliating to ask for when not given up instinctively, as they should be by every decent-minded man and woman), but only for you to substitute other things for the foods without which no man can fight, or even keep in a working condition; bacon, the lack of which would mean a lowered vitality; without beef, of course, no army *could* fight, and bread is truly what it is called, the staff of life. As an army fights on its stomach, a full adequate supply of those three B's is absolutely necessary for its very existence.

Can't you understand and remember that there are 40,000,000 men fighting, 20,000,000 souls working at high pressure to supply them with munitions? That is, 60,000,000 who produce nothing but use just about five times the amount of food that you use, or that they have used in ordinary times. For there is not only the hideous loss of foodstuffs wantonly destroyed by the submarines—millions of tons—but there is the necessary waste in reducing the bulk and the almost unavoidable loss in perishable stuffs.

All that wastage is inevitable, and it is up to you to make that good, for there isn't actual enough food in the world to send to the army and for you to go on consuming as you have done in the past—and, to their eternal shame, as so many are doing yet. *There is not enough food in all the world for them*, if you refuse to do your *small* individual share, and it is so very little that is asked of you. Only to do without beef and bacon on two days of the week, and to substitute the largest possible percentage of oatmeal, barley, rye, cornmeal or buckwheat for white flour. Cut down sugar to the lowest point.

Buy no clothes whatever that are not absolutely needed for protection. Never mind shabby shoes, clothes, hats and furs. Wool is so scarce, there may be a great difficulty in keeping our defenders warm. Possibly a single unnecessary suit or overcoat may mean frozen limbs for one of your own loved ones; every new dress, woollen garment, those knitted jerseys women have been mad over, may mean for one of our heroes pneumonia, rheumatism, tuberculosis, sending them back to their cruelly selfish and meanly ungrateful country, pitiful, ruined, helpless wrecks of noble manhood.

Every word of this is dreadfully true, not one particle exaggerated. All the stores are crammed with ignoble women spending precious money—and for what? Not merely for “nice clothes.” All daughters of Eve crave those, and, though it is inexcusable to gratify that craving in the present hideous state of affairs, it can at least be understood. But no thinking, large-hearted man or woman can understand the wickedness of throwing away money in foolish little frivolities, utterly useless trifles of household articles: in short, cruelly, meanly, utterly selfishly spending for contemptible self-indulgence hundreds of thousands of dollars, refusing even to save and then lend (with wonderful interest and absolute security) to your harassed Government, money to be spent in your own country, and thus increase its and your own prosperity. The wonderful prosperity that has flooded the Dominion through war contracts. Blood money it is to the many greedy corporations, to many more individuals who of their 25 per cent, 50 per cent, and 85 per cent returns, give not even a tithe to help and comfort those who furnished them the cause for making their millions, until a belated law will force the selfish, wantonly ungenerous and unspeakably mean men to give a little of their usury back, often only to gain more contracts.

Look at all the well-managed, hard working war charities—such as the Red Cross, without whose organization the agony, suffering and hideous pain and awful helplessness of millions, yes millions, would be un-assuaged, un-relieved, un-helped, and

the mortality increased a hundredfold. How many of you have worked for that, as every woman should, or even given to it according to your means? The Y. M. C. A. is blessed by millions of soldiers; yet it must strive, work and beg for the inadequate funds it has to bring some comfort, some joy, some love to our boys at the front. The Soldiers' Comfort Committees are often disheartened, knowing of the suffering men they are unable to relieve or bring some little brightness and pleasure to, for want of the dollar you spent for a new and unneeded necktie, or some other trifle. The funds for the prisoners of war in Germany are pitifully inadequate, though these are the saddest of all our beloved heroes we talk so glibly about at "thé dansants," at afternoon teas, at restaurants, and over the selection of utterly unneeded articles. One would think every expensive dish or selfish tea would, and should, choke you if you could visualize those gaunt, hunger stricken, forsaken forms, waiting like famished animals for the food you waste. One can scarce bear to even mention those millions scattered through every German-invaded district, who are *actually, really* starving, dying in the terrible, long-drawn-out anguish of starvation, amid every humiliation, discomfort, and exposure. Still you spend on selfish indulgence, rich and poor (for all but the most unfortunate can save, according to their means), such immense sums that almost every shop has had a record season.

If you refuse to save and give now some terrible calamity may force you to do what a nation of noble and fine souls would do of their own free will—give up all and every extravagance and selfish luxury. Each Canadian can and should begin now, immediately, to take the extra trouble and time to save in little things, ounce by ounce, nickel by nickel, leaving the many millions of precious ounces saved at the disposal of the authorities for your saviours and your starving fellow human beings and your almost equally precious nickels for the helping of the prisoners, the soldiers at the front, the sufferers in hundreds of hospitals, the returned veterans who have stood the heat and burden of the day, and are all more or less handicapped for their

future livelihood. Don't, for the love of your womanhood and manhood, go on talking glibly and futilely of "your boys," and "your fine heroes," your "noble defenders of your home and daughters," and—take it out in talking, as many thousands of you do.

Talking with tears in your voices in public is a mighty cheap soft-snap, as our latest and most beloved Allies say, and, as you yourselves say, "soft words butter no parsnips." They certainly don't.

If only every woman that may see the following suggestions, rich and poor, will truly try to follow them patiently for a month or so, to give them a fair trial, and gradually increase the use of them, you will see that the saving for your food controller has been immense. Suppose your family don't like a certain thing, "just hate brown bread," "can't eat porridge," won't even try to get used to cornmeal—then ask them if their fathers, brothers, cousins and friends simply love bully beef 365 times a year, or even the everlasting plum and apple, which they apparently have three times a day the year round. Could your family refuse mutton, kidneys, liver, pigs' feet, tripe, or fish, thoroughly understanding that a shortage of muscle and strength-giving beef would mean a weakened, inefficient army, anæmic, incompetent munition workers?

Not one beefless day, but *one* beef day is what every patriotic man and woman in all this wide Dominion should try for, when beef is not a needed form of food for the work engaged in. Are your families, even the little children, willing to see the dreadful Hun over-run the world because they insist they will eat precious beef, bacon and wheat, because they don't really care much for substitutes? This sounds incredible, but it is just exactly what unthinking Canadians are doing at this moment.

All governments hopefully, though very foolishly, first wait for the patriotic, right-feeling, unselfish and wise inhabitants to answer to the call of their country; but all have found there "ain't no sich person," at least not enough to make the least appreciable difference.

Our loyal neighbours have profited by our hopeful, but sadly mistaken and optimistic rulers, who so flattered us—and, with their usual push, have started right in at a point we have not yet reached after three and a half years. We would be a proud nation if our rulers' ingenuous faith in our innate nobility of soul were justified, and if we Canadians, whose boys have stood so grandly self-forgetful before the hideous German storm of fire, would take the infinitely less difficult stand against our own contemptible foes—against our pitiful indolence, selfishness, indifference, laziness and cruel unhelpfulness—and mow *them* down as our sons mow down the enemy of the world.

There are numbers and numbers of books giving detailed and valuable facts concerning what might be called the science of saving—the saving and economy that will not in the least lessen the nourishment of the food of the new regime, but will answer all bodily requirements of grown-ups and growing children, especially our boys, who must try to fill the place of our many dead and totally disabled.

There are four classes of food required by our body: (1) Fats, which turn into fat and make heat and energy—found in potatoes, bread, sugar, honey, syrup, butter, dripping and meat fat. (2) Those that form muscle—fish, lean meat, eggs, skim-milk, cheese, brown bread, beans, peas, lentils. (3) Those needed for bone, most necessary for all children—milk, fruit, vegetables, brown bread and oat-meal. (4) To keep the body in a proper condition, laxatives are absolutely necessary, and are best supplied by apples, prunes, figs, and other fruits and green vegetables. Any housekeeper with a little study and thought can manage to combine all these properly, and, for less money and no more work, feed her precious family infinitely better and more healthily than she has ever done, to the immense benefit of their future. It is not a question of time, but of patience, to get a start.

White flour bread should, even without consideration for war needs, be used very sparingly, especially for children of any

age, as it has comparatively little real value as a food by itself. All other breads can fulfil its use and many other requirements at the same time. Oatmeal is more valuable as a food than almost any other article, excepting milk. The food values are based on the present cost, as a dollar's worth of one of really less food value, being cheaper, will give the same nourishment, or more, for the same money. So, as far as possible, find out the real value. Class 2 are good substitutes for meat, especially beef. Oatmeal, cornmeal mush, hominy, cracked wheat, rye, in one form or other should be used constantly, varied by cornmeal breads and battercakes, rice, buckwheat and whole flour battercakes for breakfast. Frying apples is one of the best ways to prepare them for breakfast, as they lose less bulk and go farther than if prepared in any other way. Milk must be counted as a *necessary*, as well as the use of a little more sugar than is strictly necessary for those who really find it hard to eat cereals without it. Do with less of almost any other foods so as not to cut down the milk and sugar bills. Milk is a sort of fairy godmother in making, adding to, and helping out such an unending variety of valuable dishes. Both skim-milk and buttermilk are as valuable, in some cases actually more valuable than whole milk; especially as a diet for some invalids, buttermilk is in a class to itself. They only lack one thing—the butter-fat—and by some chemical change develop other qualities more valuable. The hardest race in the world, the Scottish Highlanders, have been raised largely on oatmeal and milk and herring, and have plenty of bone, muscle and brain, as most Canadians know.

Next, use brown and whole wheat flour in place of white for *everything* except the very few cakes you are going to make hereafter, and finer kinds of pie crust. For breakfast, dinner and supper, learn to make good palatable scones, shortbread, war breads, oatmeal cakes, and the many suitable cornbreads. Use soups, stews, minces, rissoles, hashes, fish (canned and fresh), pigs' feet, tripe, sausage, fowl, game, macaroni and cheese, baked beans, potato-stew, cheese-potatoes, for both

diuner 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 débris 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

the leavings of any cooked vegetables, with rice or macaroni or pearl barley, thickened properly and served with fried bread crumbs or toast buttered and brown or stale bread buttered and toasted, is a dish that nine out of ten people like if properly done. All grease being removed while cold.

The plain stock can be served as clear bouillon, with little force-meat balls made of well seasoned bits of meat and boiled egg, rolled in flour and dropped in the rapidly boiling soup for a few minutes. Also, any tinned or powdered soups can be added to the stock to give any flavour desired, which by themselves are devoid of nourishment, and expensive if used for the entire dish. It is easy to keep on hand a few soup vegetables. Vegetable soups are as nourishing and as desirable as any, and not expensive, even counting the milk. With about the same process you can have oyster plant, potato, parsnip, tomato, onion, turnip, in fact almost any vegetable you happen to like. If the family likes corn bread with it and soup an entire meal can be made on a generous quantity, but you must learn to make it good.

SOUPS.

Milk Soups.—Two tablespoons butter or dripping, 2 cups milk (skimmed will do), or 1 cup milk and 1 cup water in which vegetables have been cooked, 2 tablespoons flour, 1 or more cups of vegetables put through a collander, salt, pepper, a bit of celery salt, or onion salt if liked. Blend the flour and butter, or dripping, carefully in a saucepan over the fire, stirring in milk carefully till it thickens, then add the desired quantity of vegetables, as you like the soup thick or thinner, and re-heat. Remnants of fish well mashed with a little potato can be used in the same way.

Tomato Soup—

1 quart tomatoes
(fresh or tinned),
1 pint hot water,
2 tablespoons sugar,
1 teaspoon salt.

4 cloves,
1 saltspoon pepper,
1 tablespoon each chopped
onion, parsley, flour.

Put tomatoes, water, sugar, salt, pepper, etc., on to boil in a double boiler, if possible, till it thickens. A little more flour can be added if not thick enough. As in all soups, a little celery, celery seed or celery salt is an improvement. It is not necessary to strain for ordinary use.

If only each reader would try faithfully for a month or two till she gets the knack of soup making, she will be doing an immense good in the nourishment of her family, in the saving of scraps, and so the saving of money, and incidentally help win this war.

CORNMEAL.

Another habit that is of vital importance to that end is a cornmeal one. The taste can be acquired after a little time, and the dislike quite lost, but, of course, those that don't care for it must go through an apprenticeship. As in the case of all cereals except white flour (for which it is equally as good), soda and sour or butter milk is very much better than milk and baking powder, and far cheaper.

All cornmeals have the same foundation. Use a small tablespoon of lard or dripping to a cup of meal, placed in the centre, enough actually boiling water poured on it till over half is made mush, then a little more to dampen the whole.

Dinner Loaf.—Practically every southern family has this for dinner every day in the year.

1 (or more) cups of cornmeal. 1 teaspoon salt.
Tablespoon of lard.

Make only a very small proportion of the meal into mush, and only moisten the whole enough to make it form into little pones, pressed and shaped in the hollow of your two hands. Sprinkle hot pan with a little meal, put in the pones, and bake in not too hot an oven about a half hour, or possibly more.

Hoe Cake.—After scalding the meal as above, add enough milk or water and a scant teaspoon of soda, less if water is

used, to make the mixture thin enough to drop. Flatten out on griddle till about an inch thick and as large as a battercake. Can be cooked on top of stove like a battercake, or in oven.

Dropped or Spoon Bread.—Proceed exactly the same as above, using at least three times as much lard. Drop a heaping tablespoon on a greased pan and bake as in Dinner Loaf.

Egg Bread or Johnny Cake.—After scalding the meal, add a larger proportion of lard or dripping, add enough sour milk (always keeping out one-quarter cup milk in which to stir the soda and add last; this applies to every recipe) to make the batter just thin enough to pour, one or two eggs beaten separately, teaspoon soda last. Pour into hot greased baking dish, bake fairly slowly about one-half hour. Cut in squares and serve hot. It is even better baked in ordinary gem pans.

Batter Cakes.—Batter cakes are made in just the same way, only quite thin, and are nearly as good without eggs or with only one. Have frying pan well greased, but not greasy—rubbing it with a ham or bacon-rind makes it just right. Pour very slowly indeed on very hot pan, so they will not spread too much. Turn as soon as possible, while still soft on top.

All meal recipes take a good deal longer than flour to cook.

Mush.—Next to oatmeal, mush is about the best porridge. It takes much more water, and takes much longer to cook. About six cups of water to one of meal. Dampen the meal well, then stir into the boiling water, to which salt has been added. About two hours' cooking is required.

Fried Mush.—Fried mush is really a delicious substitute for potatoes, or to serve with steak, roasts, sweetbread, sausage—any meat dish in fact. Left-over mush will do, but it is better not cooked quite done at first, then poured into a dish about 1½-inch thick to cool. Cut in squares, or better, form into flat balls or cakes, roll in flour or bread crumbs, and fry to a delicate brown.

Hasty Pudding.—Hasty pudding is an ideal dish for children. To two cups of hot mush (or meal just scalded will do) add about two cups boiling sweet milk, one-half cup good dark molasses, very little salt, one-half teaspoon soda. Beat well, then stir in one or two well-beaten eggs. Pour into hot buttered baking dish. Bake slowly about two hours.

Hasty Pudding without Eggs—

1 large cup cornmeal,	1 teaspoon salt,
$\frac{1}{2}$ cup molasses,	1 tablespoon butter or dripping.
1 quart boiling sweet milk,	

Beat meal and molasses well together, put in butter, and melt by stirring in the boiling milk. Let stand in baking dish till it thickens, then pour over it, not stirring, about one-half pint of the milk which has been left out. Bake two or three hours slowly.

HOMINY.

Hominy, either large or small, is a perfect substitute for potatoes, and the small kind, boiled, not quite done, then fried in cakes, is generally much liked. Both, especially the large hominy, require 2 to 4 hours' cooking. The large is just as good heated over by steaming or in a little milk and water. Both can be added to soups. For all cornmeal dishes, as well as many puddings, a sauce made of dark molasses (not the thick almost black kind that is sold as cooking molasses) and a little butter boiled together, adds immensely to them both in taste and food balance, giving some qualities required that are not found in the other ingredients, and also will help many to acquire that most patriotic cornmeal habit.

CEREALS.

Cereals, including breads, should form at least one-fifth of the bulk of food—as porridge, oatmeal, cornmeal, flaked grains—and to conserve flour, all kinds of meals and other flours can be mixed in whatever proportion you prefer in all kinds of bread, as also can potatoes and rice. They can also be added to any except delicate white flour recipes.

BOSTON BROWN BREAD.

1 cup cornmeal,	1 teaspoon salt,
1 cup rye flour, or 2 cups graham flour (if you can't get rye flour),	1 heaping teaspoon soda, $\frac{3}{4}$ cup dark molasses, 1 pint sour milk.

Mix dry ingredients, wet soda and add to milk, stir this in smoothly. Steam 3 hours in tomato tins or lard buckets, then bake a few moments.

ANOTHER BROWN BREAD.

3 cups cornmeal (the white if possible),	1 cup cold sweet milk,
2 cups boiling sweet milk,	$\frac{1}{2}$ teaspoon soda, or 3 tea- spoons baking powder dis- solved in cold milk.
1 teacup molasses,	
1 cup graham flour,	

Stir boiling milk into cornmeal, when cold add molasses and graham flour and cold milk with baking powder or soda and a little salt.

BROWN OR WHITE YEAST BREAD.

It is better and less wasteful for a woman who can't acquire the knack of bread-making not to persist too long in the attempt, though it saves about one-third the cost of buying bread. Anyone who can make white bread, of course, will succeed in the war varieties. It is best to learn with superior white flour. The following is very good for those who only use a little bread, as it can be made and baked in one day:

1 $\frac{1}{2}$ quarts of warmed flour,	solved in 1 cup warm water,
2 tablespoons lard,	1 tablespoon salt.
2 tablespoons sugar,	1 pint well mashed potatoes,
1 compressed yeast cake dis-	1 $\frac{1}{2}$ pint potato water.

As early as possible in the morning, into 1 $\frac{1}{2}$ pints lukewarm potato water and dissolved yeast, stir in enough white flour

about 1½ quarts) to make a stiff batter. Beat thoroughly 20 minutes. A large jug or gallon crock is best. Let rise in a warm, protected place, well covered. In two or three hours it should be several times its first bulk. Have the white flour or any proportion of rye, graham, or oat flour warmed in the oven in a large dish pan. Put in sugar and salt and work in warmed (not melted) lard; also several large carefully mashed potatoes. Then pour yeast in centre with sufficient lukewarm water to form a stiff dough. Work thoroughly 20 minutes, till it no longer sticks to the hands, using flour often to free them from dough. Turn out, clean pan and grease bottom and sides thoroughly, put back dough, cover carefully so as not to touch the sponge, and let rise till double the bulk. Work down and put in pans about three-quarters full and let rise to double bulk again, and then bake about an hour in a rather slow oven.

RYE OR GRAHAM BREAD.

The above should make three loaves. If only one of rye or graham is wanted, take out in the morning one-third of the sponge, add 1 teaspoon salt, 1 tablespoon sugar, and enough of the flour (mixed if you like) to make it as thick as you can stir it. Pour into a greased baking pan, and, when well risen, bake in a moderate oven. It requires less heat than the white flour, and will be ready for baking before the white loaves will.

FISH.

Fish of all foods is the most valuable, as most kinds are very digestible, and a larger proportion of the bulk is actually absorbed as tissue and blood-building elements than in the case of almost any other food, and it is the very best substitute for meat, eggs or milk. Canned fish is equally valuable. The cheaper varieties of tinned salmon have the same value as the more expensive brands. Fresh fish should have eyes bright and prominent, flesh firm, and gills red. Frozen fish will keep as long as it is frozen, and should be thawed out gradually in cold water.

Small scraps can be turned into appetizingly made dishes, which are most palatable with two to four times the amount of potatoes added. Scraps of all kinds pounded into a paste with a one-quarter or even less of bought bloater-paste (or other kinds if liked), make a most useful cold relish. In England about 60 pounds of fish per head is consumed. In Canada, with our immense area of lakes and rivers, teeming with fresh-water fish, and our great Atlantic and Pacific fisheries, only half that amount is used. That means every single family that is trying in the least to help in the serious need of saving other things for the army in France should not only double its former amount to reach an ordinary healthful standard, but treble and quadruple its use, to meet the present need of conserving beef, bacon and wheat.

Some fish are better cooked in certain ways, which cannot be discussed here; but, roughly speaking, all ordinary fish can be baked, boiled or fried.

Boiled Fish.—Remove eyes, if head is left on; wash in salt water; if very large, cut into pieces 8 or 10 inches. If a fish-kettle with tray is not at hand, lay fish on a piece of cheese-cloth, keeping corners well out of saucepan to lift it out by. Put into boiling water to which a little salt and vinegar have been added, boil gently till tender all through, allowing about ten minutes for each pound, with ten minutes extra for a large fish. Take out, drain, put on a hot dish and serve as quickly as possible with some sort of garnish. All fish should have some sauce.

Baked Fish.—Remove eyes when head is left on, wash in salt water, fill with any dressing liked, sew up with coarse thread, or wrap around with twine so the dressing won't come out. It can be bent to fit the pan. Dredge well with flour, plain dripping or butter on it, and a little water in pan which can be added to as it cooks out. Baste often. By adding a little more flour and some milk, after taking out the fish carefully so as not to break it, and cooking on top of the stove,

a nice white sauce will be made, preserving all the nourishment cooked out.

Dressing—

1 cup soft bread crumbs, or	2 tablespoons melted dripping,
several slices of stale bread,	or a little chopped suet,
Salt and pepper,	A pinch of herbs.
A little onion and parsley,	

Mix ingredients and add melted dripping. Scarcely any moisture is needed as the moisture in fish should make the dressing damp enough, otherwise it will be sodden. Any stuffing used for any other dish will do. All fish is immensely improved by garnishing it with parsley, thin slices of lemon, cress, sliced eggs, beet pickle. Any fish, baked, boiled or fried, is much improved and its nourishing qualities added to by any kind of white sauce, to which can be added boiled eggs, capers, horseradish, celery, parsley, etc., and of course this will take the place of gravy.

Fried Fish.—Wipe the slices, filets, or whole fish when very small—such as smelts, perch, etc.—dry, sprinkle with salt, roll well in bread crumbs, oatmeal or cornmeal, fry in enough fat to brown nicely, turning carefully. It is often necessary to add a little more dripping, which can be melted at side of frying-pan. Deep fat is extravagant and is only necessary when it is desired to have it most particularly well done. Nor is an egg at all necessary if the fish is well pressed in the crumbs or meal. If deep fat is used it is quite necessary to lay slices on brown paper to absorb grease, though it is not always needed for ordinary frying.

Fish Balls or Rissoles.—Numbers of dishes are to be made from left-over fish. See that fish is freed of bones and mashed smooth, then add twice or even four times the bulk of potatoes, as fish is more or less highly flavoured, combine, season well, adding parsley, onion, herbs, or any flavour desired. Form into cakes or “corks” about an inch thick and three inches long.

Roll in bread crumbs and fry carefully in enough fat to brown delicately. Two tablespoonfuls of tinned salmon saved out will make extra good balls. Any fish-balls are greatly improved by dropping the potatoes and fish in a very thick white sauce and boiling a minute or two. Then, when cool, add enough bread crumbs to make the mixture thick enough to handle. Care should be taken not to make it too soft with the white sauce. Better make up some time before frying.

Fish Chowder.—Remove bones, add desired quantity of boiled onion, add cooked potatoes, bits of bacon or pork. Heat in a little white sauce. Serve hot.

Scalloped Fish.—Take canned or any cooked fish, arrange in layers, in baking dish, of fish, mashed or sliced potatoes, or cooked rice, with bits of butter scattered over, adding a thick layer of bread crumbs on the last layer of fish, well sprinkled with butter. Season each layer with pepper and salt and parsley or herbs, if desired; pour over a very little white sauce, or slightly dampen the mixture with water or milk, instead of sauce. Heat thoroughly. Cottage or Sea Pie is made the same way, except sliced potatoes and no white sauce are used, and generally only two layers.

Creamed Dried Fish.—Pour boiling water on the haddie or cod (the latter should be soaked over night as well), two or more waters will take away the smoky taste. Lay in baking dish and cover in milk or water, bake till done, then stir in a tablespoonful flour mixed with water, some butter, pepper. Lift off bones of haddie carefully and re-heat in sauce. For cod, pull apart when tender, re-heat in the sauce, adding chopped cooked potatoes and onions or parsley. Any cookery book will give numbers of recipes.

MEAT.

Stews.—Next to soups, there is no war (or any other) economy equal to that of a good stew, for the very cheapest cuts can be made deliciously tender by several hours' careful, slow

simmering—and it *must* be both careful and very slow to get the best results. The fuel used is far more than repaid by the saving in the cost and the nourishment obtained. When it is done in the oven, potatoes should be baked in their skins, and other vegetables and pudding also baked when possible, and so save the gas when using a gas stove.

Bake Stew.—*That will do for want of a better name.* Fry a cup of sliced onions in a little butter, season them (and each other thing as fried) with a little pepper and salt. Then trim skin, not the fat, off the beef, cut in bits two or three inches square, fry in same pan with added butter or dripping, well dredged with brown flour, put into small lard pan, or (much better) a baked-bean pot, with the onions. Cut a cupful each of parsnips, carrots, turnips, about an inch square, fry like the meat, and add to it, covering all with boiling water. Cover tight and cook in slow oven three or four hours till perfectly tender. Some cooked potatoes should be added near the last, so they will not cook too soft. It is generally necessary to add boiling water from time to time, and also a little flour to gravy, if not thick enough. Always skim grease most carefully off all soups and stews. The stew can be closely covered with a plate and slowly stewed or top of stove in frying-pan, but it is not so good. Also, for a change, it can be made without frying the vegetables or meat, and a little milk added to the gravy. Either can be flavoured with celery salt or seed, or curry. Any quantity of any kind of vegetables can be used as desired, also tomato sauce or Worcester sauce.

There is an infinite variety of combinations, after first seeing that the meat is absolutely tender and the stew is perfectly skimmed. Dumplings can be added, but are an unnecessary extravagance if used often. The oftener stews are warmed the better they are (like soups). When there is not enough left to make more than a shadow of a stew, the meat and vegetables, if any, can be kept for soups or hashes or minces, with other left-overs added.

Mutton Stews.—The neck and breast of mutton is only economical and “saving” if plenty of rice and vegetables are used to make the rich gravy of use. As in other stews, the value lies in the extracting of all the nourishment out of the bones, and making palatable several times the bulk of meat with cheaper things, so adding immensely to the value of the amount of meat, which easily goes four or five times as far in filling up your family as meat served alone. Thus one pound cheap beef or mutton, carefully stewed and well made, will easily be far more filling (that phrase is not elegant, but very useful to express the meaning) than four pounds of roast beef or mutton or steaks and chops. Then the bones can be well broken and reboiled in the stock pot.

Mutton Vegetable Stew.—Boil quite slowly several pounds neck or scrag mutton. Keep nearly covered with boiling water till perfectly tender. Season with salt and pepper, thicken with tablespoon or more of flour, add several cupfuls of any kind of vegetable liked. If not cooked, they should be cut up about one inch square, and put in soon after stew has boiled a little while. If cooked, of course, they are put in later. Potatoes easily and quickly boil to pieces, so are put in only about one-half hour. If curry is used, add one or more tablespoons, as preferred. After mixing with water to a thin paste, add when nearly done to well thickened and seasoned and well boiled stew, which should have rather less gravy than the regular boiled stew. Curry is not needed when vegetables are used, only onions are generally used with curry. Plenty of well cooked rice should be served.

Rice is not really difficult to cook perfectly. Of course, the cheaper brands would never be quite so well cooked. Put one or two well washed cups of rice into a quantity of fast boiling, salted water. Boil rapidly until the grains are quite soft when pressed between fingers, then strain well and leave in sieve on back of stove to dry out and keep hot; serve around stew.

Caper Stew.—Boil mutton slowly till absolutely tender, season with pepper and salt. When about done it should be only about half covered with the gravy, as a cupful or more milk should be added and well thickened. Then add two or more tablespoons of mashed capers and let come to the boil. Serve with rice as in the curry.

Certainly, if these suggestions in stews are followed exactly, many a long-suffering family will not in the least recognize them as the luke-warm, greasy, thin, dish-watery, unappetizing dish that they have shuddered at these many years.

Hash.—Hashes of all kinds have been cruelly slandered and driven almost beyond the pale of quite respectable dishes. But, like stews, they have brought it on themselves, as it were, as they are generally greasy, gristly and tasteless, and “just anyhow.” So it is no wonder.

The very first requirement is that the meat simply must be simmered till tender; even cooked meats need extra cooking. Then they must be thickened and never watery. Any meat or mixture of scraps of meat can be used this way, even better than in stews. That seen to, there is no end of combinations. Herbs can always be added if liked.

Hash Pie.—Fill a deep baking dish with meat cooked tender and chopped fine or otherwise as preferred. Season well, adding quite a lot of onions, a little butter and a very little hot water, just to moisten it. Cover top with slices of stale buttered bread, or, better still, scones or biscuits. Bake till they are browned.

Plain Hash.—Prepare as above, put in frying pan with a little water and onions, and simmer until it is nearly absorbed and the gravy in the hash is nice and thick. Serve with neatly cut bits of toast or fried bread on top.

Dry Hash.—Any meat or mixtures of meat, simmered till perfectly tender; season, add desired quantity of cooked,

chopped potatoes and onions, and a bit of butter. A tiny bit of water may be necessary if it seems too crumbly dry. Dot a bit of butter on top and bake about one-half hour. Or it is even better formed into one or two large rolls and baked, or browned nicely on both sides in frying pan.

Ham and Rice.—Add to chopped ham two or even four times its bulk of well cooked rice; mix in a tablespoon of butter and a little salt; place in oven till thoroughly hot.

Minces.—Minces are useful to disguise the sad fact that not only scraps have been saved, but tiny bits of all *kinds* of scraps, and there is no telling that the mince has not been made from quite extravagant cuts of fresh meat. Either cooked or raw meat is used, as in hash, and there is also no end to their variety, especially as they form the foundation for rissoles, that other stalwart saver.

After mincing in the machine either fine or larger, simmer gently till tender, with seasoning—a little butter, and enough water to keep from burning. After that stage your fancy can have free play. Fry a few onions, add as little curry powder as will flavour it to the meat, and you have Curried Mince. Any possible kind of sauce added, and you have that-kind-of-sauce Mince. It can be quite dry or have a lot of well thickened gravy. Serve with properly cooked rice or mashed (mashed, not lumpy) potatoes, piled in centre. Or a more elaborate style, which of course can be used for any hash, mince or fowl, etc., is to line a mould that has been wet with cold water with boiled rice or mashed or creamed potatoes, carefully pressing the sides and bottom; put in meat, which must not be wet; cover with potatoes or rice, taking care that you join well to sides. Turn out very carefully while still hot. Surround with thickened stewed tomatoes or white sauce. An excellent way to serve an old fowl, after first simmering it tender.

BEEF OLIVES.

Cheap cut of steak about one-half inch thick, cut in pieces about 4 or 5 inches; fill with any kind of stuffing. Roll up and tie well to prevent stuffing coming out. Fry brown on both sides in frying pan. Just cover with hot water, turning occasionally, and simmer one hour or two till perfectly tender, keep covered up tight, adding more water if necessary. Thicken with a little flour.

MILK PUDDINGS.

Of course, milk puddings, rice, tapioca, sago, semolina, custard, etc., are the very best puddings for every person, especially for children, and they are all made in the same way. The milk and one egg needed give their full value, though they don't sound very economical at the present price, but families must be nourished properly. Spend less in every other way—movies, white gloves, car-fare—and even a family with a very small income can manage it if they will only get started by giving a little thought and using a little system in the disposing of what money they have.

CARROT PUDDING.

3 cups grated carrots,	½ pound sugar,
½ pound bread crumbs,	½ cup peel,
4 cup finely chopped suet,	A little nutmeg,
1 tablespoon flour or teaspoon cornstarch.	½ teaspoon ground cloves,
2 ounces each sultanas and raisins,	Good pinch of salt,
	A little milk.
	2 or 3 eggs.

Mix all dry ingredients together, add carrot pulp, then the eggs, very well beaten; just enough milk to moisten the whole slightly, not wet. Pour into well greased tomato tins or small lard buckets if you have no proper utensil, cover well

with buttered paper. Put in kettle of fast boiling water three-quarters way up and steam without break for $2\frac{1}{2}$ hours. Or it can be put in pie dishes and baked gently $1\frac{1}{2}$ hours. Steaming is preferable, as it can be re-heated better. The above quantity makes two tomato tins three-quarters full, so one can be left for another day.

RICE AND ALMONDS OR RAISINS OR WHATEVER FRUIT LIKED.

This is an important dish to non-meat-eating races in India. With the well cooked rice add just the chopped nuts or whatever fruit, fresh or dried, you like, or both nuts and fruit; sprinkle with sugar. The nuts and fruit add to the rice the other ingredients necessary to the body.

RICE MOULD.

Well cooked rice, placed in one mould wet with water, or in cups, gem pans or any convenient article the size desired. Turn out and place a spoonful of any kind of jam or jelly, or serve with syrup or molasses.

APPLES.

Fried Apples.—Apples possibly go farther fried than most other ways. Wash, cut out stems, slice about $\frac{1}{4}$ -inch thick, fry in the fat left from two slices of bacon, in pieces about 2 inches long, till browned on both sides. Sprinkle well with sugar, just cover with boiling water, and simmer as slowly as possible till quite tender, but not mushy. The water should be mostly absorbed, and possibly a little must be added if it boils away before apples are done. Served with ship biscuits that have been softened in a little water and fried in a little butter or margarine, they make an ideal breakfast. Butter can be used instead of bacon.

BROWN BETTY.

2 cups stale bread crumbs,	A little cinnamon or nutmeg.
1 tablespoon butter,	2 tablespoons sugar,
5 or 6 apples,	

Put a layer of bread crumbs in bottom of pudding or deep pie dish, dot bits of butter over it, then a layer of the apples peeled and sliced. $\frac{1}{4}$ -inch thick. Sprinkle apples with the sugar and spice, repeat the layers, sprinkling the bread crumbs with water till a little damp, leaving a layer of crumbs on top, with the larger portion of butter and a little sugar sprinkled over it. Put in oven with cover for about 15 minutes, then uncover and let brown.

BAKED APPLES.

Possibly no one article of food is of more value as a regulator. "A baked apple once a day will make the doctor stay away." Many people, as Queen Victoria did, have one every day, for some meal. A lot can be baked whenever the oven is in use and kept for days till needed. Served with cream, they are good enough for any dinner or supper. Wash, take out a part of the core, and fill with a tiny bit of butter, a teaspoon of sugar, a little cinnamon. Place in any baking dish or baking tin, putting a little water around them, and bake till quite done. Nothing is much meaner than an apple burnt on one side and raw on the other. Nuts of any kind add much to the value. The apples can be stuffed with any dried fruits or nuts.

APPLE COMPOTE.

Peel as many apples as are required, cut in quarters, taking out the cores. Have ready a very thick hot syrup, put enough pieces in at a time not to mash each other, and simmer gently till quite clear. Arrange neatly in glass dish or compote dish after all are done, and pour over the syrup, into which a pinch of dissolved isinglass has been brought to a boil.

BIRDS' NESTS.

This is a most attractive dish, and looks more elaborate and expensive than it really is. Proceed exactly as above, except peel and core the apples and drop whole, a few at a time, watching carefully that they cook equally. Place in glass dish, pour syrup with a little dissolved isinglass around them, and with a fork flatten the tops a little, filling in the top of core. Then place four blanched almonds in the depression thus made, which makes the dish resemble a bird's nest with eggs. The nuts can be dotted with some harmless colouring that will make them all the more like tiny eggs. Serve with whipped cream.

SUET PUDDING WITH BREAD CRUMBS AND APPLES OR ANY FRUIT OR JAM.

3 cups of stale bread crumbs,	1 teaspoon salt,
1 or more cups chopped suet,	Scant teaspoon cloves,
$\frac{1}{2}$ cup sugar,	$\frac{3}{4}$ cup flour,
1 or more cups chopped apples,	Enough milk to moisten.

Mix all dry ingredients together, and combine with just enough milk to make the mixture stick together. Put in mould or tomato tin or small lard bucket, and steam three hours. A great variety of cheap, nourishing puddings can be made, if instead of the apple (and sometimes the spice) you use marmalade or dried fruits of any kind. (Some like dried peaches, apples and apricots; must be well cooked before adding.)

APPLES AND TAPIOCA.

Dissolve the tapioca in enough hot water to make a stiff, clear mixture; sweeten, add a little cinnamon or spice and a slice or two of lemon. Put in any kind of fruit. Especially a good way is to use dried peaches, apples and apricots, first cooking them soft, add to tapioca and boil together a few minutes.

VEGETABLES.

Vegetables are a very important item of food, as they contain bone-building, regulating and toning qualities. Potatoes help with the fats. No article of food is more ruthlessly sacrificed in the cooking, and unless most of the water is absorbed or kept for boiling soup meat, a large proportion of the useful qualities of the vegetables go down the sink.

Poor potatoes have suffered most. Not only do foolish people throw away practically the entire nourishment by peeling before boiling, but generally they are a grey, sodden mass or hard uninviting balls. Don't on any account peel potatoes before cooking. If you wash them carefully with a sink brush you will find you can boil them with any other vegetable and so save fuel, the skins keeping out any other flavour. Boil rapidly until the fork goes in, take out and press in towel just enough to crack them. Then stand where they will steam dry quite done. By holding them in a cloth you can peel them about five times as quickly as when raw. Try it.

Mashed Potatoes.—If you mash them, see that they are mashed and not lumpy. The safest way to insure this is to finish one potato before going to the next, and you will find you get through much more quickly and they will be really mashed. Season, add a bit of butter, and beat well. They will be a great contrast to the watery, dark, lumpy mess your poor family has known as mashed potatoes. The five or so extra minutes required are well spent. They can also be put in a dish and baked with a little grated cheese, or made into cakes and fried. For special occasions, they might be creamed by adding enough milk or cream slowly to make them as soft as you like. The more you beat them the better they be. A well-beaten egg added, improves them. Can be used for garnishing meat dishes or served alone. All mashed potatoes should be piled up lightly and roughly.

Potato Stew.—Chop up cooked potatoes about an inch square, season well with pepper and salt, dredge generously with flour, stirring carefully enough milk to more than cover them, and simmer very slowly, and be sure not to let them be too done. Small bits of fried bacon add very much to them.

Stuffed Potatoes.—Stuffed potatoes, or onions and tomatoes, are most useful in helping out a meatless or rather too plain a meal. Bake good-sized potatoes till only just done, cut lengthwise, take out carefully—not breaking the skins—season, mash or cream, put back in skins, well piled up with a little butter, and cover with grated cheese if liked. Or you can add bits of ham or meat or other chopped vegetables, brown lightly and serve immediately.

Sweet Potatoes.—Sweet potatoes can be prepared as the others are, but a favourite way is to parboil, cut in one-quarter-inch slices, lay in a baking dish, sprinkling each layer with a little brown sugar and butter, add a little water and bake well. Or parboil and roll in flour, and fry till brown.

STUFFED ONIONS, TOMATOES AND GREEN PEPPERS.

Parboil large onions until partly done, in salted water. Take out centre, chopping it with most anything, bread crumbs, bits of meat, ham, green peppers and other vegetables, or even fish, season well, add a little butter and herbs, press down well in onion and pile up. Bake slowly. They can be surrounded with white sauce, good stock, or some of the stuffing.

TOMATOES.

Take out the hard centres without breaking the skin. Press down a little salt and sugar, then fill well with any possible kind of stuffing. A very good one is highly seasoned stale bread and a little onion, butter, and chopped meat. A very quick way is to butter stale slices or bits of bread; season well, sprinkle with cheese or meat, then press pieces well down into the tomato, leaving one standing up, with an extra lot of butter and a little cheese.

WHITE SAUCE.

Boil enough milk to cover vegetable, mix carefully a teaspoon or more of flour in water (stirring a little bit at a time), add seasoning and a little butter, stir in carefully while milk is boiling, pour over, or, better still, drop in vegetables, for a few minutes. A much quicker way is to pour water off vegetables, dredge well with flour, season, add butter, and carefully stir the milk in. Onions, all root vegetables, in fact almost any vegetable can be served with white sauce, which takes the place of gravy in an otherwise dry meal.

FRIED VEGETABLES.

Almost all vegetables can be fried after boiling. Slice or cut round, roll in thick paste of flour and water, season. An egg is not at all necessary for ordinary meals.

CORN.

Tinned or Fresh Corn.—Can be cooked plain, with a little butter and seasoned, and a very little milk.

Corn Pudding.—If fresh, corn must be grated. Season, add a little butter, put in baking dish, cover with milk, stirring in one well-beaten egg, bake in a very slow oven until it sets. No sugar.

Succotash.—Add to the corn, seasoned as above, one-half or more of butter beans that have been soaked well and boiled. Re-heat.

Corn Fritters.—These are very economical, as a very little saved out of the tin or dish of corn goes such a long way. Two tablespoonfuls will make enough for four people. Make a thin batter as for batter cakes, with or without eggs, stir in corn, and fry in small cakes.

CABBAGE.

Cabbage is another badly treated vegetable, being generally half done, watery, and greasy. It can be boiled in salted water, though it is as good boiled with salt meat or pork. Boil quickly until it is thoroughly done. Strain on sieve (it will pay to get a cheap sieve if you haven't one). Season with pepper and salt, and butter, if not boiled with the meat. A bit of green or red pepper boiled with it makes it more digestible.

French Cabbage.—Cut in thin strips, boil very rapidly in salted water. Drain, season, dredge well with flour, turn into a hot frying pan with a little butter or dripping, and heat thoroughly. Butter is much better, a dessert-spoonful will do.

Vinegar Cabbage.—Shred, fry in dripping, add two small onions stuck with cloves, cover with boiling water, and let simmer until perfectly tender. Add a tablespoonful of vinegar just before taking off, also a little mustard if liked.

An exceedingly nice way for supper is to chop cooked cabbage, with or without onion or potatoes, fry in a hot frying pan with a little dripping. When well browned on the under side, fold over like an omelet. Serve hot.

SALADS.

Salads should be considered a necessary adjunct for the helping out of economical meals, and should be far more commonly used by people of small incomes. Olives and olive oil, for their nourishing qualities, are worth the money.

Russian Salad.—Russian salad leads, as all material can be salvaged from the trash heap of many meals. Every kind of cooked meat or fish or vegetable can be used in any possible combination, canned or fresh. Also any kind of dressing is suitable. French dressing is the simplest. Take a spoonful of oil or melted butter to one of vinegar. First season the salad with pepper, salt and onion, or onion salt, then mix them thoroughly. Lettuce, tomatoes, pickled beets, sliced egg, or shredded ends of cabbage leaves, can be used to garnish that or any other salad.

Boiled Dressing.—This will keep indefinitely if kept in cool place and in covered jelly glasses. Can be used hot or cold, and be always ready for use:—

$\frac{1}{2}$ teaspoonful salt,	$\frac{1}{2}$ cup of vinegar,
1 teaspoonful mustard,	A little cayenne,
$\frac{1}{2}$ teaspoonful sugar,	1 egg or 2 yolks,
$\frac{1}{2}$ teaspoonful flour,	$\frac{1}{2}$ tablespoonful melted butter.
$\frac{1}{2}$ cup of milk,	

Mix dry ingredients, add beaten egg, melted butter, milk and vinegar, slowly. Cook over boiling water till it thickens.

French Mustard.—French Mustard is also good to have on hand. Grate one or two small onions, add several tablespoonfuls of vinegar, pepper, salt, cayenne, tablespoonful of sugar, and a little mustard. Boil in double boiler until thick.

Potato Salad.—Is a rival to Russian Salad and is a general favourite. Cut several firm cooked potatoes into $\frac{1}{2}$ -inch squares, season well with salt, pepper, onion and parsley, and a bit of green pepper, or an olive or two (which improves any salad). Dress with a little mustard, dampened with boiling water, stirred into enough vinegar to season the potatoes. Mix well. Any other dressing can be used.

Cabbage Salad.—Shred finely the tender outer edge of cabbage leaves, crisped on ice or in the cold; season well, serve with just a little vinegar. Or the boiled dressing, poured quite hot on the cold cabbage.

Olives, olive oil, and butter in salads are not an extravagance, for they make a plain meal so much more interesting and palatable, and thus save more expensive things, and should reconcile a sensible family to having a little less to eat than they have been accustomed to. Nuts of any kind greatly improve all salads.

Apple Salad.—Apple salad looks very elaborate but is not really difficult and is also very cheap. Cut off top, then remove fruit carefully without breaking skin. Chop it with nuts and a very few raisins, season, mix with French Dressing, fill apple skins, replace tops, pick out same size nice looking apples, with the stems on if possible.

BEANS.

Beans are of great importance as a food. All varieties must be soaked at the very least twelve hours and boiled about four till tender. Soy beans must be both soaked and boiled longer.

Butter Beans.—Butter Beans do not require nearly so much time. Boil until tender, season, serve with a little butter and a very little milk. Good for adding to soups and corn.

Haricot Beans.—Haricots are better baked, or used as soup, than served alone. Boil several hours until they are very done, rub through a cullender, season, and a little onion and you have peas porridge.

Bean Soup.—Boil until perfectly soft. Rub through a cullender, add a lot of fried onion and vegetable, and the water the vegetables were boiled in, or enough of it to thin the beans. Let boil a little, thicken with a little flour. The vegetables can be strained with the soup if preferred. No stock is required. Tomato sauce can be added. The soup must be hot, well seasoned, and thick, and served with fried toast or bread. All ham and bacon rinds and ham bones should be saved and boiled with bean or any other soup stock, as they add flavour.

Baked Beans.—Soak and boil until thoroughly tender, put into a large bucket or bean pot (it is much better to buy one if you have not one already). Season well, stir a tablespoonful or more of dark, but not black molasses. Add some dripping or salt pork. Cover with the water they were boiled in, bake several hours in a slow oven.

Soya Beans.—Soya Beans are the most valuable of the bean tribe. They can be cooked like the other beans. A very nice way to serve them is to prepare one pound as for baking, then add two large onions, one slice green pepper with seeds removed, simmer until tender, adding the water necessary. Put in a tablespoonful Worcestershire sauce, simmer again until beans are absolutely tender. Then heat two tablespoonfuls of butter or olive oil, add six tablespoons of beans and juice, mash well, let boil five minutes, then mash the rest of the beans and stir in well. Serve with rice. If the flavour is too strong it is well to boil the beans in several waters. Always add a pinch of soda when boiling any beans.

OAT, BUCKWHEAT, AND WHOLE WHEAT FLOURS.

All these can be substituted for white flour in any kind of way that is found to be most palatable. Any white flour recipe can be used. An economical way to use flour for afternoon teas, or when appearance and not appetite is considered, is to make a little piecrust (not rich), take bits about as large as a pigeon egg, and roll on a well floured board, until as thin as paper. Bake in quick oven a very light brown. Cut out about two or four inches across. A sheet of iron which just fits the stove is very convenient for baking a lot of small cakes of any kind.

Oatmeal Maccaroons.—Oatmeal maccaroons are another dainty little cake or biscuit. Add $\frac{1}{2}$ pound castor sugar to about 2 cups of rolled oats, and whip lightly in the stiff beaten whites of 2 eggs. Drop on buttered paper and brown lightly in a slow oven.

Graham or Rye Biscuits.—One quart of flour, large tablespoon of lard, 2 teaspoons baking powder, milk and water, or half teaspoon soda if sour milk is used. Cream lard well, sift in flour, salt and baking powder, mix in very lightly, but well. Add enough milk and water to make a fairly soft dough. The secret of making good light biscuits is to stir as little as possible when mixing, and not use the hands. Also when turned

out on well-floured board just form gently together, and roll lightly as possible $\frac{1}{2}$ -inch thick. Cut about 2 inches across, or 1 inch if tiny biscuits are desired. Put flour, baking powder and salt in bowl. Add well beaten egg in centre, and the milk. Stir in lightly. If buttermilk is used, add half teaspoon soda before stirring in. Bake quickly in gem pans.

Graham Gems.—These are not so apt to be successful unless baked in iron gem pans. One teacup sour milk, $\frac{1}{2}$ teaspoon soda, pinch of salt. Stir in enough flour or shorts to make a stiff batter. Have pans very hot, and bake quickly.

Crumpet.—One quart flour, 1 pint warm water, 1 cake dissolved yeast, 1 teaspoon salt, 2 teaspoons sugar, 3 of melted butter. Put flour, salt and sugar, in a jar or crock, add warm water and yeast and beat with a good beater vigorously for at least 20 minutes. Set in hot water in warm place, well covered up, overnight. In the morning beat in melted butter, let rise, and then dip out carefully into hot gem pans in moderate oven. If wanted for afternoon, set yeast in before breakfast, beating in butter at first. It will take a little less time for second rising. They are far better cooked slowly on top of stove in rings on a buttered griddle not very hot. Turn. These go very far for the amount of flour.

Oatmeal Short Cake.—Rub $\frac{1}{2}$ pound butter into 1 pound fine oatmeal, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon soda. Mix enough water to form a dry paste. Cover board with meal, and roll; cut out. Can be baked in oven, but much better done on griddle.

Oatmeal Biscuit—

$\frac{1}{2}$ pound medium oatmeal,	2 tablespoons sugar,
$\frac{1}{2}$ pound graham flour,	3 tablespoons lard,
Pinch of soda,	1 egg.

Mix oatmeal, flour, sugar and lard. Beat egg and soda well. Put in centre of oatmeal and stir in lightly with enough water to form fairly soft dough. Roll out thinly. Cut out. Bake in moderate oven $\frac{1}{2}$ hour. Will keep in tins a long time.

Buckwheat Cakes.—Take a cupful of any yeast that has been set the night before; add it to 1 quart best buckwheat flour, two tablespoons white or graham flour, and two of cornmeal, with enough warm water to make a stiff batter. When ready at dinner time stir in teaspoon of salt, $\frac{1}{2}$ teaspoon soda, and enough milk and warm water to make the batter thin enough. Cook quickly and serve right from the griddle.

Pancake or Batter Cakes—

6 tablespoons graham flour, 1 or 2 eggs,
1 pint milk, Saltspoon salt.

Break egg into basin, beat well, then add salt and flour. Beat till perfectly smooth, adding milk gradually till it is about as thick as cream. Bake as small cakes on hot greased pan, or cover bottom of pan for large pancake. When done, sprinkle sugar, roll, and serve with lemon and sweetened vinegar.

All the above recipes except crumpet can be made with mixed flours, and all are much improved by adding cold cooked cereal, especially rice.

SUGGESTIONS.

By following these suggestions any one can save a great deal, and so have much more to spare for the many funds in such urgent need:

1. People make a big pot of the strongest tea and fill their cups half full of hot water, leaving half of the tea to be thrown away. See just how many of the measures you use are contained in a quarter of a pound of tea. Then see that it lasts just the time it should. After a careful trial you will be surprised to find you have been wasting about one-third.

2. Do the same with coffee. A very economical way to clear coffee is to break an egg, shell and all, into a jelly glass, adding five times its bulk in water. Damp the coffee (heaping spoon of coffee to 2 cups), then stir in a tablespoon of the egg.

3. Often half the sugar is left in the bottom of the cup, whereas, by stirring it, much less need have been put in.

4. Scrape out and rinse all saucepans and mixing bowls, so that every particle of the material is saved. This may sound silly, but in the course of the year pounds of nourishment are utilized.

5. In thickening sauces and other things, learn to know the least amount of flour that will do, and don't use a teaspoon more than is required.

6. Never throw away any milk. The sour can be kept in a jug, and any little sweet can be added. It will keep for days in winter, till you are ready to use it.

7. Scrape any kind of fat whatever, collect in a saucepan, boil once or twice in water, carefully scraping off the sediments, and fry out. No taste or odour is then left.

8. Try to get skim milk and buttermilk. They are almost as valuable for food as whole milk.

9. No scrap of meat or vegetable is too small to put by in cold weather. A tablespoon of meat mashed and mixed with boiled egg and bread crumbs, formed into tiny balls, rolled in flour and dropped in boiling soup, make a delicious clear soup.

This saving and scrap-using must be entered into with the right spirit, remembering that we Canadians are about the most wasteful nation in the world. Not so extravagant, as criminally wasteful. Fifty million dollars is thrown away annually in Canadian garbage cans. That is no wild statement, but an ascertained fact. Think if this past year's waste could be restored to us. Fifty million dollars would almost provide for all incapacitated soldiers. And remember, it didn't go out in one or two, or 1,000 cans, but in about 2,000,000—in yours, and yours, and yours. Each of us should see to it that soon the sight of a slice of bread, a perfectly good bone, or the outside leaves of vegetables, in a garbage can, would give you quite a shock. In England you are fined \$50 if the inspector finds any good food-stuff thrown away.

10. Use nut-butter more, or good margarine.

11. All kinds of cold cereal can be saved, and, when not enough to roll in balls to fry, they can be used in batter cakes and corn breads.

12. Keep several cereals on hand, so the family won't get tired of one kind. It's no more expensive in the end.

13. Substitute often rice, macaroni and cheese, dumplings, fried mush and hominy, when potatoes are dear.

14. Cheap tallow rendered down is the cheapest form of dripping. It can be added to what is saved in cooking.

15. Peel adds immensely to all boiled puddings and cakes. Made at home, it costs only the sugar. Grape fruit peel is bitter like some marmalade, so it must not be boiled with the other. And not so much of it should be used.

Cut the fruit in half, take out pulp, tearing off a little of the white inside of the peel. Put in a quantity of cold water and boil for hours till tender enough for a straw to pierce very easily. Have ready a hot syrup thick enough to rope when dropped from spoon. Put in enough peel not to be too crowded, and simmer very slowly indeed till quite clear. Put on sieve to dry. After the syrup has drained away, roll in sugar and let dry for a day or two. After finishing the lemon and orange, do the grape-fruit.

The syrup left can be used for anything else, or will keep if you want to do just a little of the peel as you have the fruit. Save only the thick skins. If it happens to get too dry or hard, simply soak what you are to use in a little warm water.

16. It is far better to use less butter on the table and have more for cooking. Just try the difference in mince before and after putting in the butter.

17. Careless cooks should take much more pains and cook better. An economical dish should not be blamed for shortcomings when it is the fault of the cooking.

18. Make a sort of game of it. And get your friends to go in for a race with you.

Go to the market, if it is not too far. Walk around and buy at the cheapest places. Many are as dear as the stores.

19. Large families can buy a whole or part of a carcass, far cheaper than meat at the butcher's. Or several families who want to do their bit can join. The meat will keep while frozen till used up.

20. Invariably order your bread the day before. About one-fifth is lost by eating the bread fresh. Cut each slice as it is required.

Save every crumb and scrap in a two-pound tin. Grind, grate or roll them when dry, and put in a smaller tin for use.

21. Eat as little cake and pastry as you can.

22. The cheapest tallow, rendered out, can be used for making soft soap. The directions are on the tins of lye. Even bought soft soap is much cheaper to use for rough things, especially dish towels and for floors.

23. Make the following, and save on bought cleansers: 1 pound white sand, 1 pound washing soda, 1 tin soft soap, $\frac{1}{2}$ pound whitening (cheap chalk). Mix well in an open-mouth jar. Keep some in a small jar handy for the sink, also smaller one in bathroom.

24. Instead of one beefless day, why not try for six, to make up for other people less patriotic? Surely in these troubled days all the other kinds of meats and the unwanted parts of beef can fill the other six days perfectly well.

25. By having a plain dinner and good pudding, or vice versa, you can make a good average when your menu is rather sketchy.

It will be a great thing for the country when the vast importance of this "miserly" saving is fully realized. For long after the war is over economy and the greatest care will be needed if the country is to be safe.

There is no doubt that these suggestions are rather bothersome, and carrying them out will take a little more time. Only a little thought and foresight is needed. Arranging for meals the day before, or (better) writing an approximate plan for a week, helps greatly. So does preparing anything you can at the meal before. As you are moving around, it will take no more time to cook rice and anything that is to be used cooked, or get

anything done that is to be served cold. With such things done and out of the way, you need not begin the next meal nearly so soon. You will be surprised at the amount of time you do save later.

At a glance, some may think most of these recipes beyond the means of families with very small incomes. But they are not in the least, if well selected, and the whole idea of balanced food values carried out. And the gain is in the greater good received from the money laid out. The little extra trouble of the more elaborate dishes is balanced by the fact that much cheaper things can be used if attractively prepared.

Just 25 per cent of the present amount of beef, bacon and wheat *must* be saved. That means you must do with quarter less of all three. That is very little for each person, but it will amount to millions of pounds.

Do you realize if each of the 7,000,000 Canadians only save a quarter of a pound a week, that means the almost incredible sum of 1,750,000 pounds saved every week?

It is a case of "little drops of water and little grains of sand." So it is more than foolish, it's almost wicked, for anyone to say or think what very little they are able to save won't count.

These recipes are chosen with a view of the *best* economy, nourishing qualities being considered as well as expense.

They are not meant to be recipes de lux.

As this pamphlet has been compiled in less days than it should have taken weeks, faults of omission and commission have been unavoidable.

The following are the general rules published in the United States by the Food Controller:—

Buy less, serve smaller portions.

Preach the "Gospel of the clean plate."

Don't eat a fourth meal.

Don't limit the plain food of growing children.

Watch out for the wastes in the community.

Full garbage pails mean empty dinner pails in America and Europe.

If the more fortunate will avoid waste and eat no more than they need, the high cost of living problem of the less fortunate will be solved.

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