

1913-1914

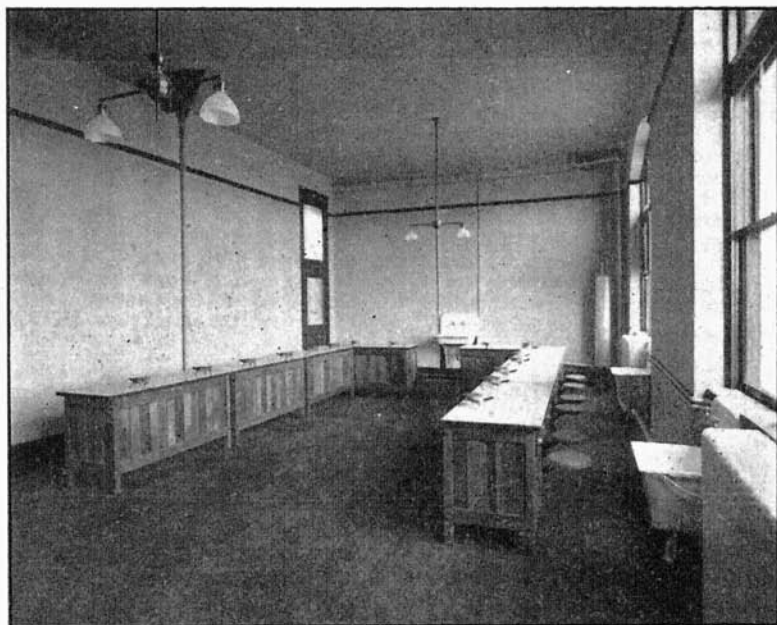
EXTENSION BULLETIN No. 4

UNIVERSITY OF IDAHO  
AGRICULTURAL EXTENSION  
DEPARTMENT

HOME ECONOMICS DIVISION

JESSIE M. HOOVER  
Professor of Home Economics  
University of Idaho

AMY KELLY  
Home Economics Lecturer  
University Extension



W. L. CARLYLE  
Dean of Agricultural College

W. H. OLIN  
Director Extension Department



## INTRODUCTION.

The Home Economics Department has prepared the following lessons to be used in the Movable Schools. The outlines will be supplemented by Lectures and Practical Demonstrations. You are cordially invited to join in the general discussion that follow each lesson and to give any ideas which you have found helpful.

Everyone is welcome. Come, bring your note-books, pencils, and, above all, your enthusiasm.

### WHAT THE STATE AND THE NATION ARE DOING FOR THE HOMEMAKER.

At present there are three appropriation bills before congress which if granted will be of direct benefit to the farmer and homemaker. These are the Page Wilson, a bill for Agricultural high schools; the Smith Lever Bill, a bill for extension work in Agriculture and Home Economics; the Smoot Bill, a bill appropriating \$10,000 for each state for research in Home Economics; another bill to establish a bureau of domestic science in the department of Agriculture at Washington.

The following is a list of available materials for housewives:

Bulletins of the United States Department of Agriculture, Washington, D. C., these include practical bulletins from the Bureau of Chemistry, Bureau of Entomology, the Bureau of Animal Industry, Office of Experiment Station, Bureau of Plant Industry. (By sending to the various bureaus for lists of their publications it will be possible to make suitable selections.) Health departments of the various states; Journal of Home Economics; State Experiment Station bulletins; Extension department bulletins of the various states; Travelling libraries; reports from women's clubs; Slides sent from the United States Department of Agriculture; Reports from the Marine Hospital Service and bulletins from the United States Department of Education. All United States Bulletins are to be had by applying to various departments, Washington, D. C.

### BULLETINS, MAGAZINES, AND BOOKS FOR HOME STUDY.

NAME	PUBLISHED
Feeding of Young Children—Rose.	Teachers College, Columbia University, N. Y. C.
Daily Meals of School Children— Hunt .....	U. S. Bureau of Education, Washington, D. C.
Canning Tomatoes at Home and in Club Work.....	Farmers' Bulletin, No. 521, Dept. of Agr., Washington, D. C.
Economical Use of Meat in the Home .....	Farmers' Bulletin, No. 391, Dept. of Agr., Washington, D. C.

- Home Vegetable Gardens.....Farmers' Bulletin, No. 255, Dept. of  
Agr., Washington, D. C.
- Celery .....Farmers' Bulletin, No. 282, Dept. of  
Agr., Washington, D. C.
- Canned Fruits, Preserves and Jel-  
lies .....Farmers' Bulletin, No. 203, Dept. of  
Agr., Washington, D. C.
- Care of Food in the Home.....Farmers' Bulletin, No. 375, Dept. of  
Agr., Washington, D. C.
- Canning Vegetables in the Home...Farmers' Bulletin, No. 359, Dept. of  
Agr., Washington, D. C.
- Canning Peaches on the Farm.....Farmers' Bulletin, No. 426, Dept. of  
Agr., Washington, D. C.
- Cheese and Its Economical Use in  
the Diet.....Farmers' Bulletin, No. 487, Dept. of  
Agr., Washington, D. C.
- Nuts and Their Uses as Food.....Farmers' Bulletin, No. 332, Dept. of  
Agr., Washington, D. C.
- Bread and Breadmaking.....Farmers' Bulletin, No. 389, Dept. of  
Agr., Washington, D. C.
- Care of Milk and Its Use in the  
Home .....Farmers' Bulletin, No. 413, Dept. of  
Agr., Washington, D. C.
- Mutton and Its Value in the Diet...Farmers' Bulletin, No. 526, Dept. of  
Agr., Washington, D. C.
- Preparation of Vegetables for the  
Table .....Farmers' Bulletin, No. 256, Dept. of  
Agr., Washington, D. C.
- Green Vegetables and Their Uses in  
the Diet.....Office of Exp. Station, Washington,  
D. C.
- Cornell Reading Courses for Farm-  
ers Wives.....Ithaca, N. Y. Price 10c each.  
Vegetables Gardening—Wilkerson.  
Care and Feeding of Children—  
Flora Rose.  
Human Nutrition, Part I & II—  
Flora Rose.  
Saving Strength—Martha Van  
Rensaeller.  
House Furnishings—Young.  
Methods of Cleaning—Watson.
- Journal of Home Economics.....Roland Park Branch, Baltimore, Md.  
\$2.00 per year.
- Good Housekeeping Magazine.....\$1.50 per year
- Boston Cooking School Magazine...Boston, Mass., \$1.00 per year.
- Table Talk Magazine.
- What to Eat.....Pierce Pub. Co., Chicago, Ill, 154-  
158 Washington St. \$1.00.
- Dietetic and Hygenic Gazette.....206 Broadway, New York, \$1.00 year

BOOKS

- Library of Home Economics—Twelve volumes including all phases of home study, \$14.00.....American School of Home Economics, Chicago, Ill.
- Practical Dietetics with Reference to Diet and Diseases—Pattee, \$1.50.
- Rural Hygiene—Brewer.
- Elements of the Theory and Practice of Cookery—Williams and Fisher, \$1.25.
- Principles of Human Nutrition—Jordan.
- Goodwin's Sewing Course for Teachers .....3 Vol., Frank D. Beatty's Co., New York.
- Practical Cooking and Serving—Hill, \$2.00.
- Boston Cooking School Book—Farmer, \$2.00.
- Care and Feeding of Infants—Holt.
- Sociology—Ellwell.

\*The above is just a brief list; there are many other bulletins, magazines, and books of equal merit.

LESSON I.

PLANNING THE DAILY MEALS.

Food defined—That which taken into the body builds tissue and yields energy.

In planning the daily meals it is essential that we familiarize ourselves with the composition and economic value of foods. The following outline will prove suggestive.

FOOD CLASSIFIED.

USES IN THE BODY

- |  |   |
|--|---|
| <p>1. Carbohydrates .....<br/>         Contains—Carbon (C), Hydrogen (H), Oxygen (O).<br/>         Examples—Sugar and Starch.</p> <p>2. Fat .....<br/>         Contains—Carbon, Hydrogen, Oxygen.<br/>         Examples—Butter, Olive oil, etc.</p> <p>3. Protein .....<br/>         Contains—Carbon, Hydrogen, Oxygen, Nitrogen, Sulphur, Phosphorus, etc.<br/>         Examples — Eggwhite, Lean Meat, Milk Curd, Legumes, etc.</p> <p>4. Water .....<br/>         Contains—Hydrogen and Oxygen.</p> | <p>Produce heat and yield energy. Carbon is the greatest heat producing element.</p> <p>Produces heat and yields energy.</p> <p>Produces heat and builds tissue.</p> <p>The body is over 2-3 water.</p> |
|--|---|

5. Minerals ..... Build bone, red corpuscles, etc.  
 The body minerals are calcium (lime), iron, phosphorus, sulphur, potassium (potash) sodium, chlorine, magnesium, etc.

### SOURCES OF FOODS.

#### 1. CARBOHYDRATES

CEREALS	VEGETABLES	FRUITS	SUGAR	NUTS
Oats	Potatoes	Prunes	Cane	Chesnuts
Corn	Beans	Apples	Beet	Hazelnuts
Wheat	Peas	Bananas	Maple	Pecans
Rice	Tapioca	Peaches	Milk Sugar	Brazil
Rye	Sago	Pears	Glucose	Almonds
Barley	Carrots	Cherries	Etc.	Etc.
Millet	Beets	Oranges		

#### 2. FATS

VEGETABLE		ANIMAL	
Olive Oil	Walnuts	Butter	Cheese
Corn Oil	Butternuts	Lard	Fat from fowls
Cottonseed Oil	Pecans	Suet	
Peanut Oil	Brazilnuts	Tallow	

#### 3. PROTEIN

VEGETABLE	ANIMAL
Gluten of flour	Casein of Milk
Peas	Lean Meat
Beans	Fish
Oats and other cereals	Eggs
Lentils	Gelatin
Nuts	Cheese
Peanuts	

#### 4. MINERALS

CALCIUM (LIME)	IRON	POTASSIUM (POTASH)	PHOSPHORUS
Milk	Meat	Spinach	Fish
Cabbage	Carrots	Potatoes	Cod
String Beans	Spinach	Asparagus	Haddock
Peas	Asparagus	Bananas	Almonds
Cereal	Peas	Peas	Apricots
Asparagus	Beets	Beets	Asparagus
Blackberries	Cabbage	Cabbage	Pearled Barley
Buttermilk	Celery	Carrots	Beans
Carrots	Eggs	Cauliflower	Beets
Radishes	Lentils	Celery	Whole Wheat
Pumpkins	Lettuce	Fish	Buckwheat
Oranges	Peas	Lettuce	Cocoa
Rutabagas	Onions	Leeks	Buttermilk
Cauliflower	Potatoes	Molasses	Carrots
Celery	Radish	Mushrooms	Cauliflower
Cheese	Strawberries	Olives	Celery
Lettuce	Tomatoes	Parsnips	Cheese
Cucumbers		Peaches	Green Corn

CALCIUM (LIME) (Cont.)	SODIUM	POTASSIUM (POTASH) (Cont.)	PHOSPHORUS (Cont.)
Molasses	Apricots	Pineapple	Cucumbers
Onions	Beets	Radish	Currents
Parsnip	Buttermilk	Rubarb	Egg yolks
CHLORINE	Cabbage	Rutabagas	Grapes
Asparagus	Carrots	Tomatoes	Horseradish
Bananas	Cauliflower	MAGNESIUM	Leeks
Buttermilk	Celery	String Beans	Lentils
Cauliflower	Hard Cheese	Horseradish	Lettuce
Celery	Egg White	Molasses	Meat
Cheese	Fish	Parsnips	Milk
Cucumber	Cod	Spinach	Mushrooms
Egg White	Mackerel	Almonds	Oatmeal
Fish	Pike	Asparagus	Onion
Cod	Horseradish	Beans	Parsnips
Haddock	Leeks	Beets	Peanuts
Lettuce	Lettuce	Blackberries	Peas
Milk	Meat	Buttermilk	Pumpkin
Pineapple	Milk	Cabbage	Radish
Radish	Molasses	Cocoa	Rhubarb
Spinach	Mushrooms	Carrots	Rutabagas
Rhubarb	Oatmeal	Cauliflower	Spinach
Tomatoes	Onions	Green Corn	Tomatoes
	Peaches	Cucumber	SULPHUR
	Peanuts	Currants	White Bread
	Pineapple	Fish	Cauliflower
	Potato	Leeks	Celery
	Pumpkin	Lettuce	Cucumbers
	Radish	Mushrooms	Egg White
	Rhubarb	Oatmeal	Fish
	Rutabagas	Onions	Haddock
	Spinach	Orange Juice	Herring
	Squash	Peaches	Pike
	Strawberries	Dried Peas	Horseradish
		Pumpkin	Leeks
		Radish	Lean Meat
		Raspberry	Radish
		Rhubarb	Spinach
		Rutabagas	Turnips
		Tomatoes	

It will be observed from the above that the chief sources of minerals in the diet are fruits and vegetables. Lack of sufficient mineral in the diet results in decayed teeth, weak bones, impaired digestion and assimilation, and a general anaemic condition.

For purposes of comparison it is necessary to consider quantities of food which will give an equivalent of nutrition. For ease of computation 100 calories are used; that is the amount of food required to yield 100 heat units to the body. For this purpose the following table will show quantity and cost of equivalents in nutrition.

The following show the number of ounces required to produce 100 calories (or heat units) and the cost of such equivalents.

FOOD	NO. OF OZ. REQUIRED	COST PER LB.	APPROX. COST OF EQUIV.
Butter .....	.46	\$ .40	\$ .01
Bacon .....	.5	.25	.00 3-4
Oysters .....	6.8	.40	.17
Beef Steak.....	1.4	.22	.02
Milk .....	5.	.05	.01 2-3
Eggs .....	2.3	.36	.03
Cream Cheese...	.86	.25	.01 1-5
White Bread.....	1.5	.10	.00 3-4
Potatoes .....	4.1	.01	.00 1-4

From the above it will be seen that the grocery bill can be regulated through a knowledge of food values and market values. The same amount of nutrition will cost one cent in butter, 3-4 cent in bacon, 17 cents in oysters, 2 cents in beef steak, etc.

In planning the daily meals all the food classes should be present with water and carbohydrates predominating. Avoid an excess of protein and fat. A day's meals should have 10 to 15 per cent of protein present.

Suggestions for simple farm meals:

BREAKFAST	DINNER	SUPPER
Fruit	Soup	Creamed Potatoes
Oatmeal with cream	Roast Meat	Cornbread
Toast	Baked Potatoes	Vegetable Salad
Coffee	Spinach or Buttered Carrots	Custard
	Bread	Cocoa
	Fruit	
	Coffee	

Suggestions for simple meals for an indoor worker:

BREAKFAST	LUNCHEON	DINNER
Fruit	Cream Soup	Soup (clear)
Cereal with cream	Sandwiches	Roast Meat
Toast	Cake	Mashed Potatoes
Coffee	Cocoa	Asparagus
		Fruit or Vegetable Salad
		Gelatine dessert
		Tea or Coffee

#### BIBLIOGRAPHY.

Food outline selected from the Food Charts of Dr. C. W. Langworthy, Nutrition Expert of the U. S. Department of Agriculture, Washington, D. C.

The Chemical Composition of American Food Materials—Bulletin No. 28. U. S. Department of Agriculture, Office of Experiment Station, Washington, D. C.

Principles of Nutrition and Nutritive Value of Foods—Bulletin No. 142, U. S. Department of Agriculture.

#### LESSON II.

##### PRINCIPLES OF COOKING THE FIVE CLASSES OF FOOD.

ABBREVIATIONS	EQUIVALENTS		
c .....	cup	2 c. ....	1 pt.
T .....	tablespoon	16 T. ....	1 cup
t .....	teaspoon	3 t. ....	1 T
Oz. ....	ounce	16 oz. ....	1 lb.

Carbohydrates—Starch, sugar, etc. In the cookery of starch the main



object is to render the starch soluble and hence digestible. Starchy foods are cooked at boiling or above. Examples, white sauce, baked potatoes.

#### WHITE SAUCE.

Materials, Thickening—Flour, corn starch, bread crumbs, cracker crumbs, starchy vegetables, rice, tapioca, etc.; Liquid—Milk, vegetable or meat stock, fruit juice, water; Fat—Butter, lard, drippings, vegetable oils; Accessories—Seasoning, salt, pepper, sugar, paprika, parsley, vanilla, etc.

#### Proportions—

1 c liquid—	1-4 to 1 T thickening—	1-4 to 1 T Fat—Thin White Sauce.
1 c liquid—	2 T thickening—	2 T Fat—Med. White Sauce.
1 c liquid—	3 T thickening—	3 T Fat—Thick White Sauce.
1 c liquid—	4 T thickening—	4 T Fat—Very Thick White Sauce.

#### Uses—

Thin white sauce used in cream soups and desserts.

Medium white sauce used in creamed vegetables and gravies, and escaloped dishes.

Thick white sauce used in same as medium.

Very thick white sauce used for croquettes.

#### Methods—

I—Melt butter, add flour, cook thoroughly, add hot milk gradually, stir constantly.

II—Melt butter, add flour, cook thoroughly, add cold milk gradually, stir constantly.

III—Heat milk, saving out 1-4 c, mix flour and cold milk and add the hot milk, being careful not to lump the mixture, add butter last. This is the most economical method as less butter is required. It is also the most hygienic method as the flour is not surrounded by an impervious layer of fat.

Cream soups may be either vegetable, meat or fish. In Germany fruits are very commonly used.

#### BEETS WITH SOUR SAUCE.

(Recipe for six)

Wash beets, and cook in boiling salted water until soft. Drain and reserve 1-2 c water in which beets were cooked. Plunge into cold water, rub off skins and cut into cubes. Reheat in sauce.

#### SOUR SAUCE.

2 T butter	1-4 c vinegar
2 T flour	1-4 c cream
1-2 c beet water	1 t sugar
Pepper	1-2 t salt

Melt 2 T butter, add 2 T flour and pour on the beet water, add vinegar and cream, sugar, salt and pepper.

#### CREAM OF CORN SOUP.

(Individual Recipe)

1-4 c fresh corn	1 c thin white sauce
1-2 c cold water	
Bit of onion	
Salt and pepper	

Chop corn, add water and simmer 20 min. Rub through sieve, add to the white sauce, cook thoroughly, season to taste, serve hot. (Canned corn may be substituted. Fritter corn is excellent.)

#### CREAMED FISH IN RICE CASES.

Line greased molds with boiled rice about 1-4 inch in thickness. Fill to the brim with chopped and boned fish (salmon or other fish) to which has been added thick white sauce. Set in oven to brown slightly. Turn from mold and serve.

#### PECAN NUT LOAF.

(Recipe will serve eight to ten)

1 c boiled rice	Salt
1 c nuts chopped fine	Pepper
1 c cracker crumbs	1 T melted butter
1 c milk	
1 egg	

Mix the ingredients in the order given and bake as meat loaf. Serve with white sauce.

#### APPLE TAPIOCA.

(Recipe for three)

1-4 c granulated tapioca	1 pt. boiling water
1 T sugar	3 tart apples
Speck salt	Sugar
	Nutmeg

Mix tapioca, sugar and salt, pour on slowly the boiling water, and cook in double boiler 15 minutes. Pour this onto the apples, which have been pared and cored and holes filled with sugar and a little nutmeg. Cover the dish and bake 1-2 hour. serve with cream and sugar.

#### CRANBERRY JELLY.

1 quart cranberries
1 pt. water
1 qt. sugar

Cook the cranberries and water until the berries burst, rub through a colander, add sugar and stir until it is dissolved. Pour into glasses or molds without returning to the fire.

FATS—Fried foods. If raw food is to be fried in deep fat the temperature of the fat should be such that it will brown a small cube of bread in two minutes; if cooked food is to be fried the temperature should be such as to brown a small cube of bread in 3-4 minute. If possible have a regular frying kettle with wire frying basket.

#### RICE CROQUETTES.

1 c boiled rice	Few celery seed
1-4 c very thick white sauce	2 T tomato juice
Bit of onion	
Spoon of finely chopped parsley	

Directions: Cool, mold in shape, crumb, egg, crumb, and fry. Drain and put on absorbent paper to remove excess fat.

Croquettes give a very palatable method of using left over vegetables, meats, fish, and cereals. The quantity of moisture varies with materials.

PROTEINS—Meat, Milk, Eggs, Cheese—Foods belonging to this class are all cooked below the boiling point.

#### EGGS (BOILED) SOFT.

One pint boiling water, 1 fresh egg.

Use a hot earthenware bowl, add boiling water, drop in the egg, cover closely, set on back of stove and leave for 3 to 5 minutes, or time to suit

the taste. Remove, plunge in cold water, take from shell and serve in heated cup.

#### EGGS (BOILED) HARD.

Cook as soft egg, letting it remain in water 30 minutes.

#### CUSTARDS.

Ingredients—Eggs, liquid.

Accessories—Sugar, salt, mustard, pepper, flavor.

Custards may be made of milk (baked, boiled, or steamed); or they may be made of vinegar or lemon juice as in "boiled" salad dressing.

#### SOFT CUSTARD

1 c liquid  
1 egg  
1 T sugar  
Flavor

#### THICK CUSTARD

1 c liquid  
2 eggs  
2 T sugar  
Flavor

Heat liquid in double boiler, pour over beaten egg and sugar, return to double boiler. Cook until of creamy consistency. If cooked too long the mixture curdles. If mixture should curdle, put over cold water and beat with Dover Egg beater.

#### CHEESE.

Like all other protein foods cheese should be cooked below the boiling point. Cheese for cooking should be well cured. Fresh cheese is likely to become rubbery and stringy.

#### ENGLISH MONKEY.

(Individual)

1-4 c stale bread crumbs  
1-4 c milk  
1 t butter  
Salt

2 T finely divided cheese  
1 t egg  
Few grains paprica

Soak bread crumbs in milk 15 minutes, melt butter, add cheese. When cheese has melted, add soaked crumbs, egg slightly beaten, add seasonings. Cook 3 minutes and pour over toasted crackers.

#### MEAT

##### SAUTED ROUND STEAK.

Cut round, 3-4 inch thick, pound to 1-2 inch, roll in flour and brown on both sides (in smoking hot fat.) Remove to back of range, add about 2 T hot water, cover closely with lid and let cook slowly for about 3-4 hour, uncover and evaporate moisture, add bits of butter and serve on hot platter.

##### MEAT LOAF.

2 lb. veal  
1-4 lb. ham  
1 c cooked macaroni  
2 eggs

2 c cracker crumbs  
1 c grated cheese  
Salt  
Pepper  
Onion juice

Grind the ham and veal together, add macaroni, well beaten eggs, cracker crumbs, cheese, and seasonings. Bake in a well greased pan.

##### POT ROAST.

Brown 2 sliced carrots and an onion in 2 T fat. Sear a rump roast

in this and add enough water to start the steam, set on back of range and simmer three or four hours, turning often. When done make a tomato sauce using the drippings for fat. Serve hot.

### LESSON III.

#### FOOD FOR CHILDREN.

##### Before Birth—

Care of the mother with reference to her diet

Important types of food—protein, mineral, water.

Necessity of easily digested and assimilated foods.

Specific foods which should occur in the diet—Eggs, milk, fruits, vegetables, etc. Meat avoided.

##### First Eight Months—

Kind of food necessary (one that contains all food classes in soluble form—milk.)

Natural and artificial feeding.

##### Second Year to Fifth Year—

Choice of foods.

The necessity of obtaining easily digested and palatable food.

The importance of training the appetite of the child.

The problem of the abnormal child—the child who will not drink milk.

#### SUGGESTED MENUS FOR CHILDREN.

Meals for one day.		SUBSTITUTES
Breakfast 7:30	Orange of medium size	Apple sauce
	Cooked oatmeal 1-3 cup	Rolled wheat
	Milk and cream mixed 1-2 cup	
	Toast 1 slice	Stale bread
	Butter 1-2 cu. in.	
	Milk to drink 1 glass	
Dinner 12:30	White fish, 3 oz. as purchased	Chicken
	Potatoes, 1 small	
	Celery cooked in milk, 3.8 cups	Onions, carrots
	Bread, 1 slice	Zweibach
	Butter for bread, etc., 1 cu. in.	
	Rice pudding, 1-2 cup	Caramel junket 1 1-2 c
Supper 6:00	Egg	
	Toast, 1 slice	
	Butter, 1 cu. in.	
	Milk, 1 glass	
	3 prunes cooked with 1-2 t sugar	Fresh ripe apples
	Cookies	baked bananas

#### SUGGESTIVE DIETARY FOR CHILD WHO WILL NOT DRINK MILK.

Age 5 years.

One quart of milk concealed in the menu.

Breakfast 7:00	Oatmeal	1-4 cup cereal cooked in 1 cup milk
	Creamy egg on toast	Egg yolk with 1-2 slice bread and 1-4 cup milk
	Cocoa	1. tsp. and 1-4 cup milk
10:00 A. M.	Zweibach and cream	1 piece zweibach and t cream

1:30	Spinach soup	4 oz.
P. M.	Baked potatoes with cream	1 potato and 2 t cream
	Bread and butter	1 slice
	Caramel junket	1 1-2 cups
5:30	Rice and prunes	2 t rice cooked in 1-2 c milk and 5 prunes
	Zweibach	1 slice

Nutritive value and cost of the above:

Material.	Weight.	Protein gms.	Fuel val. Cal.	Cost.
	oz.			
Rolled oats.....	.9	4.2	100	.0030
Prunes .....	1.3	.7	100	.0100
Milk .....	34.2	32.2	675	.0800
Bread .....	.7	1.8	50	.0027
Butter .....	.2	....	33	.0036
Egg yolk.....	.5	2.	47	.0025
Cocoa .....	.1	.5	11	.0025
Spinach Soup.....	4.2	3.9	100	.0162
Zweibach .....	.8	2.3	100	.0145
Potato .....	4.	2.	75	.0032
Rice .....	1.	2.3	100	.0050
Sugar .....	.4	....	33	.0013
		51.9	1427	.1570

The above dietaries are taken from the bulletin—The Feeding of Young Children, by Mary Swartz Rose.

#### LESSON IV.

##### THE INVALID TRAY.

As to the food served to the patient this will be prescribed by the doctor and he will probably prescribe liquid, soft, or solid food. There are certain specific diets which are especially adapted to certain diseases while other food is to be avoided. e. g. In cases of tuberculosis (wasting disease) a building diet is required. Actual tissue is destroyed and so food to build tissue and give warmth and energy must be given. Here eggs, milk, easily digested meat, bacon, etc., is given. Many doctors forbid use of sugar and starchy food in diabetes, hence protein and fat are the basis of the diet. In Brights disease proteins are avoided and starches are permissible, but all these are within the province of the doctor. It is for the housewife to follow the suggestions which the doctors give. Nothing but the best of cooking should be served to the sick.

The following suggestions should be carried out in preparing food for the patient: (1) the greatest care should be taken in selecting the best materials; (2) the greatest care should be taken in cooking them; (3) the food should be served on the daintest of china and glass, and the freshest of linen.

The following list of food is suggested:

##### DIET No. 1 (LIQUID)

Meat juice	Coffee egnog
Chicken broth	Bottled beef juice
Beef broth	Beef juice
Mutton broth	Aspic jelly from
Clam broth	Chicken stock
Oyster broth	Beef stock
Chicken broth with egg	Mutton stock

Beef broth with egg  
Mutton broth with egg  
Hot water eggnog  
Pineapple eggnog

Orange Albumin  
Grape Albumin  
Gelatin Albumin

#### DIET No. 2 (SOFT)

Buttermilk  
Eggnog  
Albuminized milk  
Oyster stew  
Gruels with cream  
Cracker gruel  
Rice gruel  
Barley gruel  
Oatmeal gruel  
Clam soup

Cream of wheat  
Ices  
Junket custard  
Caramel junket  
Cream soups as  
Lettuce  
Asparagus  
Tomato  
Cauliflower  
Celery

#### DIET No. 3 (LIGHT OR SOLID)

Milk  
Cornmeal mush  
Cocoa cream  
Steamed custard  
Steamed caramel custard  
Creamed eggs on toast  
Creamed soups with egg

Thickened soups  
Tapioca cream  
Corn starch blanc mange  
Cream toast  
Zweibach  
Breakfast Cocoa

Cereals  
Oats (rolled)  
Rice  
Cream of Wheat  
Oatmeal jelly

Strawberry ice  
Strawberry ice cream  
Frozen custard  
Baked apples  
Stewed peaches  
Fruit jellies  
Pulp of oranges  
Pulp of ripe grape fruit

#### DIET No. 4 (LIGHT)

Plain poached egg on toast  
Poached egg in cream on toast  
Soft boiled eggs  
Jellied eggs  
Toasted crackers  
Raw oysters  
Scraped beef balls  
Slightly cooked  
Raw beef sandwiches

Baked oysters  
Creamed oysters  
Stewed and strained apricots  
Stewed prunes  
Prune whip  
Apple snow  
Peach snow  
Strawberry snow

#### DIET No. 5 (LIGHT)

Creamed egg on toast  
Egg souffle.  
Omelettes  
Plain  
Orange  
Pineapple  
Scraped beef  
Beef extract  
Bread  
Oyster  
Baked egg in ramikins

Creamed cauliflower  
Creamed sweet breads  
Creamed oysters  
Escalloped asparagus  
Escalloped oysters  
Escalloped sweet breads  
Escalloped cauliflower  
Broiled steak  
Roast beef  
Roast mutton  
Roast chicken  
Crisp bacon

Poached egg on toast with  
cream sauce  
Poached egg with tomato sauce  
Creamed macaroni  
Macaroni with tomato sauce  
Creamed asparagus tips

Baked custards  
Plain  
Rice  
Bread  
Caramel  
Sweetened fruits  
Fresh fruits in season

## LESSON V.

### BREAD.

As bread is one of the most important foods in our diet, it should have very careful attention. To make good bread it is essential that we have good live yeast plants and good flour. One cannot make good bread if the yeast is dead or its growth retarded. It grows best in a warm moist soil, and in this instance our soil is our dough. If the soil is too cold, there will be slow growth; and if it is too hot, the plants are cooked. The best flour for bread is one that has gluten in it as it is this elastic substance which holds the gas that the yeast produces in acting on the starch and water. When baked this gas escapes and the gluten retains its shape and we have light bread. Wheat flour is the only flour that has gluten in sufficient quantities for bread making.

Salt is added to produce flavor and can only be added in small quantities as yeast will not grow in a mixture that is too salty. Shortening is sometimes added to make the bread more tender. Yeast may be liquid, compressed, or dried. Salt renders the gluten inelastic.

### RECIPE FOR BREAD.

2 cups liquid, milk or water  
1-2 yeast cake or 1-2 cup of liquid yeast (more if desired)  
2 tablespoons of shortening  
1 teaspoon of salt  
6 cups of flour, more or less  
1 tablespoon sugar

Soak yeast in warm water, scald milk, if used, and add to it sugar, shortening, cold water, and salt. When the milk is luke warm, add 1 1-2 cups flour, for sponge. May be mixed stiff if desired.

### FANCY ROLLS.

Fancy rolls include Parker House Rolls, French Rolls, Buns, Swedish Bread, and Braids, Zweibach, Cinnamon Rolls, etc.

### PARKER HOUSE ROLLS.

2 cups scalded milk  
3 tablespoons butter  
2 tablespoons sugar, Flour  
1 teaspoon salt  
1 yeast cake dissolved in 1-4 cup luke warm water

Add butter, sugar, and salt to milk, when luke warm, add dissolved yeast cake and three cups of flour. Beat thoroughly, cover and let rise until light; cut down, and add enough flour to knead (it will take about two and one-half cups.) Let rise again, toss on slightly floured board, knead, pat, and roll out to one-third inch thickness. Shape with biscuit cutter just dipped in flour. Dip the handle of a case knife in flour, and with it make a crease thru the middle of each piece; brush over one-half of each piece with melted butter, fold and press edges together. Place in greased pan, an inch apart, cover, let rise and bake in hot oven 12 to 15 minutes. As rolls rise they will part slightly and if hastened in rising are apt to lose their shape.

### SWEET FRENCH ROLLS.

1 cup milk	1 teaspoon salt
1 yeast cake dissolved in 1-4 cup luke warm water	1 egg
Flour	Yolk one egg
1-4 cup sugar	1-8 teaspoon mace
	1-4 cup melted butter

Scald milk; when luke warm, add dissolved yeast cake and 1 1-2 cups flour; beat well, cover and let rise until light. Add sugar, salt, eggs well beaten, mace, and butter, and enough more flour to knead. Knead, let rise again, shape, and bake same as Fancy Rolls.

To glaze rolls brush with mixture of egg and water or milk and sugar and return to oven for about two minutes or until golden brown.

### LESSON VI.

#### Training the Daughter of the Home to Set and Serve the table.

The dining room must be thoroughly aired. No noise from kitchen. Waitress must move quietly. Silver should be polished, glass brilliant, china shining, and linen crisp and clean. A heavy blanket or silence cloth is first placed on the table over which the tablecloth is spread with crease exactly in the center and ends and sides falling evenly. A centerpiece of pure white may be used. This should follow the general lines of the table as square, round, or oval. A low dish of flowers, or fern, or fruit may be used as a centerpiece. High vases obstruct the view.

Before beginning to set the table one must know what the menu will be and count out the silver, glass and china.

In formal meals a serving plate is placed in the center of each cover, at the right of this the knives with sharp side of blades turned toward the plate. The spoons come next (bowls up) in order of use, beginning at the outside and working toward plate. At the left of the service plate the forks with tines up are placed in order of use or appearance if sizes vary greatly. The service place and cutlery are placed one inch from edge of table. At present many housewives prefer not to place the silver for the dessert course until after the table is crumbed. The bread and butter plate may or may not be used. If used it is placed above the forks. The water glass is placed at the point and a little to the right of the knives. The oyster fork is placed at right of soup spoon. The napkin is placed at left or in center, placed so that the folds open to right.

Place vinegar, oil, pepper, salt, etc., on when needed. These are removed before the dessert course.

The first course may be on table when dinner is announced. If soup is next the plate for first course is removed with left hand while the soup is set down with right. The dinner plate is then brought and the soup and serving plate are removed with left hand while dinner plate is set down with the right. The salad course is brought and served in the same way. Before the dessert course the table is cleared of everything except centerpiece and water glasses, and the crumbs are brushed from the cloth. If a cloth is used a metal scraper is satisfactory; if the polished table and lunch set is used a napkin and plate is preferable for removing crumbs.

Dishes admitting of no choice are set down from right; e. g. coffee. Food admitting of choice is offered from the left and the dish is held on a level with the table.



## ORDER OF COURSES.

Shell fish  
Soup  
Fish course  
Meat course  
    Entrée  
Game course  
    Entrée  
Salad  
Dessert  
Coffee

If desired the following courses may be omitted: 1, 3, 6, 7. Four and five may be combined; also nine and ten.

Cold food must be served cold on cold plates and hot food must be served hot on hot plates.

Place cards may be used if desired but they must be plain and be placed on the napkin. When small dishes are presented the small tray may be used.



## LESSON VII.

### HOUSE FURNISHINGS.

Color—

Definition of Color: Color is the quality of light perceptible in visible objects and has the following characteristics, hue, luminosity and saturation.

Hue: The redness, blueness or yellowness perceived in the light which is transmitted to the eye.

Luminosity (Intensity or Value.) The degree of intensity in the brightness of light whether it has color or not.

Saturation (Chroma): Degree of intensity of hue alone.

Colors of Spectrum: Purple, blue, green, yellow, red, orange, violet.

Complimentary Colors: Having given a fundamental color, the complimentary is the color which makes black. Most widely dissociated colors

are complimentary. Ex., red and green makes black, blue and orange makes black.

Value: The light or dark in colors.

Colors are sometimes classified as "warm" and "cool" colors. Warm colors are the yellows, reds, orange, black, and browns. Cool colors are white, blues, grays, and some greens.

Place for warm colors: Dull dark rooms and informal rooms.

Place for cool colors: Sunny rooms and formal rooms.

General rules for colors of various rooms of the house.

Kitchen—Light values of strong hues.

Dining room—Warm colors or neutral luminosity.

Libraries—Warm colors.

Sleeping rooms—Cool colors.

Living room—Neutral colors.

Colors may be made to harmonize (1) by combining them with black, gray, neutral colors, gold or silver (2) by surrounding them with a common hue (3) by balancing neutral colors with some brilliant color (4) by combining hues of low or medium luminosity.

Treatment of Walls.

Wall Papers—Choice depends upon furniture and hangings of room, use, and shape of room.

Plain Papers—Best back ground for pictures.

Figured Papers—Best where few pictures and room is large.

Influence of furniture and hangings upon choice.

Papers must be back-ground for both and harmonize in color and design.

Influence of Use of Room: Halls—Durable papers, (ex. burlap and leather papers) neutral colors simple design. Living rooms, plain colors or two toned low value. Bed rooms, soft colors, flowered design, plain ceiling. Library, neutral color, plain paper. Kitchen, varnished papers or oil cloth, light colors.

Influence of Shape of Room: High room—Panels of dark toned papers at base, and section of lighter toned paper above and for ceiling. Low rooms—Striped papers, seem to increase height.

Painted Walls:

Use—Good in kitchen, bathroom, and bedroom if good border is used.

Advantages and disadvantages: Can be readily washed but often look streaked. Cost moderate.

Kalsomined Walls:

Use—Good in any room, especially bedrooms used with stenciled border or plain.

Cost—Moderate.

Finishing of Wood Work:

Methods—Painted, stained, and varnished. Stained and varnished finish good where fine woods are used and grain is to be shown. Painted finish good for cheaper woods and woods to be washed.

Finishing of Floors:

Methods—Oiled, varnished, waxed and painted. Oiled, inexpensive, good for floors used constantly; objection, dark colored. Varnished, good for hardwood floors, easily cleaned, moderate cost. Wax, good for hardwood floors, spot easily, expensive. Painted, good for pine floors, easily cleaned, moderate cost.

#### Floor Coverings:

Linoleum, oil-cloth, carpets, and rugs. Linoleum, good for kitchen, expensive, and durable. Oil-cloth, good for kitchen, inexpensive, not durable. Carpets and rugs, Kinds—Ingrain, Axminster, Wilton, Brussels, Oriental, Grass and Fibre Rugs. Points to be considered in selecting rugs: Shape of room, design of rug, and color and cost. A rug is the background for all furniture, therefore must not be conspicuous in color or design.

#### Furniture:

General Rules for Selection—Must be appropriate to place where used, purpose for which used, and must be durable.

Woods Used—Mahogany, rose-wood, birch, oak, walnut, pine, fir, and basswood.

Expensive Woods—Mahogany, rose-wood, oak walnut.

Moderate Cost—Birch, fir, pine, and basswood.

Good Types of Furniture—Louis XV, Sheraton, Chippendale, Mission. Copies of these designs in modern furniture are always reliable and may be obtained for ordinary home at moderate cost. If well made they conform to the general rules for selection. Select nothing but the best and buy a few good things rather than many cheap ones.

#### Pictures:

Must be suitable to use of room and suitably framed.

Pictures for Halls—Must be strong in tone and have large masses of light and shadow easily discernable. Living room, copies of famous paintings, either of scenery or portraits. Bedrooms, prints, photographs, and etchings.

Hanging of Pictures—Use wire cord with two separate wires to molding. Hang picture where it can easily be seen by person of average height.