

## THE COOK BOOK

By JANE EDDINGTON.  
Opportunity Cooking.

Ten years ago the leading teachers of domestic science, especially those who were dietitians, were saying, "We must teach them to do all the tasks that pertain to every day and right living. There is no hope of reaching the older people." Today I find a distinct and strong reaction from this attitude. I think there is a wider spread effect than most of us realize to reach those whom the experiences of life have taught many things and made eager to know the best ways of doing the inevitable, fundamental and simple tasks, simple enough when we know how, but nerve wearing otherwise.

A teacher of domestic science whom I recently visited in Denver, Colo., has the belief, heart and soul, that the older women must be helped to learn the new housekeeping. If there was no other reason she would have this attitude. I think this principle of repetition in teaching principle is getting much needed attention.

### Experience at Home.

The girl is taught at school how to buy a week's supplies. She is actually taken to the market, but if she is to have actual practice in marketing for a real family she must generally get her experience at home, and learn what not to do, sometimes by her mistakes. Many a home cook has said, "I tried it once and failed, so never again." The attitude is not only shallow but egotistic, because the one holding it never reasons in her own fault, her own lack of exactness or care, her own untidiness.

When the daughters of such women go home and want to work out a domestic problem the mother will more than likely make fun of it and them. I believe this is true. This teacher knew it for a fact after some years of teaching.

Perhaps no one will dispute that one of the leading problems of today's housekeeping is how to conduct the home economically, and especially how to plan the meals so as to know to a cent what the table is costing. This includes the knowing how to cook the particular type of food which fits into a day's or week's supplies purchased within a certain money limit.

### Mathematics and Cooking.

When I visited in Denver, the girls of this teacher's classes had just finished doing a nice problem in mathematics and cooking. During the month of April just passed, they had bought the supplies and cooked and served luncheons for 17 of the teachers of the school, who had paid them 20 cents apiece for their meals. With \$3.40 a day to spend, how should they divide it?

Each girl had to make a plan or budget before going to market. This was revised if necessary, by the teacher, but in doing the actual work they were divided into teams so that each would get some experience. After the menu for a day was decided upon, and the materials purchased, the actual cost was put down after the estimated cost, with the result that this check and the increased care in planning brought the experiment to an end with 35 cents to spare. But some of the girls exceeded the \$3.40 per day, and I noted that one girl had got up the luncheon for \$2.50. This is as it must be at home.

A more remarkable bit of planning was done by the teacher herself. At the end of the experiment the 97 girls of the cooking classes had a luncheon for which they each paid 20 cents, as the teachers had done. So carefully was this planned that they came out with 3 cents to spare.

Teacher of Wide Experience. Perhaps it is because this teacher knows so well the results of home work on class work; perhaps it is also because she knows her own work so well that it goes like clock-

work with the least apparent effort on her part; perhaps it was because she was a teacher for some years in that most wonderful of schools, the "Opportunity school" of Denver; perhaps because she has done home demonstration work; that she believes it so vital to get directly to the housekeeper with our new food knowledge. One of her late tasks, that brought her into enormous sympathy with the home, was preparing, with the help of home women, of 10,000 meals for the influenza patients of a small city.

It was my privilege to spend an evening at the Denver Opportunity school, guided by the teacher in question and its principal, Miss Emily Griffith, and while my interest in the whole of the work done there was enthusiastic, I saw my chief opportunity in the cooking laboratory.

One of the pupils in this laboratory that evening was a young mother of three children, all less than kindergarten age. She cannot get to school before 8 o'clock in the evening, but she manages to be there several evenings in the week, counting it her recreation. I observed it was really a social occasion, and the principal, Miss Griffith, and some who intended to be, soon, when their cooking was done to sit down and partake sociably of what they had prepared. Thirty-seven housekeepers of another class had been that day or a day or so before to one of the packing houses and seen meat creatures cut into the retail cuts, learning which was which as to price, utility, etc.

It was new to me, "hospital steak," but it seems that every butcher in Denver will give you the right cut if you ask for that. It is the tip of the sirloin.

## Function of a Room to Be Considered

Before selecting the color scheme for any room one must consider the kind of room to be decorated. It is a living room, library, dining or sleeping room? Each room serves a different purpose and has a function peculiar to itself.

The living room is a place for family intercourse and rest. Friends and callers are entertained and made happy in this room. It should be comfortable and express refinement in all its details in furnishing. Tans, light browns and the different grays furnish excellent backgrounds for the various types of living room furniture.

The dining room exists to eat in and there should be nothing in it that will interfere with the pleasure of the daily meal. Should the room be apart from connecting rooms so it can be treated as a separate unit, more intense colors can be used on the walls. Soft old blue, dull orange or gray, green are very good if there is sufficient light.

The library should express dignity, quietness and repose. The walls should be in harmony with these requirements. As a place for concentration the decorations should be rich and warm without being gaudy or startling in color. Nothing must interfere with the quiet thought desired in the room. Deeper grays, bluish greens, old blue and soft light tones of brown may be used.

When one reflects that about one-third of life is spent in the bed or sleeping room its color scheme becomes most important. Having left far behind us the faded rose gardens and climbing wisteria with exaggerated blossoms that never fade, nor change the whole period they remain on our walls, we wonder how we ever slept in them at all.

## Beautiful Eyes

The eyes respond more readily to consistent care than does the skin. All society women and actresses bathe the eyes as regularly as they brush the teeth. For keeping the eyes bright and giving them that sparkle and brilliancy which is so desirable, high class beauty parlors and drug stores recommend simple witch hazel, camphor, hydrastis, etc., as mixed in Lavoptik eye wash. The witch hazel and camphor cleanse and soothe the eye and the hydrastis and other ingredients have remarkable tonic and beautifying properties. Many use Lavoptik to relieve dark rings and bloodshot eyes. Dainty eye cup FREE with each package. Sherman & McConnell Drug Stores and all leading druggists.

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## Veal Loaf Cutlets



Cut the veal into thin slices and trim them into the shape of the loaf. Season with salt and pepper, dip into beaten-up egg and then into cracker crumbs. When the cutlets are cooked put aside and keep hot. Melt some lard in a frying pan and fry the cutlets in this to a light brown. Shape a bed of boiled spinach (which has been minced and pressed through a fine sieve) into a circle on a hot chop plate; arrange the cut-

lets on this, overlapping each other, put some green parsley in the center, pour the gypsy sauce around and serve hot.

**Gypsy Sauce**—Take one-half a can of tomatoes, season with pepper and salt, a chopped onion, a chopped green pepper, a bay leaf and one teaspoonful of sugar. Let all boil slowly, thicken with one tablespoonful of flour and butter; then strain and use. Garnish with chopped parsley.

### Sheets

The hard and fast rule of making the beds with the large hem of the sheets at the head end can be broken. This old method does not give the linen equal wear, for the foot end soils much more than any other part of the sheets, needs more rubbing in laundering and wears out sooner. It is better to reverse the sheets, using the wide hems at the head one month and the next month using them at the foot end.

### Cleaning Brass Bed

Do not wash a brass bed. Simply wipe away all dust and remove any finger marks by rubbing lightly with a piece of chamois very lightly dampened. Obsolete spots can be removed with a slight application of prepared chalk.

### Buttonhole Edge

When buttonholing an edge around serviettes, handkerchiefs, etc., draw a single thread at the ends of the basted hem. This will insure a perfectly even buttonhole and will enable you to work faster. The

It is so important that the room we sleep in should be soothing and quiet in its decorations. Creams, ivy, delicate gray, yellow rose, light blue, goblin blue and light blue-green are all suggestive of deep repose.

Halls are a keynote to the good taste and hospitality of the occupants of the house. Nothing gives one a chill so quickly as to enter a house and find the hall cold and uninviting. This is easily changed by selecting a suitable color scheme for the walls. The more difficult it is to make some halls attractive the greater the accomplishment when it has been done. In general the color tone should be near that used in the living room. The different tones of tan and gray are very suitable.—General Federation Magazine.

## Memorial Day



reminds us of the many brave, heroic men who gave their all. Many of these valiant soldiers left families—but of this number, how many left their loved ones protected? Think it over and then call Douglas 4570 (The 100% Fraternity).

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## Tasty Soups

### Potato Soup.

Two cups hot rice or mashed potatoes, one quart milk, two slices onion, three tablespoons butter, two tablespoons flour, one and one-half teaspoons salt, celery salt, pepper, cayenne, one teaspoon chopped parsley.

Scald the milk with the onion; remove the onion; add the milk slowly to the potatoes. Melt the butter; add to it the dry ingredients; stir the mixture until it is well blended. Add this to the liquid mixture, stirring it constantly, and boil the soup for one minute. Strain it if necessary, add the parsley, and serve it. Water saved from cooking celery is a good addition, to potato soup.

This recipe may be followed for onion, corn, carrot, pea, bean or celery soup.

### Cream of Peanut Soup.

Cream of peanut soup is a new soup that will please both the children and the grown-up members of the family. The necessary ingredients are three tablespoons flour, half a cup water, six tablespoons peanut butter, five cups milk, scalded milk, and salt and pepper to taste. Make a paste by mixing one-half cup of water with the flour, rubbing it free from lumps. Add the peanut paste. When the mixture is rubbed smooth, add the scalded milk and cook the soup in a double boiler for thirty minutes. Stir it frequently to prevent lumping. Season it with salt, pepper and paprika. Chopped green pepper or red pimento may be added.

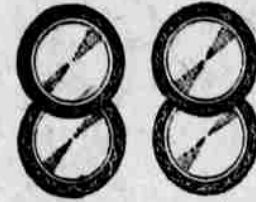
Celery, Apple and Peanut Butter Dressing.

Cut celery in inch pieces; cut red apples in eighths, lengthwise. Mix

two tablespoonfuls of peanut butter with two tablespoonfuls of lemon juice or vinegar. If not thin enough add a little water or olive oil. Mix with the apple and celery and serve on crisp lettuce leaves.



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