

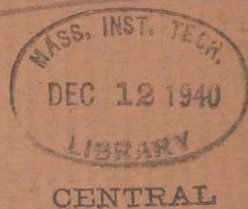
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BOX 1 FOLDER 16

Diaries for Wage Earners and Their
Families

1893

A. H. Rice



DIETARIES

FOR

Wage-Earners and Their Families

By MRS. ELLEN H. RICHARDS

Mass. Inst. of Technology.

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Dietaries for Wage-Earners and Their Families.

BY MRS. ELLEN H. RICHARDS, MASS. INST. OF TECHNOLOGY.

If a man eats not, neither can he work.

Food is the only source of human power to work or to think.

The cruelty of demanding the tale of bricks without giving the straw necessary, is often paralleled by the cruelty we practice on ourselves in demanding of ourselves a day's work on half a day's rations. The question so often asked, how shall the family be well fed? is not easy of answer. So many circumstances come in to modify any rule which may be given that in trying to give practical help to those who are asking for it, in relation to the choice of sufficient and wholesome food for a workingman and his family, it seems wiser to show what is actually done rather than to say what, theoretically, should be done.

In the accompanying tables will be found the actual weights of a week's food of four families, selected from among some fifty, which have been carefully gathered in the past year. These four were chosen for the several points they illustrate, as well as for the fact that they each closely approximate the estimated normal, in spite of the great variety. The family chosen for our type consists of the father, mother and four children under ten years or two under thirteen, the food required being that of three grown persons for seven days, or of one person for twenty-one days—hence to find the amount and cost for one person, the figures may be divided by twenty-one.

Two of the families lived in Philadelphia and two in Chicago. Two of the dietaries were taken in the winter, when fruits and vegetables were scarce, and two in the spring, when they were plenty.

Food Coll.

TABLE I.

No. 1.	Lbs. bought.	Total lbs.	Cost.	Total cost.	No. 2.	Lbs. bought.	Total lbs.	Cost.	Total cost.
Beef (stew),	4.71		.345		Beefsteak,	1.51		.336	
Beef (roast),	4.71		.568		Beef,	1.92		.190	
Beef (corned),	3.14		.376		Veal,	1.02		.326	
Mutton,	2.35		.188		Sheep's Liver,	1.20		.096	
Sausage,	1.57		.188		Ham,	5.76		.576	
Haddock,	4.71		.280		Chicken,	2.02		.360	
					Codfish,	1.44		.144	
					Mackerel,96		.130	
Total,		21.19		1.942	Total,		16.73		2.168
Butter,	4.70		.940		Bacon,	1.92		.268	
					Lard,	1.20		.120	
Total,		4.70		.940	Butter,	1.02		.336	
Eggs,	2.50		.520		Pies,	2.16		.096	
Milk,	18.00		.690		Total,		6.30		.820
Total,		20.50		1.210	Eggs,	1.44		.288	
Flour,	14.33		.420		Milk,	8.04		.307	
Oatmeal,	4.70		.230		Beans,47		.048	
Barley,78		.050		Total,		9.95		.643
Cornstarch,	1.57		.080		Flour,	5.76		.192	
Total,		21.38		.780	Oatmeal,	1.44		.048	
Potatoes,	19.23		.550		Barley,48		.024	
					Hominy,	1.92		.096	
Sugar,	2.35		.280		Rice,	3.84		.307	
Total,		21.58		.830	Total,		13.44		.667
Cabbage,	2.15		.080		W. Potatoes,	13.44		.192	
Onions,	1.27		.030		S. Potatoes,	3.36		.048	
Turnips,	2.20		.040		Bread,	1.44		.072	
Carrots,53		.010		Sugar,	4.80		.240	
Tomatoes,	5.59		.310		Total,		18.24		.552
Total,		11.74		.470	Cabbage,84		.038	
Tea,39		.310		Turnips,	3.00		.048	
Total,39		.310	Tomatoes,	1.80		.096	
Total,		101.48	\$6.482	\$6.482	Total,		5.64		.182
					Unknown Sundries,			1.100	
					Total,				1.100
					Total,	74.10	74.10	\$6.12	\$6.12

TABLE I.—Continued.

No. 3.	Lbs. bought.	Total lbs.	Cost.	Total Cost.	No. 4.	Lbs. bought	Total lbs.	Cost.	Total Cost.
Beef (neck and shin),	2.56		.128		Round Steak,	2.60		.260	
Porterhouse Steak,	1.28		.150		Porterhouse Steak,	3.90		.620	
Round Steak,96		.096		Boiled Ham,	1.30		.390	
Roast Rib,	3.20		.320						
Mutton Chop,64		.080						
Ham,96		.190						
Bologna Sausage,32		.030						
Round Veal,96		.096						
Total,		10.880		1.092	Total,		7.80		1.270
Lard,64		.080		Bacon,72		.130	
Butter,	2.56		.820		Salt Pork,65		.078	
Cream,86		.070		Butter,	2.60		.780	
Pies,64		.064		Cream,	2.92		.270	
Total,		4.700		1.034	Total,		6.89		1.258
Eggs,	2.88		.310		Eggs,	1.95		.200	
Milk,	9.38		.270		Milk,	19.06		.540	
Cheese,64		.100		Beans (dry),	1.27		.60	
Total,		12.900		.680	Total,		22.28		.800
Flour,	15.68		.380		Flour,	12.74		.360	
					Oatmeal,	1.30		.060	
Total,		15.680		.380	Total,		14.04		.420
Potatoes,	18.00		.350		Potatoes,	18.20		.360	
Bread,	8.90		.450						
Buns,80		.076		Sugar,	5.20		.310	
Ginger Cakes,32		.032		Total,		23.40		.670
Syrup,96		.060						
Sugar,	6.00		.370		Dry Onions,	1.95		.130	
Total,		34.980		1.338	Corn (canned),	1.69		.190	
Cabbage,	1.60		.089		Total,		3.64		.320
Green Onions,12		.060		Bananas,	3.90		.190	
Dry Onions,80		.038		Coffee,65		.230	
Asparagus,	1.08		.096		Tea,32		.190	
Tomatoes (canned),	1.14		.060		Total,		4.87		.610
Cucumbers,	1.28		.064		Total,		82.92	82.92	\$5.348
Corn (canned),	8.38		.076		Total,		96.758	96.758	\$6.05
Green Peas,	1.74		.096						
Total,		8.598		.579					
Apples,	2.88		.096						
Bananas,	1.92		.096						
Strawberries,84		.147						
Rhubarb,	1.28		.030						
Raisins,	1.28		.060						
Coffee,64		.220						
Tea,32		.160						
Chocolate,16		.045						
Catsup,060						
Ginger,030						
Total,		9.320		.944					
Total,		96.758	\$6.05	\$6.05	Total,		82.92	\$5.348	\$5.348

In No. 4 the man was away from dinners, and although due allowance was made in the calculations, it is probable that the lower amount of meat in this dietary was largely due to this fact. Also, there were bought in this week no spices or other condiments.

The waste was little or nothing in either of these families, the house mother being intelligent and painstaking in each case, and in two cases advantage was taken of the large markets.

Besides No. 1, showing in detail the amounts and cost of each article, an average has been made up and shown in No. 2. This will give a basis of comparison for those who have either less or more expensive markets or who raise a part of their vegetables.

In No. 3 is given the relative cost of the food substances in per cents. This shows the wide variation possible in order to obtain substantially the same results.

No. 4 shows the number of pounds of food purchased per day per person and the cost per pound of this food as well as the cost per day per person.

No. 3 is perhaps the best dietary in its variety, its full food value and in the right proportion of the essential elements. The meat is not excessive, although a little higher than the generally conceded proportion.

There is really very little choice in the main articles of diet. Meat, milk, cheese, eggs, butter, sugar, flour and cereals, vegetables and fruits. The skill of the housewife is demanded in choosing the proportion of each kind according to season and price and in the preparation of the several articles so that they may be most available for force-producing or for working power.

As to the selection of kind and quality the following general rules may be of service with the aid of Table V:

TABLE V.—THE WEIGHT, IN POUNDS, OF DRY NUTRITIVE SUBSTANCES IN THE FOUR DIETARIES.

	No. 1.	No. 2.	No. 3.	No. 4.	Average.
Nitrogenous substances in meat.....	2.67	3.05	1.90	1.43	2.25
Eggs, milk and cheese.....	0.89	0.44	0.85	0.97	0.79
Vegetables, grains and fruit.....	2.81	2.44	3.37	2.61	2.75
	<u>6.37</u>	<u>5.73</u>	<u>6.12</u>	<u>5.01</u>	<u>5.81</u>
Fat in all kinds.....	6.76	7.09	6.66	6.52	6.76
Starch and sugar.....	23.85	19.32	29.89	21.22	23.57
Ratio of nitrogen in meat to that in vegetable substances.....	1 to 1	1 to 0.7	1 to 1.7	1 to 1.8	
The normal is 1 to 2.					

The choicer meats, as steak, chicken and chops contain about twelve and one-half per cent. or one-eighth of nitrogenous substance, while the leaner meats, shin, neck, liver and ham, contain about seventeen per cent. or one-sixth, so that to secure the average weight of 2.25 pounds of dry nitrogenous substance (at once the most necessary and most costly) one must buy six times or eight times 2.25 pounds for the week, namely, 13.50 or 18 pounds, according to the kind or cut.

But if for any reason this quantity is not desirable, then some of the meat substitutes must be used. Eggs and cheese are quite as rich in nitrogenous substance as the best meats. One pound of cheese is usually as valuable as two pounds of meat, if it is real cheese.

For the children, milk is an excellent substitute for part of the meat. It contains about four per cent. of nitrogenous material.

But for the workingman and woman, there is no better meat substitute than some one of the legumes—beans, peas and lentils.

They contain twice as much nitrogenous material as most meats, and cost about half as much; therefore, their value may be said to be four times that of meat.

The essential point is that they shall be rightly cooked, so as to be digestible. They are best in the form of a purée or thick soup, and they should be cooked not less than eight hours—best twelve hours.

The cereals—wheat, corn, oatmeal, etc.—are the next important articles, indispensable, in fact. They contain about ten per cent. of nitrogenous material, and about 16 pounds a week are required for the mixed diet used by most families.

If very little meat or meat substitutes are used, then twice that amount would be needed by the family under consideration.

Potatoes, vegetables and fruits contain only about two per cent. of nitrogenous material, so that 30 pounds will not add very much to the amount.

If meat is used to the amount of 15 pounds a week, there will be fat enough, as there is usually as much fat as lean, and in bacon more fat. The meat substitutes, except beans, have an equal quantity of fat. If a larger proportion of flour or cereals is used, then butter or suet must be added accordingly, to make up the six pounds needed.

The third substitute essential to a right dietary—starch—is found mainly in the grains, wheat, corn, etc., which contain about 70 per cent. of it.

The 16 pounds of cereals given above would yield about 11 pounds of starch, or about half the total weight of starch and sugar which one family requires.

The 30 pounds of potatoes, vegetables and fruits, after allowing for waste of skins, etc. (about 10 to 12 per cent.), will average about 15 per cent. of starch, sugar, gums, etc., and give 7.5 pounds.

This leaves 2.5 to 5.5 pounds of sugar to be added, according to the requirement of the active children or the hard-working man.

Sugar not in excess of one-quarter of a pound a day is a valuable force-producer or work-sustainer. Milk is a good source of a portion of this sugar, and for children the best source. Three quarts of milk will yield about the desired quarter of a pound. So will the usual skim milk of farms.

The rules, which may serve as guides in a general way, are summarized in table VI.

TABLE VI.

	Nitrogenous Substances.	Fats.	Starch or Sugar.
13 50 lbs. lean meat contains } 18.00 lbs. choice meat contains }	2.25 lbs.	2 25 lbs.
2.00 lbs. butter contains.....	0.06 "	1.75 "
2.5 lbs. eggs (2 doz.) contains.....	0.31 "	0.31 "
14.0 lbs. milk (7 qts.) contains.....	0.55 "	0.55 "	1.60 lbs.
16 0 lbs. flour, oatmeal, &c., contains.....	1 61 "	0.50 "	11.20 "
30.0 lbs. potatoes, bananas, &c., contains	0.60 "	7.50 "
4.5 lbs. sugar contains.....	4 50 "
Total for the family a week.....	5.38 lbs.	5.36 lbs.	23.80 lbs.
Or for one person one day.....	0 256 "	0.255 "	1.13 "
The normal American ration contains...	5.87 lbs.	5 87 lbs.	21.00 lbs.
The German contains... ..	5.54 "	2 64 "	23.47 "

As to the cost of this quantity of nutritive substances, we can only say that the average of these families is 28.6 cents a day a person, or \$2.00 a week. While it is true that a wise woman and a skillful cook may make this cost less, yet from the best evidence

at hand this sum seems a very good average of what good living may be obtained for in most parts of the United States.

TABLE II.—ESTIMATED AMOUNT AND COST OF ONE WEEK'S PROVISIONS, AN AVERAGE DEDUCED FROM THE FOREGOING TABLES.

The family numbering two adults and four children under ten years.

Meat.....	14.15 pounds, at 11 4 cents a pound.....	\$1.61
Milk, 7 quarts	13.87 " " 3.2 " "44
Eggs, 2 dozen	2.50 " " 13.0 " "33
Butter.....	2.71 " " 26.4 " "72
Flour and cereals.....	16.00 " " 3.5 " "56
Vegetables and fruits....	28.70 " " 1.27 " "33
Sugar	4.5 " " 6. " "27
Sundries unclassified—Tea, coffee, pies, cakes, &c., &c.....		1.73
		<u>\$5.99</u>

TABLE III.—RELATIVE COST OF THE DIFFERENT FOOD SUBSTANCES.

	No. 1.	No. 2.	No. 3.	No. 4.
Meat	30 per cent.	35 per cent.	18 per cent.	24 per cent.
Fats	15.0 "	13.0 "	17.0 "	24 "
Eggs and milk.....	19.0 "	10.0 "	12.0 "	15 "
Beans and cheese.
Total animal substance..	6.40	58	47.0	63
Grains	12 "	12.0 "	14 "	8.0 "
Vegetables	15.0 "	8.0 "	15.00 "	12.0 "
Fruits.....	7.00 "	3.0 "
Sugar, tea, coffee, &c.....	9.0 "	22.0 "	17 "	14.0 "
Vegetable substance.....	36	42	53	37
Total.....	100.00 "	100.00 "	100.00 "	100.00 "

TABLE IV.

Pounds per day per person	No. 1.	No. 2.	No. 3.	No. 4.
	4.8	3.5	4.6	3.9
Cost (cents) per pound	6.4	8.0	6.2	6.4
Cost (cents) per person per day	31.0	29.0	29.0	25.4

DIETARY FOR A FAMILY OF FIVE WAGE-EARNERS FOR ONE WEEK,
WITH NOTES AS TO COOKERY, ETC.

SUNDAY.

Breakfast.

Fried corn mush and molasses or syrup, creamed fish or fish-balls.

Dinner.

Broiled beefsteak or fricasseed chicken, mashed potato, cranberry sauce (grape sauce or dried-fruit sauce), apple shortcake, or Brown Betty with pudding sauce.

Supper.

Buttered toast, the remaining sauce or pudding.

MONDAY.

Breakfast.

Polenta, sausage, or minced beef or chicken, boiled potatoes.

Dinner.

Mutton stew with potatoes, turnips (onion,) and bread crusts, rice pudding.

Supper.

Mutton broth and bread crumbs, cookies.

TUESDAY.

Breakfast.

Rice-milk, bacon and corn-bread.

Dinner.

Roast beef—plain or pot roast, or roast veal in season, with bread dressing, baked potatoes—white or sweet, gingerbread and cheese.

Supper.

Potato salad, bread and butter, stewed prunes or other dried fruit.

WEDNESDAY.

Breakfast.

Oatmeal mush, baked potatoes, with a relish of broiled salt codfish, salt mackerel or smoked herring.

Dinner.

Bean soup, baked, boiled or fried fish, stewed potatoes (tomatoes), bananas or dates.

Supper.

Milk-toast, gingerbread, cheese or doughnuts.

THURSDAY.

Breakfast.

Crushed wheat, hot muffins, eggs—either boiled or as omelette, or fish hash.

Dinner.

Boiled corn-beef and cabbage, turnips and potatoes, cottage pudding, or steamed pudding with syrup.

Supper.

Cold meat of Tuesday, warmed-up muffins of morning, or milk-toast of bread or crackers.

FRIDAY.

Breakfast.

Griddle cakes—buckwheat or wheat, corned-beef hash.

Dinner.

Pea soup, fish chowder or boiled ham, oranges or apples.

Supper.

Barley porridge, toast and cheese.

SATURDAY.

Breakfast.

Hominy, liver and bacon, or tripe.

Dinner.

Beef stew or beef pie, Indian pudding or suet pudding.

Supper.

Hasty pudding with molasses, apple, pumpkin or squash pie, and cheese.

Breakfast for the man starting off for work in the outdoor air, as well as for the man who has been already at work for two hours, can be as hearty and strong as dinner, but for the indoor worker a little caution should be given against beginning the day with too indigestible food, for after the repose of the night-time the body is more or less sluggish and the digestive forces not as active as later in the day.

If, however, a man has his breakfast early, so as to be at work at seven, and has only a cold dinner, his first meal must be the heartiest of the day, and one that will stand by. For this the world has not yet found a better material than the various hog products—pork, ham, bacon and sausages—partly for their less

digestibility and partly for the good flavor of which they have enough to spare to the hearty corn bread.

For the children, who cannot be expected to do themselves credit in school when their stomachs are overloaded with greasy and indigestible food, there is no more suitable breakfast dish than oatmeal, cornmeal, hominy or crushed wheat, because these grains contain in abundance the phosphates absolutely necessary for bone and brain and tissue. Molasses or syrup can never take the place of milk as eaten with these grains, for milk also contains these mineral salts and skimmed milk has them as abundantly as whole milk.

The one simple rule in cooking the grains is to cook them long enough to develop the rich flavor which makes them so palatable as well as nutritious. Two hours is a very good rule and it is convenient to put the grain on in a double kettle or boiler [or a dish set into another large dish containing water] at night to cook slowly with the dying fire and then it has only to be heated through in the morning. The quantity of water to be added depends on the taste of the family, whether the mush is liked thick and stiff or thin. It is an observed fact that less milk is used with a thin mush than with a thick one. Molasses and brown sugar [sugar C] having a stronger flavor than syrup or white sugar, also go farther.

Since there is considerable difference in the nutritive qualities of the different grades of grains, it is wiser both for pocket and health to buy a good, well filled-out, well-ripened grain. Rice is an excellent food for a change, but it has less fat and less mineral matter than wheat, oats and corn. Good bread should always be on the table; that is, bread made from good grain, light and sweet and well baked. Home-made bread is apt to be the best, more palatable and nutritious. "Potatoes admit of varied cookery."

If the children do not each much oatmeal and crushed wheat they should have whole wheat bread and muffins of wheat or oatmeal, since they must have the bone-making salts.

The other breakfast dish for the older people may be a relish of fish or a mince of any meat left from the previous dinner, or it may be of liver and bacon or of ham or eggs, or of Hamburg steak or meat balls, which is chopped beef of a kind very nutri-

tious, but too tough to cook as steak. The use of eggs for breakfast is limited only by the price at certain seasons of the year; it is well to have them two or three times a week. Smoked and salted fish is a much-neglected relish; a little goes a long way, and as it keeps well it is useful to have on hand.

The warm drink, which is so necessary to the breakfast of most grown people [the children should have only milk or milk and hot water, until they are older than those in this family], may be of the very nourishing cocoa or chocolate or some kind of coffee. There are many good coffee substitutes made of roasted grain, of chicory, &c. It is better to buy these separately and mixed with the pure coffee than to buy an unknown mixture. Buy the coffee in the grain and see it ground, if you have not a coffee mill.

The Sunday dinner should be good and leisurely eaten, but it should not require much time to prepare. It is the day when the family need not hurry through the meal, hence the nice steak is suggested or the fricasseed chicken which has been prepared on Saturday; the pudding may either bake slowly all the morning, as the Brown Betty, or have been made the day before, as the apple cake.

Monday, the dinner should not require much care; hence the stew which sets on the back of the stove and takes care of itself, and the rice pudding which bakes slowly all the morning.

If Tuesday is ironing day the top of the stove should be left free for the irons and the oven be utilized in cooking the dinner, which should take very little time to prepare. The sheet of gingerbread may be stirred up right after breakfast and baked while the irons are heating.

Since there is always much heat left after the baking and ironing are done, it is a good time to put on beans for to-morrow's porridge or thick soup, so that Wednesday may be a freer and easier day for the housewife after the hard work of washing and ironing.

The many kinds of delicious fish now to be had can be used to great advantage. Nothing makes fresh meat taste so good as to come back to it after a day or two, just as a tea taster soon loses his sense of judging after a few trials and must renew it by tasting something quite different, so after fish day we have that

very palatable and rich dish, corned beef and cabbage. If it is possible the housewife should pickle the beef herself, then she will be sure of the quality of the beef, and if she allows it to stand only two or three days in brine it will be much nicer. Cabbage supplies potash and other mineral salts of great value. In their season beets, turnips, onions and carrots may be added, each or all.

The fire for cooking the corned beef will also be sufficient to cook slowly the peas for the next day's porridge. It is not possible to cook peas or beans long enough in the same day, for eight hours is the least time they should have. Lentils, on the other hand, may be cooked the same morning.

Fish is such an excellent food that our model family will have it in some form twice a week as a rule, but sometimes a ham will be boiled instead. After boiling it for several hours it may be baked in a slow oven for two hours until it is quite a different dish. No hearty puddings are needed after such a rich dinner.

Saturday, either the trimmings of Sunday's steak or a little of the rich and juicy beef neck is cooked slowly and the broth thickened into a gravy and the whole eaten as a stew, either with potatoes and dumplings or, better, biscuit, or it is put into a deep dish and covered with a pastry, or, better, a potato crust and eaten as a meat pie, perhaps with baked sweet potatoes.

The suppers should be for all mainly bread and butter, plain, toasted and as milk toast with sauce, a salad of the cold potatoes, cookies and gingerbread now and then, with pie once a week, perhaps. Cheese may be used often. Since it is not always possible to cook just enough and no more, there will be little "left overs" for the grown people, quite enough for them with the porridge and broth which the children share, two or three times a week.

The secret of good appetite and good health lies in the variety and the combination of food as well as in the tasty cooking. We have tried to illustrate this in the foregoing dietary. The secret of securing this variety at a low cost is in buying only what is needed and in using all that is cooked while it is best. This is why the various stews are so economical. A little meat goes a great way because none is wasted. In roasting or broiling meat a considerable portion is rendered unfit to be eaten. It is burned

or dried or it clings to the bone so that only half, perhaps, the weight is recovered. Then such a variety of flavors may be used that the skilled cook can make a different stew for every week in the year.

The following rules for marketing and receipts for the dishes given above have been selected from the best cook-books at hand and give a variety of methods and flavors.

E. A. EDWARD ATKINSON.

STEAMED POTATOES. [*Mrs. Lincoln.*]

Wash and pare the potatoes. Place in the steamer, and cook about 30 minutes, or till they are soft.

CREAMED POTATOES. [*Mrs. Lincoln.*]

1 pint cold potatoes, 1 tablespoon butter, $\frac{1}{2}$ cup of milk, $\frac{1}{2}$ teaspoonful salt, speck pepper, 1 teaspoon chopped parsley. Cut the potatoes into dice or thin slices. Put the milk into a shallow pan, and when hot add the potatoes and cook until they have absorbed nearly all the milk. Add the butter and seasoning, and cook 5 minutes longer, and serve hot.

POTATO CAKES. [*Mrs. Lincoln.*]

Make cold mashed potatoes into small round cakes about $\frac{1}{2}$ inch thick. Put them on a baking tin, and brush them over with milk. Bake in a hot oven until golden brown.

LYONNAISE POTATOES. [*Mrs. Lincoln.*]

1 pint cold boiled potatoes, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ saltspoon pepper, 1 tablespoon minced onion, 1 tablespoon dripping, 1 tablespoon chopped parsley. Cut the potatoes into half-inch dice, and season with salt and pepper. Fry the onion in hot dripping until light brown, add the potato. Stir with a fork until they have absorbed the fat. Add the parsley, and serve hot.

POTATOES.

Potatoes may be baked, boiled, or cooked in hot fat. While the cereals are better for long cooking, a potato should be eaten as soon as done, or should be cooled quickly if to be used another day. It is done as soon as it is fairly heated through to the boiling point of water. Therefore, the size of the piece or the potato determines the length of time of cooking. When cut in half-inch dice and stewed in water or milk, only a few minutes are required, while a whole potato may take 30 minutes. Saratoga chips are the thin slices of raw potato dropped into hot fat, and skimmed out in a few minutes. Potatoes may be used over in an endless variety of ways, warmed in sauce, fried, mashed, made up into cakes, mixed with meat or other vegetables, in hash, made into salad, etc., so that none need be wasted.

MEAT STEW. [*Mrs. Abel.*]

Use inferior parts of meat, cut into pieces, and cook until tender. One-half hour before the meat is done lay on top of it peeled potatoes, all of the same size, and serve, when done, with meat and gravy.

Flavors for stews.—Onion, salt and pepper are always in place. A little lemon juice, added as it is served, gives a delicious flavor, or even a tablespoon of vinegar may be used. Any herbs, a piece of carrot, a clove or a bit of garlic may be used for variety. Catsup is also good for a flavor.

CHICKEN FRICASSEE. [*Mrs. Lincoln.*]

Clean the chicken, and at the joints cut into pieces for serving. Cover with boiling water, add 2 teaspoonfuls of salt and one saltspoonful of pepper. Simmer till the meat is tender. Remove the larger bones, and cook them again in the water. Dredge the meat in flour, and brown in hot dripping. Put on toast on a hot dish. Strain the broth, and remove the fat. To one cup of chicken broth add one cup of milk, and thicken with 2 tablespoonfuls of flour cooked in one tablespoonful of butter. Add more salt and pepper, if needed, and one saltspoonful of celery salt, and one tablespoonful of lemon juice.

POLENTA. [*Miss Corson.*]

Boil one pound of yellow Indian meal for half an hour in two quarts of pot liquor or boiling water, salted to taste, with one ounce of fat, stirring it occasionally to prevent burning. Then bake it for half an hour in a greased baking dish, and serve it either hot, or, when cold, slice it and fry it in smoking hot fat. This favorite Italian dish is closely allied to the hasty pudding of New England, and the mush of the South.

RICE MILK. [*Miss Corson.*]

Put half a pound of well-washed rice into two quarts of boiling water, with two ounces of sweet drippings, a teaspoonful of salt and a bit of cinnamon or lemon peel, and let all boil gently about an hour; then add one quart of milk, and stir the rice for about ten minutes. A little sugar or molasses may be added if you want it sweet.

SALT FISH-BALLS. [*Mrs. Lincoln.*]

One cup of potatoes, $\frac{1}{2}$ cup of salt fish, 1 teaspoonful butter, $\frac{1}{2}$ egg, speck pepper, fat for frying. Wash the fish, and shred it into half-inch pieces; pare the potatoes, and if large, cut into quarters. Put the potatoes and fish in a stew-pan, and cover with boiling water. Cook 25 minutes, or until potatoes are soft. Drain very dry, mash fine, add butter, seasoning and beaten egg. Beat well, shape on a spoon, drop into smoking hot fat, fry till brown, and drain on a paper.

BEAN SOUP. [*Mrs. Abel.*]

Ingredients. One pound beans, 1 onion, 2 tablespoonfuls beef fat, salt and pepper. Additions to be made according to taste. $\frac{1}{4}$ pound of pork or ham bone, a pinch of red pepper, or an hour before serving, different vegetables, as

carrots and turnips, chopped and fried. Soak the beans over night in 2 quarts water. In the morning pour off, put on fresh water, and cook with the onion till very soft. Then mash or press through a colander to remove the skins and add enough water to make two quarts of somewhat thick soup. Season.

This soup may also be made from cold baked beans. Boil $\frac{1}{2}$ hour, or until they fall to pieces, then strain and season.

Split or dried pea soup made like bean soup.

BROWN BETTY PUDDING. [*Miss Parloa.*]

Take for this pudding a cupful of grated bread crumbs, two cupfuls of fine-chopped tart apples, half a cupful of brown sugar, a teaspoonful of cinnamon and one tablespoonful of butter, cut into bits. Butter a deep pudding dish, and put a layer of apples on the bottom; then sprinkle with sugar, cinnamon and butter, and cover with bread crumbs. Put in another layer of apple, and proceed as before until all the ingredients have been used, having a layer of crumbs last. Cover the dish, and bake for three-quarters of an hour in a moderate oven. Then remove the cover, and brown the top of the pudding.

