THE HOUSEHOLD ECONOMIST

REDUCE THE HIGH COST OF LIVING
By Securing The Very Best Grade Of Sugar
Your Money Can Buy

“IMPERIAL” BRAND
Standard Fine Granulated Sugar
A TEXAS PRODUCT. GUARANTEED THE BEST.

COMPLIMENTS OF
IMPERIAL SUGAR COMPANY
"THE PURPOSE"

No other question is so important to the happiness of a home as the understanding by all the members of a family regarding the distribution of the total income, in other words, apportioning the wages, etc., before actually spending them.

Without a budget (paper expenditure), we have slipshod guesswork methods, without a definite standard for expenditures, with a certainty of extravagance, waste, a purposeless living and no records on which to base future expenses.

The distribution of the income cannot or should not be settled by any one member of the family, on account of the difficulty of imposing such a plan on the other members of the family, resulting in a lack of cooperation.

Why not call a family council to plan and decide on the year's expenditures? If all act together and agree how the income shall be divided, each feels a personal responsibility in seeing that the budget is lived up to.

Next in importance of the mutual agreement as to how the income should be spent is the necessity of keeping an accurate account of how the income was spent.

If the husband thinks too much money was spent on food the housewife can show why the sum allotted cannot be reduced. If the grown daughter believes more money should be allowed for clothing, let her suggest how some other household expense can be curtailed.

If the son feels his weekly allowance is too small, let him devise some means of increasing the income in proportion.

This is the finest preliminary training for young folks who some day will have to make a budget of their own to learn the value of money.

There are two essentials to the keeping of accounts: First, system; second, faithfulness in following it.

This Household Economist has been devised to help the busy mother keep her records with a minimum expenditure of time and effort.

How Shall an Income Be Divided?

The following chart grouping and classification gives a suggestion for a well-balanced budget for a family of four and a yearly income of $1,200:

Individual opinion or variation in income will probably mean a change in the proportionate division of the income, but our table will serve as a base, and we believe a correct one, to draw up a satisfactory schedule of weekly and monthly expenditures.

An itemized account will discourage many a useless or purposeless expenditure and cultivate thrift instead of extravagance.

<table>
<thead>
<tr>
<th>$1200.00 YEARLY INCOME</th>
<th>FILL OUT COLUMN BELOW TO CORRESPOND WITH YOUR INCOME. SEE FOOTNOTE.</th>
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<tbody>
<tr>
<td><strong>DIVISION OF</strong></td>
<td><strong>Allowance</strong></td>
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<tr>
<td><strong>INCOME</strong></td>
<td>per Month</td>
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<tr>
<td>10% SAVINGS</td>
<td>$10.00</td>
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<td>22% SHELTER</td>
<td>$22.00</td>
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<tr>
<td>30% FOOD</td>
<td>$30.00</td>
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<tr>
<td>15% CLOTHING</td>
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<td>13% INCIDENTALS</td>
<td>$13.00</td>
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<td>6% ADVANCEMENT</td>
<td>$6.00</td>
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<tr>
<td>4% LUXURIES</td>
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* As will be noted in the above table showing the division of a yearly income of $1,200, a certain percentage is allotted to savings as well as to the various classified expenditures, and in order to obtain the equivalent or corresponding figures to any other income, multiply the amount of percentage given under each classification by the number of dollars constituting either your monthly or weekly income.

As 10 per cent in this case means 10 cents for every dollar, if your income is $7.00 per month your savings should be 75 times 10 cents, or $1.50; and your shelter, 75 times 5 cents, or $3.75; and clothing, 75 times 25 cents, or $18.75, etc.

By following this simple method the same division of income as shown in above table can be computed for any income.
### Daily Expense Account

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<tr>
<th>Date</th>
<th>Savings</th>
<th>Rent</th>
<th>Payments/Property Taxes</th>
<th>Fire &amp; Life Ins</th>
<th>Butcher</th>
<th>Grocer</th>
<th>Dairy Products</th>
<th>Ice</th>
<th>Misc.</th>
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### GRAND SUMMARY

**YEAR ENDING** [Year]  

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<thead>
<tr>
<th>MONTH</th>
<th>PAGE</th>
<th>INCOME</th>
<th>EXPENSE</th>
<th>DEPOSITED IN BANK</th>
<th>WITHDRAWN</th>
<th>NET SAVINGS</th>
<th>GAIN ON BUDGET</th>
<th>LOSS ON BUDGET</th>
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### LIFE INSURANCE POLICIES IN FORCE

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<tr>
<th>DATE OF POLICY</th>
<th>AMOUNT OF POLICY</th>
<th>KIND</th>
<th>COMPANY OR LODGE</th>
<th>AMT. OF PREMIUM OR DUES</th>
<th>WHEN DUE</th>
<th>DIVIDEND</th>
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### FIRE INSURANCE POLICIES IN FORCE

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<th>AMOUNT OF POLICY</th>
<th>PREMIUM</th>
<th>LIFE OF POLICY</th>
<th>WHEN EXPIRES</th>
<th>AGENCY</th>
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### NOTES PAYABLE

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### NOTES RECEIVABLE

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### MORTGAGES

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<th>INTEREST PAYABLE</th>
<th>SATISFIED</th>
<th>ASSIGNED</th>
<th>SOLD</th>
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</table>
DIGESTION.

Average number of hours and minutes required for the digestion of various articles of food:

- Apples, sweet (boiled)........ 2:30
- Barley (boiled)........ 2:00
- Beans, Lima (boiled)........ 2:30
- Beef (roasted)........ 3:00
- Beef (fried)........ 4:00
- Beef, salt (boiled)........ 2:45
- Chicken (fricassee)........ 2:45
- Custard (baked)........ 3:30
- Goose........ 2:30
- Pigs' feet, soused (boiled)........ 1:00
- Potatoes (baked)........ 2:30
- Pork salt (stewed)........ 2:15
- Mutton (roast)........ 3:15
- Oysters (roast)........ 3:15
- Oysters (stewed)........ 3:30
- Rice (boiled)........ 1:00
- Sago (boiled)........ 1:45
- Soup (barley)........ 1:30
- Soup (chicken, etc., average)........ 3:15
- Tripe, soused (boiled)........ 1:00
- Turkey (roast)........ 2:20
- Veal (boiled)........ 4:00
- Veal (fried)........ 4:30
- Hashed meat and vegetables........ 2:30

PROPORTIONS.

1 measure of liquid to 3 measures of flour for your batter.
1 measure of liquid to 2 measures of flour for drop batter.
1 measure of liquid to 3 measures of flour for custards.
1 measure of liquid to 1 quart of milk for custards.
1/2 measure of table salt to one quart of milk for custards.
1/4 measure of table salt to one quart of milk for custards.

1/2 teaspoon of flavoring extract to one quart of custard cream.
2 teaspoons of flavoring extract to one quart of custard cream.
2 dessert spoons of gelatine to one quart of milk.
2 dessert spoons of gelatine to one quart of milk.

COOKING WEIGHTS AND MEASURES.

4 teaspoons of liquid........ 1 tablespoon.
4 tablespoons of liquid........ 1/2 gill or 1/4 cup
1/2 gill........ 1/4 cup
2 cups........ 1 cup
4 cups........ 1 quart
4 cups of flour........ 1 quart or 1 lb.
2 cups of butter........ 1 pound.

BOILING TIME OF VEGETABLES.

- Asparagus........ 20 to 25 minutes
- Beans........ 1 to 2 hours
- Beets........ 4 to 6 hours
- Beet Greens........ 1 hour or more
- Brussels Sprouts........ 15 to 20 minutes
- Cabbage........ 1/2 to 1 1/2 hours
- Carrots........ 1 hour or more
- Cauliflower........ 20 to 30 minutes
- Celery........ 2 hours
- Corn........ 10 to 20 minutes

- Macaroni........ 15 to 20 minutes
- Onions........ 1/2 to 2 hours
- Parsnips........ 1/2 to 1 hour
- Peas........ 1/2 to 1 hour
- Potatoes (white)........ 20 to 30 minutes
- Potatoes (sweet)........ 15 to 20 minutes
- Rice........ 20 to 30 minutes
- Squash........ 15 to 20 minutes
- Spinach........ 15 to 20 minutes
- Tomatoes (stewed)........ 20 to 45 minutes
- Turnips........ 30 to 45 minutes

ROASTING AND BAKING TIME FOR MEATS, FISH, ETC.

- Beef Ribs, rare........ 8 to 10 minutes
- Beef Ribs, well done........ 12 to 16 minutes
- Beef Ribs, rolled, rare........ 12 to 15 minutes
- Beef Fillet, rare........ 20 to 35 minutes
- Mutton (log), well done........ 14 minutes
- Mutton (shoulder), well done........ 13 minutes
- Lamb........ 15 to 18 minutes
- Pork, well done........ 20 minutes
- Chicken, per lb........ 15 or more min.
- Turkey........ 8 to 10 lbs........ 3 hours
- Goose........ 8 to 10 lbs........ 2 1/2 hours
- Ham........ 4 to 6 hours
- Fish (large whole)........ 1 hour or more
- Small Fish........ 20 to 30 minutes
- Baked Beans (Boston)........ 6 to 8 hours

BOILING MEATS AND FISH.

- Fresh Beef........ 4 to 6 hours
- Corned Beef........ 4 to 8 hours
- Corned Tongue........ 2 to 4 hours
- Leg or Shoulder of Mutton........ 2 1/2 to 5 hours
- Leg or Shoulder of Lamb........ 2 to 3 hours
- Turkey........ 15 to 18 minutes
- Fowl........ 2 to 4 hours
- Chicken........ 1 1/2 hours
- Ham........ 4 to 6 hours
- Leg of Turkey........ 20 to 30 minutes
- Codfish, per lb........ 6 minutes
- Salmon........ 10 to 15 minutes
- Clams and Oysters........ 5 minutes
- Braised Meats........ 3 to 5 hours

BROILING.

- Steak one inch thick........ 4 to 10 minutes
- Steak 1/4 inch thick........ 8 to 15 minutes
- Lamb or Mutton........ 6 to 10 minutes
- Chops........ 20 minutes
- Spring Chicken........ 12 to 15 minutes
- Slices of Fish........ 12 to 15 minutes

FRYING.

- Croquettes or Fish Balls........ 1 minute
- Breaded Chops........ 5 to 8 minutes

BAKING TABLE.

- Loaf Bread (1 lb)........ 40 to 60 minutes
- Rolls, Biscuit........ 10 to 30 minutes
- Muffins........ 20 to 25 minutes
- Popovers........ 30 minutes
- Sponge Cake (loaf)........ 40 to 60 minutes
- Layer Cake........ 15 to 20 minutes
- Fruit........ 2 to 3 hours
- Small Cakes........ 15 to 20 minutes
- Custard........ 20 minutes to 1 hour
- Steamed Brown Bread........ 3 hours
- Bread........ 1 to 3 hours
- Steamed Puddings........ 30 to 45 minutes
- Pie Crust........ 30 to 45 minutes
- Potatoes........ 20 to 45 minutes
- Scalloped or Au Gratin Dishes........ 10 to 20 minutes
- Timbales........ 20 to 25 minutes

STANDARD TEMPERATURE

Much of the success in preparing food depends on the temperature to which it is subjected. The degree of heat necessary to cook certain meats, for instance, would ruin bread and cake.

The expressions, a "fast" or "quick" oven, a "moderate" oven, a "slow" oven are often seen, and many of us guess what they mean, but unless we use a thermometer we never can tell accurately. Good thermometers, one for the oven and one that can be used in liquids, cost very little, and pay for themselves quickly in the quality of flavor of the foods.

Using a Fahrenheit Thermometer, it should register:
- For Baking Potatoes—300° for 45 minutes
- For Baking Meats—212° for five minutes, and 180° for the remaining time of cooking
- For Stews—180°
- For Roast Turkey or Chicken—400° for 30 minutes, and 220° for remaining time
- For Roast Duck—260° for 30 minutes, and 230° for remaining time
- For Roasts (of all meats)—400° for 30 minutes, and 260° to finish
- For Bread in one-pound loaves—300° for ten minutes, and 260° for fifty minutes
- For Pastry—360°
- For Muffins—360°
- For Cakes without Butter—300° to 360°
- For Angel Foods—230° to 260°
- For Cakes with Butter—230° to 250°
- For Fruit Cake—220° to 260°
- For baking with gas, deduct twenty degrees from above table.
SOUPS AND CHOWDER

HOW TO MAKE SOUP STOCK.

A stock pot should have a place on every kitchen range where there are three or more in the family. It furnishes the foundation for nearly every kind of soup and sauce, and the bits of meat, etc., that would otherwise be thrown away may be utilized and made to form the chief ingredient in a good nourishing soup. The stock pot may be any large size kettle, and its contents should be left-over pieces of fresh or cooked meat, odds and ends, raw or cooked vegetables, cracked bones, in fact anything but fish or something fish has been cooked in. Add just enough water to cover the meat and let it boil gently six or eight hours. The stock (the liquid part) may then be removed and placed in a large jar or bowl and allowed to cool. The grease arising to the top as the stock cools will form an airtight cover and prevent souring or spoiling. After the stock has been removed from the stock pot, the pot may be cleaned and made ready for the next lot.

TOMATO BISQUE.

1 quart tomatoes.
⅔ teaspoon soda.
⅔ cup cracker-crumbs.
Stew the tomatoes, add the soda. Stir well and strain. Heat again and add the cracker, seasoning, butter and the boiling milk.

CREAM OF CELERY SOUP.

Three roots celery, one quart milk, one tablespoon butter, two tablespoons flour, pint water, salt, pepper to taste, piece onion size of silver quart. Wash the celery and cut into small pieces. Cover it with water and boil thirty minutes; then press it through a colander. Add the milk and boil in a farina boiler, add to it the water and celery that was pressed through the colander, also the onion. Rub the butter and flour together, and stir into the boiling soup, and stir constantly until it thickens. Add salt and pepper and serve at once.

CROUTONS.

Cut one or more slices of bread into dices and fry in hot grease. Croutons should be served with all thick soups.

OXTAIL SOUP.

Take two oxtails and two whole onions, two carrots and a small turnip, two tablespoonsful of flour, a little white pepper, add a gallon of water; let all boil for two hours, then take out the tail and cut them into small pieces, return to the pot and boil for another hour, strain the soup, add slowly two spoonful of arrowroot previously mixed with cold water and let all boil for a quarter of an hour.

GREEN PEA SOUP.

Boil the empty pods of half a peck of green peas in one gallon of water one hour, strain, add four pounds of beef cut into small pieces and boil slowly an hour and a half longer. Half an hour before serving add the shelled peas and twenty minutes later half a cup of rice flour, salt, pepper and a little chopped parsley. After adding the rice flour stir frequently so as to prevent scorching.

POTATO SOUPS.

Clam Chowder.

45 clams chopped, one quart diced potatoes, half a pint sliced onions, cut a few slices salt pork, fry crisp and chop fine, put in a kettle a little fat from the pork, a layer of potatoes, clams, onions, a little pepper and salt, another layer of chopped pork, potatoes, etc., until everything is in; pour over all the juice of the clams, two cups of cold water, boil for half an hour and add a pint of milk before serving.

NEW ENGLAND CHOWDER.

Five pounds of codfish cut into squares, fry plenty of salt pork cut into thin slices, put a layer of pork in your kettle, then one of fish, one of potatoes cut into thick slices and one of onions in slices, plenty of pepper and salt; repeat as long as your materials last and finish with a layer of Boston crackers, water sufficient to cook with, milk if you prefer, cook for half hour and turn over your plates, disturbing as little as possible.

FISH

BAKED SHAD.

Have the fish split. Remove the backbone, and as many of the fine bones as your time and patience will allow. Make a stuffing with one cup of bread moistened in butter and hot tomato seasoned with salt, pepper, chopped parsley, and a little onion juice. Spread this over the fish; sew the edges together. Put several slices of salt pork on the pan, lay the fish on these; rub all over with soft butter, dredge with flour, and bake about forty minutes, or till brown. Remove to a platter, spread with butter, and sprinkle with chopped parsley and lemon juice. Pike, bass or pickerel can be baked in the same way.

FISH CAKES.

Take what is left of picked-up salt codfish, also the cream; add twice as much cooked potato and more salt and pepper. Chop very fine, and mash until potato and fish are thoroughly blended. Add more potato or soft bread-crumbs if too moist, an egg if too dry. Shape into small flat cakes. Roll them in flour, and fry them in hot salt-pork fat.

CREAMED MACKEREL.

Soak over night and simmer fifteen minutes in one cup of milk for each medium sized fish. Remove the fish to a hot platter and thicken the milk with one and a half tablespoonsful of flour, add one tablespoon of butter and pepper, one teaspoon of chopped parsley or green pepper, pour the sauce around the fish.

ESCALLOPED SALMON.

One can of salmon broken fine with liquor, then butter your dish well; layer of salmon; white sauce; buttered bread crumbs. Repeat this until dish is filled having buttered crumbs for the top layer. Bake in a hot oven. When sauce is done, add three tablespoonsful butter, add three tablespoonsful flour, when smooth add gradually one and one-half cup milk, a little salt and pepper.

OYSTERS

SCALLOPED OYSTERS.

Heat the strained liquor from a quart of oysters with one cup of milk. Melt in it quarter of a cup of butter. Cover the bottom of a buttered baking-dish with cracker-crumbs, wet them with the butter and milk, then add a pint of milk, then snip of salt and pepper, then a cup of oysters, having a thick layer of crumbs on the top. Heat one egg, stir it into the milk that is left, and pour it over. Bake about half an hour.

OYSTER PIE.

1 cup flour, heaping.
1 saltspoon salt.
1 teaspoon baking powder.
1 tablespoon butter, melted.
⅔ cup milk.
Mix salt and baking powder with the flour. Put the melted butter with the milk, and stir them into the flour, mixing as soft as can be handled. Roll out to fit the top of the dish. Fill a deep pudding dish with oysters, dredge each layer with flour, salt, pepper, and butter. Cover with the crust, leave an air-hole in the centre, and bake quickly.
MEATS

LEG OF MUTTON WITH RICE.

Boll a leg of mutton until tender. Remove meat when done, leaving at least three pints of stock in the kettle. Add two cups of cleaned rice to the stock and cook twenty minutes. When done, pour contents of kettle over meat on platter and serve. Season meat as usual while boiling.

BAKED HAM.

Take a ham weighing eight to ten pounds and soak in cold water for at least twelve hours; then cover with boiling water, add a little vinegar and boil slowly for two and a half hours, take out, remove skin, put the ham in a pan fat side uppermost, cover with breadcrumbs and stick with cloves. Bake for half an hour until brown.

BEEF A LA MODE.

Take a piece of beef four or five inches thick, cut holes through it and stuff with pieces of salt pork rolled in pepper and cloves, lay in a pan, cover closely and cook in steamer three hours; when done, thicken gravy with a little flour.

MOCK DUCK.

Take a round steak cut thick, wipe dry, cover with dressing made of one cup fine bread crumbs, half teaspoon salt, pepper, tablespoon butter, three finely chopped onions and enough milk to make a stiff mixture; roll steak carefully, tie with string and lay in dripping pan with enough water to prevent it from touching steak. Bake half an hour in hot oven, basting frequently. Serve with brown gravy and slice without unrolling.

CURRIED BEEF.

Put two tablespoonsful butter in saucepan, add two small onions cut into slices, let fry until light brown, then add one and a half tablespoons of curry powder and mix well. Cut beef into pieces an inch square, pour into pan with one-third pint of milk and simmer for half hour, take out and put in a dish with a little lemon juice and serve with wall of boiled rice.

CHICKEN POT PIE.

Clean and cut up chicken. Melt enough butter in a granite pan to cover the bottom. Dredge the chicken with salt, pepper, and flour; lay the pieces in the butter, and let them warm through. Add one minced onion if you prefer. Cover with cold water, and simmer one hour, or until the chicken is nearly done. Make a crust with one pint of flour, two tablespoons baking-powder, half a teaspoon salt; wet with milk, just stiff enough to roll out. Lay it over the chicken. Butter the inside of the cover, coverightly, and cook half an hour. Serve in the same dish, or cut the crust in sections, and serve all on a platter.

JELLIED CHICKEN.

Boil a chicken until tender, remove skin and bones, season to taste and place in mould. Put the bones back into liquid and boil down to one quart, add quarter box of gelatine and the juice of one lemon, salt and pepper to taste, strain over the chicken and cool until stiff.

PAPRIKA CHICKEN.

Fry three medium sized onions, sliced, in quarter pound of butter until light brown; add medium sized chicken cut up as for fricases, and simmer slowly in its own juice until tender, season with salt and good teaspoonful of Paprika (Hungarian Red Pepper), then add pint of sour cream and dash of tomato ketchup. Simmer for ten minutes more, thicken with flour water and serve with boiled rice.

ROAST RABBIT.

Clean the rabbit and fill with dressing made of bread crumbs, a little chopped onion, sake, pepper and salt and a small piece of butter; sew up and cover rabbit with sliced salt pork, put into pan with a little water and roast in quick oven, basting often. Serve with currant jelly.

VEGETABLES

POTATO SOUFFLE.

One cup of mashed potatoes, ¾ cup of milk, 2 eggs, 1 teaspoon salt, ⅛ teaspoon of pepper, 1 tablespoon of butter. Mix potato, milk, melted butter and beaten yolks of eggs, fold in the stiffly beaten whites, bake in a moderate oven twenty-five to thirty minutes.

POTATO CROQUETTES.

Two cups mashed potatoes; two tablespoons butter; one-half teaspoon salt and a little pepper, one-fourth teaspoon celery salt, and one teaspoon minced onion. Shape them and roll in flour and then roll in egg which has been beaten, with one tablespoon water and then in bread crumbs, and fry in deep fat.

POTATO PAN CAKES.

Pare and grate six or eight potatoes. Add pinch of salt, one egg, two tablespoons flour. Drop by spoonfuls in hot fat. Stir the remaining mixtures occasionally to keep from turning dark.

SCALLOPED RICE.

Cover bottom of baking dish with a layer of boiled rice, dot with three-fourths tablespoons of butter. Sprinkle with a thin layer of grated American cheese, a few grains of cayenne and continue with alternate layers until two cups of rice and a quarter of a pound of grated cheese are used. Pour over milk to half the depth of the baking dish, cover with buttered crumbs and bake until cheese is melted and crumbs are brown.

BAKED TOMATOES.

Select smooth, round tomatoes, of uniform size, not very juicy. Put them in hot water, remove the skin, cut them in halves and scoop out all the seeds. Chop, and rub to a powder one-third of a cup of boiled ham or tongue. Add two-thirds of a cup of soft bread-crums, one teaspoon of chopped parsley or one saltspoon of thyme, a little pepper and sufficient melted butter to moisten. Fill the tomatoes with the mixture, place them in a shallow dish, and bake fifteen minutes.

FRIED GREEN TOMATOES.

Cut off both ends from nice, large green tomatoes, cut in thin slices; roll them in flour, and cook them in hot butter in the frying-pan. Sprinkle with salt, pepper, and sugar, and cook until brown. Fry a sliced onion with them if you like the flavor. Serve them with fish-balls.

EGG-PLANT.

Soak one pint small white beans over night. In the morning parboil in water with a little bicarbonate of soda, drain and put in crock, season with salt and pepper, one teaspoon mustard and quarter cup molasses, put piece of salt pork on top, fill with water and cook slowly twelve hours, adding water as needed.

BOSTON BAKED BEANS.
SALAD DRESSINGS

HOLLANDAISE SAUCE.
Mix two tablespoons of butter, heaping teaspoon of cornstarch, tablespoon of lemon juice into a third cup of water, cook over a low fire until thick, then add yolk of one egg beaten and take from fire immediately.

FRENCH DRESSING FOR SALADS.
Mix together ½ teaspoon salt, ½ teaspoon paprika, three tablespoons of olive oil, one tablespoon of vinegar and chill in ice chest.

SALAD CREAM.
Beat two whole eggs, add a tablespoon of salt, three tablespoons powdered sugar, two teaspoons mustard dissolved in half cup of water. Melt half cup of butter in one cup of vinegar, add a heaping spoonful of flour and mix the above together, stirring over hot water until smooth. Can be thinned with cream.

MAYONNAISE DRESSING.
Mix one teaspoon mustard, one of powdered sugar, half teaspoon salt, quarter salt spoon cayenne, add yolks of two eggs, stirring well and gradually add a few drops at a time ½ pint olive oil. When thick add two tablespoons of lemon juice and two tablespoons of vinegar. When ready to serve half a cup of whipped cream should be added. Don’t mix with meat or fish but spread over the top. By adding chopped olives, pickles, parsley, capers and onions to the above a delicious sauce tartar is made.

SALADS

FRUIT AND NUT SALAD.
Cut equal amounts of apples and celery in cubes. Sprinkle with lemon juice and chill. Mix one-half cup of peanut butter with three-fourths of a cup of mayonnaise. Arrange the fruit and celery on lettuce leaves, add dressing and sprinkle chopped olives and pimentos over the top. This makes an attractive Christmas dressing.

WALDORF SALAD.
One cup sour apples, one cup celery, one tablespoon lemon juice, one-half cup walnut meats broken in pieces. Cut apples in thin slices; cut celery in small pieces. Dust with salt and pepper. Mix with mayonnaise or bologna dressing.

TOMATO AND CUCUMBER SALAD.
Scald two ripe tomatoes, peel them, put them in cold water or fine ice to become cold; drain, and either slice or divide into sections. Peel and slice very thin one cucumber; line a salad bowl with crisp lettuce leaves, add the tomatoes and cucumber, a teaspoon of minced parsley, with a few blades of chives, if possible. Add a few green tarragon leaves. Over all pour a plain salad dressing of olive oil, vinegar, salt and pepper.

LUNCH SALAD.
Soak one envelope of sparkling gelatine in cup of cold water for five minutes, then dissolve in one and a half cups of boiling water. Add the juice of three lemons and half cup of Imperial Brand Sugar. Pour in mold and when it begins to set add three tart apples, sliced, one cup celery cut into small pieces, and half cup of pecan nuts. Serve with mayonnaise dressing on lettuce leaves.

DESSERTS

ORANGE PUDDING.
Peeled, remove seeds and slice thin five good oranges, cover with cup of powdered sugar. Heat a pint of milk in double boiler, add the yolks of three eggs well beaten, one teaspoon of corn starch made smooth in a little cold water, stir constantly and when thick pour over the fruit, cover with whites of the three eggs sweetened with a tablespoon of powdered sugar and beaten to a froth, set in oven for a few minutes to harden. Can be eaten hot or cold. (Best when cold.)

POACHED EGG DESSERT.
Cut slices of sponge cake with large biscuit cutter into circles, moisten with sherry and cover thickly with whipped cream and place in center on top of cream half a preserved peach. A very delicious and simple dessert.

PLUM PUDDING.
one-half cup raisins, one-half cup currants, one-half cup molasses, one-half cup sweet milk, one-half cup suet (chopped fine), two cups flour, three-fourths teaspoon soda, cloves, nutmeg and cinnamon to taste. Steam three hours.

COCONUT CUSTARD PUDDING.
Soak one cup desiccated coconut and 1 pint soft bread-crumbs in one quart of milk for half an hour. Beat the yolks of three eggs, add half a cup of powdered sugar, a dash of salt and nutmeg and a tablespoon of butter; stir this into the milk and bake in a moderate oven an hour. Beat the whites of the eggs to a froth, add ¼ cup of powdered sugar and a teaspoon of lemon juice. Spread this over the pudding and brown slightly.

SOUFFLE PUDDING.
Line a well buttered mold with large raisins, place ladyfingers or pieces of stale sponge cake around sides and bottom of mold, then fill mold with a rich custard, made from three eggs, a pint of milk and two heaping tablespoons of Imperial Brand Sugar; flavor to suit. Steam one hour and serve with wine sauce made from one cup of Imperial Brand Sugar, half cup of butter, half cup of wine and one egg; beat sugar, butter and egg together, heat on stove until smooth then add the wine and a little nutmeg.

PASTRY FOR ONE PIE.
1 heaping cup pastry flour.
1 saltspoon baking powder.
1 saltspoon salt.
¼ cup lard.
¼ cup butter.
Mix salt and baking powder with the flour and rub in the lard. Mix quite stiff with cold water. Roll out, put the butter on the paste in pieces the size of beans, and sprinkle with flour. Fold over, and roll out. Roll up like a jelly-roll. Divide in two parts, and roll to fit the plate.

DELICIOUS BISCUITS.
Sift together one quart of flour, three heaping teaspoons of baking powder and a teaspoonsful of salt, mix with a pint of sour cream into which has been dissolved a half teaspoonsful of baking soda. Roll out until half an inch thick, cut with small biscuit cutter and bake in quick oven until brown.

OLD-FASHIONED JOHNNY CAKE.
Mix together one cup of flour, one cup of corn meal, a quarter cup of Imperial Brand Sugar, teaspoon of salt, two teaspoons of baking powder, one beaten egg, one cup of milk and one tablespoon of butter, melted. Pour into greased tin and bake in moderate oven 20 to 30 minutes.

DATE BISCUITS.
Mix and sift two cups of pastry flour, four level teaspoons of baking powder and one-half teaspoon of salt. Work in two tablespoons of butter, using the tips of the fingers and then add gradually three-fourths of a cup of milk. Toss on a floured board, roll to a third of an inch in thickness and cut with a small cutter. On half the rounds place selected dates from which the stones have been removed, brush the edges with melted butter, cover with the remaining pieces, press the edges together, and bake in a hot oven for about twelve minutes.
CAKES

NUT BREAD.

Three scant cupsful of flour, four level teaspoonsful of baking powder, half a level (teaspoonful) of salt, half a cup of Imperial Brand Sugar, all sifted together. Mix together one beaten egg, one and a quarter cup of milk and one cup of walnut or pecan meats. Add to the above and bake in a breast tin for one hour. Have the oven slow for the first fifteen minutes to prevent the crust from splitting.

POP OVERS.

Mix one cup of milk, one cup flour, one beaten egg. Put tablespoonful in each cup and bake in hot oven.

MUFFINS.

Stir together one tablespoon of butter, two tablespoons Imperial Brand Sugar and two eggs; add one cup of rich milk, three teaspoonful baking powder and enough flour to make a stiff batter. Bake twenty minutes in quick oven.

GRAHAM MUFFINS.

One pint graham flour, two full teaspoons baking powder, one teaspoon salt, one tablespoon granulated Imperial Brand Sugar; mix well, then add sweet milk till rather soft, put in gem pans and bake in quick oven. Makes one dozen muffins.

GERMAN POUND CAKE.

Three-quarter pounds (three cups) flour, half pound of butter, half pound powdered sugar, four eggs, quarter pound mixed peel, quarter pound large raisins, two ounces peeled almonds, two ounces candied cherries, one teaspoon lemon extract and half teaspoon baking powder. Mix into a dough, put into paper lined tin and bake one hour.

LADY BALTIMORE CAKE.

Cream a scant cup of butter and add gradually two cups of powdered sugar, beating until very soft.
Mix into $3\frac{1}{2}$ cups good pastry flour two teaspoons of baking powder and add slowly one cup of milk, half teaspoon vanilla extract and the whites of six eggs beaten very stiff and dry. Bake in three square shallow pans.

For filling, heat gradually three cups of Imperial Brand Sugar and one cup of water in a saucepan and boil without stirring until formed into a syrup, add the beaten whites of three eggs. Beat until heavy enough to flavor to suit and add one cup chopped walnuts, one cup chopped seeded raisins and half a cup of chopped figs. Spread this filling between layers and on top and cover with plain icing.

CHOCOLATE NOUGAT CAKE.

One-quarter cup butter, one and a half cups Imperial Brand Sugar, two eggs, one cup sour milk, two cups brown flour, half teaspoon soda, three teaspoons baking powder, three squares chocolate, melted; half teaspoon vanilla, one-third cup powdered sugar, one cup shredded blanched almonds.

Cream butter and add Imperial Brand Sugar, add the eggs unbeaten, mix and add alternately the sour milk, to which the soda is added, and the flour, to which the baking powder is added. Add the vanilla and almonds. To the melted chocolate add the powdered sugar and the sweet milk; cook until smooth. Cool slightly and add to the cake mixture. Bake in loaf and frost.

ORANGE CAKE.

Two eggs, one cup of Imperial Brand Sugar, one tablespoon melted butter, one-half cup of milk, one and one-half cups of flour, two teaspoons baking powder, one tablespoon of orange juice, one teaspoon grated rind; mix in order given, bake in square pan, split and fill with following cream.

Put into a cup the rind of one-half and the juice of one orange, one tablespoon of lemon juice, and fill with hot water. Strain and put on to boil, add one tablespoon corn starch, wet with cold water and cook ten minutes, being careful not to scorch. Boil yolk of one egg with two teaspoonful Imperial Brand Sugar, add to the mixture with one teaspoon butter, let cook until the butter is dissolved, and cool.

Frosting.—White of one egg beaten stiff; add alternately powdered sugar and orange juice till the juice of one large orange and one-half a lemon has been used.

CANDY

SEA FOAM.

Three cups light brown Imperial Brand Sugar, one cup water, one tablespoon vinegar, pour over beaten whites of two eggs, one cup nuts. Add vanilla when done.

BUTTER SCOTCH.

Four cups brown Imperial Brand Sugar, two of butter, vinegar to taste, two tablespoons water and a little soda, boil half an hour or until it hardens when a little is dropped in hot water.

COLLEGE FUDGE.

Melt a quarter cup butter. Mix together in a separate bowl one cup each white and brown Imperial Brand Sugar, a quarter cup molasses and half cup cream. Add to the melted butter and bring to a boil. Cook three minutes, stirring very rapidly at first, but decreasing towards the end. Take from the fire, add a teaspoonful and half a tablespoon of vanilla, then stir constantly until thickened. Pour into buttered pan and set in a cool place.

TURKISH PASTE.

2 packages gelatine—1 large, juicy orange—1 lb. granulated Imperial Brand Sugar—1 lemon.

Soak the gelatine in two-thirds cup cold water five minutes. Put Imperial Brand Sugar on stove in two-thirds cup cold water, and when it comes to boiling point add the gelatine. Boil slowly but steadily twenty minutes; add the grated rind and juice of the orange and the juice of the lemon (there should be one-half large cup of fruit juice). Wet the mixture with cold water and pour in the mixture to the depth of one inch. When firmly set immerse mold in warm water; turn out and cut in cubes and roll in confectioner's Imperial Brand Sugar to which has been added a teaspoonful of cornstarch. Vary by using different fruit juices, flavorings and colorings.

COCONUT DROPS.

To one grated coconut add half its weight of Imperial Brand Sugar and the white of one egg beaten into a stiff froth; mix thoroughly and drop on buttered white paper; bake fifteen minutes.

ICE CREAM

Base: Use milk or cream in proportion to richness desired, usually half and half. Add for each quart, 1/4 pound Imperial Brand Sugar or more, according to sweetness desired, 1/2 cup cornstarch, flavoring as desired according to table below.

Dissolve starch in half the liquid, the Imperial Brand Sugar in the other half, mix together and stir over light heat until thickened, then add flavoring, cool and then freeze.

Two eggs well beaten can be used instead of cornstarch.

<table>
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<th>Flavoring</th>
<th>Quantity of Base</th>
<th>Quantity of Flavouring or Fruit Juice</th>
<th>Juice of Lemon</th>
<th>Remarks</th>
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<td>1 lemon</td>
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PINEAPPLE SHERBET.

Mix 1/2 pint pineapple juice, 1 pint water, juice of 1 lemon, 1/2 pound Imperial Brand Sugar, beaten whites of 2 eggs and freeze. Grated or diced pineapple can be added if desired.
REMOVAL OF STAINS AND GREASE SPOTS.

In removing spots or stains from fabrics it must be borne in mind that acids have an injurious action upon vegetable fibers, and alkalies upon animal fibers; in other words, vegetable fibers will withstand the action of alkalies, and animal fibers will withstand the action of acids.

The principal solvents for removing spots or stains are: Acetone, alcohol, amyl acetate, amyl alcohol, aniline, benzene, benzo, carbon tetrachloride, chloroform, ether and turpentine. These liquids are employed alone or in combination.

Where possible, water should be used, either hot or cold, and, if necessary, slightly heat the fabric with steam in order to make ordinary soap and water perform the functions of removing stains or spots.

Where refined alcohol distillates are used and very mobile solvents, such as ether, care has to be taken, as they will spread rapidly, the solution will creep along the fabric and carry with it some of the substance which is to be removed, and when dry will leave a well-defined mark showing where the spot was.

The cloth or fabric should be well rubbed with a dry cloth to avoid defining of the edges on the spot.

Where acids are used on cotton or linen goods or fabrics containing these fibers, the place must be sponged with a weak solution of sodium acetate, which treatment is safer than merely sponging with water, which does not always remove all traces of acids.

After removing a stain it is sometimes found that the color of the fabric has faded. In such cases the color can be revived by sponging with either acetic acid or touching up with a suitable dye color dissolved in benzine.

The following table shows the different agents for removing stains on silk, wool, cotton or linen goods.

<table>
<thead>
<tr>
<th>Nature of Stain</th>
<th>Silk Goods</th>
<th>Woolen Goods</th>
<th>Cotton and Linen Goods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grease, oil, wax.</td>
<td>Benzine, benzol (see also Paints and Iron Mold.)</td>
<td>As silk goods.</td>
<td>As silk goods.</td>
</tr>
<tr>
<td>Paint.</td>
<td>Ether, aniline, acetone, nitrobenzine, chloroform, carbon tetrachloride.</td>
<td>As silk goods.</td>
<td>As silk goods.</td>
</tr>
<tr>
<td>Enamel.</td>
<td>As a paint, or with a mixture of acetone and amyl acetate.</td>
<td>As silk goods.</td>
<td>As silk goods.</td>
</tr>
<tr>
<td>Varnish (oil).</td>
<td>As paint.</td>
<td>As silk goods.</td>
<td>As silk goods.</td>
</tr>
<tr>
<td>Varnish (rosin).</td>
<td>Aniline, or methylated spirit, or carbon tetrachloride and a little methylated spirit.</td>
<td>As silk goods.</td>
<td>As silk goods.</td>
</tr>
<tr>
<td>Varnish (shellac).</td>
<td>Methyalted spirit alone, or with carbon tetrachloride.</td>
<td>As silk goods.</td>
<td>As silk goods.</td>
</tr>
<tr>
<td>Sealing wax.</td>
<td>Methyalted spirit.</td>
<td>As silk goods.</td>
<td>As silk goods.</td>
</tr>
<tr>
<td>Tar and pitch.</td>
<td>Benzine, benzol, aniline, or ether.</td>
<td>As silk goods.</td>
<td>As silk goods.</td>
</tr>
<tr>
<td>Blood.</td>
<td>Water, followed by solution of neutral soap in methylated spirit.</td>
<td>As silk goods.</td>
<td>As silk goods.</td>
</tr>
<tr>
<td>Sugar, glue, etc.</td>
<td>Water.</td>
<td>As silk goods.</td>
<td>As silk goods.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nature of Stain</th>
<th>Silk Goods</th>
<th>Woolen Goods</th>
<th>Cotton and Linen Goods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colored Silk. Water, followed by sulphurous acid, or hydrogen peroxide. If the colors are fast to these reagents, otherwise, methylated spirit and soap.</td>
<td>As silk goods.</td>
<td>Colored Goods. Aqueous soap solution and ammonium.</td>
<td></td>
</tr>
<tr>
<td>Iron mold (rust). Aqueous solution of oxalic acid.</td>
<td>As silk goods.</td>
<td>Titanum chloride, with or without hydrochloric acid. Oxalic acid.</td>
<td></td>
</tr>
<tr>
<td>(1a) Marking ink (aniline black).</td>
<td>Aniline; or a solution of benzine soap in chloroform.</td>
<td>As silk goods.</td>
<td>As silk goods.</td>
</tr>
<tr>
<td>(2) Copying pad inks.</td>
<td>Methylolated spirit and ammonium.</td>
<td>As silk goods.</td>
<td>As silk goods, or, on white goods, dilute caustic soda.</td>
</tr>
<tr>
<td>(3) Writing inks.</td>
<td>Dilute mineral acids or oxalic acid.</td>
<td>As silk goods.</td>
<td>Acetic or formic acid, followed by dilute mineral acids or oxalic acid.</td>
</tr>
<tr>
<td>Grass stains.</td>
<td>Ether, or soap in methylated spirit.</td>
<td>As silk goods.</td>
<td>As silk goods.</td>
</tr>
<tr>
<td>Color stains (substantive and basic).</td>
<td>Decolorine (or other stable hydrosulphite) and acetic acid, or methylated spirit and ammonium, or hydrogen peroxide.</td>
<td>As silk goods.</td>
<td>White Goods. Titanum chloride (warm).</td>
</tr>
<tr>
<td>Hydrogen peroxide.</td>
<td>Hydrogen peroxide or sodium hypochlorite.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Household Receipts

#### Preserving Eggs

Experiments conducted in a number of universities in the U.S. and Europe have shown waterglass (silicate of soda) to be the best preserving medium and the following method is strongly recommended.

Waterglass or Silicate of Soda usually is sold as a thick, syrupy, colorless solution. Dip the eggs into the solution, allowing the eggs to be covered with the liquid. Place the eggs under a thin, hard film over the shell. Pack in powdered charcoal with the small end down and keep in a cool place. Eggs preserved in this manner have been found fresh and palatable for two years.

#### Glycerine Lotion

For Chapped Hands, Lips, Nose Nipples, and Rough Face.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glycerine</td>
<td>6 ounces</td>
</tr>
<tr>
<td>Rose water</td>
<td>3 ounces</td>
</tr>
<tr>
<td>Zinc oxide</td>
<td>1 dram</td>
</tr>
<tr>
<td>Tincture benzoil</td>
<td>½ dram</td>
</tr>
<tr>
<td>Mix and shake well before using.</td>
<td></td>
</tr>
</tbody>
</table>

#### Pimples (Acne)

Wash the affected parts with warm water, rub well, and frequently, in so doing express the contents of the pimples and apply the following mixture:

- Flowers and greens
- Purple petunias
- Tincture camphor
- ½ dram
- ½ dram
- 2 ounces
- Mix. Apply at night.

#### Dandruff

Local treatment is always necessary. If the scales are adherent they should be first removed by soaking in oil; after which apply:

- ¼ ounce
- Green soap
- 4 ounces
- Mix. Take a teaspoonful of this mixture with a little water, then rub
- Without friction. Then apply the following:
- Precipitated sulphur
- 2 drachms
- Cold cream
- 1 ounce
- Zinc oxide
- ¼ dram
- Mix. Apply night and morning.

#### Hair Tonic

- Colloidal... 2 ounces
- Gallic acid... 15 grains
- Tincture camphor... 2 drachms
- Borax
- 1 dram
- Ammonia water... 2 ounces
- Mix. To Arrest Falling Out of Hair.

- Galetic acid... ½ grain
- Oil of the... ½ ounce
- Castor oil... ½ ounce
- Vaseline... ½ ounce
- Mix. To Arrest Falling Out of Hair.

#### Hair Bleach

First shampoo the hair thoroughly with oil and carbolated water, then apply:

- Peroxide hydrogen
- 10 milligrams
- Apply with soft brush or sponge on hair

#### Hair Curling Liquid

- Salt tartrate
- 2 drachms
- Water of ammonia
- 1 dram
- Glucine... ½ ounce
- Alcohol
- 12 drops
- Mix. Apply in large drops

#### From Perspiration

For the unpleasant odor produced by perspiration, a waft of benzine mixed with a tablespoonful of glycerine in a glass of warm water will be found to arrest the disagreeable process.

#### Oil from Poisoning

To draw a strong tea of sassafras root when cold, wet clothes in it and apply frequently and parts affected. A day's treatment will usually effect a cure.

#### Ivy Poisoning

Aristol freely dusted on will afford prompt relief in ivy poisoning.

#### Free Use of Lime Water is also good.

#### Bee Stings

Aqua ammonia is a specific and sure cure for bee stings. Apply it to the injured parts at once and thoroughly, without delay and swelling will immediately subside.

#### Toothache

- Oil of cloves
- ½ dram
- Oil peppermint
- ½ dram
- Mix. Moisten a small piece of cotton and insert in the hollow tooth.

#### Liquid Dentifrice

- Powdered Castile soap
- 1 ounce
- Water
- 20 ounces
- Dissolve and add
- Oil of cloves
- ½ dram
- Oil of carvone
- ½ dram
- Oil of ambergris
- 1 ounce
- Oil nutmeg
- 15 drops
- Oil orris
- 15 drops
- Eucalyptus oil
- 15 drops
- Simple syrup
- 1 ounce
- Solution burnt sugar
- 1 ounce
- Honey water
- 5 ounces

#### For Preserving the Teeth

Use a teaspoonful of the following made into a paste and used as a dentifrice:

- Tannin
- 1 dram
- Tincture iodide
- 1 dram
- Tincture of iodine
- 1 dram
- Alum
- 1 dram
- Acid of boric
- 1 dram
- Rose water
- 1 ounce
- Mix. Apply in a thin film.
Garlic for Offensive Breath.
Salicylic acid ... 1 dram
Bicarbonate soda ... 1 dram
Succine ... 1 dram
Alcohol ... 4 ounces
A teaspoonful in a cup of water, used as a gargle several times a day.

Tooth Powder.
Precipitated chalk ... 1 ounce
Phosphate calcium ... 1 ounce
Powdered horns root ... 2 drachms
Mix.

Tooth Powder.
Chlorate of potash ... 15 grains
Carbonate of magnesia ... 10 grains
Flour of roses ... 16 drops
Boric acid ... 20 grains
Mix to a powder. Then mix with a polished piece of corn, ½ teaspoon of tooth powder, and sufficient water to make a thin paste. Rub on teeth and gums, and rinse thoroughly. This is excellent for teeth and gums. Nothing better for the teeth.

Salts of Salt Water.
Muriate of ammonia ... ½ ounce
Sulphate of soda ... 1 ounce
Powdered horns ... ½ ounce
Oil of lemon ... 1 dram
Oil of cloves ... ½ dram
Oil of lemon ... 2 drachms
Strong water of ammonia enough to moisten.

Developing the Bristle.
At the morning and evening bath the hair shall be removed with cold water containing one-half teaspoonful of powdered henna and a little of the hair's color to make it black. Then dried by gentle friction with a soft towel. This will stimulate the circulation and make the firm, straight hair. Should it be desirable to assist in greater development, gentle massage, or manipulation may be given daily, using the soft brush with the following lotions:

Spirits camphor ... ½ dram
Tincture myrrh ... ½ ounce
Peppermint water ... 2½ ounces
Mix.

If at first this feels too strong, add water.

At night, using this lotion, gentle manipulation to the hair will grow and new life will be felt coursing through the parts. This removal of pressure, will be followed in due time by a gratifying increase in size and firmness.

Care of the Feet.
Corn is the result of pressure.

After the corn has been removed with cold water, apply cold ice every morning until absorbed, and rub the part with prepared chalk.

For dry feet bathe in ice cold water. For moist feet, incline to periphery freely, use water as you can stand it and bathe before going to bed. If the feet slip or walk, put a little vinegar in the hot water. If they ache use a few drops of ammonia or a little vinegar. Rest the feet often, by changing the shoes as frequently as possible.

For Corns and Blisters.
Salicylic acid ... 10 grains
Lard (free from cologne) ... 7 drachms
Mix. Spread enough to cover the corn on a piece of paper, and secure it to the skin with rubber adhesive plaster. Do this for two nights, then wash in quite warm water and remove the dead tissue with the fingers. Avoid cutting the corns at all times; it makes them worse.

Corns and Blisters.
Salicylic acid ... 1 dram
Lard ... 10 drachms
Mix. This is a good application to corns and warts, effecting their removal in a short time.

To Clean Marble.
Soft soap ... ½ pound
Powdered whiting ... ½ pound
Salsola ... 1 ounce
Blue vitriol ... ½ ounce
powdered ambers ... ½ ounce
Powdered vanilla ... ½ ounce
Powdered cinnamon ... ½ ounce
Powdered nutmeg ... ½ ounce
Powdered clove ... ½ ounce
Powdered nutmeg ... ½ ounce
Powdered cinamon ... ½ ounce
Glycerine ... 12 ounces
Add warm water until a doughy mass is formed. Divide into pieces the size of a shael.

To Estimate Weight of Block of Ice.
A close estimate is necessary. Cut the block of ice can be made by multiplying together the length, width, and thickness of the block in inches and divide by 36. This gives very closely the weight in pounds. Example: A block 10 by 10 by 10 would estimate 20 pounds.

To Improve the Appearance of Oak Cloth.
Rub them with a mixture of half an ounce of gum diacate in 1 ounce of turpentine. Warm them until they are dry and then apply with a tallow cloth and rub with a dry flannel.

Transparent Cement for Mending Crockery Ware, Etc.
Gelatin ... 1 ounce
Glycerine ... 1 ounce
Water ... 8 ounces
Mix.

Cologne Water, Good and Cheap.
Oil of bergamot ... ½ ounce
Oil of lemon ... ½ ounce
Oil of rose ... 2 drachms
Asphalt ... 1 dram
Alcohol ... 1 quart
Mix.

Florida Water.
Oil of roses ... 2 drachms
Oil of lemon ... 2 drachms
Oil of bergamot ... 2 drachms
Oil of lavender ... 2 drachms
Oil of melissa ... 3 drops
Oil of rose ... 5 drops
Mix.

To Clean Zinc Bath Tubs, Copper and Brass.
Wash them occasionally with a hot solution of vinegar and salt, then rinse them immediately in clear, hot water.

Ink Eraser.
Chloride of lime ... ¾ pound
Water ... 2 pints
Acetic acid ... ⅛ ounce
Mix. Let stand for several days and filter through paper.

To Clean Marble or Tin.
Powdered oxalic acid ... 4 ounces
Baking soda ... 4 ounces
Powdered pumice ... 4 ounces
Sifted whiting ... ¾ pound
Mix well together. Moisten and rub on with a rag.

Fumigating Pastilles.
Oil nutmeg ... 1 dram
Oil cloves ... 1 dram
Oil ginger ... ¼ dram
Oil cloves ... ½ dram
Powdered salt ... ½ ounce
Powdered charcoal ... 1 ounce
Mix. This paste is a thick paste. Shape into small cones. To use, touch a cone with a lighted match.

Spanish Paste.
For perfuming jewelry boxes, glove or handkerchief boxes, fine leather goods, shoe polish, etc.

Powdered ambers ... ¾ ounce
Powdered nutmeg ... ½ ounce
Powdered vanilla ... ½ ounce
Powdered cinnamon ... ½ ounce
Powdered nutmeg ... ½ ounce
Powdered cinamon ... ½ ounce
Glycerine ... 12 ounces
Add warm water until a doughy mass is formed. Divide into pieces the size of a shael.

Greasen on Wall Paper.
Cover the spot with blotting paper and press a heated flat iron over it several times; then rub on benceint and proceed as above.

Cleaning Kid Gloves.
White soap ... 30 ounces
Water ... 21 ounces
Dissolve by heat, when cold add water ... 20 ounces
Water of ammonia ... 2 ounces

Dressing for Tan Shoes.
Four parts oil of turpentine to one part beeswax makes a fine dressing for tan shoes.

Lamps That Smoke.
The best means of preventing lamps from smoking is to fill the wicks with strong vinegar and allow them to dry for several days using them. Following this little device will be astonishing to see how clear and brilliant a flame is produced by this very simple procedure.

Windows and Mirrors.
To wash windows and mirrors add two or three spoonfuls of kerosene to a full of water to be used for this purpose and the result will astonish you.

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Windows and Mirrors.
To wash windows and mirrors add two or three spoonfuls of kerosene to a full of water to be used for this purpose and the result will astonish you.
## Residence Inventory

<table>
<thead>
<tr>
<th>Room</th>
<th>Description</th>
<th>Cost</th>
<th>Room</th>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

**Total**

<table>
<thead>
<tr>
<th>Room</th>
<th>Description</th>
<th>Cost</th>
<th>Room</th>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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**Total**
### PARCEL POST SCALE

<table>
<thead>
<tr>
<th>Weight</th>
<th>First Zone Rate</th>
<th>Second Zone Rate</th>
<th>Third Zone Rate</th>
<th>Fourth Zone Rate</th>
<th>Fifth Zone Rate</th>
<th>Sixth Zone Rate</th>
<th>Seventh Zone Rate</th>
<th>Eighth Zone Rate</th>
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<tbody>
<tr>
<td>1 pound</td>
<td>$0.05</td>
<td>$0.05</td>
<td>$0.05</td>
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### NAMES AND ADDRESSES

<table>
<thead>
<tr>
<th>NAME</th>
<th>ADDRESS</th>
<th>PHONE NUMBER</th>
</tr>
</thead>
</table>

### ANTIDOTES FOR POISONS.

First—Send for a Physician.

Second—Induce vomiting by tickling throat with feather or finger; drinking hot water or strong mustard and water. Swallow sweet oil or whites of eggs.

Acids are antidotes for Alkaloids and vice versa.

### SPECIAL POISONS AND ANTIDOTES.


Prussic Acid—Ammonia in water. Dash water in face.

Carbolic Acid—Flour and water, mucilaginous drinks.


Arsenic—Potful Poison. | Milk, raw egg, sweet oil, | Lime Paris Green. | 1 water, flour and water.

Bug Poison—Lead, Salt peter, Cor. | Whales of eggs, | Resine Sublimate, Sugar of Lead, | or milk in | Blue Vitriol.

Calomel—Small Calumet on Head and | Chlorid, Ether. 1 Chest. Artificial Respiration.

Carbonton of Soda—Soap and water, mucilaginous | Copperas, Cobalt. | drinks.

Iodine—Antimony, Starch and water, aust agnent in | Tartar Emetic. | Fusions, strong tea.

Mercury and its Salts.—Whites of eggs, milks, | Mucilages.

Oplum—Morphine, Laudanum, | Strong coffee, hot bath, | Homeopathic, Soothing | Keep awake and moving. | at any cost.

Nitrate of Silver—Lunar Calumet. | Salt and Water.

Strychnine—| Mustard and water, Sulphate of Zinc. Absolute quiet, | Pluck the ear.

### WEIGHTS AND MEASURES.

<table>
<thead>
<tr>
<th>Troy Weight</th>
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</thead>
<tbody>
<tr>
<td>24 grains = 1 pwt.</td>
</tr>
<tr>
<td>20 pwt. = 1 oz.</td>
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</tbody>
</table>
| Used for weighing gold, silver, and jewels.

**Apothecaries' Weight.**

| 20 grains = 1 scruple |
| 8 scruples = 1 dram |
| 12 ounces = 1 pound |
| 2,000 lbs = 1 short ton |
| 2,240 lbs = 1 long ton |

**Avoided Weight.**

| 12 ounces = 1 pound |
| 4 quarters = 1 pint |
| 16 dram = 1 ounce |
| 2,000 lbs = 1 short ton |
| 2,240 lbs = 1 long ton |

<table>
<thead>
<tr>
<th>Dry Measure</th>
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</thead>
<tbody>
<tr>
<td>2 pints = 1 quart</td>
</tr>
<tr>
<td>4 pints = 1 peck</td>
</tr>
<tr>
<td>8 pecks = 1 bushel</td>
</tr>
<tr>
<td>36 bushels = 1 cord.</td>
</tr>
</tbody>
</table>

**Liquid Measure.**

| 4 gills = 1 pint |
| 31 1/2 gallons = 1 barrel |
| 8 barrels = 1 hogshead |
| 4 quarts = 1 gallon |

**Time Measure.**

| 60 seconds = 1 minute |
| 24 hours = 1 day |
| 12 months = 1 year |
| 365 days = 1 leap year |

**Circumferential Measure.**

| 60 seconds = 1 minute |
| 30 degrees = 1 sign |
| 90 degrees = 1 quadrant |
| 360 degrees = 1 circle |

**Long Measure.**

| 12 inches = 1 foot |
| 3 feet = 1 yard |
| 3 yards = 1 rod |
| 3 miles = 1 league |

**Cloth Measure.**

| 2/12 inches = 1 yard |
| 4 quarters = 1 yard |
| 4 yards = 1 quarter |

**Mariner's Measure.**

| 6 feet = 1 fathom |
| 20 fathoms = 1 cable's length, 6,083 ft. = 1 nautical mile |
| 7 1/4 cable lengths = 1 mile |

**Miscellaneous.**

| 3 inches = 1 palm |
| 14 inches = 1 cubit |
| 21 1/2 inches = 1 Bible cubit |
| 6 inches = 1 span |
| 21 1/2 feet = 1 military pace |

**Square Measure.**

| 144 sq. inches = 1 sq. ft. |
| 40 sq. rods = 1 rood |
| 40 sq. rods = 1 acre |
| 30 1/4 sq. rods = 1 sq. mile |
| 640 acres = 1 square mile |
THE AMERICAN SUGAR REFINING COMPANY
122 N. FIFTH STREET
NEW ORLEANS
P. O. BOX 345
July 16th, 1916.

C. C. Yates, Esq.
FOOD & DRUG COMMISSIONER, STATE OF TEXAS,
AUSTIN, TEXAS.

Dear Sir:

We are in receipt of your letter of the 11th inst. in which you say that you
notice that you (we) are shipping into Texas two brands of sugar in sacks known
as "Commercial" and "Pure Cane Sugar", and asking us to inform you whether or not "either or both" are Standard
Fine Granulated Sugars, or Standard Granulated Sugars.

In reply we beg leave to say:
1. All of our sales in Texas are based on interstate shipments.
2. We do not ship the two brands which you say you "notice" we are shipping, and are curious to know how you have been able to notice what we have not done.
3. We are shipping into Texas a sugar which is, and is offered as, an "off" granulated cane sugar, which is correctly branded "Pure Cane Fine Granulated Sugar, N.O., L." We brand no sugar "Commercial". On our books and invoices we use the word "Commercial" in reference to this "off" granulated for the sole purpose of keeping separate the production and sales thereof from our "Standard".

If any further information he desired, please advise us.

Yours truly,

[Signature]
Manager.

"The American Sugar Refining Co.'s own statement in regard to the inferior sugar they are selling in the State of Texas."