

otherwise the soup will be too acid and will have a curdled appearance.

(3) Any deviation from the proportions will cause a difference in the quality of the soup. It is difficult for the ordinary cook to comprehend this, but it can be demonstrated to him. If the soup be made according to the formula its quality will be constant. It will not be too sour to-day, too salt to-morrow, too thick another time. This point is of great importance, for a vast amount of the waste of food materials is brought about because of this lack of constancy of good quality in the dish made, not to mention the harm wrought by eating such food.

In one of the thirty-one institutions mentioned, I took nearly every meal for a week, in order to learn something of the food served. We had the same soup for dinner each day. One day it was good, another day it was burned beyond the possibility of eating, and on a third occasion the meat from which it was partly made was tainted. On the two last occasions nearly the whole of the soup must have been a complete loss, and certainly much better lost than eaten. On other days it was indifferently bad, showing that it was made at the discretion of a very poor cook without any desire for the good of the eater whatever. The bread was also poor, being made from inferior flour, sour and underbaked. The institution is a so-called "home" for working girls, who, however, pay a fair price for food which is totally insufficient to keep them in even a passable state of health.

It is a question whether such conditions are not criminal offences, and when the eaters of such food fall into a state of fatal disease they should be spoken of not as having died but as having been killed by the sinful indifference of men and women in positions of power whose moral status is wholly insufficient for their responsibilities.

Making soup according to an invariable formula which has been proved to be satisfactory may, to those who have always regarded the kitchen as a place of chaos from which by some mysterious combination of circumstances dishes are evolved three times a day, seem difficult to inculcate, but it is in reality not so, provided there is somewhere in the domain a hand guided by an intelligent head. After a few trials a cook soon learns that it is infinitely easier to make according to rule rather than by guesswork; the element of uncertainty in regard to result is eliminated, the quality of the dish will always be the same, there will be no necessity for tasting, no necessity for hovering over the kettle to see whether it is coming out right; time is saved, and the pleasure which a satisfactory piece of work always gives will be attained. Of course the ultimate and most important thought is the welfare of the eater.

My experience with cooks and other servants is that they are extremely anxious to learn when they find a teacher, and that they are extremely quick in discriminating between the reality and the sham, between those who really know and those who think they do.

I have dwelt upon this single form of food because it illustrates the method that should be followed in all cooking. Bread, vegetables, meats, puddings, in fact every kind of food should be made according to a fixed and definite plan as to proportions, process and details of manipulation. Can this be accomplished in institu-

tions? If so, how? I will say that it is not only entirely practicable but that it is already practiced. A similar plan is in part carried out in one institution which I visited, which it was my great good fortune by accident to learn about, as it by far and above all others excels in its cuisine.

It is a sort of hotel for women, for working women of the better class, and entirely managed by women. Its various departments are conspicuous for their excellence, but most conspicuous of all for this characteristic is the table. I lived in this establishment for a week, and found the food most satisfactory. It was of excellent quality, of good flavour, satisfying and inexpensive; the ordinary market food materials, by superior methods of cooking, having been converted into acceptable and health-giving food. The mid-day meal, a luncheon, is served to five hundred persons, so that it will be understood that the food must be cooked in large quantities. From the results seen I became deeply interested to learn the details of the plan of management; for that there were both plan and system in its execution was perfectly evident; such results could not be accomplished by haphazard. Through the courtesy of the managers I was "let in" to the secret workings of the kitchen and shown all the various details in cooking.

The work is divided into two departments, that of the actual furnishing of food, and that of serving, each with a superintendent. The woman at the head of the food department does the marketing—buying all food materials and caring for their proper storage and preservation—perfects the formulæ and criticizes the food when done. She takes, in a measure, the place of a teacher giving actual instruction in the various divisions of her department—to the pastry-cooks, meat-cooks, etc. Do they resent this? Not at all. The most friendly relations exist between those in authority and the servants. The latter are glad to learn, their work is less worrying, their lives consequently more content and their service of more value.

We had one day a delicious salad. On inquiry I found that the formula for it had been worked out by the superintendent and cook together until it was perfected, and the proportions thus obtained constituted their working formula, from which no deviation was allowed to be made.

The menus in this institution are interesting. Table d'hôte meals are regularly served, and also one may order à la carte, but the former are so acceptable that it is seldom one cares to order special dishes. The following is one day's menu (Saturday, April 22):—

*Table d'hôte Breakfast.*—Porridge of oatmeal or wheat, beef-steak, soft-cooked eggs, Saratoga potatoes, griddle-cakes.

*Lunch.*—Vegetable soup, scalloped oysters, potato salad, cold meats.

*Dinner.*—Royal soup, roast veal, Irish stew, browned potatoes, corn, lettuce, rice-cups with custards, cottage-pudding, oranges.

With all the meals corn, Graham and white bread of exceptional quality are served, with excellent butter, and tea, coffee, or cocoa. This is simple but well-constructed and gives some opportunity for choice. A list of this kind is of but little value, however, in conveying ideas, unless one knows the *quality* of the food served; but when we find that the vegetable soup is of excellent quality, savoury and satisfactory, that every

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