

How to live well on five shillings a week per head / by L. Rutherford Skey.

Contributors

Skey, L. Rutherford.

Publication/Creation

London : C. Arthur Pearson, 1910.

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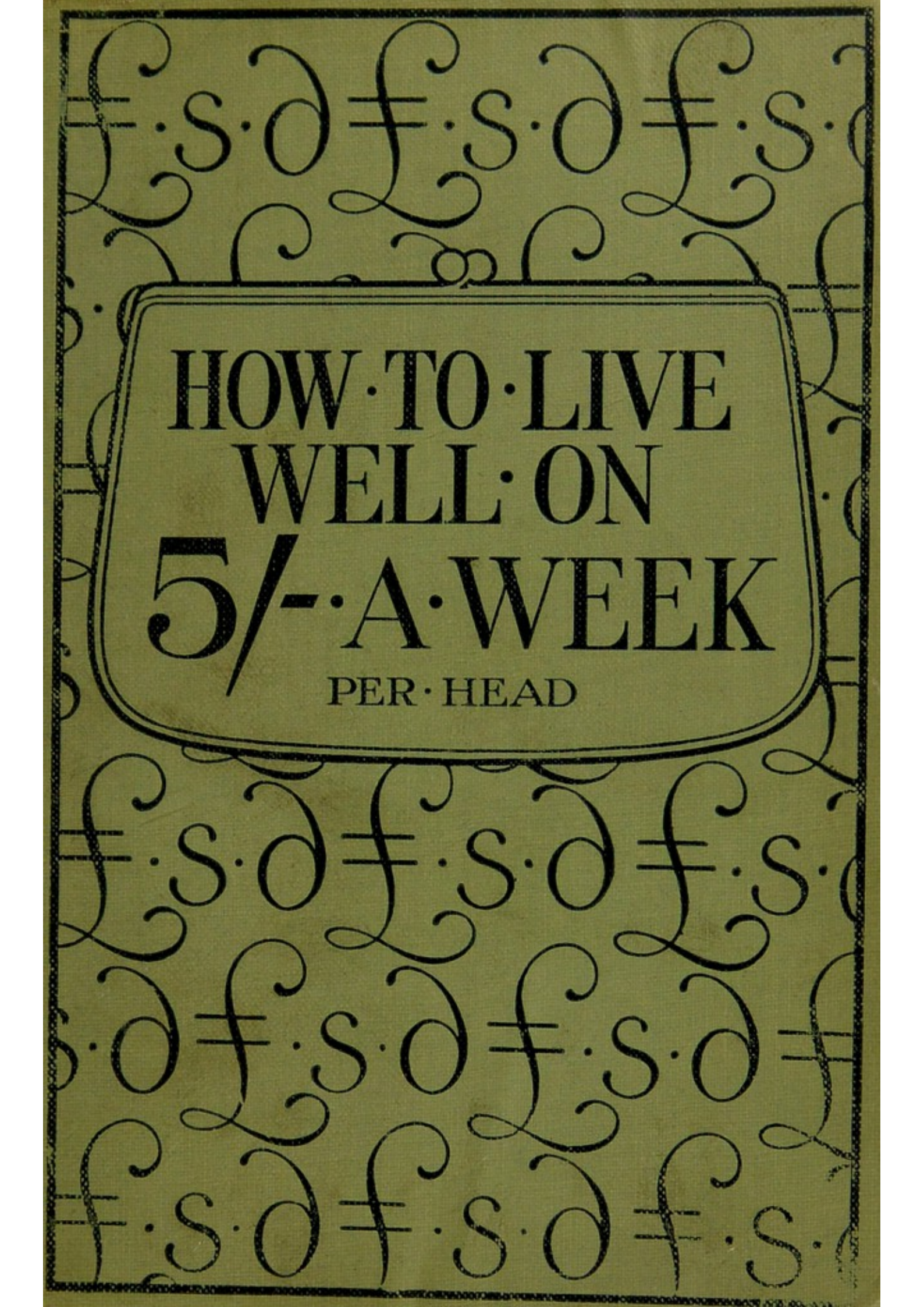
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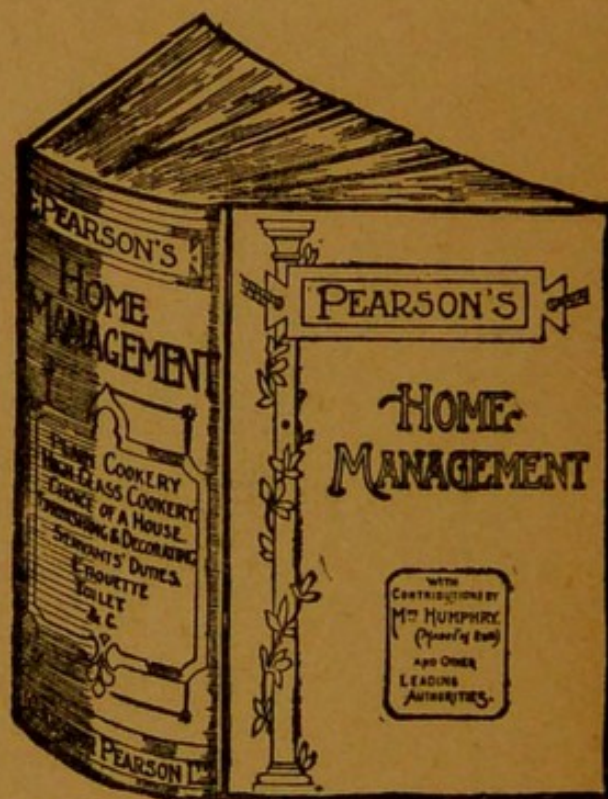
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# How to Live Well on Five Shillings a Week per Head

## Introduction

HITHERTO, ten shillings a week per head has been generally recognised by authors of books and articles on household management as the minimum sum upon which it is possible to cater for self-respecting folk who are in the habit of wooing the Palate with the deference due to its purple. In this little book we have attempted to show that it is possible to live—and to live well—on exactly half that sum. Our book is not the work of a theorist: it is the expression of principles practised, not for a few weeks, but over a lengthy period. And while it is intended primarily for those upon whom the burden of income-tax does not fall, it is our sincere hope that its chapters may prove equally useful and stimulating to those more favoured of fortune. We have not attempted

## How to Live on 5s. a Week

to "tickle the ears of the groundlings"; and that our work is devoid of literary elegancies we are conscious.

We set forth in it no particular system of diet; we claim to have discovered no attainable goal of Eternal Youth, to be reached by any digestive route. We preach no Potato Gospel. Devotees at the shrine of vegetarianism will find here no convincing and irrefutable testimony in favour of their pet dietetic theories; the "Roast Beef of Old England" school will look in vain for impassioned support of their view of the making of manhood and muscle. Meat we believe to be necessary; vegetables we believe to be essential; but we regard them as complementary. We hold occasional fasting to be as imperative as occasional feasting; but we do not advocate long periods of abstinence from food, or any period of eating to satiety. In short, we are not cranks.

To use, but not to abuse, the good things provided by Nature is a lesson few people really learn. It is our opinion that the greater part of the average family's doctor's bill is incurred wholly and solely through over-eating; and this remark applies to the poor no less than to the rich. We do not wait till our

## Introduction

appetite is whetted, and we eat, not according to our requirements, but until we feel that we can eat no more: with the result that our digestive organs are always working—a state of affairs that, though good for the medical profession, is disastrous for us. In the tables of daily expenditure given in Chapter VIII. we allow for sufficient, but not for superfluous, food. Waste of any kind we must away with: and every scrap of food eaten over and above what is necessary for the body's sustenance is as much wasted as if it were consigned to the dust-bin.

“Moderation in all things” is our motto, in these pages as in life. We make no allowance for luxuries; but if our readers follow our plans and recipes they will, we think, have no cause for complaint on the ground of lack of variety, or “the sameness of a change.” The foods we advocate are plain, but they are wholesome and nutritious—and they are palatable. Needless to say, no hard-and-fast rules can be laid down; and allowance must be made for the idiosyncrasies of individuals. Where one person may be able to digest certain articles of food, to others digestion might prove an impossibility. Each must ascertain what diet is most conducive to the desirable end—

## How to Live on 5s. a Week

the maintenance of a state of perfect health. At the same time, we would point out that it is a great mistake to give way to fads and fancies. We have known people who suffered from indigestion (arising originally from over-eating and insufficient mastication) to abstain from vegetables and nourishing foods—acting, of course, under doctors' advice—to such an extent that finally the digestive organs became incapable of performing their work, and the indigestion became chronic. In reality there are few foods that cannot be digested by everybody, if they be carefully masticated and the sufferer limit the quantity taken according to his needs instead of according to his tastes. Improper mastication—a child of the Age of Hustle—has more to answer for than most people suspect.

Those who have to conduct their house-keeping on a basis of five shillings a week per head must, generally speaking, be staunch adherents of the cause of teetotalism: for reasons of economy. Closely allied to the subject of alcohol is that of drugs. With our limited income, no provision can be made for frequent visits to the chemist's shop; but in a great many cases these visits are simply the outcome of over-indulgence. Far more attacks

## Introduction

of illness and digestive disorders, as we have said, are due to too much eating than to too little. If instead of flying to doctors and drugs when feeling out of order and troubled by mainly imaginary ills, we gave long-suffering Nature a brief holiday and took as little food as possible, and plenty of hot water, the digestive organs, relieved from additional work, would be able to get rid of food still remaining, and much needless suffering and expense would be saved.

In compiling our tables of expenditure (pp. 86-94), we have based our calculations on a family of two—the smallest that any one is likely to have to provide for ; but, naturally, the larger the family, the greater the scope of the housewife in the matter of foods. Indeed, it is no exaggeration to say that, with a family of six, our plans as to diet, &c., would work out at no more than four shillings a head. In all cases we have erred in our calculations on the right side, putting the items of cost a fraction too high rather than a fraction too low. Our expenditure on food is based on the prices paid by us in the neighbourhood of Hampstead ; and, of course, in cheaper districts these prices would be lower, while nowhere would they be appreciably higher.

We anticipate adverse criticism. Well-inten-

## How to Live on 5s. a Week

tioned people will tell us that our limit of five shillings a head per week is an impossible one, and that our dishes are far too extravagant for the purse at our command. We shall be accused of being a "writing person," who can bend facts and figures to his will. To these and other criticisms we can only reply that our book is the record of an experiment carried out, as we have said, over a long period, and that our figures are founded on carefully-kept house-keeping books. That our plans *can* be followed with complete success we have proved to our own satisfaction, and to that of those for whom we have catered. If we are told that we have made no allowance for what is called a "healthy" appetite, we can only retort that the man or woman who takes a pound of rump-steak at a sitting would be healthier on our allowance—and better able to appreciate the joy of living.

We wish it to be clearly understood that where we have recommended a particular brand of food our recommendation is based on the fact that the article in question has given us great satisfaction, and that it is, in our opinion, good and trustworthy. Other palates, other tastes. The toffee that is never far from the lips of Smith major, Smith minor cannot abide,

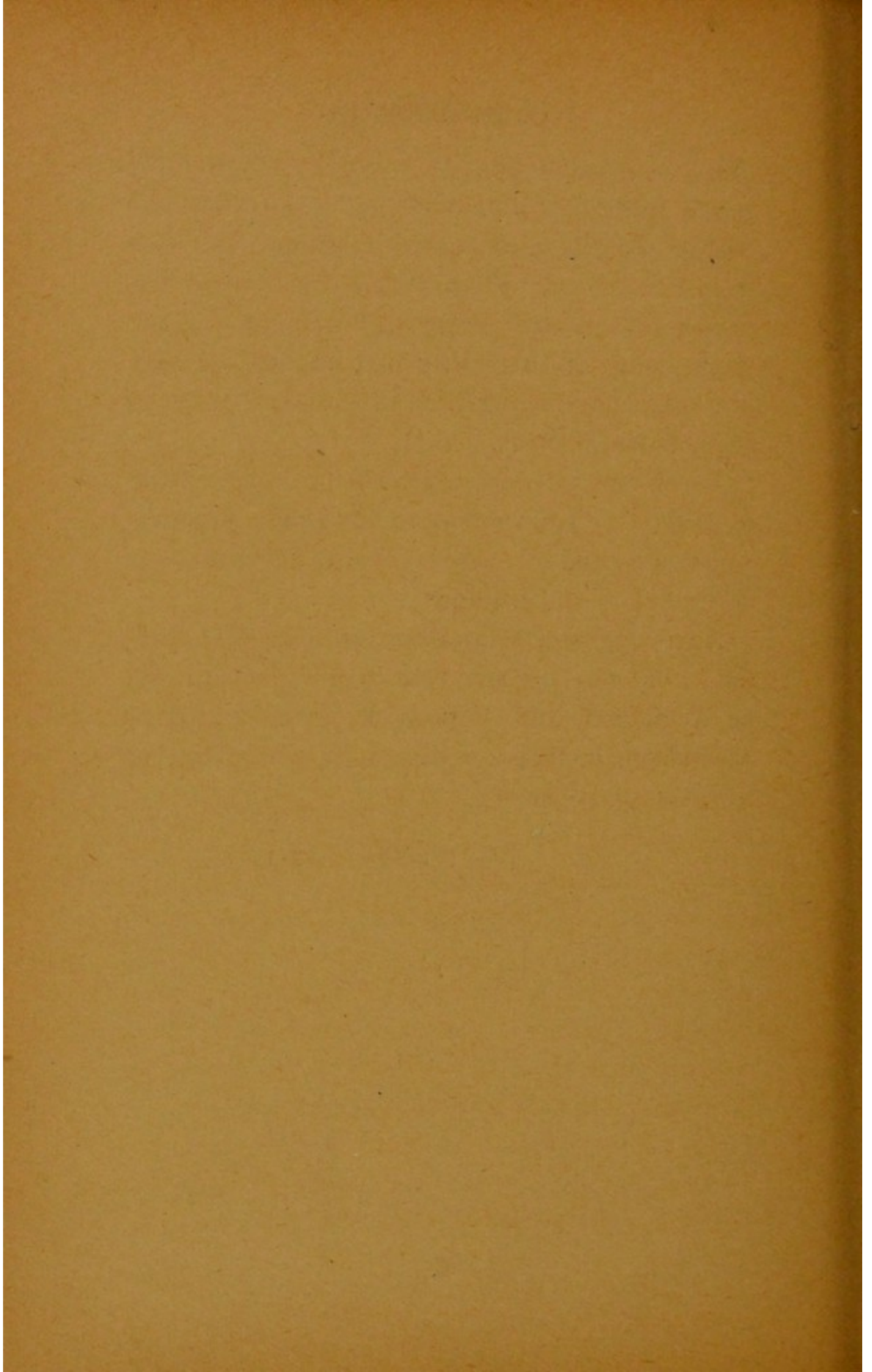
## Introduction

Our recommendation does not imply that the brand is the best obtainable, and that others are bad or worthless, or feeble imitations, but that it has suited our palate better than any other, or others, we have tried ; and it is not beyond the bounds of possibility that brands we have not recommended may be as good as, or better than, those we have.

It remains only to acknowledge indebtedness to Miss E. Florence Moore for much practical assistance, and to others whose aid has been conscious or unconscious.

Any suggestions for improvements or alterations that our readers care to put forward will be welcomed, and, if possible, incorporated or carried out in future editions—if, and as, future editions are called for.

L. RUTHERFOORD SKEY.



## CHAPTER I

### Unconsidered Trifles

THAT the waste of good and nutritious food which takes place in the homes of the poor, no less than in the homes of the rich, is enormous, few will be prepared to deny ; that it is, at times, almost criminal, we are prepared to affirm, and hope to prove. If more care were taken of what we may call "unconsidered trifles," we should hear less of the outcry against the ever-increasing cost of living. We do not exaggerate when we say that more than half the so-called refuse consigned by the average housewife to the dust-bin could be "translated" into really appetising dishes ; and it is mainly with this "refuse" that we propose to deal in our opening chapter. Said the eldest daughter of a large family to a friend of ours, "When we hear that there is nothing in the house for dinner, we know that there is something specially good coming, for then Mamma goes into the kitchen." And truly there is no end to the "specially good" things that Mamma can place

## How to Live on 5s. a Week

on the table with the help of despised and rejected "nothings."

How many housewives, forced through lack of means to practise the most rigid economies, ever think of using the peelings of apples and pears? Yet they can be made the basis of an excellent pudding. Either fruit, before being pared, should be carefully cleaned, and in the process of paring all cores and good portions of the skin should be placed in one heap, and all bad or rusted portions in another. Stew the former in sufficient water to cover, either in a saucepan or in a covered basin in the oven, then set to strain in a muslin bag as in making jelly. When all the juice is extracted, boil the liquid, with sugar to taste, until the tint deepens. Take off the fire, and add enough cornflour, slaked in cold water, to thicken; bring to the boil and pour into a mould, which should be well rinsed out with cold water to ensure the shape turning out well. Leave to set, and serve with a little thin custard or cream.

An excellent and nutritious custard can be made at small cost from Bird's Custard Powder, while cream can always—and should always—be obtained by setting the morning or evening's milk in a wide-mouthed basin, and skimming when required for puddings or fruit.

It is all too often forgotten that some of the

## Unconsidered Trifles

most valuable properties contained in fruit are to be found immediately beneath the skin: just as the water in which vegetables have been cooked contains, as a general rule, more of the mineral salts than the actual cooked vegetables themselves—for which reasons, quite apart from economic necessity, neither should ever be thrown away. The latter will form an important addition to the stock-pot, or a good foundation for gravy, as will rice-water. Again, it is a common practice to throw all bacon-rinds—generally with a thick piece of nutritious fat attached—into that ever-gaping repository, the dust-bin. But every scrap of bacon-fat represents money, whether one's purse be large or small; and it should be clarified and then used for frying or other purposes. After this has been done, the rinds of the bacon can be fried and added to the stock-pot, whither should go all parings of onions, tails and odd pieces of parsnips, carrots, turnips, and other vegetables, and pieces of celery not suitable for placing on the table.

When the juice has been squeezed from a lemon, its career of usefulness is by no means over, for strips of peel are of great value for flavouring the syrup in which fruit is stewed, or can be used for lemonade. Tiny pieces of lemon-peel, shredded very small, are a decided

## How to Live on 5s. a Week

improvement to fruit tarts. Orange peel, baked in the oven till crisp, and then smashed up, should be kept for use in flavouring puddings.

Porridge left over from breakfast will make a delicious pudding if an egg and sugar—with, perhaps, a very small amount of shredded suet—be added. Other methods of using cold porridge are given in Chapters II. and IV.

Crusts and stale pieces of bread almost invariably find their way into the dust-bin; yet their uses are manifold. In the guise of croutons—that is, cut into neat squares and fried in very hot fat—they are delicious in soup; and pieces of dry bread, soaked in boiling milk and water, form the foundation of cheese soufflé—a cheap and very palatable dish, the recipe for which will be found on p. 104. Bread-crusts made thoroughly crisp and brown in the oven and then crushed with the rolling-pin are also useful for fried fish, &c.

Bones—for which one pays the same price as for the meat that accompanies them—are generally given to the dog or the rag-and-bone man, or are used only once for soup, whereas it is always possible to get at least three successive courses of good soup from them.

Not only should dripping from roast and baked meat be saved, but the water in which suet puddings, fresh or salt meat, bacon, ham,

## Unconsidered Trifles

sausages, &c., have been boiled, should be allowed to stand till cold, when all fat can easily be removed for future use.

Gravy that has been left over from dinner should never be thrown away; nor cold vegetables of any kind, as these latter can always be reheated nicely by steaming, or they can be put in a pie-dish and covered with cold mashed potatoes and baked in the oven, with the addition of the gravy saved as above, or a little dripping, pepper, and salt to taste, and in this form they will be found even more appetising than on their first appearance at the dinner-table.

The meat-juice which is found as a thick jelly at the bottom of beef dripping comes in nicely to use with reheated vegetable dishes or shepherd's pie, or will make a valuable addition to home-made potted meat, while many people prefer it before butter at the tea- or supper-table; and good beef dripping is certainly far more nourishing than inferior butter.

Home-made potted meat is quickly and easily manufactured from small scraps of cooked meat scraped off the bone, pieces of fat bacon—indeed, any small pieces that have been left over and are not large enough to serve up as a separate dish. The meat is put through a mincing-machine two or three times, a small quantity of Mason's O.K. sauce—which is ex-

## How to Live on 5s. a Week

cellent for flavouring, and very cheap—is added, and the whole is beaten to a paste with a spoon or knife and packed into a small glass pot. It can be served as “Turkey and Tongue” or “Ham and Chicken” without fear that the forgivable fraud will be discovered by any member of the household. If a little fat be poured over the pot, and the jar be tied down, this will keep for a considerable time.

Milk that has turned sour is much better for griddle scones or soda oven scones than sweet milk, while buttermilk, when it can be obtained, is better than either, and has the additional advantage of costing nothing, as it is generally thrown away as valueless. The recipes for these scones will be found at the end of the book—pp. 116, 117.

All kernels of plums, prunes, greengages, and other stone fruits should be kept, milled, and used for flavouring.

It is not generally known that suet can be kept fresh if it be finely chopped and mixed with household flour, put into a jar, and covered with flour. In this way the housewife can have small quantities ready for use at any moment.

As to live well and inexpensively is one of the fine arts of the domestic economy school, so, like all fine arts, it is not to be acquired in a

## Unconsidered Trifles

day ; but once the spirit of the art enters into the housewifely soul, there need be no limitation set to the initiative and ingenuity of the novice. One thing will be found to lead to another ; one proved economy will naturally suggest an experiment which, if guided by experience and executed with care, will add another "unconsidered trifle" to one's store-cupboard.

With regard to eggs, fruits, vegetables, and so on, there is one point which should never be lost sight of, and that is—stock when these are cheap. It will be found possible, when eggs are very plentiful, to obtain more of these, new-laid, than are required at the time. A score or two, or even a few dozen, should be preserved in Waterglass—a cheap and perfect preserver—and kept for use in the dear season, when prices are prohibitive. Treated in this way, eggs will be found far less an "unknown quantity" than those "shop-eggs" one has sometimes to fall back upon.

Again, during one's annual holiday it is generally possible to get blackberries for nothing more than the trouble of picking. These, with the addition of cheap and good cooking-apples, can be transformed into excellent jam at a cost of not more than 1½d. per pound. Plums, gooseberries, and even strawberries, are sometimes a glut on the

## How to Live on 5s. a Week

market, and then is the time to buy these for jam. Plums can be preserved whole in ordinary jam-jars, and in this way they will keep for a considerable time. Fill the jars with sound, ripe plums, and place in a cool oven, with a saucer on the top of each jar. Care should be taken that both fruit and jar are perfectly dry. When the fruit is cooked, but before the skins burst, fill the jars with boiling water to within an inch of the top, and cover at once with hot mutton fat sufficiently thick to exclude air. When the fat has set, cover with parchment and tie down. Stand the jars in a cool, dry place, and do not move them till the fruit is required. Glass jam-jars are recommended because, with these, any sign of decay on the fruit can at once be detected, and the fruit saved by immediate use. Greengages and damsons can, of course, be preserved in the same way.

It is a fallacy to suppose that in jam-making a special preserving-pan is necessary. It is not. If the jam be not left in the pan a moment longer than is necessary for boiling, an ordinary iron saucepan will do equally well.

Marrows, at certain times, are very cheap, and these can be kept for months if hung on a dry wall by means of bands of wide tape.

## Unconsidered Trifles

Onions and carrots should be bought when they are fresh and cheap, and if hung in bunches in a dry place will keep all the winter. Parsley, every housewife—however limited her space—can grow in flower-pots in a window.

## CHAPTER II

### Breakfast and Supper Dishes

ON five shillings a week infinite variety in the matter of breakfasts and suppers may not be expected; yet it will be found that a little foresight and thought will, in practice, provide a creditable show of small dishes, and a variety not found in the average *ménage* where the housekeeping purse is double the size of our own.

First on the list, oatmeal porridge must be placed. Porridge made in the usual Scotch way cannot be improved upon for flavour and if a very little cream can be added to the milk, nothing nicer is to be desired. Golden syrup, instead of milk, makes an agreeable change. In making porridge, salt should always be added to the boiling water before dredging in the meal, and it is better eaten without sugar—which is merely an acquired taste. But *chacun son goût*. When time is the first consideration, the oatmeal can be soaked overnight in cold water. Cold “left-over” porridge can be used up next day as

## Breakfast and Supper Dishes

a fried mush. Pack the porridge into a basin or mould (wetting the basin first with cold water) and turn out next day, cut into slices, dredge with flour, and fry. Serve with syrup. Quaker Oats are more quickly prepared than Scotch oatmeal, and have a rich, nutty flavour; but the latter is best. Oatmeal Jelly is delicious served cold, and so is Creamed Oatmeal, Oatmeal Blanc-Mange (for recipes see p. 102), and Light Oatmeal—the last cooked in the usual way for twenty-five minutes and then set in a dish in a moderate oven for half-an-hour, when the grains will swell. Finely ground Indian corn makes excellent porridge (the Irish Stirabout), while Flummery, Hominy, and Wholemeal Porridge are all nourishing and easily prepared.

In the guise of Kedgeree, "left-over" fish such as hake, cod, &c., makes an appetising breakfast dish. Bone the fish, mix together one heaped tablespoonful of rice, well boiled with plenty of salt, and one hard-boiled egg chopped small; fry in a pan with a small lump of butter, and serve.

Fried rashers of bacon can be provided at a cost of  $\frac{3}{4}$ d. per head, and when a slice of bread is fried in the fat left in the pan after the rasher is cooked, very little, if any, butter is needed to complete the morning meal. Cold boiled bacon (a small portion of collar steamed or cooked

## How to Live on 5s. a Week

gently in very little water, or a piece of gammon hock, serves equally well as the more expensive cuts) adds variety to the menu; while poached or scrambled eggs served on toast, Shippam's sardine and anchovy paste, Yallop's bloater *crème*, and home-made potted meat served on, or with, toast, are all savoury and good. Crosse & Blackwell's potted meats are very reasonable in price; but it cannot be too strongly insisted upon that prepared meats of all kinds in tins should be given a very wide berth.

A breakfast dish seldom prepared at home except in farmhouses is Collared Head; yet there are few dishes that so well repay the housewife for her trouble. The collared head is made from the rougher parts of half a small pig's head (bought at an average price of  $3\frac{1}{2}$ d. per lb.), and a pig's trotters, which can be bought at the same price. The "pig's cheek" makes a very sweet dish for the dinner-table, and it is as good cold as hot. The ear, nose, half-tongue, &c., when thoroughly cooked, should be chopped up small and placed in a mould or basin, with enough of the liquor in which the head has been boiled to cover. When cold, turn out. The trotters can be added to above, or treated in the same way and served separately. It is always under-

## Breakfast and Supper Dishes

stood that on the care taken in the preparation of dishes, success depends.

Recipes for egg-cooking are legion. Some of the simpler methods are given at the end of the book, and these are quite as good as dishes that are more expensive and more difficult to turn out. It is well to remember that hard-boiled eggs are more sustaining than soft-boiled, as they do not digest so quickly. Scrambled eggs, to which a quantity of chopped parsley, minced ham or cold meat has been added, require only a small lump of butter and a table-spoonful or two of milk, with pepper and salt, to represent the cook's "infinite variety." Home-made sausage rolls will serve for breakfast or supper.

Supper dishes depend, in the first place, on the season. In warm weather a little stewed or ripe fruit, or fruit or lemon shapes, oatmeal jelly, lettuce, mustard and cress—grown at home, at infinitesimal cost, in a pot or box in the window—watercress, and cheese, present a fair range of possibilities. In cold weather, soup, cheese cooked and uncooked, home-made potted meat, anchovy paste on toast, are all good. The cheese can be grated over toast, or cooked according to one of the recipes given in other chapters and at the end of the book. Soup, at a cost so small that it can hardly be computed,

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can be served in a number of simple ways made from stock, vegetables, or Edwards' Desiccated preparations; while broth, generously supplied with chopped vegetables, makes a pleasant change.

Beetroot, with either toast or bread and butter, makes a tasty supper dish at a cost of  $\frac{1}{2}$ d. per person; and celery can be provided at the same price in season. Many breakfast dishes, and some dishes given in our chapter on "Substitutes for Meat," are suitable for supper. Tomatoes from which the tops have been cut, with a layer of grated cheese and pepper and salt sprinkled over the opening, and the lids replaced—the whole being baked for half-an-hour in the oven, and served with a tiny piece of butter or a little gravy, on mashed potatoes—can be indulged in when prices are low.

One of the best supper dishes for cold nights is onion porridge. To make this, put a few onions in a saucepan, with enough water to cover; boil till quite soft; drain off the water and add about half a pint of milk; bring to the boil again; add salt and pepper to taste, thicken with flour, and serve. If a small sprig of parsley be eaten after this dish, it will obviate any odorous aftermath.

Hot porridge, hot bread and milk, oatmeal gruel, and pease pudding are all excellent

## Breakfast and Supper Dishes

“revivers” after a tiring day and a cold journey, and are good things to take if one is working far into the night. A pinch of salt—added when the milk is cold—will prevent any difficulty in digesting either hot milk or hot bread and milk. Baked potatoes, if they be split open on serving and a small piece of butter dropped into the cavity, will prove a delicious supper dish in themselves.

As regards drinks, the majority of people will, no doubt, persist in taking tea or coffee for breakfast, whatever we may say on the subject. A very good and economical tea can be bought at 1s. 6d. per lb.—Lyons’s at this price is excellent, and it is false economy to buy the cheaper kinds. Of coffee there are many good brands on the market. Paterson’s Camp Coffee works out at about a farthing a cup, and is one of the cheapest, but the choice must depend on the individual taste, as few English people agree in their “fancy” in this. Cocoa is far more nourishing and sustaining than either, and is therefore a better foundation for a hard day’s work. It should generally be taken during the winter months. Cadbury’s or Fry’s cocoa is, it is our experience, quite satisfactory. But every one to his taste—in this, as in all things. Tarragona port will make a pleasing change for supper, and if only a table-spoonful or two be

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taken with a tumblerful of hot water, the cost of this will work out at only 1d. for two persons per night. Ju-Vis squares will make another acceptable change on souplless nights. These dissolve very easily, and as they cost but  $3\frac{1}{2}$ d. for four, and one will make two teacups, the cost is approximately the same. Home-made lemonade, or Tarragona with cold water, makes a good summer drink, and Taylor's Lime-juice Cordial, at  $7\frac{1}{2}$ d. per pint bottle, works out at a very small cost per glass. A glass of hot water taken before retiring at night will prove a bad thing for the doctor, but an excellent thing for one's health and purse.

From the foregoing it will be seen that even those to whom the strictest economy is necessary can ring the changes fairly well in catering for both breakfast and supper ; but it cannot be too strongly impressed upon our readers that a careful eye must be kept upon the larder, or in striving for variety the housewife may easily "over-run the constable."

## CHAPTER III

### Meat: What to Buy, and How to Cook it

QUOTH Sir Henry Thompson in "Foods and Feeding": "As the lower animals live on vegetables only, they have organs widely differing from our own, especially adapted to deal with vegetable foods and to convert them into flesh. Thus it is that oxen and sheep, exclusively vegetable feeders as they are, consuming only grass and a few roots, produce largely and rapidly the necessary proteids in the form of flesh, as man himself is wholly incapable of doing; and meat thus becomes for him a concentrated food of exceeding value, admirably adapted to his digestive system." Against this, Mr. Eustace Miles would utterly destroy the butchers and exterminate the bullocks. Our path must lie between the two. We will coquet with Mr. Miles on our day of digestive rest, and make fast and furious love to Sir Henry Thompson on the remaining six.

With a limit of five shillings a head for catering it is possible to provide plenty of excellent

## How to Live on 5s. a Week

and nutritious meat, though one cannot, of course, indulge in "prime cuts." Everything depends on one's knowing exactly what to buy, and how to cook it to advantage; and unfortunately it is just this knowledge that the housewife most frequently lacks. How many of our readers, not Scotch, know anything of the possibilities of sheep's head—probably the most economical joint to be obtained at the butcher's?

Two, or even three, dinners—and very appetising dinners—for two persons can be made from a sheep's head (which seldom costs more than 6d.) if it be prepared as follows: Soak the head well for a day in cold water, then put it on to cook in tepid water, with salt, two table-spoonfuls of rice, an onion or two, and chopped parsley, and boil for two and a half to three hours. The meat should then be cut from the bone, and a portion served with white sauce, made of one and a half table-spoonfuls of flour, salt, a little milk, and chopped parsley, finished off with some of the liquor in which the head was boiled. For the next day's dinner—if there be only enough for two days—the remainder of the meat should be cut up fine and sprinkled well with flour. Add finely-chopped onion, and put the whole in a frying-pan, with salt, pepper, and a tea-spoonful of good curry, and cover with liquor.

## Meat : What to Buy

Serve with boiled rice. The tongue should be taken out and skinned while hot, to furnish a breakfast dish, while the bones can be boiled still longer for stock for soup or Scotch broth, for dinner or supper. A separate breakfast dish can be made of the brains (see recipe on p. 113) ; in this case they should be taken out before the head is cooked.

Brisket of beef, which can be purchased at 6d. per lb., makes an excellent stew. Place the beef in a stew-pan, with a clove, some carrot, turnip, and onion, and cook slowly till tender. Potatoes may with advantage be cooked with the meat, but they should, of course, be added only in just sufficient time for them to be ready for the dinner-hour. The remains of this dish, minced, will make a Shepherd's Pie for the following day. If a large piece of brisket has been purchased, cut off a portion, rub salt into it, place in a basin, and cover with a cloth till required. When cooking, put on in cold water, allowing two pounds two hours to cook.

A pound of calf's liver and fry can be made to furnish two delicious dinners for two persons, if the recipe given on pp. 111-12 be followed ; but we can imagine nothing more unappetising than the same liver allowed to sizzle in a pan till it is hard and dry—in fact, so treated, it

## How to Live on 5s. a Week

is the nearest approach to leather that we know, and it is little wonder that people fight shy of it on the ground of its indigestibility. Properly cooked, it is not only nutritious, but tasty and economical.

Boiled meat pudding is well within our means if made from about half a pound of beef trimmings at from 4d. to 6d. per lb., cut into neat pieces. The crust, according to the state of the larder, may be made with either two ounces of suet or dripping, or half suet, half dripping, household flour, and salt. This will be lighter if mixed with hot water. The basin must be well greased before it is lined with the crust, and the cloth used for tying down should be greased and floured. Two hours at least should be allowed for cooking. The pudding can be varied by the addition of a frozen kidney at 1½d.—allowance being made for this in the quantity of beef used—if sufficient be made to last two days.

Beef trimmings will serve quite as well as expensive steak for a pie, and if a pound be used, with a frozen kidney, sliced carrot and onion, small potatoes, pepper and salt and water, with a table-spoonful of sago, covering with a crust of half a pound of flour, a little baking-powder, and a quarter of a pound of dripping (or lard, or a small piece of butter

## Meat : What to Buy

and dripping), two first-class dinners for two persons for two days will be obtained at an outside cost of 9d.

“Butchers’ pieces” are by no means to be despised. Three-pennyworth of these will make a very satisfying dinner for two, and if a suet dumpling be stewed with them, and served either before, or with, or after, with some of the liquor in which they were stewed, no second course will be necessary—or desirable.

Shin of beef at 6d. or 7d. per lb. is both nourishing and tasty; but needless to say, everything depends here on the cooking. The meat should be cut into small pieces and flour rubbed into each piece; place in a jar, with a little carrot, onion, and clove, and sufficient water to cover, and stew for two or three hours in a slow oven.

Buttock steak at 9d. per lb. is not really an expensive cut; and five ounces of lean beef (shin will serve) made into olives will serve for a really delicious dinner for two persons at a cost of 4½d., including potatoes. For recipes see pp. 111, 113–14. Meat roll made from gravy beef at 8d. per lb. will furnish dinners for two persons for two days at a cost of 7½d. (see p. 113).

A small roast of beef is not beyond the scope of this little venture in simple living.

## How to Live on 5s. a Week

This is very clearly shown in our tables of expenditure on pp. 90-91.

Stewed steak is to be recommended as a variation, but expensive rump steak is not at all necessary for this; in fact it is better made from gravy beef at 8d. per lb. The meat should be cut into neat pieces and browned in a frying-pan: place in a sauce-pan, with a little water, pepper, and salt; brown a sliced onion and carrot, and add to the meat. A table-spoonful of flour should then be put into the pan and stirred till it is a rich brown, when it should be removed from the fire and placed ready for thickening the gravy shortly before the stew is served. Small potatoes may be added to this with advantage, and an exceedingly palatable dinner will be the result; care, of course, being taken to cook the steak very gently.

A recipe for stewed oxtail (one costing 9d. will serve for two days for two persons, while a frozen oxtail can be got for 5d.) is given on p. 114.

Breast of mutton at 4d. per lb. is by no means to be despised if prepared for table as shown in the recipe on p. 113. The bones cut from this joint help to make an Irish stew. A better Irish stew is made from the scrag end of the neck of mutton at 6d. per lb. (see pp. 112-113), at an average cost, with potatoes and onions,

## Meat : What to Buy

of 4d. or 4½d. for two persons. Yet another simple Irish stew, which is perhaps never seen on tables outside Ireland, is made of potatoes, a little onion, and a few slices of bacon ; this is both a palatable and a quickly-prepared dish.

Sheep's heart at a modest cost of 4d. should figure on the menu of every household where economy is of supreme importance. One will make a good dinner for two, and a little inexpensive stuffing will make it extremely attractive.

The recipe for stewed kidney will be found on p. 112.

Canterbury lamb, at 8d. per lb. for the prime cuts, can be purchased occasionally, though it does not, of course, go quite so far as beef.

Neck of veal at 6d. per lb. needs only to be suggested to conjure up a pleasant prospect.

A favourite Irish dish practically unknown here is bacon and cabbage cooked together, and, as has been shown in "Unconsidered Trifles," the liquor in which this has been boiled should be saved as a foundation for soup, after the fat has been skimmed off for making pastry. Gammon hock, which can be purchased at 5d. and 5½d. per lb., is hard indeed to beat on the

## How to Live on 5s. a Week

score of economy, for a joint weighing six pounds will furnish a variety of both dinner and breakfast dishes. The gammon can either be used for rashers or divided into three portions—care being taken to cut towards a joint in the bone—and in this latter way provides three hot dinners. Cabbage, savoys, greens of any variety, Brussels sprouts, turnip tops, or even swede turnips can be cooked with it. In addition to these hot dishes it furnishes three cold dinners and three breakfasts at an average cost per person of 2d. per dinner and  $\frac{3}{4}$ d. for each breakfast. Over and above this, there are good marrow-bones for the stock-pot.

Tripe—which can always be obtained at 7d. per lb.—is a dish often despised by the poor and relished by the rich. It is exceedingly economical and nutritious, and deserves to find its way to everybody's table. To cook, see p. 111.

Half a pig's head—which costs only 3d. to 4d. per lb.—is a succulent joint when really well cooked. The "cheek" will make a dinner dish, while the coarser parts should be turned into collared head according to directions given in Chapter II.

Toad-in-the-Hole is made of batter as for Yorkshire pudding, with the addition of a few slices from a loin of mutton—or indeed any

## Meat : What to Buy

odd pieces of meat—and is useful to impart variety to the week's menu.

Where a large family has to be provided for on a smaller sum than five shillings each, half a bullock's head, costing 1s. 3d. to 1s. 6d., will be found invaluable. The butcher will cut this into three parts. It should be stewed, with a little carrot and onion, and will provide three dinners for a man and wife and several children, while a portion can be made into "beef cheese" according to directions given for collared head. For the large family bullock's heart is cheap. Stuff and tie in a cloth, and boil for a couple of hours before roasting.

Game and poultry are, of course, beyond our means—at any rate in the town—but fair-sized wild rabbits are obtainable at 1s. each. It must be remembered when cooking that they take considerably longer than Ostend rabbits. Sliced onion, a pinch of mixed herbs, pepper, salt, an ounce of rice, and some lump sugar to soften the water, should all find their place in the saucepan. Needless to say, the rabbit should be well washed in salt water before it is cooked. With care, a rabbit costing 1s. should serve for three days for two persons, as a portion can be made into a small pie on the first day, the remainder being stewed ; thus providing, if carried on the third day, three hot dinners.

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Space fails us ; but enough has been said in this chapter to prove that, in the hands of a careful housekeeper, five shillings a head per week need not entail a diet of roots and nuts, varied by nuts and roots.

## CHAPTER IV

### Substitutes for Meat—Fish

THE question of what necessary properties we obtain from different foods is of comparatively recent date. Our ancestors neither knew nor cared to what foods they were indebted for that which enabled them to live healthily and do their work in life. The exigencies of modern life, however, with its sedentary occupations, wear and tear of nerves, deterioration of physique, absence of exercise, and other causes which demand a diet regulated to one's circumstances, have brought the food question very much to the fore.

To-day we realise that the maximum of nourishment must be obtained at the minimum tax on the digestive organs, and hence the subject of substitutes for meat is one of some moment. Meat has been credited with the exclusive possession of those elements vitally necessary for the upkeep of the human frame. Now, scientists tell us that this is nothing but a "fond thing vainly invented"—an excellent

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thing for the butcher, but less excellent for his customer—and that the all-important proteids contained in meat are to be found in greater abundance in other foods, to be obtained at the grocer's or greengrocer's. Foremost amongst these is cheese, which is richest in proteid ; and for the comfort of our readers it may be pointed out that the least expensive cheeses contain as much or more proteid than those of higher price. Good Canadian and American and other cheeses can be purchased for 8d. per lb., or even less, and every scrap can be utilised (see recipes, pp. 52, 104–106). To speak of serving a dinner of cheese on a bleak winter's day, when the appetite craves for a chop and two vegetables, with cheese simply as an adjunct, is to appear to the average mortal not merely a crank but a dangerous lunatic ; but when it is shown that delectable dishes can be made from the most apparently uninviting pieces of dry cheese, the average mortal is compelled to admit that one is further from Bedlam than at first seemed possible. Cheese soufflé, Welsh rarebit, and cheese omelettes are all easily made, and form hot, nourishing mid-day meals. Merely Mary Ann would call them kickshaws, and wonder why another big joint was not ordered ; but as this estimable but expensive lady will not find a place in the kitchen of many housewives who have to

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manage on five shillings a week, we need not consider her.

In the list of proteid-containing foods, oatmeal has a higher place than beef, and so must be given a fairly prominent position in the food chart of those who desire to obtain as large a proportion of nourishment as possible from the foods within reach of their purse. Any remains of porridge left over from breakfast can be served up in the guise of fritters, but it must be remembered that the porridge for this purpose must be firm, otherwise it will serve only for the foundation of a milk pudding, made as suggested in a former chapter. For the fritters, the porridge is cut into slices, then dipped into a batter made not quite so thick as for Yorkshire pudding. Fry the fritters in boiling fat. Drain off any superfluous grease and serve on a hot dish with white sugar.

Eggs are at certain seasons of the year both plentiful and cheap, and these make an excellent and sustaining substitute for meat. It has been said that an egg contains as much nourishment as a mutton chop; but be this as it may, the culinary possibilities of eggs are manifold. Numberless changes can be made in the manufacture of omelettes, of which eggs are the principal ingredient; while many vegetable *plats* are greatly improved by the addition

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of a lightly-poached egg. Some methods of serving oatmeal, eggs, and so on, are given in Chapter II., and others at the end of the book. Spinach can make its appearance at table with poached eggs resting on it, and garnished with croutons of fried bread.

Anchovy toast made as follows also serves as a dainty dish on meatless days. Make a round of toast, butter it, and spread lightly with anchovy paste. Then poach an egg and place it on the toast. It must be remembered that the utmost despatch is necessary when egg dishes are in preparation, for the least delay in serving is apt to render them hard and leathery.

Generally speaking, vegetables in themselves cannot be regarded as an efficient or sufficient substitute for meat unless accompanied by foods containing a fair amount of proteid; but the liquids in which they are cooked, with a generous allowance of lentils added, form an excellent dish, and the cost is very slight, as the foundation is one often thrown away. It has been said, and with sufficient truth to leave a stinging sense of shame, that a French cook would serve a dainty dinner out of what an English cook throws away. Especially harsh treatment is usually meted out to cold vegetables. Mealy and snow-white potatoes go the way of all "waste" flesh, into the dust-bin, but, as we

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have pointed out before, these can return to the table in numberless appetising ways. As a crust to Shepherd's Pie, cold potatoes serve better than freshly-boiled ones, while for making rissoles they are decidedly preferable, as they are not so apt to break as hot potatoes. Cold remains can also be served as Farcied Potatoes. Add a very small quantity of cream, a beaten-up egg, pepper and salt to taste, and a pinch of mixed herbs, to some cold mashed potatoes. A small quantity of the egg should be reserved for egg and bread-crumbs. Make the mixture into the oblong shape of small new potatoes ; dip in egg and bread-crumbs, and fry in boiling fat. Be very careful to fry only two or three potatoes at a time, otherwise the fat will become chilled, and the essential rich brown hue will be absent. Curried potatoes have only to be tasted to be appreciated (see p. 109).

Another vegetable course suitable for what our French neighbours call a *dîner maigre* is cauliflower served with melted butter to which grated cheese has been added. The cauliflower is boiled as if it were to go to the table as a second vegetable, and then the melted butter is poured over it, the latter rendering the vegetable sufficiently tasty to serve as a separate dish instead of merely as an accompaniment to roast meat.

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Although not strictly a meatless dish, cabbage is excellent if treated in the following way. Select a sound Savoy ; over this pour boiling water, and leave it to stand for three-quarters of an hour. Then turn off the tepid water and pour over an equal quantity of boiling water, removing the cabbage this time when a quarter of an hour has passed. Have ready some forcemeat made as follows:  $\frac{1}{4}$  lb. of sausage meat, one table-spoonful of chopped parsley, salt and pepper to taste, a pinch of mixed herbs, and two table-spoonfuls of uncooked rice. Having wiped the water from the cabbage, pack the forcemeat carefully among the leaves, then tie the whole in a cloth and boil for two hours.

Parsnips are a vegetable that seldom has the honour of figuring as the principal dish on the dinner-table, yet, served as parsnip fritters, it is delicious if well cooked. Boil two large parsnips till tender ; take them out of the water, mash, and add a well-beaten egg, half a teacupful of milk, salt and pepper, two table-spoonfuls of flour, one dessert-spoonful, or a little less, of butter. Make the mixture into round, flat cakes about an inch in thickness, and fry in dripping or bacon-fat to a nice brown colour. Boil up the water in which the parsnips were cooked, having slaked a little cornflour with a table-spoonful of milk and a

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small nut of butter, with half a tea-spoonful of gravy salt: add these to the water and a nice brown sauce will be ready to serve with the fritters.

Cornflour is preferable to household flour for thickening gravies, sauces, and soups; but it is, of course, slightly more expensive.

A recipe for braised onion will be found on pp. 106—107.

Haricots make a good substitute for meat, and stand high on the list of proteid-possessing articles of food. Soak a pint of haricots for some hours before they are needed; put into a quart of cold water, to which has been added a table-spoonful of salt; bring to the boil; then let the beans simmer gently till they are tender. Pour off the water, but leave the pan with the lid partly off for the beans to dry; put in butter and pepper and salt; shake the pan for a few minutes, and serve very hot, with fried onions.

Peas, beans, and nuts are rich in proteid, and should find their way to the table oftener than they do. Soups of various descriptions can, of course, serve their turn "simple of themselves" when meat is not on the menu, if a fairly substantial second course follow. Stewed celery in season need only be mentioned in passing.

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Yorkshire pudding made of an egg, one gill of milk, and about 2 oz. of flour—just enough to make a thick, creamy batter—costing two-pence, is, if served with gravy, a substitute for meat occasionally to be preferred before a joint; and macaroni cheese at the same cost, prepared as follows, will fill up what otherwise would be a meagre menu with a toothsome course. Take  $1\frac{1}{2}$  oz. of macaroni and some grated cheese. Throw the macaroni into boiling water, and when soft, but not overdone, chop up. Make a white sauce of  $\frac{1}{2}$  oz. of butter,  $\frac{1}{2}$  oz. of flour, and a little milk, pepper, and salt. Put half the grated cheese into the sauce, and pour a little of this into a pie-dish. Place a layer of macaroni next, and then a layer of cheese and sauce, and continue alternating until the dish is full. Finish with a thick covering of cheese, and bake till brown. Some of the water in which the macaroni has been boiled can be used, if required, in making the sauce.

A large Spanish onion from which the centre has been removed and its place filled by a piece of bacon or any other meat chopped fine, will supply what is wanted on a "short commons" day. This is cooked till brown either in the oven or in a little milk in a saucepan.

Again, a cabbage washed and cut up very

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fine, and placed in a saucepan with no more water than remains in it after washing, and one ounce of nice dripping, finely minced suet, butter, or gravy, taking care to stir it well till quite done—or tomatoes as suggested in Chapter II.—furnishes variety.

Cowheel also, cooked with onion and served with parsley or onion sauce, is by no means to be despised, and is very nourishing; but it must be thoroughly stewed.

Bubble and Squeak, made from potatoes and other left-over vegetables, with any piece of cold meat cut into neat squares, or minced, well fried in a pan with pepper and salt to taste, will well serve the purpose of first course in the menu. A small vegetable marrow, prepared as follows, is another good "substitute." Cut off the ends and scoop out the inside; fill the cavity with an inexpensive stuffing made from bread-crumbs, minced meat, chopped parsley, &c., with a little milk and dripping (or a small nut of butter), and seasoned; and skewer on the ends. Bake or steam till the marrow is tender, and serve with sauce.

In making white sauce it is well to remember that a pinch of salt added to the dry flour will prevent any lumpiness in blending.

What we may call "Potato Surprise" is worthy of a place in our menu, either as a

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“Substitute for Meat,” or for the supper-table. Choose potatoes as near in size as possible, and fairly large, and bake till cooked. Cut top off each and scoop out a few spoonfuls of potato; mash this lightly and mix at once with a little mince or anchovy paste and fill the cavities with the mixture. Replace tops, return to oven, and serve very hot.

Another “Potato Surprise” can be made as follows. Prick some small sausages, and brown; remove the centres of some large potatoes, draw the sausages through, and bake.

Recipes for Spanish Onions and Haricot Beans, Stuffed Tomatoes, Stuffed Pancakes, Cornish Pasties, Potato Ragout, Potato Rolls, Meat in Ambush, Cauliflower Savoury, and Devilled Tomatoes will be found on pp. 107-10.

It is generally possible, by way of a change, to indulge in the less expensive varieties of fish; but of course salmon and green peas or sole à *la maître d'hôtel* cannot figure on the menu unless the goddess Fortuna has smiled particularly broadly and we are anxious to celebrate the occasion fittingly. However, when one remembers that the cheaper members of the fish family are sometimes richer in nutriment than the expensive ones, it will be realised that the desired end of a satisfying and serviceable meal is obtainable at a small outlay if the

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fish be purchased at a time when they are plentiful.

Sardines are by no means expensive, and with tomatoes form a delicious meal, the tomatoes counteracting the oil, which, for those who can digest it, is of great importance, and contributes largely to the necessary fuel food of the body.

Hake can usually be obtained at 4d. a lb., and 1 lb. is ample for two persons ; while one haddock costing 2d. will serve for a breakfast for two, or two at the same price will form a sufficient mid-day meal. Fresh herrings at three a penny or even two a penny cannot be called dear, and they can be cooked in two or three ways, all very palatable. First, they can be fried in the everyday fashion, or (2), better still, split open and browned on each side ; or (3) soured. To soure, put the herrings in an enamel pie-dish ; barely cover with vinegar ; add two or three peppercorns, salt and pepper, and cook in a slow oven for about an hour. Take out and allow to cool in the vinegar ; place on a dish and serve cold. A little water may be added to the vinegar if desired. Herrings, it is well to remember, will keep for some days if put into an earthenware pan and well sprinkled with salt. Sprats make another cheap dinner dish if bought at the right season. They are

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niciest if soured as above ; and 3d. worth should be enough for two.

Red mullet affords a good change, and one costing 4d. will be found quite sufficient for two. Stuff with sage, a little onion, and bread-crumbs, mixed with either a little beaten-up egg or milk and a tiny piece of butter (or shredded suet) ; bake for  $\frac{3}{4}$  to 1 hour and serve. Parsley may be used instead of sage if the latter be not handy.

Filleted fish—*i.e.* small portions of various flat fish—can be obtained from most fishmongers at 6d. a lb. ; and half a lb. will make a good dinner for two. Flour each piece and dip in batter made of flour and milk or flour and water ; fry in sufficient hot fat to cover the pan, and serve.

A mackerel at 4d. or 4 $\frac{1}{2}$ d. will prove a good investment for the careful housewife ; kippers at 1 $\frac{1}{2}$ d. a pair as a breakfast dish must not be overlooked ; while bloaters will always appeal to their own public. Cod, too, which costs only 6d. a lb., is very nourishing, and served with mashed potatoes and white or parsley sauce is not only satisfying but satisfactory.

For the Lent season, when fish is both plentiful and cheap, ling is a great stand-by, as a piece can be cut from the dried fish as needed and soaked overnight ; boiled well and gently

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and served with white sauce, it makes a desirable change from fresh fish or meat.

Digby Chicks at  $2\frac{1}{2}$ d. a bundle, eels at 4d. a lb., and cod's roe at 5d. a lb. add to our fish menus (the cod's roe, having been washed, dried, and rolled in flour, should be dipped in beaten-up egg and bread-crumbs; fry on both sides in hot fat), while eel cutlets are worthy of a trial.

## CHAPTER V

### Soups and the Stock-pot

IT is said—with what truth we must leave the reader to determine—that in Scotland, where domestic economy is regarded as a fine art, instead of, as here, a nuisance, it is customary among the poor people for one marrow-bone to serve for several families; and *à propos* of this an amusing story is told of a woman who, having been asked to lend her bone to another, called after the small ambassador who had been sent to borrow it:—

“Chiel, chiel! Tell ye’r mither she’s no tae mak’ pratie soup yet, for it’s just the ruination o’ a guid bane!”

True, or untrue, as the story may be, it remains indisputable that in Scotland they understand the value of soups and the stock-pot as few English people do. If housewives whose purse is slender made a practice of serving soup before the mid-day meal, they would find an appreciable diminution in the size of the meat bill at the end of the week—quite apart

## Soups and the Stock-pot

from the satisfaction of having been able to provide an additional course at a fractional expense, or at no expense at all; while the value to the human frame of a daily plate of soup would be difficult to over-estimate. Where there are large families to be provided for, it may be pointed out that soup made from a couple of pennyworth of bones, with a little bread, will be far more nourishing than a few scraps of indifferent meat; while pease soup would be hard to beat on the score of economy—and nourishment.

At the outset, it may be said that the word "stock-pot" need have no terrors. By it we mean, not an expensive utensil, but an ordinary saucepan, not at the moment needed for any other purpose. Bones and liquor can be turned out whenever the saucepan is required for some other dish. The writer's plan is to stew such bones as come in with any small joint with just sufficient water to cover, and to utilise the fire and saucepan whenever they are available: only removing the stock-in-the-making pot when there is no room for it on the stove, or no heat to extract juice from the contents of the pot. Turned out into a basin, a day's compulsory rest in no way interferes with the soup-making properties of the bones. Any scraps of meat, or gristle, left on the bones, bacon-rinds, &c.,

## How to Live on 5s. a Week

all help in the production of a nourishing soup. Nothing of this kind should ever be thrown away. Bones which have been broken small yield a large amount of valuable gelatin, or jelly, and gristle is also very rich in it.

With regard to vegetables, it should be borne in mind that when these have been added to the stock-pot it is always as well to use the resultant soup within twenty-four hours; and this remark leads to the suggestion that vegetables had better, as a general rule, be added to the stock only after it has been taken from the bones and allowed to cool, and the fat removed. The stock can then be left to simmer till the vegetables are quite soft, for the flavour and nutriment can best be drawn from them by gentle cooking. As nothing should be thrown overboard from our little ship, when to-day's dish of soup is strained, served, and supped, if the stock-pot will stand the strain—as, by judicious management, it should—the decks should be cleared for action again, and the vegetables made to do duty for the next day's dinner or supper.

We cannot afford expensive soups, and soups that require many ingredients are left out of our bill of fare, for the good and sufficient reason that every addition to an article of diet already homely and good adds to its cost and

## Soups and the Stock-pot

needlessly depletes our exchequer. Variety must be found in simple ways, but what variety can be found only the initiated know.

We start, then, with simplicity as our rule in connection with the soup tureen. Stock—or water in many instances—is the foundation of our varied menu. Stock that is so excellent that it becomes a thick jelly when cold, really needs little or no addition to it to be thoroughly enjoyed. A table-spoonful of fine sago, with a little flour blended in water or milk; the same quantity of rice, or tapioca, with an onion; or merely finely chopped parsley “simple of itself”; pearl barley, or even flour blended in a little milk, or flour browned in a frying-pan, lends its aid to prevent monotony. Other important flavourings are provided by macaroni, vermicelli, and spaghetti, while the penny packet of mixed herbs is a desirable adjunct, and plays its small part very well in the place of what our *entente cordiale* neighbours call a *bouquet garni*; grated carrot, grated cheese, and odds and ends of celery too coarse to place on the table are also good. Toast cut in cubes, croutons, crusts browned and crisped in the oven and smashed up with the rolling-pin, fried parsley, &c., add their quota to the table. A large bottle (about a pint) of cheap Worcester sauce at a cost

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of 6½d. is another "first-aid" for soups and vegetable rechauffés, of which the cost is fractional; and it is by means of such small items that the element of change can be introduced.

In the event of there being no bones available for making stock, a couple of pennyworth will provide soup for two for several days; while if marrow-bones be purchased there will be a nice quantity of good fat for other purposes which should be skimmed off and kept; or if the bones be cracked and the marrow removed, this can be served up as a separate dish.

Macaroni soup is made from stock brought to a brisk boil, the macaroni being broken into 2-inch lengths and thrown into it. About half-an-hour will be long enough to allow for the macaroni to cook. This soup is improved if served with a little grated cheese.

Many soups can be made without stock. To make rice, sago, or tapioca soup, take a pint to a pint and a half of the liquor in which ham, rabbit, mutton, or beef has been boiled; add an onion and a stick of celery (if one be at hand), and pepper, and salt; simmer slowly till the vegetables are quite soft, when they should be removed; boil the liquor again, adding a tablespoonful of rice, sago, or tapioca.

Artichoke, celery, potato, or onion soup can be made with skim milk instead of stock or

## Soups and the Stock-pot

meat-liquor. The vegetables selected should be boiled till tender, passed through a sieve, and returned to the milk with salt and pepper to taste, and the whole boiled again and constantly stirred, a little thickening of cornflour or household flour being added if desired.

To make Panado soup peel and cut up an onion, add a stick of celery, half a turnip and half a carrot, and put them in a pint to a pint and a half of liquor in which meat has been boiled. Add  $1\frac{1}{2}$  to 2 oz. of bread-crusts, and boil slowly for two hours. Pass the vegetables and crusts through a sieve, season with salt, pepper, and a little moist sugar, return to the liquor, and boil again.

All that is needed for potato and carrot soup is two small carrots, three small potatoes, an onion, and a couple of sticks of celery, cut up and boiled for two hours in a pint and a half of water. Season with salt, moist sugar, and a dash of cayenne pepper, pass through a sieve, boil again for ten minutes, and serve very hot.

When green peas are cheap, green-pea soup would come well within our limited means. To a pint or a pint and a half of stock or meat liquor take half a pint of green peas. Shell them, break up the shucks, and boil these with a little mint till tender, when they should be passed through a sieve and returned to the

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saucepan. To the peas themselves, after they have been boiled, add a small nut of butter, pepper and salt to taste, put into the saucepan containing the shucks, and boil.

One of the most economical dishes given in our chapter on meat was sheep's head—a much-neglected delicacy in this country. The water in which the head is boiled will furnish an excellent basis for Scotch broth. Take about a pint to a pint and a half of this, add a small carrot and a small turnip cut into cubes, a little barley, and a small quantity of green or dried peas, along with a shredded cabbage, and boil well.

Pease soup for two persons can be made at a cost of exactly three-farthings—reckoning that the stock, consisting as it does of so-called refuse, costs nothing. Soak overnight two heaped table-spoonfuls of split peas (cost,  $2\frac{1}{2}$ d. per lb.), and add to a pint of stock early on the morning when the soup is required. Boil slowly for three hours, and if the peas are not already reduced to a pulp, rub through a sieve, return to the pot, bring to the boil, and serve.

In order to make lentil soup without the trouble of soaking the lentils, it is necessary to choose the red variety. A quarter of a pound of lentils is sufficient for two persons. Some carrot, turnip, and onion, cut into neat pieces,

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should be fried for a quarter of an hour in dripping ; add a pinch of mixed herbs, three peppercorns, two cloves, and the lentils and a pint of stock or water, and allow the soup to simmer gently till the vegetables and lentils are tender ; thicken with a table-spoonful of flour mixed in a little cold milk ; pepper and salt to taste. Croutons should be prepared for serving with this soup.

For leek soup, put a piece of beef dripping in a saucepan, and when hot add a bunch of leeks cut into small pieces ; stew—stirring occasionally—until the leeks are tender and slightly browned ; dust a little flour over them, pepper and salt, and a little grated nutmeg. Bring to the boil a pint to a pint and a half of water, with a slice of bread about an inch thick cut into dice, and add to the leeks. Simmer till wanted.

From Guernsey there hails a little-known soup—conger eel soup. Wash a pound of conger eel ; put in a saucepan and cover with cold water ; add to this a blade of mace (if you have it), three peppercorns, a little mixed herbs, and salt to taste. After the water has come to the boil, simmer the fish for half to three-quarters of an hour ; take the fish gently from the saucepan, and thicken soup with a table-spoonful of flour, mixed in milk. The fish will

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serve for a dinner for two people for two days.

For a change, plain white soup can always be made by adding to ordinary stock about a table-spoonful of household flour, slaked with water. Flavour with a little onion.

A simple green vegetable soup can be made from the liquor in which greens, sprouts, &c., have been boiled. Allow the liquor to stand till cold to clear it, and, when wanted, strain and set on to boil. Add a table-spoonful of seed sago, or macaroni, or thicken with flour: serve with toast cut into diamonds.

Another soup can be made as follows. To ordinary stock add one carrot, one turnip, two onions, all grated finely; boil gently for three hours, thicken with a little flour, and serve, with toast cut into dice.

“Soup vegetables” can be bought advantageously as such, by the three-pennyworth: in this way a much larger quantity will be obtained than if the roots be bought separately as for ordinary use.

Edwards' Dessicated Soups will be found to be a very useful and economical substitute if fresh vegetables are not available.

## CHAPTER VI

### Fruit and Vegetables

WE hold no brief for any particular line of dietetics, and have, therefore, no target at which to aim with the faddist's quiverful of arrows. Our little venture has one end in view, and one only: to show along what lines households should work if they desire to reap the utmost benefit from their limited means. The circumstances of the moment must govern the outlay in any particular direction. Perhaps more than any one else the careful housewife needs what we call "eyes in the back of her head": that is, if she be at all concerned to do herself and her family justice. There is no hard-and-fast rule to be laid down as the law, but many suggestions may be made, leaving the application to individual taste.

Fresh fruit for eating must not be overlooked—although in general practice it works out rather dearer than fruit, fresh or dried, for cooking—because it can at certain times be purchased at a fairly low price. Apart from its adding a pleasant variety to the table, ripe fresh fruit contains valuable properties, such as

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various acids, grape sugar, and essential oil, which evaporate in cooking. A little fruit for eating should, therefore, figure on the board whenever possible, expenses in other directions being modified to fall within the "cash-limit."

The small fruits are, in a good fruit year, quite reasonable in price, and for these in prepared dishes allowance is made in our tables of expenditure. Over and above the daily needs in this respect, it must be kept clearly in view that really good results in household economy can only be obtained by foresight. Fresh fruit, such as plums—sometimes a drug on the market at 1d. and even  $\frac{1}{2}$ d. per lb.—should be made into jam or bottled. Strawberries, gooseberries, currants, rhubarb, should be bought when the supplies are in full flood, and it needs no telling that home-made jams are twice as good as, and about half the price of, bought commodities. All skimmings should be saved for present use, not thrown away as "refuse," as they generally are. Bananas are one of the best fruits, and at two or three a penny are an excellent investment. It is a mistake to suppose that discoloured skins necessarily indicate unsound fruit, as bananas are often at their best when the exterior is most unpromising to outward view.

Stewing pears, lemons, oranges and nuts of all kinds, speak for themselves, while apples hold

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the premier place. The old saw has it, "An apple a day keeps the doctor away," and although this may not always hold good in practice, the suggested advice is excellent. Nuts contain a glutinous substance—called vegetable albumen. on account of its close resemblance to hard-boiled white of egg—which is a very valuable food. In most nuts this albumen has a large quantity of fixed oil; and in 1 lb. of walnuts there are 5 oz. of oil to 2 oz. of albumen. All varieties of nuts are more easily digested if milled, and a very good mill can be obtained from Messrs. Savage, of 53 Aldersgate Street, E.C., for the very reasonable price of 1s. 6d.

Of the dried fruits, figs, prunes, dates, currants, &c., need only to be mentioned; these also are cheaper at certain seasons than at others, and at such times deserve more attention than they usually receive. Seville oranges and lemons, when they are plentiful, should be made into marmalade. A recipe for this, which costs only 2½d. per lb., is given on pp. 119–20.

With regard to vegetables, little advice need be given as to cooking, as, apart from vegetarian dishes, which are generally fairly elaborate, they present no difficulty. Spinach, although it is generally rather dear, is one of the most valuable of vegetables; but it should be cooked without water other than what is left after

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washing, or the housekeeper will find painfully little to reward her pains, for there is probably nothing with a greater capacity for "boiling away." Tomatoes can occasionally be purchased at as low a price as 3d. per lb., and at this figure they should not be overlooked, as, apart from their delectability, they are considered good for the liver. Onions contain much glutinous nourishment, and exercise a soothing influence on brain and nerves ; and all down the ages they have been recognised as one of the most valuable of Nature's gifts. Many dishes are incomplete without a flavouring of onion, and this root can be served separately in such ways as suggested in the recipes given at the end of the book. We need hardly say that garlic should be used very sparingly. Leeks served with white sauce are nutritious and good ; while parsley, finely chopped, added to sauces, gravies, and a hundred and one made-dishes, makes all the difference between something good and something tasty and good. The wiseacres tell us that if a sprig of parsley be eaten every day the family doctor may hie him away.

By no means the least value is obtained from vegetables when they are used as adjuncts to the stock-pot, to which they impart flavour and juice. In the chapter on "Substitutes for Meat" some recipes for vegetable cookery

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are given which can be recommended, while others are given on pp. 106-10. To these we need only add the following.

Parsnips and carrots, taking rather more of the former than of the latter, cooked together until soft, and mashed together, with a little gravy or a small piece of beef dripping, and pepper and salt added, make a delicious combination.

Potatoes are better cooked in their skins until the spring, when they should be peeled first, owing to the fresh growth, decay, &c., setting in. To turn out dry and floury potatoes, the water should be drained off just before they are quite cooked; let them finish in the steam, and then partly remove the lid of the saucepan to allow them to dry off. A spoonful of milk added to mashed potatoes is a great improvement when they have seen their best days. Cold potatoes (or any other cold vegetables) should never, as we have said, be despised. Made up in a pie-dish with a spoonful of milk and a nut of butter or dripping or "left-over" gravy, and heated in the oven; made into balls and baked in the oven with a tiny piece of dripping on top of each; converted into Bubble and Squeak; used to cover a fish or Shepherd's Pie, or for potato rolls; or rubbed through a sieve for soup, they are fit to be placed before an epicure. For a change, too, peeled

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potatoes cooked in stock prove as savoury as in an Irish stew.

Broad and French beans and green peas take their turn with butter beans and haricots and dried peas, while marrows can be laid in store, as shown in our chapter on "Unconsidered Trifles."

Greens of all kinds cook better with a small piece of ham or bacon or a ham-bone, but as these are not always available, a tiny piece of suet is a good substitute. Cauliflower or broccoli will run more expensive, but they are not always prohibitive. If white sauce cannot be provided, a little gravy poured over is all that is required.

Lettuce, radishes, and water-cress must not be forgotten for the warm weather, and home-grown mustard and cress is within reach of all. Celery—the crisp part uncooked and the other sticks stewed—beetroot, hot or cold, in vinegar, and artichokes, complete a list of "possibilities" by no means meagre. Pickled beetroot is a "stand-by" worthy of attention, as the beet thus prepared is ready for use at any moment. Cleanse the beets carefully without breaking the skin; place in a pot of boiling water for an hour and a half; drain, and let them cool; then peel and slice neatly, and put in a dry jar. Let the vinegar (seasoned with allspice and whole pepper in the proportion of half an ounce of each to a quart of vinegar) boil up for

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a minute and stand till quite cold, when it should be poured over the beet. Cover and tie down tightly. The beetroot will be ready in about a week.

Turnips, cut in slices and cooked with a piece of salt meat, acquire a relish from the meat which greatly improves their flavour; while swedes—which require a touch of frost before they will cook well—are delicious if boiled in salt water, and served in slices or mashed with a spoonful of gravy or milk.

Hot-pot of vegetables makes a really palatable dish, and one that, at its best, is fit to figure as the first course practically without adjuncts. In a pie-dish place in layers all the vegetables (sliced) available, with a few green peas if possible, sprinkling salt and pepper to taste. Add stock, or water (but better stock), sufficient practically to fill the pie-dish, and cook in the oven. Potatoes, carrots, chopped parsley, runner beans, turnips, onions, parsnips, as may be convenient, can all be cooked in this hot-pot.

Colcannon, a favourite Irish dish, is made of potatoes and parsnips, with a shredded onion, boiled together. When thoroughly cooked, strain off the water, add pepper and salt to taste, and mash with a wooden spoon till quite smooth; add then a table-spoonful of milk. Pile up on a dish and serve very hot.

## CHAPTER VII

### Puddings

IN the North they have a habit of serving the pudding — generally a suet dumpling or a Yorkshire pudding—with gravy, before hot meat ; and those of our housekeepers who have large families to keep would do well to follow this plan, especially when there are many small and hungry mouths to fill, as it results in a substantial reduction in the butcher's bill. Eternal sameness in the second course is not necessary with even so small a sum as five shillings a head at command. For the cold weather suet is a heat-producer of the first order ; but suet need not necessarily be used in the following recipes, as any good dripping will serve the purpose. It may be mentioned in passing that all suet puddings are better and lighter if steamed instead of boiled ; but, in this case, half-an-hour longer should be allowed for cooking. Steaming can be done in an ordinary saucepan, covering the basin containing the pudding with a greased paper, and

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taking care to have only sufficient water to produce a fair volume of steam. Hot water for mixing makes a lighter pudding than cold.

Plain suet pudding made from 1 oz. of finely-chopped suet, flour (or mixed flour and bread-crumbs), and salt to taste, mixed with hot water, tied in a greased and floured cloth like a Roly-poly, and plunged into boiling water, is excellent served with golden syrup or treacle.

Fig pudding is made as above, adding 2 oz. or 3 oz. of chopped figs and some brown sugar to the flour, suet, and bread-crumbs. Put in a well-greased basin, tie down, and boil or steam. Currants can be used instead of figs for a change. If no basin be handy, or time be short, these puddings may be simply tied in a greased and floured cloth and plunged into boiling water, in which case they cook in about half the time that would have to be allowed if they were steamed.

Roly-poly made from a suet mixture as above, rolled out on a floured board and spread with jam, rolled up and tied in a cloth, is as tasty and good as it is well known; while a lemon dumpling made as follows is delicious. With  $2\frac{1}{2}$  oz. of bread-crumbs mix  $1\frac{1}{2}$  oz. of flour, 2 oz. of finely-chopped suet, the juice of half a lemon, and a little grated rind, half an egg, and 1 oz. of sugar. Tie in a cloth and

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boil for an hour. A little thin custard served with the dumpling is an improvement, but can be done without.

Apple, currant (fresh fruit), and rhubarb dumplings made with suet crust (less than half a pound of fruit will be ample) are lighter and more digestible than fruit tarts, and will cost very little, the housekeeper being guided in her choice of principal ingredient by market prices.

Another good apple dish is half a pound of apples stewed and mixed with bread-crumbs, sugar, and an ounce of finely-chopped suet, and baked in the oven for half to one hour. One or two apples grated, mixed with bread-crumbs, suet very finely chopped, salt, a table-spoonful of sugar, and one egg, baked in a pie-dish for half-an-hour or so according to heat of oven, are also very palatable.

Ginger pudding is made from a table-spoonful of ginger powder, a small piece of chopped suet, sugar and bread-crumbs, half an egg (or a little egg-powder), and salt. Mix rather moist with a little milk, or milk and water, and boil in a basin, or steam. Serve with sauce made from flour, grated nutmeg, a little milk and water, and sugar.

Yet another suet recipe is: a teacupful of bread-crumbs, finely chopped suet about the size of a walnut, or dripping, half a tea-spoonful

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of ginger, a table-spoonful of golden syrup, jam, or treacle, salt, and half an egg or some egg-powder (Sunshine brand at 6d. for a 1-lb. tin is hard to beat on the score of economy); tie down in a greased basin with greased paper, and steam for an hour or longer.

Fruit tarts are not really expensive when fresh fruit is plentiful, and the crust need not be allowed to run beyond one's means, as a tart large enough for two people for two days can be made, reckoning  $1\frac{1}{2}$  lb. of fruit at 1d. per lb., with sugar, and crust to cover — say 2d. inclusive. Lard or dripping, or half of each, or 1 oz. of butter, with dripping and lard, the total amount of fat to equal half the weight of the flour, is all that is really needed, and if a small cup or egg-cup be put in the pie-dish with the fruit, this will support the crust and secure a nice quantity of juice. The pie-crust will be much shorter if, after the lard or dripping has been well rubbed in, a hole is made in the mixture to receive a squeeze of lemon-juice before the water is added. A little castor sugar is also an improvement to short pastry, but it must be understood that these are little extras that can well be dispensed with.

Household flour only enters into our calculations, as it is much cheaper and as a rule much better than the various self-raising makes. Bor-

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wick's, or home-made, baking-powder is all that is required to ensure the pie-crust rising. A recipe for home-made baking-powder is given on p. 119.

Apple Charlotte can be made as follows, though there are other ways of cooking this. Cook a pound of apples till soft, with sugar; line a buttered pie-dish with bread and butter, and put in alternative layers of apple and buttered bread till the dish is filled. Bake till brown, and serve. A less expensive form of Apple Charlotte is to mix bread-crumbs with stewed apple, cover with bread-crumbs, add tiny pieces of butter, and bake.

Apples with tapioca which has been previously soaked and half cooked is worth a trial; the apples should be cooked whole with a clove or two, and added to the tapioca when it is about half done, care being taken when they are stewing that the saucepan does not get dry and burn. A large table-spoonful of tapioca is sufficient, and small apples are best. Lemon peel may be preferred before the cloves. Apple fritters need only be mentioned, as also baked apples and baked or boiled apple dumplings.

When oranges are cheap—say, three a penny—try the following. Peel two or three oranges and strip off the white skin, and quarter; lay in a buttered basin with a small quantity of bread-

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crumbs and flour, one table-spoonful of sugar, nutmeg, and just enough milk to moisten. This pudding can be baked or boiled. The cost will not exceed 2d. for two persons. A recipe for Orange Jelly will be found on p. 116.

Golden syrup roll, baked in the oven, affords another simple change. Roll out some ordinary pastry on a floured board, and spread over this a very thin coating of syrup; roll as for Roly-poly, and bake till the pastry is done. Serve with syrup poured over. Very little syrup should be used in the first instance, or it will run out and burn.

Rice and raisin, or rice and apple, dumpling is good. For the first, sprinkle a damp cloth with a few raisins and half a cup of rice; tie up fairly tightly and boil quickly for about two hours or a little longer. For the second, sprinkle the rice on the cloth first; add pared, cored, and sliced apples, with sugar to taste; tie up tightly, and boil.

Fruit puddings made of any fresh fruit, stewed, with a coating of cornflour—made in the usual way—poured over while hot, in a pie-dish, are delicious. The pudding should be allowed to set, and then browned in a slow oven or before the fire.

Bananas at three a penny are well worth buying, to make into fritters—frying in a little

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batter—and stewed prunes and figs need only be referred to. If the housewife but follow our plan she will always have a fair quantity of good cream to serve with these puddings. What such an addition means to stewed and other fruit, milk puddings, and so on, everybody knows. Custard, as explained in the chapter entitled “Unconsidered Trifles,” can be made at a small cost from custard-powder.

Milk puddings call for no more than a passing mention. Bread-and-butter pudding, or bread and jam, with a little milk, brown sugar, and custard, allows the cook no excuse for wasting the smallest piece of stale bread. In making macaroni pudding, some of the water in which the macaroni is boiled can be used with some milk, and half an egg (or egg-powder), the mixture being sweetened to taste.

A dainty little pudding can be made of the simplest ingredients as follows. Make some fine toast, and cut into diamonds; have ready a batter made of a little milk, flour, and half an egg (or egg-powder), and also some jam; dip the toast diamonds into the jam, and place them in a baking tin; pour batter over, and bake in the oven. This pudding can be made in the frying-pan, but in this case it should be turned, to allow both sides to brown.

Blackberry bread is made by stewing black-

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berries till soft, and stirring in bread-crumbs to thicken, with sugar to taste. This can be eaten hot or cold.

Summer puddings are generally most agreeable cold, and shapes of all kinds can be manufactured in scores of simple ways, delicate and pretty to look at, and delectable to the palate. Table jellies, Chelsea or Chivers, will give every satisfaction, and need no recommendation; while blanc-mange, with the addition of a table-spoonful of jam, stirred in while cooking, is extremely cheap and tasty.

Devonshire Junket, which in the making is simplicity itself, might well figure more frequently on the average table, seeing that about half a pint of new milk and rennet (used according to the directions given with every bottle) are all that is required in its preparation. Served with cream from the daily supply of milk, it is without a compeer for cheap excellence— $1\frac{1}{4}$ d. for two persons being indeed hard to beat on the score of economy.

Ground rice shape, served with home-made jam and cream or custard, or snowball puddings made from two ounces of rice, and half a pint of milk, flavoured to taste, and simmered till tender, put into small cups to set, and turned out cold, add two nourishing items to our list. The last can, of course, be served with a little jam or syrup poured over.

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We cannot do better, to conclude our chapter, than give the following two recipes:—

Lemon cornflour mould: put the rind of a lemon into a saucepan with three-quarters of a pint of water and two table-spoonfuls of sugar, and bring to the boil; in the lemon-juice slake sufficient cornflour to thicken the quantity of water used; strain the boiling water into this, stirring well the while, put the whole in a saucepan, boil up, pour into a wetted mould, and set to cool. Custard or cream served with this is a decided improvement.

Fruit mould: stew in a little water half a pound of any ripe, fresh fruit—red or black currants, raspberries, &c., according to market supplies—with sugar to taste; line a wetted basin with slices of bread (it is better to cut away the crusts); pour the hot fruit into this, and fit on tightly a top of bread; place over this a plate, with a weight on it; leave for twelve to twenty-four hours to set. Turn out, and a very pretty and delicious shape will reward the painstaking seeker after variety.

Further recipes will be found on pp. 115-16; and among them is one for a Christmas pudding, the cost of which will not exceed 1s. 3d. for two small puddings, each sufficient for two persons for several days.

## CHAPTER VIII

### How to Spend the Five Shillings— Tables of Daily Expenditure

BEFORE we close this little endeavour to prove life livable on five shillings a week, it may be well to give our readers some further hints as to how the five shillings should be spent. Experience, we have often been told, is a good school ; but the fees are heavy, and having discovered this to our cost, we can do no less than strive to assist others to avoid the mistakes we have made ourselves. As we observed in the introduction, the cost of meals given in the text of our book, and in the tables of daily expenditure at the end of this chapter, have been very carefully worked out, and our estimates are in all cases a little high rather than a little low. We have not, of course, based our calculations on prices ruling in what are called "high-class"—or in other, and less enigmatic, words, expensive—shops ; but we have given shop prices. Vegetables as fresh as, or fresher than, those usually bought in shops can, it need hardly be said, be purchased at lower prices in ordinary markets; and

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apples, plums, bananas, and so on, are not less good because they are sold on a barrow, though they *are* less dear.

The art to buy can only be acquired slowly, but once acquired it is invaluable. If our readers watch the particular market in which they make their purchases, and note the days on which supplies come in, they will find that not only are they in pocket, but they have better food than if they relied on the shopkeeper. Never buy an article of diet—or anything else—because it is cheap. Buy it because it is good; if it is also cheap, and if it will keep, buy as large a quantity as you can, as your opportunity may not recur. Never, when you have proved the value of one thing, be coerced into buying something “just as good”; the probability always is that the “just as good” article is an inferior one, out of which the shopkeeper is making a large profit. You *must* help the shopkeeper to live; but you need not pay for his motor-car.

In making a purchase of food, do not buy because of the food's “niceness”; buy because of its nutritiousness. Remember that every “nice” but unnutritious food you buy is a waste product; and that there is always something else equally nice and really nutritious on which your money may be spent. Steak at 1s. 3d. per lb. may, in imagination or in fact, be

## Tables of Daily Expenditure

nicer than gravy beef at 8d. per lb.: but the latter is equally valuable to the body, and in buying it you save the price of a dinner. On the other hand, Marshall's Unmatchable Marmalade may be temptingly cheap at 7 lbs. for 1s., but it is not marmalade, and by the time you have paid the doctor the price of the jar may have risen to several guineas, while by following the recipe given on pp. 119-20, you can make real marmalade, with a minimum amount of trouble, for 2½d. per lb.

Watch the markets, and buy in your marrows, onions, carrots, parsnips, &c., if you can when there is a glut. With careful hanging they will keep all through the winter. When bacon is selling at 5d. per lb., as it generally is once a year, buy it and use it for the mid-day meal; you cannot buy a joint of beef or mutton at the same price, and they are not more delicious.

As far as possible home-made things should be preferred before bought ones, as they are invariably more nourishing. Home-made bread need not prove an impossibility if the recipe given on p. 116 be followed out, and the baker has the satisfaction of knowing that all the nutriment contained in the flour has not been refined away. A good and cheap bread can be made fairly easily with Gillett's Royal Yeast-cakes, according to directions given on each

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box. Brown bread should always be bought in preference to white, as it contains a very much larger proportion of nutriment. Home-made scones are very easy to make, and for a change shortbread can figure on the tea-table at a surprisingly low cost.

We give below tables of daily expenditure for four weeks—choosing one in spring, one in summer, one in autumn, and one in winter—to give the reader some idea of the way menus are made up in our own household on the five shillings a head; but there need be no end to the alterations and improvements that can be made on these. They are typical of our own; and we give them because they are typical, preferring to do this rather than accumulate all the delicacies to put the “best front” possible on our catering.

### SPRING MENU

| SUNDAY                                               |      |                                                       |         |
|------------------------------------------------------|------|-------------------------------------------------------|---------|
| <i>Breakfast—</i>                                    |      | <i>Tea—</i>                                           |         |
| Rashers and fried bread . . . . .                    | 1½d. | Bread and butter and shortbread (home-made) . . . . . | 2d.     |
| Bread and butter, toast, and tea . . . . .           | 3½d. | <i>Supper—</i>                                        |         |
| <i>Dinner—</i>                                       |      | Tapioca soup and toast diamonds . . . . .             | 1d.     |
| Pig's "cheek," potatoes, and spring greens . . . . . | 4d.  | Bread, cheese and Tarragona port . . . . .            | 3d.     |
| Baked fruit and cornflour pie and cream . . . . .    | 2d.  | <hr/>                                                 |         |
|                                                      |      | Total for day for two persons . . . . .               | 1s. 5d. |

# Tables of Daily Expenditure

## MONDAY

|                                            |          |
|--------------------------------------------|----------|
| <i>Breakfast—</i>                          |          |
| Porridge and cream . . . . .               | 1½d.     |
| Collared head . . . . .                    | 1d.      |
| Bread, butter, and<br>cocoa . . . . .      | 2½d.     |
| <i>Dinner—</i>                             |          |
| Cold pig's head . . . . .                  | 3½d.     |
| Vegetable pie . . . . .                    | ½d.      |
| Fig pudding . . . . .                      | 2d.      |
| <i>Tea—</i>                                |          |
| Currant scones . . . . .                   | 2d.      |
| <i>Supper—</i>                             |          |
| Macaroni cheese . . . . .                  | 2d.      |
| Buttered toast and<br>lime-juice . . . . . | 2½d.     |
| <hr/>                                      |          |
| Total for day for two<br>persons . . . . . | 1s. 5½d. |

## TUESDAY

|                                                                                     |         |
|-------------------------------------------------------------------------------------|---------|
| <i>Breakfast—</i>                                                                   |         |
| Collared head . . . . .                                                             | 1d.     |
| Buttered toast, mar-<br>malade, and tea . . . . .                                   | 3½d.    |
| <i>Dinner—</i>                                                                      |         |
| Broth . . . . .                                                                     | ½d.     |
| Stewed shin of beef<br>and potatoes and<br>mashed parsnips<br>and carrots . . . . . | 5½d.    |
| <i>Tea—</i>                                                                         |         |
| Brown bread and<br>butter and short-<br>bread . . . . .                             | 2d.     |
| <i>Supper—</i>                                                                      |         |
| Rhubarb (or prunes)<br>and cream . . . . .                                          | 1d.     |
| Buttered toast, bread,<br>grated cheese, and<br>cocoa . . . . .                     | 2½d.    |
| <hr/>                                                                               |         |
| Total for day for two<br>persons . . . . .                                          | 1s. 4d. |

## WEDNESDAY

|                                                                     |         |
|---------------------------------------------------------------------|---------|
| <i>Breakfast—</i>                                                   |         |
| Collared head . . . . .                                             | 1d.     |
| Soda bread, butter,<br>jam, and tea . . . . .                       | 3½d.    |
| <i>Dinner—</i>                                                      |         |
| Brisket of beef<br>(stewed with car-<br>rot) and potatoes . . . . . | 4½d.    |
| Trifle . . . . .                                                    | 2¼d.    |
| <i>Tea—</i>                                                         |         |
| Bread and butter<br>and oatcake . . . . .                           | 2d.     |
| <i>Supper—</i>                                                      |         |
| Potted meat, bread<br>and butter, and<br>Tarragona port . . . . .   | 4d.     |
| <hr/>                                                               |         |
| Total for day for two<br>persons . . . . .                          | 1s. 5d. |

## THURSDAY

|                                                              |          |
|--------------------------------------------------------------|----------|
| <i>Breakfast—</i>                                            |          |
| Buttered eggs with<br>chopped parsley,<br>on toast . . . . . | 2d.      |
| Bread and marma-<br>lade and cocoa . . . . .                 | 3d.      |
| <i>Dinner—</i>                                               |          |
| Shepherd's pie and<br>greens . . . . .                       | 4d.      |
| Banana fritters and<br>cream . . . . .                       | 2d.      |
| <i>Tea—</i>                                                  |          |
| Griddle scones . . . . .                                     | 2d.      |
| <i>Supper—</i>                                               |          |
| Stuffed onions . . . . .                                     | 2d.      |
| Buttered toast and<br>lime-juice . . . . .                   | 2½d.     |
| <hr/>                                                        |          |
| Total for day for two<br>persons . . . . .                   | 1s. 5½d. |

# How to Live on 5s. a Week

## FRIDAY

*Breakfast*—  
 Porridge and cream . . . . 1½d.  
 Toast, bread and  
 butter, marmalade  
 and camp coffee . . . . 3½d.

*Dinner*—  
 Mackerel (or cod) . . . . 4d.  
 Potatoes and sauce . . . . 1d.  
 Stewed figs and  
 custard . . . . 1½d.

*Tea*—  
 Water-cress sand-  
 wiches . . . . 2d.

*Supper*—  
 Potato and fish pie . . . . —  
 Toast, cheese, and  
 cocoa . . . . 3d.

Total for day for two  
 persons . . . . 1s. 4½d.

## SATURDAY

*Breakfast*—  
 Rashers and fried  
 bread . . . . 1½d.

Toast, bread, butter  
 and marmalade,  
 and tea . . . . 3½d.

*Dinner*—  
 Salt beef (piece of  
 brisket) . . . . 4d.  
 Carrots, suet dump-  
 ling, potatoes, and  
 bread . . . . 2d.

*Tea*—  
 Bread and butter  
 and water-cress . . . . 2d.

*Supper*—  
 Stewed rhubarb and  
 cream . . . . 1d.  
 Bread and cheese,  
 toast, water-cress,  
 and cocoa . . . . 3d.

Total for day for two  
 persons . . . . 1s. 5d.  
 Sundries . . . . 1½d.

Total for week for  
 two persons . . . . 10s.

## SUMMER MENU

### SUNDAY

*Breakfast*—  
 Oatmeal jelly and  
 cream . . . . 1d.  
 Home-made soda  
 bread, butter, and  
 tea . . . . 3d.

*Dinner*—  
 Breast of mutton, po-  
 tatoes, and beans 4½d.  
 Jam mould and  
 cream . . . . 2d.

*Tea*—  
 Soda bread, butter,  
 and jam . . . . 2d.

*Supper*—  
 Fruit mould . . . . 2d.  
 Bread and butter,  
 water-cress, and  
 lemonade . . . . 3d.

Total for day for two  
 persons . . . . 1s. 5½d.

### MONDAY

*Breakfast*—  
 Poached eggs on  
 toast . . . . 2d.  
 Griddle scones, but-  
 ter, jam, and camp  
 coffee . . . . 3d.

# Tables of Daily Expenditure

*Dinner*—  
 Cold (or hashed)  
 mutton . . . . . 4d.  
 Vegetable hotpot . . . . . 1d.  
 Ginger pudding . . . . . 2d.  
*Tea*—  
 Water-cress sand-  
 wiches . . . . . 2d.  
*Supper*—  
 Stewed fruit and  
 cream . . . . . 1d.  
 Bread and butter  
 and lemonade . . . . . 2d.

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Total for day for two  
 persons . . . . . 1s. 5d.

## TUESDAY

*Breakfast*—  
 Rashers and mush  
 cakes . . . . . 1½d.  
 Toast, marmalade,  
 and tea . . . . . 3½d.  
*Dinner*—  
 Irish stew and peas . . . . . 4d.  
 Ground rice shape,  
 jam, and cream . . . . . 2d.  
*Tea*—  
 Tea-cake . . . . . 2d.  
*Supper*—  
 Bread and butter,  
 lettuce, and cheese . . . . . 4d.

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Total for day for two  
 persons . . . . . 1s. 5d.

## WEDNESDAY

*Breakfast*—  
 Scrambled eggs on  
 toast . . . . . 2d.  
 Soda bread, jam,  
 and cocoa . . . . . 3d.  
*Dinner*—  
 Stewed kidney and  
 mashed potatoes . . . . . 4½d.

Devonshire junket  
 and cream . . . . . 2d.  
*Tea*—  
 Brown bread and  
 butter . . . . . 2d.  
*Supper*—  
 Broth . . . . . —  
 Bread and butter,  
 grated cheese, and  
 lime-juice . . . . . 3d.

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Total for day for two  
 persons . . . . . 1s. 4½d.

## THURSDAY

*Breakfast*—  
 Brawn . . . . . 2d.  
 Bread and butter  
 and cocoa . . . . . 3d.  
*Dinner*—  
 Tripe and potatoes . . . . . 4d.  
 French pancakes . . . . . 2d.  
*Tea*—  
 Cress sandwiches . . . . . 2d.  
*Supper*—  
 Stewed fruit and  
 cream . . . . . 1d.  
 Bread and butter  
 and cheese straws  
 and Tarragona  
 port . . . . . 3d.

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Total for day for two  
 persons . . . . . 1s. 5d.

## FRIDAY

*Breakfast*—  
 Eggs in crusts . . . . . 2d.  
 Bread and marma-  
 lade and tea . . . . . 3d.  
*Dinner*—  
 Filleted fish and  
 mashed potatoes . . . . . 4d.  
 Rice balls, jam and  
 cream . . . . . 2d.

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|                                            |         |
|--------------------------------------------|---------|
| <i>Tea—</i>                                |         |
| Bread and jam . . .                        | 2d.     |
| <i>Supper—</i>                             |         |
| Lemon cornflour<br>shape and custard       | 1½d.    |
| Soda bread and but-<br>ter and lemonade    | 2½d.    |
| <hr/>                                      |         |
| Total for day for two<br>persons . . . . . | 1s. 5d. |

## SATURDAY

|                                       |     |
|---------------------------------------|-----|
| <i>Breakfast—</i>                     |     |
| Kedgeree . . . . .                    | 1d. |
| Toast, radishes, and<br>tea . . . . . | 3d. |
| <i>Dinner—</i>                        |     |
| Broth . . . . .                       | —   |

|                                                         |     |
|---------------------------------------------------------|-----|
| Potato rolls and<br>vegetable marrow                    | 4d. |
| <i>Tea—</i>                                             |     |
| Scones and oatcake                                      | 2d. |
| <i>Supper—</i>                                          |     |
| Stewed rhubarb and<br>cream . . . . .                   | 1d. |
| Bread and butter,<br>cheese, and sher-<br>bet . . . . . | 3d. |
| <hr/>                                                   |     |

|                                            |         |
|--------------------------------------------|---------|
| Total for day for two<br>persons . . . . . | 1s. 2d. |
| Sundries . . . . .                         | 4d.     |
| <hr/>                                      |         |

|                                             |      |
|---------------------------------------------|------|
| Total for week for two<br>persons . . . . . | 10s. |
|---------------------------------------------|------|

## AUTUMN MENU

### SUNDAY

|                                                                        |         |
|------------------------------------------------------------------------|---------|
| <i>Breakfast—</i>                                                      |         |
| Rashers and fried<br>potatoes (left over)                              | 1½d.    |
| Toast, marmalade,<br>and coffee . . . . .                              | 3½d.    |
| <i>Dinner—</i>                                                         |         |
| Roast beef (under-<br>done). . . . .                                   | 5d.     |
| Roast potatoes and<br>parsnips. . . . .                                | ½d.     |
| Apples, cooked in<br>sago, and cream .                                 | 1½d.    |
| <i>Tea—</i>                                                            |         |
| Griddle scones and<br>oatcakes . . . . .                               | 2d.     |
| <i>Supper—</i>                                                         |         |
| Bread and butter<br>and potted meat<br>and Tarragona<br>port . . . . . | 3d.     |
| <hr/>                                                                  |         |
| Total for day for two<br>persons . . . . .                             | 1s. 5d. |

### MONDAY

|                                                                             |         |
|-----------------------------------------------------------------------------|---------|
| <i>Breakfast—</i>                                                           |         |
| Porridge and cream                                                          | 1½d.    |
| Fried bread with<br>potted meat, toast,<br>butter, and tea .                | 3½d.    |
| <i>Dinner—</i>                                                              |         |
| Vermicelli soup and<br>toast . . . . .                                      | ½d.     |
| Roast beef (hot). .                                                         | 5d.     |
| Potato balls and<br>parsnips (left over)<br>roast with meat .               | ½d.     |
| <i>Tea—</i>                                                                 |         |
| Scones and jam . .                                                          | 2d.     |
| <i>Supper—</i>                                                              |         |
| Potted meat with<br>O. K. sauce and<br>buttered toast,<br>bread and cocoa . | 3d.     |
| <hr/>                                                                       |         |
| Total for day for two<br>persons . . . . .                                  | 1s. 4d. |

# Tables of Daily Expenditure

## TUESDAY

|                                                       |          |
|-------------------------------------------------------|----------|
| <i>Breakfast—</i>                                     |          |
| Poached eggs on toast . . . . .                       | 2d.      |
| Bread and butter, marmalade, and cocoa . . . . .      | 3d.      |
| <i>Dinner—</i>                                        |          |
| Shepherd's pie and greens . . . . .                   | 5½d.     |
| Orange pudding and cream . . . . .                    | 1¾d.     |
| <i>Tea—</i>                                           |          |
| Brown bread and butter . . . . .                      | 2d.      |
| <i>Supper—</i>                                        |          |
| Thick soup . . . . .                                  | ½d.      |
| Bread and butter and celery, Tarragona port . . . . . | 3d.      |
| <hr/>                                                 |          |
| Total for day for two persons . . . . .               | 1s. 5½d. |

## WEDNESDAY

|                                                      |         |
|------------------------------------------------------|---------|
| <i>Breakfast—</i>                                    |         |
| Bubble and squeak . . . . .                          | 1d.     |
| Bread and butter, jam, and tea . . . . .             | 3½d.    |
| <i>Dinner—</i>                                       |         |
| Meat roll and potatoes (boiled in jackets) . . . . . | 5d.     |
| Rice pudding and cream . . . . .                     | 2d.     |
| <i>Tea—</i>                                          |         |
| Teacake and toast fingers . . . . .                  | 2d.     |
| <i>Supper—</i>                                       |         |
| Celery soup . . . . .                                | ½d.     |
| Toast, grated cheese, celery, and cocoa . . . . .    | 3d.     |
| <hr/>                                                |         |
| Total for day for two persons . . . . .              | 1s. 5d. |

## THURSDAY

|                                                |         |
|------------------------------------------------|---------|
| <i>Breakfast—</i>                              |         |
| Sausage rolls (home-made) . . . . .            | 1½d.    |
| Toast, bread, butter, and tea . . . . .        | 3½d.    |
| <i>Dinner—</i>                                 |         |
| Green vegetable soup . . . . .                 | ½d.     |
| Cornish pasties and potatoes . . . . .         | 4½d.    |
| Stewed apples and cream . . . . .              | 1d.     |
| <i>Tea—</i>                                    |         |
| Bread and butter and tea-cake . . . . .        | 2d.     |
| <i>Supper—</i>                                 |         |
| Buttered toast, beet-root, and cocoa . . . . . | 3d.     |
| <hr/>                                          |         |
| Total for day for two persons . . . . .        | 1s. 4d. |

## FRIDAY

|                                                       |          |
|-------------------------------------------------------|----------|
| <i>Breakfast—</i>                                     |          |
| Buttered eggs with chopped parsley on toast . . . . . | 2½d.     |
| Bread and marmalade and cocoa . . . . .               | 2½d.     |
| <i>Dinner—</i>                                        |          |
| Boiled cod and sauce, and potatoes . . . . .          | 4½d.     |
| Fruit tart and cream . . . . .                        | 2½d.     |
| <i>Tea—</i>                                           |          |
| Oven scones . . . . .                                 | 2d.      |
| <i>Supper—</i>                                        |          |
| Kedgerie . . . . .                                    | 1d.      |
| Toast and Tarragona port . . . . .                    | 2½d.     |
| <hr/>                                                 |          |
| Total for day for two persons . . . . .               | 1s. 5½d. |

# How to Live on 5s. a Week

## SATURDAY

*Breakfast—*  
 Porridge and cream 1½d.  
 Toast, marmalade,  
 and tea . . . . 3d.

*Dinner—*  
 Sheep's heart, pota-  
 toes, and greens 5d.  
 Lemon dumpling  
 and custard . . . 2d.

*Tea—*  
 Brown bread and  
 butter . . . . 2d.

*Supper—*  
 Onion porridge . . 1½d.  
 Bread and butter  
 and Tarragona  
 port . . . . . 2d.

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Total for day for two  
 persons . . . . 1s. 5d.  
 Sundries . . . . 2d.

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Total for week for  
 two persons . . . 10s.

## WINTER MENU

### SUNDAY

*Breakfast—*  
 Scrambled eggs on  
 toast . . . . . 2d.  
 Tea, toast, and bread  
 and butter . . . . 3d.

*Dinner—*  
 Meat pudding, pota-  
 toes, and greens . 4½d.  
 Stewed prunes with  
 cream . . . . . 1½d.

*Tea—*  
 Griddle scones . . 2d.

*Supper—*  
 Sago soup and  
 bread . . . . . 1d.  
 Bread, cheese, and  
 cocoa . . . . . 3d.

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Total for day for two  
 persons . . . . 1s. 5d.

### MONDAY

*Breakfast—*  
 Porridge and cream 1½d.  
 Toast, bread and  
 butter, and tea . 3½d.

*Dinner—*  
 Liver and fry . . . 3d.  
 Potatoes, marrow,  
 and white sauce 1d.  
 Fig pudding . . . 2d.

*Tea—*  
 Bread and butter  
 and oatcake . . . 2d.

*Supper—*  
 Buttered toast,  
 celery, cheese,  
 and bread . . . . 3d.  
 Tarragona port . . 1d.

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Total for day for two  
 persons . . . . 1s. 5d.

### TUESDAY

*Breakfast—*  
 Rashers and fried  
 bread . . . . . 1½d.  
 Bread and home-  
 made marmalade  
 and tea . . . . . 3d.

*Dinner—*  
 Liver and fry (re-  
 heated) . . . . . 3d.

# Tables of Daily Expenditure

|                                                      |         |
|------------------------------------------------------|---------|
| Potato and marrow pie . . . . .                      | 1d.     |
| Baked apple dumplings and cream . . . . .            | 2d.     |
| <i>Tea—</i>                                          |         |
| Oven scones . . . . .                                | 2d.     |
| <i>Supper—</i>                                       |         |
| Celery soup and bread . . . . .                      | 1d.     |
| Toast, celery and grated cheese, and cocoa . . . . . | 3½d.    |
| <hr/>                                                |         |
| Total for day for two persons . . . . .              | 1s. 5d. |

## WEDNESDAY

|                                                        |         |
|--------------------------------------------------------|---------|
| <i>Breakfast—</i>                                      |         |
| Kippers . . . . .                                      | 1½d.    |
| Buttered toast, bread and marmalade, and tea . . . . . | 3d.     |
| <i>Dinner—</i>                                         |         |
| Sheep's head with parsley sauce and potatoes . . . . . | 3½d.    |
| Yorkshire pudding with jam and cream . . . . .         | 2½d.    |
| <i>Tea—</i>                                            |         |
| Bread, butter, and oatcake . . . . .                   | 2d.     |
| <i>Supper—</i>                                         |         |
| Scotch broth and bread . . . . .                       | 1d.     |
| Buttered toast, cheese, and Tarragona port . . . . .   | 3½d.    |
| <hr/>                                                  |         |
| Total for day for two persons . . . . .                | 1s. 5d. |

## THURSDAY

|                          |   |
|--------------------------|---|
| <i>Breakfast—</i>        |   |
| Sheep's tongue . . . . . | — |

|                                                         |         |
|---------------------------------------------------------|---------|
| Bread and butter, toast, marmalade, and cocoa . . . . . | 4d.     |
| <i>Dinner—</i>                                          |         |
| White soup from liquor on hand . . . . .                | —       |
| Curried sheep's head, rice, and vegetables . . . . .    | 4½d.    |
| Apple fritters and cream . . . . .                      | 1½d.    |
| <i>Tea—</i>                                             |         |
| Bread and jam . . . . .                                 | 2d.     |
| <i>Supper—</i>                                          |         |
| Potted meat (home-made) on buttered toast . . . . .     | 3d.     |
| Tarragona port . . . . .                                | 1d.     |
| <hr/>                                                   |         |
| Total for day for two persons . . . . .                 | 1s. 4d. |

## FRIDAY

|                                                      |          |
|------------------------------------------------------|----------|
| <i>Breakfast—</i>                                    |          |
| Rashers and fried bread . . . . .                    | 1½d.     |
| Bread and butter, toast and tea . . . . .            | 3d.      |
| <i>Dinner—</i>                                       |          |
| Red mullet or mackerel and mashed potatoes . . . . . | 4¾d.     |
| Stewed figs and cream . . . . .                      | 1¼d.     |
| <i>Tea—</i>                                          |          |
| Brown bread and butter . . . . .                     | 2d.      |
| <i>Supper—</i>                                       |          |
| Kedgeree from remains of fish . . . . .              | 1d.      |
| Bread and butter, toast, and cocoa . . . . .         | 3d.      |
| <hr/>                                                |          |
| Total for day for two persons . . . . .              | 1s. 4½d. |

# How to Live on 5s. a Week

## SATURDAY

### *Breakfast—*

Porridge and cream 1½d.  
 Fried bread, bread  
 and butter, and  
 tea . . . . . 3d.

### *Dinner—*

Green vegetable  
 soup and bread 1d.  
 Beef olives and  
 mashed potatoes 4d.

### *Tea—*

Scones and drop  
 scones . . . . . 2d.

### *Supper—*

Apple jelly (made  
 from cores, &c.)  
 and cream . . . ½d.  
 Buttered toast,  
 cheese, and cocoa 4d.

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Total for day for two  
 persons . . . . . 1s. 4d.  
 Sundries . . . . . 3½d.

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Total for week for  
 two persons . . . . . 10s.

## CHAPTER IX

### Five Shillings a Week in the Country

WE have undertaken in these pages a task not hitherto, to the best of our knowledge, seriously attempted ; that of proving it possible to live well on five shillings a week in the towns. One writer, we have just discovered, does make some pretence of showing how it is done in the country—to wit, Mrs. Willoughby Wallace, in a book entitled “Woman’s Kingdom” (Constable). As she professes to show how “the problem of how to feed four persons and an occasional visitor on £1 a week” is solved, it is worth while devoting a few lines to her essay. She goes, for example, to a certain vicar’s wife, who begins as follows: “Eggs for breakfast costs us nothing when the hens are laying well,” tells us that “We are not by any means vegetarians ; we generally have one and sometimes two joints a week, besides either a couple of rabbits (when in season) or a couple of chickens. In winter we often get a present of a hare from the farmers, and the squire usually

## How to Live on 5s. a Week

sends the vicar a brace of pheasants when he has a big shoot," and proceeds to give two sample menus, one for summer and one for winter: "The first cost us nothing beyond the usual cooking condiments, the second cost us a shilling for the rabbit, of which we only ate half, the remainder making an excellent curry for the next day. The summer one consisted of green-pea soup, roast chicken, French beans and potatoes, fruit salad, and grilled tomatoes on toast. The second menu is celery soup, casserole of rabbit, stewed pears, and Paysandu eggs." Adds Mrs. Willoughby Wallace: "Altogether I must hold this housemistress up as an example of what marvels can be accomplished by good management"!

Lucky and admirable housewife! Our living in the country, like our living in the town, is not accomplished so prettily. We cannot serve a dinner of roast chicken, green-pea soup, grilled tomatoes, French beans and potatoes, and fruit salad, for nothing. We cannot reckon on the farmers sending us hares and the squire braces of pheasants; nor can we pay for the cost of feeding hens, and find that the eggs cost us nothing. We have to deal with facts, and to show how Mrs. Jones can live on five shillings a week, unassisted by such charming free additions to the menu.

## 5s. a Week in the Country

Having shown how this can be accomplished in the large towns, very little need be said in dealing with the country, since with a lower price for meat, &c., it follows naturally that the country cousin has a distinct advantage in the matter of variety, though the town-dweller has the advantage of better markets for buying certain things. Many little commodities within the reach of the townswoman are quite beyond the horizon of the countrywoman; but on the whole the country life opens up a more delightful prospect, not only in regard to surroundings, but also in regard to the possibilities of housekeeping.

However small, no cottage in the country is without a garden, and though we put the "potato patch" at only an eighth of an acre we know how fair and fascinating a face it can be made to wear at an annual outlay of little over half a guinea for seeds and seed potatoes. The cultivation of the "patch" should be in our own hands if we wish our garden to be a success. And here we must point out that none but good, tested seeds should be purchased. We have tried inferior kinds, and suffered to an extent we should not have thought possible. Carter's seeds we have proved, and can very strongly recommend; none others will ever go into our soil again. The extra

## How to Live on 5s. a Week

money spent in this direction will be more than repaid by the quantity and the quality of the crops.

From an eighth of an acre sufficient fruit and vegetables for two persons may be expected, and should, given some preliminary knowledge of gardening and reasonable care and attention to the ground, reward our efforts.

One-fifth or one-sixth of our ground should be allotted to gooseberry and currant bushes and raspberry canes, and if the garden be surrounded by a wall or a wooden fence, this should be utilised for espalier fruit and even tomatoes, where there is a good south aspect. Strawberries must either be kept in a small plot by themselves or grown beside the path, though if they be kept together they are more easy to preserve from the ravages of the birds. A corner should be kept for rhubarb, mint, sage, and parsley (which, if allowed to seed, will seek "fresh woods and pastures new" for itself, without our leave or approval). The rest of our garden will be laid out with vegetables, while an apple or pear tree here and there will not, if judiciously pruned, materially reduce our crop of greenstuff and roots. A couple of drills of, say, eight to ten yards in length should be sown with carrot seed, three with onion, one or one and a half with parsnip, one or one and

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a half with beetroot, one with turnip, one (or more) with spinach, two or three with peas, and one with dwarf beans. Some spring cabbage should have its place, and as much ground as possible set with good seed potatoes. Later on, by exercising care, sprouts, cabbage, &c., may be set between the potato drills. These plants are easily bought, and as space is an important consideration, it is better to buy them than to grow them from seed; care should be taken that the potato haulms are not allowed to choke them. Lettuce can be grown in patches here and there—if the slugs permit it. Mustard and cress can be grown in boxes, but a few feet of soil should be secured for radishes, while celery must find a place when the time comes for planting out. Marrows will thrive on a heap of refuse covered with an inch or so of soil.

But our garden is incomplete without a little wired-in run for, say, four good laying hens to keep the house in eggs, and, perhaps, to supply a chicken or two for the table. When the potatoes and vegetables have been dug up the run should be extended, as the additional foraging ground will reduce the cost of keeping the hens, and the manure is good for the soil. Four hens will cost to keep, threepence to fourpence a week at the outside, and will, on a low computation, yield an egg a day throughout the

## How to Live on 5s. a Week

year, and if they are good layers and are well looked after, considerably more. Each year at least one setting of eggs should be put down to hatch, and the cockerels, at a cost of about 1s. 3d., can figure on the table. If no chicken are reared, a young bird can be purchased from a neighbouring poultry-farmer for a couple of shillings, at which price it is quite within our means, as a good bird, with bread stuffing, will provide four dinners for two persons and a fricassee for supper for the fifth day; while chicken broth should be made of the carcase, neck, feet, heart, and gizzard.

From our small "plan of campaign" it will be seen that in fruit, vegetables, and eggs we are our own source of supply at a minimum cost; home-made jam, preserves, &c., being among the products of our industry and knowledge. Of carrots, parsnips, turnips, onions, and beet we shall have a good winter's supply, and enough potatoes to last us nearly, if not quite, through to the spring.

Eggs will be new-laid and unimpeachable, and we can have a nice store laid by in the summer, when they come thick and fast, for the winter months of rest. Here it may be remarked that in cold and bleak weather a little Colman's Mustard should be mixed with the morning's hot meal. We have found this very useful for

## 5s. a Week in the Country

bringing recalcitrant hens on to lay, and preventing others from ceasing with the first appearance of frost.

Many excellent additions to our table we can get for the trouble of picking : meadow and wood sorrel for sandwiches for tea ; dandelion to add to our salad or to make a salad in itself ; young stinging-nettle tops for nettle spinach, which is difficult to distinguish from cooked spinach, and is equally valuable as to its tonic properties ; blackberries for blackberry and apple jam, for puddings, tarts, and last, and best, blackberry jelly. Windfall apples can be got for nothing, or next to nothing, as can also crab apples, and these make excellent jelly for winter use. Mushrooms, too, in a good season, can generally be had in large quantities for the picking : gathered with the dew still upon them, they commend themselves to the most fastidious palate. Converted into ketchup, they add to the winter's stock of condiments.

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*Oatmeal Jelly.*—Soak a teacupful of oatmeal in cold water for about twelve hours, and add boiling salted water: boil for several hours, adding more water as may be needed, but do not stir more than necessary. It is done when each grain is transparent. Pour into a wetted mould and serve cold with sugar and cream.

*Oatmeal Blanc Mange.*—Stir half a cupful of oatmeal into a pint of salted milk brought to the boil, and cook for about three-quarters of an hour: add an egg, well beaten, just before serving. Oatmeal Blanc Mange can be eaten hot or cold, with cream and sugar.

*Creamed Oatmeal.*—Boil the oatmeal in the usual way and rub through a sieve: cover with hot milk and cook slowly for another half-hour. Serve with cream and sugar.

*Oatmeal Gruel and Egg.*—Stir half a cupful of oatmeal into salted boiling water (about two cupfuls), and boil for an hour: then strain and pour on to an egg, well beaten. Reheat till it thickens and serve with cream and sugar.

*Rice Porridge.*—Wash half a cupful of rice

## Recipes

and cook for an hour with half a cupful of oatmeal, in plenty of boiling salted water. Before serving add about an ounce of butter.

*Scrambled Eggs.*—Bring two table-spoonfuls of milk, with an ounce of butter added, to the boil, and break two eggs into this: season with salt and pepper, and stir until the egg thickens. Serve on hot buttered toast. A great deal of variety can be obtained by adding chopped parsley, left-over green peas, dice of cold ham, or bacon, or any savoury scraps of meat or fish on hand.

*Eggs in Crusts.*—Cut slices of stale bread about an inch thick, cut off crusts, and scoop out centres: rub with butter, drop an egg into each cavity, and put in a hot oven till the eggs are set.

*Fricasséed Eggs, Hot.*—Cut in half three hard-boiled eggs and remove the yolks, and mix these with chopped parsley, a little butter, salt, and pepper. Fill the whites with mixture and keep hot: pour some white sauce over the eggs and serve.

*Eggs and Cheese, Baked.*—Hollow slightly some slices of toast in the centre, and spread with a paste made of grated cheese and milk. Place the toast in a baking-dish and break an egg into each hollow, sprinkle with cheese, and put in a hot oven till the eggs are set.

## How to Live on 5s. a Week

*Onion and Eggs.*—Cut a Spanish onion into slices, strew with pepper and salt, and fry in hot dripping until tender. It may be stated here that no fat is ready to fry vegetables or other food until a blue smoke arises from it and there is no sound of bubbling. Many amateur cooks put on the fat, and before it is melted add whatever is to be fried, with the result that the dish presents a sodden appearance instead of a crisp brown one. When the onion is done take it up with a fish-slice, place on a hot dish, and squeeze over it the juice of half a lemon. Poach two eggs and place on the onion and serve at once. Decorate the dish with sprigs of parsley.

*Cheese Toast.*—Mix together in a saucepan a dessert-spoonful of flour, one gill of milk, one ounce of butter, salt, cayenne and mustard to taste, and bring to a boil, stirring all the time: then add one ounce of grated cheese, spread thickly on buttered toast, and serve very hot.

*Cheese Soufflé.*—Grate any hard ends of cheese into a bowl, and soak dry pieces of bread in a little boiling milk and water. Beat up one egg, add pepper and salt to taste, and mix all together: put the mixture in a buttered pie-dish, and sprinkle bread-crumbs on top with a nut of butter. Bake for a quarter of an hour in a brisk oven, or the soufflé may be cooked under the grill on a gas stove.

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*Welsh Rarebit.*—Melt half an ounce of butter and add one table-spoonful of milk with salt and pepper: slice two ounces of cheese into the butter and milk, and when the mixture is about the consistency of thick cream spread on buttered toast and serve at once. Another very simple recipe for cooking cheese is to place some thin slices of cheese on buttered toast and put under the grill on the gas cooker, or before a hot fire: as soon as the cheese is melted serve at once.

*Cheese Omelette.*—Whip the whites and yolks of two eggs separately, add pepper and salt and a pinch of mixed herbs, together with some finely minced parsley, and last of all some grated cheese. Melt a small piece of butter in an omelette- or frying-pan, and when hot pour in the mixture. Let it get delicately brown on one side, then fold over and serve immediately. It has been said that an omelette should be made and eaten in five minutes: at any rate, no time must elapse between the dishing up of an omelette and its appearance at table. The dish and plates should be very hot, or the omelette will be tough.

*Cheese Straws.*—Take one ounce of cheese (Parmesan is best, but any hard cheese will answer), one ounce of butter, one ounce of flour, salt, pepper and a little cayenne. Grate the cheese and rub into it the butter and flour

## How to Live on 5s. a Week

with the salt, pepper, and cayenne. Roll out paste and cut in half: cut one portion into thin strips and the other into rings. Place on a greased tin and bake for five or six minutes.

*Cheese Custard.*—Lay, alternately, thin slices of buttered bread and very thin slices of cheese in a fireproof dish, and season with pepper: beat up an egg, add a cup of milk, and pour over. Bake for about twenty minutes in a moderate oven and serve very hot.

*Rice Cheese.*—Boil two or three ounces of rice in about half a pint of milk and season: put a layer of the rice in a buttered pie-dish and sprinkle with an ounce of grated cheese. Add remainder of rice, another ounce of grated cheese, and dot over top small pieces of butter: bake in a quick oven till nicely browned.

*Braised Onion.*—Boil a large Spanish onion until tender, but be careful not to let it break. Remove from the saucepan and place on a tin; put a tiny nut of butter on top, and as this melts strew over fine bread-crumbs, a pinch of mixed herbs, pepper and salt, and a squeeze of lemon-juice if a lemon be available. Place under the grill on a gas cooker, or in a hot oven, till the onion is of a rich brown colour. Boil up the water in which the onion was stewed, add a few drops of browning, and, if possible, half a tea-spoonful of Bovril; thicken

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with flour and water, with a piece of butter, and serve with the braised onion. A simple brown sauce can be made quickly by browning an ounce of flour in a saucepan or frying-pan; stir well, and when dark enough add the liquor.

*Spanish Onions and Haricot Beans.* — Boil Spanish onions and haricot beans together, with plenty of water, for several hours, until very little liquor remains in the saucepan, taking care not to let them burn. Just before serving add a nut of butter rolled in flour, and a little milk.

*Stuffed Tomatoes.* — Choose some fair-sized tomatoes. Cut off at the top a piece of skin about the size of a halfpenny. Insert a small teaspoon and remove some of the pulp; have ready a forcemeat of bread-crumbs, chopped parsley, mixed herb, and any cold meat or fish finely minced; season this with pepper and salt; moisten the mixture with a little milk, and stuff the tomatoes with it. Serve with potatoes and gravy made from the liquor in which the potatoes were boiled, mixed with the tomato pulp. If desired, the gravy can be coloured by the addition of a tea-spoonful of gravy-salt, which can be bought in penny packets.

*Stuffed Pancakes.* — Make some thin pancakes and put on each a few spoonfuls of any mince; roll up pancakes and press edges together, cut

## How to Live on 5s. a Week

into even lengths, and fry with folded edges downwards. Drain, garnish with parsley, and serve hot. Pancakes can be prepared beforehand, and the mince rolled in a thin slice of parboiled bacon before it is placed in the pancake; dip in egg and bread-crumbs, and place the lengths in a buttered fireproof baking-dish, and fry a delicate brown.

*Cornish Pasties.*—These are best made from uncooked meat, but cold beef answers very well. Cut up half a pound of boiled potatoes and half a pound of beef into small squares; shred a blanched onion, and mix all together with a fork. Have ready some short paste, a quarter of an inch thick, and divide into fair-sized pieces; lay some mixture on each; moisten edges, fold over, and press together. Bake in a fairly quick oven and serve hot.

*Potato Ragout.*—Chop up finely one parboiled onion, with two ounces of any cooked meat and one ounce of ham, and mix with three ounces of mashed potatoes, one tea-spoonful of mixed herbs, the yolks of two eggs, and pepper and salt. When thoroughly mixed, stir in the whites of eggs beaten stiffly; drop mixture by spoonfuls into boiling fat, and fry a golden brown. Drain, and serve hot.

*Potato Rolls.*—Melt half an ounce of butter in a saucepan, and add half an ounce of flour and

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half a gill of water ; when thick, pour the panade into a basin. Chop up finely a quarter of a pound of kidney or other cold meat, and mix with panade. Boil four or five potatoes, and pass them through a sieve ; make into small rolls, making a cavity by pressing the forefinger along the top of each ; fill this with panade, and cover slightly with potato ; dip in beaten-up egg. Melt half an ounce of dripping (or butter) in a saucepan, brown a little flour, and add rolls and half an onion sliced, with three-quarters of a gill of water ; bring to the boil.

*Curried Potatoes* for breakfast make an excellent change. Cut up some cold cooked potatoes in cubes or rough pieces, and place in a frying-pan in which a nut of butter has been melted with some curry powder dredged into it. Shake the potatoes in the pan until they are thoroughly hot, and serve.

*Potato Salad*.—Slice neatly any cold left-over potatoes and place in a glass dish : chop together, very finely, a small piece of Spanish onion and two teaspoonfuls of parsley, and mix with two teaspoonfuls each of vinegar and salad oil, and leave standing for several hours : half-an-hour before the salad is required, sprinkle the mixture over the potato.

*Dried Peas*.—Soak overnight, wash and place in a saucepan in cold water, with a little bicar-

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bonate of soda, a table-spoonful of sugar, and some dried mint: boil slowly for an hour and a half.

*Meat in Ambush.*—Mince any small scrap of left-over meat; add to it a little cold stock or gravy, and bring both to the simmering-point, but not to boiling-point, as this will harden the meat; place in the centre of a large plate, and surround with a wall of mashed potatoes; just before serving put a lightly-poached egg on top of the meat.

*Cauliflower Savoury.*—Place any left-over cauliflower in a pie-dish; melt  $1\frac{1}{2}$  oz. of butter, mix into this some hard grated cheese, and pour half of the mixture over the cauliflower; grate cheese over this, and sprinkle with bread-crumbs; pour over a little more of the mixture, with more grated cheese and bread-crumbs, and finish with the mixture. Put into a quick oven till nicely browned, and serve very hot. White sauce may be used in place of butter.

*Devilled Tomatoes.*—Spread some fairly thick slices of tomato with a mixture made of a nut of butter, salt, pepper, and cayenne; put in a tin and bake. Serve very hot on grilled gammon hock.

*Baked Sausage.*—Prick the sausages; lay each on a piece of buttered bread a shade larger than the sausage itself; put in a baking-tin and bake

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in a very hot oven till sausages are well browned and the bread crisp.

*Tripe.*—This is generally dressed and partly cooked when purchased. Wash thoroughly in cold salt water; put into a saucepan with a little white stock or skim milk, and let it simmer for an hour or more; take out and cut into small strips, season with salt and pepper, dip in egg and bread-crumbs, and fry till brown.

*Beef Olives.*—Make a forcemeat of chopped parsley, a table-spoonful of bread-crumbs, and a nut of suet chopped fine, mixed with a little beaten-up egg; take about five ounces of shin of beef (lean) which has been hung for a few days, cut into small thin slices, and beat well; spread the forcemeat on each piece, adding a slice of onion; roll up, and tie the ends to keep shape. Fry a few slices of onion in a saucepan in half an ounce of butter or dripping, and take out when brown; brown the olives and remove them from the pan; then brown half an ounce of flour, and add half a pint of water; put in olives and onion, seasoning with pepper and salt, and simmer gently for an hour. Of course, more gravy can be made if desired by simply adding a little more browned flour and water.

*Calf's Liver and Fry.*—Put the fat in a basin, and pour boiling water over to blanch it; then boil in a little white stock (flour and water

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added to ordinary stock) for twenty minutes. After the liver has been well washed in cold water, pour over it hot water in order that it may skin easily; after skinning, cut into neat slices and fry a nice brown in a frying-pan, with a slice or two of bacon: take out the liver and bacon, and add an ounce of flour to the fat, stirring well; to this add the liver and bacon, seasoned with salt and pepper to taste, as well as the fat and white stock. Simmer gently for about twenty minutes, and serve very hot.

*Stewed Kidney.*—Cut three frozen kidneys into neat pieces, removing fat and skins; melt half an ounce of butter or dripping, add kidney, and brown nicely; add salt, pepper, a little mustard, a lump of sugar, and half a pint of water or stock. Stew gently till tender. Before serving add a table-spoonful of brown flour. Mashed potatoes or toast triangles make a nice finish to this dish.

*Irish Stew.*—Cut about a pound of scrag end of neck of mutton into neat pieces and put a few pieces into the saucepan; over this put some sliced onion, and some pared medium-sized potatoes, pepper, and salt; add remainder of meat, and another layer of onion and potato; add sufficient water nearly to cover, bring to the boil, and draw the saucepan to one side

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so that it will merely simmer. The more gently this is cooked the better it will prove ; it should take at least  $1\frac{1}{2}$  to 2 hours. This dish will last two persons for two days, and will be found as delicious the second day as the first.

*Meat Roll.*—Take a quarter of a pound of gravy beef and a couple of rashers. Cut the beef and rashers into small pieces and mince ; mix with the mince a little chopped parsley, two table-spoonfuls of bread-crumbs, and half a beaten egg ; roll on a slightly floured board, tie in a cloth, put into boiling water, and boil slowly for twenty minutes. Can be served hot or cold ; if the latter, it looks better glazed, but this is unnecessary.

*Breast of Mutton.*—Remove all fat, cut out bones, and lay the meat on a board ; sprinkle over it chopped parsley and bread-crumbs ; roll these in ; tie and skewer. Bake in the oven or stew.

*Sheep's Brains.*—Place in saucepan and bring to the boil in a little milk and water : add a tea-spoonful of cornflour slaked in water, season, and simmer for fifteen minutes. Serve on buttered toast with sauce poured over.

*Buttock Steak.*—Take half a pound or a little less of buttock steak with an edge of fat, and slice thinly, cutting on the slant, each slice

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being edged with fat; lay a slice of onion on each, sprinkle with pepper and salt, and roll up. Cook in a moderate oven for about an hour and a half, in a *covered* baking-tin.

*Stewed Oxtail.*—Divide the tail into pieces; put into a stewpan with two small sliced onions, two cloves, a pinch of mixed herbs, and a quart of water; bring gently to the boil; skim off fat, and simmer for two hours. Thicken with flour slaked with water in which some gravy-salt has been dissolved.

*Pancakes.*—Put  $1\frac{1}{2}$  oz. of Paul's flour in a basin, with a pinch of salt; beat an egg and add to it a quarter of a pint of milk; make a hole in the flour, and pour in slowly the egg and milk, beating the batter perfectly smooth, and put in a cool place for half-an-hour or longer. Make pancakes in a small frying-pan, in half an ounce of hot lard. When the underside is brown, shake pan, turn, and cook on the other side. Drain on soft paper, and roll up. When all the pancakes are ready, serve on a hot dish, sprinkled with sugar and cut lemon.

*French Pancakes.*—These require one ounce each of flour, sugar, and butter, one egg, and a gill of milk. Beat the butter and sugar to a cream, and add, alternately, a little beaten-up egg and flour; then add the milk and pour into well-buttered plates, and bake for about

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twenty minutes. Have ready a little hot jam ; spread this on each, and fold over. Serve hot or cold.

*Cabinet Pudding.*—Grease a pudding basin with butter, and arrange two ounces of stoned raisins in a pattern over the basin ; put in three ounces of bread, cut into small squares ; beat one egg, add to it a teacupful of milk, and pour this over the bread ; cover with greased paper, and steam for an hour.

*Christmas Pudding.*—Mix together  $\frac{1}{2}$  lb. of stoned raisins,  $\frac{1}{2}$  lb. of cleaned currants,  $\frac{1}{2}$  lb. of fine bread-crumbs,  $1\frac{1}{2}$  tea-spoonfuls of mixed spice, 1 oz. minced orange and lemon peel, one apple cut in small dice, and half a tea-spoonful of salt. Beat up two eggs with 4 oz. of brown sugar ; add a table-spoonful (or two) of whisky and two or three table-spoonfuls of milk ; mix this with the pudding, adding a little more milk if too stiff. Put into two small greased pudding basins, cover with greased and floured cloths, and boil for six hours.

*Trifle.*—Cut two stale sponge cakes (costing one halfpenny each because they are past their prime) in half, spread with jam, and soak in milk, with a spoonful of Tarragona port. Make about a cupful of custard, and pour over.

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*Orange Jelly.*—When oranges are cheap, squeeze off the juice from three, and add to it 3 oz. of sugar and a gill of water ; strain over  $\frac{1}{2}$  oz. gelatine ; put in a saucepan and stir on the fire till it boils ; stand for fifteen minutes, and strain into a damp mould.

*Prune Jelly.*—Left-over prunes, together with any apple or fruit juice that may be on hand, can be converted into a nice jelly by adding a table-spoonful of sugar and boiling down to, say, half a pint, when a tea-spoonful or more of gelatine should be stirred in until the latter is dissolved : pour into a mould and set in a cool place.

*Soda Bread.*—Put  $1\frac{1}{2}$  lbs. of flour in a basin with  $1\frac{1}{2}$  tea-spoonfuls of baking powder, three quarters of a tea-spoonful of bicarbonate of soda, and half a tea-spoonful of salt ; mix gradually with a pint of buttermilk (sour milk answers the purpose just as well) into a dough ; turn out on a floured board and knead well ; roll out the dough to about an inch thick, cut into four, and bake in a hot oven for about half-an-hour. The dough may be cut into strips, and the strips into small scones, if desired.

*Tea Scones.*—Mix 8 oz. of flour, a quarter of a tea-spoonful of bicarbonate of soda, half a tea-spoonful of cream of tartar (or baking-powder),

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one tea-spoonful of sugar, and a pinch of salt, in a basin ; rub in an ounce of butter and mix into a nice dough with one gill of sweet milk ; turn out on a floured board, knead lightly, roll out, and cut into strips, and divide these into cakes, or cut into rounds with a pastry cutter ; put on floured sheet (the ordinary oven shelf serves the purpose if it be clean) and bake in a hot oven.

*Griddle Scones.*—Mix together 8 oz. of flour, half a tea-spoonful of bicarbonate of soda, three-quarters of a tea-spoonful of cream of tartar (or baking-powder), and a pinch of salt, in a basin ; add gradually sufficient buttermilk (or sour milk) to make a rather moist dough, take one-third or one-half of the dough on a well-floured board, and knead very quickly with the finger-tips, working always into the centre, and using flour to prevent the dough sticking ; roll out very thin, cut into four, and bake on a hot floured griddle. Turn the scones as soon as the under side is nicely browned and firm. Stand on end to dry. Use the remaining dough, of course, in the same way. These scones may be varied by the addition of an ounce of butter or lard, rubbed into the flour, and an ounce of currants or sultanas and sugar.

*Dropped Scones.*—Make a thick, creamy batter of about half a pound of flour, a teacupful of

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milk, one beaten-up egg, a table-spoonful of sifted sugar, a tea-spoonful of cream of tartar, and half a tea-spoonful of bicarbonate of soda, and a pinch of salt. Grease a hot griddle with lard or dripping, and drop table-spoonfuls of batter on it. When a golden brown on the under side, turn the scones.

*Potato Cakes.*—Mash any left-over potatoes and rub in a nut of butter and enough flour to make a paste, moistened with milk; roll out on a floured board; cut into little cakes, and bake till brown.

*Shortbread.*—Take 4 oz. of Paul's flour, 2 oz. of butter, 1 oz. of ground rice, a pinch of baking-soda, and a pinch of cream of tartar; rub flour, ground rice, soda, and cream of tartar through a sieve, and work in butter as in making short pastry; press out into a round cake about an inch thick, and bake in a slow oven. Shortbread is better if left to stand in a cool place overnight before being baked.

*Tea-Cake.*—Rub  $1\frac{1}{2}$  oz. of butter into 6 oz. of flour; add 1 oz. of sugar, a small half-teaspoonful of cream of tartar, a small quarter of a tea-spoonful of bicarbonate of soda, and 1 oz. of sultanas; beat up one egg, and a little milk, and mix into a soft dough; roll out, divide in three, and plait. Put on a greased tin, and bake for about twenty minutes.

## Recipes

*Swiss Roll.*—Take two eggs, 3 oz. of sugar, and 2 oz. of flour ; beat up eggs with the sugar, and add flour slowly ; pour into a well-buttered, shallow baking-tin (first grease tin, then line with buttered paper) ; bake in a quick oven, turn out on a sugared paper, and spread the under side with hot jam, and roll.

*Oatcake.*—Put three table-spoonfuls of fine oatmeal into a basin, and keep adding boiling water from a jug with a little bicarbonate of soda in it ; mix with the hand into a stiff dough ; roll out thin, and bake on a griddle for a few minutes on one side only ; finish off in front of the fire on a toaster.

*Home-made Baking-powder.*—Of bicarbonate of soda, cream of tartar, and rice flour (or potato flour) take equal quantities, by measurement—not by weight—and mix. Keep dry in a wooden box or tin.

*Marmalade.*—Put two dozen Seville oranges, and two lemons, into the preserving-pan (or saucepan ; see p. 26) ; cover them with cold water, and let them boil gently for two hours, or until quite tender, keeping them well under the water by means of a plate or dish laid on top ; remove the oranges and keep the water in reserve ; when the oranges are cool cut them open, take out pips and cores, and slice both peel and pulp very thinly ; to every 1 lb. of

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fruit allow  $1\frac{3}{4}$  lbs. of loaf sugar, with half a pint of the water in which the oranges were boiled ; boil all together for half-an-hour, pour the marmalade into jars, and, when cold, cover.



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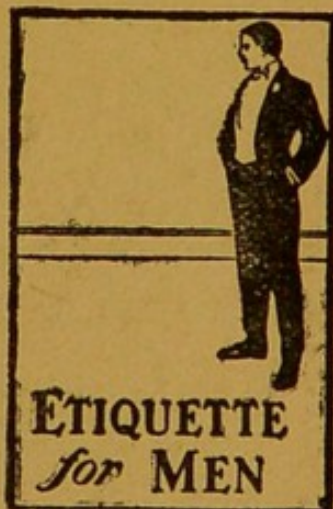
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