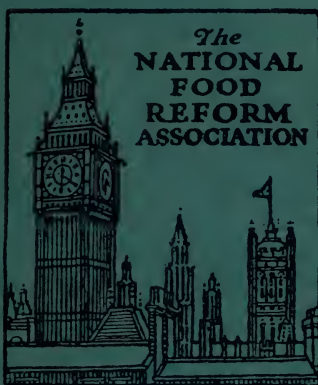


SECOND EDITION

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THE PUDDING LADY

*A New Departure in
Social Work*



178 ST. STEPHEN'S HOUSE,
WESTMINSTER

1916

PRICE ONE SHILLING NET

THE PUDDING LADY

The Pudding Lady

A NEW DEPARTURE
IN SOCIAL WORK

By
MISS BIBBY
MISS COLLES
MISS PETTY
and the late
DR. SYKES

With a Letter from
MRS. HUMPHRY WARD

New Edition
With Introductory Note
1916

NATIONAL FOOD REFORM ASSOCIATION
178 ST. STEPHEN'S HOUSE, WESTMINSTER

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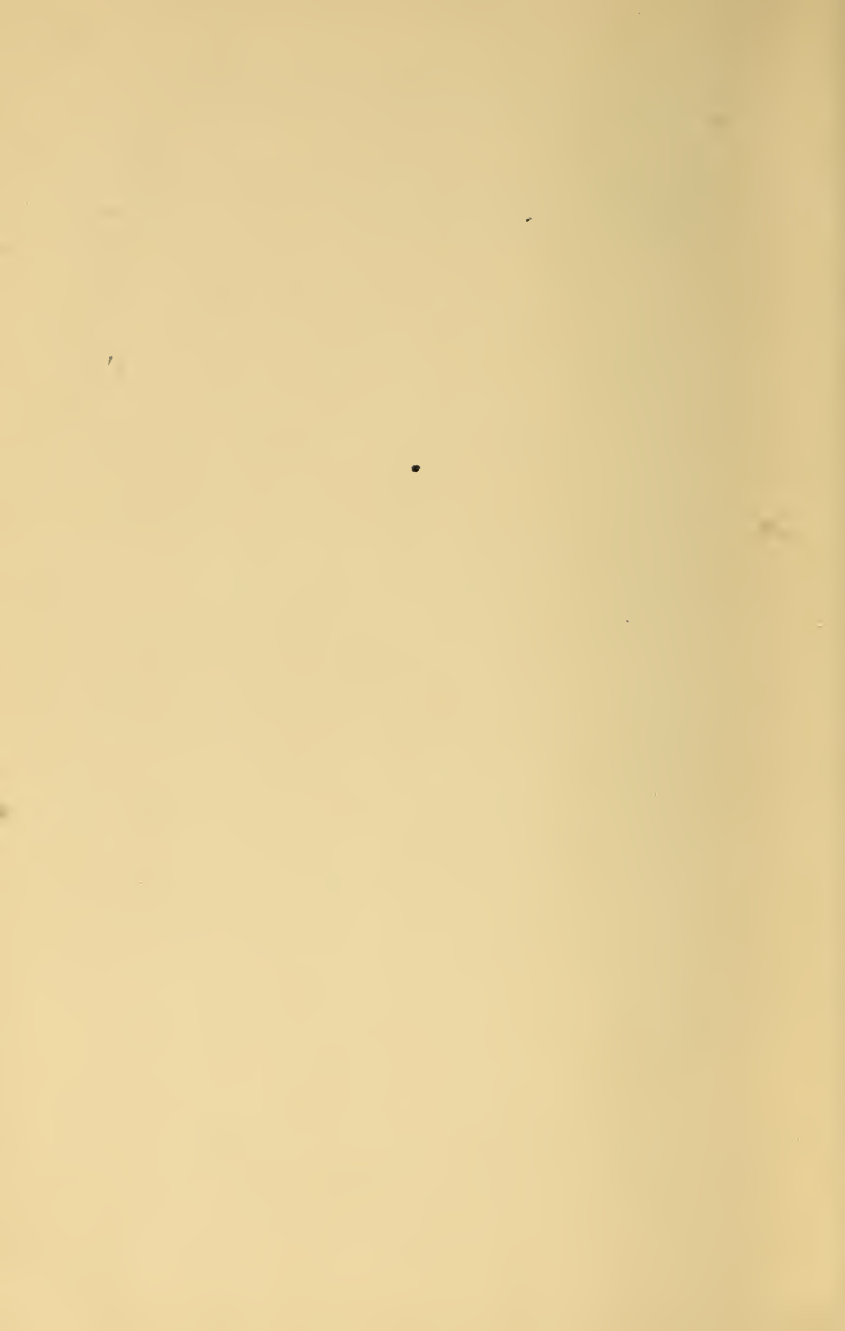
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NOTE TO SECOND EDITION.

WITHIN a year or so of the birth of the National Food Reform Association the writer was approached by Lady Meyer and Miss Evelyn Bunting as to the possibility of its undertaking the publication of "The Pudding Lady." After reading the MSS. with the deepest interest and sympathy, he replied that there appeared two good reasons against the course proposed. In the first place no funds were available, in the second he felt very strongly that the St. Pancras School for Mothers should itself enjoy the credit and reap the benefit of the publication of the record of so valuable a piece of pioneer social work.

Five years have passed, during which period the volume has attained to the dignity of a standard work for social reformers. To them the term "Pudding Lady" stands for more than an individual. It represents an attitude of mind and a definite method of handling a difficult social problem. The heroine of the book, Miss Florence Petty, has meanwhile become a public possession, bringing to bear on the solution of national problems those rare gifts of heart and head and that unique experience which achieved such wonders alike in the homes of Somers Town (St. Pancras) and among the cottagers of Newport, Essex, where, at the Village Health Centre founded by Lady Meyer, she laboured with equal success for four years.

Her present work for the National Food Reform Association, on the staff of which she has been since

October, 1914, and that of her colleagues, if slightly different in character, has the same end in view. Our lecturers do not, as a rule, go into the homes nor give actual cookery lessons, though calls for help of this kind meet with a ready response. They do, however, give equally practical instruction in cookery adapted to existing abnormal conditions and confine themselves to the simplest utensils and cheapest foods. They are thus able to give direct help to women of the wage-earning class, wives of tradesmen, farmers, etc., as well as to render more efficient a large number of the vast army of social workers.

Under these circumstances, the Committee of the St. Pancras School for Mothers, whose Honorary Secretary, Mrs. Alys Russell, is also a member of the Committee of the National Food Reform Association, have kindly sanctioned the reprinting of the book by the latter Society.

Fresh evidence is constantly accumulating of the extraordinarily widespread influence exerted by this book. Thus only recently a social worker at Newport, Mon., wrote: "Perhaps it might interest Miss Petty to know that through reading 'The Pudding Lady' some years ago, and seeing the value of the work, I induced the Newport Infantile Health Authority to allow a salary for a Pudding Lady here, and I became the Honorary Secretary of 'The Pudding Lady' Sub-Committee. We found an admirable teacher for the work, and it has been very successful."

Its food prices are, of course, out of date, but this does not militate against the continued usefulness of what is so much a "live" book that some 500 copies

were sold last year through the agency of the Association alone. It is important to remember that it describes things as they are, not as they might be. A knowledge of existing conditions and a recognition of obstacles in the way of improvement are essential preliminaries to reform, and this book has probably done more than any other to bring home to social reformers the need for food, cookery and housing reform.

The following letters, received respectively in the summer and autumn of 1915, show that the seed sown by "The Pudding Lady" and by those who have followed in her steps has not fallen upon barren soil, and that there are women to-day who, like the "pupil" and others described in the book, under difficulties which many would regard as insurmountable, are displaying a courage, a resourcefulness, and an open-mindedness in their housekeeping which claims our admiration not less than our sympathy :

"I read in *Answers* a few weeks ago about your work at the Welcome, Somers Town, on cooking. I live in Somers Town, as you see by my address, this last fourteen years, but never went to the Welcome, because I didn't like to come, but should have liked to especially to learn cooking, which I like very much, but don't know very much about, although I do my best for my four children, which are always hungry, especially the boys. So could you send me a paper or book on how I could make a few tasty and staying dinners or dishes at a reasonable cost, instead of the usual meat or other dinners that I give them and then at tea time they are as hungry as lions. I have bought a cookery book, but the time you get all the different

things they say you are no better off than if you bought a dear dinner, and lots more work, with the chance of spoiling the lot. So if I am not asking you too much, would you favour me by a little of your ways of cooking?" Needless to say, Miss Petty took the first opportunity of visiting this correspondent, whose photograph is reproduced here, and speaks with enthusiasm of her courage and capabilities.

The writer of the second letter, also a student of *Answers*, says: "I am writing to ask your promised help, for now that food is so much dearer I am almost at my wits' end sometimes in trying to give my family the old amount of nourishment on the same amount of money. Can you give me a list of the most nourishing foods and the right quantities to feed a family of five—father, mother, boy fourteen, girl twelve, boy nine—cost not to exceed 15s. weekly? We live absolutely alone in the country, so that we have to pay the maximum price for firing, as well as everything else, and as we have only been in a new house for a few months we have to buy all vegetables except greens. It is impossible to obtain skim milk here. It is all given to the young animals on the farms. The children all have to take dinner to school. I get 2d. bones weekly and boil well for stock for gravy and soup, and then each day I add to it any water in which I have cooked vegetables. I also use lentils, rice, and haricot beans. Potatoes I either boil or bake without peeling. Any old crusts of bread I use up either in the soup or by frying. I can honestly claim that I waste absolutely nothing, yet with all my care and contriving, week after week I have to use money for food that ought to be put away for clothes

and firing. If you can help me I shall be very grateful indeed, and will try to help other worried mothers in the same way.

“Could you also give a list of how to feed a family, consisting of father, mother, and five children, ages from three to twelve years, on 13s. a week. I know many who have to do that, and they get little but bread and margarine and vegetables. Have you cookery books explaining how to cook the things you advise? I have four, and some hundreds of recipes, but few of them within my means. Most men are not willing to do entirely without meat. My present plan is to bake or stew a joint (cost, 2s. 9d.) Saturday, have it cold till Wednesday, when I mince it and heat it up with rice and onion cooked in stock from bones and vegetables. That seems to me cheapest. Can you advise better? I only have the one joint a week. My bread bill is usually 5s. 6d. a week.”

“The wonder is,” as Miss Bibby remarked in the original introduction, “not that many fail, but that some succeed in wholesome and adequate care for their families. It is not wonderful that many give up the struggle and content themselves with the endless tea and bread, which demands little preparation and no previous thought, and the only alternatives to which are occasional expensive cooked dishes from the shops.”

Such letters, like the book itself, will also, it may be hoped, help to direct public attention to the importance of the part played by the mother in the home. Her work may not be paid, but it is second in importance to none. In some districts the effect of recent legislation, such

as the Miners' Eight Hours Act, has been to increase rather than to diminish her task. One of the most pressing problems before us is that of bringing to her some measure of relief. For this we must look, in part, to housing legislation and administration, such as will ensure adequate cooking, storage and washing facilities, and labour-saving devices, to co-operative housekeeping, to an extension of the range of dishes supplied in cookshops and cheap restaurants, and to the provision of outside assistance somewhat on the lines of the "Home Helps."

Is it too much, further, to hope that the next generation will be adequately instructed in cookery and food values (including the use of neglected foodstuffs of all kinds), in personal hygiene, and in home making, not merely in the schools—primary and secondary alike—but in compulsory continuation classes held during the day. And will not the success of such training depend in great measure upon some portion of it at any rate being made obligatory for boys as well as for girls?

CHAS. E. HECHT.

178, St. Stephen's House, Westminster.
February 3rd, 1916.

LETTER FROM MRS HUMPHRY WARD.

(Prefixed to the original edition.)

STOCKS, TRING,

August 3, 1910.

DEAR LADY MEYER,

I am very much obliged to you for letting me see these most interesting proofs. Never was any work more practical, more womanly, and more necessary than that of "The Pudding Lady." This account of her experiment has been particularly attractive to me, for the question, "On how little could one live well, if one set about it with enough intelligence?" has always seemed to me a fascinating one, and, with regard to food, I have often pondered it, especially in the early days of the Cripple Schools, when I first discovered what an excellent dinner one could give a cripple child—a dinner of meat, vegetables, pudding, and bread—for 2d., and even for 1½d. It is not food that is dear and scarce in England—it is the mind to cook it with! Food is extraordinarily cheap and good in England—the raw material of food, that is to say. Even the labourer on 18s. or 21s. a week could live plentifully, so far as food is concerned, if he or his wife knew all there is to be known by ordinarily intelligent people about food and its preparation. But, unfortunately, his wife, as a rule, knows hardly anything of what can be done on a few pence to please and nourish her family. She has none of the instinctive knowledge of and aptitude for what makes a savoury dish that the French or German woman has. She buys monotonously, omitting dozens of foods that she ought to include, because she is quite ignorant about them, and often prejudiced against them; and she comes more and more to depend on tinned

abominations of all sorts, and to get all the cooking she wants done for her at the cookshop. And meanwhile her own mind stagnates for lack of any real interest or variety in her housekeeping; her husband gets no pleasure out of his meals, and, as man is a feeding animal, begins to take less interest in his home, and her children are wretchedly nourished.

How far, too often, is this true of the English home and the English mother! But your "School for Mothers" and your most inventive "Pudding Lady" have been practically doing what many of us have dreamed of doing—going into the actual homes of the poor and showing a young mother what astonishing things can be done with her own saucepan, on her own fire, with her own hands. These savoury stews of lentils and tomatoes and meat "pieces," these suet puddings, now made with meat, now with treacle or raisins or dates, so nourishing, cheap, and good to the palate, have by now perhaps revolutionised some workmen's homes; they have brought new ambitions to women, new pleasures to hungry folk; above all, new nourishment to nursing mothers and to their sickly and anæmic children.

For that, after all, is the object of the "School for Mothers"—to help women "labouring with child" and "young children," and to show the helpless and ignorant that by a little teaching, a little kindness, a little sympathy, a little docility, this hard world can be made to yield its simple comforts and pleasures even to the very poor, far more readily than the high-minded or the selfish know.

Yours very truly,

MARY A. WARD.



MISS FLORENCE PETTY
("THE PUDDING LADY")

The Pudding Lady

INTRODUCTION.

THIS is the story of an experiment in social work. Because it is not claimed that this work has yet gone beyond the stage of experiment it has seemed better to present the actual first-hand report material obtained than to write a book based upon that material. On the other hand, the experiment has so far been so signally successful, and the work done appears to be so well worth the doing, as to justify the issuing of such reports as are already in our hands.

This new work is the teaching of domestic subjects, more particularly cookery, in the homes of the people by means of actual work, in which only the utensils and resources of the home are used. The hash, when cooked, forms part of the ordinary meal. The garment, when made, is at once worn. The lessons are worked into the ordinary normal setting of the life of the persons taught, and so gain a reality and a sense of use and of purpose not to be obtained in any other way.

The School for Mothers has always recognised that the welfare of the baby is part of the welfare of that baby's family, and consequently teaching in cookery and other domestic arts has always formed part of its curriculum. The cookery lessons have been ably given, the syllabus has been carefully prepared, and the attendances and interest of the women have been satisfactory. It was, therefore, somewhat surprising, and not a little disconcerting, to find that few, if any, of the

women were putting into actual practice the lessons received. The lessons were regarded as merely a form of recreation.

Another difficulty also engaged the attention of the Committee. It was found that many babies who, under the care and guidance of the Welcome,* attained a whole year's life in health and vigour grew delicate and puny as the second year progressed. Something, obviously, was at fault in feeding or management, or both. Classes in children's cookery were discussed, but the experience of ordinary cookery classes as given above was not encouraging.

So the Welcome decided to start on a new adventure, and to take its teaching into the homes of its students.

The usual difficulty as to money arose, but this was met by the generosity of Mr. Edmund Barnes, D.L., J.P., who promptly offered to finance the first stage of the experiment, and to whom much gratitude is felt for his valuable support of an untried idea. When further support was necessary, Lady Meyer, whose interest in scientific domestic instruction is so well known, gave the funds necessary for the continuance for a further period of the work. This was followed by a donation from Lady Sargood.

The Committee was further fortunate in obtaining the services, as Teacher and Investigator, of Miss F. Petty, who had already given much time and thought to the work of the Welcome, and who, in addition to an unusually wide knowledge of practical and scientific

*The St. Pancras School for Mothers is known locally as "The Mothers' and Babies' Welcome," or, shortly, "The Welcome."

domesticity, had that interest in general social problems and that experience of investigation essential for the work.

As it seemed possible that the experiment might initiate work of considerable magnitude and importance, it was decided that a careful daily record of the work done should be kept, and that, without prying in any impertinent fashion into the lives of our poorer friends, and without formal questioning, which might justly arouse resentment, as much information as possible should be collected concerning the present circumstances and past history of the families visited. This information was to include, where possible, some reference to those mental and moral factors difficult to estimate and often left out of account, yet which are in many, if not in all, lives the finally determining facts.

These records seemed desirable for several reasons. If the experiment succeeded it would be necessary to know among what kind of people and in the face of what difficulties of poverty and general circumstances success had been attained. If the experiment failed it would be still more valuable to know the reason, in order that some new attempt might be made in the light of the knowledge gained. The Welcome did not intend to leave its problem unsolved, and so the knowledge of every circumstance affecting the lives of its people became a possible source of suggestions for further work.

The records thus obtained form the subject of the present book. Written while each impression was

fresh in the mind of the writer, they give a vivid and accurate picture of the work and of the people.

The method and spirit of the work can best be understood by reading the account relating to each family. The work has been done throughout entirely in the spirit of the friend and helper, never in that of the patron or critic. Miss Petty has made friends with her pupils, either in the course of an ordinary class at the School for Mothers or when visiting a home for some other reason. The lessons have followed some informal offer by the teacher to "come and show you how to do it," or the expression of a wish "to know how to do it" on the part of the pupil. There has been no cut-and-dried procedure, no formal syllabus, no prescribed course of action. Everything has been adapted to the needs of the pupils and the resources of their homes. How great the needs are and how limited the resources can only be understood by actual contact with the homes and the people of our slums.

To provide for a family on the narrow incomes quoted, and to cook for a family in the limited space and with the few utensils available, demands skill, knowledge, and resourcefulness of a high order, coupled with much self-denial and foresight. The wonder is, not that many fail, but that some succeed in wholesome and adequate care for their families. It is not wonderful that many give up the struggle and content themselves with the endless tea and bread, which demands little preparation and no previous thought, and the only alternatives to which are occasional expensive cooked dishes from the shops. But

when these dull matters are made interesting by pleasant talk, when the "friend of the family" thinks them worth much attention, and, best of all, when "the lady comes in and takes off her coat and puts on an apron, just as if she belonged to you," as one pupil vividly explained, then the suet pudding is no longer a suet pudding, but a symbol.

It is of interest to note how methods and habits often adversely criticised appear when seen more closely. For example, buying in small quantities is found to be not a foolish improvidence, but rather a wise allowing to each day its due proportion of food where storage is scanty and food in any case insufficient. Again, shopping at night becomes necessary when food is at its cheapest at the end of the day, and the habit of sending the children to do the shopping has its rise in the fact that the kindly shopkeeper gives the biggest helping to the smallest customer.

The results of the work done have been most gratifying. It is not simply that certain lessons have been given and certain dishes made, but also that, by means of the lessons, dormant intelligence has been awakened and atrophied powers called into use; that a new interest has been given to the everyday affairs of life and a new importance to household duties.

These are essential steps to any real improvement in the condition of the poor.

Although the number of families dealt with is not large, it will be found to embrace typical specimens of the various classes; from the able and intelligent, brought to poverty by sickness, misfortune, or variations in employment, to the well-intentioned but in-

efficient in body or mind, or both, and to the lazy and unemployable. Work of this intimate and personal nature gives unequalled opportunities for social investigation. Neither shyness nor intentional deception can be maintained, and it is possible to gauge the unintentional inaccuracy which is so often mistaken for something worse.

Those who have seen most of the work would be the last to maintain that it can be done everywhere and by every kind of person. Some centre, or some previous work which may serve as a means of first getting into touch with the women, is desirable. The teacher is, however, the essential factor in the scheme. Everything depends upon her personality. Faith and insight, long patience and deep sympathy, personal magnetism and attractiveness, must be joined with practical knowledge and a wide resourcefulness if the aims are fully to be attained. In this fact lies one of the claims of the work to help and recognition. Modern schemes of social betterment are apt to dwell too exclusively on the mass aspect of social affairs, and on the machinery and apparatus of improvement. It is no bad thing to be reminded that finally it is personality which acts most strongly on ability, and that the crowds and masses are ultimately resolvable into individuals needing help and pity and guidance.

M. E. BIBBY.

THE SCENERY AND THE DRAMATIS PERSONÆ.

OUR story is incomplete unless it includes some consideration of the place where, and the people among whom, our experiment was made. The worker must know her material, its strength and resistance, its weakness and defect, its plasticity and fluidity, if her work is to be reasoned and effective. The recognition of this fact is nowhere more important than in the region of human effort and of social amelioration. Many well-meant efforts fail for want of this study of the human material and of the intricacies of psychological chemistry.

The district in which our experiment has been made has the usual features of any district surrounding huge railway termini. Houses, formerly designed for the occupation of one family, but now let out in dwellings of one, two, or three rooms, are the habitations, varied by a few blocks of workmen's flats. Poverty is the note of the neighbourhood—plucky, self-respecting poverty; helpless, inefficient poverty; loafing, idle poverty. The art of doing without is well understood by all, and "making the best of it" is the philosophy of most. Yet it is not a soured or depressed population, nor has it any evident feeling of envy or resentment in the contemplation of more fortunate humans. It has still independence to repel undesired interference, but it has a quick recognition for friendly feeling.

Out of school hours its streets are full of little people, miraculously escaping imminent death from passing traffic, playing strange games of absorbing fascination, or pursuing the otherwise superfluous adult in quest of bits of string and pins, the uses of which are dark mysteries. The market street is full of activity. Wares of every kind, eatable, wearable, usable, are displayed. Crowds of purchasers and lookers-on wander along. Persevering sellers extol their goods and astute buyers depreciate those most desired. Many religious and social organisations are at work, and although in the face of economic difficulties they may not make so great an improvement in the general conditions of the district as is desired, there is no doubt that their work is much appreciated and has effects of great value.

It is important to note this general setting of the work. In such a district wholesome living is not easy. The made-down house does not lend itself readily to good housekeeping. The undue crowding of human beings is productive of more than physical evils. Evil examples are thrust under the eyes of the weaker and are difficult to escape. There is no privacy, no space for thought. The mind is dulled by the perpetual whirring of the social machine. There is none of the solitude and silence wherein souls grow greater. The want of outlook, the sameness of the daily round, the limitations of every kind, join with the want of air, of food, and of healthy conditions to produce an apathy of mind which is, perhaps, a merciful anodyne of Nature's making, but which tends to perpetuate the conditions among which it has grown.

Again, in some of the less successful families we find a want of grip on life which is probably physical in origin. Where tuberculosis, insanity, and drink appear in the family history, though not in the individuals immediately dealt with, the weakness which may have contributed to the social failure seems possibly connected with these facts. There is frequently found a degree of mental inefficiency, not marked enough to be counted as mental deficiency, which seems to be constitutional, and not due simply to lack of education or efficient training.

It is, however, worthy of remark that such education as most of our less fortunate parents have received does not appear to have been of much use to them in the practical affairs of life. A closer study of the lives and homes of our people and a more complete adaptation of educational proceedings to their present circumstances and probable future lives would give good results. The need by no means mean the denial of opportunity to the poorest children. It would rather give them a more certain start on the path to success. The simplification of such domestic training as is given in the schools, the teaching of domestic arts and knowledge in their simplest forms to boys as well as to girls, the utilisation of holiday homes and vacation schools for the teaching of home-making, suggest themselves as useful possibilities. But most of all seem desirable, perhaps in and through such teaching, or in and through Nature study and the ordinary work of the school, that brightening of the intelligence and that sharpening of the moral sense which may lead our people to see the value of good home-making and the

desire of attaining it. It is, indeed, home-making which should be aimed at rather than a specialised proficiency in any of the arts of domesticity, such as may well be the object when the training of servants—quite a separate subject—is in view.

Probably this instruction, no matter how efficient may be the school system, will always require to be supplemented by such work as that done by Miss Petty, but some useful foundation for the later building might be laid during school life.

Samples of many other social and economic problems will be found in the case papers. Unemployment, as always, is much in evidence. Perhaps, with their larger opportunities for collecting information, the Labour Exchanges may in time help towards preventive work in this direction by diverting workers from the dying trades and by affording opportunities for training in newly developing forms of employment.

It is interesting to note the varying effect of acute poverty according to the intelligence and resourcefulness of the individual. As the savage, hard pressed by hunger, learns the hunter's arts and tracks his quarry with unerring skill, so necessity teaches the intelligent and resourceful London slum-dweller where are to be found the Saturday night bargains in food and the clothing treasures of the second-hand shops and stalls. Perhaps one might go further, and compare the arts of the skilful cadger with the cunning of the fox and the dappled skin of the giraffe—devices of self-preservation all. Or, in the case of the baby, the comparison might be carried still further, the mother's devotion to the newcomer being equal to that of the parent bird to her

nestling, while she regards with entire indifference the doings of the brood that left the nest two years ago.

Little margin for provision for the future is afforded by the earnings of many of our people. More might be done in the direction of provident clubs, especially for coal and clothing, as well as for sickness. Insurance is fairly general, but whether this is to be classed entirely as thrift is doubtful; the attractions of participation in a gorgeous funeral may weigh as much as the desire to provide for the future.

As might be expected, some part of our people's difficulties are less easily remedied through the frequent predominance of emotion over reason. The lack of self-discipline is by no means a special defect of the poor, but for them it has the most serious consequences. Children are spoilt and indulged to an extent unknown in more prosperous homes, and at the same time are punished with undue severity as an outlet for shock or irritation.

"I don't like it" seems to be a sufficient reason for any refusal, no matter how foolish or impolitic, of food or work or opportunities. There is a marvellous strength of endurance, a very beautiful charity, a courage for the sudden demand; but there is lacking the active kind of fortitude and the surrender of immediate gratification for the sake of remoter good.

These remarks should not be taken as generalisations about "the poor," but only as reflections to which a study of typically unsuccessful families may give rise.

"The poor," "the masses," and all such general terms are full of misleading possibilities, unless we remember that included in these wide terms are sub-

classes differing widely in intelligence, resourcefulness and in every characteristic which marks out one human being from another.

To realise the unity of our common human nature, and at the same time the infinite diversity produced by character, heredity, environment, education, and the like, is no simple thing; yet that realisation is an imperative duty if, in any adequate manner, we are to bring help to those in greatest need.

M. E. BIBBY.

FOOD AND COOKERY.

THE concentration and accumulation of populations at industrial centres lead to greater and greater subdivision of labour, not only of man's, but also of woman's, and finally reach intimate domestic life. The subdivision of labour, if carried to the ultimate extremity, will terminate in the subdivision of the family and the consequent destruction of family life and home, which are the basis and incentive of labour itself. This is the tendency of extreme urbanisation. The management of the home and the tending of the family, essentially woman's work, if not maintained, must end in moral disaster, but labour-saving methods and appliances, provided they do not destroy family life and the home, are worthy of serious consideration.

Amongst labour-saving methods in domestic life nothing is more striking in urban centres during the present generation than the diminution of cookery at home, not only amongst the richer, but also amongst the poorer classes. In poor areas the number of places where cooked foods may be obtained has increased with the diminution of cookery carried on at home. Amongst the working classes this has been due to two causes—firstly, the increase of woman's labour away from home, and secondly, the packing of many families in houses constructed originally only for one, so that the separate dwellings have not the fittings necessary for a complete dwelling. Amongst these fittings are those for cookery purposes, that is, water and sink for

washing food and utensils, safe for storing food, and stove or range for cooking food. To these must be added poverty and ignorance of utensils, and the want of knowledge of marketing, preparation, and cooking of foods in their plainest and simplest aspects.

The three Food Inspectors who have kindly furnished notes on this subject have regarded the question of cooking from three different aspects, and their opinions are very vivid, as will be seen in their statements which follow.

1. Mr. Osborne regards the subject from a health point of view. 2. Mr. Child regards it from an economic standpoint. 3. Mr. Auger summarises it as want of training, utensils and fittings. Each statement is exceedingly brief, but admirably true.

JOHN F. J. SYKES,

12th May, 1910.

Medical Officer of Health.

(1). FOOD AND FEEDING AMONGST THE POORER CLASSES.

The poorest class of people obtain the greater part of their food ready cooked, which is a blessing, as it saves a large amount of suffering, for quite 90 per cent. know as much about cooking as they do about astronomy.

The food they buy is wholesome and well cooked, and consists of fried fish and potatoes, canned goods, brawns made from coarse parts and trimmings of good sound meat of all kinds; jellied eels, trotters, tripe, and treacle, jams, pickles of the cheaper kinds, all of which can be bought in farthing, halfpenny, and pennyworths ready to eat, and are good wholesome food, well cooked.

The above is not the worst class to deal with so far as cooking is concerned, and its effects on the general health of the people in large centres of population. It is the women who think they can cook when they get married who are the most difficult to deal with, for it is below their dignity to learn before that much-desired result is achieved. To this class belong such girls as clerks, typists, teachers and shop girls. What leisure time they have is spent in cycling, rinking, tennis, and other kindred outdoor amusements. When such a girl has hooked her fish in the shape of a man, she cannot possibly stop at home and take lessons from her poor drudge of a mother. Her boy wants to take her for a ride, or wishes to go for a spin, or to a theatre, music hall, or dance, or a card party. It is just sweet. Thus her time is spent, she being thoroughly convinced that the marriage vows carry with them a practical knowledge of all authorities on cookery. She does not buy the right kinds or quantities of food, does not cook them properly, so that there is insufficient nutrition both in quantity and quality. Hence her children are the puny, sickly, and undersized boys and girls who in course of time produce another set of degenerates worse than themselves.

This is the class of woman that is more dangerous to physical development than the woman who knows she cannot and therefore does not try to cook anything more elaborate than the humble bloater on a fork in front of the fire.

J. OSBORNE,

Food Inspector (35 years).

May 11th, 1910.

(2). HOW THE POOR FEED.

Amongst the very poor it is surprising how little food is cooked at home. This may be partly due to lack of energy, which, I think, is the case in a good many instances, and to the fact that many women have to work for their living, being therefore unable to spare the time and energy for cooking, while at the same time they can buy cooked foods, hot and cold, in almost every district at the following places:—

IN THE DAY.

Pork Butchers.—Hot boiled beef and pork, roast pork, pease pudding, carrots, potatoes, boiled currant or raisin pudding.

Fish Shops.—Fried fish and potatoes.

Coffee Shops.—Cut from the joints and vegetables, puddings, etc., purchased in their own plates or basins.

Eel Shops.—Eel pies, stewed eels.

Grocers & Provision Shops.—Cooked foods, cooked ham, cooked bacon, German sausage, collared head, veal, etc.

IN THE EVENING.

Pork Butchers.—Hot boiled beef and pork, saveloys, faggots and pease pudding.

Fish Shops & Eel Pie Shops.—As above.

The difference in the prices of cooked and uncooked foods prove that cooked foods are not bought on the grounds of economy. For instance, boiled brisket of beef costs 10d., 1s., 1s. 4d. per lb., whereas salted uncooked brisket can be purchased at 4d. per lb., good wholesome meat. I must not, however, omit to men-

tion that the cooked meat has been "boned," whereas the uncooked meat includes the bone. Still, there is a great difference in the price, and other goods differ in price in like proportion.

It seems perfectly clear that the poor cannot get sufficient food, or at any rate the same quantity of nutritious food, as they would if they purchased fresh meat and cooked it themselves. This, then, should be a lesson, especially to the woman who lacks energy and says "It is too much trouble to cook."

HARRY R. CHILD,

Inspector of Food and Food Places.

May 10th, 1910.

(3). THE COOKING OF THE POORER CLASSES.

In the following remarks are summarised my experience of the food of the poorer classes of the community, and of their means of cooking and storing the same.

The poor consume large quantities of fish, both dried and fresh, the majority of which is purchased fried. The fried fish shops are open daily from 12 to 2 p.m., and again from 7 p.m. to midnight, the largest quantity of fish being consumed for supper, the children purchasing odd half-pennyworths during the evening, and eating it in the street, the parents consuming it in their own homes.

Brawn, tinned meat and German sausage are largely purchased for the mid-day meal, as it does not require cooking or otherwise preparing, which is a fact to be considered when one remembers the scanty appliances and utensils at the disposal of poor people.

Quite a number of rooms in tenement dwellings are not provided with an oven attached to the stove, the only means of cooking being a hob grate just large enough to hold one fair-sized saucepan, and too often causing the room to be filled with smoke. I have never seen a dutch oven in such dwellings. When any attempt is made to cook a mid-day meal (except on Sunday) it invariably is composed of stewed or boiled food, roast or baked food being in most cases out of the question, since there are no appliances for preparing it.

During my visits as an Inspector to the homes of these people I have very rarely seen any serious attempt made by the mother of the family to prepare a mid-day meal.

The cooking utensils usually consist of a frying pan and a kettle, which are the most important, and of a saucepan. Any food that is left over is kept in a cupboard without any external ventilation, the lower part being usually occupied by coals. If there is no cupboard an improvised one is made out of an orange box, and if the tenant happens to occupy the top floor rooms, this box is kept on the landing. To sum up, the reasons why so much ready-cooked food (the most extravagant method to victual a family) is consumed by the poor are :—

1. The mother has not acquired any simple practical knowledge of the art of cooking.
2. They are very often too poor to provide cooking utensils.
3. The absence of cooking range or stove or oven, and of means for properly storing food.

May 9th, 1910.

(Signed) W. G. AUGER.

HOW "THE PUDDING LADY" CAME TO BE.

THE School for Mothers at St. Pancras was founded originally with the object of educating mothers in the feeding and care of infants under twelve months old, and it has now a fairly full organisation directed to that end. Women expecting to become mothers are sought out and visited, and are often persuaded to come to the School before the birth of the baby. There they are taught how to prepare proper clothes and the cradle for the little one; they are also given very simple instruction in the care of their own health and that of the child when it shall be born, and the great importance of breast-feeding is insisted upon. In cases where the health of the mother and that of the unborn child are endangered through starvation, food is provided very cheaply, and in some instances, where the doctor certifies it to be necessary, it is given free. When the child is born the mother may still be fed for nine months at the School, if it is found by the doctor that she cannot otherwise suckle her baby; but every mother and child who is fed in this way, whether the mother pays for her food or not, is kept under strict medical supervision, each baby being weighed and medically examined every fortnight, and advice being given as to feeding, clothing, home treatment of simple ailments, the health of the nursing mother, and finally the weaning of the child. The mothers of bottle-fed children, of whom there must always be a certain pro-

portion, need even more advice and supervision, because having once broken away from the safe rule of "nothing but the breast," they are inclined to experiment recklessly with every new food they come across.

The School has now existed for three years, and those who have worked in it feel certain that, in spite of many disappointments, the result of those three years is encouraging. A large number of women have grasped the main principles of Infant Rearing; they are proud to hand them on to others, and they have learnt to observe their babies intelligently, to give a sensible account of them to the doctor or nurse, and to carry out the directions given. I doubt if this result could have been attained in any way except by the constant personal supervision of each child, for we find these working mothers to be very objective in their understandings. It is not enough to talk to them, however simply, on the impropriety of starch-feeding; what one has to do is to say "Do you know why Tommy So-and-So's stomach is so round and heavy and his back such a bad shape? Because his mother gave him bread sop from the time he was a month old. Now don't give baby anything but milk till I tell you!" Also these people's lives are a long, uncomfortable struggle to live, with no leisure, little health, and, above all, no space in their homes, and without the constant incentive of the visitor or the "Doctor's day" it would be impossible for them to evolve enough energy to go on watching the child efficiently.

To help and advise the mother after the baby's twelfth month is a harder matter, because the whole question becomes much more complicated. Only a year ago a

baby, seven months old, breast-fed and perfectly healthy, was weighed at the School, and the mother was then lost sight of, as she had moved farther from the neighbourhood. A month ago she was again discovered, this time with two babies. The elder, now nineteen months old, was wasted and ricketty, unable even to crawl, and screaming with pain if suddenly moved. The mother admitted that the child had been fed chiefly on bread and potatoes from the time it was weaned, and this is the history of hundreds of babies in the poorer districts of London. Breast-feeding will not prevent rickets if the poor baby is fed on indigestible, starchy food from the moment the mother's milk ceases; and even breast-feeding is, in a sense, a bad education to the mother, and in a much greater degree to the father, for the care of the child in the second and third years of its life. The breast-fed baby is the cheapest person in the family. The year-old baby should be, in a working-class family, proportionately the most expensive. He needs a quantity of good milk; he needs eggs, gravy, and a gradual change and variety in his diet, together with careful and digestible cooking, such as most working-class households are perfectly innocent of. In this particular department of the care of children almost everything has still to be done in the way of reform and instruction. The St. Pancras School for Mothers has, almost from its commencement, provided cookery classes for women and girls, but it was only by degrees that we realised the immense helplessness with which we had to contend. Each lesson at first consisted of a demonstration in the preparation of the cheapest and simplest meals, the mothers watching the

cooking, being asked to name the prices at which they could buy the ingredients used, and to reckon up the cost of the meal. The cooking was done, sometimes upon the open fire, sometimes upon the gas stove. One day a visitor from the School happened to be in the house of one of these mothers at the hour when the school-children were coming home for dinner. There was also a baby-child of three years old in the room. No meal had been cooked, but a large open tart from the cook-shop, filled with jam, and cold, stood upon the table. The children rushed in from school, and seizing each a large slice of tart, ate it, walking about the room. The mother handed another slice to the baby-girl, and the meal was over! Our faith in the efficacy of demonstrations alone had been tottering for some time, and this episode hastened its fall. We began to question the women. "Do you ever make a stew like that for your husband?" one very young mother was asked. "Why, no," she replied, with a satisfied smile; "I ain't never cooked nuthin' in my life!" The suggestion that she should try appeared to amuse her immensely. "'E wouldn't eat nuthin' that I was to cook," she explained.

Further enquiries elicited very discouraging revelations about the home meals, and we decided that our teaching must be made more practical. Long experience of the ways of our mothers with their babies had taught us that it is not enough to appeal, however successfully, to their reason or imagination. Life is too hard, their vitality too low, and the atmosphere of *laissez faire* too strong around them for the idea ever to be converted into action. Our only hope lies in form-

ing a habit, by making them repeat an action over and over till it has ceased to be an effort and has become familiar. Therefore we decided that the new habit to be established should be the making of suet puddings, and that these puddings must be made under conditions as much as possible like those obtaining in the homes in Somers Town. To that end we bought "Beatrice" oil stoves, which are very small and cheap. We spread clean tea cloths on the table instead of pastry boards, and in some cases used bottles instead of rolling pins. And when the mothers arrived we persuaded them—with a good deal of difficulty, for they are very shy, and terrified of innovations—to put on the clean blue overalls provided for them, and to begin to cook. Only the open fire and the little oil stoves were to be used, for very few of them have such a thing as a gas stove in their rooms, and one must be very precise in the forming of habits.

For three months they made suet puddings every week in that kitchen—plain puddings, raisin puddings, ginger puddings, meat puddings, and every other variety of which a suet pudding is capable—until their pride in their intimate knowledge of suet became overwhelming, and they began bringing us specimens of puddings which they had made at home, as other people bring sketches and poems. Then we went on to stews, remembering always the principle we had laid down for ourselves, that the conditions were to be, as far as possible, those of the home, and that each lesson was to be repeated until it ceased to be an effort of memory and became a habit. At the same time we began to teach the preparation of simple infant foods, such as cup

custard, arrowroot, barley water, whey, and other things.

But even while we were providing these classes for our mothers, and being assured of their value as proved by the increased intelligence, cleanliness, and capacity of the women, we were discovering that there is a certain kind of mother whose home conditions are so difficult and so overwhelming that even these very simple and practical lessons do not get near enough to her actual life to give her the self-confidence necessary to begin even an innovation in feeding. She is often very young, married perhaps a year or two ago to a boy as young as herself, who has probably never had any regular work since the wedding. Before her marriage she has worked in a factory, and having come from a crowded and uncomfortable home, has made a point in her girlhood of staying out at night, and knowing as little as possible about her mother's domestic shifts or the management of children. She may own a saucepan, or possibly only a frying pan and a kettle; she understands nothing about buying raw materials, she is not at home in a domestic atmosphere, and each fresh child that is born only adds to the helpless confusion in which she lives.

About the time of our first attempt at the practical cookery classes we had the good fortune to meet with Miss Petty, a lady with a very thorough knowledge of all domestic subjects, especially of cookery, and at the same time a familiarity with the homes and lives of the people among whom we work, such as fitted her in a peculiar way for the experiment which she undertook at the request of the Committee. We had come to the



A MEMBER OF "THE WELCOME"

conclusion that nothing short of individual teaching in the homes would really solve the question of the proper feeding of the children. It may sound absurd, but those who have an intimate knowledge of the Welcome mothers know that it is true that a woman will remember how to do a thing when she has the same bowl and the same saucepan and spoon and table for her use which were used at the lesson, whereas if the cooking is done in a different room she will forget it. The setting recalls a train of ideas. Acting upon this theory, Miss Petty undertook to give six lessons in simple cookery to each mother who cared to have her, selecting her own pupils at the cookery classes by merely getting into conversation, and then offering to drop in and show how to make a lentil stew or, as in one case, "a suet pudding without a saucepan," the household in question not possessing that article. In every case her visit was eagerly welcomed, and her teaching remembered and carried out with enthusiasm. The selections here made from her diary and case papers will show the lines on which her work was carried out; the cheapness of the materials used, so as to meet incomes of sometimes no more than 5s. a week; the extreme simplicity of the cooking, where utensils, space, and, above all, time have all to be treated economically; and, more important still, the sympathy and consideration which are needed to carry the teacher safely through such a difficult task as the instruction of a mother in her own special stronghold, the home.

E. G. COLLES.

BRIEF SUMMARY OF THE CASE PAPERS.

IT is difficult to summarise such a varied series of pictures as we get in these 21 papers. The homes have been chosen in order to study the subject of domestic life in a variety of classes and circumstances. The consequence is that no one statement holds good for them all.

It might be pointed out to begin with that Mrs. A. was the first and most promising pupil. The whole spirit of Miss Petty's work, a description of the lessons given and the incidental help in the homes of her pupils, is here shown forth. Mrs. A. ought by this time to be living on a different plane altogether. The reason she is only back again where Miss Petty found her is that her husband is still out of work, and she has to go asking for twopences to get herself and the children a bit of bread.

Another case in which not much has been effected is Mrs. V. The tender and detailed care bestowed upon her in the most discouraging circumstances was—we can hardly say lost, but apparently without result. Her unexplained disappearance will not have improved her domestic career.

But on the whole the result is exceedingly hopeful. "The Pudding Lady" was welcomed everywhere, by none more warmly than by the children who gave her that name. A renewed interest is surely the first thing. The woman who was so excited over her first pudding

that she kept looking in the pot to see if it was really boiling, and Mrs. A., who sent her first raisin pudding round to the Welcome on a plate, in order to receive our congratulations on it, are surely triumphant demonstrations of what tact and patience and enthusiasm can achieve. And could anyone want a higher compliment than Mrs. L.'s husband's remark: "It's usually cannon balls, but them's real dumplings."

Of course, the practice of cookery as a regular everyday habit naturally follows on more slowly. It means to some women an absolute revolution of character, and that takes time. But the surprise on every hand at the easiness of cookery and at the tastiness of simple dishes is what strikes the reader. The apparent newness of it all led Miss Petty to go into the question of what the people ate before she taught them to make stews and puddings. A good many, of course, as will be seen, already made stews, but dull ones. And Mrs. E.'s budget, reproduced in her own words, is a marvel of management. But all effort to discover a "bad budget" has failed. There is no such thing. The people who do not cook cannot account for their money at all. They only find that after a certain time it is gone. Each child may be given a penny to get its own dinner or tea, but what that dinner or tea consists of nobody knows or inquires.

The information given in the inspectors' reports on food and cookery explains a very great deal. Cook-shops are exceedingly convenient institutions, and although many of the cooked things are much more expensive than the uncooked, there are no doubt exceptions, especially as regards fried fish. The fish and

potatoes given out in newspaper parcels are not at all a bad bargain for the money.

Another vista has been opened up of a style of living literally hour by hour by a young woman's remark that as a child she used constantly to be sent out by her mother to buy in a "penny cup of tea" from the corner shop, described thus: "Fars' o' tea, fars' o' sugar, fars' o' milk, fars' o' wood.'

The difficulties of cookery at home are very vividly presented in, for instance, the case of Mrs. Q., where the pudding had to be mixed on a chair, or the case of Mrs. L., where two babies wanted minding all the time. Another woman, who has seven children under 7 years of age, a husband out of work, herself consumptive, the baby only 5 weeks old, seemed "rather overwhelmed with it all." In one home the washing has to hang up in the one living room to dry all day, and in several one basin has to serve for personal washing, the washing of clothes, the mixing of puddings, and the washing-up of utensils. In seven homes out of the 21 there was only the open fire to do all the cooking and heating, in one case for a family of nine, in another for seven, in another for eight, so that baking is quite out of the question. No doubt these families avail themselves for their Sunday dinner—the biggest domestic event of the week—of the public bakehouses, where a good deal of business is done in the roasting of people's joints on a Sunday morning between 10 and 1 o'clock. Nine other of our 21 homes have an oven at the side of their open fire, whilst four only are blessed with a close range, and only one home has a gas ring in addition to the ordinary fireplace.

One of the distinct points in favour of Miss Petty's recipes is that they have all been cooked under these disadvantageous circumstances.

Prices are very low in our district, and with observation and diligence many excellent bargains may be made. For instance, Mrs. D. goes to Bond Street early in the morning and gets quite a good supply of meat pieces for 2d. or 3d. Saturday night late is a good time, or even the Sunday morning auction, when tradesmen from better-class districts will come down to the market streets to get rid of anything they have left over. You can buy beautiful joints of meat at 3d. a pound.

Miss Petty has compiled a list of prices, from which we take the following :—

Beef.—Steak, 6d. per lb.

For stewing, 4d. per lb. ; in a market street, from 2½d.

Ribs, 3d. per lb.

Liver, 4d. per lb.

Mutton.—Leg, 4d. per lb.

Chops, 4d. per lb. ; in a market street, from 3½d.

Kidney, 4d. per lb.

Sweetbread, 1d. to 2½d. per lb.

Pork.—Chops, 6d. to 9d. per lb.

Brawn, from 4d. per lb.

Sausages, 6d. per lb.

Bacon.—From 5d. per lb.

Rabbits.—3d. to 8d. each.

Fish.—Kippers, from 1d. per pair.

Haddocks, from 1½d. each.

Fresh haddocks, from 3d. per lb.

Fresh cod and hake, from 4d. per lb. ; market street, from 3d.

Vegetables.—Potatoes, from 1d. per 3 lbs.; market street, 1d. per 5 lbs.

Onions, 1d. per lb.

Carrots, $\frac{1}{2}$ d. per lb.

Swedes, $1\frac{1}{2}$ d. per 5 lbs.

Tomatoes, 3d. to 4d. per lb.; market street, $1\frac{1}{2}$ d. per lb.

Celery, 1d. per stick; market street, 2 sticks a penny.

Cabbage, 1d. per 3 lbs.

Fresh young greens, $\frac{1}{2}$ d. per lb.

Fruit.—Apples, 1d. per lb.

Plums, $1\frac{1}{2}$ d. per lb.; market, from 1d.

Oranges, from 6 a penny.

Fats.—Butter, from 10d. per lb.

Margarine, from 4d. per lb.

Lard, from 4d. per lb.

Dripping, from 4d. per lb.

Cheese.—From 5d. per lb.

Sugar.—From $1\frac{1}{2}$ d. per lb.

Jam.—From 3d. per 2 lbs.

Milk.—Tinned, 2d. to 3d. the $\frac{1}{2}$ lb.

Fresh, $1\frac{1}{2}$ d. to 2d. per pint.

Mrs. L. likes to allow 2s. a day, when things are really going well, to give her family of nine a good breakfast, dinner and tea every day. Is it realised that this means feeding each person—as she thinks they *should* be fed—on 1s. $5\frac{1}{2}$ d. per week, or $2\frac{1}{2}$ d. per day?

When times are bad no doubt they have to sink to what so many do: bread and dripping all the week. Mrs. D. says they don't mind living on tea and bread all the week if they can have a good dinner on Sunday. Several mothers attending the cookery class at the

Welcome endeavour to satisfy themselves with a couple of hours' sitting in a good smell. Others seek to find something to cook that "blows out the children and gives them a feeling of having had a huge meal."

Of course, everything depends on the mother, and an inquiry into educational advantages has elicited a variety of things. There seems to be every stage of advancement from Mrs. B., who gets her little girl of 7 to read aloud hymns and simple stories to her, to Mrs. D., who reads aloud to her illiterate husband. In another family the father and mother read aloud to the children. Mrs. L., whose favourite book is "Jane Eyre," belies the general reputation of scholars by being good at domestic management also. Mrs. A.'s husband prefers "Lloyd's" as a weekly for family reading, because "it's more edifying." There seems to be a variety of experience as to whether domestic service before marriage is good training for home life or not. On the whole it tends to cleanliness and *savoir faire*. But Mrs. I. says the cooking she did before marriage was not simple and cheap enough to be of much use to her; Mrs. B. says it was mostly only joints and vegetables where she was in service; Mrs. R. had forgotten most of it by now. On the other hand, a woman not included in these case papers says she "can adapt the dishes she did in service to present requirements."

In speaking of a home one usually conjures up the picture of a mother and a crowd of children. The father, if there is one, is supposed to be out at work, or else drinking at a public-house; he and his character, apart from his aspect as a source of income, is apt to

be ignored. Miss Petty's case papers vindicate pretty strongly the place of the father in the home—not always as the head of the family, but as a very considerable personal factor in it.

From among these 21, only two husbands are bad. And of these one is proudly spoken of by his wife. A man who, when he has a fit on "will not think twice of lifting the bed and throwing it out of the window" is at least dramatic, and is paying *some* attention to the home. Seven husbands are distinctly good, four might be considered meddling, eight are only just referred to, and may therefore be assumed to be quite harmless. Of the good husbands, one knits vests for his baby, and is glad "The Pudding Lady" calls in his dinner hour, because she can show him how to do the shoulders, and knit with four needles instead of two. Another is perhaps rather too much of a good thing when he is at home, as he keeps his wife dusting and cleaning all the while, and like an Eastern potentate can hardly let her sit down. But then he often takes and does it himself, if he thinks she has not done it enough. Mr. M. objects to the hire-purchase system. When his wife was once tempted to start a sewing machine in that way, he sent it off as soon as he came home. Trying, no doubt, at the moment, but high-principled and decisive. The practice of handing over earnings to the wife varies greatly. Some hand over every penny, and get their pocket-money allowed them just like children. Others keep back so much for clothes, tobacco, and so on. Very rarely the father, life F., keeps it all, and does all the paying. This last is dangerous. During a wife's confinement a husband is often exceedingly helpful and

domestic. He will cook and clean and manage the children, all, in fact, except handle the new baby.

Children, also, are not quite such trials as one has been led to expect. The baby is always a tyrant. And there is one mention of a girl of 12 who refuses to get up and dress on a Sunday morning unless she has clean clothes to put on. But that her mother is proud of. Generally speaking, they do not appear to present much difficulty.

On the whole the family life depicted in the case papers is obviously worth every effort to preserve and promote. The School nurses, Care Committee ladies, and our " Pudding Lady " want the support and sympathy of the whole country in their efforts, and to the extent to which funds are necessary there ought to be no difficulty in supplying them for such fundamentally important work.

CASE PAPERS.

By F. PETTY.

I.

Name.—A.

Family.—Father and mother and six children.

Occupations.—Father: Out of work, has been to Hollesley Bay; previously a currier, before that twelve years in the Army.

Mother: Home duties; before marriage was an attendant at an asylum.

Children: At school, 2; under school age, 4.

Dwelling.—Two ground floor rooms; rent 6s. 6d. a week.

Health.—Mother not strong; two children rickety.

Cleanliness.—Clean when husband in work, but physical and moral courage rather in abeyance now.

Washing Facilities.—Wash-house in yard.

Bathing Facilities.—One zinc bath and one basin.

Sanitary Conditions.—House not very clean; water fetched in from yard.

Cooking Apparatus.—Small open fire; no oven.

Cooking Utensils, Etc.—Two saucepans and frying pan; very little crockery and knives and forks. Two cupboards (one large).

Source of Education.—Father: Country school (Ely); newspapers; books.

Mother: Country school (Devonshire); reading and classes at the Welcome.

Cooking lessons were given during the husband's work at Hollesley Bay. At my first visit (after preliminary), on October 14th, I found that Mrs. A. had brought in $\frac{1}{2}$ qrtn. flour, $\frac{1}{4}$ lb. suet, 1d. baking powder, and 1d. raisins. The suet was ready chopped and the raisins stoned. She made three puddings, one with raisins, two plain, and was so excited when they were successful that she sent the raisin one to the "Sister" and the "cooking lady" at the Welcome, "to show."

The cost of the three puddings was $3\frac{3}{4}$ d.; we used part of the suet and a very little butter to grease the cups and paper for the top. The three youngest children had nearly half a pudding each, and the remaining piece was divided between the two big girls, the mother (who dines at the Welcome) keeping a tiny mouthful, just to taste it. The two big girls have dinner at school. The children had a teaspoonful of golden syrup each with their pudding, and seemed to enjoy it very much.

At the second lesson Mrs. A. had brought in $1\frac{1}{2}$ d. tomatoes, 1d. pot-herbs, 1d. packet desiccated soup, and flour. The baby was asleep, and the three children and a neighbour's child, all rather dirty, were round the table most of the time. The mother seemed helpless amongst them sometimes. I got her to grate and chop the vegetables, which we then put on to boil with the tomatoes and half the packet of soup. Then she made the suet mixture, making twelve little balls, and as soon as the stew was boiling they were put in. I had seen that a good kettleful of water was heating at the same time. We then started to wash the three children. The boy of three is very strong-willed, and

the mother says she finds it very difficult at times to wash him, particularly his neck, as he says she tickles him, and he screams. It was rather a business, but they all got clean, and the mother did their hair, so that they all looked fresh and nice. The cost of the stew was 5½d., and it did for two days for the three children.

Mrs. A. was telling some of the mothers at the Welcome about this stew, and they said, "That is what we want, miss; somebody to show us how to make nourishing meals for the children out of the little money we have." Mrs. A. also says she has learnt from the lectures at the Welcome how she went wrong in the feeding of the two children who have rickets so badly. "Too much starch and not enough fat," she said. Both the father and mother seem to come from good yeoman stock, and to be the poorest of all their families on both sides. The father seems to have a strong character, and is afraid of his wife sinking to the level of the other Somers Town women. The influence of the Welcome is certainly helping her in every way to get a new grip of the powers and faculties she was losing.

Third lesson. The mother wanted to make ginger pudding. We used her materials, except the suet, which I had with me, and we made the pudding, the children having golden syrup with it. We also had a consultation over cutting up garments and making them into clothes for the little one.

Fourth lesson. We made macaroni and tomato stew, thickened with oatmeal (fine). Cost 5½d., enough for five children, and a small share for mother. The mother is fond of reading; they prefer "Lloyd's" as a weekly, because husband says "it's more edifying, and

does not give so many ghastly details as some of the others."

Fifth lesson. We made lentil stew with rice—cost $3\frac{1}{4}$ d.—with an additional piece of bread for each. The mother has improved much, but still needs pulling up. She has been giving the children a good deal of tea, and I talked strongly on this point to her.

Sixth lesson. The husband had come back from Hollesley Bay, and she was anxious to show him how she could make a pudding, so we made a date one.

II.

Name.—B.

Family.—Father, mother, three children (two at school, one baby).

Occupations.—Father: A builder's labourer; 25s. a week.

Mother: Home duties; before marriage, general servant.

Dwelling.—One room, third floor front, 4s. 6d.

Health.—Good.

Cleanliness.—Everything very clean. Husband himself dusts and cleans if he thinks she has not done it enough. The place is very homelike and comfortable.

Washing Facilities.—Good wash-house in basement; has also large basin in room for washing up dishes, bathing, etc. It was washed, and used for mixing pudding in.

Bathing Facilities.—One large basin mentioned above and a small bath.

Sanitary Conditions.—Very clean tenement. Two

windows in room, good amount of light and air; even with windows shut air comes all round frames, as they are badly fitting.

Cooking Apparatus.—Small open fire; oven at side.

Cooking Utensils.—One large saucepan and one small; not many dishes. Everything has been sold off twice while he has been out of work; now they are making headway, and getting back gradually what they have lost.

Source of Education.—Father: At Board School, and has read a great deal since, books and newspapers. Bought a harmonium cheaply from a friend, and is saving up to have it thoroughly repaired.

Mother: Short time at school; started work at 12, and has quite forgotten how to read and write; not sufficient brain power to apply herself to it now; gets her small girl of 7 to read simple stories and hymns to her in the evenings. The father does not do anything to interest them in that way, and the present baby is evidently the first one he has been interested in. Has been member of Welcome for some time.

Children: Two at Council Schools.

Remarks.—Everything is bought in small quantities, because Mrs. B. says she likes to know exactly how she stands every day as regards money. Also that when she used to lay out money on Saturdays the children once developed scarlet fever, and she lost almost a week's provisions then. She allows 1 oz. of tea per day (1d.), and gets ½d. extra if they have tea and bloaters for dinner. She does not know much about cooking, and is most grateful for lessons. She has no time for recreation, and looks very much forward to

visits. She likes going to the Welcome, and has learnt much from the lectures. She cannot attend very often, because she has a good deal to do with three children and keeping the home clean. Moreover, she has bad varicose veins, and does not always feel up to walking. The husband is a native of a suburb of Birmingham. He is evidently a rather particular, fussy man; gets on the wife's nerves because he never lets her rest a minute when he is at home, making her clean and dust and wash. I told her she was really more lucky than those whose husbands take no interest in their homes, and she agreed. She cannot read, and he won't teach her, because he says she should have learnt before. Her eldest little girl of 7 can now read hymns and little simple stories to her.

At the visits the mother was surprised that suet puddings could be made so easily, for, though she did cooking before marriage, it was mostly only joints and vegetables. We also made haricot stew, lentil stew, etc., on later visits. They all like the vegetable stews, but the children seem to miss meat. The mother says she will give them less meat now she knows of these nourishing dishes. She allows her husband 6d. out of her housekeeping money if he can't get home to dinner, and when he is out like that she arranges to have a "relish" for his tea, either bloaters, sprats, or cheese and pickles.

III.

Name.—C.

Family.—Young couple, with twin babies under one year.

Occupations.—Father: French polisher, but out of work three months of the year; income varies.

Mother: Home duties.

Dwelling.—Two rooms on first floor, 6s. a week.

Health.—Good.

Cleanliness.—Clean and wholesome.

Washing Facilities.—Outside wash-house, but does most in back room on kitchener.

Bathing Facilities.—One zinc bath.

Sanitary Conditions.—Stairs clean; one large window in living room (front; back room only used for odd jobs); window not often open. They say there is so much draught.

Cooking Apparatus.—Small open fire. Kitchener in back room only occasionally lighted.

Cooking Utensils.—Good supply, enough for parents and the two babies; also crockery.

Source of Education.—Father: Council School.

Mother: Council School and Welcome.

This young woman (aged 20) is bright and intelligent, very independent, keen to learn. She keeps babies and home very clean, but dislikes open windows. She has good ideas on marketing and cooking, and only wants a little advice as to a few dishes.

Her husband was out of work for fourteen weeks after the birth of the babies, so they got very low, and are only now making a little headway (things in pawn). I found window shut; explained the necessity of fresh air, especially as she says that the babies are subject to colds. Mother has dinners at the Welcome, and was anxious to stay on for the lecture, but did not know how she was to manage about the babies. She

had only one shawl, and it was too damp a day to take them out without any extra covering. I went down to the Welcome, got a shawl, took it back, and carried one baby down, while the mother carried the other. She was most grateful, and I have arranged to go on Friday to help her to cook a dinner for her husband. She appears to be a sensible girl, and although she has had much trouble since she was married, does not "believe in going about with a long face," and says she hates to ask for help in any way. It "makes her feel such a sneak."

IV.

Name.—D.

Family.—Father, mother, one baby.

Occupations.—Father: Out of work, was at mineral water factory.

Mother: Home duties and office cleaning; was at mineral water factory, also in service.

Dwelling.—One top floor room, 3s. 6d. a week.

Health.—Good. Baby bronchial.

Cleanliness.—Person and home fairly clean.

Washing Facilities.—Wash-house in basement; over fifty steps for water to be carried up and down.

Bathing Facilities.—One large enamel basin, kept for bathing and washing up dishes and baby's clothes.

Sanitary Conditions.—House fairly clean and well aired. One glass door, acting as window, opens on to leads; cannot be opened if rainy or stormy weather. Gets a fair amount of sunlight into the room; no building obstructs in any way.

Cooking Utensils.—Has a good supply, was well

stocked when she got married; still has most of a tea service and a few dinner plates.

Cooking Apparatus.—Small open fireplace.

Source of Education.—Father: Very short time at school, and only at intervals, so now cannot read or write. Was earning 35s. a week, and had saved £5 and some furniture when he was married.

Mother: At Board School; is very intelligent, reads newspapers to her husband; gets papers from office where she cleans.

Furniture.—There are no cupboards in the room, but the husband has fitted up some shelves for china, and they have a bed (fairly good bedding), chest of drawers, washstand, table, and four chairs.

They got behind with their rent while he was out of work, and she was "confined," so that now they have to pay at least 6s. per week for rent, and by the time they pay back some of what they have borrowed there is left just enough to buy tea, sugar, bread, and a little dripping. The grandmother, who is there during the day, occasionally earns a few coppers, and they try to have a good dinner on Sundays. They get a few coppers also by selling the old newspapers Mrs. D. gets from the office.

Mrs. D. doesn't know much about cooking, and has much appreciated the six lessons in cooking she has received.

Coal is always bought in by the "penn'orth" (7 lbs.). She gets her meat and bread usually by going early in the mornings and buying them cheap. (She gets quite a good amount of meat from a Bond Street butcher for

2d. and 3d. ; enough to make two pies or steak puddings, or a large stew for five grown-ups).

The husband had a month's imprisonment for assaulting a policeman while he (D.) was selling papers without a licence. Mrs. D. worked in the Duchess of Marlborough's Home during that time, and was very happy. She learned how to make men's shirts, and has since helped her mother to take a few orders.

The grandfather on the paternal side has scarcely ever done any work ; has depended on his wife for support (office cleaning and washing). The grandparents on maternal side appear to have been good workers. The mother earns 10s. per week, and as that is almost the entire income at present, it does not leave much for food.

At one visit she was anxious to make a suet dumpling again, because she had tried by herself, and her husband could not eat it ; it had all gone to pieces. She was most interested in vegetable stews. All these families feel poverty most if it deprives them of their Sunday dinner ; they do not mind living on tea and bread all the week if they can have a good Sunday meal. One reason for this may be that the husbands are at home, and the good ones will look after the children, and at times even cook the vegetables. Also they all have time to enjoy the meal, the memory of which lasts till the next Sunday.

V.

Name.—E.

Family.—Father, mother, three children (two at school).

Occupations.—Father : At brewery ; 20s. a week ; formerly sixteen years in the Army.

Mother : Home duties ; formerly at bookbinding.

Dwelling.—One room third floor, 5s. a week.

Health.—Good.

Cleanliness.—Clean and wholesome.

Washing Facilities.—Wash-house in yard ; in winter everything has to be dried in the one living room.

Bathing Facilities.—One large enamel basin and a zinc bath. Water has to be carried up and down to the yard.

Sanitary Conditions.—Clean tenement. Two windows in room, one always open ; water kept in an uncovered can in the room.

Cooking Apparatus.—Open kitchener with oven at the side ; also gas ring.

Cooking Utensils.—One large saucepan, washing basin used for washing up and cooking ; fair supply of crockery, knives, spoons, and forks ; board for baking.

Furniture.—They have a large bed and chair-bed, table, five chairs, washstand, and chest of drawers. Two large cupboards are in the room.

Source of Education.—Father : Board School, irregularly.

Mother : Board School ; left at 12. Member of Welcome.

Children : Council Schools ; Band of Hope.

Remarks.—The mother is intelligent and capable ; she is allowed 18s. per week by her husband ; lays in stores for the week (1 cwt. coals, tea, sugar, rice, etc.) ; puts by 6d. per week for clothes and boots ; is country bred (Oxfordshire), and comes from respectable people.

Her father had a furniture shop, but lost everything by betting. Her sisters are in service in good families, and she thinks it is better for girls in every way than working in a factory or shop. The husband drank very heavily when they were first married, but when the boy was born, and she nearly died, that had a sobering effect on him, and he has been a total abstainer since. They seem a very happy family, and are fond of reading, belong to a library, $\frac{1}{2}$ d. per month, and get nice books, which they can read to the children in the evenings. The husband pays insurance against sickness out of his own money. He has had a bad cough for some time; I advised dispensary, as he is afraid he might lose his work if he takes time off for hospital, and funds do not run to private doctor. The mother has a good idea of cooking, but is anxious to learn simple dishes that are nourishing. They have a good meat meal every Sunday, with generally some of it over for Monday, and meat at one other meal of the week.

On my first visit we made lentil stew. They had "no idea they were so tasty."

Second visit. We made short crust with nut butter, put it on a large plate, placed chopped apples and raisins on that, with a little sugar, and baked it. They had chops for the father and mother, and gravy and vegetables for the children, so this wholesome pudding was much appreciated. The father had knitted a vest for the baby, and was glad I was there when he came home for dinner, so that I could show him how to do the shoulders. He has been a soldier—learnt then how to knit. He likes best to knit with four needles, so I showed him how he could do the vest with four.

Third visit. Mrs. E. undertook to write down her weekly budget.

Fourth visit. Budget produced (see page 85). The father had knitted another vest for the baby, and helped with the budget.

Fifth visit. We made haricot bean and tomato stew with potatoes (cost 6d.), which was sufficient for father, mother, and two children. They said they did not know when they had tasted such a delicious dish, and they felt quite satisfied after it.

VI.

Name.—F.

Family.—Father, mother, five children (three at school, two at home).

Occupations.—Father: Out of work; formerly on railway, now hawks fish and cheap vegetables.

Mother: Home duties and charing; worked formerly in book factory.

Dwelling.—Two basement rooms, 4s. 6d. per week.

Health.—Rather delicate.

Cleanliness.—Clean and, for basement, airy.

Washing Facilities.—Wash-house in yard.

Bathing Facilities.—Large zinc bath and small basin (latter used for dishes as well); water to be carried from tap in yard, in small jugs or saucepans.

Sanitary Conditions.—Fairly clean tenement. In living room one large window, open generally; door on to area; plenty of air comes in round the door.

Cooking Apparatus.—Open fire, with oven at side.

Cooking Utensils.—Three saucepans, two enamel pie dishes, all old; small amount of crockery, knives and forks.

Source of Education.—Father: Board School; men's club while employed by railway; Welcome Club for men; meetings at church; newspapers.

Mother: Board School; member of Welcome.

Children: Board School; Band of Hope.

Remarks.—The parents are from good stock on both sides. The father lost good work through drink; is now teetotaler, trying hard to get back into a good position. The Church is trying to help him. Mrs. F. has benefited much by the Welcome, and is now most interested in learning cutting-out and making garments, as well as cooking. She is not given any money by her husband. He keeps it all and buys everything himself. The baby has had a pint of milk a day allowed him by a lady, and gets nursery milk in addition. He is quite big and fat, but shows signs of rickets. There is not much sun in basement dwellings, and the mother does not go out much. The father's mother has been in an asylum for 19 years, had a large family, lost four children in one month through fever, and was never "right" afterwards; the husband died shortly after.

The mother goes to meetings at church with her husband. He will not go by himself, and she is thankful to go with him, to keep some influence over him.

The mother's father died young, and his widow married again. The mother worked at a factory all day, and the stepfather would never allow her to go out in the evenings, and only rarely on Sunday, so she was

glad to marry, thinking it would mean freedom! She was then 18, and the husband 20.

The children have Quaker oats for breakfast when money runs to it, and get a good many kippers, bloaters, etc.

At subsequent visits we made baked suet puddings, macaroni pudding and lentil stew. The mother was most interested to hear of the cutting-out class, and means to join. She was very grateful when shown how to finish off a baby's vest and how to cut out a pair of knickers for her small boy out of an old cape she had washed.

VII.

Name.—G.

Family.—Father, mother, three children (one at school).

Occupations.—Father: A motor omnibus conductor (odd man); wages, about 15s. a week.

Mother: Home duties, occasional monthly nursing; has been in service.

Dwelling.—Two rooms and scullery in buildings, 7s. a week.

Health.—Middling. Father asthmatic.

Cleanliness.—Clean and tidy.

Washing Facilities.—Copper and sink in scullery, also tap.

Bathing Facilities.—Enamel basin and small zinc bath.

Sanitary Conditions.—Clean buildings; through ventilations between rooms; light and air not very good.

Cooking Apparatus.—Close range, oven, and boiler.

Cooking Utensils.—Fair supply of saucepans and crockery. One basin for washing up and cooking.

Source of Education.—Father: Board School; newspapers and books.

Mother: Country school; then as general servant, and afterwards maid to an old lady; always has liked reading. Member of Welcome, also mothers' meeting.

Remarks.—Mrs. G. is a Shropshire woman, and her great ambition is to get back there and get her boys trained as gardeners. She is sensible and intelligent, and has good ideas on food and general management, also is very resourceful as regards making clothes for children. She is never more than a fortnight behind with the rent, and is generally clear. The husband attends Brompton Hospital for his asthma. They are a very self-respecting couple.

At my first visit the mother had been shopping, and had got 5 lbs. of potatoes for 1d. and a small chop (1½d.) for the husband. His dinner consisted of that and some boiled rice. The mother and children were having some odd scraps of vegetables, so they welcomed the idea of a pudding. The place was very clean and homelike.

At subsequent visits we made various stews. The date pudding is now a favourite dish in the various families I have visited. None of the mothers seemed to have heard of cooking dates before, and now they make changes by boiling them with rice, etc., as well as in suet mixture.

VIII.

Name.—H.

Family.—Father, mother, five children.

Occupations.—Father : Painter's labourer, often out of work.

Mother : Home duties ; was tailoress.

Dwelling.—Two top floor rooms, 6s. 6d. per week.

Health.—Good.

Cleanliness.—Mother a very clean woman, and the whole place is very tidy, even in the early morning visits (10 a.m.) ; eldest girl aged 12 will not dress or go out on Sundays if she has no clean clothes to put on. (This has been difficult to manage, for to buy soap with no money coming in has been almost impossible at times).

Washing Facilities.—Wash-house in yard, zinc bath upstairs for small clothes and when not much firing in house.

Bathing Facilities.—Zinc bath and a large enamel basin (also used for cooking) ; tap in yard.

Sanitary Conditions.—Staircase and yard very clean. (Mother gets rent a little reduced for keeping passage and doors to front and back clean). Two windows in living room, one always open, and door generally open ; with open fireplace, room has always smelt fresh.

Cooking Apparatus.—Open range, with oven at side.

Cooking Utensils.—Good supply of saucepans and frying pan, also one or two pudding basins. Small supply of crockery.

Furniture.—Have had to sell some of the furniture. Have large bed in living room, also chair-bed, chest of drawers, tables and chairs, two cupboards ; home-

made cupboard on landing (sticks and coal below and any food on top shelves).

Source of Education.—Father: Board School and newspapers.

Mother: Ragged School, but irregular attendance (had stepmother, who kept her at home), so can only read and write a very little; mostly self-taught; member of Welcome.

Children: Council Schools, Sunday School (Presbyterian), Passmore Edwards' Settlement Evenings.

Remarks.—The mother says she thought she knew a bit about cooking, but has learnt some very useful hints from these lessons.

The husband's mother is to have the eldest girl of 13 to stay with her for good when the girl leaves school in the summer. The grandmother is a widow, who has cleaned law offices for a great many years, and the whole connection seems respectable and self-respecting.

The husband worked for eight years for one man, who did repairs for a house agent all over London. The agent decided last year to give the work to a man in each district, so H.'s employer could not afford to keep him on, and he has had only occasional odd jobs since. Evidently the home has been kept very nicely and comfortably. The mother says she has never believed in buying cooked things, "as you never know what you are getting." She has been most interested in the vegetable stews.

IX.

Name.—I.

Family.—Father, mother, five children (three at school, two below school age).

Occupations.—Father : Labourer, often out of work.
Mother : Occasional monthly nursing and charing ;
was general servant.

Dwelling.—Two first floor rooms, 7s. per week.

Health.—Good.

Cleanliness.—Clean and tidy.

Washing Facilities.—Generally goes to public baths.

Bathing Facilities.—One large enamel basin, tap in yard ; water stored in room in zinc can, no cover.

Sanitary Conditions.—Clean tenement ; two large windows in living room, one generally open, but air comes in well all round sashes and frames, also a good deal of sun ; not obstructed by other buildings.

Cooking Apparatus.—Small open fireplace ; no cooker.

Cooking Utensils.—Three saucepans, enamel basin, board, fair supply of crockery, etc.

Source of Education.—Father : School in Uxbridge.

Mother : School till 12, then service, and has learnt all she knows by reading and “ keeping her eyes and ears open.”

Children : Council Schools.

Furniture.—Large bed in living room, two tables, four chairs, two small cupboards ; china, etc., kept on shelves with pinked-out paper hanging from edge.

Remarks.—Two children are by present husband. He is often out of work, and so they have got behind with the rent, also with the bread account. The baker lets them run up an account while the husband is out of work, because they pay up as soon as he gets work. A soldier son and a daughter in service send home a few shillings at times.

This is a very clean home, nice paper on the shelves, and the bedding, though poor, is very clean; the enamel cups we used had belonged to Mrs. I.'s father. In this home there was a special basin kept for cooking, and a vegetable knife. The water was kept in the living room in an enamel pail. The children seemed happy and well cared for.

The mother had done "a bit" of cooking before marriage, but no simple and cheap dishes. She thought meat was a necessity for every stew, and was surprised at the tastiness of the vegetable stews and their nourishing qualities. She and the eldest child, a girl of 13, and a boy of 10, were all much interested, and asked many questions about cooking. The 13-year-old had had some cooking lessons at school.

X.

Name.—J.

Family.—Father, mother, six children.

Occupations.—Father: Borough Council employee; 23s. a week.

Mother: Home duties; was at corset factory.

Dwelling.—Two second floor rooms, 6s. per week.

Health.—Not strong; mother had tuberculous knee before marriage; father indigestion; eldest girl weak heart, went to open-air school; children good country complexions.

Cleanliness.—Home and persons very clean and neat.

Washing Facilities.—Outside wash-house.

Bathing Facilities.—Zinc bath and enamel basin; tap on landing.

Sanitary Conditions.—Stair to this floor very clean, rest of house only moderately so. Large living room; two good windows, kept open.

Cooking Apparatus.—Open fire, no kitchener in living room; kitchener with oven in back room, only occasionally used.

Cooking Utensils.—Small supply of saucepans and one frying pan. (Borrowed large saucepan for fish stew). Enamel basin and one or two pudding basins; fair supply of crockery, knives, forks and spoons. Not as many ornaments as in some homes.

Source of Education.—Father: Board School; newspapers.

Mother: Rather irregularly at National School. Started work early. Member of Welcome. Had baby weighed regularly; it died of meningitis (tubercular) last summer.

Children: Council School, Band of Hope, Children's Happy Evenings, Passmore Edwards' Settlement Evenings, and Sunday School.

Remarks.—The six children are all girls; there have been three boys as well, but they are all dead, one of measles, two of brain disease, said to have been tubercular meningitis. The father gives the mother £1 a week, and pays into two insurance societies, 1d. a week into a hospital fund. The mother finds it difficult to manage on £1 per week, and to keep them in decent clothes as well. She has lately been helping a sister, whose husband is out of work. Her husband has been over two years under the Borough Council; he was out of work for nearly two years before that, after having had to give up a carman's job.

The mother has a depressed sort of nature, promises to be more cheerful. Both parents come from country grandparents. The mother's mother died young, and the stepmother kept her from school a great deal. She left school altogether at 13; lived with a married sister for a time as help, then went to a corset factory.

The children are kept very neatly, and look wonderfully well, though the principal diet is bread and dripping or sugar. The husband has a delicate digestion, so the mother gives him fish, and was glad to know of vegetable stews. I showed her how to make a fish stew with oatmeal and flour dumplings, which she specially liked. Few children care for oatmeal, probably because it is badly cooked. The mother pays into a Country Holiday Fund for the children, also into the School Boot Club. The father was insured for burial, but it lapsed when he was out of work two years ago, and they have not taken it up since.

XI.

Name.—K.

Family.—Father, mother, seven children, of whom three at school, two under school age.

Occupations.—Father: Mends parquet flooring; was cabinet maker; 30s. a week when in work; sometimes out of work for weeks together.

Mother: Home duties; formerly service.

Eldest son: Weak heart, does odd jobs, brings in a few shillings occasionally.

Eldest daughter: Just gone to service.

Dwelling.—Two rooms second floor, 7s. a week.

Health.—Mother delicate; consumption and intemperance in the family.

Cleanliness.—Clean rooms.

Washing Facilities.—Wash-house in yard; has large zinc bath (shared with mother's sister) to do small washing upstairs; tap in yard.

Bathing Facilities.—Large china basin and enamelled one. Dishes washed in latter as well, also babies' clothes; water carried up and down from yard, kept in large zinc can.

Sanitary Conditions.—Fairly clean tenement, in good condition; rooms back and front, through ventilation, plenty of light and air; two windows in living room, open.

Cooking Apparatus.—Small open fire; no oven.

Cooking Utensils.—One large, two small saucepans, one large enamel pie dish, two small pudding basins, a fair supply of crockery, knives, etc.

Source of Education.—Father: Board School.

Mother: Board School and Welcome.

Children: Council Schools; Band of Hope.

Furniture.—Large cupboard in living room, large bed, two tables, sewing machine (got on hire-purchase system, says she has already paid over £5 on it), chest of drawers, and several chairs.

Remarks.—The mother is an intelligent, sensible woman, who manages her money affairs well; has nice ideas (in their limited accommodation) about screening off a small bed for the eldest girl in the bedroom. The eldest boy has an extra room in another part of the house. The husband occasionally drinks, but as a rule is a good husband, and gives his wife a good propor-

tion of his wages when he is in work (28s. out of 30s.). The mother sometimes makes a little extra money by buying pieces of stuff in the market, making them into children's clothes, and selling them to neighbours.

XII.

Name.—L.

Family.—Father, mother, seven children (five at school).

Occupations.—Father: Builder's labourer, formerly French polisher; does not earn much.

Mother: Home duties; previously in service.

Dwelling.—Two third floor rooms, 6s. 6d. a week.

Health.—Fairly good. One child tuberculous; one has weak chest, after pneumonia.

Cleanliness.—Clean and wholesome.

Washing Facilities.—Wash-house in yard, but often does small washings in living room.

Bathing Facilities.—One large enamel basin, almost bath; used also for washing dishes. Water to be carried up and down from basement.

Sanitary Conditions.—Fairly clean tenement. One window in living room (opposite door) always open. Sun and air not obstructed by any building.

Cooking Apparatus.—Small stove; open fire with oven at side.

Cooking Utensils.—Three saucepans, two large and one small, one basin kept for cooking, also board, and fair supply of crockery.

Source of Education.—Father: Board School; newspapers and books.

Mother : Small school at Cheshunt ; left at 12, but can read and write well ; favourite book, " Jane Eyre " ; reads when she can get time, not often now. Regular attendant at Welcome.

Children evidently bright and intelligent ; go to Band of Hope and Sunday School.

Remarks.—The mother is a very sensible, intelligent woman. There is one large cupboard, and on Saturday she gets in groceries for the week— $\frac{1}{2}$ lb. tea, 2 lbs. sugar, 2d. tin milk, rice, barley, oatmeal, etc., according to the amount of the husband's wages. None of these families have any place for storing coals, and never can get more than $1\frac{1}{2}$ d. worth at a time ; they can get 14 lbs. for that in some places.

The favourite recreation of the children in the evenings is to play at shops or school.

Mrs. L. has been most grateful for the lessons ; she has had six. She is very good at making garments for the children, cutting down large ones, etc. She always hopes to be able to go back to the country to live ; she used to be comfortably off before the French polishing trade got so bad.

At my first visit she was washing baby, and when she finished I nursed him, and got him off to sleep while she cleared off the bath and got out the materials for cooking. She was so relieved to find the pudding could be baked, and was only too pleased to use the saucepan of water for washing flannels. I talked about the proportion of wages set aside for food, and she said that when her husband was in good work she liked to allow 2s. a day for food for a family of their size, to give them a good breakfast, dinner, and tea. At my

next visit she had got in a vegetable stew, and I suggested dumplings in it. She had some fine wheat meal, and we mixed that with flour; they were a great success. She told me later that her husband had said "It's usually cannon balls, but them's real dumplings." Her eldest girl (11 years) watched with great interest, and says she would like to be a cook when she is grown up.

At a further visit the mother said she had made dumplings on the previous Sunday, but they were still a little hard. She was anxious to try date puddings, so I made one while she looked on. One of the younger children was ill with pneumonia, and was only quiet if she was near him. The baby also was fretful. The 7-year-old child, who has chronic bronchitis, had gone to a Convalescent Home at Bognor for a month. This was a great relief to the mother. The doctor had said that country air was the only thing for the child, her whole chest was so delicate.

XIII.

Name.—M.

Family.—Father, mother, four children (three at school).

Occupations. — Father: Handy-man, painter's labourer; income varies.

Mother: Home duties; was at cartridge factory.

Dwelling.—Two rooms first floor, 6s. a week.

Health.—Good.

Cleanliness.—Very clean and tidy.

Washing Facilities.—Wash-house in yard.

Bathing Facilities.—Zinc bath and small basin; tap in yard.

Sanitary Conditions.—Clean two-storied tenement, moderately light and airy; little square of ground in front of house; one large window in living room, always open.

Cooking Apparatus.—Open range with oven.

Cooking Utensils.—Three saucepans, a fair supply of crockery, basins, spoons, and knives, etc.

Furniture.—In living room large bed, chest of drawers, table, and five chairs; large cupboard; has homelike appearance.

Source of Education.—Father; Board School; newspapers.

Mother: Catholic School, Welcome.

Children: Catholic School.

Remarks.—The mother appears sensible, and has good ideas on laying out money; she has benefited greatly from the Welcome in cooking and in learning how to make children's garments. The children are well-behaved, and the home-life seems most harmonious.

Both parents were born and brought up in London, but Mrs. M. comes of Irish people. Her husband is often out of work, but they have managed to keep their home very nicely and comfortably, and believe greatly in open windows.

At my first visit the children were home from school, and were greatly interested in the pudding made. All the mothers seem now to have grasped the foundation mixture of suet puddings. This mother says that she not only enjoys the cookery lesson, but the talk she

can have at the same time. The mothers seem glad to get out of the ordinary every-day rut, and say it gives them new heart to go on again. The rooms get an extra "do up" before my visits.

At further visits we made different vegetable stews, and in the talks I was told that her husband did not approve of the hire-purchase system. She had once been tempted to start a sewing machine in that way, and he had sent it off as soon as he came home. She was earning a fair wage when she married. She knew her husband was only a casual labourer, but as she kept on work after her marriage, she did not feel his having no regular wage. With an increasing family she had to give up work, and finds it very hard at times. He works "on his own," doing small repairs as well.

XIV.

Name.—N.

Family.—Father, mother, one baby.

Occupations.—Father: Odd work; was formerly carman at £1 a week.

Mother: Home duties; was a laundress, also assistant in greengrocer's shop.

Dwelling.—One top floor room, 3s. a week.

Health.—Fairly good; mother suffers from bronchitis, rheumatism, and indigestion.

Cleanliness.—Persons and home clean and tidy.

Washing Facilities.—Wash-house in yard, tap as well there for whole house.

Bathing Facilities.—Zinc bath and basin.

Sanitary Conditions.—House over "wardrobe shop," stairs not very clean; believe in open windows.

Cooking Apparatus.—Open fire, no oven.

Cooking Utensils.—Only poor supply now, just very bare necessary ones; small supply of crockery.

Source of Education.—Father: Board School, reads newspapers, saw about Welcome in papers, and got his wife to go. Both most appreciative of it.

Mother: Board School, Welcome, and what her husband tells her from what he reads.

Remarks.—The mother is very keen to learn more cookery; she only knows very little, having otherwise worked very hard; she is specially anxious to learn dishes for baby, and very keen not to miss "Sister's" lectures on the bringing up of infants. She was herself the sixteenth child, and says she has always been delicate. Her father had a greengrocer's stall in Camden Town, and her mother had a flower stall near the "Britannia" for about 40 years. (So many were at her funeral, "you would 'ave thought it was Royalty!") The husband's father and mother have all been for a great many years in the same firm for which the husband works. They seem a self-respecting family, and never thought they would be without employment, so feel it keenly, and the husband gets very depressed. He is most devoted to his wife and baby.

XV.

Name.—O.

Family.—Father, mother, one baby; brother aged 16 years as lodger.

Occupations.—Father: 14s. to 18s., when in work at mineral water factory; other times, odd jobs.

Mother : Home duties ; was at laundry.

Dwelling.—Two rooms on first floor, 5s. a week.

Health.—Good. Husband bronchial.

Cleanliness.—Home and persons clean and tidy.

Washing Facilities.—Wash-house in yard.

Bathing Facilities.—Tap on same landing with sink ; large enamel basin and small zinc bath.

Sanitary Conditions.—Clean tenement, though very poor. Windows always open ; wall paper in good condition.

Source of Education.—Father : Board School till 13 ; had passed VIIth Standard ; reads newspapers.

Mother : Board School ; help in family for a short time ; now member of Welcome, and very keen to learn.

Cooking Apparatus.—Open range with oven at side.

Cooking Utensils.—Very few, but borrow from mother-in-law in same house when necessary.

Remarks.—The mother is very grateful for lessons, and anxious to learn to make cheap dishes that will do for baby presently. The husband worked on the tube railways for three years, and was put on to drive a train, but lost his nerve, and nearly caused a bad accident, therefore was dismissed, and has worked in mineral water factories since. This, however, means only about 15s. per week, and dismissal for about three to four months of each year. His mother has been a widow for a great many years. The mother's mother has been in the same laundry for a great many years, and goes to a Cromer laundry for four months every summer. She is going to get Mrs. O. into that as soon as the baby is older and can be weaned.

When her husband is in work again, she is to try

to pay into the Provident Club at the Welcome, so that she can have a little money "to fall back on" when the husband is out.

XVI.

Name.—P.

Family.—Father, mother, two children under school age.

Occupations.—Father : Printer's labourer (a cripple) ; wages, 19s. ; regular work.

Mother : Home duties.

Dwelling.—One room, second floor of buildings ; rent, 3s.

Health.—Good.

Cleanliness.—Very good and methodical.

Washing Facilities.—General wash-house for buildings.

Bathing Facilities.—Large basin and zinc bath ; tap and sink on same landing.

Sanitary Conditions.—Very clean buildings ; good window to room, kept open ; cupboards and room clean and wholesome.

Cooking Apparatus.—Close range, brightly polished.

Cooking Utensils.—Fair supply ; small dinner and tea service, neatly set out on shelves.

Source of Education.—Father : Board School, and reading books and newspapers.

Mother : Board School, reading, and Welcome.

Remarks.—Both father and mother are very intelligent ; they pay 6d. a week all the year round to a club, and have 30s. at Christmas, or if they get short at holiday time they can draw out a little, and pay 1s. per

week till they have made up again. The father also pays into a sick club, out-of-work club, and burial insurance, and after that the mother calculates how much they can spend each day. Neither of them drinks, as they disapprove of it, and the mother's father and mother are both bad drinkers. The mother was earning £1 per week as "feeder" in printing; the father worked in the same place. He was dropped accidentally downstairs when he was a baby, and has been a hunchback since. His father is a Navy pensioner, and lives in the same building, also has a pension from "Hearts of Oak." He asked Mrs. P. to see if I would show her some vegetable dishes (lentils, etc.), as he cannot eat meat now. "Grandfather would be willing to pay you, miss." His mother (*i.e.*, baby's great-grandmother) is still alive in the infirmary. The grandfather is over 70, and has the Old Age Pension of 5s. The mother says her husband is very proud of his "old dad." The room is most comfortable and home-like.

XVII.

Name.—Q.

Family.—Father, mother, two children (one at school).

Occupations.—Father: Casual work and street organ; was a carman.

Mother: Occasional cleaning, help with organ; was in service; together earn enough for rent and a few shillings over.

Dwelling.—One room, first floor back; rent, 3s. 6d.

Health.—Fairly good; mother consumptive.

Cleanliness.—Clean.

Washing Facilities.—Wash-house in yard, but generally washes small things in zinc bath in room, because of extra firing required for wash-house.

Bathing Facilities.—A zinc bath and a small basin; no tap in room, only in yard. The basin is also used for washing up dishes in.

Sanitary Conditions.—Staircase and general appearance clean; window always open unless very stormy. Drinking water kept in large basin on shelf behind curtain.

Cooking Apparatus.—Small close kitchener with oven.

Cooking Utensils.—One large and one small saucepan, frying pan, one enamel pie dish, and small amount of crockery, a few knives and spoons.

Furniture.—One bed, table, two chairs, one small cupboard, and a home-made cupboard (made out of large box).

Source of Education.—Father: None.

Mother: Board School, then in service; could read books and newspapers; attends the Welcome.

Children: One at school, also goes to Band of Hope and Sunday School.

Remarks.—At my first visit I found the drinking water kept uncovered on an open shelf. On subsequent visits I found that Mrs. Q. had fixed a curtain up to keep it at least out of the way of dust. She has a very good head, and has good ideas on making garments. I was shown several hats she had made for the children (most neatly) out of odd pieces. Everything is very clean. The husband is out of work practi-

cally because of his age (Mrs. Q. is his second wife). He was 43 years with one firm, and was dismissed when the Employers' Liability Act came into force. The firm allowed him a pension of 10s. a week for five months.

At my first visit Mrs. Q. did not beforehand know of my coming, and had a large saucepan full of clothes boiling on the fire. There was only one other saucepan, very small, so I suggested that we should bake the pudding instead of boiling it. Mrs. Q. welcomed the idea very much. The only table (a small one) was taken up with the washing bath, so we had to make shift with a chair. She had a very old pie dish, a small basin, and managed to find a knife and spoon. She had no jug, and could not afford to buy one. The pudding was very successful, and she said later on in the day that her husband had much enjoyed it. (Cost 2 $\frac{3}{4}$ d.— $\frac{1}{2}$ lb. flour, 3 ozs. of suet, half-teaspoonful baking powder, a pinch of salt. Eaten with sugar).

They had evidently been accustomed to better times, and these bad times are telling on the mother, who does not seem at all well. She is full of the benefit of the Welcome, although she has been a member for a very short time.

At further visits I found that the husband had been "accepted" by the Distress Committee, so they were feeling very hopeful, also that Mrs. Q. had got a temporary "job" of three hours daily. They have a wonderfully independent spirit, considering their bad times.

XVIII.

Name.—R.

Family.—Father, mother, three children (two, by former husband, at school, one at home, two elder children away).

Occupations.—Father: A blacksmith, 20s. to 25s. a week.

Mother: Home duties and occasional charring; formerly in service.

Dwelling.—Two rooms, ground floor.

Health.—Delicate; mother tuberculous.

Cleanliness.—Clean and wholesome.

Washing Facilities.—Wash-house in yard; shares zinc bath with sister in same house for small washings in dwelling.

Bathing Facilities.—Large wash basin; zinc bath; tap in yard.

Sanitary Conditions.—Fairly clean tenement, in good condition; through ventilation in rooms, windows always open.

Source of Education.—Father: Board School and newspapers.

Mother: Board School; member of Welcome for nearly three years.

Cooking Apparatus.—Close range; good-sized oven.

Cooking Utensils.—Fair amount of saucepans and crockery; uses kitchen table, which is kept very clean, for baking on; large bed in each room, also table and about half-a-dozen chairs; quite homelike and comfortable.

Remarks.—The mother is very tuberculous, has been to a Sanatorium (she says her first husband died of

rheumatism). The present husband is her cousin. His mother has been many years in an asylum through drink, and his father died suddenly some years ago. Mrs. R.'s mother is very tuberculous, and the father very intemperate; rather a bad history for the boy by this marriage. Mrs. R. seems an intelligent woman, and says she has greatly benefited by the Welcome.

She had done a little cooking before marriage, but as that is over fifteen years ago, she has forgotten most, and has been glad of cookery lessons, especially in suet puddings.

XIX.

Name.—S.

Family.—Father, mother, two children under school age.

Occupations.—Father: Composer; income varies.

Mother: Home duties and occasional blouse-making; formerly dressmaker.

Dwelling.—Three rooms and scullery, ground floor; 10s. per week.

Health.—Mother not strong; her father died lately of consumption.

Cleanliness.—Very good, and rooms well aired.

Washing Facilities.—Sink in scullery, large basin, zinc bath; water laid on in scullery; copper.

Bathing Facilities.—Well furnished in regard to basins, and large zinc bath; boiler in kitchen range.

Sanitary Conditions.—Very clean and superior tenement; well lighted and ventilated.

Cooking Apparatus.—Good kitchener with oven.

Cooking Utensils.—Good supply, very cleanly kept.

Source of Education.—Father : Board School ; newspapers.

Mother : Board School.

Remarks.—The father had spells of out of work last year ; he has lately gone on night duty to get better pay, and hopes it will last. I have paid them three visits, but cannot start practical cooking lessons till the father is again on day work. The two children make so much noise that the mother tries to be out all the morning with them. The mother is in rather a nervous state, and worries if the slightest noise is made. She expects another baby shortly.

XX.

Name.—T.

Family.—Father, mother, two children.

Occupations.—Father : £1 a week when in work at eating-house.

Mother : 12s. to 18s. a week as laundress. Father has no work when wife is earning well.

Dwelling.—One room first floor ; rent, 3s. 6d. per week.

Health.—Not good. Mother weak chest. Father seems mentally deficient.

Cleanliness.—Not good, but mother has been ill since birth of baby.

Washing Facilities.—One basin ; wash-house in yard. Goes to public baths when money runs to it.

Bathing Facilities.—One basin (the above one, used for everything ; pudding was mixed in it) ; no bath.

Sanitary Conditions.—Staircases and passages not clean; windows shut at both visits (assured that they were only just shut!). Two windows to living-room.

Cooking Apparatus.—Open fire, no oven.

Cooking Utensils.—Small saucepan; very few spoons, etc., only odd cups and saucers.

Two small cupboards in room.

Source of Education.—Father: Board School very occasionally.

Mother: Board School and Welcome.

Remarks.—The husband got work just after my second visit, but evidently owing to bad temper cannot keep a situation long. The wife proudly told me that when he had a fit on he would not think twice of lifting the bed and throwing it out of the window! They have not been so badly off before. This time the mother had been ill for some time, and the husband could hear of no work. Her baby is small, and evidently has not sufficient nourishment. The midwife had said it ought to have milk, but at present it was rather impossible to pay for milk. The two-year-old looks clean and well cared-for. The room has practically no furniture except the bed. There is an old box which does duty for a table. At the first visit I got the husband to bustle round, get rid. coal, make up the fire, and wash the basin for mixing the pudding in. (It was the basin they washed in.) They were also astonished at how easily a pudding could be made, had never thought a suet pudding could be so light, had never heard of baking powder being used.

The mother stores milk in a jam jar on the outside

window ledge, with a piece of glass on top. The drinking water was fetched up from the yard in a kettle.

At later visits I found that the mother had got stronger, and had again started laundry work; so things were better.

XXI.

Name.—U.

Family.—Father, mother, one baby.

Occupations.—Father: Odd jobs at coffee-house; earns occasional shillings.

Mother: Home duties; was at bottle washing before marriage.

Dwelling.—One room first floor back, 3s. per week.

Health.—Good; baby bronchial.

Cleanliness.—Untidy, and room stuffy. Mother is very lazy, and lies in bed a good deal.

Washing Facilities.—Wash-house in yard; tap in yard.

Bathing Facilities.—One small enamel basin; no bath.

Sanitary Conditions.—Very clean house; one window to room, seldom open; no cupboards.

Cooking Apparatus.—Open fire, no oven.

Cooking Utensils.—Saucepans (one large, one small) and frying pan, the wash basin, three cups, and three plates; two "bashed" teaspoons and a knife. (Bed and chest of drawers, it appeared later, had been lent by landlady, who had known Mrs. U. for many years).

Source of Education.—Father: Irregularly at Board School; was many years in a coffee-house; said that when proprietor's own children grew up, they managed business without outsiders.

Mother : School and factory ; appears mentally deficient ; has been member of Welcome for some time, and doing well at cooking. She thought it might help her with future work.

Remarks.—The father is said to be very lazy, and comes from a family with not much reputation ; very rough. They still have a few coloured pictures and one or two ornaments (china dogs) got at the time of marriage. The pictures and the mantelpiece were draped with pink paper. The mother seemed most anxious to make the suet pudding. I had materials with me, and she remembered the exact quantities of everything. It appeared as if laziness and a desire to be roused were waging war ; her mental powers do not seem sufficient for bringing the latter feeling to the fore.

She had just returned from a Convalescent Home at Brighton. Her husband (out of work) wrote while she was away to say he was to be turned out of their home. He was still there when she came home. He is a lazy man ; not keen to work. She is rather feeble mentally, and not capable at present of rousing him up. It is a fairly hopeful case, however, as they are both young.

At my next visit I found the room dirty, the window shut, and baby unwashed ; she roused up, however, and after we had made the pudding, I got her to wash the baby. I do not think he was much accustomed to a good scrub, for she had to borrow the basin from the landlady, and they had only a very small kettle and saucepan.

The baby was so refreshed that after the mother had fed him he went off into a beautiful sleep. The mother had knitted a vest and socks for the baby while she was

in the Home. Her idea at present is to get work for herself, and put the baby in a crèche. It will be best for the baby, as he is now over ten months old, and the regular feeding and cleaning will be very good for him.

At my next visit the whole family had disappeared, leaving no address.

MISS PETTY'S RECIPES

NOTE TO SECOND EDITION.

In her work in St. Pancras "The Pudding Lady" was hampered, like so many social workers have been, by the popular prejudice against the use of cheese and the pulses (peas, beans, lentils, and peanuts). This can, however, be overcome by patience and perseverance. Thus at Edinburgh, even before the war, Mrs. Somerville and her fellow Voluntary Health Visitors succeeded in bringing about quite an extensive use of lentils. Under the stress of existing war conditions, and that stern taskmaster, Necessity, such opposition is fast breaking down.

At Newport, Essex, as in her present work for the National Food Reform Association, Miss Petty made free use of "Economical Dishes for Workers" (1d., post free 2d., 50 for 3s., post free 3s. 5d.). This little book has now stood the test of many years, and its popularity among social workers and others may be inferred from the fact that 50,000 copies were called for during the first eighteen months of the war. Many of the dishes may be cooked in a fireless cooker (see "Fireless Cookery," by Miss Florence Petty, 1d., post free 2d.). The several series of "Facts for Patriots" (for contents, see list of publications page xxix), have also proved helpful to Miss Petty as to many social workers, cookery teachers, and heads of households and institutions.

The prices are those obtaining before the rise had set in that preceded the war by some years.

Miss Petty recommends milk powder as a substitute for new or skimmed milk.

ED.

SOUPS.

I.

Potato.—1 lb. potatoes.

$\frac{1}{4}$ lb. onions.

1 oz. dripping (size of walnut), or nut butter.

1 tablespoon flour or sago.

$\frac{1}{2}$ pint milk.

A few sticks of celery.

1 quart water.

Cut vegetables into small pieces.
 Melt dripping in clean saucepan.
 Stir vegetables in—do not brown.
 Add water and simmer till tender.
 Beat with large spoon till vegetables are mashed.
 Add sago or flour.
 If flour used, mix first to smooth paste with cold
 water.
 Add milk lastly with pepper and salt.
 Cost, 4d.

2.

Fish (with Dumplings).—Cod's head or conger eel
 heads.

Clean; then boil slowly in 1 quart water for 1 hour.
 Strain, or, if preferred, leave head in saucepan.

Add dumplings and salt.

Boil $\frac{3}{4}$ hour.

Add thickening and chopped parsley.

Thickening.—1 tablespoon flour; mix with $\frac{1}{2}$ pint
 milk, add chopped parsley.

Dumplings.— $\frac{1}{4}$ lb. flour.

$\frac{1}{4}$ lb. medium oatmeal.

2 oz. suet.

$\frac{1}{2}$ teaspoon baking powder.

1 pinch salt.

Add water slowly to make stiff paste.

Cut into 12 pieces.

Roll into balls.

Cost, 6 $\frac{1}{4}$ d.

3.

Tomato.—1 lb. tomatoes.

1 onion.

$\frac{1}{2}$ pint milk.
 1 quart water.
 1 tablespoon flour.
 1 oz. butter.
 Salt and pepper.
 $\frac{1}{2}$ teaspoon sugar.
 Skin and chop up tomatoes and onion.
 Put on to boil with water.
 Boil an hour.
 Add butter and seasoning.
 Mix flour with water.
 Add to soup, stirring carefully.
 Boil 5 minutes.
 Cost, 4d.

STEWES.

I.

Vegetable (with Dumplings).— $\frac{1}{2}$ lb. lentils.
 $\frac{1}{2}$ lb. tomatoes.
 $\frac{1}{2}$ lb. chestnuts, peeled when raw.
 Salt to taste.
 Soak lentils overnight. Pour away water.
 Cover with fresh water and boil $1\frac{1}{2}$ hours.
 Add tomatoes (cut up) and chestnuts.
 Add dumplings.
 Boil $\frac{3}{4}$ hour.
Dumplings.— $\frac{3}{4}$ lb. flour.
 $\frac{1}{4}$ lb. suet.
 $\frac{1}{2}$ teaspoon baking powder.
 Pinch of salt.
 Mix to stiff paste with water.
 Cut into pieces and roll into balls.
 Cost, 6d. (sufficient for 6 persons).

2.

Haricot Beans.— $\frac{3}{4}$ lb. haricot beans.

1 $\frac{1}{2}$ lbs. onions.

2 lbs. carrots and turnips.

2 lbs. potatoes.

Soak beans overnight.

Slice carrots and turnips.

Fry onions in fat in stew-pan till brown.

Add water, beans, and carrots.

Simmer for 2 $\frac{1}{4}$ hours.

Add turnips and potatoes.

Boil 1 hour.

Dumplings may be cooked with this dish.

Cost, 6d. (sufficient for 6 persons).

3.

Sea Pie.— $\frac{1}{2}$ lb. meat.

1 carrot.

1 turnip.

4 potatoes.

1 onion.

1 teacup cold water.

Put vegetables and meat in layers in saucepan.

Add water; bring to boil.

Put suet crust on top.

Cover with lid.

Simmer 1 $\frac{1}{2}$ hours.

Suet Crust.—6 ozs. flour.

2 ozs. suet.

Pinch of baking powder; pinch of salt.

Mix to paste with water.

Cost, 5 $\frac{1}{2}$ d. (sufficient for 2 grown-ups, 3 children).

4.

Savoury Rice.—1 teacup rice.

1 onion.

1½ ozs. dripping.

Sweet herbs, pepper, and salt.

Melt dripping.

Slightly brown onion.

Add rice, sweet herbs, and seasoning.

Add 1 teacup of water.

Cook till tender.

Milk may be used instead of water.

FISH DISHES.

1.

Tasty Herrings.—3 herrings.

3 ozs. bread crumbs. Mix dry with sweet herbs and pepper and salt.

Split herrings; remove large bone.

Slightly grease baking tin.

Place first herring, outside downwards.

Sprinkle dry ingredients on.

Place next herring on top, inside downwards.

Sprinkle remainder of dry ingredients on top.

Place last herring on top, inside downwards.

Put greased paper on top.

Bake in moderate oven 20 minutes.

2.

Tasty Haddocks.—These are done in the same way as herrings, but

The stuffing mixture must have 1 oz. of dripping or suet, and must be made moist with milk or water.

3.

Baked Cod or Hake.—Place slices of either fish in pie dish.

Pour in a little milk, pepper and salt.

Place a few small pieces of butter or dripping on top.

Bake in moderate oven for $\frac{1}{2}$ hour.

4.

For an Invalid.—A slice of fish in small pie dish.

Beat an egg.

Add pepper and salt.

Pour over fish and bake $\frac{1}{4}$ hour; or

Put in greased basin and steam.

EGG AND MILK RECIPES.

1.

Potato Omelet.—Melt 1 oz. butter in frying pan.

Put in two cold sliced potatoes.

Lightly brown.

Beat 1 egg, add $\frac{1}{4}$ pint milk, a little pepper and salt.

Pour into frying pan.

Cook slowly till set.

Ordinary margarine or nut margarine may be used.

2.

Savoury Custard.—Beat an egg.

Add pepper and salt.

Add a teacup of white soup or stock.

Pour into greased basin.

Cover with greased paper.

Put into saucepan that has sufficient water to come half-way up basin.

Steam slowly till set.

Then turn out.

3.

Egg and Milk Jelly.— $\frac{1}{2}$ of 1-pint packet of lemon or vanilla jelly.

Cut up and put in basin.

Add a teacup of boiling water; stir.

When almost cold add 1 beaten egg and a teacup of milk.

Place in cool place till set.

4.

Savoury Egg.—Grease a small basin or teacup.

Sprinkle a little chopped parsley over grease.

Break an egg carefully into cup.

Put cup in a saucepan of boiling water.

Water must only come half-way up cup.

Cook slowly till set.

Always have lid on saucepan.

Turn out on to buttered toast.

5.

Tomato Omelet.—Melt 1 oz. butter in frying pan.

Chop 2 tomatoes and put in pan.

Beat 1 egg and add 1 teacup milk and a little pepper and salt.

Pour over tomatoes.

Cook slowly till set.

Omelets must be eaten as soon as cooked.

PUDDINGS.

1.

Date Pudding.—2 teacups flour.

3 ozs. suet (or nut suet).

$\frac{1}{2}$ teaspoon baking powder.

1 pinch salt.

(Foundation mixture for all suet pudding).

$\frac{1}{2}$ lb. dates.

Chop suet and add to flour.

Add baking powder and salt.

Stone and chop dates.

Add to mixture.

Mix to stiff paste with water or milk.

Grease basin and put mixture in.

Cover with greased paper.

Put in saucepan of boiling water.

Water must come only half-way up basin.

Steam slowly for $1\frac{1}{2}$ hours.

(This pudding may be varied by adding chopped raisins—or currants or ginger—to foundation mixture).

2.

Macaroni Pudding.— $\frac{1}{4}$ lb. macaroni.

Put into boiling water and boil half an hour.

Then put in pie dish.

Put $\frac{1}{2}$ oz. grated suet over that.

Then add 1 quart skimmed milk and a little sugar.

Bake in slow oven for 20 minutes.

MISCELLANEOUS.

1.

Rice Milk (good for diarrhœa—not for babies).

1 oz. rice.

1 pint water.

$\frac{1}{2}$ teaspoon sugar.

Cook gently for 1 hour.
Strain and drink liquid.

2.

Rice Water (good for diarrhœa—for babies).

1 oz. rice.
1 quart of water.
Cook gently 1 hour.
Strain and drink liquid.

3.

Oatmeal Tea.—2 ozs. oatmeal.

Pour 1 pint boiling water on it.
Let it stand till cold.
Pour off liquid.

4.

Barley Water.—2 teaspoons pearl barley.

Wash in cold water.
Put in jug.
Pour on 1 pint boiling water.
Cover and let stand for $\frac{3}{4}$ hour.
Strain.

5.

Albumen Water.—Boil 1 pint of water.

Let it get cold.
Beat up 2 whites of eggs.
Add water slowly—beating all the time.

Tea made with boiling milk instead of water is most nourishing and more digestible.

A beaten egg added to a cupful of soup is most nourishing for an invalid—especially in cases of consumption.

ONE FAMILY, ONE CUPBOARD.

THE contents of one cupboard in the home of a poor, but tidy, family have been noted down as follows:—

Lowest Compartment.—Coals, splintered wood, old newspapers, boots, potatoes, onions, a stray carrot or so, one or two cabbage leaves.

1st Shelf from the Bottom.—A frying pan (back to the wall), odd pickle or jam jars, and empty tins and bottles, a paper of tin-tacks, a penny bottle of ink (no cork), a penny tin of vaseline (no lid), a piece of soap, an old hair brush and comb, bits of string, a few bent hairpins, screw-driver and other tools, an odd book or two, a magazine, and “Comic Cuts.”

2nd Shelf from the Bottom.—A plate, with meat bones and a few cold potatoes and bacon rinds, a bottle of vinegar, a screw of pepper in a bit of paper, a gorgeous biscuit tin, with the King in scarlet uniform, a paper of tea inside, a blue glass sugar basin, with brown sugar, condensed milk in an opened tin, brown teapot, and white and gold cups and saucers (incomplete), a few odd jugs, a yellow basin, lots of odd saucers, several spoons, forks, and knives in various stages of use, round tin trays, some loose jam in a pie dish, some pickled red cabbage, a reel of thread, with a needle stuck in it, a battered thimble, a box of baby’s powder with puff in it, a bit of soap, a few safety-pins, a paper of flower seeds, and a little blue-bag.

Top Shelf.—A bundle of old papers, some more tins, bottles, pickle jars and jam pots, an old black shawl rolled up, an old black sailor hat standing on its side, with hat-pins in it, old boots, a broken birdcage, a saucepan with a hole in it, etc., stuffed out of the way.

A PUPIL'S BUDGET: IN HER OWN LANGUAGE.

BEING a Mother at the Welcome for Mothers & Babies I have been kindly asked by one of the Lady if I mind Showing her how I lay out my money without getting into debt. First of all My Husband allows me 18s. his wages are £1 1s.

SATURDAY SHOPPING.

	s.	d.
$\frac{1}{4}$ lb. tea at 1s. 4d. lb.	0	4
$\frac{1}{4}$ lb. cocoa at 1s. 4d. lb.	0	4
$2\frac{1}{2}$ lbs. Sugar at 2d. lb.	0	5
1 qrtn. Flour	0	$4\frac{1}{2}$
Baking Powder	0	$0\frac{1}{2}$
1 tin Milk	0	3
1 Bar Sunlight Soap	0	3
2 lbs. Soda	0	$0\frac{3}{4}$
1 oz. Pepper	0	$0\frac{3}{4}$
1 oz. Mustard	0	$0\frac{3}{4}$
Salt	0	$0\frac{1}{2}$
	2	$2\frac{3}{4}$
Carried Forward	2	$2\frac{3}{4}$
Matches	0	$0\frac{1}{2}$
Blacking	0	$0\frac{1}{2}$
	2	$3\frac{3}{4}$

THE PUDDING LADY.

Groceries	2	3 $\frac{3}{4}$
$\frac{3}{4}$ lb. Butter at 10d. lb.	0	7 $\frac{1}{2}$
Coals	1	5
C. Blocks	0	3
Wood Box	0	2
Gas	1	0
		<hr/>
Carried forward	5	9 $\frac{1}{4}$
		<hr/>
Rent	5	0
Children's Boots	0	4
		<hr/>
	11	1 $\frac{1}{4}$
		<hr/>

SUNDAY.

	s.	d.
Meat	1	0
Potatoes at 3 lbs. a 1d.	0	1
Greens	0	1
Suet	0	1
		<hr/>
	1	3
		<hr/>

Flank of Beef at 3d. lb. or else a Small loin of Mutton a Good Suet Pudding With Gravy over it.

MONDAY.

	d.
1 Loaf	2 $\frac{3}{4}$
Husband Breakfast Money	2
	<hr/>
	4 $\frac{3}{4}$
	<hr/>

Meat left from Sunday fried up Potatoes Pudding warmed up with Sugar for Children.

TUESDAY.

	d.
2 lbs. Breast of Mutton at 3d. lb.	6
2 loaves	5½
Potatoes, 4½ lb.	1½
Onions	0½
2 lbs. Carrot and Turnip	1
Suet	1
Breakfast Money	2
	<hr/>
	1 5½

I Make a good Stew with plenty of Suet Dumplings and that makes a good dinner for 2 days My Husband taking his dinner in a basin with him to work as it is my Washing day. he can hot it up at work.

WEDNESDAY.

	d.
1 loaf	2¾
Breakfast Money for Husband ...	2
	<hr/>
	4¾

Soap and Soda get in of a Saturday with the other things.

THURSDAY.

	s.	d.
1 lb. of Pig's Fry	0	5
Potatoes at 3 lb. a 1d.	0	1
2 loaves	0	5½
Husband Money	0	2
	<hr/>	
	1	1½

Pig's Fry is very nice thickened with Flour,

FRIDAY.

	d.
pieces	3
onions	0 $\frac{1}{2}$
Potatoes, 3 lb.	1
1 Loaf	2 $\frac{3}{4}$
	<hr/>
	7 $\frac{1}{4}$
Husband B Money	2
	<hr/>
	9 $\frac{1}{4}$
	<hr/>

Now Friday is a very hard-up day as My Husband gets Paid Friday Night so I send my little boy which is 8 years old very early about 8 o'clock in the morning to one of the good Butchers for 3d. peices he get them very small but that is just what you want for a pudding as for making the pudding (Crust) the dinner I have on Tuesday I skimmed the fat off and I mixed that in with the flour with Baking Powder and that does as well as suet especially if your hard up of course you dont taste the onions in it as you put onions in the pudding with Pepper & Salt to Flavour it is very nice and it maks a good dinner.

SATURDAY.

	d.
Giblets	4
Onions, Turnip & Carrot	1
Potatoes	1
2 Loaves	5 $\frac{1}{2}$
	<hr/>
	11 $\frac{1}{2}$
	<hr/>

SATURDAY SUPPER.

	s.	d.
Fried Fish and Potatoes	0	2½
Sunday Morning Breakfast ...	0	2
	<hr/>	
	1	4
	<hr/>	

GETTING THE THINGS IN FOR THE WEEK.

	s.	d.
	5	9¼
Rent	5	0
Children boots	0	4
Sunday	1	3
Monday	0	4¾
Tuesday	1	5½
Wednesday	0	4¾
Thursday	1	1½
Friday	0	9¼
Saturday	1	4
	<hr/>	
	17	10
	<hr/>	

Now I have showed the Lady how I have laid out my money and I dont think no Mother can go more careful than what I do I look at every penny before I spend it there is my Husband and 3 children and myself, one 8 years the other 5 and one feeding at the breast so that you see it dont give me much chance to get many clothes for them but in the Summer you dont want so much coals and then I put what I can spare down at the Children bank at the School like I do the boots for them you are allowed now at the

Schools to put a penny or twopence on a Card untill you get the money for the boots well that comes in very handy and there is another thing I have got a good Husband and he mends all our boots, and buys the leather out of his pocket money as He know I cannot afford it so you see a Mother dont have much for herself. The cocoa I have for myself as I cannot afford beer and another thing I do not want it as I have found out it bring unhappiness to a home.

SATURDAY GROCERERS.

	s.	d.
3 lb. Sugar	0	6
1 lb. rice	0	2
$\frac{1}{4}$ lb. tea	0	4
$\frac{1}{2}$ lb. cocoa	0	4
1 tin milk	0	3
1 qrtn. flour	0	4 $\frac{1}{2}$
Baking Powder	0	0 $\frac{1}{2}$
1d. pkt. Edwards soup powder	0	1
$\frac{1}{2}$ bar soap	0	1 $\frac{1}{2}$
Blue	0	0 $\frac{1}{2}$
Matches	0	0 $\frac{1}{2}$
$\frac{1}{2}$ lb. butter at 10d.	0	5
$\frac{1}{2}$ lb. dripping	0	3
Coals	1	5
C. blocks	0	3
Gas	1	0
Boots	0	4
Rent	5	0
	<hr/>	
	10	11 $\frac{1}{2}$
	<hr/>	

SUNDAY.		s.	d.
Hock of bacon at 4d. lb.	1	4	
Harricot beans	0	1	
Potatoes	0	1½	
Milk	0	1	
		<hr/>	
	1	7½	
		<hr/>	

MONDAY.

Cold Bacon Left From Sunday and what left of Pudding.

	d.
Loaf	2¾
Husband breakfast money	2
	<hr/>
	4¾
	<hr/>

TUESDAY.

	s.	d.
Pieces	0	6
Onions	0	0½
Carrot and turnip	0	1
Potatoes	0	1½
2 loaves	0	5½
Breakfast money	0	2
		<hr/>
	1	4½
		<hr/>

WEDNESDAY.

Left from Stew.		d.
1 loaf	2	¾
Husband money	2	
		<hr/>
		4¾
		<hr/>

THE PUDDING LADY.

THURSDAY.

	s.	d.
Mutton chops, $1\frac{1}{4}$ lbs. at 4d. lb.	0	5
2 loaves	0	$5\frac{1}{2}$
Potatoes	0	1
Husband money	0	2
		<hr/>
	1	$1\frac{1}{2}$
		<hr/>

FRIDAY.

4 faggots	3
Potatoes	1
Onions	$0\frac{1}{2}$
1 loaf	$2\frac{3}{4}$
	<hr/>
	$7\frac{1}{4}$
	<hr/>

SATURDAY.

	s.	d.
$\frac{1}{2}$ lb. bacon	0	$3\frac{1}{2}$
$\frac{1}{2}$ lb. liver	0	$2\frac{1}{2}$
Potatoes	0	1
Bread	0	$5\frac{1}{2}$
		<hr/>
	1	$0\frac{1}{2}$
		<hr/>

FOR SUPPER.

	d.
$\frac{1}{4}$ lb. cheese	2

SUNDAY MORNING.

	d.
Breakfast	2

AN APPRECIATION BY LADY MEYER.

DEAR MISS PETTY,

I should like as a humble social worker to express my appreciation of the admirable work done by "The Pudding Lady," and to add a few reflections suggested by this volume. I confess that, in addition to my admiration of the worker and her methods, my chief feeling is one of deep humiliation that, after 40 years of compulsory education and several generations of social legislation, the conditions of life among a large proportion of the people should be as they are here depicted. For if we look things squarely in the face, what are the only factors necessary for the rearing of a normally healthy race? Enough fresh air during waking *and* sleeping hours, enough sleep, and a very moderate quantity of the right food.

Air—moderately pure, even if somewhat soiled by the smoke of towns—is to be had free gratis in almost the worst slums by opening the windows of the upper storeys. Sleep costs nothing. Enough wholesome food to sustain the growing child, and repair the waste of tissue going on in the adult, can be procured, as shown in the budgets of this and similar books, even on the very low wages of a large proportion of the poorest, if only the mother—the caterer—is a woman

of intelligence, energy, and resourcefulness. "Ay, there's the rub!" Where are we to find these splendid mothers?—women who, in addition to bearing and suckling their children, are to be good cooks and budget-makers (with a knowledge of foods not even possessed by our middle and higher-class women)—good needlewomen and washerwomen, whose health should be so robust that they can fulfil all these duties under the most difficult domestic conditions? The more one visits the homes of the slum-dwellers in our large and small towns, the more the certainty grows upon one that the two chief factors which can bring improvement are better housing and better education. Not more book-learning, not more facts poured into the poor half-starved brain—but more adequate training, physical and manual, of the child and the adolescent. If a moderate rent, instead of one room with no cooking or washing convenience, would procure three rooms with water laid on, gas or electricity by the penny-in-the-slot system, and proper sanitary arrangements, many of the daily difficulties would vanish. I know that many such tenements exist, but the rents are too high for the class dealt with in this volume, and bad houses are in the majority in such districts. Also many will say that even in model dwellings you find ignorant and incompetent women. Well, there are incompetent people of both sexes in every class; but who can refuse sincere admiration to the foresight and self-denial of women like Mrs. J. (Case Paper No. X.) and the "Pupil" whose budget is submitted in Chapter II.

If some of the women are blamed by the Food Inspector for "lack of energy to plan, buy, and cook

the family dinner," should we not ask ourselves whether, given these physical, mental, and material disabilities, we should any of us do better? I confess that if to-morrow I were to wake in a St. Pancras slum and find myself confronted with the task of providing a family of five or six with food and the necessaries of life on an income of 15s. to 18s. a week, I should, in spite of many years of housekeeping, make "a bad job" of it, although I have excellent health and some knowledge of food values and prices and cooking.

It is easy to cavil at deficiencies in others, but what about our own faults? When I read in Case II. "was a general servant, but only mostly cooked joints and vegetables," and the various other cases where the women seem to have gained little knowledge during their years of domestic service, it strikes me that if in these no doubt modest households, where one "general" servant was kept, the mistresses had known and made use of such nourishing articles of diet as those included in "The Pudding Lady's" recipes, their servants, having prepared such dishes week by week, would have carried their acquired knowledge as a precious dowry into their married life.

We want education and reform in the households of the more fortunate, as well as among the poorer people. If, as a nation, we are in earnest in our wish to rear a healthy race, women—and men—of all classes must see to it that our babies are born into homes where they can breathe pure air and sleep quietly—and that the future mothers and fathers are taught the care of their own and their children's bodies.

“ The Pudding Lady ” has done pioneer work. It is my sincere hope that this little book will arouse real interest and will give fresh impetus to the movement for bettering the conditions of the inhabitants of Somers Town and similar districts.

Yours very sincerely,

SHORTGROVE, ESSEX,

ADELE MEYER.

September, 1910.

NATIONAL FOOD REFORM ASSOCIATION.

MEMBERSHIP.

The Association is working for food, cookery and health reform in co-operation with the heads of the medical, educational and nursing professions and social reformers generally. It has neither dogmatic policy nor dietetic test.

All in general sympathy with its aims are cordially invited to help by enrolling themselves as members.

A subscription of 10s. and upwards entitles the giver to receive a monthly copy of "National Health," the organ of the Association, in the publication of which it joins with the National League for Physical Education and Improvement, the Association of Infant Consultations and Schools for Mothers, the National Association for the Prevention of Infant Mortality and for the Welfare of Infancy, and the Mansion House Council on Health and Housing. The annual subscription to National Health is 4s., post free. A specimen copy will be sent on receipt of four penny stamps.

Additional particulars of the work, including arrangements for demonstration-lectures, drawing-room and other meetings, may be obtained from the Honorary Secretary, 178, St. Stephen's House, Westminster.

Food and Efficiency.

(Reprinted from THE COMMON CAUSE, September 3rd, 1915.)

“No, we are *not* a vegetarian society,” Mr. Charles Hecht, of the National Food Reform Association, St. Stephen’s House, Westminster, told an inquirer the other day. “Our object is to *widen*, not to narrow, the choice of foodstuffs of the community. We adhere to no special dietetic creed, just as we have no personal axe to grind. Our aim throughout has been entirely philanthropic.”

“How did we come into existence? Indirectly, through the Report of the Inter-Departmental Committee on Physical Deterioration, which, some ten years ago, you will remember, aroused grave concern as to the future of the race. A national awakening to the urgency of diet and health reform generally followed.

“That the use of improper or insufficient food is one of the chief causes of physical degeneration, and, next to bad housing, the most potent source of drunkenness, was emphasised by the above Committee, and has been recognised by our Association from the first. We are supported by all the highest medical authorities: Sir Lauder Brunton, Dr. Robert Hutchison, Professor Sims Woodhead, to mention only one or two, and well-known social reformers, such as Mr. Seebohm Rowntree and Mrs. Sidney Webb. We seek, by every possible means, lectures, meetings, cookery demonstrations, classes, and the publication of cheap and useful recipes, to teach the nutritive value of foods and their best methods of preparation. Two of our booklets, *Hints towards Diet Reform*, and *Economical Dishes for Workers*, are in such request amongst heads of households, social workers, and wage-earners, especially since the outbreak of war, that three editions of each, making some 50,000 in all, have already been called for.

“The energies of the Association early became focussed on the reform of diet in schools, colleges, hospitals, and institutions generally. In 1910 a large and influential conference of hospital matrons was held at Caxton Hall, Westminster, to discuss the feeding of nurses, and many reforms in this direction have since been effected. Monotony is gradually being conquered by increased forethought, and the introduction of alternative dishes. The quality and service of the food provided is

receiving more attention, and the hurry and rush which formerly characterised nurses' meals are no longer permitted. These reforms have been facilitated by the issue of the Report of the proceedings.

"Encouraged by this success, we next called public attention to the diet of the school in relation to the growing child. A big educational conference, in 1912, on Diet and Hygiene in Public Secondary and Private Schools, Preparatory and Advanced, Boarding and Day, was the result. It was held at the Guildhall, London, the Lord Mayor presiding, and over 250 schools were represented. Interesting features were the exhibition of diet sheets from some of the leading public schools, such as Haileybury, and Christ's Hospital, and 'Tuck Shop' and 'Grub Box' regulations.

"We found that the chief defects alleged against school diet were monotony, stodginess, bad cooking and service, lack of vegetables and fruit (hence the introduction of the tuck-shop and grub-box, with their accompanying digestive evils, too often sowing the seeds of adult ill-health), insufficient time for meals, and bad kitchen arrangements. The absence of any recognised *standard* of school dietary was felt to be at the bottom of most of these shortcomings, coupled with incompetent housekeeping. The latter defect we have taken steps to remedy, at the same time opening up to women a new, attractive, and remunerative career."

"What has been the effect of the conference upon the schools?" Mr. Hecht handed across a bulky volume, *Our Children's Health at Home and at School*, edited by himself. "This is not a book that lies idle upon the shelf," he said. "Every up-to-date headmaster and headmistress in the country keeps a copy at hand for reference, whilst a number have become members of the Association. Parents study it before selecting schools, and consult the representative school committee. So do heads of schools and houses wishful to effect reforms and economies."

"Is not the feeding of the children of the wage-earners just as important as those of the middle and upper classes?"

"Every bit. Indeed, we held a small conference on this subject in the year of our birth—1908. But I am coming to that. It was recognised that the primary schools must be dealt with separately. So we called a second conference the next year, 1913, again at the Guildhall, which was attended by leading school medical officers and teachers of cookery and hygiene, repre-

sentative of educational authorities, the National Union of Teachers, philanthropic institutions, and social workers. This conference ranged over an enormous area, and touched upon many subjects, including the life and diet of primary scholars and their parents, the teaching of cookery, open-air schools, Poor-Law institutions, diet of town and country, experiments in feeding and cookery teaching at home and abroad. This second book," and Mr. Hecht indicated a volume even larger than its predecessor, entitled *Rearing an Imperial Race*, "is the outcome of these efforts. This also is having a wide sale and influence, not only here but in America. It is interesting to note that her Majesty the Queen, on hearing of the conference, intimated her desire to receive this book. She has also accepted many other of our publications, and has expressed great interest in the work done by Miss Petty, with the approval of the Central Committee on Women's Employment and the Queen's Work for Women Fund."

"What are we doing during the war? Well, naturally, with the constant rise in food prices, our primary object is to help housewives to secure economy with undiminished, nay, far greater, efficiency. Our lecturers and demonstrators,* led by 'The Pudding Lady,' as Miss Petty is called, show how cheap and nourishing meals may be provided at 1½d. per head. We are also issuing an entirely new series of food booklets, *Facts for Patriots*, and these, like the little books of recipes, are selling in their thousands.

"We shall work still harder after the war is over. The pinch will be felt by all classes for some considerable time, and we shall have to increase, not diminish, our efforts in the future. So shall we justify our existence, and, incidentally, fulfil the unconscious prophecy uttered by Sir Lauder Brunton, when the Association was first started: 'I certainly think,' he wrote, 'it is a movement in the right direction, and if harder times come upon this country, then food reform will tend to increase the power of the country to bear them.'"

D. M. FORD.

* The Association contemplates granting diplomas in practical economic cookery to ladies specially trained and qualified. Further particulars on application.

A Book that will save Money and Lives
during the War and After.

REARING AN IMPERIAL RACE

Containing a full Report of the
Second Guildhall School Conference
on Diet, Cookery and Hygiene,
June 30th and July 1st, 1913,
with Dietaries; Special Reports
from H.M. Ambassadors Abroad;
Articles on Children's Food Re-
quirements, Clothing, etc.

Demy 8vo, 556 pp., cloth, gilt, 7s. 6d. net. Fully
Illustrated.

Edited by CHARLES E. HECHT, M.A.



London : Published for the
National Food Reform Association
by The St. Catherine Press, Stamford St., London, S.E.

1913

“*Rearing an Imperial Race.*”

Rearing an Imperial Race may be deemed singularly happy in the moment of its appearance. Lord Rosebery once described a satisfied reformer as “ a dangerous being,” and, like all well-wishers of our land, he must rejoice at “ the spirit of divine discontent ” which is abroad to-day. Nowhere is this dissatisfaction more in evidence than in the realm of child-life. To all who are striving after better conditions, whether as home-makers, social workers, and other students of political and economic conditions, nurses, teachers in our schools, representatives of the community, members of public or private branches of the great medical profession, or those in authority over institutions, either as members of governing bodies or as administrators, this volume will prove absolutely indispensable. We stand, moreover, on the threshold of a year when there is a prospect that the aspiration of to-day may become the law of to-morrow. It is for public opinion to leave His Majesty’s Ministers in no doubt as to what, in its judgment, the necessities of the situation demand. An essential preliminary to the putting forward of practical suggestions is that of making sure of the facts and consulting the opinion of experts. It is this that the present volume enables the reader to do. The letterpress and form of the book will be found as restful and pleasing to the eye as the contents are stimulating and helpful. Like *Our Children’s Health at Home and at School*, to which it forms a companion volume, the book has been edited by Charles E. Hecht, Honorary Secretary of the Guildhall School Conferences and of the National Food Reform Association.

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PART II. DIETARIES AND OTHER EXHIBITS.

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"Rearing an Imperial Race."

SOME PRESS OPINIONS.

Reprinted from "NATIONAL HEALTH," April, 1914.

Rearing an Imperial Race, which was reviewed in the February issue of *National Health*, seems destined to have an exceptionally wide range of influence. Orders have already been received from India, the Transvaal, Cape Colony, Germany, Switzerland, and the United States. In this country where, to use the language of the drama, the action takes place, the various sections of the Press have thus far vied with one another in the cordiality of their welcome. Thus the *Athenæum* declares that "its value as a work of reference is unquestionable," and adds, "we wish the Association all success in its patriotic endeavour." The *Contemporary Review* observes that "those who are interested in child life, whether legislators or administrators, teachers or social workers, will find much of real value in the book. We learn not only what ought to be done, but what is being done in regard to the feeding of school children and the teaching of cookery and hygiene," and concludes: "While the Association makes less noise in the world than many rival organisations, it is doing work of a national character in calling attention to evils, the remedy for which lies very largely in our own hands." Passing into medical circles, we find the *Lancet* predicting "it will be found of value in view of the forthcoming Education Bill," while the *Medical Officer* notes "the volume ranges over a wide field and touches upon a host of questions

concerning education and civic training." "The Association may rest assured," it adds, "that the work which they have carried out in calling together the conference and in publishing the results will bear an abundant harvest." The representatives of the educational world are not less complimentary. *Education*, the organ of the County Councils Association, the Association of Teachers of Domestic Subjects, and other influential bodies, in the first of two notices, says: "There could scarcely be a more attractive or more opportune publication. A very much 'alive,' very carefully compiled, and very handsomely got-up work on a pressing social problem—not a mere dull report, but a book calculated to give the teacher and administrator a broad view of the field they are themselves working, but what is even more valuable in these days of stress and strain, to give them a useful epitome of successful work being done in the same direction by others both here and abroad." The verdict of the *Child* is: "Admirably edited, well printed and illustrated, and full of information and suggestions. It is a work which parents, doctors, social workers, and indeed all thoughtful men and women, concerned for the development of capable citizens, should possess and peruse with thoroughness."

Turning to the religious Press, the *Commonwealth* contains a lengthy and enthusiastic critique from the pen of the Headmaster of Eton, who characterises it as "a truly astonishing book." He predicts it "ought to be of untold value to any worker among the teeming millions of our elementary school children, to all county and borough councillors, and, in short, to all who are interested in the breed of Englishmen." "There is noticeable throughout," he adds, "an immense zeal and enthusiasm, but a total absence of cant or faddishness." Equally favourable is the verdict of the *Inquirer*. "This is only one of many suggestions," it observes, "by experts with practical experience, with which the book abounds. It is a splendid collection of material which will be of the greatest service to all workers for the physical welfare of children and all thoughtful citizens, who wish to know what is being done by social workers in this field."

The provincial Press notices up to now include a suggestive essay in the *Manchester Guardian*, by Dr. Alfred Mumford, in which he justifies the title of the book, and insists that "Eutrophics, or the science of proper nourishment and training, is the science of to-day." The *Scotsman* emphasises the high value of the book "to all who are in any way concerned with the problem of the healthy upbringing of the rising generation and its education in the most essential of all knowledge—how to build up a sound body." The *Sheffield Daily Telegraph* holds that it is "a book which no social worker, educationist, or elementary school teacher should be without"; while the *Glasgow*

Herald refers to it as "this excellent cyclopædia of matters relating to the physical welfare of the young."

Among women's weeklies, the *Queen* says of the book, it is "as saddening as necessary, as humiliating as hopeful, as disquietening as patriotic, and as ironical as philanthropic. when one thinks on the manner in which an Imperial race is reared." The *Vote* has published a series of three critical articles based upon it under the title of "The Coming Race."

Dr. C. F. Langworthy, the distinguished head of the Nutrition Investigations in connection with the Office of Experiment Stations of the Department of Agriculture at Washington, U.S.A., writes to its editor: "I have recently been examining a copy of the volume *Rearing an Imperial Race*, and am much interested in this as in the earlier volume." Here the various government departments concerned have lost no time in procuring copies. So exceptionally well qualified a judge as the Countess of Aberdeen has indicated her opinion of the book and of its predecessor, *Our Children's Health at Home and at School*, by asking that particulars of both volumes might be sent to all members of the Public Health Section of the National Union of Women Workers, of which Her Excellency is chairman."

SOME ADDITIONAL APPRECIATIONS.

Buckingham Palace,

June 6th, 1913.

DEAR SIR,—I have laid your letter before the Queen, and am commanded to ask you to be good enough to convey to the Schools Committee an expression of Her Majesty's best thanks for the copy of the invitation circular and programme of the Second Guildhall School Conference on Diet, Cookery and Hygiene in public elementary schools and public and philanthropic institutions for children and adolescents.

The Queen will be much interested to peruse the report.

I am,

Yours faithfully,

(Signed) E. W. WALLINGTON,
Private Secretary.

Charles E. Hecht, Esq., M.A.,

Hon. Secretary,

The National Food Reform Association.

[In acknowledging, on December 5th of the same year, a copy of *Rearing an Imperial Race*, which contains a full report with much additional matter, Her Majesty expressed her interest at hearing that the book was having such a ready sale.]

"I knew from what I have heard of the book that I should find much valuable information in it, but in its fulness of such matter it far exceeds my expectation. I have only read a small portion, but already it has given me just the kind of evidence that is most useful to support pleas for social reform."—MR. T. C. HORSFALL, President Manchester and Salford Sanitary Association.

"It is to me a most fascinating volume."—MRS. FRANCIS, Organising Secretary, League of Honour.

"I feel I cannot content myself with the official copy of the conference report (*Rearing an Imperial Race*). The volume is most interesting and admirably got up."—DR. RALPH CROWLEY, Medical Department, Board of Education.

"It seems to be a perfect mine of valuable information to which I shall often want to refer."—DR. ROBERT HUTCHISON, author of the standard work on Diet.

"I have formed a very high estimate of *Rearing an Imperial Race*, and trust it may be widely read."—DR. J. SIM WALLACE.

"I may say that I have a copy of *Rearing an Imperial Race*, and think it is most interesting and instructive."—THE MEDICAL OFFICER to a Babies' Welcome in one of our great cities.

"Thank you for telling me of the book. We shall be glad to have some notices of it for the superintendents, and I am asking the committee whether we may order a copy as an addition to the small library at the Central Office."—MISS AMY HUGHES, General Superintendent, Queen Victoria's Jubilee Institute for Nurses.

"We are finding your book of the greatest value."—THE HON. SECRETARY of a Day Nursery.

"It is a lovely book."—A SCHOOL NURSE.

"I have been reading *Rearing an Imperial Race* with much profit and interest. The book should be absolutely invaluable to members of Care Committees."—A LONDON SOCIAL WORKER.

"I received the book last evening. A cursory glance at its pages shows me that I am bound to find the contents not only interesting but instructive. I most heartily wish you and your book every success."—MISS WILLENA HITCHING, Organiser and Inspector Derbyshire Education Committee, and author of *Home Management*.

"I have just been reading the report of the last Conference with the greatest interest. I should like to become a member of the Association." Later, "I have had the greatest pleasure in reading and re-reading *Rearing an Imperial Race*. I expect it will be an immense help to me next winter."—A TEACHER OF COOKERY under the Edinburgh School Board.

"I fear I have kept your book for a very long time, but it is far too interesting to dispose of quickly. It is most suggestive and helpful,

and I am so glad to get into touch with all that is being done in this progressive movement."—A SECONDARY SCHOOL HEAD MISTRESS.

"We are deeply interested in your book, and congratulate you on its success."—Mrs. MORGAN THOMAS RILEY, née LAURA CAUBLE, Special Investigator, Bureau of Food Supply, New York Association for Improving the Condition of the Poor.

"I have read with a great deal of interest the report of the proceedings of the Second Guildhall School Conference on Diet, Cookery and Hygiene. I was asked by the *American Journal of Public Health*, which is the foremost journal in this country, to review your book, which I did for the October number."—Mr. EDWARD E. BROWN, Superintendent, Department of Social Welfare, New York Association for Improving the Condition of the Poor.

"Fully as informing as a set of text-books on dietetics, home and school life, and hygiene of children, will be found the collection of papers on these related subjects presented in *Rearing an Imperial Race*, which gives the deliberations of a notable English conference held at London in June, 1913. The volume recalls what Lord Beaconsfield once said: 'The health of the people is really the foundation upon which all their happiness and all their powers as a nation depends; but if the population of that country is stationary or yearly diminishes in stature and strength that country is doomed.'"—*The American Journal of Public Health*.

"It contains a fund of valuable information for all those engaged in all lines of child welfare work in school or institution, civic or philanthropic. The relation of health to education was discussed in all its aspects. Indeed, it is worthy of note that the prevalent observation of speakers was that the physical side of education—health education—is for the first time in our history to receive its due share of attention. For the first time in history careful scientific attention is to be given to the foundation on which the entire edifice of national education must be reared. This must include consideration of the dietary and home conditions of both town and country school children, not only the teaching of personal, home, and civic hygiene, but also a consideration of food and food values, buying, preparation, cooking utensils, and other housecraft, and their relation to local economic conditions."—*The Canadian Public Health Journal*.

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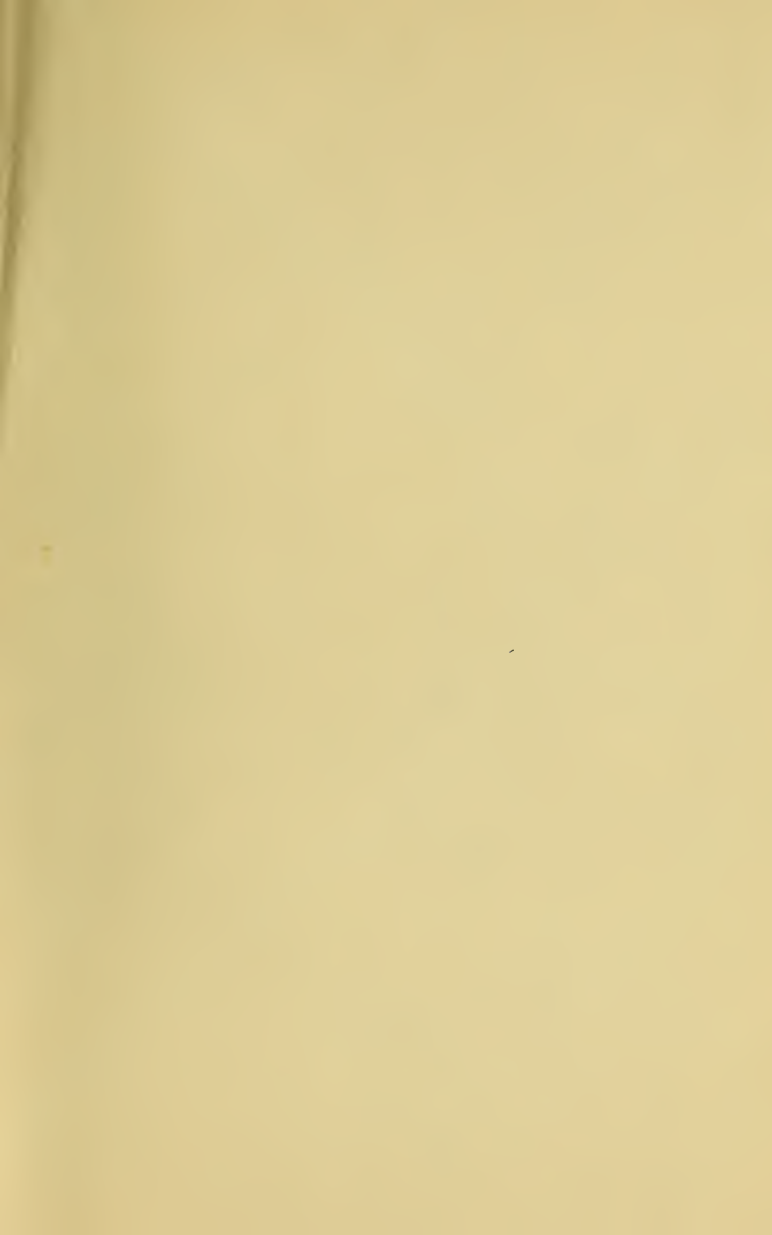
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