

### Wilson Compares Modern Menu to the One Served in Colonial Days

She Gives an Excellent Scaled That Couldn't Have Been Prepared a Hundred Years Ago at This Season

BY MRS. M. A. WILSON  
 Mrs. M. A. Wilson, an expert on colonial life, as they were called, were making homes and gardens in their effort to bring the community, as well as the country, the chemist, and those interested in better living, were experimenting with methods of canning and preserving. Both France and England were offering prizes to the public, as well as the chemist for new methods that would lead to further experimentation.

Some discoveries about the year 1790 spread like wildfire over the country, and soon the Colonial housewives were deep in the mysterious art of canning and preserving. Conditions under which they lived and the nature of their surroundings were such that they could not afford to waste any food, and some of the most successful were those who were then called, to the table.

From days of yore to the modern day is, indeed, a great stretch of time, and the women of this day have much to be thankful for. Modern transportation has made it possible for those who are at all distances to have the freshest and most succulent vegetables on the table all the year round. And if the housewife is a good marketer she will frequently be able to find special and reasonable prices. I have made a special survey of big fresh vegetables and fruits in market from November until late in February, as well as those that come to the market during the spring months.

This investigation covered twenty-five States, and included the North, South, East and the West. I found that on an average the householders of the Southern States could be purchased for twenty-five to thirty-five cents per pound of the succulent vegetable, and that the pound averaged five small tomatoes or four good-sized tomatoes. Of course they do not compare with the juicy nearby grown fruit, but they will provide variety and help the dietary balance, providing the mineral salts and the vitamins. The tomato is anti-scorbic and has a beneficial influence to correct an over-abundant meat and starch diet.

When used in a combination salad the pound of tomatoes will last five days. The cucumber may be purchased for the same price and stands close to the succulent tomato. The cucumber is valuable for the pure natural distilled moisture as well as its mineral salts.

The radish and the humble young garden onion follow closely, and while these are quite inexpensive, they are never the less just as important and valuable in the diet.

The uses of the succulent winter vegetables. Some folks will say that they are out of season, but they have slowly yet surely driven from us the diseases of faulty nutrition, and gone is the old-time spring fever that prostrated so many of the folks in those days gone by.

A Suggestive Menu for Sunday  
**BREAKFAST**  
 Baked Apples  
 Cereal and Cream  
 Fried Tomatoes  
 Cream Gravy  
 Toast  
 Radishes  
 Coffee

**DINNER**  
 Young Garden Onions  
 Swiss Steak  
 Brown Onion Gravy  
 Mashed Potatoes  
 Brussels Sprouts  
 Combination Salad  
 Raisin Shortcake  
 Coffee

**SUPPER**  
 Creamed Deviled Eggs on Toast  
 Macaroni Au Gratin  
 Combination Salad  
 Apple and Raisin Sauce  
 Sponge Cake  
 Tea

The market basket will require apples, one and one-half pounds of tomatoes, radishes, young onions, cabbage, cucumber, green pepper, onions, parsley, potatoes, brussels sprouts, eggs, package of raisins macaroni, one and one-half pounds of round steak cut thick, and the usual weekly staples.

Swiss Steak  
 Have the butcher cut this steak two and one-half inches thick; now use a sharp-pointed knife and punch full of

Cover evenly and simmer slowly for two and one-half hours. Lift to hot platter, season the gravy with salt and pepper and pour over the meat.

**Combination Salad**  
 Use a deep platter for serving this salad.  
 Place shredded cabbage in soup plate. Then pour thin slices of onion, two thin rings cut from a green pepper.  
 Pour thin slices of tomato.  
 Four thin slices of cucumber,  
 One tablespoon of finely minced parsley sprinkled over all.  
 Serve with French dressing.

**Raisin Shortcake**  
 Cut sponge cake in squares and split in three layers. Now place in a saucepan.  
 One-half package of seeded raisins.  
 One cup of sugar.  
 Two level tablespoons of cornstarch.

ing dish and pour the prepared sauce over the eggs and sprinkle the top with coarse breadcrumbs and three tablespoons of finely grated cheese and bake a delicate brown in a hot oven. Serve on toast.

**Apple and Raisin Sauce**  
 Pare five apples and cut in thin slices, place in the saucepan with one cup of water,  
 One-half package of seeded raisins.  
 One-half package of macaroni.  
 Cook slowly for thirty-five minutes. Cool and add one teaspoon of vanilla.

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