

COMMON SENSE
IN THE KITCHEN

E. S. MILLER

Notes

- p. 8. Bill of Fare for 12 servants (4 men and 8 women) for November, December, January, March, April.
- p. 9. Tested During March and April, 1917 [p. 9.]
- p. 14. Laundress
Housemaid
Second housemaid
Cook
Second cook
Kitchenmaid
Butler
First footman
Second footman
Celler man
Lady's Maid
- p. 17. During the month of June under unsupervised management the bill for groceries rose to \$200.
- p. 17. A note leading the reader to compare the monthly consumption of groceries in April, 1917 to "pages 5 and 15" leads to the title page in the first instant and several charts on calory requirement guidelines in the second. What comparison is intended is not clear.
- p. 18. "For household of 12 servents and 3 masters, including on an average 2 guests daily. To be compared with pages 14 and 49."
"Size of residence run on the above given schedule, 50 by 100. Seven stories, including cellar, basement and attic." Page 14 gives granulated sugar rations for 11 servants. Page 49 is a recipe for puff pastry.
- p. 23. "Accurate knowledge of certain quantities in their relation to practical cooking is the householder's only safeguard against waste, extravagance and theft."
- p. 26-46 59 recipes.
- p. 54. "Calf's Liver. — The substitution of Beef's liver at \$0.20 per lb. for Calf's liver atr \$0.40 per lb. is a favorite and easy swindle."

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COMMON SENSE IN THE KITCHEN

Normal Rations in Normal Times

BY
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INTRODUCTION

The object of this pamphlet is to concentrate and coordinate statistics which have taken a year to obtain and though it is not a cook book to some extent it can serve as such, the recipes given having been thoroughly tested.

On personally taking over the management of our house, when the campaign against waste started last March we found ourselves unable to cope with the situation owing primarily to our lack of definite knowledge concerning the practical side of home economics.

By various short cuts we tried to acquire this knowledge only to find it was not to be had just for the asking.

By careful watching and actual experience we finally arrived at the figures herein contained which, while not actually arbitrary, form a basis according to which the needs of a modern household can be administered by the owner without recourse to extreme methods.

The following statistics give a fair idea of comparative variations in the apparent requirements of the same household of 12 servants and 3 masters while maintaining exactly the same standard of living.

Quantities used in 3 months Of 30 days

	Normal Management	Extravagant Management	Unsupervised Management
Meat and Poultry	500 lbs.	600 lbs.	740 lbs.
Tub Butter	75 lbs.	80 lbs.	101 lbs.
Fresh Butter for family	15 lbs.	15 lbs.	15 lbs.
Bacon	22 lbs.	30 lbs.	42 lbs.
Cocoa	4 cans	5 cans	8 cans
Coffee	20 lbs.	28 lbs.	35 lbs.
Eggs	75 doz.	90 doz.	135 doz.
Flour (Bread made at home)	196 lbs.	210 lbs.	294 lbs.
Olive Oil (for family)	10 pints	12 pints	25 pints
Olive Oil (for servants)	4 pints	4 pints	8 pints
Potatoes	200 lbs.	250 lbs.	400 lbs.
Servants' Tea	4 lbs.	6 lbs.	8 lbs.
Sugar, granulated,	55 lbs.	80 lbs.	144 lbs.
Sugar, powdered	1 lbs.	4 lbs.	7 lbs.
Sugar, confectionery	0 lbs.	4 lbs.	4 lbs.
Vinegar	6 pints	8 pints	13 pints
White Lard	0	12 lbs.	16 pints

These figures speak for themselves!

Even those given as normal may seem extravagant but at least they are possible.

Whenever compulsory rationing is resorted to it must be somewhat extravagant as it is naturally necessary to meet the maximum rather than the minimum demands of the parties concerned.

Certain quantities here given may in view of impending conditions seem excessive; however, in actual practice they have not proved so heretofore.

NOTICE

THE RECEIPTS HERE GIVEN
WERE ALL TESTED WITH
STANDARD FLOUR IN 1917.
OWING TO THE CHANGES IN
QUALITY IN FLOUR SINCE
JANUARY 1918, THE FLOUR
QUANTITIES AS SPECIFIED
IN THE FOREGOING RECEIPTS
MUST BE MODIFIED IF THE
BEST RESULTS ARE TO BE
OBTAINED FROM THEM UN-
DER PRESENT CONDITIONS.

AN AUTOMATIC EMERGENCY
MEASURE FOR THE ELIMINA-
TION OF SUBSIDIZED WASTE
IN THE MANAGEMENT OF
PRIVATE HOUSES

The Advantages of an Itemized Standing Order System

The Standing Orders Only Apply to Provisions for the Servants

I.

As a temporary emergency measure a system of Standing orders makes it impossible for a cook to waste twice or three times as much as he (or she) needs in an effort to raise the bill and his (or her) commissions. It also eliminates the practice of selling at a discount goods supposed to have been consumed in the house, not to mention other abuses which occur in houses where the mistress lacks time to attend to the housekeeping in detail.

The following schedule is not supposed to be particularly economical. It simply is a means to discourage grafters and thieves in favor of honest servants, and is no more trouble than the ordinary way of housekeeping.

II.

Only an honest cook will stay in a house where an itemized standing order system is in operation. There are too few facilities for graft.

III.

If the order for the family meats, vegetables and fish is given by the cook to the butcher and the itemized voucher is delivered with the goods, verified by the cook and sent up the following morning on the breakfast tray of the mistress of the house there is little room for mistakes, nor can it take her long to ascertain whether one duck or two were served on her table on the previous day or whether 5 lbs. of lobster as charged for was excessive as compared with the amount actually served.

IV.

An Economic Advantage.

To feed 12 people it would take 13 lbs. of Beef, heavy weight, first cut, costing \$4.16 (prices of March, 1917). Of these 13 lbs. at least 2 lbs. must be counted out as waste and 3 lbs. being bone cannot be eaten. This

leaves 8 lbs. available meat, at most there may be actually 9. Part of this joint is eaten hot for dinner at 12 o'clock, the remainder being served cold or as hash at supper.

If instead of the above given quantity of Roast Beef one were to supply 6 pounds of Pot Roast costing \$1.92 for the midday meal and 3 lbs. Sausages costing \$0.90 for the evening meal, making 9 lbs. in all and costing \$2.82, it is evident that the latter articles of diet are considerably cheaper than the former though quite as nutritive.

This item of food distribution does not apply to households where provision must be made for less than 8 servants as owing to the minimum size of joints as for instance, leg of Lamb weighing 5 lbs. or 2 ribs of Roast Beef weighing 8 lbs., the joint if given at all must be served again in the evening, cold or hashed.

The servants' supplies and the Dairy produce for the entire household being delivered daily by standing order give no more trouble but their quantities are interdependent, and a change in the servants' bill of fare may upset the whole combination. As their meals form the eternal excuse for extravagance (or something else) on the part of cooks it is a good plan to settle the matter once and for all. An itemized standing order system settles it and the servants are sure to have plenty to eat and a well varied diet. As a rule their fare runs in inverse ratio to the proportion of the bills. Reasons-Graft or waste or both.