Object 1

- Sterile Gauze: Six pieces, each 1 sq. yd.
- Picnic Gauze: Two rolls, each 2 ins. x 10 yds.
- Absorbent Cotton: Four sponge rolls
- Triangular Bandages: Six 40-inch "cravat fold"
- Gauze Roller Bandages: Eight 2-in. x 5-yd., four 1-in. x 5-yd.
- Horn Spoon: 6-oz. bottle
- Bandage Compresses: Twelve 2-in. x 2-in. pads, 3-yd. muslin bandages
- 6 Paper Cups

People at Work
Object 1

GAUZE ROLLER BANDAGES
EIGHT 2½-IN. X 5-YD.
FOUR 1 IN. X 5-YD.

TRIANGULAR BANDAGES
SIX 40-INCH
“ CRAVAT FOLD ”
Object 1

STERILE GAUZE
SIX PIECES EACH
1 SQ. YD.

PICRIC GAUZE
SIX PIECES EACH
1 SQ. YD.

ADHESIVE TAPE
TWO ROLLS EACH
2 INS. X 10 YDS.
MINER'S FIRST AID CABINET
Object 2
HOW TO TRAIN A
Preparing Simple Recipes
The Art of

If the mistress of the house is only willing to take sufficient care and trouble to teach her properly, there is no reason why the maid of all work should not be able to cook an appetizing meal in the course of a week or two, no matter how "green" she may be when she first arrives. Of course, a great deal depends on the intelligence of the "girl." If she is bright and quick-witted little difficulty will be experienced in teaching her to prepare simple but well-cooked dishes, but even with the simplest emigrant much may be done with a little kindness, firmness, and, above all, perseverance.

When dealing with an untutored servant, the mistress should first carefully show her how easy it is to make even the plainest dishes dainty and appetizing by preparing them in the proper manner. She should be taught, however, not to do too much herself, or the young cook will soon become accustomed to depend upon her mistress instead of upon herself. Constant supervision will in all probability be required for some little time, and a judicious amount of encouragement is very necessary so that the girl may not be disheartened at her failures, for failures there are sure to be. The easiest way of removing mistakes and eventually arriving at perfection is, of course, to show her the first opportunity which offers and have her do the dishes again and again, until there is no longer any reason to find fault with them.

Of course, every now and then I have found it a good plan, when teaching a young cook, who is able to read English, to write down in a fair-sized note-book every recipe in simple and concrete terms as she reads it, such as potato soup, cheese soup, pot cakes, savory hash, veal cutlets, omelet, lemon sponge, scrambled eggs, beef for frying, how to boil eggs, apple sauce, drawn butter, etc. With such a book at hand the least novice should be able to prepare a meal, after a trial or two, to carry out the simple recipes thoroughly well, and in time she goes on, and she becomes more interested in her work, she will take pleasure in her preparation which she will add to.

When preparing sauces, soups, forcemeats, puddings, etc., the young cook should be taught that she must avoid a predominance of any particular flavor. How often a maid will stuff what might otherwise be a dainty dish by a too liberal addition of cream, strong herbs, or spices. In the case of puddings and sweet sauces the flavorings can be hardly too delicate. In order to arrive at a satisfactory result it is essential that whatever is being prepared from time to time, and with this object in view, a sauce and a pudding should always be at hand to prevent the objectionable practice adopted by some cooks of testing anything directly from the sauce she is using. Next in importance to the flavor of the various dishes is the way in which they are served; for, although the best arrangement is but useless unless the omelet, cheese, or southern, is not as good as the one they see from your books or words that you are "pointing," they will hardly offer you a taste.

You should understand the anatomy of a beast, how it is divided, and cut up into specific parts, their names and how to replace them at sight. You should first learn what is a "five" of meat, next, what part is a "rib," then what part is called the "pilchard steak," and what the "rib," and where the "round steak" comes from. The "hot side," the "chuck," the "shoulder," etc., are parts that are good enough when they are wanted, and every housekeeper should be able to call them by name, and know them when they see them.

When you can make a choice of beef, which you can always do in a market, choose that which has a good grain, with bright red meat and yellowish fat, which is very sure to be on best. Good cow beef has a little tender flesh, with a white fat, and meat not quite so red. The beef of poulard is the best, and may be recognized by its dark red color, and hard, firm, fat, with more or less brownish gristle running through it. And now before I close, let me say a few words about the servant girl again. Try to remember that the maid of all work has feelings as well as yourself. When her work is well done, give her a word of praise so that she may see that you appreciate her efforts and feel encouraged to do even better the next time. R. M.
HOW TO TRAIN A

Preparing Simple Recipes

The Art of

If the mistress of the house is only willing to take sufficient care and trouble to teach her properly, there is no reason in the world why the maid of all work should not be able to cook an appetizing meal in the course of a week or two, no matter how “green” she may be when she first arrives.

Of course, a great deal depends on the intelligence of the “girl.” If she is bright and quick-witted little difficulty will be experienced in teaching her to prepare simple but well-cooked dishes, but even with the stupidest emigrant much may be done with a little kindness, firmness and, above all, perseverance.

When dealing with an untrained servant, the mistress should first carefully show her how easy it is to make even the plainest dishes dainty and appetizing by preparing them in the proper manner. She should be careful, however, not to do too much herself, or the young cook will soon become accustomed to depend upon her mistress instead of upon herself. Constant supervision will in all probability be required for some little time, and a judicious amount of encouragement is very necessary so that the girl may not be disheartened at her failures, for failures there are sure to be. The surest way of remedying matters, and eventually arriving at perfection, is to take the first opportunity which offers and have the dish again and again, until there is no longer any reason to find fault with it.

From my own experience I have found it a good plan, when teaching a young cook, who is able to read English, to write down in a fair-sized note book every recipe in simple and connected form, and begin with dishes which are rather easy to the study and more attractive in giving than in cooking, which may probably require many an attempt before they can be got correct.

The cook will go a long way if she is given a little encouragement and if it is explained to her that the more time she takes to learn the art, the better she will be.
It is absolutely necessary for the comfort of the household that punctuality and method, both in the arrangement of work and the preparation of meals, are insisted upon from the first.

A great item of economy in the kitchen is the wise use of “left-overs” or remnants of food remaining from one meal to another.

The remainders of the last meal in the refrigerator may not at first sight present anything very promising, and the cold leg of mutton does not, to begin with, convey any suggestion beyond a hash or stew, both dishes which may be excellent in their way, yet apt to become a rather wearisome if repeated too often. But a little time devoted to the study of recipes, of which every good housewife should have her own private collection, will teach us many other far more attractive ways of re-serving the cold meat, and a little care in giving the special recipe to the cook and making it clearly understood that the directions are to be followed exactly, will probably result in a far more attractive dish than the hash with which many of us are too painfully familiar.

The economical housewife who wishes to make a little money go a long way should look well to the following items.

First, the accounts—pay cash for everything when possible, or if this is impossible pay all bills weekly or monthly.

The next thing is to look after the supplies when they are purchased, to see that they arrive in good condition, are of the quality ordered and paid for, and that the dry groceries are properly cared for by being put in their special boxes. If sugar, tea, flour and butter are bought by the quantity, they should not on
Object 5
Object 5

PEOPLE AT WORK
STATE OF IOWA

State Teachers Certificate

First Grade

Des Moines, Iowa, July 15, 1926.

This certifies that Fern Olive Gray, having graduated from Des Moines University with the degree of Bachelor of Arts and having done the required work in Psychology and Education is hereby authorized to teach in any Public School in the State of Iowa, for a period of Five Years from date, subject to registration as required by law.

Special subjects

Mary E. Lawrence
President Board of Educational Examiners
Object 7