THESIS
on
A Modern and Model Home
Submitted to the Faculty
of the
OREGON AGRICULTURAL COLLEGE
for the degree of
Bachelor of Science
by
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Approved
Dept. of Domestic Science and Art
A Modern and Model Home.

Outline.

Introduction.
   History of Architecture.
      Primitive History.
      History of Architecture in the United States.

House in General.
   The way a house should be made.
   The color that should be used.
   The way rooms should be finished.

House in Particular.
   Description of house.
      Each room taken up.
      Furnishing of the rooms.
      Each room described.

Menus.
   Menus suitable for common use.
The Modern and Model Home.

Geographically and chronologically, architecture appears to have originated in the Nile valley. A second centre of development is found in the valley of the Tigris and Euphrates, not uninfluenced by the older Egyptian art. Through various channels the Greek inherited from both the Egyptian and Assyrian art, the two influences being discernible even through the strongly original aspect of Greek architecture. The Romans in turn, adopting the external details of Greek architecture, transformed its substance by substituting the Etruscan arch for the Greek construction of columns and lintels. They developed a complete and original system of construction and decoration and spread it over the civilized world, which has never wholly outgrown or abandoned it.

With the fall of Rome and the rise of Constantinople these forms underwent in the East another transformation, called the Byzantine, in the development of Christian domical church architecture. In the North and West, meanwhile, under the growing institutions of papacy and of the monastic orders and the emergence of feudal civilization out of the chaos of the Dark Ages, the constant preoccupation of architecture was to enfold from the basilica type of church a vaulted structure, and to adorn it throughout with an appropriate dress of constructive and symbolic ornament. Gothic architecture was the outcome of this preoccupation, and it prevailed throughout northern and western Europe until nearly or quite the close of the 15th century.

During this 15th century the Renaissance style matured in Italy, where it speedily triumphed over Gothic fashions and produced a marvelous series of civic monuments, palaces, and churches, adorned with forms borrowed or imitated from classic Roman art. This influence spread through Europe in the 16th cen-
tury, and ran a course of two centuries after which a period of servile classicism was followed by a rapid decline in taste. To this succeeded the eclecticism and confusion of the 19th century, to which the rapid growth of the new requirements and development of new resources have largely contributed.

In Eastern lands three great schools of architecture have grown up contemporaneously with the above phases of Western art; one under the influence of Mohammedan civilization, another in the Brahman and Buddhist architecture of India, and the third in China and Japan. The first of these is the richest and most important. Primarily inspired from Byzantine art, always stronger on the decorative than on the constructive side, it has given to the world the mosque and palaces of Northern Africa, Moorish Spain, Persia, Turkey and India. The other two schools seem to be wholly unrelated to the first, and have no affinity with the architecture of Western lands.

Of Mexican, Central American, and South American architecture so little is known, and that little so remote in history and spirit from the styles above mentioned, that it belongs to archaeology rather than to architectural history.

As to the colonial architecture of the United States of modern times, it presents a peculiar phenomenon. The colonizing nation, carrying into its new habitat the tastes and practices of a long-established civilization, under the absolute compulsion of new conditions; the struggle between organized life and chaos; the laborious subjection of nature to the requirements of our complex modern life, for a considerable period absorbed the energies of the colonists. The amenities of culture, the higher intellectual life, the refinements of art could, during this period receive little attention. Meanwhile a new national character was being formed; the people were undergoing the moral training upon which their subsequent achievements must depend. With the conquest with brute nature, however, and the gradual emergence of a more cultivated class
with the growth of commerce and wealth and the consequent increase of leisure, the humanities find more place in colonial life. The fine arts appear in scattered centers determined by peculiarly favorable conditions. For a long time they retain the impress and seek to reproduce forms of the art of the mother country. But new conditions impose new developments. Maturing commerce with other lands, bring in foreign influences, to which the still unformed colonial art is peculiarly susceptible. Only with political and commercial independence, fully developed internal resources, and a high national culture do the arts finally attain, as it were, their majority, and enter upon a truly national growth.

Between 1870 and 1880 a remarkable series of events exercised a powerful influence on the artistic life of the United States. Two terrible conflagrations in Chicago (1871) and Boston (1872) gave unexampled opportunities for architectural improvement and greatly stimulated the public interest in art. The feverish and abnormal industrial activity which followed the war and the rapid growth of the parvenu spirit were checked by the disastrous "panic" of 1873. With the completion of the Pacific railways and the settlement of new communities in the West, industrial prosperity, when it returned, was established on a firmer basis. New materials and methods of construction, increased attention to detail, a growing sense of monumental requirements, even the development of the elevator as a substitute for the grand staircase are leaving their mark on the planning, the proportions, and the artistic composition of American buildings, irrespective of the styles used. The art is within a state of transition, and open to criticism in many respects; but it appears to be full of life and promise for the future.

It is in the field of domestic architecture that the most characteristic and original phases of American architecture are to be found, particularly in rural and suburban residences. In these the peculiar requirements of varying climates and of American domestic life have been studied and in a large measure met with great
frankness and artistic appreciation. The broad staircase-hall, serving often as a sort of a family sitting-room, the piazza, and picturesque massing of steep roofs, have been the controlling factors in the evolution of two or three general types which appear in infinite variation. The material most used is wood, but this has had less influence in the determination of form than might have been expected. The artlessness of the planning, which is arranged to afford the maximum of convenience rather than to conform to any traditional type, has been the element of greatest artistic success. It has resulted in exteriors which are the natural outgrowth of the interior arrangements, frankly expressed, without affectation of style. The resulting picturesqueness has, however, in many cases been treated as an end instead of an incidental result, and the affectation of picturesqueness has in such designs become as detrimental as any affectation of style. In the internal treatment of American houses there has also been a notable artistic advance, harmony of color and domestic comfort and luxury being sought after rather than monumental effects. A number of large city and country houses designed on a palatial scale have, however, given opportunity for a more elaborate architecture.

It should be said in conclusion, that with the advances of recent years in artistic designs in the United States there has been at least a great improvement in scientific construction. The sham and flimsiness of the Civil War period are passing away, and the solid and durable building is becoming more general throughout the country, but especially in the Northeast and in some of the great Western cities, notably, Chicago.
The House.

The house does not make the home, but it has a great deal of influence on the health and character of the family.

In planning a house, its special uses must be considered. The house intended for a home should be made as convenient, sanitary and attractive as possible. The style depends on the location but the amount of money one is able to devote to the building of the home must largely decide questions of size, architecture, etc. The simpler the style of architecture, if the lines are good, the more pleasing the effect will be.

Even in the smallest and cheapest houses there should invariably be a chamber, or open space, between the roof and the story below it. Rooms with no intermediate space between them and the roof are apt to be very much like ovens in hot weather. A house built with thick walls will be cool in summer and warm in winter. The finish of the walls, ceilings, floors, and all wood in the house should be as simple as possible, then there will be fewer places for dust to lodge and less chance for disease-bacteria to develop, the expense of building will be lessened, and the work of the housekeeper simplified.

The interior finish of a house should be in harmony with the location, style and furnishing. If the house is exposed to strong light and sunshine, the finish should be soft in tone, and free from strong or pronounced colors. On the other hand if the light and sunshine do not come into all parts of the house either abundantly or strongly the finish should be such that it will reflect warmth and light, not absorb it. For sombre, sunless rooms and halls, the floors, wall, ceiling and wood work should be as light and warm in tone as possible. Yellow tones light up a room and give a sense of warmth, red also gives a sense of warmth but
does not brighten a room as yellow does. All shades of green are cold, but good and restful, but the lighter they are the cooler the effect will be, blue is cold but less than green. Brown is somewhat neutral but gives an impression of warmth rather than cold. Olive greens in which yellow predominates are soft, warm, and restful colors, which may be used in any light or climate.

In finishing walls it should always be remembered that they are to serve as a background for pictures, furniture, and hangings. For this reason they should be made as soft and neutral as possible. Large and set designs and pronounced colors are very difficult to deal with in furnishing a room. Of course the most sanitary finish is the calcimined or painted walls, but as a rule they are hard and cold. A paper in plain color and soft tints never offends or tires the eye. Cartridge papers are very satisfactory on this account.

A plain finish is especially desirable for the walls of halls, parlors, libraries, and dining rooms. Light papers with dainty colorings and designs are appropriate for bedrooms. Papers with set figures or geometrical designs should not be used on the walls of a sleeping room, for if one should happen to be ill for any time in such a room, these designs would be continual torture to the eye. The background of a paper used in a sleeping room should be of soft delicate shade and over this might be running vines, or flowers, either single, clustered, or festooned.

If the house be heated by steam or hot water, the pipes should be made as inconspicuous as possible. They should be placed where they will not take up too much wall-space. Sometimes the most desirable part of a room is spoiled by these ugly pipes.
The house taken into consideration in this thesis is a moderate size (30'6" x 46'0") two story house suitable for a country home or a home in some small town. In being built it should face the east thus admitting the sun to the rooms to the best advantage.

The first floor includes a hall (6'0" x 12'0"), a reception room (14'0" x 15'0"), a living room (12'6" x 14'6"), a dining room (12'0" x 15'0"), a library (22'0" x 16'0"), a bedroom (16'0" x 11'0"), a store room (11'0" x 11'0"), two closets (5'6" x 6'0"), a kitchen (12'0" x 10'6"), and a pantry (5'6" x 6'0"). A porch 8'6" wide extends across the front 12½ feet and on the south side 25 feet. There is a back porch (9'0" x 10'6"). A stairway 7'6" wide leads from the library.

The second story includes a bedroom (16'0" x 18'0"), one (12'0" x 16'0"), one (15'0" x 16'0"), one (16'0" x 12'0"), a lavatory (14'6" x 9'0"), a closet (6'0" x 6'6"), another (7'6" x 7'6"), one (7'6" x 9'0"), and one (5'0" x 7'6"). A hall eight feet joins these rooms.
Hall.

A hall gives the first impression of the home. Of course the furnishing of it depends upon the style and size of the house and upon the character of the room. If the size of it will permit, it is best to furnish it as a reception room.

The hall (6'0" x12'0") having carpet on the floor is furnished in oak. On account of the size, a hall stand composed of seat, mirror, and umbrella stand, and having several hooks to hang hats and wraps upon, is the extent of the furniture that can be allowed. A clock is always appropriate in a hall.

Living Room.

In every house there is one room in particular where the members of the family assemble in their hours of leisure. This room is known as the living room. Here we should have the best light, the greatest amount of sunshine, the most pleasing and refining pictures, the easiest chairs, the most cheerful fire, and books, tables, and foot- rests, etc.

This particular living room, furnished in mission, has a large mission center-table with a good drop-light, a book-case filled with miscellaneous literature, some low reclining chairs and a broad, low couch with plenty of pillows. The color of the wall being olive-green and the draperies corresponding are soft, quiet and restful.

Reception Room.

The walls of the reception room are furnished in green and the draperies correspond. The furniture is of birds-eye maple and includes a table, chairs, hall-settle, mirror, a few choice pictures, and a book-case with a few well selected books. The fireplace includes a mantle shelf on which some ornaments may be arranged.
Dining Room.

In this room the walls are of olive-green and the carpet is a green and brown Axminster. The table and chairs are of mission. The table and chairs should be of generous size as it is impossible to arrange a narrow-table in an elegant manner and nothing is more uncomfortable than small unsubstantial dining-room chairs. A mantel-piece and two cupboards give an opportunity of displaying china and glass. Nothing one may put in the dining-room will add such brightness and charm as closets or cabinets, through the glass doors of which the brilliant glass and china may be seen. A few growing plants and some choice pictures give a pleasing finish to the room. Never have a crowded dining room, as room should be left for the servants to move around with ease, and without danger of disarranging things about the room.

Library.

In the library the carpets are of an oriental design, green predominating. The walls are also green with bookcases built around them, not too high, so that the titles of the books may be read by a person standing on the floor. An open fireplace, a library table of generous size, a couch with pillows, a desk, comfortable chairs, and a window seat of birds-eye maple find a place in this room. Some classical pictures and a few casts make it doubly attractive and instructive. The whole atmosphere of a library should suggest thought and study.

Bedrooms.

The bedrooms, six in number, are as important as any other part of the house. It is in the sleeping-room that one must get an interval of that absolute physical and mental rest which every human being requires during the twenty-four hours of each day. In sickness or health, there is no food or medicine that has such an influence on the physical and mental condition as restful slumber. Without this restorer of
Color Scheme

Wall
Hanging
Woodwork
Carpet
Hall

Wall
Hanging
Woodwork
Rug
Bedroom

Wall
Curtains
Woodwork
Floor
Sanitary

Wall
Curtains
Woodwork
Floor
Kitchen
tired nature we become nervous, irritable, and disagreeable to ourselves and those about us. Certainly everything should be done to make the qualifications for sleep as nearly perfect as possible.

The floors are polished and have large rugs in the center. The walls are finished with soft light shades and have hangings to match. The furniture in these rooms is a bed, dressing table, a wash stand of generous size, a towel-rack, and a chiffonier. In the larger room on the first floor and the two front rooms on the second floor are included a couch with a few pillows and a writing desk, all the rooms having a few pictures.

**Kitchen.**

So much of the health and comfort of the family depend on the kitchen that the most careful thought should be given to its furnishing. The floors are finished with inlaid linoleum and the walls have the "oil-cloth" paper. The sink is of iron, porcelain-lined and has a long draining shelf. A dresser and a kitchen table and range complete the room.

**Utensils Needed in a Kitchen.**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steamer large enough to steam puddings and brown bread.</td>
<td>Course Strainer.</td>
</tr>
<tr>
<td>2 sets of stamped muffin-pan</td>
<td>Fine strainer.</td>
</tr>
<tr>
<td>4 cake-pan XXX tin.</td>
<td>Coarse grater.</td>
</tr>
<tr>
<td>Puree sieve.</td>
<td>Fine Grater.</td>
</tr>
<tr>
<td>Fine sieve.</td>
<td>Flour-scoop.</td>
</tr>
<tr>
<td>6 Milk pans (these are useful for many things)</td>
<td>Sugar-scoop.</td>
</tr>
<tr>
<td>Scotch bowl for frying No. 2 or 2.5 size; depends on use.</td>
<td>2 dish pans.</td>
</tr>
<tr>
<td>2 omelet-pans of French polished ware or English polished ware.</td>
<td>Molds for puddings and cream.</td>
</tr>
<tr>
<td></td>
<td>2 graduated quart measures.</td>
</tr>
<tr>
<td></td>
<td>&quot; measuring cups.</td>
</tr>
<tr>
<td></td>
<td>Long handled dipper.</td>
</tr>
<tr>
<td></td>
<td>Coffee bigger.</td>
</tr>
<tr>
<td></td>
<td>2 roasting-pans.</td>
</tr>
</tbody>
</table>
2 frying-pans, small and large.
Short handled frying-pan that may be put in the oven.
Boxes for sugar, rice, hominy, meal, etc.
Tea-canister.
Tying-basket.
Spice-box.
Bread box.
Biscuit-cutter.
Skewers.

Tin pails for keeping drippings and fat to be used for frying.
Waffle-iron.
3 double boilers—meat, fish, and toast.
Soup-pot.
Griddle.
Meat-rack.
3 bread-panes.
Set of roll pans.
2 porcelain-lined kettles.

Granite-ware.
Stewpans ranging in size from one holding lquart to one holding 2 gallons.
2 double boilers—l quart size and 2 quart size.
Collander.

Woodenware.
Cover for flour barrel.
Molding-board.
Board on which to cut meats.
Rolling-pin.
Chopping bowl.

Board on which to cut bread and a board to use on cooking table.
6 wooden spoons.
Vegetable-masher.

Earthenware.
6 bowls, ranging from lquart size to 6 quart size.
6 white bowls ranging from l pint size to l quart size.
Several platters and small dishes to use in putting away food.

6 cups and saucers.
6 white pitchers of various sizes.
12 dinner-plates.
2 or 3 pudding-dishes of various sizes.
Molds.

Chinaware.
1 breakfast set.
1 dinner set.
1 luncheon set.
Stoneware.
Several pots of various sizes for use in keeping butter, salt pork, moist cake, etc.

Miscellaneous.
Vegetable slicer.
Palatte-knife.
Bread-knife.
Butcher's knife.
Vegetable knives.
Large fork.
Common knives & forks.
Egg beaters.
Egg whip.
Steel dish-cloth.
Steel skewer.
Teaspoons.
Tablespoons.
Can-opener.

Jugs for molasses, vinegar, etc.

Strong iron spoons.
Lemon-squeezer.
Good scales.
Morter and pestle.
Coffee-mill.
Teapot.
Coffee-pot.
Funnel.
Salt, flour & pepper.
Dredgers.
Ice pick.
Skimmer.
Cake-turner.
Chopping-knife.
Menus.

"We may live without friends, we may live without books,
But civilized men cannot live without cooks.
He may live without love--what is passion but pining?
But where is the man who can live without dining?"

--Owen Meredith.

A pleasant meal after all adds much to the day and the menu is the most important factor in the success or failure of a meal. For breakfast a white spread is very nice. Napkins should match the cloth. Flowers are a great addition to any table, and are as important for the breakfast as at any of the more ceremonious meals. The menu should be very simple.

A modern luncheon is a very convenient meal, permitting an irregular number, and a great variety of displays. It can be made expensive or not as occasion demands. Many luncheons, like many dinners, are apt to be over sumptuous. The ideal luncheon is quite a simple affair.

Roast and joints are never served but entrees and cold dishes instead. Table cloths are still frequently used, but the newer idea is the use of highly polished tables. These, when decorated with doilies and flowers, give a peculiarly antique effect, far surpassing in charm even the richest damask.

As to the dinner, the first requisite for a well-ordered table is snowy, fine, damask linen. The napkins and table-cloth should be of good size and the dishes should shine with brightness. A table, when properly set, is a picture of loveliness. As to the manner of "setting" the table, there are some differences of opinion and greater differences of customs. At the strictest of houses, there are as many knives,
forks and spoons placed at the different places, as there are courses to be served.

A certain scheme of color is chosen, and everything on the table harmonizes with it. The flowers adorning the table are delicately scented and pleasant to all.

Dinners nowadays are served in courses ranging in number from three to as many as eighteen. The three course dinner would be divided thus: soup, roast, dessert. A four course dinner requires soup, fish, roast and dessert. Six courses include an entree and a salad between the roast and dessert. For all these dinners the vegetables are served with the roast. A list of eight courses is adequate when entertaining most ceremoniously. A ten course dinner reaches the standard of great formality and elaboration.

The following menus are suggested as giving a variety suitable for common use.
Menu.

Breakfast. 
Cresco Cuto, Cream.
Boiled Bacon
German Coffee Cakes
Coffee

Sunday, January.
Baked potatoes
Coffee

Dinner
Maunated Leg of Lamb, Roasted
Brown Sauce
Praucoria Potatoes
Butter Brussels sprouts
Endive French Dressing
Sliced figs in wine jelly
Half cup Coffee.

Supper
Hot cheese sandwiches
Apple sauce ---- Tea.

Breakfast
Hot oatmeal Sliced Bananas
Corned Beef Hash.
German coffee cake-reheated
Coffee--Cocoa.

Monday.

Luncheon.
Stewed celery
Baking powder Biscuit
Baked Indian Pudding.
Dinner.
Tomato and Tapioca Soup
Cold Roast Lamb       Mashed Potatoes
Sweet Pickle Jelly
Canned Beets, Chopped and Buttered
Apple pie          Cream Cheese
Half cup coffee

Breakfast.
Hashed Lamb on Toast
Corn meal griddle cakes
Coffee

Tuesday.

Luncheon.
Oyster stew--Crackers
German Apple cup
Bread and Butter
Cereal Coffee

Dinner.
Chicken Goulash       Rice
Lettuce Salad
Squash pie
Half cup coffee.

Breakfast.
Granulated Barley, Cream
Sausages, Fried Apples
Mashed Potatoes
Corn meal muffins
Coffee

Wednesday.
Luncheon.
Haddock en casseroles
Philadelphia Relish
Squash pie Cereal coffee.

Dinner.
Chicken Scuffle, Tomato Sauce
Spinach greens with slices of egg
French Fried Potatoes
Chocolate Bread Pudding
Half cup coffee.

Breakfast.
Grape fruit
Stewed Potatoes
Coffee

Thursday.
Hamburg Steak
Parker House Rolls

Luncheon.
Canned peas with Fresh Carrots
Butter Toast
Mince Pie Tea

Dinner.
Cream of Spinach soup
Hot Baked Ham

Menu

Monday, February

Breakfast
Oranges
Creamed Codfish
Corn gems
Coffee
Luncheon.

Roast Beef cut up and heated in tomato sauce D.
Steamed Rice
Stewed Apricots
Tea

Dinner.

Baked bean soup
Fried fish
Mashed potatoes
Spinach
Cottage pudding with Caramel sauce.

Breakfast. Tuesday.

Cereal with nuts and top milk
Crisp Bacon
Toast
Coffee

Luncheon or Supper.

Escallopéd with cheese.
Lettuce with French dressing
Cookies
Cocoa

Dinner

Roast Ham
Baked Apples
Mashed potatoes
Steamed Squash
Pineapple Tapioca

Breakfast

Oranges
Broiled Roast ham cut thin.
Pan cakes with Syrup
Coffee

Breakfast Wednesday.

Roast Beef cut up and heated in tomato sauce D.
Steamed Rice
Stewed Apricots
Tea
Luncheon.  
Macaroni with Tomato sauce.
Buns  
Cocoa

Dinner.  
Mock turtle soup
Broiled Hamburg Steaks.
Baked Potatoes
Brussels sprouts with butter sauce
Brown Betty with hard sauce

Breakfast.  
Cereal with dates and cream.
Ham omelet
Toast  
Coffee

Luncheon.  
Browned hash
Toasted Buns  
Cocoa
Stewed Apricots

Dinner.  
Casserole of veal with dumplings
Apples and celery  
Bread sticks
Salad with mayonnaise
Steamed chocolate pudding.

Breakfast.  
Fried Apples
Crisp Bacon  
Coffee
Popovers

Thursday.

Friday.
Menu

Monday, August.

Breakfast.
Cereals with cream
Baked eggs
Blueberry muffins
Coffee

Lunch.
Stuffed tomatoes
Cress and Lettuce Rolls
Cocoa

Dinner
Cold clear soup
Broiled Lamb Shoulder chops
Baked potatoes
Cold oat meal pudding with cream
Iced tea

Breakfast.
Stewed figs
Cereal with cream
Broiled smoked fish
Corn gems
Coffee

Lunch.
Potato salad
Sour cream biscuits
Sliced peaches
Dinner.  
Creamed of cheese soup  
Veal sofflé  
Escaloped spaghetti  
Glazed sweet potatoes  
Marble mousse  
Wafflers  
Small coffee.

Breakfast  
Cereal with cream.  
Broiled tripe  
Lazy biscuit  
Coffee.

Luncheon.  
Sliced roast Beef  
Stuffed summer squash  
Raspberries.

Dinner.  
Cream of radish soup  
Broiled lamb steak  
Sweet potatoes  
Dressed lettuce  
Apricot ice cream.

Breakfast.  
Cereal with cream  
Dropped egg on toast  
Coffee.

Luncheon.  
Stuffed tomato salad  
Bread and butter sandwiches.  
Broiled rice with fruit sauce.

Wednesday.  
Cereal with cream.  
Broiled tripe  
Lazy biscuit  
Coffee.

Thursday.  
Cereal with cream  
Dropped egg on toast  
Coffee.
Dinner.

Cream of pea soup  Sliced roast beef
Sweet potatoes   Dressed water cress
Baked summer squash  Chocolate Charlotte russe
Wafers

Breakfast.

Cereal with cream  Friday.
Omelet with white sauce
Sally Lum sauce
Coffee

Luncheon.

Nut loaf with tomato sauce
Dressed lettuce  Rolls
Iced Cocoa.

Dinner.

Broiled salmon with drawn butter sauce
Mashed potatoes  Radishes
Cucumbers with dressing  Frozen peaches
Wafers  Iced coffee.

Breakfast.  Saturday.

Cantalope
Cold cereal with cream
Eggs poached in milk
Corn bread  Coffee.

Luncheon.

Iwahang chowder
Rolls  Fruit
Iced Cocoa.
<table>
<thead>
<tr>
<th>Time</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dinner</td>
<td>Roast Chicken, Baked Sweet potatoes, Tomato salad, Maple custard with whipped cream, Iced Cocoa.</td>
</tr>
<tr>
<td>Breakfast</td>
<td>Cereal, Peaches with cream, Broiled small fish, Popovers, Coffee</td>
</tr>
<tr>
<td>Dinner</td>
<td>Breast of Veal with brown sauce, Mashed potatoes, Creamed Artichokes, Lima beans, Water melon salad, Wafers, Cheese, Iced Coffee</td>
</tr>
<tr>
<td>Supper</td>
<td>Cheese and nut salad, Plain sandwiches, Fruit, Cake</td>
</tr>
<tr>
<td>Breakfast</td>
<td>Cereal with bananas and cream, Poached eggs, Graham Toast, Coffee</td>
</tr>
<tr>
<td>Dinner</td>
<td>Mock bisque soup, Roasted rib of beef, Lima beans, Potatoes browned in gravy, Plain ice cream with crushed fruit sauce, Wafers, Coffee</td>
</tr>
</tbody>
</table>
Luncheon
- Banana salad
- Sandwiches
- Iced tea
- Cake

Breakfast
- Rhubarb marmalade
- Cereal with cream
- Creamed dried beef
- Popovers
- Coffee

Luncheon
- Gelee of Veal
- Graham Bread
- Blueberry muffins

Dinner
- Cream of pea soup
- Roast of veal
- Savory potatoes
- Baked egg plant
- Blanc-mang with fruit sauce.

Breakfast
- Stewed figs
- Cereal with cream
- Broiled smoked fish
- Whole wheat scones
- Coffee

Luncheon
- Chicken souffle with tomato dressing
- Sliced peaches
- Wafers
- Iced tea.

Dinner
- Cream of bean soup
- Veal souffle
- Tomato & Cucumber salad
- Mashed potatoes
- Raspberry whip
- Sponge cakes
- Coffee
Wednesday

Breakfast
Cereal with Blueberries
Cream egg omelet
Brown bread toast
Coffee

Luncheon
Egg salad Plain sandwiches
Sponge cake with
Whipped Cream

Dinner
Boiled Tongue Potatoes
Spinach with butter sauce
Lettuce with dressing
Blueberry pie

Thursday

Breakfast
Cantaloupe
Cold moulded cereal with cream
Diced lamb on toast
Coffee

Luncheon
Vegetable chowder
Water cress and lettuce
Roller salad Cocoa

Dinner
Norwegian beef Baked potatoes
Stuffed Peppers Corn salad with dressing
Ginger Bavarian Cream Wafers
Small cup coffee
Breakfast  
Orange Marmalade  
Cereal with cream  Poached eggs  
Toast  Coffee  

Luncheon  
Potato salad  
Sour cream biscuits  Sliced peaches  

Dinner  
Cold clear soup  
Roast chicken  Potato Lyonnaise  
Browned corn  Dressed lettuce  
Peach ice cream  

Breakfast  
Cereal with cream  
Eggs scrambled with green peppers  
Muffins  Coffee  

Luncheon  
Beef reheated  Short bread  
Cocoa  Cantaloupe  

Dinner  
Clear Bouillon  
Pork roast  Baked sweet potatoes  
Creamed Cauliflower  
Dressed cucumbers  Mock Macaroni  
Ice cream  Wafers  
Coffee  

Breakfast  
Cantaloupe  Cereal with cream  
Fresh eggs cooked in cheese  
Parker house rolls  Coffee  

Friday  
Saturday  
Sunday, October
Luncheon

Beef steak pie  Beefsteak pie
Beets  Creamed onions
Sliced peaches  Sponge cake

Dinner

Clear soup  Chicken Endive salad
Mashed potatoes  Creamed Mushrooms
Celery and sweet pepper salad  Chocolate Charlotte wafers

Breakfast

Baked Apples  Monday
Cereal and cream  Toast
Cooked nut dish  Coffee

Luncheon

Escaloped potatoes and eggs  Tomato puree  Remnent custard
Coffee

Dinner

Clear Bouillon  Broiled Chicken  Oyster plant
Stewed tomatoes  Dresses lettuce
Orange sherbet  Coffee

Breakfast

Shredded Wheat biscuit  Tuesday
Cream  Lamb and potato hash
Popovers  Cocoa
Luncheon

Macaroni and quail
Oranges
Bread
Fruit
Gelatine
Tea
Wafers

Dinner

Grapes
Veal Roast with bread stuffing
Franconia potatoes
Fried egg plant
Celery, French dressing
Hot apple pie
Cream cheese
Half coffee.

Breakfast

Baked apples
Cereal and cream
Corn omelet
Baking powder biscuits
Butter
Cocoa

Luncheon

Nut loaf with tomato sauce
Apple salad
Lemon pie
Tea

Dinner

Canopio
Roast beef
Sliced potatoes
Escalloped carrots
Celery salad
Sour cream pie
Black Coffee

Breakfast

Oranges
Cold cereal with cream
Cream bananas
Buns
Coffee

Wednesday

Baked apples
Cereal and cream
Corn omelet
Baking powder biscuits
Butter
Cocoa

Thursday

Cranes
Cold cereal with cream
Cream bananas
Buns
Coffee
Luncheon

Shrimp chowder
Tomato cream sauce
Chesnuts and prunes
Tea

Dinner

Bouillon
Escaloped Oysters
Baking powder biscuits
Celery and Apple salad
Squash pie
Half cup coffee

Breakfast

Cereal boiled with raisins
Puffy omelet with cream
Muffins
Cocoa

Luncheon

Potatoe cream soup
Cheese pudding
Apple Snow
Coffee Wafers

Dinner

Hors d'envres
Baked herring with sauce
Savory potatoes
Creamed mushrooms
Gelatine Blanc mange
Wafers
Coffee

Breakfast

Bananas
Cereal with dates and cream
Cream codfish
Hot cakes with syrup.
Luncheon
Escalloped potatoes and eggs
Fried apples
Fruit with sponge cake  Coffee

Dinner
Boîllon
Pot roast of beef
French fried potatoes
Baked squash  Sliced Tomatoes with French dressing
Peach tapioca pudding
Wafers  Coffee

Breakfast  Sunday, November
Fruit cereal and cream
Fried eggs  Brown bread toast
Cocoa

Dinner
Roast chicken with giblet sauce
Rice croquettes  Mashed potatoes
Baked squash
Maple nut ice  Wafers  Coffee

Supper
Brown bread and cheese sandwiches
Orange ice with sponge cake.

Breakfast  Monday
Stewed figs  Blueberry griddle cakes
Popovers  Coffee
Luncheon

Clam chowder  Rice Puff
Coffee  Scuffle

Dinner

Chicken Scuffle with Richmond sauce
Celery  Baked sweet potatoes  Beets
Cream puffs with chocolate sauce
Coffee

Luncheon

Macaroni  Whipped cream
Sliced oranges with hot water
Sponge cake.

Dinner

Rib roast of beef with brown sauce
Potato chips  Celery and apple salad
Hot apple pie

Wednesday

Cereal with cream  Creamed chicken
Buns with butter

Breakfast

Luncheon

Lamb scuffle
Popovers  Apple salad
Cocoa
Dinner

Cream of tomato soup
Slice of Halibut baked in cream
Mashed potatoes  Carrots
Cottage pudding  Fancy sauce
Grapes

Breakfast

Eggs scrambled  Popovers and coffee

Thursday

Luncheon

Succotash  Oatmeal bread
Fruit with sponge cake  Cocoa

Dinner

Bouillon
Roast lamb  Fried green peppers
Baked Indian pudding with cream
Coffee

Breakfast

Oranges  Cereal with cream
Bacon with eggs  Coffee

Friday

Luncheon

Macaroni  Rice puffs
Cocoa

Breakfast

Hot corn meal bread
Eggs scrambled  Coffee

Saturday
Dinner

Tomato soup
Roast chicken  Baked sweet potatoes
Fried oysters  plain  Spanish Cream
Small Coffee

Luncheon

Baked bass  on  beans
Brown bread  Chow  Chow
Apple Charlotte

Dinner

Spare rib  stew
Creamed parsnips  Mashed  potatoes
Tomatoes

Breakfast

Cereal with cream
Sunday, December
Creamed chicken  Popovers  Coffee

Dinner

Roast pork  with  fried apples
Sweet potatoes  Creamed egg  plant
Celery  Orange dumpling  Coffee

Supper

Lobster  Chowder  Toast
Remnet Custard

Breakfast

Bananas  Fried  pan  fish
Muffins  Coffee
Luncheon  
Cream of potato soup  
Cold sliced tongue  
Coffee caramel  
Baked apples.

Dinner  
Broiled chicken  
Mashed sweet potatoes  
Creamed cauliflower  
Cranberry pudding

Breakfast  
Cereal with dates and cream  
Codfish croquettes  
Coffee

Tuesday  

Luncheon  
Escaloped potatoes and cheese  
Oyster a la Lester  
Harlequin pudding

Dinner  
Baked beef heart  
Baked potatoes  
Cabbage salad  
Cream puffs with Chocolate sauce

Breakfast  
Grapefruit  
Eggs cooked in shell  
Muffins  
Coffee

Wednesday  

Luncheon  
Turkish macaroni  
Lettuce with French dressing  
Cookies
Dinner

Baked flank steak
Potatoes cooked in gravy  Celery
Sour cream pie

Thursday

Breakfast

Stewed figs
Cereal with cream  Veal croquettes
Popovers  Coffee

Luncheon

Crab flake a la Newburg
Coffee

Dinner

Celery soup
Casseroled beef  Sweet pickles
Mashed potatoes
Maple nut ice cream  Coffee

Breakfast

Cereal with cream  Friday
Creamed chicken  Toast  Coffee

Luncheon

Crabs with mushrooms
Orange sherbert
Cocoa

Dinner

Crown roast of pork
Red apple salad  Mashed potatoes
Baked custard with chopped nuts and cream.
Breakfast Saturday
Oranges
Corn omelet Coffee caramel
Cookies Coffee

Luncheon
Iwahang of Clam chowder
Buns Cocoa

Dinner
Roast Veal loaf Spinach
Mashed sweet potatoes
Harlequinn pudding

Breakfast
Cereal with cream
Fried salmon trout Popovers
Coffee

Dinner
Roast rib of beef
Mashed potatoes Beans Spanish style
Spinach and butter sauce
Chocolate Barvarion Cream

Supper
Nut sandwiches
Cocoa Cake Stewed figs

Breakfast
Cereal with cream French fried toast
Cocoa

Saturday

Sunday, March

Monday
Luncheon
Fresh rolls and butter
Cold meat sliced
Bran cookies  Baked apples.

Dinner
Mock bisque soup
Baked Haddock  Beans Spanish style
Stewed figs with whipped cream
Coffee

Breakfast
Cereal with dates and cream
Egg omelet  Toast
Coffee

Tuesday

Luncheon
Shake dinner
Coffee frappe  Cocoa

Dinner
Mutton stew with parsnips
Bananas salad with Mayonnaise
Bread sticks  Stuffed green peppers
Banana fritters with lemon sauce

Breakfast
Oranges  Cereal with cream
Crisp bacon  Popovers  Coffee

Wednesday

Luncheon
Spinach soup
Mutton stew reheated
Sliced oranges  Cake
Dinner

Baked stuffed beef heart
French fried potatoes  Pea thimbles
Angel cake with fruit

Breakfast

Cereal    Baked bananas
Corn gems  Coffee

Luncheon

Shrimp chowder
Nut brown bread  Tea

Dinner

Roast pork with baked apples
Sweet potatoes baked  Baked squash
Apple tapioca baked

Breakfast

Stewed Apricots
Popovers    Eggs scrambled
Coffee

Luncheon

Escaloped Oysters  Graham rolls
Stewed suet pudding  Tea

Dinner

Boiled white fish with drawn butter sauce
Mashed potatoes  Cabbage salad
Cottage pudding with caramel sauce
Coffee
Breakfast

Saturday

Sliced Oranges
Stewed rice
Eggs cooked in shell
Toast
Cocoa

Luncheon

Escaloped fish and eggs
Potatoes with green peas
Popovers
Tea

Dinner

Bouillon
Veal cutlet with tomato sauce
Mashed potatoes
Creamed peas
Dressed water cress
Chocolate Bavarian cream
Small coffee

Breakfast

Sunday, April

Eggs in shell
Cream toast
Doughnuts
Maple syrup
Coffee

Dinner

Consomme Royal
Roast veal, bread stuffing
Potatoes browned with meat
Spinach with sliced egg
Maple nut ice cream
Coffee

Supper

Egg salad sandwiches
Hot apple sauce
Cottage cheese
Cookies
Tea
Breakfast  
Cereal with dates and cream  
Eggs with gravy  
Toast  
Coffee  

Luncheon  
Codfish balls  
Popovers  
Rhubarb tapioca  

Dinner  
Baked herring  
Mashed potatoes  
Buttered parsnips  
Apple pie with whipped cream  
Coffee  

Breakfast  
Oranges  
Egg omelet  
Old fashioned buns  
Coffee  

Luncheon  
Boiled ham served on lettuce  
Hot biscuits  
Spanish cream  
Tea  

Dinner  
Roast heart  
Browned potatoes  
Spinach with butter sauce  
Pineapple Bavarian cream  

Breakfast  
Cereal and cream  
French toast with orange marmalade  
Coffee  

Luncheon  
Baked bean salad  
Rolls  
Chocolate pie  
Tea
Dinner  
Roast pork  Baked potatoes  
Macedome of fruit  Radishes  

Breakfast  
Oranges  Minced veal on toast  Coffee  

Thursday  

Luncheon  
Casseroled foul  
Chocolate ice with whipped cream  

Dinner  
Bouillon  
Veal loaf  Pea timbale  
Mashed potatoes  Dressed lettuce  
Oranges  Whipped cream  Coffee  

Breakfast  
Stewed prunes  
Bread griddle cakes with syrup  Coffee  

Friday  

Luncheon  
Escaloped tomatoes with onions  
Sliced ham  Toasted rolls  Tea  

Dinner  
Fried fillits of flounders  
Cucumber sauce  Potato puff  
Boiled parsnips  Caramel custard  

Breakfast  
Oranges  Creamed eggs  
Popovers  Coffee  

Saturday
Luncheon

Quaker eggs
Oatmeal gems
Sliced oranges with whipped cream
Tea

Dinner

Roast stuffed veal
Browned potatoes
Creamed Lima beans
Maple nut ice
Coffee