By Mary Heavilon

Seven Days
The Garland Institute of Culinary Art

The purpose of the Garland Institute of Culinary Art is to bring to the housekeepers of America a series of informal lectures and practical demonstrations of modern home cooking methods.

Under the auspices of the various organizations, public service corporations, and stores interested in the "Better Home Economic Movement," this Institution has had the privilege of appearing before thousands of the best housekeepers in every part of the country.

This little book, entitled, "Seven Days," is a series of menus and a recipe for every day in the week, which are easily prepared and contain the proper combination of healthful food values.

Mary Heardon
Director
Better Home Economics

Nothing could be more natural than that the makers of Garland Stoves and Ranges should lend their wholehearted support to the movement for Better Home Economics. With this aim in view, we have organized the Garland Institute of Culinary Art for the purpose of presenting to the American Housewife, through the Garland distributors, the best and most economical methods of the modern kitchen. Miss Mary Heavilon, director, is one of the best-known authorities on domestic science in the country. She is assisted by an able corps of experts.

Miss Heavilon is a Bachelor of Science from the Department of Household Economics of Purdue University, and a post graduate student at Columbia University. Her lectures and practical cooking demonstrations, you will find well worth your time.
MONTDAY

Breakfast
Grape Fruit
⭐ Garland Muffins
Omelet, Coffee

Lunch
Tuna Fish Salad
Bread and Butter
Baked Apples
Milk

Dinner
Celery Soup
Broiled Lean Steak
French Fried Potatoes
Cauliflower—stewed apricots
Brown Bread
Garland Muffins

\[
\begin{align*}
\frac{1}{4} \text{ cup sugar} \\
\frac{1}{3} \text{ cup shortening} \\
1 \frac{3}{4} \text{ cups flour} \\
3 \text{ teaspoons baking powder} \\
1 \text{ teaspoon salt} \\
\frac{3}{4} \text{ cup sweet milk} \\
1 \text{ egg.}
\end{align*}
\]

Cream sugar and shortening; sift dry ingredients. Add to mixture with sweet milk and last add stiffly beaten egg. Bake in well-greased flour dusted muffin tins. Set the Garland regulator at the temperature marked, "muffins" and bake 10 minutes.

The Garland heat spreading burner saves fully 10% in gas.
Tuesday

Breakfast
Stewed Figs
Rolled Oats
Bacon — Toast
Chocolate

Lunch
★ Garland Celery Loaf
Rye Bread
Prune Whip
Milk

Dinner
Roast Lamb, Mint Sauce
Peas, Mashed Potatoes
Head Lettuce with Dressing
Garland Celery Loaf

2 1/2 cups chicken broth
4 1/2 cups diced dry bread
2 teaspoons salt
1 1/4 cups tender chopped celery
White pepper to suit taste
1 well beaten egg.

Place the broth and all other ingredients in baking dish and stir only enough to have all well mixed. Place in the oven, set the Garland Regulator at 375 and bake 25 minutes.

The Garland (Wilcolator) oven heat regulator makes baking scientifically correct
WEDNESDAY

Breakfast
Orange
Bran Flakes
French Toast
Coffee

Lunch
Boston Baked Beans
Bran Muffins
Milk

Dinner
Roast Pork—Apple Sauce
Sweet Potatoes—Stewed Carrots
Stewed Prunes
Tomato and Celery Salad
Garland Sponge Cake

3 eggs
1 1/2 cups granulated sugar
1 1/2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup hot water
1/2 teaspoon vanilla
1/2 teaspoon orange extract

Beat the eggs until they are light and add sugar. Sift dry ingredients together three times and add to mixture. Add the hot water slowly to mixture. Bake in well greased flour dusted pans. Set regulator on Garland Oven at degree marked “Sponge Cake”, and bake twenty-five minutes.

The Garland patented oven distributes the heat uniformly to every part of the oven. No cold spots in the Garland.
THURSDAY

Breakfast
Marmalade
Poached Eggs on Toast
Coffee

Lunch
White Salad
Bread and Butter
Apple Pie

Dinner
Pot Roast Beef—Browned Potatoes
Green Beans  Baked Apple
Asparagus Salad with French Dressing
Garland Marguerites
Coffee

Garland Marguerites

2 eggs
1 cup brown sugar (No. 10)
½ cup flour
½ teaspoon baking powder
¼ teaspoon salt
½ cup nut meats chopped fine
½ cup bran.

Beat eggs, add other ingredients in order given. Place in greased, flour dusted tins. Set the regulator of Garland Oven at 350 degrees and bake for 15 minutes.

The Garland simmering burner is an advantage and an economy every housekeeper will appreciate
The Garland Full Enamel Gas Range

This big white enamel six-burner range has justly been called "the most beautiful range ever built."

In addition to two giant and four regular Garland Heat Spreading burners, it is equipped with two large baking ovens, 20 x 18 x 12, broiler, 20 x 18 x 9, a warming oven, 30 x 18 x 8, a special simmering burner, a Garland Oven Heat Regulator, and the many other advantages that make Garland the outstanding range of America.

The ovens can be placed on either the right or the left side of the range. This large model is also made with a finish of Wellsville polished steel.
FRIDAY

Breakfast
Bananas and Cream
Scrambled Eggs
Bran Muffins
Coffee

Lunch
★ Garland Nut Bread Sandwiches with Cottage Cheese Filling
Butter Scotch Pie
Milk

Dinner
Baked Fish—Scalloped Potatoes
Stewed Tomatoes—Stewed Apples
Celery and Cabbage Salad
Brown Bread—Coffee
Pineapple Ice and Wafer

★ Garland Nut Bread

½ cup sugar
4 tablespoons shortening
1 egg
2 ½ cups flour
4 teaspoons baking powder
1 teaspoon salt
1 cup cold water
½ cup chopped nut meats.

Mix ingredients in order given. Bake in well greased flour dusted tin. Set regulator on Garland Oven at 300 degrees and bake for an hour.

The Garland ever-ready lighter is another Garland convenience
SATURDAY

Breakfast
Fruit
Cream of Wheat with Dates
Bacon—Bran Muffins

Lunch
Brown Bread Sandwiches with Filling of New York Cream Cheese and Nuts
Pumpkin Pie

Dinner
Vegetable Soup
★ Garland Baked Ham—Baked Potatoes
Garland Baked Ham

1 slice of cured ham
1" thick
1 tablespoon brown sugar No. 10
1 tablespoon flour
1 tablespoon dry mustard.

Place the ham under the faucet and dampen. Mix the other ingredients well together and rub well into both sides of ham. Place in baking dish and add enough of milk to cover. Set regulator on Garland Stove at 350 degrees, and bake for 25 minutes.
SUNDAY

Breakfast
Stewed Prunes
Bran
Poached Eggs
Whole Wheat Toast
Coffee or Chocolate

Dinner
Cream Tomato Soup
Roast Chicken - Mashed Potatoes
Cranberry Jelly - Baked Squash
Sweet Pickles
Grape Fruit and Celery Salad
★ Garland Baking Powder Biscuits
Angel Cake
Coffee
Garland Baking Powder Biscuits

2 1/2 cups flour
4 teaspoons baking powder
1 teaspoon salt
1 teaspoon sugar
4 tablespoons shortening
1 cup sweet milk.

Sift dry ingredients together and add shortening with spatula. Be sure that shortening is well blended with dry ingredients. Add sweet milk and mix all well together. Place on floured board and roll to desired thickness and cut. Place on greased baking sheet. Set regulator on Garland Range at the degree marked "biscuits" and bake for ten minutes.

The Garland cooking top with every part removable is the quickest and easiest to clean.
The 10-9 Series Garland Cabinet Range—all white enamel with nickel trimmings throughout.

A 4-burner range with simmerer, having an 18 x18x12 oven and an 18x18x9 broiler.


The same as the range above, with black cooking top and black burner box.
The 15-99 Series Garland Cabinet Range—semi-enamel with nickel trimmings throughout, black top and black burner box.

Has 4 top burners, an oven 18x16x12 and a broiler 18x16x9.

The 150-8 Series Garland Cabinet Range (Apartment House Special) Semi-enamel.

A Garland quality range built especially for a small space. The oven is 14x18x12 and the broiler 14x18x9. There are 4 top burners.
“The Largest Stove in the World”

Thousands of the older generation will remember this huge stove as one of the three largest exhibits at the Columbian Exposition in Chicago, 1892.

Today it stands in front of the great Garland plant, a constant reminder to scores of Detroit tourists that Garland Stoves and Ranges have the enthusiastic endorsement of more than 4,000,000 of America’s finest homes, and fully 80% of the leading hotels and institutions of the country.
Every Garland product is accurately tested and inspected before it leaves the Garland factory and is fully guaranteed by this policy of assurance.

The Garland Factory

Above is a bird's-eye view of the great Garland plant—the largest and most up-to-date exclusive heating and cooking equipment factory in the world.

Here the experience and the skill of more than fifty years is constantly producing thousands of Garland products for the leading merchants and public service corporations of the country.

Garland products are for sale everywhere. If you do not know the name of your local dealer or have any heating or cooking problems, write direct to us.

The Michigan Stove Company
Detroit, Mich.

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