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Housekeeping Notes

Edited by

Mabel Hyde Kittredge

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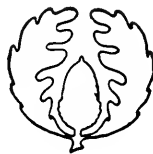
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HOUSEKEEPING NOTES

HOW TO FURNISH AND KEEP
HOUSE IN A TENEMENT FLAT

A SERIES OF LESSONS PREPARED FOR USE IN
THE ASSOCIATION OF PRACTICAL
HOUSEKEEPING CENTERS
OF NEW YORK

EDITED BY
MABEL HYDE KITTREDGE



WHITCOMB & BARROWS
BOSTON, 1911

11-25-11

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HOUSEKEEPING NOTES

THE ASSOCIATION OF PRACTICAL HOUSEKEEPING CENTERS

NEW YORK CITY

THE object of the Housekeeping Center or Model Flat is to instruct the people of the tenements in the art of healthful housekeeping by means of illustration and daily lessons.

The Housekeeping Centers, where the lessons are given, are tenement flats, just such dwellings as the people occupy who take advantage of the instruction. The furnishing and management of the Model Flat are in themselves a practical lesson in economy, and an illustration of the sanitation and beauty which lie within reach of the laborer's income.

Lessons in cleaning, hygiene, and cooking are given by trained teachers; also instruction in all matters connected with the rearing of children, personal health, and the most economical use of limited means.

Suitable Furnishing for a Model Housekeeping Flat or Home for Five People

KITCHEN FURNISHING

Stove (if stove is not found in flat) . . . \$9.00

\$9.00

Connected with the stove there must be:

Poker	\$0.06
Rake for cleaning out soot11
Whisk broom13
Blacking brush and dauber25
Stove lifter06
Shovel08
Coal scuttle35
Ash can50

\$1.54

Wooden Ware

Kitchen table (36 in., with drawer)...	\$2.15
Chair50
Pickle barrel, used for soiled clothes..	.50
Bread board25
Spoon10
Rolling-pin15
Chopping bowl20
Clotheshorse54
Scrubbing pail40

\$4.79

Iron, Tin, and Wire Ware

Tin sugar box.....	\$0.10
Tin flour box10
Colander21
Measuring cup10
Bread box35

Amount carried forward, \$0.86

Amount brought forward,	\$0.86
Wire egg beater05
Grater05
Potato masher10
Tea strainer05
Can opener08
Corkscrew10
Kitchen forks (3)30
Griddle spade06
Ice pick08
Biscuit cutter02
Dishpans (2)50
Pie tins (2) at 6c.12
Kerosene oil can20
Layer pans (2) at 5c.10
Apple corer05
Funnel05
Cake pans (2)20
Gem pans (12)20
Bread pans (3)60
Pepper shaker05
Salt shaker05
Saucepan covers (2)30
Flour sifter12
Match box (1)05
Bread knife25
Chopping knife15
Kitchen knives (3)30
Skimmer08

Amount carried forward, \$5.12

Amount brought forward,	\$5.12
Paring knives (2).....	.30
Broiler25
Trays (2)30
Iron frying pan50
Small frying pan.....	.12
Carving knife50
Garbage can50

\$7.59

Agate Ware

Double boiler	\$0.50
Saucepans (2).....	.50
2 agate washbasins.....	.30
Coffeepot60

\$1.90

Earthen and Glass Ware

6 pop-over cups	\$0.30
Large yellow bowls (2).....	.20
Medium yellow bowl (1).....	.10
Butter jar10
Pitcher, 1 qt.15
Lemon squeezer05
Glass jars (2 doz.).....	1.20

\$2.10

Brooms and Brushes

Hard broom (1)	\$0.50
----------------------	--------

Amount carried forward, \$0.50

Amount brought forward,	\$0.50
Whisk broom (1)15
Dustpan (1)10
Small scrubbing brushes (4).....	.20
Large scrubbing brush (1).....	.15

\$1.10

For Sink

Soap dishes (2).....	\$0.10
Soap shaker05
Sink brush08
Glass holder06
Sink strainer10
Sink shovel10

\$0.49

For Washing and Ironing

Wash boiler	\$1.60
Washboard25
Ironing board95
Covering for ironing board.....	.24
Blanket covering49
Sandpaper01
Pulley line, 1c a yd., 25 yds.....	.25
Pulleys (2)20
Clothespins (100)20
Tin cover (may be used for ironstand)	
Flatirons (3)99
Boiler65

Amount carried forward, \$5.83

Amount brought forward,	\$5.83	
Iron holders (3), made of old stocking or bed ticking or bought.....	.15	
Oiled paper (kept from packages)....		
Ends of candles may be used for waxing irons		
		\$5.98

Kitchen Linen

Dusters (6), made from old, soft cloths or 2 yds. cheesecloth.....	\$0.10	
Cleaning cloths (12), made from old linen or cotton, or 3 yds. muslin...	.21	
Floorcloths (2), use old shirts or buy for 10c each20	
Crash oven cloths or holders (2).....	.10	
Dish towels (12), 10c a yd.....	1.20	
Roller towels (4), 10c a yd., 2 yds. long	.80	
Dishcloths (3)21	
Bag for rags, bag for paper, bag for string, bag for clothespins.....		
These bags may all be made from 3 yds. of chambray or seersucker, 11c a yd.33	
		\$3.15
Total for kitchen furnishings.....		\$37.64

These prices, of course, vary in different cities and in different stores. Considering the tendency to burn and

rust, the cheaper kitchen utensils are advised, so that replacement could be made with slight expense. This is a full list, and in case of a very limited income one *can* do without many things.

DINING AND LIVING ROOM FURNISHING

If the kitchen is large enough it will serve also as a dining-room. If too small a separate room must be used for a dining-room and living-room.

Table	\$3.00	
Chairs (6)	3.00	
Scrim curtains, 18c a yd. (more durable than muslin), 10 yds.....	1.80	
Paper basket15	
Air-tight stove (round).....	4.00	
Desk (stained kitchen table).....	2.15	
Rack at back of desk for papers.....	1.00	
Chairs (2) (easy, not upholstered)...	3.75	
Lamp	1.00	
		\$19.85
<i>Dishes for Dining-Room</i>		
Small plates (6).....	\$0.48	
Large plates (6).....	.60	
Cups and saucers (6).....	.60	
Large platter49	
Small platter.....	.32	
		\$2.49
Amount carried forward,	\$2.49	

Amount brought forward,	\$2.49
Vegetable dishes (2).....	.30
Baking dish10
Teapot25
Milk pitcher10
Sugar bowl10
Salt shakers (2).....	.10
Pepper shaker.....	.05
Water pitcher15
Sauce dishes (6)30
Glasses (6)30
Soup plates (6).....	.60
Butter dishes (6).....	.30
Dessert or salad dishes (6).....	.50
Odd pitcher10

 \$5.74

Dining-Room Linen

Table napkins (12).....	\$1.00
Plate doilies (12).....	1.20
2 centerpieces30
(Tablecloths are unnecessary.)	

 \$2.50

Bedrooms

Iron beds and mattresses (2), 1 double, 1 single.....	\$15.00
Trundle-bed and mattress (1).....	5.00
Bureaus (2), \$5.75 each.....	11.50

 Amount carried forward, \$31.50

Amount brought forward,	\$31.50
Comforters (3), 79c each.....	2.37
Pillows (4), 60c each.....	2.40
Pillowcases (8), 25c each.....	2.00
Blankets (3 pairs).....	6.00
Canton flannel for bed pads.....	.60
Face towels (12), 22c each.....	2.64
Washcloths (10), 5c each.....	.50
Bath towels (5), 25c each.....	1.25
Bath mat25
Sheets (12)	4.36
Muslin curtains, 12½c a yd., 6 yds....	1.50
Brass rods for all curtains, 10c each (3)	.30
	<hr/>
	\$55.67
	<hr/>
Total for furnishing.....	\$121.40

Suggestions for Furnishing

The following suggestions for house furnishing show how one may save money and economize space.

In a four-room flat for five persons, a good arrangement is a kitchen, a living and dining-room, and two bedrooms. In a three-room flat, used for five persons, one room will serve as kitchen and dining-room; there will be also a bedroom, and the third room may be used as a living-room, which, with a couch, can be converted into a bedroom.

The walls should be painted throughout, as only walls that can be washed are sanitary. In the kitchen the wall coloring should be light. As tenement flats are apt to be

dark, yellow paint is advised for all rooms. The most satisfactory floors are stained, not painted, except in the kitchen, where the bare floor is best.

To stain a floor, the natural wood should be well cleaned and dried. If the floor has been painted, remove the paint with lye and hot water, being careful not to let the lye touch clothing or hands. For staining floors, some antique oak floor stain without varnish is good. One quart at seventy cents is enough to stain three rooms. To clean these floors scrub with soapy water, to which add a little kerosene as a disinfectant. It is cleaner to use no carpets or rugs, excepting one small rug by the bed if desired.

Unless it is needed for protection, there should not be a shade in the kitchen window, as it must be open from the top and the shade becomes torn and ragged.

When purchasing the kitchen stove, be sure that it has a hot water boiler, if hot water is not furnished with the flat.

A covered box outside of the window, with a slanting roof in order that the rain and snow may run off, will take the place of an ice box, except in very hot weather.

A window seat in the dining-room, made of pine and stained, is a convenience. Under this seat may be shelves, and there should be a door in front hinged from the top. Under this can be kept the table linen, bed linen, or boots and shoes, etc.

In each bedroom a shelf, from which hangs a galatea curtain, is needed if closets are not built in the flat. A seat with closet underneath, similar to that in the living-room, may be built in one bedroom to hold the children's toys.

Shelves for china in the dining-room are better than a sideboard, the latter being too large for an ordinary tenement room. Cheap sideboards are also very ugly.

Book shelves are a necessity in the living-room, and shelves in the kitchen, under which the pots, pans, brooms, etc., hang, and on which stand the glass jars for dry groceries.

The furniture (which is better bought in the white) and all shelves, excepting those in the kitchen, can be stained with alcohol stain. If the furniture is varnished and one wishes to stain it, remove the varnish with varnish remover (one can costs forty cents), then wash the wood clean with benzine. After it is dry, stain with alcohol stain, or, if it is a hard wood, rub with linseed oil without staining.

Alcohol stain is made by mixing dry aniline stain with alcohol. The proportion of each should be regulated according to the shade desired—if the color is too dark, add more alcohol; if too light, add more stain. After staining, furniture should be rubbed down with any good furniture or floor wax.

If brass rods are not possible, curtains can be hung on tape, but be careful that they do not sag. Curtains should be short, just reaching the window sill. Long curtains get dirty very quickly.

The rack for letters and papers to be used on the desk can easily be made by any carpenter and stained with alcohol stain.

An extra bureau can be made from a soap box, with shelf and legs added. This can be stained and a cretonne curtain hung in front.

A good receptacle for soiled clothes is a pickle barrel, price fifty cents. Holes should be bored in the sides to admit air, and a barrel top may be purchased at any hardware store. This is kept in the kitchen and serves also as a seat.

A screen is necessary in the bedroom for privacy. This may be made of a clotheshorse, stained and hung with burlap. Brass tacks in the top of the screen serve as knobs. On these the burlap curtain hangs by brass rings. This makes it easy to take off and clean, and is better than a gathered curtain tacked fast.

A trundle-bed, which can be pushed under the iron bed in the daytime, is a great convenience in crowded quarters.

If a bed-couch is used in the living-room a good covering is galatea at fifteen cents a yard. This material is durable, does not fade, and is easily laundered. The color of the couch cover should be the same as that of the walls, or possibly of a darker shade. Pillow covers of the same material may be made to hold the blankets and comforter during the daytime.

A box about three feet high and one and one-half feet wide, with one shelf in the center, is needed in the kitchen. In one half can be placed kindling wood and in the other paper.

If a bin is not provided in the cellar, a coal box holding one hundred pounds is a saving, since coal costs forty cents for one hundred pounds and twenty-five cents a bushel.

Every glass jar in the kitchen should have printed on it the name of the commodity it holds, the printing to be

done with a very small brush and black, ready-mixed paint (one-half pint for twenty-five cents). After it is thoroughly dry, paint over with white liquid shellac (one-half pint for twenty-five cents). The jars can then be washed without injuring the painted name.

Teacups may be hung under the shelves in the kitchen china closet, in order to economize space.

If there is a bathroom in the flat, have a shelf built above the bathtub for cleaning materials; also, a rack to hold toothbrushes, and a rack for towels and washcloths. Each member of the family should have his own soap, soap dish, and towel.

If there is not a bathroom in the flat, white enamel basins may be hung on the side of the bureaus, where there must also be towel racks. The basins may be taken to the kitchen sink for bathing purposes, as running water is always preferable, and washstands take up space, are a nuisance, and seldom are kept clean.

In the Housekeeping Center there should be a place for everything which is a necessity in a family of five. In other words, a place must be provided for kitchen linen, bed linen, underclothes, shoes, hats, dresses, toys, brooms and brushes, waste paper, soiled clothes, towels and cleaning materials, groceries, milk, food, wood and coal. The teacher in each Center must plan this arrangement before beginning her lessons.

A few good pictures add a great deal to a home. It is better to have these on the living-room wall. If it is desired to have pictures in the bedrooms, a sanitary way is to paste the prints on the painted walls and to wash them over with liquid shellac. Pictures and wall may then be washed at the same time.

CLASSES IN HOUSEKEEPING CENTERS

A class consists of from six to eight pupils.

The work in these classes is all group work.

The teacher should be a domestic science graduate, who has added to her science a thorough knowledge of tenement house conditions.

Her academic knowledge cannot be passed on to her pupils without many concessions, necessitated by actual conditions of small incomes, crowded quarters, and lack of time.

A teacher in a Housekeeping Center must realize that she is inefficient until she has added the experience of her neighbors to her own scientific knowledge. Otherwise she will place the less important detail ahead of the really important duty.

Bear in mind that every child that comes to the Flat must be made to realize that she is working with the teacher to make tenement house life more healthy and the tenement home cleaner and prettier.

It is a good idea to have on the walls of the Model Apartment printed cards stating certain homely facts. Natural curiosity will cause a child to read and study what is hanging on the wall. As the eye takes in these truths every day the child will gradually accept them. For example:

Clean your teeth after each meal.

Brush your teeth up and down, not across.

- Clean your finger nails every time you wash your hands.
- Do not throw your hat and coat on a chair; hang them up.
- Hang up aprons after class.
- Do not put damp aprons into the apron drawer.
- Always hang up the broom. Do not stand it in the corner. If a broom stands on the brush end it grows one-sided and the straws break.
- Never use the dish towel for anything but dishes.
- Use the hand and roller towels only for face and hands.
- Wash dish towels in clean, soapy water; rinse in clear hot water; wring and hang up to dry.
- Once a week boil dish towels and hang in the sun.
- Do not use the dishcloth for anything but washing dishes.
- Have separate cloths for other cleaning
- Dust, burnt matches, and paper go into the paper pail, never into the garbage can.
- Keep clean newspapers, wrapping papers, and string in a bag provided for this purpose. It is wasteful to throw these away.
- Never eat fruit without first washing it.
- Ice water is not good to drink, as it chills the stomach; but every one should drink many glasses of water a day (not iced).
- Tea and coffee are bad for children. They cause nervousness, they give ugly complexions, and there is no food value in either tea or coffee.

Eat slowly. Chew well. See that the food is clean and that it is prepared in a clean way.

These are but a few of many valuable rules that might be posted in a conspicuous place.

When a class of six or more girls has been formed, usually from the immediate neighborhood, the teacher should give to each a First Course card bearing her name.

Sample of First Course Card

.....	
<i>The holder of this card has</i>	
1	Made a fire.
2	Washed dishes.
3	Washed dish towels.
4	Cleaned sink.
5	Prepared soda and cleansed pipes.
6	Scrubbed floor.
7	Scrubbed table or tubs.
8	Cleaned kitchen.
9	Washed and aired food tins.
10	Washed windows.
11	Made bed.
12	Fought bedbugs.
13	Cleaned toilet.
14	Dusted bedroom.
15	Cleaned drawers.
16	Scrubbed woodwork.
17	Dusted down walls.
18	Boiled out cleaning cloths.

Each occupation on this card is punched by the teacher as it is satisfactorily performed.

As cooking is alternated with the housework, a year (with one lesson a week) is the shortest time in which this course can be completed. The pupil is then ready to pass on to Course II.

It is well to have an oral or demonstration examination at the end of each course before allowing the pupil to be graduated to the higher course.

COURSE I

LESSON I

THE most important possession of the home is the stove. Without it we should freeze and starve.

The most insistent expenditure, next to rent, is for coal. For utility and economy, therefore, a perfect knowledge of the stove should be the foundation of all housekeeping.

As the housekeeper must care for her fire, making it, feeding it, watching it, the work can be made more interesting by learning something about the materials she is using—where the coal comes from, how it is mined, and something about the lives of the miners. The teacher may also take up the subject of wood and matches, and instill a friendly feeling for the stove by telling something of the history of stoves.¹

In this first lesson the class may learn the open secret that everything is interesting if we know enough about it, even the routine of housework.

Care of Stoves

When the range is free from fire, have the children examine every part of it—check, draught, and damper. Show them how the heat waves circulate about the oven,

¹A book that describes the origin and growth of common things, like the stove, the match, etc., is "Useful Inventions," by S. E. Forman.

and where coal and ashes are likely to collect. Have the children understand that so far as possible each must understand the stove in her own home. She must study it and know it thoroughly, then if it will not burn or is out of order, the trouble often can be corrected without sending for a stove man. Besides, to know a stove saves coal; and will prevent the buying of too small coal, which will fall through the grate or fire-box.

Each furnace, range, or stove is somewhat different, yet the principle of all is the same. Each has a damper, draught, and check. Each must have an escape for coal gas, and each must have water to prevent the air from becoming too dry. In the case of a kitchen stove, this water is placed on the top of the stove in a bowl, which must be washed and refilled every morning.

The damper is a flat plate which, when shut, closes the opening into that part of the range connected with the chimney flue. When the damper is open the heat goes up the chimney; when it is closed the heat waves go over and around the oven. The damper is never entirely closed, as the coal gas must have an escape up the chimney.

The draughts are doors or slides that come below the fire-box. When they are open a strong current of air passes up through the fire-box, making the fire burn better. When the draught is closed the fire burns more slowly.

The check is a slide or small door above the fire-box. When open it retards, or makes a slow fire.

In starting the fire, open damper and draughts, and close the check.

When the fire is started, close the damper and save heat.

For a hot oven, close the damper, open the draught, and see that the check is not open.

For a slow fire, close draughts and damper, and open the check.

To Make the Morning Fire in the Range

First take out the ashes, seeing that clinkers and fine ashes are removed from every part of the stove. These prevent a free circulation of air and absorb the heat. Lay the fire lightly—first paper, then wood, then a very little coal; remember that a packed fire will not burn. Before lighting the fire the dust should be brushed from every part of the stove. When lighting the fire, have all draughts open, damper open, and check closed. Put very little, if any, coal on at first; and more coal when the fire is started. When it is really going well, close the damper. The children, not the teacher, should decide when the damper should be closed.

During the day it is better always to rake a fire than to shake it. Never have the coal reach the lids of the stove, as this makes the lids crack. Never allow the stove to grow red-hot; to cool too hot a fire, open check or lift lids.

Before blacking the stove, rub off with a damp newspaper. The range should be blacked every morning before the fire is lighted, but never black over dust. Throughout the day clean the stove with newspaper if anything spills on it. If it is not thoroughly polished after blacking, the saucepans will become dirty.

Connected with a stove and near it, one must have a match box, a box for kindling, and a place for newspapers. A common packing box divided into two parts will hold both wood and paper. One must also have an ash can, a coal scuttle, and a shovel; a stove lifter, a shaker, a poker and a rake for cleaning soot out from all air spaces under the oven as well as over it; a blacking dauber and brush, stove blacking, a whisk broom, and an old glove to protect the hands. An oven cloth should be near at hand for lifting hot dishes.

Have the pupils understand that all these things must be very near the stove. One should never have to look about for anything required in managing a range. Call special attention to the fact that utensils should be hung within easy reach.

When the pupils have become familiar with the stove, let them use it. Make cocoa, for example. Cocoa is more healthful and nourishing than tea or coffee. A teacher cannot too often reiterate the fact that tea and coffee are bad for children.

To make cocoa have the children spread paper on the kitchen table, and from the recipe written on the blackboard let them decide what materials and utensils are necessary for making it.

Then they may put these ingredients on the table. Never begin work until everything to work with is ready. In this case they will need cocoa, sugar, milk, salt, a saucepan, a tablespoon, a knife, a cup for measuring, a double boiler (or two saucepans), an egg beater, a utensil-plate, and a towel. See that there is a kettle of boiling water on the stove.

After the cocoa is made and served, scrape, pile, and wash the dishes.

Dishwashing

The piling, scraping, and rinsing of dishes is quite as important as the washing. Dishes that stand unpiled and unrinsed require more time and more effort.

It is well to have the directions for dishwashing typewritten and tacked on the wall.

To pile dishes for washing :

Scrape all bits of food from dishes on *one plate*—empty this plate into garbage pail. Pile dishes in order of size, cups together, saucers together, plates together, etc., silver by itself. Never set one glass in another. Soak all cooking dishes.

Soak all milk dishes or dishes that have had dough in them in cold water. Soak egg dishes in cold water. Soak all dishes that have had sugar in them in hot water. Soak all cereal dishes in cold water.

To wash dishes :

Use two dishpans, plenty of hot water, and dishcloth. Always fill the kettle after taking water from it.

Make wash water soapy with soap shaker.

Take dishes from rinsing pan and set them on draining tray.

Order of washing dishes :

Cleanest first.

Glasses, silver, teacups, saucers, rest of china, granite and tin ware, pots and pans.

Kitchen knives and forks should always be scoured with Sapolio to take off spots, or with ashes and kerosene.

Do not put the wooden handles of knives or forks into water. Wipe them off with a wet cloth and dry well, as soaking in water loosens handles.

After dishes are washed and wiped, empty and rinse both pans, dry them and hang them up; wipe off tubs where dishes are washed.

To wipe dishes :

Lay out two trays—the first for rinsed dishes and the second for dried dishes. Use plenty of dish towels and wipe dishes well. Give used towels when finished to towel washer.

Put away dishes.

To clean a milk bottle :

First, soak the bottle in cold water.

Second, wash with other glassware in hot, soapy water.

Third, rinse with hot water.

Clean seams of pans with a match stick or wooden skewer. To clean kettles in which something has been burned, fill with water, add a small handful of soda and boil, repeating if not entirely successful at first.

Dry tinware near the stove, woodenware in the sun.

Make the children understand that this is only a part of the clearing up that must follow all cooking. Dish towels, sink, table, tubs, must be left in perfect order, but in this first lesson the children are capable of doing only

a part. Make them look forward to the time when they can do all, and will need to leave nothing to the teacher.

This lesson teaches: *first*, the mechanism of the range, the making and care of fires; in fact, everything about a stove; *second*, that no cooking can go on until all materials and tools have been collected and placed neatly on the kitchen table; *third*, knowledge of dishwashing, and the order in which dishes should be washed. Every cooking lesson includes a review of the dishwashing in this lesson.

At each cooking lesson a housekeeper is chosen, the pupils taking turns in the filling of this office.

The Duties of Housekeeper Are

1. TO KEEP COOKING TABLE IN ORDER DURING LESSON.
 - (a.) Replacing Food Materials after They Have Been Used.
 - (b.) Removing Dishes from Table When Not Needed for Further Work.
2. TO ATTEND DOOR.
3. TO PUT AWAY DISHES WHEN DRIED.
4. TO SWEEP FLOOR.
5. TO SEE THAT KITCHEN IS LEFT IN PERFECT ORDER AND NO COOKING DISHES LEFT ON STOVE UNWASHED.

LESSON II

BEGIN this lesson with cooking cereals. Have recipes written on the blackboard.

See which girl, without help, can arrange the damper, draughts, and check so as to make the stove hot on top.

(Each time the stove is used review more or less the first lesson.)

The children have already learned that before beginning to cook anything all things necessary for the cooking must be placed on the kitchen table.

Breakfast foods are made from wheat, corn, etc. There are many kinds. They are cheap, healthful, and easily cooked. The food value in cereals is large.

The only difference in the cooking of cereals is the amount of time required in the boiling and the amount of water used.

Time-Table for Cooking Cereals

<i>Cereal</i>	<i>Amt. cups</i>	<i>Water cups</i>	<i>Salt tsp.</i>	<i>Time min.</i>
Rolled Oats	1	2½	1	40
Oatmeal (coarse)	1	3½	1½	40
Pettijohn's	1	2	1	40
Cream of Wheat	1	4	1½	40
Wheatena	1	4	1½	30
Rice	1	6	2	30
H. O.	1	2	1	30
Hominy (fine)	1	4	2	<i>hrs.</i> 1½
Corn meal	1	4	2	2 or longer

Raw cereals need longest cooking. Old-fashioned oatmeal, corn meal, etc.

Partially cooked: Cream of Wheat, H. O., Wheatena, Pettijohn's, Quaker Oats.

Prepared cereals require no cooking.

The water should be boiling and salted when the

cereal is added. Cook for five minutes directly over the fire, and stir lightly with a fork until all is thoroughly mixed. Then cook in a double boiler or in a small saucepan placed over a larger saucepan, the larger one containing boiling water (this to prevent the cereal from burning). While cooking, stir occasionally from the bottom with a fork.

As the water underneath boils away more should be added; also if the cereal absorbs the water too rapidly add more water. If the children learn to cook two cereals they should acquire the method for all.

In cooking two cereals, cook one in a double boiler, one in two saucepans.

While the cereal is cooking, scrape and pile dishes used in preparation. Leave these on the tubs for later washing.

Now wash the kitchen table. Have the following directions typewritten and hang them on the kitchen wall.

To clean table :

Use basin of hot water, two muslin cloths, brush and Dutch Cleanser or Sapolio. (Soap makes a table yellow.)

Wash one half of table at a time.

First, wipe it with cloth wrung out of hot water in basin.

Second, shake Dutch Cleanser on wet space and scrub with a brush—*straight* with the grain of the wood—as scrubbing round and round does not take the dirt out.

Third, wipe off with a wet cloth.

Fourth, wipe with dry cloth.

After table is washed, put away Dutch Cleanser; empty, rinse and dry pan; hang it up; rinse out brush and put it away; wash out the cloths used in washing tables; wipe up floor if any water has been spilled. If there is no housekeeper, *table cleaner* sweeps floor and puts away dishes.

When the cereal is cooked, serve and eat with milk and sugar. First, fill the boiler and saucepans with cold water to make the washing easier later.

After eating the cereal, scrape and pile dishes. Next, wash dishes, as taught in the last lesson.

Wash out and leave the dishpans near the stove to dry in order to prevent rust. Wash and rinse the dish towels and hang them up to dry. The towels must be thoroughly washed after every dishwashing.

To wash towels :

Use towel pan and plenty of hot water, rubbing board, and soap.

Wash one piece at a time, cleanest first.

Rinse each piece in another basin; shake out; hang on rack with edges even.

Towels must be boiled at least once a week to keep them fresh and white.

Brush up about the stove, and leave a slow fire.

In this lesson, explain that ashes must not be put in with the food refuse, but in a separate can. The ashmen are not allowed to take the two mixed.

In this lesson the pupils have learned not only to cook cereals, to clean tables, and to wash dish towels, but have

added to their knowledge of the stove and of dishwashing. In fact, when the sink work has been taught, they will know how to do all the clearing up after cooking.

LESSON III

IN this lesson, let the class cook something on the top of the stove; for example, stale-bread griddle cakes.

(These are merely suggestions.)

Stale-Bread Griddle Cakes—Recipe

Soak stale bread in hot water until soft. Press out water. To 2 cupfuls of softened bread add 2 beaten eggs, a teaspoon of salt, a half cup of flour and enough milk to make a thin batter (smooth). Add the last thing a tablespoonful of molasses and a teaspoonful of baking powder.

Remember to have on the table bread, eggs, baking powder, milk, flour, salt, molasses, bowls, sifter, cup, tablespoon, teaspoon, griddle, fork, butter, tissue paper for buttering the pan, egg beater, cake turner, knife, utensil plate, and a towel.

After everything is cooked, served, and eaten, scrape, pile, and wash the dishes. See which child can best remember the dish washing and cleaning up from the last lesson.

The new thing to learn in this lesson is the care of the sink. Care must be given to the sink every day. Explain how the grease hardens in the pipes, and how pieces of vegetable matter stick to this grease and become decayed, if they are not removed. This not only produces a bad

odor and stops up the pipe, but causes a very unhealthy gas to form.

When the dishwashing is finished and the dish towels and dishcloth have been washed, use the hot, soapy water in the dishpan to pour around the sink.

To clean sink:

Sink must always be cleaned after dishes are washed and at any time that dirty water is sent down the pipes.

First, brush up all the bits of food and dirt from the sink with sink brush and shovel, and put them into the garbage pail; then put a handful of soda into the sink, pour in a kettle of hot water, and scrub inside of sink with sink brush.

Pour more hot water down the pipes to take away soda. If soda is not washed free of the pipes it is apt to eat holes; and it will combine with grease washed down from the sink and form soap, which will clog the pipes.

Ordinarily the sink is washed but once a day with hot soda water, in order to cut away all grease that has lodged in the pipes. But it is well, as a matter of practice, to have the children clean the sink with soda every lesson. A good way (if soda is not put directly into the sink) is to put a handful of washing soda into the hot water kettle every evening, let it come to a boil, pour over every part of the sink and down the pipe, and then rinse the pipe well with plenty of clean hot water. Also rinse well the hot water kettle and wipe it dry and turn it upside down until morning. Make the children understand that they must be very careful never to put the kettle back on the stove until it is filled with water.

If an iron sink is rusty, grease it with some fatty substance. Leave over night, and in the morning wash the sink with hot soda water. This will remove the rust. If the rust in a sink is not very bad it can be removed by using kerosene and wood ashes.

Near the sink must always be kept a sink brush, a sink shovel, a soap dish and washing soap, a soap shaker, a glass for drinking, a strainer, a jar of soda and a jar of wood ashes.

This finishes dishwashing and the necessary cleaning up after cooking. Teach the children not to keep dirty cloths under the sink. Teach them that dishes should never be washed under the faucet, and that scraps of food should never get into the sink, but should be scraped directly from the dishes, pots, and pans into the garbage pail. Also have the pupils understand that if they wash their hands at the kitchen sink, a separate basin must be kept for this purpose, and after the dirty water from the basin is poured down the pipes the sink must be well washed. In a later lesson this subject will be taken up more fully.

In this lesson the children must also learn how to care for the garbage pail.

A pail in which water and soda has been boiled each day, and the pail afterwards rinsed, will not smell.

Always keep the garbage can closed.

An open garbage can attracts cockroaches.

To exterminate roaches and water bugs, pour a solution of turpentine down the pipes every week or two, and every night sprinkle roach salt in all cracks

about sink and tubs, brushing up in the morning before beginning to cook.

LESSON IV

THIS lesson should be a review of the stove, the setting of the table for the cooking lesson, and of the general cleaning up after a lesson. See what each child can remember about the management of the draughts and damper and check.

1. How they should be when fire is first lighted.
2. When fire is well started.
3. How to check a fire.
4. How to keep fire in all night.
5. How to heat the oven for baking.
6. General care of stove to keep it in good condition and to have a good fire.

Emphasize how to heat an oven. Give the children the recipe for gingerbread, baking powder biscuits or muffins, and let them collect without help all the things necessary for baking.

Counting is a satisfactory and simple method by which children may test the temperature of the oven.

Have the child kneel in front of the oven door and open the door with the right hand just far enough to admit the left hand. Holding the hand above the upper shelf of the oven, count slowly. When it is uncomfortable to keep the hand in after six counts the oven is hot. If the hand becomes uncomfortable after five counts it means a very hot oven; after twelve counts, a moderate oven; and after fifteen or twenty counts, a slow oven.

In cleaning up after a lesson, always have the children

work in a given order. It is better to stop in the middle of a piece of work, if time does not permit finishing, and to have that portion well done, than to complete a task in a slipshod manner.

Suggestions for Order of Work in General Cleaning Up

For Six in Class.

- No. 1 washes dishes;
cleans sink.
- No. 2 dries dishes.
- No. 3 dries dishes.
- No. 4 scrubs table.
- No. 5 washes towels.
- No. 6 housekeeper.

For Eight in Class.

- No. 1 washes dishes;
cleans sink.
- No. 2 dries dishes.
- No. 3 dries dishes.
- No. 4 scrubs table.
- No. 5 washes towels.
- No. 6 rinses and hangs towels.
- No. 7 housekeeper.
Monitor for door.
- No. 8 assistant housekeeper.

LESSON V — Part I

IN every kitchen, no matter how large or how small, there will be always some ironware, tinware, woodenware, cleaning cloths, dish towels, implements for washing and

ironing, brooms and brushes, dry groceries and jars to contain them. Place all these things in the small kitchen; give each, so to speak, its own home, so that anything could be found in the dark, if necessary. A nail here and there, a little thought as to where to place things at first, and a determination always to put each article back in its own place will make housekeeping easy and the kitchen a comfortable, orderly place.

The teacher should direct attention to everything in the kitchen, telling its use and why it is where it is.

In giving the kitchen a thorough cleaning (which must be done at least once a week), always clean out the closets first, explaining that otherwise the dirt from the closets will be scattered over the kitchen.

In this lesson, clean the closet which holds the dry groceries and, if there is time, the closet where the cloths and towels are kept.

Take things from one shelf at a time, dusting each and placing it on a table covered with newspaper. Do not mix articles from the different shelves. Dust off shelves before washing.

Beginning with the top shelf, scrub each in succession, in the way that the children have already learned to scrub the kitchen table; air and dry thoroughly before returning the groceries. Mold and a bad odor are the result of returning things to a closet not thoroughly dried.

Should the closet smell musty, wash it with hot soda water after scrubbing the shelves.

A little Sulpho-Naphthol added to the water cleans and disinfects, but this will make food taste if the closet is not well aired after washing.

Should ants be found in the closet, pour a solution of carbolic acid into all cracks, after the closet is cleaned.

2 tablespoons carbolic acid.

2 pints of water.

Repeat until effective.

The following is, however, a safer method to teach small children: Use insect powder in all the cracks. Later sweep away the dead ants and fill the cracks with borax.

While the closet is drying, wash all the empty jars in hot, soapy water before refilling.

Wash in hot, soapy water all tins when they are empty, and dry well in the air near the stove. Glass jars are the best to keep food in; they do not rust, are easily washed, can be kept free from odor, and it is easy to see when they need refilling.

Remember that wooden utensils hold odors unless carefully cared for, that is, washed with soda water and dried in the sun if possible. Do not dry them near the stove.

To keep tinware from rust, see that it is dried near the stove after washing. Ashes, Sapolio, Bon Ami, and whiting are very good for brightening tinware. There is no need to have tin grow rusty if it is kept dry.

Probably it will not be possible to clean the dish towel closet in this lesson. Do not drive the children too fast; stop and talk work over, dividing a lesson into two or even three parts when necessary.

Lesson V — Part II

Have a special closet or set of shelves for the kitchen linen and cleaning cloths.

For a family of five, the following number of cloths and towels is sufficient: twelve dish towels, three dish-cloths, four roller towels, three dusters, and twelve cleaning cloths (these can be made easily from worn-out linen or cotton), one broom bag, two oven cloths, two polish cloths, and two floorcloths.

This closet is to be cleaned like the closet which contains the groceries. Remove things from one shelf at a time. Lay in straight piles on the table, which has been previously covered with a newspaper. Dust the closet and scrub as before, beginning with the top shelf. Dry and air thoroughly. Return towels in even piles.

It is a good plan to have the name of each set of towels lettered on the edge of the shelf at its respective place.

In this closet may also be kept ironing board cover, wax, sandpaper, ironstand, holder, box of bluing, and old cloths for testing flatirons.

LESSON VI

LEFT-OVER and perishable foods may be kept on a covered shelf outside the window or in the ice box. This shelf serves the purpose of a refrigerator while the weather is cool. It must be covered to keep out dust, with a slanting roof to allow rain or snow to run off. Holes can be bored in the back and sides to admit air. An enamel cloth curtain in front finishes the shelf.

Window shelf and ice box must be especially cared for. A close or not perfectly clean ice box scents the food. The least particle of food allowed to spoil in the ice box gives a bad odor to fresh food.

The exposed window shelf needs a thorough scrubbing twice a week and a daily dusting.

To clean window box :

Remove the contents of the shelf. Place them on a newspaper in some suitable place. Brush and wipe off the top of the box. Wash the inside first with hot water and sal soda, then scrub as before. The enamel curtain should be washed with soap and water. Soda is apt to make it crack.

The cover of the shelf can be made to hook on to the window casing; in that case the cover is unhooked, taken to the sink and washed thoroughly, and the outside shelf cleaned separately.

The window box must be perfectly dry before returning the contents. Water-soaked wood scents food.

To clean the ice box :

Be sure that the drain pipe of the ice box is in no way connected with other household plumbing, as sewer gas will be admitted to the house if it is.

A pan for water is commonly found under the ice box. This must be cleaned twice a week, at the same time the ice box is cleaned.

In cleaning the ice box remove all food and ice, and wash inside of the box with hot suds; rinse with hot soda water, and again with clear hot water. Take special care, in scrubbing off racks and shelves, that no particles of food are left in the grooves. Use a skewer to dig out the corners. Draw an old cloth through the drain pipe, as some dirt always lodges there. Dry the ice box and air it for an hour.

Care of the bread box may also be considered in this lesson.

Each week the bread box should be emptied and washed in a mild solution of soda and hot water, rinsed thoroughly, dried by the stove, and aired in the sun if possible. If box is not entirely dried, the bread will quickly become mouldy.

Care of perishable food :

Milk and butter should be kept in tightly covered receptacles. Both absorb odors and collect dust when uncovered.

To keep milk over night without ice, scald it and cover tightly when cooled.

Bread and cake keep best in covered tins or earthen jars.

Never place olive oil directly on the ice. Freezing injures it.

LESSON VII

THERE is still another closet in the kitchen that must be cleaned each week exactly as the food closet is cleaned. We must also learn how to keep its contents in good condition. This is the closet holding the cooking utensils, pots, pans, etc.

In most tenements these closets are built over the washtubs and sink, and the top shelf is most inconvenient to reach. Choose a certain place for each pot and pan, placing those used most frequently on the lower shelves. Hooks under shelves are convenient for hanging sauce-pans and tea and coffee pots.

In this closet are iron, tin, agate, porcelain, and stove ware, sometimes copper and aluminum. Aluminum is quite expensive, and copper requires too much care for use in ordinary housekeeping. Ironware is excellent for holding heat and becomes smooth and improves with use. Agate and enamel ware are very good, but crack and break if not washed and dried properly. A half-dried agate kettle put on a stove to dry is apt to crack. If an agate-lined teakettle is allowed to boil dry, the lining will crack and break off. Careful soaking to prevent the necessity of scraping these utensils helps greatly in preserving them. Never use a knife; use paper to wipe out the worst dirt. Wipe off any utensil blackened by the stove with a piece of paper before washing it.

The care of tinware has been considered in a previous lesson.

Ironware if properly treated seldom becomes rusty. Acids and moisture are what cause iron to rust.

To remove rust:

Kerosene and ashes will remove rust. First apply the kerosene and ashes, then wash the utensil in strong, hot soda water and rinse in clean hot water. Dry on the stove. If iron is very rusty, cover it thoroughly with some sort of grease (mutton fat is good). Sprinkle with lime and let it stand over night. Wash next morning in hot soda water, rinse in clean hot water. Dry thoroughly. Care must be taken with the latter method, as lime is hard on the hands. A very rusty sink may be cleaned in this manner.

The inside of a tin teakettle often becomes rusty through lack of proper care. Boiling water causes steam to collect, and this on cooling causes rust. If a teakettle is emptied, dried, and turned upside down each night, no rust or deposit will collect.

Coffee and tea pots must be cleaned daily or they will smell. First, free them from grounds, rinse in cold water, wash in hot, soapy water, scald and dry. Let the inside of the pots air well after washing.

LESSON VIII

THIS lesson is a thorough cleaning of the kitchen. A kitchen should be cleaned once a week. The first thing to be done is to clean out every closet and drawer, window shelf and ice box, and shut them up tight. A methodical housekeeper to save time would probably do this the day before. In this case closet cleaning has been done before the class comes, the children having practiced closet cleaning in previous lessons.

To clean kitchen :

First, dust and take from the room everything that can be moved. Do the stove cleaning next, as this is the dirtiest work. Then sweep the floor ; cover a broom with a rag and wipe off the ceiling ; next wipe the walls ; and last wipe all woodwork with a woolen cloth. Sweep the floor a second time. The woodwork and shelves must now be thoroughly cleaned.

The cleaning of painted woodwork is new to the children, and is done as follows :

To clean woodwork :

Dust the woodwork with a cloth after the walls are dusted. Wash with warm water (not hot) and soap. Soda and Sapolio remove paint, and should not be used. A brush is also necessary to take dust from grooves, and two cloths, one for washing and one for drying. Add a few drops of Sulpho-Naphthol or other disinfectant to the cleaning water.

While the shelves are drying, wash the windows. This will have to be worked in from time to time with other lessons, as all the pupils cannot clean windows at one time, and every child must do with her own hands every piece of work.

To wash windows :

Use a pan of hot water, a duster, two cleaning cloths, and a dish of Bon Ami. Place them on a newspaper near the window. Bon Ami is but one of many things used for washing windows.

Dust the window, and apply a thick suds of Bon Ami. Let it dry, and rub off with a dry cloth. Rinse the washing cloth in the water and wipe off the woodwork around the windowpanes. Newspaper is very good for polishing windows.

Besides a weekly cleaning, windows should be washed every time they look dirty, as after a rain.

A little alcohol added to the water in the winter prevents its freezing.

Windows should be dusted every day.

Second Method. To clean windows, add a few drops of kerosene and ammonia to a pan of hot water. Use a duster, two cleaning cloths, and newspaper.

Dust the windows, wash, dry and polish.

Last, wash the floor. This is also new work, but similar to scrubbing the table.

For cleaning the floor, have a pail of hot water, a floor brush, floorcloth, and soap. Soda may be used or Gold Dust. Sapolio makes a floor look well, but is expensive unless the left-over pieces are kept and used for this purpose.

The condition of the floor must decide which cleaning agent to use. A very greasy floor needs soda.

First, sweep the floor, then wash a small space at a time and wipe off with a wet cloth; scrub with soap, following the grain of the wood; rinse and dry with a cloth wrung out in the scrubbing pail. Change the scrubbing water very often.

Return the utensils to the kitchen when the floor is dry.

LESSON IX

THIS lesson is to be arranged according to the age and intelligence of the pupils. Cook a breakfast or a supper, very simple if the children are young.

Serve the meal nicely in the kitchen.

The clearing up work should be done by the pupils with no help from the teacher, as it is all review.

If the pupils have been faithful, make them realize that they have accomplished one of the chief parts of housekeeping in thoroughly knowing kitchen work, and now only practice and determination are needed for perfection.

Emphasize the passing from the kitchen to the bedroom work, which is to be taken up in the next lesson.

Housework can be very dull, but when it becomes an art, it is interesting. When a child realizes that she is gradually mastering an art, she has the desire and ambition to go on.

LESSON X

Bed Lesson

THE best mattress for a bed is made of hair, but this is the most expensive. Cotton mattresses are good and less expensive. Excelsior mattresses are often used. An excelsior mattress will be found to be more comfortable covered with a cotton pad (quite thick) or an old blanket. A feather mattress is bad; it absorbs the moisture from the body, and it is not good for the back, as one should have the back as flat as possible during sleep.

Turn the mattress every day, and let it air at least an hour, so placed that air can reach both sides.

Too high a pillow is bad for the back. If one is accustomed to a high pillow it will be hard to do without it all at once, but each night one may lower it a little until one low pillow only is used, or better still none at all.

Each bed must have two sheets. Sheets should be two and three-fourths yards long. This not only is long enough to tuck in well, but protects mattress and blankets. Cheap sheets are seldom long enough.

Cotton and woolen blankets are better than comforters, excepting in winter, when both are needed. The blankets wash; they allow some air to get through, and

they do not hold the moisture of the body as comforters do. Feather beds must not be used as covering.

Cover the mattress with a pad to keep clean and to make the bed comfortable.

Have a spread for the bed of a kind that will wash easily. Dimity is best.

Every morning throw the bedding over chairs and allow it to air for an hour, or while breakfast is being prepared and eaten. If bedroom and dining-room are one, air the bed after breakfast.

The bed should be made with square corners, as in hospitals.

As a preventive of bedbugs, once a week wash all grooves of the bed with kerosene and hot, soapy water.

If bugs get into the bed, first wash it with soap and water, then with a solution of carbolic acid, and repeat until all signs of them are gone. Bedbugs hide chiefly in cracks, in castors, and under the tufting of the mattress. If they get into the mattress, soak it with naphtha. If this becomes necessary, be sure that no fire is near, open all the windows, and after pouring on the naphtha, lock the door of the room and leave it closed for a day to allow the gas to pass off. Do not teach the younger children anything about naphtha.

Clean the washstand thoroughly every morning. In almost all tenement homes the kitchen sink is used in place of a washstand. This lesson applies to the exception.

To clean the washstand, pour soiled water from the bowl into the slop jar, take the water which remains in the pitcher and wash out the bowl, wiping thoroughly with a cloth kept for this purpose.

Wash off every part of washstand, and wash the soap dish.

Take the pitcher, rinse out and refill. Now take chamber and slop jar, wash in hot water (use ammonia), and wipe with cloth that is used for nothing else. It is well to have the chamber cloth marked so as to keep it separate. Always see that there are fresh towels and washcloths.

To dust room :

Never use a feather duster. With a dry duster wipe the windows, mirrors, brass, china, and books. Then dampen the duster and wipe each article, dust the place where it stood, and replace it. Wipe off all woodwork with a damp duster.

LESSON XI

Dining-Room Work

THE morning work in the dining-room consists, first, in airing room while breakfast is being prepared, dusting before breakfast, and setting the table.

Use plain but well-laundered doilies with a bare table in preference to tablecloth, as these are easily washed and ironed, and a spot on one does not mean that all must be washed.

The first thing to place on the table is a centerpiece—flowers if possible, or fruit, or one of the dishes of food.

The plates come next, set at even distances apart.

Knives and spoons should be placed at the right, the sharp edge of the knife towards the plate.

Forks and napkins at the left.

Glasses at the top of the knives, three-quarters full of water.

On the table must be pepper, salt, bread, butter, a pitcher of water, a small pitcher of milk, and sugar. The other things on the table depend upon what is to be served for breakfast.

Place the chairs at the table the last thing.

After the meal is over, take away the chairs first and pile the dishes neatly after taking them to the kitchen. Brush the crumbs from the table, put away the doilies in the place kept especially for table linen, putting soiled ones in the wash.

Brush up under the table.

Unless very cold, leave the window open a little from the top.

LESSON XII

THIS lesson takes up the necessary morning work of the average household without the cooking. Have the children understand that every day of their lives this work must be done.

Order of Work

Immediately after rising take the bedclothes from the bedstead and spread them over chairs. As soon as dressed, open the windows and turn the mattress so that the air may reach both sides. Open the windows from the top as well as the bottom, so that bad air can go out and fresh air come in. No matter how cold the weather, always open the windows at night and in the morning, to

air the room. Explain about the bad air in the room and the necessity of starting with something fresh to breathe through the day.

After breakfast has been eaten and dishes piled (but not washed) return to the bedroom. The first thing to do, before making the bed, is to pick up and put away all clothes, shoes, etc., which have been left about the room. Make the bed. Brush up the floor. Dust the room thoroughly.

After dusting the room, as in the last lesson, clean the washstand. Then shake out the duster and cleaning cloths and put them aside to be washed later. Give the room a last look to see that everything is put away, curtains even, chairs straight, and the room ready for the day.

Now return to the kitchen and wash dishes. Clean the sink. After seeing that the kitchen is thoroughly cleaned, wash out all dish towels and cleaning cloths.

COURSE II

WHEN a pupil has her first course card entirely punched, and has satisfactorily passed the examination, she is promoted to Course II, and receives the following:

Card for Course II

.....

The holder of this card has

- 1 Swept and dusted dining-room.
- 2 Set table.
- 3 Prepared breakfast.
- 4 Served breakfast.
- 5 Cared for linen and linen drawer.
- 6 Cleaned silver.
- 7 Cleaned knives.
- 8 Cleaned brass.
- 9 Cleaned lamps.
- 10 Cared (daily) for lamps.
- 11 Thoroughly cleaned dining-room.
- 12 Made starch.
- 13 Washed and ironed bed linen or towels.
- 14 Washed and ironed table linen or curtains.
- 15 Covered ironing board.
- 16 Prepared meal for sick.
- 17 Made and served tea.

LESSON I

It is understood that no child begins this course who has not passed a satisfactory examination in the work of the first course. Having learned the daily work of the bedroom, dining-room, and the every-day dishwashing and cleaning up, this lesson will take up the cooking and serving of a breakfast, so that in the following week's lesson all the morning work can be fitted together as it must be every day.

In cooking a breakfast, the first thing is to see that the fire is started, the teakettle filled and put on to boil. Then air and dust the dining-room. This is not the time to buy food; it interrupts the regular morning's work. See before going to bed at night that the materials for breakfast are in the house. There is an almost universal tendency to "run out and buy" before each meal.

With kettle boiling and dining-room aired and dusted, place on the kitchen table all the cooking materials required for breakfast. A good breakfast is a cereal with milk and sugar, coffee or cocoa, boiled eggs, and bread and butter. As soon as these things are set out, start the cereal, using water from the teakettle. See that there is enough water in the kettle for boiling eggs and making coffee. Grind the coffee and put it into the coffeepot. After scalding the pot use two tablespoonfuls of coffee to a cupful of boiling water. Place on the shelf of stove, to be made later. Put the eggs on the shelf, in a small saucepan. Cut bread and put it on a pretty dish. Put butter on a small saucer, if there is no butter dish. Fill the pitcher with milk and leave it in a cold place.

Leave the cereal still cooking, and, timing it of course, go to the dining-room and set the table. After the review of the general table setting, see if the children, with the written *menu* before them, can think of all the things needed for the table. Place saucers for the cereal near the stove where they will get warm.

Pour boiling water on the coffee and let it boil for ten minutes. Put aside for five minutes and let it settle. Or ground coffee may be put into cold water and placed on the stove. When it boils take it from the stove, and serve after it has settled.

When the cereal is ready, place it in a heated dish. Put the cereal and coffee on the table. Cover the eggs with boiling water and set at one side of the stove for ten minutes. The eggs may be put into cold water, if desired; they will be ready to serve as soon as the water boils.

Last of all, fill the glasses. In hot weather keep butter and milk in a cold place until the rest of the meal is ready to serve.

After breakfast, clear the table as in last lesson.

LESSON II

THE new thing in this lesson is the fitting together of all the morning work, so that it can be done, and done well, in an hour and a half; for a busy woman seldom has more time than that to give. Try to make the children realize that confusion is due to lack of order, and running back and forth with no method.

Rules for the work preceding and following breakfast:

First, make a fire, put water into kettle to boil, wash and dress.

Second, air the bed, placing the bedclothes across a chair; open windows.

Third, air the dining-room; even if cold, open the window a little.

Fourth, start cooking the breakfast.

Fifth, set the table.

Sixth, finish cooking and serve the breakfast.

Seventh, clear the table, pile dishes for washing, brush up under dining-room table, put water to boil for dish washing later, if there is no hot water from the pipes.

Eighth, make the bed and dust and clean the bedroom.

Ninth, wash the dishes and put the kitchen in order.

LESSON III

So far we have never cleaned a room thoroughly excepting the kitchen. All of the rooms should be cleaned once a week. Today we are to give the front room this thorough cleaning.

As taught in a previous cleaning lesson, all closets and drawers should be cleaned first.

With this done, dust all movable things, including pictures, and place them in another room. Take curtains down if possible; if not, pin them up. Cover pieces of furniture too heavy to move, after dusting each one. Sweep floor with windows closed. Now open windows; brush ceiling and walls with a covered broom. Sweep again with a damp cloth on broom. Allow dust to

settle. Then clean the woodwork as taught in a previous lesson, also the windows. Uncover the furniture. If there is a stained floor, oil it the last thing.

Do not forget to dust the gas fixtures. Never try to clean them with polish. It is not satisfactory, and hard rubbing will loosen them.

Wash the glass of all the pictures before rehangng them. If curtains have been taken down, shake them well—out of doors if possible.

All brass and nickel should be cleaned before returning it to the room, if it is not already polished. Some housekeepers have a regular day for polishing their brass, silver, and nickel.

The cleaning of brass, silver, and nickel will be given in the following lesson.

After a room has been cleaned, see that it looks orderly. A room may be clean and yet not attractive. See that the shades are even, the chairs straight, the blotter clean, inkwell clean and filled, plants watered and dead leaves taken off.

In a thorough cleaning lesson, arrange the work so as to keep each child as busy as possible. It is not natural for a child to gain knowledge by watching others work; she must have her own hands constantly occupied.

LESSON IV

BRASS, silver, and nickel must be polished when they become tarnished.

Dampness tarnishes brass and nickel. Gas, food, and dampness tarnish silver.

In cleaning brass it is necessary to use some substance to remove the dirt, tarnish, and corrosion, and also a dry polish, to give it a higher luster.

To clean brass :

First collect the necessary implements.

A newspaper to protect the table.

An old tray upon which to set the article to be cleaned.

Wet polish.

Dry polish. (Whiting or silver powder is good.)

A cheesecloth for dusting.

Three pieces of *old* cloth.

A polish cloth. Tissue paper, or newspaper, may be substituted for this cloth.

Never use good cloths of any kind for hard cleaning. It wears them full of holes.

Method.—Dust the brass. Apply wet polish with an old piece of cloth, rubbing very hard. This cloth usually becomes very dirty and has to be thrown away.

Use a piece of match stick under cloth to remove dirt from cracks and grooves.

Wipe off the wet polish, which loosens the dirt, with a second piece of cloth. With a third, apply the dry polish. Rub with polish cloth.

Brass will stay bright twice as long if treated with a final dry polish.

To clean silver :

Collect newspaper, old tray, silver polish, saucer, alcohol or water, duster, and two pieces of old cloth.

Method.—Dust the silver.

Mix some silver polish and alcohol in a saucer. Rub this on the silver and lay it aside on a piece of newspaper to dry. When thoroughly dry, polish off with another cloth. A soft brush is necessary to remove the polish from grooves or designs.

Wash the silver in hot water before returning it to the drawer.

To clean nickel:

Nickel may be cleaned in the same way as silver.

Wash all cloths that can be used again.

Have the children form the habit of washing out cloths used in any kind of housework.

LESSON V

BEFORE graduation it is well to have one more lesson in the thorough cleaning of a room. This time the bedroom may be chosen.

This lesson should be made a final review of all work given in previous room-cleaning lessons.

LESSON VI

Gas

WE have not yet taken into consideration the lighting of our homes. This lesson can be made very interesting by studying and talking over the ways of lighting, how candles are made, etc.

In most apartments gas is used. Remember, regarding gas, that it is an expense. Turn out the gas when not in use; matches are cheap, gas is not. If you smell

gas when the burner is turned off there is a leak somewhere which must be attended to at once. Gas is unhealthy to breathe, and a leak means waste of money. If a smell of gas is noticed in a room, do not strike a match until the windows have been opened, lest there be an explosion. If gas burns with a noise or sputter, there is something wrong with the mixer, and gas is being wasted.

If there are globes over the gas, dust them every time the room is swept. Wash them if they look at all dingy.

In dusting gas fixtures, be careful not to twist or wrench them. Never use a polish on ordinary fixtures.

Lamps

Lamps may be used as well as the gas. Kerosene is less expensive than gas. A low lamplight is better to read by and looks prettier.

The daily cleaning of the lamps must also be thought of.

Daily Cleaning of Lamps

Two lamp cloths, a basin of water, and a duster are needed.

First, dust the chimney, shade, and body of the lamp. Wash the chimney. If sooty, clean with newspaper before washing. Next, turn the wick high enough to show all the charred part; cut this off, making it perfectly even, then rub with a piece of soft paper. Wipe off the burner, also any part of the lamp that seems oily. Dry with another cloth. Fill the reservoir within an inch of the top, leaving plenty of room for the gas which may be generated.

A bright light comes from clean burners. When lighting the lamp, turn the wick down, allowing the chimney to become heated slowly.

In putting the lamp out, blow across the chimney, never down into it, as this might send the flame down into the kerosene.

If it is necessary to move a lighted lamp, first turn the wick low. The flaring up of the flame smokes the chimney.

Thorough Cleaning of Lamps

This need not be done oftener than once a month, if lamps have daily care.

For this cleaning take a tray, a newspaper, a duster, two cloths, a dish towel, scissors, soft paper, kerosene, and a pan of hot soda water.

Cover the tray with newspaper. Place the lamp upon the tray and take it apart. First, wash the chimney and shade in hot water and dry with a towel; polish, using soft paper if there is no chamois.

Boil every part of the burner in the hot soda water. Fill the reservoir with kerosene up to an inch from the top. Trim, but never wash, the wicks. Put new ones in if the old wicks are dirty. Put parts of the burner together; rub all well. See that all is tight, that the wick is even and the chimney is clear.

Put the cloths to soak. Wash and boil them.

Keep an old pan exclusively for cleaning lamps, for the odor of the kerosene is lasting and would ruin pans for other use.

Remember that especial care must be taken whenever

kerosene is used. A drop on the table or on the hands may spoil a whole dinner.

LESSON VII

THIS might almost be called a lesson in plumbing, since it considers not only the cleaning of the bathroom, but also a study of the pipes, the closet, and the causes of sewer gas.

First, in cleaning, dust and take from the bathroom all movable things. These will be a bag or box for tissue paper, toilet paper, soap dish, bar for towels and wash cloths, etc. Besides these things there must be in every bathroom a brush for cleaning the water closet and a cloth for cleaning the chamber.

Now that all movable things have been taken from the bathroom, brush the floor with a covered broom, wash the water-closet, using the closet brush with hot soda water and a good cleaning cloth. Do not use a linty cloth in the closet or tub.

Close the closet, after putting down chloride of lime, and with covered broom brush the walls. Wipe the floor again and wash all the woodwork around the tub and closet; give the floor a thorough scrubbing after washing the tub.

Wash out bathtub (not with sand soaps of any kind, since they scratch, but with soap and water). A tin tub may be brightened with Dutch Cleanser or Sapolio, and a porcelain tub may have yellow stains removed with turpentine. Kerosene is especially good for removing stains from porcelain tubs; use it before washing tub

with soap and water. Clean all nickel connected with the bathroom as silver was cleaned. Then wash the window.

At least once a week pour boiling soda water down the water-closet pipe; flush well afterwards.

Teach children always to flush the water-closet well. This means holding the chain for two or three seconds. Explain the shape of the pipe under the closet. (It is well to have a curved glass medicine tube to illustrate the trap.) The water seal at the curve of the trap must be filled with fresh water. A straight tube would allow sewer gas to get back into the house.

LESSONS VIII AND IX

THE next six are laundry lessons. Where there is too much to be taught at one time, the lessons are grouped together, to be divided at the discretion of the teacher.

The preparation of the clothes for washing is very important. First sort the clothes, putting them into separate piles:

Table linen.	Colored clothes.
Body linen.	Flannels.
Bed linen.	Stockings.

In sorting, look over each piece for pins, tears, and stains. Remove all stains possible before washing, since many times washing sets stains permanently. Pin scratches make sore hands. A tear sewed up before washing illustrates the old proverb, "A stitch in time saves nine."

Soaking clothes in cold water and a little soap facilitates washing.

If clothes can be soaked, place the most soiled in the bottom, and fine clothes and table linen on top. *Do not* soak flannels or stockings or colored clothes.

To remove stains :

<i>Stain</i>	<i>Reagent</i>	<i>Method</i>
Stove Blackening	Kerosene	Soak in kerosene.
Paint	Kerosene or turpentine	Soak in kerosene or turpentine.
Rust	Salt and lemon juice	Wet stain with lemon juice and cover with salt. Place in sun.
Coffee	Boiling water	Place stain over bowl and pour on boiling water.
Tea	Boiling water	Same as for coffee.
Cocoa	Tepid water and soap	Wash with soap and tepid water.
Wine	Salt and boiling water	Cover stain with salt and pour on boiling water.
Grass	Alcohol or kerosene	Wash in alcohol or kerosene.
Fruit	Javelle water	Soak a short time in solution of Javelle water.
Blood	Cold or tepid water	Soak in cold water; if on unwashable article, cover stain with wet starch. Let it dry and brush off. Repeat until clean.
Ink	Milk	Soak out all ink possible with water, then soak in milk.

THE following is a good cleaning solution for taking out spots.

Cleaning solution :

- $\frac{1}{2}$ ounce Castile soap
- $\frac{1}{3}$ ounce alcohol
- $\frac{1}{3}$ ounce ether
- 1 $\frac{1}{3}$ ounces ammonia
- 1 cup lukewarm water
- 1 pint cold water

The alcohol, ether, and ammonia will be mixed for you by any druggist.

Dissolve soap in the lukewarm water; add the cold water, alcohol, ether, and ammonia. This makes one quart of fluid.

Javelle water :

- 4 pounds washing soda
- 1 gallon boiling water
- 1 pound of chloride of lime

Put the soda into the kettle and add boiling water. Boil fifteen minutes. Stir in the lime and keep on stirring until as much as possible is dissolved.

Strain and pour into bottles.

Use for cleaning or bleaching, one cup to ten quarts of water.

LESSONS X AND XI

Washing of clothes :

The whiteness of clothes depends upon rubbing and rinsing. Some laundresses say that boiling is unnecessary.

Have clothes sorted, mended, and soaked, and washing materials ready.

Order of Work:

1. Wash clothes in hot, soapy water.
2. Rinse twice in hot water.
3. Soap and boil (if they are to be boiled). Rinse again twice after boiling.
4. Blue the clothes after wringing. (Bluing water should be cold and sky-blue when taken up in the hand.)
5. Starch all pieces which require it.
6. Shake out clothes thoroughly and hang them on the line.

Clean the line before hanging out the clothes. Clothespins, always kept in the clothespin bag, should be clean.

Hang colored clothes in shady places. Sun helps to whiten white clothes.

Very dirty coarse clothes—for example, men's overalls—may be washed easily by laying them on the washboard and using a brush.

Do not let flannels lie in the water.

Wash stockings in fresh water and rinse twice.

Starch

To make starch:

Judgment will soon teach the amount of starch to use for making starch thick or thin. One tablespoonful of starch to one quart of boiling water is average thickness.

First mix starch with a little cold water until smooth. Add a pinch of salt, a little lard, or a few drops of

kerosene. Pour on boiling water. Boil (stirring constantly) about five minutes. Starch not cooked enough is apt to stick. Salt keeps it from sticking; grease gives it smoothness when the clothes are ironed.

Be sure the clothes are evenly starched. Bluing may be added to starch.

To make cold starch (moderately stiff):

- 1 tablespoon starch
- 1 pint cold water
- $\frac{1}{4}$ teaspoon borax
- Few drops turpentine

Mix the ingredients and strain. Always stir thoroughly just before using.

Pieces to be cold-starched should be dry. Dip thoroughly, wringing out very dry, and roll in a piece of cloth. Let stand one hour. Iron with a hot iron.

A thin piece of cloth used over article ironed will prevent the starch from sticking to the iron.

LESSON XII

To wash silk:

Use the soap solution mentioned before and tepid water. Never rub silk; wash it with the hands. Rinse in two waters and hang on the line. When nearly dry, take the pieces and spread on a sheet or piece of cloth, rolling them up tightly. Let them stand at least an hour. Press the silk with a cool iron and with a piece of white cloth between silk and iron.

Ammonia used in water will yellow white silk.

Care of wash boiler :

Tin boilers are apt to rust. Many clothes have been ruined in this way. Always wipe the boiler thoroughly after rinsing it. Turn it upside down and dry near the stove. When boiling clothes, place a towel in the bottom of the boiler, so that fine clothes do not touch the metal.

Care of stationary tubs :

Rinse the tubs and air them well. They must be thoroughly dried after using, as damp tubs attract cockroaches. The pupils must be taught to care for the cracks.

LESSON XIII**Ironing**

To obtain good results when ironing, dampen the clothes thoroughly, especially starched pieces; and let them stand, tightly rolled, several hours before ironing.

Spread a clean cloth or paper on the table. Place also on the table a bowl of water. Smooth out the clothes; sprinkle one at a time, using the hand or a clean brush. Plain articles, napkins, towels, handkerchiefs, etc., may be folded together. Pull out the edges of each, lay one on top of the other, and in folding turn in the edges.

The ironing board should be firm and unwarped; the cover, tight, clean, and smooth.

The board must first be covered with some thick woolen material. An old blanket is good; it should be *tacked* on. Cover this with a white muslin cover, which must be *pinned* on very tightly.

See that irons are clean before putting on to heat.

Before beginning to iron, a newspaper and a cloth for testing irons, an iron stand, a holder, wax, a bowl of water and cloth for redampening clothes, and sandpaper (or salt) to remove stickiness from the irons, should be placed upon the ironing board at the right hand.

Iron coarser towels first, as the irons become smoother the longer they are heated.

Do not iron starched pieces until the irons become very hot.

Iron each piece until steam stops rising, when it will be perfectly dry. The greater the pressure of the iron, the smoother and more glossy the surface of the material will be.

Table linen should be ironed in a single thickness until it is entirely dry, then folded and pressed. There should be as few folds as possible in a tablecloth.

The borders of napkins and handkerchiefs should be ironed first; do not pull as you iron, but measure by the edge of the table, keeping each article square with the edge.

Each article should be hung on the frame to air as soon as it is ironed. Tablecloths, napkins, and handkerchiefs are the exception; they should be laid on a flat surface.

Irons should be washed often in hot soda water.

These are but a few suggestions on laundry work. To be a thoroughly good laundress a child must study this subject for weeks. In many cases it would be well to give an entire course in laundry work.

LESSON XIV

THIS lesson is devoted to the cooking and serving of a simple dinner. Each class should decide for itself what shall be cooked, the teacher deciding the price. The proper amount of food value must be considered.

The teacher should take note of the order and tidiness of the kitchen during the preparation of the meal; of the setting of the table; and of the scraping and piling of dishes after dinner (as well as after each course). Dish-washing and other kitchen work must be done perfectly; the dining-room also must be left clean and orderly. The last thing is to see that the fire is raked down and left for a slow, all-night fire.

This last dinner lesson will show teacher and pupils how much of the year's instruction is really well known, and whether the class is ready for a final examination.

SUGGESTIONS FOR EXAMINATIONS

For children under thirteen years of age a demonstration examination is often preferable to a written or oral test. Write on slips of paper the names of a number of occupations which have been taught in class. Allow each child to draw a slip and to perform the allotted task without assistance, the teacher making note of every mistake. Beginning with one hundred, each mistake may take off five, or a slight error should count but one off.

Demonstration Test

Task 1. Set out everything necessary for making cocoa; arrange kitchen table; see that draught, damper,

and check are right for hot fire. Tell how cocoa is made.

Task 2. Wash kitchen table and clean sink with soda.

Task 3. Wash out bread box; wash out ice box.

Task 4. Take bed apart as for morning airing. Make bed.

Task 5. Explain how to clean bed for bedbugs.

Task 6. Show how you take rust from iron. Show how you clean tin.

Task 7. Dust the front room as you would each morning.

Task 8. Show how you clean the stove each morning. Fix draught, check, and damper for starting fire.

Fix draught, check, and damper as you would after fire is started.

Fix draught, check, and damper to keep fire all night.

Task 9. Set table for four; clear dishes and pile as for washing.

Task 10. Tell what is needed for washing dishes and how it should be done.

Task 11. Show how kitchen closet should be thoroughly cleaned.

Task 12. Show how bread box should be washed; how kept from smelling musty.

Task 13. Clean silver. Clean brass.

Task 14. Cover ironing board and put in proper place everything necessary for ironing.

Task 15. Give lamp a thorough cleaning.

Examination Questions

1. If you were furnishing a flat, what would you do with the floors?

2. What kind of furniture would you have in the kitchen?
3. What kind would you have in the parlor?
4. What kind of beds would you buy?
5. Why not wooden beds?
6. What curtains are best?
7. How would you ask the landlord to decorate the walls of your flat?
8. If you wish to bathe in a room where there are other people, how can you arrange it?
9. What do you do with damper, draught, and check before lighting fire?
10. When fire is well started and you want a hot oven, how should draught and damper be?
11. When stove gets red-hot, how do you cool it off?
12. When you want fire to last over night, what should you do?
13. How can the wrong use of draught and damper waste coal?
14. Why is it better to poke a fire than to shake it?
15. How often and when do you black the stove?
16. If oven door is hot or dish in oven is hot, what do you use to handle it with?
17. How often and when do you wash dish towels?
18. How do you keep a tin dishpan from getting rusty?
19. What will take the rust from an iron sink?
20. What is washing soda for?
21. In cleaning a kitchen thoroughly, do you clean the main part of kitchen first and then closets, or closets first?

22. What would be the result if you put things back in closet before shelves were dry?
23. Why do we use glass jars for dry groceries?
24. If the wood of the closet smells, what do you add to washing water?
25. If you have a wooden pail or box to wash out, where should you *not* put it to dry?
26. What is kerosene good for?
27. If you find cockroaches, how get rid of them?
28. Where should you keep left-over food, such as milk or butter?
29. How keep milk from getting sour?
30. How often should ice box be cleaned, and how?
31. How can you keep a garbage can sweet and without smell?
32. How do you take rust from iron saucepan?
33. How would you wash and wipe saucepan that had been darkened on the bottom by the stove?
34. How must coffeepot be cleaned?
35. How do you wash windows?
36. What is the best mattress for a bed?
37. What mattress is cheaper, but still good?
38. Why is a feather bed unhealthful?
39. How often should you turn the mattress?
40. How long should a sheet be to tuck in well?
41. Why do we use a pad between the mattress and the sheet?
42. What do you wash the bed with to prevent bed-bugs?
43. What do you use if bugs are found in the bed?

44. What is necessary to do to a room in cleaning it every morning?
45. What is the best kind of dusting cloth?
46. When should a dry duster be used?
47. When should a damp duster be used?
48. Is it good to use a feather duster? Why not?
49. When must windows be opened?
50. How must windows be opened?
51. When do you air the dining-room?
52. When do you dust the dining-room?
53. When do you brush up under the table?
54. When do you open the damper, close check, and open the draught?
When do you close damper, open draught, and close check?
When do you close damper, close draught, and open check?
Why do you lay a fire lightly?
When and how often do you polish the top of a stove?
55. How would you keep rust from iron and tin kitchen utensils?
How would you remove rust from an iron kettle?
56. What should the temperature of water be for washing dishes?
57. What is the result if food is returned to closet before closet is dry?
58. In airing a room, why do we open the windows top and bottom?
59. What care do we give windows every morning?
60. What makes the covers of a stove warp and crack?

61. What would you do with a very greasy pot or kettle if washing it in hot water is not sufficient to remove the grease?
62. Why is it necessary to flush the water-closet thoroughly?
63. What causes sewer gas?
64. Why is it wrong to clean a bathtub with even a fine sand soap?
65. Why is it bad to use a linty cloth in the cleaning of a bathroom?
66. If weather is cold, how can you prevent water freezing while washing windows?
67. Give the order of work for weekly cleaning, beginning with the drawers.
68. Give the order of morning work in a bedroom, beginning with the removing of the bed-clothes.
69. How do you wash chamber in order to free it from all odor?
70. Why is it well to have few woolen tablecloths, few useless fancy ornaments, and no stuffed chairs?
71. If you haven't money for meat, what food will take its place?
72. For a family of six in three rooms, how much coal would you use a month?
73. Where would you keep wood and paper?
74. Why is it necessary to clean out wood box often?
75. What is the danger if water-closet is not kept clean?
76. What are the diseases that might have been prevented by air and sun in the house?

77. What will prevent consumption?
78. What is the danger in dirt and dust?
79. How does so much dirt and dust get into our houses?
80. What sours milk?
81. How much water should we drink each day?
82. Why drink water?
83. What makes garbage can smell bad?
84. What is kerosene good for?
What are ashes good for?
What is soda good for?
What is ammonia good for?

After pupils have been graduated from the Housework Courses, special classes are formed in cooking and serving dinners; or a Home Nursing Course, to be conducted by a trained nurse, if possible, is very useful.

Dinner Class

A dinner class consists only of children who have satisfactorily passed the first and second courses.

The pupils in the class meet once a week.

They arrive about five o'clock, make out the menu for dinner (being allowed so many cents for each person) according to their knowledge of food values. They do the marketing as well as the preparation of the meal. During the eating of dinner, work should be forgotten, but when the social part is over the "cleaning up" must be done well.

It is better to have the menu for the next week's dinner decided upon at the end of the preceding week's

lesson. Eight or ten cents is a fair amount to allow for each person. At these dinners a guest—the mother of one of the girls or the school-teacher—is an inspiration to do good work.

General Schedule of Work for the Nursing Classes

Lesson 1

The human body and the relation of its parts.

Ethics of home nursing.

Choice and care of sick room.

Lesson 2

Beds and bedmaking as related to the sick.

Lesson 3

Appliances for the use of helpless patients.

General care of a bed patient.

Lesson 4

The bed bath.

Lesson 5

The use of injections: how prepared and administered.

External applications: poultices, use of ice, compresses, etc.

Lesson 6

Emergencies.

Lesson 7

Special diseases: tuberculosis, typhoid fever, pneumonia.

Lesson 8

Nursing of convalescents; invalid cooking.

Notes on lesson given by trained nurse to children of fourteen or fifteen, who have some care of their little brothers and sisters

Get everything ready for the bath before undressing the baby.

See that the room is very warm, warmer than a grown person would feel necessary.

If the room cannot be made warm, have hot water bag in lap under the blanket to give warmth to the baby.

In undressing a child have a separate place for the wet diapers.

No matter how small the baby is, teach it to use a chamber. Do this always after the baby's nap and just before the bath.

Remember that if a baby cries, there is some reason for its crying.

Never give it a pacifier. This makes the baby's mouth sore and is simply a makeshift.

Very often a baby cries because it is wet. Never let a baby stay wet, either in its bed or in its carriage.

Never speak loudly to a small baby, or scare it in any way, as it is very sensitive.

It frightens a baby to wash its face in cold water, or to let cold water run down its back. In washing a baby's face, dry it quickly.

Never give a baby candy.

In dressing a baby, use the Sloane dress, where everything hangs from the shoulders. The dress should never be more than twenty-seven inches long, even for a small baby.

In bathing a baby, wash the face and head first. Soap the body before putting the child into the bath. The best way to wash a baby is to bathe it on a table, first putting a blanket on the table and a bath towel over the baby. Have the water for the bath hotter when you put it in than you will need it for the child, as there is always delay between getting the bath ready and the time the baby actually goes into the tub. When you are ready to put the baby in, try the water with your bared elbow; if it is not too hot for your elbow, it is not too hot for the baby.

THE LAYETTE

Clothes for the Young Baby

Purchase a doll the size of a baby and have the class make for it the clothes necessary for a baby.

A baby does not need a lot of expensive, useless things, but only enough to keep it warm, fresh, and dainty.

The clothes should be made out of inexpensive materials, rather than purchased ready-made, for clothes made by hand give better value for the money expended, and they will last longer. Of course, goods of better quality wear longer, if they can be afforded. Baby's clothes should be extremely simple, never overtrimmed.

Necessities for a baby :

- 4 flannel bands
- 3 flannel shirts
- 2 flannel skirts
- 2 white skirts

- 2 or 3 dresses
- 3 night-slips
- A number of diapers
(from one to three dozen)
- 1 cap and coat

A baby's bands, shirts, dresses, and stockings (when he is big enough to wear stockings) should be washed every day. No starch, bluing, or soap powders should be used, especially in washing the diapers, as they chafe and poison the skin of a small infant.

The flannels have to be washed with care to prevent shrinking. All flannels should be washed and rinsed in tepid water. (See Laundry Lesson.) Have the water the same temperature throughout. The flannels should be carefully dried, not near a fire. They should be stretched into shape before being left to dry.

Materials for :

I. *Dress*—27 inches wide, $2\frac{5}{8}$ yards ; 36 inches wide, 2 yards.

II. *Nightgown or night-slip*—27 inches, $2\frac{1}{8}$ yards ; 36 inches, $2\frac{1}{8}$ yards.

III. *Skirt*—Flannel, 2 yards ; cambric or nainsook, 2 yards.

IV. *Band*— $\frac{3}{4}$ yard flannel for four (4) bands.

V. *Diaper*—18-inch, 1 yard makes 1 diaper ; 20-inch, 10 yards make 9 diapers ; 24-inch, 4 yards make 3 diapers.

VI. *Merino shirts*.

I. *Band*.

A small baby always wears a flannel or knitted band as a safeguard against rupture (or as a support to its

little body) and for warmth. Bands should be made of fine white flannel (three-quarters of a yard will make four bands).

Bands may be cut and the goods left with raw edges so that the bands will stretch, or they may be torn straight across the goods. Make them six inches wide and eighteen inches long.

II. *Shirts.*

The baby should have at least three all-wool or wool-and-flannel shirts.

Merino shirts are best. Do not get the first size, as the baby outgrows them too soon. The second size will fit for a long time.

III. *Pinning Blanket.*

This is not necessary, and it prevents the baby from using his feet freely.

IV. *Flannel Petticoat.*

In dressing baby, the band goes on first, then the shirt and diaper (which must be pinned loosely), then the flannel petticoat. There are several ways of making these petticoats. The Gertrude or Chemise skirts are the best, especially in cold weather, as they bring flannel up over the baby's chest. Ordinarily petticoats are made on muslin bands. This skirt is not open back or front, but fastens on the shoulders with buttons and button-holes or tape or baby ribbon. This may be finished by buttonholed scallops around the neck and arms; or it may be featherstitched, or hemmed. The bottom may be finished in the same way, hemmed and featherstitched, or buttonholed.

V. *White Petticoat.*

Use soft-finished muslin, cambric, or nainsook. It may be made in princess style and finished at the neck and sleeve-edges with narrow bias bands of the material. The bottom may be finished with a hem, or lace, or an embroidery ruffle. These skirts may be gathered on muslin bands or bodies at the top. They should be made by hand, with French seams.

VI. *Slips.*

The baby should have day-slips, and either night-slips or nightgowns, made of soft-finished white cambric. These are made perfectly plain, and finished with a narrow lace frill at the edges of neck and sleeves and a plain hem at the bottom.

Nightgowns should be made of cambric, wool, flannel-and-wool, and cotton flannel.

Day-slips may be finished with featherstitching and made of finer materials—cambric, nainsook, batiste, or striped or crossbar dimity.

VII. *Dresses.*

The main difference between a dress and a day-slip is that the dress is made of finer material and after a more elaborate pattern. Little French dresses are the daintiest, trimmed with featherstitching or French knots. They are made entirely by hand and of soft material, and finished with a plain hem at the bottom. Baby dresses should not be trimmed with rosettes and ribbons.

VIII. *Diapers.*

Diapers may be made from a number of materials. Bird's-eye linen is excellent, so are cotton diaper cloth

and different kinds of flannelette. Cut each diaper twice the length of the width and finish each end with a narrow hem. Diapers should be of three different sizes and made from eighteen, twenty, and twenty-four inch materials. They should be washed with good, pure soap and not ironed. Never use washing powders or bluing in laundering.

COURSE III
Cooking Course

.....
The holder of this card can make :

1. Cocoa.
2. Baking Powder Biscuit.
3. Cream Sauce.
4. Two Cream Soups.
5. Two Creamed Vegetables { One Strong.
One Mild.
6. Potatoes { Creamed.
Fried.
Boiled.
Mashed.
7. Cereals.
8. Split Pea Soup.
9. Meat and Vegetable Stew.
10. Vegetable Soup { with and
without Meat.
11. Baked Beans.
12. Plain Cake.
13. Muffins.
14. Bread Pudding.
15. Rice Pudding.
16. Fish Chowder.
17. Clam Chowder
18. Scotch Broth.
19. Shepherd Pie.
20. Macaroni { Soup.
with Tomato.
Cheese.

- | | | | |
|-----|----------------------|---|---------------------|
| 21. | Rice | { | Soup. |
| | | | Omelet. |
| | | | Baked with Cheese. |
| 22. | Lima Beans (dried). | | |
| 23. | Salads | { | French dressing and |
| | | | Boiled dressing. |
| 24. | Cookies. | | |
| 25. | Pie. | | |
| 26. | Stewed Dried Fruits. | | |
| 27. | Toast. | | |
| 28. | Griddle Cakes | { | Stale-bread and |
| | | | Sour Milk. |
| 29. | Eggs | { | Omelet. |
| | | | Scrambled. |
| | | | Boiled. |
| 30. | Canned Fruits. | | |
| 31. | Coffee and Tea. | | |

RECIPES

Cocoa for Six

- | | |
|--------------------|--------------|
| 12 teaspoons sugar | 3 cups water |
| 12 teaspoons cocoa | 3 cups milk |

Scald milk. Mix sugar and cocoa together in a little cold milk or water. Add to this the boiling water; boil 2 or 3 minutes and add it to the scalded milk. Beat with egg beater just before serving to prevent scum.

Milk and Cinnamon Tea for Children

Take milk from fire just before it comes to boiling point; sweeten with sugar and flavor with a pinch of cinnamon.

SOUPS

Soups have practically no food value excepting when cereals or dried vegetables (such as peas, beans, etc.) or milk are added.

The following recipes are for cheap, nourishing soups only. The quantity is enough for six persons.

Rice Soup

$\frac{3}{4}$ cup rice	$\frac{1}{2}$ onion
2 teaspoons salt	Piece salt pork
Pepper	Ham bone

Wash the rice and boil until it is soft. Boil all the ingredients together with 8 cups of water. Put through strainer; add 1 cup milk (water can be added instead). Serve with parsley and croutons.

Green Pea Soup

Wash 2 cups dried green peas; soak over night in water. Drain off water and put to boil in 2 quarts of water with salt. Boil at least 2 hours. Take 2 tablespoons butter, $\frac{1}{2}$ onion, chopped, 2 tablespoons chopped celery, pepper and salt to taste. Fry until onion is brown, add to the peas, and serve; add more boiling water if too thick.

Split Pea Soup

$1\frac{1}{2}$ cups dried split peas	$2\frac{1}{2}$ quarts cold water
$\frac{1}{2}$ onion	(add more water if too
2 teaspoons salt	thick after straining)
$\frac{1}{3}$ teaspoon pepper	Ham bone or ham ends, or
	small piece of pork

Wash peas; soak over night in cold water. Cook with pork and onion slowly for 2 hours or more, or until soft; put through a sieve. Add ham chopped fine, salt and pepper. A little celery chopped or celery salt gives a good flavor.

Bean Soup

2 cups beans	3 teaspoons salt
$\frac{1}{4}$ teaspoon pepper	1 onion
4 stalks celery	3 quarts cold water

Soak beans over night; put on the stove in cold water; let boil 3 hours. Then put in salt, pepper, celery, and onion; boil for at least an hour. Strain, serve hot.

Tomato Soup

1 can tomatoes	2 teaspoons sugar
1 pint water	1 teaspoon salt
Bits of bay leaves	$\frac{1}{8}$ teaspoon soda
4 cloves	2 tablespoons butter
1 slice onion	3 tablespoons flour

Cook the first six ingredients 20 minutes; strain, add salt and soda. Bind with the flour and butter, first rubbed well together, and after boiling all together for a very few minutes, strain into the serving dish.

Turnip Soup

2 turnips cut in small pieces	$\frac{1}{4}$ pound bacon
	$\frac{1}{2}$ onion chopped fine

Add thyme, salt, and pepper to taste; fry onion and bacon together until a light brown; boil turnip for 1 hour; add onion and bacon. Mix bacon fat, strain and

mash through colander. Return to boiler and add 1 cup of sweet milk thickened with 1 tablespoon flour.

Fish Chowder

2 pounds fresh fish	1 pint milk
3 large potatoes	8 hard crackers
1 large onion	Pepper, salt, butter

Cut fish, potatoes, and onions into slices. Put the butter and onions into a pan and fry them lightly. Place in alternate layers in a large saucepan—first potatoes, then fish, then onions. Dust with salt and pepper, and continue in this order until all the materials are used.

Cover the whole with boiling water and let the mixture simmer for 20 minutes.

Scald pint of milk. Take it from fire and add $1\frac{1}{2}$ tablespoons of butter and 3 (or 6) broken crackers.

Arrange fish mixture in dish, cover with softened crackers, and over the whole pour the hot milk.

Corn Chowder

$\frac{1}{2}$ pound salt pork	1 can corn
$\frac{1}{2}$ onion	Flour, 1 tablespoon
2 cups water	Salt
1 quart milk	Pepper
Potatoes, 1 pound	

Cut the pork into small squares, put in pan to brown; take out squares of pork (saving the fat), and put them into stock kettle; add chopped onion and water; cook for $\frac{1}{2}$ hour. Now add potatoes (cut in small pieces). Add salt, pepper, and corn; cook until potatoes are soft. Cook the pork fat with the flour; add to chowder. At the

last add milk, and remove when it comes to the boiling point.

Mutton Broth with Barley

Neck or shoulder pieces may be used for broth.

1½ pounds mutton	3 tablespoons barley
2 quarts water	Salt, pepper
	Celery

Cook mutton the day before; remove fat when cold. Cook barley in separate water for 1 hour, adding to stock and cooking until soft. Chop mutton fine and add to soup; add salt, pepper, and chopped celery.

Potato Soup

5 potatoes (good size)	Pepper
2 cups milk or	1 teaspoon salt
2 cups water	4 cups milk
1 teaspoon chopped onions	1 tablespoon flour
A little chopped parsley	1 tablespoon drippings

Pare or wash potatoes; cook until soft. Cook onion in the milk. When potatoes are soft, drain off the water; mash; add the milk and seasoning. Rub through strainer flour and drippings together; when thoroughly mixed and hot, add to soup. Boil all together 5 minutes.

DISHES THAT HAVE MUCH FOOD VALUE AND CAN BE USED IN THE PLACE OF MEAT

Baked Split Peas and Bacon

Wash yellow split peas, cover with cold water, bring slowly to boiling point, and simmer gently until tender.

Evaporate cooking water toward last of process. Turn peas into baking dish; lay thin slices of bacon across top of peas. Bake in moderate oven till bacon is crisp and a delicate brown.

Carrots and Peas

Cut up carrots and boil
 Cook peas as for purée
 Serve purée on hot, cooked carrots

Baked Rice and Tomato with Cheese

1 cup rice	2 tablespoons oil or drip-
1 pint tomatoes	pings
Onion	2 tablespoons grated
½ red pepper	Roman cheese
	Salt

Cook rice in boiling water with salt 1 hour; drain off water and pour over whole tomato mixture, which has been cooked separately for 1 hour or more; sprinkle Roman cheese on top. Bake until brown on top.

CHEAP WAYS OF COOKING MEATS

Beef Rolls

2 pounds round or rump steak ½ inch thick
 1 pint bread crumbs
 2 tablespoons chopped salt pork
 Salt and pepper
 ½ cup sliced carrots
 1 small onion
 2 cups strained tomatoes
 Cut steak into strips 4 by 2 inches

Mix together bread crumbs and chopped pork; season with salt and pepper. (Moisten with milk if necessary.) Spread pieces of steak with crumbs; roll and tie. Dredge rolls with flour, salt and pepper. Melt 2 teaspoons beef drippings in pan. Add onion and carrots—sear rolls. Place in baking pan with browned vegetables; pour hot, strained tomato over it, and add 2 cups boiling water. Cook in slow oven $\frac{1}{2}$ hour.

Meat and Vegetable Pie

2 pounds round or shoulder of beef, chopped fine
 1 pound potatoes, sliced thin
 $\frac{1}{2}$ pound or 2 good-sized carrots, sliced thin
 1 onion, chopped fine

Boil meat for about 2 hours; add potatoes and carrots; boil for $\frac{1}{2}$ hour more, drain off liquor, mix 2 tablespoons flour with a little cold water, thicken meat stock with this; pour half this gravy over the meat and vegetables, which have been put in baking dish; cover with a crust.

(Recipe for crust)

2 cups of flour
 1 teaspoon lard
 4 teaspoons baking powder
 1 tablespoon butter
 1 cup milk

Mix dry ingredients and sift twice; cut in butter and lard with a knife. Add gradually the milk, mixing with knife to a soft dough (more milk may be needed); toss on a floured board and roll lightly to $\frac{1}{2}$ inch in thickness; cover meat and vegetable dish with this crust and bake in oven. Use the half of gravy still remaining to pour over pie when serving.

Kidney Stew

1 pound kidney
1 teaspoon lemon juice
1 small onion
1 cup cooked tomatoes
Little suet

Soak kidney over night in salt water; try out suet; brown kidney and onion in tried-out suet; add water (just a little), lemon, salt, pepper, and tomatoes.

BREADS AND MUFFINS

Corn Bread

To 1 can chopped corn add 2 eggs, slightly beaten, 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper, $1\frac{1}{2}$ tablespoons melted butter, and 1 pint scalded milk; turn into dish and bake in slow oven until firm.

Spider Corn Cake

1 cup corn meal (scant) 1 egg
3 tablespoons white flour $\frac{1}{2}$ cup sour milk
2 tablespoons sugar $\frac{1}{2}$ cup sweet milk
 $\frac{1}{2}$ teaspoon salt $\frac{1}{4}$ teaspoon soda

Dissolve soda in sour milk. Mix dry ingredients together; pour liquid over them. Butter frying pan with 2 tablespoons butter. Pour in mixture with $\frac{1}{2}$ cup of sweet milk. Bake in quick oven 20 to 30 minutes.

Graham Muffins

1 cup Graham flour $\frac{1}{4}$ cup sugar
1 cup white flour 1 teaspoon salt
4 teaspoons baking powder 1 cup milk
1 teaspoon melted butter 1 egg

Bake about 25 minutes. Mix as in other muffin recipes.

Queen of Muffins

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup milk
$\frac{1}{3}$ cup sugar	$1\frac{1}{2}$ cups flour
1 egg	$2\frac{1}{2}$ teaspoons baking powder

Bake 25 to 30 minutes.

Plain Muffins

Sift together :

1 cup meal, 1 or 2 cups flour
 $\frac{1}{2}$ teaspoon salt
 $3\frac{1}{2}$ teaspoons baking powder
 2 tablespoons sugar

Add 1 egg

$1\frac{1}{4}$ cups milk
 1 tablespoon butter

Bake about 25 minutes.

Drop Muffins

Sift together dry ingredients :

1 cup flour
 $1\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt

Add 1 tablespoon melted butter

$\frac{3}{4}$ cup milk

Bake in hot oven about 20 minutes.

Pop-overs

1 cup water, 1 cup milk, 2 cups flour. Beat "like mad" with egg beater for 15 minutes. Heat pans very hot; put butter in each.

Bake 30 minutes in hot oven.

PUDDINGS AND CUSTARDS

Chocolate Bread Pudding

2 cups stale-bread crumbs	$\frac{2}{3}$ cup sugar
4 cups scalded milk	$\frac{1}{4}$ teaspoon salt
2 squares chocolate	1 teaspoon vanilla
2 eggs	

Soak bread crumbs in scalded milk $\frac{1}{2}$ hour. Melt chocolate over hot water. Add sugar and enough milk from crumbs to make mixture thin enough to pour. Add this to bread and milk, then add salt and vanilla and finally egg, slightly beaten. Turn into buttered baking dish and bake in moderate oven until firm.

Cornstarch Pudding

2 cups milk	4 teaspoons cocoa
4 tablespoons cornstarch	1 teaspoon vanilla
4 tablespoons sugar	

Scald milk. Mix cornstarch, sugar, and cocoa with hot milk to paste. Cook until thick, stirring constantly. Cool.

Prune Pudding

$\frac{1}{2}$ pound prunes	2 tablespoons butter
$\frac{1}{2}$ loaf bread	$1\frac{1}{2}$ cups sugar

Soak prunes over night in 2 quarts water. Boil 1 hour with sugar; take stones out. Put liquid on and boil down. Butter bread, cut up, and mix with prunes. Bake about $\frac{1}{2}$ hour.

Rice Pudding

4 cups milk	$\frac{1}{3}$ cup sugar
$\frac{1}{3}$ cup rice	$\frac{1}{2}$ cup stoned raisins
$\frac{1}{2}$ teaspoon salt	

Wash rice; boil in boiling salt water for about 15 minutes; drain off water; add milk, sugar, raisins; pour into buttered pudding dish and bake in slow oven. Boiling the rice first saves fuel, as, without boiling, it will take 3 hours to bake in oven.

Tapioca Pudding

Soak a cupful of tapioca in hot water for 6 hours. Add sugar to taste and the juice and grated rind of half a lemon. Put in a pudding dish and cover the top with sliced apples. Sprinkle the top with sugar and bake for 30 minutes.

Bread Tarts

Cut bread into slices $\frac{1}{4}$ inch thick. Cut in rounds with biscuit cutter. Moisten with milk (not enough to make the bread fall apart). Spread with jam. Place together like a sandwich. Place in frying pan with butter; fry on both sides; sprinkle with sugar. Serve hot.

Chocolate Junket

1 quart milk	1 Junket tablet
$\frac{1}{2}$ cup sugar	2 tablespoons cocoa
1 pinch salt	1 teaspoon vanilla

Heat milk until lukewarm; add sugar, vanilla, and cocoa; when sugar is dissolved, add tablet dissolved in cold water. Turn into small molds and let stand in a cool place until firm.

Vanilla Ice Cream

4 cups milk ¾ cup sugar
 1½ tablespoons vanilla

Mix and freeze. For freezing use 3 parts of ice and 1 part of salt.

ITALIAN RECIPES

Beans and Posta

½ pound posta 1 tablespoon chopped
 2 tablespoons oil or onion
 drippings ½ red pepper
 1 cup or ⅓ pound beans Little salt

Cook beans about 2 hours after soaking over night; add posta and let cook about ½ hour; heat oil in separate saucepan with pepper, onion, and salt. Cook ½ hour and mix with posta and beans.

Macaroni with Tomato

1 pound macaroni 1 pint can tomatoes
 2 tablespoons oil or 1 green pepper
 drippings Salt
1 tablespoon onion

Cook tomato, drippings, pepper, seasoning, and onion together 1 hour slowly; cook macaroni in boiling water for about ½ hour or until soft; drain off water from

macaroni, and pour tomato mixture over the whole. $\frac{1}{4}$ pound store cheese can be added to the hot macaroni just before serving.

Rice and Pea Soup

$\frac{1}{2}$ cup rice

1 cup whole dry green peas

Cook same as posta and beans.

Lentils and Rice

Put lentils to soak night before; drain off water, add lentils to fresh boiling water, and cook until soft. Cook separately 2 tablespoons drippings, $\frac{1}{2}$ chopped small onion, pepper and salt; cook until onion is soft; add 2 tablespoons chopped celery and a little chopped parsley and cook 15 minutes; add this to lentils. Now add rice, which has been well washed, and cook for $\frac{1}{2}$ hour.

Dried Lima Beans

$\frac{1}{2}$ cup dried Lima beans $\frac{1}{2}$ pound posta

These are cooked the same as beans and posta. Lima beans may be used with rice instead of posta.

If it is desired to have the lentils, macaroni, peas and beans more of a soup consistency, the water is not drained off; but the seasoning sauce, which has been cooked separately, is added to the macaroni after it has cooked for 20 minutes, the whole being allowed to cook for 10 minutes more.

Polenta

1 cup corn meal

1 cup cooked tomato

2 tablespoons oil seasoning

Salt, pepper, and garlic, if desired. Cook corn meal in boiling water and salt for at least 2 hours; cook tomato, oil seasoning, and a small onion for at least 1 hour. Italians often cook tomatoes for 2 hours or more, or until tomatoes are quite thick. Place layer of hot corn meal in dish, then layer of tomato mixture, more corn meal and tomato covering whole. Sprinkle grated cheese on top.

Rice with Tomato and Cheese

1 cup rice and tomato sauce, as in macaroni; 2 tablespoons grated cheese (Roman cheese is used by Italians). Cook rice in boiling water for $\frac{1}{2}$ hour; drain off water, pour tomato mixture on the rice, and just before serving sprinkle grated cheese on top.

Rice and Beans

Rice and beans are cooked in the same way as pasta and beans. To $\frac{1}{2}$ cup of rice and $\frac{1}{2}$ cup of beans a little garlic is usually added by the Italians as seasoning.

Menestra

Make tomato sauce with onion, pepper, oil, salt, and celery. Cook carrots, cabbage, potatoes, and greens. Add tomato sauce to cooked vegetables.

KOSHER RECIPES

Noodles and Cheese

$\frac{1}{2}$ pound noodles	$\frac{1}{2}$ pound pot cheese
Butter size of walnut	Salt to taste

Put water on to boil, with salt. Cook noodles in boiling water about $\frac{1}{2}$ hour. Strain off water, add butter and cheese to noodles after taking from fire. Stir before serving.

Oatmeal and Potatoes

1 pound potatoes	Butter size of walnut
1 onion	Salt to taste
$\frac{1}{4}$ cup oatmeal	1 cent's worth soup greens

Put $1\frac{1}{2}$ quarts water to boil, with salt. Cook oatmeal in boiling salted water $\frac{1}{4}$ of an hour. Add potatoes cut in cubes and boil $\frac{1}{2}$ hour longer. While potatoes and oatmeal are boiling, fry the onion in the butter with the chopped soup greens. Add this to potato and oatmeal mixture. Season to taste.

Noodles and Milk

$1\frac{1}{2}$ quarts milk	$\frac{1}{2}$ pound noodles
Salt to taste	

Cook noodles in boiling salted water until soft. Do not strain off quite all of the water. Add boiling milk just before serving. Season to taste.

Pea Soup

1 cup dried split peas	$\frac{1}{2}$ pound noodles
1 onion	2 cents' worth soup greens
Salt to taste	
Butter size of walnut	

Soak peas over night. In the morning boil peas slowly for about 1 hour. Fry chopped onion, soup greens, and butter together in a frying pan. Add to

cooked peas $\frac{1}{2}$ pound of noodles 20 minutes before serving. Add the fried onion and butter.

Lima Beans and Barley

1 cup dried Lima beans	$\frac{1}{2}$ cup barley
1 onion	Butter size of walnut
Soup greens	Salt to taste

Cook beans 2 hours, add barley, and cook 1 hour longer. Add fried butter and onion mixture, as in recipe for oatmeal and potatoes.

White Beans and Rice

1 cup white beans	$\frac{1}{4}$ cup rice
Butter size of walnut	1 onion
1 cent's worth soup greens	

Cook beans 2 hours, add rice and cook for 20 minutes longer. Just before serving, add fried butter, onion, and chopped soup greens mixture, as in recipe for oatmeal and potatoes.

Beans and Green Peppers

$\frac{1}{2}$ pound red kidney beans	
2 peppers	$\frac{1}{2}$ pound cheese
Cayenne pepper and salt to taste	

Soak beans over night. In the morning, cook slowly for 1 hour. Chop peppers and cook with beans. Just before taking from fire, add cut-up cheese to hot beans and peppers. Serve hot on toast.

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NOV 15 1911

One copy del. to Cat. Div.

NOV 15 1960

