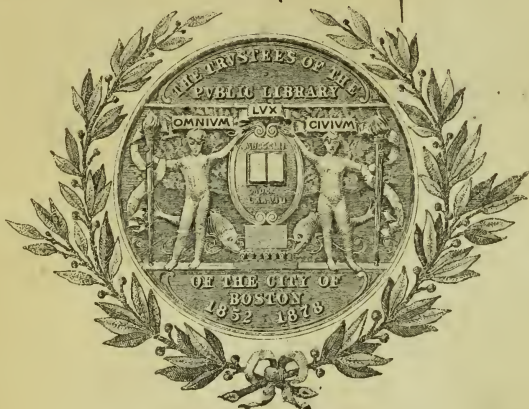


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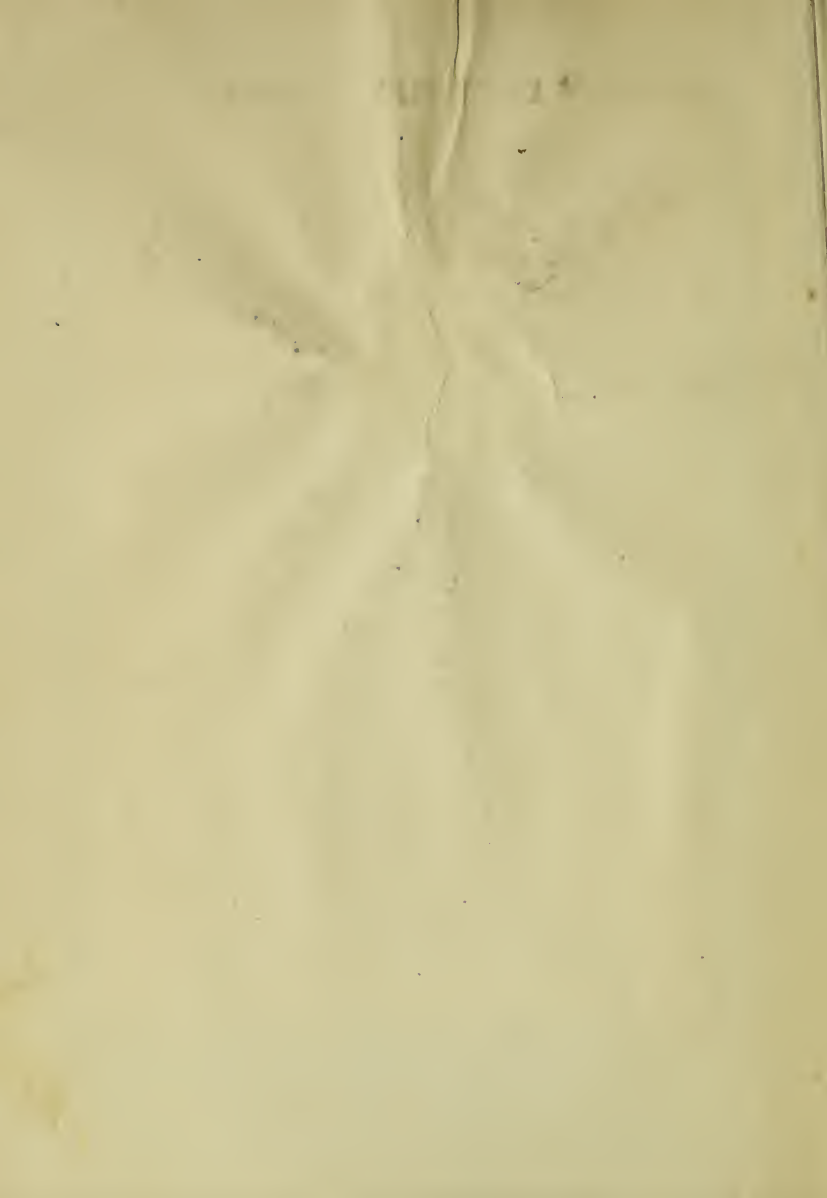
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MASSACHUSETTS STATE FEDERATION  
OF WOMEN'S CLUBS.

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*Dear Madam President,*—Will you read the following circular to your club, and give the subject careful consideration?

**DEPARTMENT OF HOUSEHOLD SCIENCE.**

There is a growing tendency among thoughtful women to look upon the conducting of the household as a science and an art, instead of an affair of tradition, habit, fashion, or instinct. We ask you to consider what this tendency means. Household science is not satisfied with any routine performance of duties, nor with any self-sacrificing devotion to trifles in the home. Instead, it demands of us an intelligent adaptation of means to the accomplishment of really worthy ends. *What are some of these ends, and what are their relative values? What means can we best employ in working toward them?* We submit these questions to you for study. We cannot answer them in this circular, but we give some topics with comments and a list of books, which may prove helpful in their solution. We suggest:—

1. That clubs form classes and study topically the subjects indicated, referring to the books given in the subjoined list, or to others which may come to their notice. A leader may



be appointed from the class for each meeting or for the entire course.

2. That, where public libraries do not contain an adequate number of suitable books on the subject of household science, they be requested to furnish them; and, where no public libraries exist, clubs start circulating libraries upon the subject of household science.

3. That "Home Talent Days" be held during the year, with papers from members, giving the results of their reading and study, followed by a general discussion. Exceptionally good papers might be lent to other clubs.

By these means we believe that women may gain more information for the same expenditure of money than through paid lectures; and they may learn, besides, what is most valuable, how to acquire knowledge of a subject through independent study. They may have, too, in the interchange of their ideas on "Home Talent Days" a really keen social pleasure.

### HEALTH AND STRENGTH.

"Let us not always say,  
'Spite of this flesh to-day  
I strove, made head, gained ground upon the whole!'  
As the bird wings and sings,  
Let us cry, 'All good things  
Are ours, nor soul helps flesh more now than flesh helps soul.'"

*Browning.*

Primarily it should be the object of all household science to promote in every member of the family superb physical health and strength. It is easy to assent to this proposition,

but probably not one of us in fifty in apportioning our household outlay of time and money makes health the first consideration. We are too thoughtless and too ignorant. Do we realize that carpeted rooms and upholstered furniture and dresses which drag in the street are not compatible with absolute cleanliness? Do we know, except by hearsay, anything about the nutritive value of different foods? Do we value our own health and serenity in the family more than the tucking or ruffling of a child's frock? Have we self-control enough to refrain from worrying and pushing our children, in order that they may excel those of our neighbor?

Under this topic of "health," the committee wish to call your attention to the subject of noon luncheons for children in one-session schools. Every mother knows the importance of proper food at certain intervals to keep the child in a healthy condition. The early and oftentimes light breakfast is entirely insufficient to last until two or three o'clock, when the child returns home too hungry and tired to care for food. Sometimes a lunch is carried from home, but not generally; and the best and surest way of meeting the need is to have it provided in the school-house at a slight cost to the pupil. In Massachusetts there are 261 high schools, with an attendance of 38,133 pupils. Many of the schools have already adopted the method proposed. How many others are willing to try the experiment? In 1894 school lunches were established in the high schools in the city of Boston. In the beginning a public-spirited woman generously furnished the means, but at the present time they are practically self-supporting. Lunches may be furnished by contract or they

may be largely prepared in the school kitchen. Different menus may be offered each day, soup and simple food being requisite. It is a satisfaction to know that, among the masters, the testimony is unanimous that through these lunches the child is being educated in right living, and that their beneficial effect is evident in the increased vigor of the pupils, and indirectly is influencing the men and women of the future.

We suggest that you study the relations of this subject of "Health and Strength" to the following: —

- |  |                           |
|--|---------------------------|
| 1. Cleanliness.  | 5. Sleep.                 |
| 2. Air and light.  | 6. Exercise.              |
| 3. Food and water.   | 7. Cold baths as a tonic. |
| 4. Clothing.   | 8. Regularity in living.  |
| 9. Worry, cramming in schools, idleness, undue competitive strain. |                           |

### SAVING OF TIME AND LABOR IN THE HOUSEHOLD.

"Simplicity is the main elegance."

*Longfellow.*

The subject of economy in the use of money was brought before you at the Federation meeting in Fitchburg. There is another economy, which saves the housekeeper's time and labor, that seems to us not less important. Many a housewife is like a traveller endeavoring to go sight-seeing with six trunks to repack daily. The really important needs of her family she cannot attend to, because of a host of details and trifling elegances to look after. Could we not avoid much waste of time and energy through getting rid of



superfluities, doing nothing for mere show, and systematizing our labor? Is any one, not of the very poor, living simply enough, who cannot find at least an hour of leisure daily? Do we recognize sufficiently the fact that a little leisure wisely spent may give more grace and elegance to a home than fine furniture, bric-à-brac, or elaborate dinners? When a woman sacrifices her freshness, her cheerfulness, and her individual growth to her house and table and servants, is it not a short-sighted unselfishness? Do we remember that beauty of heart and generous thought more than material surroundings make hospitality gracious? Let us have the independence to set our own standards of living and of entertaining; and, in doing this, let us consider a little more what things are really most worth while.

Could not washing, ironing, bread, pastry, and cake-making be done better and with a saving of time, money, and labor, if done co-operatively? Good bread is comparatively rare. Why should not families employ through co-operation an expert scientific bread-maker with modern improvements for baking? A club or a group of friends might do the community a service by trying some experiments in co-operative work, to show what is possible.

We suggest that you study the relations of this subject, the "Saving of Time and Labor in the Household," to the following:—

1. Simplicity in style of living — in house, furniture, food, clothing.
2. Systematization of work,
3. Co-operation.

## HELPFULNESS OF THE MEMBERS OF THE HOUSEHOLD.

“Responsibilities educate.”

*Emerson.*

One often hears parents deplore the fact that their children have not the same opportunities which they had of learning to be useful in the home. Is it so much, though, that opportunities for usefulness do not exist, as that they are not embraced? If the members of the family, each according to his ability, took some share of the household work and responsibility, the mother could more easily find some hours of freedom for herself, the servant question would be less pressing, and the strain of meeting the expenses of the family diminished. Then, since it is acknowledged that childhood is the best time to learn to do things with the hands, why ask for manual training in schools and shut it out of the home? Can there be any better way of giving men and women a sense of obligation to society than by teaching them early that they owe some service to the family? And, if we wish to show others that we respect labor and believe in helping each other, must we not show it by example in our households? We suggest that you consider, *How under modern conditions children may be made helpful in the household.*

## BEAUTY IN THE HOME.

“Beauty rests on necessities.”

*Emerson.*

The importance of beauty needs very little emphasis. Most women strive for it sufficiently, but with results far

from satisfactory even to themselves. We need to learn *how* to make our homes beautiful. For simple, practical help on this subject, we refer you especially to some leaflets published by the Twentieth Century Club, under the title of "Beauty in the Home," and suggest that several copies of these be purchased by each club for circulation among its members. They cost only \$1.00 for twenty copies. We suggest also the following questions for discussion in classes, or upon "Home Talent Days":—

Is beauty best obtained by making it the chief end sought?

How shall we distinguish between the beautiful, and the fashionable, costly, showy, or novel?

Which do you value most in rooms and in furniture, beauty of form, of color, or of ornamentation?

Do you agree with the thought from Emerson, "Beauty rests on necessities"?

Why would a museum or curiosity shop not be beautiful as a sitting-room?

#### LIST OF BOOKS FOR REFERENCE.

Hygiene and Public Health. Louis C. Parkes, M.D. (H. K. Lewis, London).

How to Drain a House. George E. Waring, Jr. (H. Holt & Co., New York).

The Influence of Clothing on Health. Sir Frederic Treves (Cassell & Co., London).

The Commonwealth. Sir Benjamin Ward Richardson, M.D. (Longmans, London).

Health and Life. Sir Benjamin Ward Richardson, M.D. (Daldy, J., & Co., London).

Dust and its Dangers. Prudden (G. P. Putnam's Sons).  
 Drinking Water and Ice Supplies. Prudden (G. P. Putnam's Sons).  
 Modern Dress. T. F. Pearse, M.D. (Wyman & Sons, London).  
 The Philosophy of Clothing. W. Matthieu Williams (T. Laurie,  
 London).

Household Economics. Helen Campbell (Little, Brown & Co.).  
 Domestic Science. Lucy Salmon (G. P. Putnam's Sons).  
 Food for School Children. Collected Leaflets, Home Science Pub-  
 lishing Company, 485 Tremont Street.

Rumford Kitchen Leaflets, Nos. 16 and 20.

Household Financiering. Professor Smith in the *Kitchen Magazine*  
 for September.

House Beautiful. A magazine published by Herbert Stone & Co.,  
 Chicago.

Beauty in the Home. Leaflets published by Twentieth Century  
 Club, 14 Ashburton Place.

You will find other valuable books in the list published by  
 the Anna Ticknor Library Association, Trinity Court, Sta-  
 tion B, Boston; in the one on the last page of "Beauty in  
 the Home"; and in the one given in "Household Econom-  
 ics" by Helen Campbell.

MRS. SARAH A. FORBES, *Chairman,*

MRS. MARY C. COLLAR,

~~MRS. ANNA D. HALLOWELL,~~

MISS HELEN A. WRIGHT,

*Committee on Household Science.*

BOSTON, October, 1899.

*Mrs. Lucia Clapp Hayes*







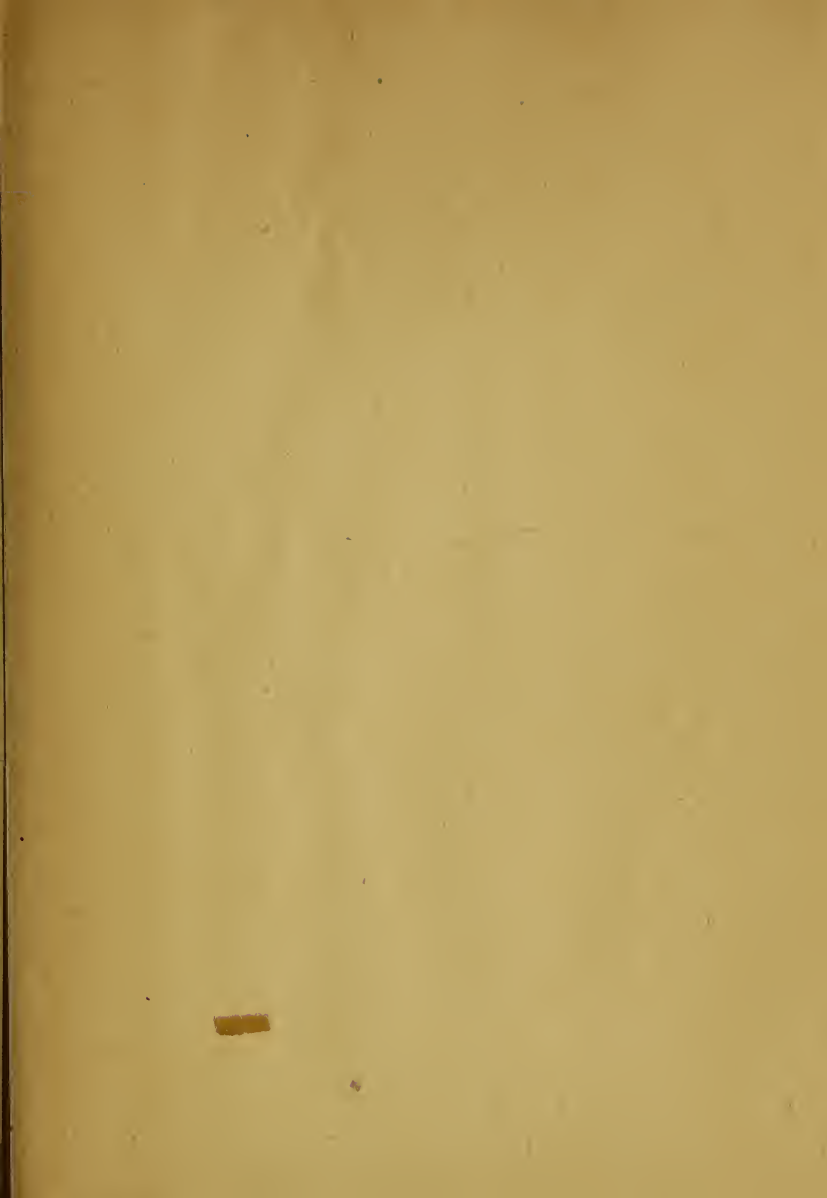
























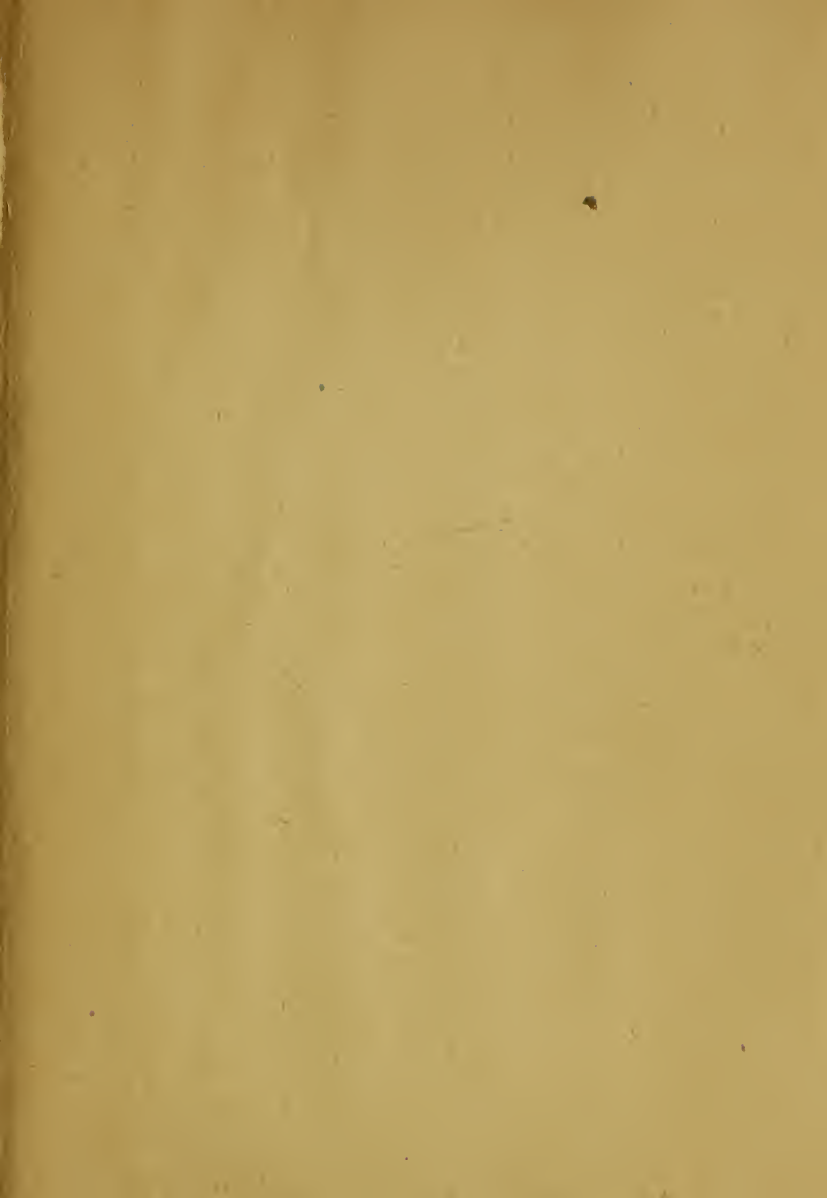
























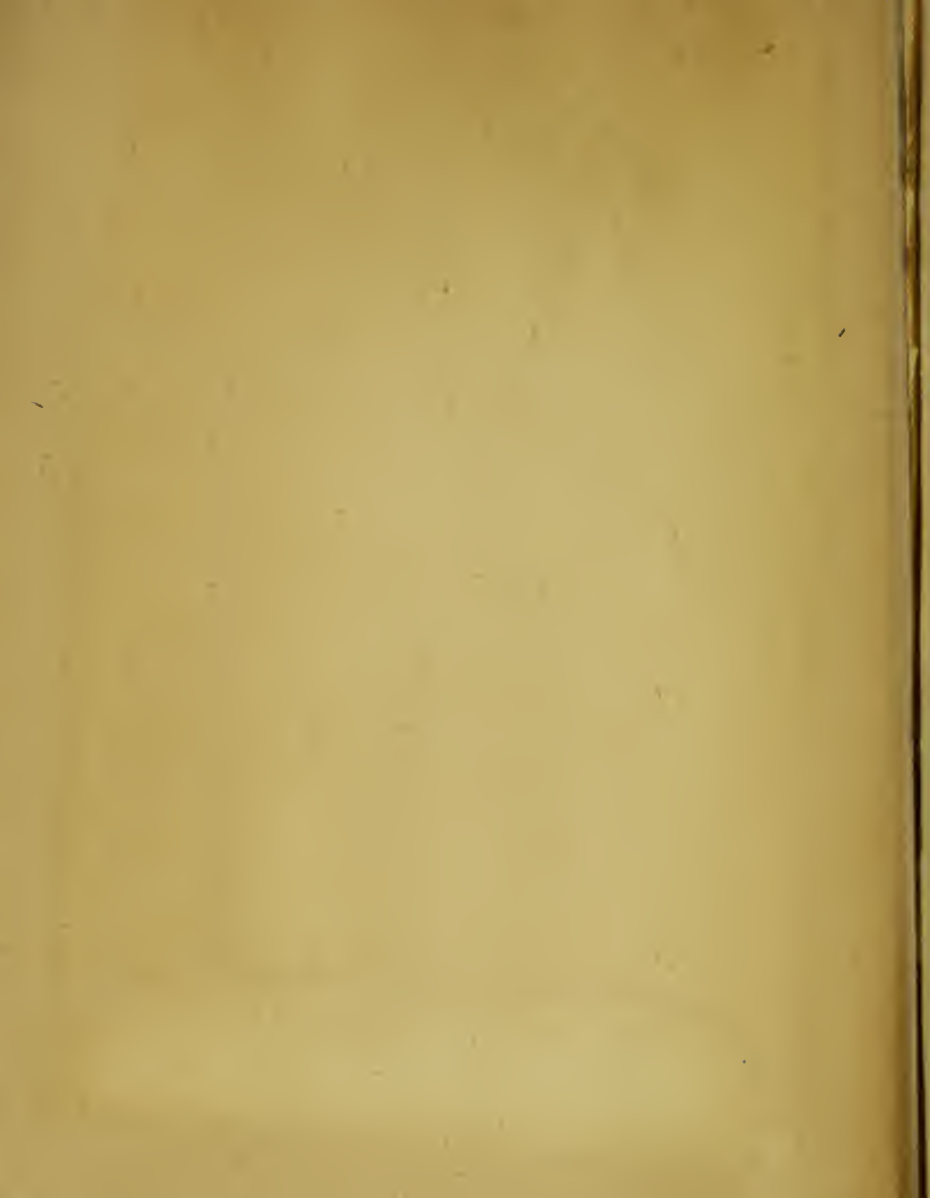














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