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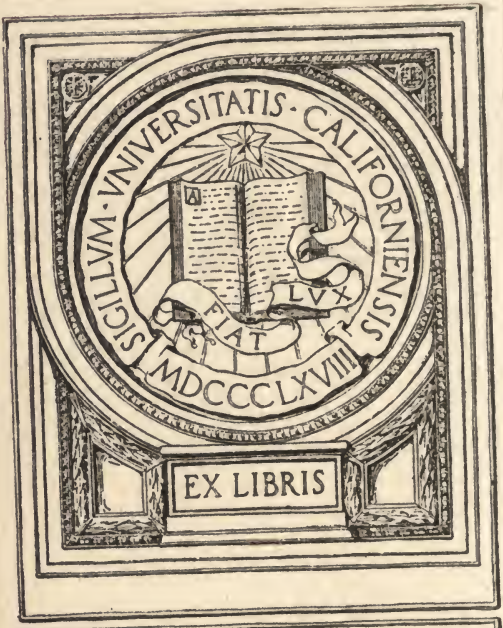
HOUSE AND HOME

A PRACTICAL HANDBOOK

MARY ELIZABETH CARTER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House
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Edited by MARGARET E. SANGSTER

House and Home

A Practical Book on Home Management

By

Mary Elizabeth Carter

NEW YORK
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To the bone and sinew of our nation, those who are comfortably off, far removed from the millionaire-realm, equally far removed from those whose lives are hard, sad, and laborious, these pages are addressed. Through the examples which they set and the character of the homes which they build up, will this country stand or fall.

"Everything that a dwelling contains is bathed in an ether of personality."—Charles Wagner.

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EDITOR'S INTRODUCTION

THE house is the shell of the home, the outward and visible sign of the inward and spiritual grace which abides within its walls. Therefore everything that concerns the house is important, and no detail is insignificant. The house, it is true, perishes with the using, and must be continually renewed, beautified, and strengthened, that it may continue to be the appropriate shrine for the home, which is of enduring substance. This is a truth to be forever repeated over and over in emphatic statement, all the more that we live in a day when lax ideas of its sacredness have in some quarters obtained a footing and menaced the solidity of the home. In the home the family attains its finest development, and only as house and home together approach the perfect ideal, can the family receive its best nurture, and realize its highest usefulness.

Miss M. E. Carter, the author of this excellent and practical treatise on "House and Home," knows whereof she speaks. She understands the ordinary routine of the ordinary home, where comfort is sought rather than display, where dignified economy must be enforced, and where self-respecting people scorn to live beyond

their honest means. To the young housekeeper her suggestions will be pertinent and timely; replete with hints for which more pretentious volumes might be laboriously searched, sometimes in vain. The experienced matron will read these pages with approval, finding her own ideas confirmed, and her views broadened, because the writer's standpoint is thoroughly up to date, a necessity not to be overlooked in a manual of housekeeping and homemaking in our advanced days.

The book is not didactic. It is relieved by humor, and enriched by pleasing anecdote and clever illustration.

The Woman's Home Library preserves in every issue, the keynote of adaptability to the common lot and the simple life. This keynote has not been lost in " House and Home."

Whether the author treats of foundations as when writing about the cellar, or of the sheltering roof which must be impervious to wet weather and wind, of the bath-room, the kitchen, the living-room, or my lady's chamber, she is direct, lucid, and pithy.

The book she has written will prove itself a household friend.

MARGARET E. SANGSTER.

CHAPTER ONE

CHOOSING A HOME

Three points foremost in importance. Landlords' criminal negligence about sanitary plumbing. Main traps. Hot water supply. Tragic death from falling chimney.

IN order that this book shall prove of the most practical value to the largest possible number of readers, specific attention has been given throughout to questions of expense.

Whether a house is to be built, purchased, or leased, or an apartment rented, the matter of cost is of importance to the great majority, and the advice given in these pages is intended to be practical.

This question of cost must be kept closely in mind in dealing with architects and builders. While they are trained for this work they are liable to errors of judgment. They may be disposed to be lavish in their expenditures and not as careful in regard to the expenditures of the

money of others as they would be in their own case.

The especial weakness of architects is shown in an undue concern for what they term the architectural line. To that they often sacrifice the interior comfort and good ventilation of a house. Therefore those who leave the planning of their houses entirely to an architect usually find cause later to regret their exceeding trustfulness, and if they can afford the extra outlay, are apt to spend several years and considerable money in making necessary changes to correct serious faults in the new home. Especially on the lower and top floors, where it is particularly needed, the average architect neglects to arrange for good ventilation, and, in his anxiety about appearances rarely plans to utilize all the available space to provide ample closet room. His planning, when not modified and improved upon by suggestions of an experienced housewife, often reminds one of a showily dressed person who is minus comfortable underclothing. Windows for show or ornament take precedence before windows that are easy to open, close, and keep clean. A marked improvement would soon appear in their designs if architects could be compelled, for a time, to occupy the houses which

they plan. Then they would design no windows that could not easily be opened wide enough for cleaning their outsides comfortably and also for reaching every part of the blinds when dusting them. Doors would not open one against another to their serious detriment—damaging furniture with the risk of hurting persons moving in haste, in and out.

Whatever one requires when building or buying a house is also desirable, as far as may be possible to secure it, when one is renting. In every case three things stand foremost in importance—the condition of the roof; the wholesomeness and convenience of the cellar; and the character of the plumbing. Whether the home be handsome and expensive or simple and inexpensive, a tight roof, a dry and well-arranged cellar, and sanitary plumbing throughout are, each and all, indispensable to comfortable living and the preservation of the occupants' health. These three very important portions of every house worthy to be converted into a home should be carefully examined at the outset, and if any one of them should prove seriously objectionable, or past reformation without expense beyond the purse-limit, no further time should be wasted investigating other parts of the premises. A

leaky roof entails perpetual unrest in the household whenever it rains, and unexpected expenses that can never be estimated. Besides this the housewife all the time will be vexed by unsightly walls and ceilings, falling plaster, and general untidiness on the upper floor, with the ever possible danger of water leaking through to the floor below, damaging whatever it wets. No one can foresee where, when, or what mischief may be done through a leaky roof.

A damp cellar affects the entire house, making an unwholesome atmosphere throughout the building. Dampness invariably unfits it for the numerous uses to which a good, dry cellar may be put. It also deprives the housekeeper of an important storing place for trunks, boxes, and countless articles that might always find temporary harbor in a dry cellar and thus relieve other portions of the house of things temporarily out of use, awaiting their times of service. A dry, well-ventilated, and light cellar,—conveniently partitioned off for wood, coal, barrels of winter vegetables and fruit, with closets and storerooms for an orderly arrangement of everything consigned to it,—contributes greatly to ease in housekeeping and is a good housewife's delight. But a damp, dark, non-ventilated

cellar is a perpetual nuisance—really worse than none at all, because it is an unceasing menace to the health and life of those who are doomed to dwell over it.

The stairway leading down to the cellar ought to be strong, and wide enough for taking bulky things up and down without striking and defacing the wall. The balusters and the whole structure should be so firm as to insure the safety of those who are obliged to use it. These precautious are not so costly in the end, as unwholesome or rickety conditions frequently prove. Many pretentious-looking houses—*built to sell*—have disgraceful cellars, altogether unfit for any use. "Penny wise and pound foolish," should be written over their lintels. Show me the cellar of a house and I will read for you the character of the person *responsible* for *its* character.

The subject of plumbing would seem to have been thoroughly exploited through pen and voice and law. Nevertheless many house-owners are persistent transgressors of the laws and utterly unconscionable about the unsanitary plumbing of the houses which they lease to unwary tenants. Few people realize the vital importance of having the plumbing in their homes as

perfect as modern science can make it. And no one can estimate the constitutions that have been broken down and the varied forms of suffering that have been entailed upon defenseless human beings because of the culpable negligence of landlords and their tenants' ignorance with regard to the unsanitary plumbing of their houses. It is amazing to learn what landlords are sometimes guilty of in their determined efforts to evade the law and escape expense. An illustration of this came to the writer's knowledge some time ago. While regularly visiting the old Tombs in New York for the purpose of seeing how the unfortunates there incarcerated were treated, the case of a young man in one of the cells proved unusually interesting. He confided the story of his life to the writer. It was sad and bad. He was an adopted child, and had received many advantages with a good education. And yet he had committed a forgery for which he had paid the penalty in State's Prison. Again he was awaiting trial for a serious offense against the law. But he *had tried* to lead an honest life of self-support after his first term in prison had expired. Although he gave his employers satisfaction, no position was he allowed to fill in peace. Someone who knew his past

always discovered his whereabouts and invariably caused his discharge by informing his employer that he was a "State's Prison Bird." No one had courage enough to give him a chance after that. Finding his endeavors at honest work futile he despaired and then went and joined one like himself. Together they put up some shady jobs for getting money to live. The other knew all about plumbing and was an expert examiner. The two went about calling at houses and representing themselves as city employees, officially engaged in the business of investigating and detecting the character of the plumbing in houses of the district that they were visiting. They often found it unsanitary. When notifying an unwilling house-owner they gave him his choice of promptly attending to the required work or else agreed to let him off, if he would pay them a much smaller sum than the estimated cost of having the plumbing overhauled. Men, supposedly reputable, were ready to evade the law, bribe the supposed officials, and neglect the unsanitary plumbing of their houses. One cannot but feel how little there was to choose between these poor hunted criminals—who had forfeited their chances for doing honest work because they had been detected in, and paid the penalty of,

their wrong-doing—and those others who, although they escaped detection, were yet unhesitating parties to a double offense against the law, and also totally indifferent that the health and lives of their fellow-beings were endangered through their criminal negligence. Those two guilty associates were able for some time to turn many a dishonest dollar, aided and abetted by their accomplices, the guilty landlords. Although never detected the two conspirators after a while grew tired of their plot, because it did not yield larger returns. The next downward step led to arrest and eleven months' waiting in the Tombs for a trial.

Crimes of reputable citizens are little known. Crimes against criminals are many and less known. The story of both has yet to be written, but ample material awaits the writer who may choose to undertake the task.

Perhaps this seems to be a digression. But, if these be undeniable facts, assuredly inexperienced people need every possible warning to guard them against their landlord's reckless negligence of duty and the law.

It is a well-authenticated fact that very deleterious exhalations from faulty plumbing have no perceptible odor. This makes the menace

to health and life much more insidiously dangerous. Therefore no one, when looking for a house, should decide to make it a home until all the plumbing has been scrutinized by a conscientious expert and then pronounced very good in the strongest sense of that term applied to plumbing. Amateurs may apply the peppermint test and also examine the cellar-trap leading to the street sewer, which is an indispensable feature of thorough house plumbing, and ought to be so constructed as to discharge everything unobstructed and with no backward flow. But after all, it is far better to pay an expert and know for a certainty that the plumbing is immaculate or faulty than to risk broken constitutions and doctor's bills that are always much more costly and less satisfactory than any examiner's bill could possibly be. Here the old adage applies forcibly: An ounce of prevention is worth a pound of cure.

After being convinced that the roof, the cellar, and the plumbing are above reproach it will be worth while to proceed farther and examine other important parts of the house. The rain-water leaders, the chimneys, the flues, the kitchen range, and the size of the boiler that is expected to furnish the supply of hot water for family use, the furnace or steam heater, the

laundry (and its conveniences) each and all should receive close attention.

The kitchen range and chimney flue are exceedingly important, for, however capable the cook, it is useless to expect good cooking without a good range and a good draught. The cook cannot be held responsible for tardy meals or for sending in unpalatable food if compelled to use a faulty range or if subjected to the freaks of a defective flue. Her "heart may be almost broke over it," but that will not remedy the defects. Moreover, the family may be seriously inconvenienced and have to live for a time in a picnic way, or else go out for meals while these matters are being set right.

Investigate the condition of the leaders to see if they are sound and clean—not clogged—and that they deliver the rain water without damage to anything, and that they are large enough to carry during a long and heavy storm without overflowing from the roof and flooding all below and even beating in doors.

Examine all the chimneys above the roof to be assured that they are firm, with no loose cement or bricks, and in no danger of falling or being blown down.

A few years ago, in a beautiful city of great

wealth, a young lady—living in a handsomely situated house, apparently in repair, for which a good price was paid—while quietly sleeping in her bed was killed by the falling of a chimney in the night. The bricks and heavy paving stones broke through the roof and ceiling and fell upon her body. She was terrified and so badly hurt that she died very soon after from the effect of the injuries. Such, miscalled, accidents should warn all who hear of them to take nothing for granted, but investigate every part carefully before hiring or buying a house. In these cases the maxim, used in law, *caveat emptor,* applies, which means that the buyer should beware and assure himself as to the quality of what he buys. In simple English, when you have every opportunity to examine what you think of buying (and it applies also to renting) there is no redress for you through a legal action, unless you can prove that you have been willfully deceived by the other party when you were not afforded the chance to find out particulars for yourself.

If you want open fires and good draughts throughout your house, then you must test every flue as you pass from room to room. An open fireplace with attractive tiling by no

means assures one of a strong draught up a well-constructed flue. On the contrary, one may be woefully disappointed upon making the first attempt at having a blaze on the hearth when, instead of beautiful flame pennons soaring and roaring up the chimney, a choking, blinding smoke comes pouring out into the room, compelling unexpected tears even from manly eyes, and making the place untenable until the smudge is smothered and all the smoke has evaporated. Nor is this all, for, however well ventilated the place may be, nice curtains and delicate furnishings are afterwards found smoke-damaged, beyond restoration if not washable; if washable, an extra job is entailed upon the house laundry, or extra outside laundry expenses deplete the household purse. Those expenses could not have been incurred by wary ones taught through their own experience or forewarned by that of others. Besides all this annoyance it will be some time before the dead old smoke ceases to hang about the place, and of course that chimney flue will permit no open fire upon the hearth thereafter until its fault has been remedied. You may congratulate yourself if it only needs cleaning instead of examination by an expert, and then reconstruction, to be followed by an

appalling bill of expense. Indeed, there are some defective flues in expensive houses that defy every effort made to remedy them—even regardless of the cost. There is but one way in which they can ever be made to draw—that they do continuously upon your bank account—as long as experiments are being made upon them to improve their construction.

Another all-important feature of a house, upon which the comfort of the entire family depends, is the heating apparatus.

The best way to find out about its capacity is to make inquiry regarding it of some persons using one of the same kind in some other house. You should try to get a perfectly frank statement as to its heating power in proportion to its consumption of fuel. But, of course, you must also learn about the draught and other particulars relating to *the house that you have under special consideration.* People who neglect to inform themselves in advance about these matters sometimes discover when it is too late that the cost of coal for heating makes such unexpected inroads upon their incomes they are compelled to abandon the cellar heater and warm their houses with stoves and open fires. A young couple, acquaintances of the writer,

after meeting with sad reverses of fortune, went into a house where they expected to live economically until the business prospects of the husband should improve. After a brief and very expensive experiment they found that the cellar heater consumed such an amount of fuel *without warming* the house, that they could not afford to use it. Consequently they were obliged to resort to stoves with all the increase of labor and extra trouble to keep clean that stoves cause. The heater in their cellar is always empty, cold, and absolutely useless.

Before beginning to look at houses with a view either to renting or buying, decide upon the price that you can and will pay in rent, or for purchase. Keep the price ever in mind, that you may waste no time or strength in looking at houses above your limit—unless you have time and vitality to throw away. House-hunting is a laborious business and should not be entered into unadvisedly or lightly. Devote a notebook to it, in which you jot down every item that concerns the new home. On page 1 set the price. After that, in their order of importance, everything that you desire to find in the house that you will decide to take. Never go to look at a house without the notebook in your pocket. As

you go about examining the building and the premises, keep the notebook open in your hand. When making your own memoranda beforehand, leave several blank pages between your notes regarding the requisites for the house. Then you can jot down the advantages and the disadvantages of houses that you visit during your quest.

This plan will prevent your confusing one house with another, and will be less fatiguing than trying to remember too much in detail without the little memorandum book for references. It may also prevent some very decided differences of opinion between two or more who go house-hunting together. The little notebook will keep the peace when everybody is tired and perhaps somewhat cross over the business.

When the chief points of a house prove unsatisfactory it is wasteful to expend any further thought or strength upon it. It is safe to say that if you find a house with its roof in perfect order, its cellar dry and well-arranged with a cemented floor, and its plumbing equal to the severest test, you may reasonably expect to find the other departments well kept up in good repair. On the other hand, if any one, or all three, of those salient features should prove to be in

bad condition, you will not be likely to find the house desirable or otherwise in repair. Never be misled by an attractive front and entrance. They often hide a multitude of defects. It is also well to bear in mind that furniture, pictures, and screens may be so arranged as to cover very unsightly and objectionable conditions. Above all, do not *bind a bargain* before you inform yourself regarding the healthfulness of the locality. A friend of the writer lost a thousand dollars by deciding quickly upon a house that he, too late, discovered was not in a healthy neighborhood. He gave up the bargain and forfeited the sum that he had paid down before the deed was drawn up.

When looking for a house take nothing for granted. Inspect, inspect, inspect every portion. Accept whatever the landlord or his agent may tell you about it with generous allowances of salt. Unremitting vigilance is the price of securing a house in good repair as well as of keeping it so.

If possible, live for a year in a house that you think of purchasing. Know all about its advantages and its disadvantages within doors, and also all about the neighborhood and the *soil upon which it is built,* whether wholesome or un-

wholesome. There is nothing like occupying a house to disclose its characteristics and to uncover very objectionable features that may easily be overlooked when you are going over it, especially if it be occupied and furnished.

Moving is hard and expensive, but better move twice than buy what you cannot readily sell without a great sacrifice. Remember that buying and renting are far easier than selling or subletting after the property is on your hands. The more anxious you are to be rid of it the harder will it be to find anyone who wants it at any price.

Every reasonable person knows that a house which has not been just renovated will probably require some repairs. Painting, papering, woodpolishing and floor-staining, when necessary, can be done, with the *cost estimated beforehand, if you buy,* and allowance can be made for expected expenses that will keep you within the purchase price that you feel you can afford to pay. If you are renting, that is the time to get from your landlord more repairs than he will be likely to make after you are living in the house. Therefore it is well to make all discoveries of necessary repairs while you are only a prospective tenant and the owner's anxiety to

secure you makes him readily accede to your requests. The landlord of an empty house and the landlord when the tenant is in are about as different to the tenant asking for repairs as Dr. Jekyll and Mr. Hyde.

We have often heard it remarked: "You must build one house before you will know what to have and what to avoid." But that is practical experience dearly bought. It is wiser to think and plan, while asking questions of the experienced before making a beginning.

Have a well-thought-out general plan of your own before consulting an architect. When you engage his services lead him, and do not be led away from what you really want for comfort by any suggestions of his, unless they are evidently better than your own ideas.

The architect should catch your thought and draw the design to accord with what you tell him you must have in the new house.

Be sure at the outset to give him a clear idea of what you desire and what you object to, and be careful to mention your special wishes and special objections before he draws any design whatever. By so doing you economize his time and keep down expenses. (Every addition or change will add to the cost of his work.) When

the builder takes the contract the work should progress without interruption. Above all, make no changes after the contract has been signed, for every change then will augment the contractor's charges. Not an extra window or door can you have cut without paying extra for it. No one can possibly estimate the final cost of a house when the plan is frequently changed during the process of building.

CHAPTER TWO

PACKING TO MOVE

Old adage. Begin in time. Ample packing material. An art worth cultivating. Exclusiveness the law of good packing. Self-respect should govern moving out.

IT used to be said that "three removals were equal to one fire." This may still be true in cases where those who superintend the business do not know how to guard against damage. Probably in such instances in less than three moves more irreparable mischief might be done than in one ordinary fire. A fire has at least two advantages over a clumsy move: First, if one is well insured things can be replaced, when they are damaged, by new; next, it is less trying to have one's belongings destroyed altogether than to have them marred, but still too useful to be cast aside. Almost anyone would rather have chinaware broken outright than

cracked or nicked, if it must remain to be used, while ever an offense to the eye.

In old times before apartment houses had become as common in America as they are abroad people, even when they only rented their homes, lived longer in one house than they do now in those that they own. Moving appears to be the fashion, and many families seem to own their homes just for the fun of leaving them. Formerly those who were addicted to frequent moving laid themselves open to the suspicion of being either undesirable tenants or neighbors, or else of not paying their rent. The 1st of May was the common moving day for the unfortunates doomed to move, and people of the rolling-stone class often were obliged to go into a house from which the previous tenant was just moving out. Then, indeed, was pandemonium let loose, and no wonder the proverb about three removes came to be often quoted. But nowadays these conditions are less common, and moving, when it takes place, can be done decently and in order, if people choose to be methodical about it.

There are so many intermediate states that can be adopted for a while, if people wish to make moving as easy as possible. Boarding,

traveling, or a hired apartment bridge over the time between leaving one house and getting the next into living condition and also afford the tired housewife a chance to recuperate her forces before entering upon the campaign of settling new quarters. This also gives time for having all necessary repairs done before furnishing or occupying a new home. Meanwhile furniture can be stored until its next abiding place is all ready for it. The main object is to avoid the confusion commonly attending a move, to vacate before the next tenant arrives, and not to move into the next home until it is clean and ready for furnishing. By this management, and with good packing, the formidable task of moving a family and all their belongings may be accomplished with some degree of gratification and comparatively little strain. But good packing, which means absolutely safe conditions during transit of things packed, is one *sine qua non* for satisfactory moving. In the first place, then, everything that is not immediately necessary for the comfort of the family should be packed gradually weeks in advance of the exodus, so that towards the last nothing will remain but the heavy furniture and a small amount of table furniture needed up to the last. In the unpacking it is well to note

that the order will be reversed, because all things packed last will be needed first. They should be marked accordingly. In almost all houses there are countless things that people can easily do without. All of these, of course, come first in the order of packing. Pictures and all ornaments should be boxed some time before the general move. As these things demand care and take considerable time, if they are properly guarded against damage during transit, they should be made ready when everyone is more at leisure than they can possibly be later. Next in order of packing come all the best china and glassware not in daily use, and then whatever kitchen utensils can be spared. Every article ought to be thoroughly scoured and cleansed and perfectly dry before being packed. It is a good plan to get a large sugar barrel early and place it convenient to the kitchen, and another of excelsior and plenty of strong wrapping paper. With these at hand whoever is in the kitchen can gradually clean and pack articles that can easily be spared, a few at a time, until none remain but those which are in constant use. This plan insures clean utensils when unpacking is done, and makes the work very easy and thorough. In hurried packing there is not sufficient time

for carefulness, and the result is just what one ought to expect—damage.

Someone may exclaim: But how forlorn and bare the house will look if we begin so early! Unless people can afford to employ expert packers to come in at the last moment and do everything at once this is the only sure way of having one's things carefully packed without overburdening and overfatiguing someone in the family. Better have a bare-looking house for a few weeks before leaving than to have the mother or any member of the family tired out because too much work is left to be crowded into a few days. The important thing is to be assured that there will be nothing left for the last that can be done earlier. With all the forethought and planning that an experienced person can have and do, moving is arduous and a tremendous tax upon those upon whom the burden falls most heavily.

From start to finish keep on hand a full supply of tags for marking every piece and parcel. The tags should be legibly written with the destined place of each thing, and each should be securely tied or tacked on with a view to rough usage in transit. All furniture going in vans, or not boxed, can be tagged long before any packing is done.

Barrels are excellent for almost all packing purposes, and they are easy to get, safe and excellent for table ware, ornaments, and whatever is not too large for them. They hold considerable, are easily handled by porters, cheaper and safer to move than heavy boxes.

Delicate crystal ware carefully packed in a barrel can be sent from the Atlantic to the Pacific coast intact. Nothing will be cracked on the way unless the barrel itself should be broken, which is unlikely without a railroad accident. Of course, there must be no stinting of the excelsior. Safe and orderly packing insures peaceful orderly unpacking, and tends to promote general good humor. Whoever has seen the faces of people when, upon opening badly packed goods, they found some of their best belongings broken, will appreciate skillful packing and realize that any other sort is time and material, as well as transportation, wasted.

The packer should always take a list of all things stowed away. Packages and lists should be numbered alike. This method simplifies unpacking and settling because it prevents anything from being opened by mistake too soon and saves things from lying about in danger of damage before a suitable place can be prepared for them.

It also expedites the finding of whatever may be needed at once.

Every memorandum taken should be put into one notebook devoted to that purpose, and so inscribed on the cover that anyone wishing information regarding the whereabouts of an article needed can easily recognize the book which, however, ought to be in safe keeping while at the same time easy to get at for reference, by *trustworthy persons*. It is some trouble to keep these strict memoranda, but it pays, as all who make a practice of so doing will testify; it also spares responsible people from unnecessary anxiety about things that have not turned up, because immediate recourse to the memoranda informs one of the exact package which contains them. No matter how carefully you put things up, if you forget all about where they are, there will be tiresome worry and lengthy searching to find them. Once upon a time a lady had suddenly put into her care a lot of valuable jewelry belonging to a young girl, who had gone to Europe and left it behind in a jewel box on her dressing bureau. The lady was full of crowding cares, and had countless things to attend to. Without making any memorandum of it she put the jewelry very carefully in one corner of a large box

of silver that was sent to the country home of the owner of the trinkets. It so happened that the silver was some that was never used except when a very large evening entertainment was given by the mother of the young girl. As a matter of course, that box was sent to a closet where glass and china for extra-large evening entertainments were kept. The little girl, upon her return from abroad, naturally inquired for the jewelry. After searching every box of valuables in vain the lady, while quite certain that the things were safe and would turn up some time, gave up looking, but did not give up racking her brain for some clew to the mystery. No memorandum had she made of that particular parcel's whereabouts. After several devitalizing days of hunting and puzzling over the matter, all at once flashed into her mind the *strong oak box* out of sight and, until then, out of mind. Without delay she sped away upstairs to the closet and, unlocking the box, there, to her own immense relief, beheld the package; but the point is, if, at the time of taking it in charge, she had promptly made a note of it, she would have spared herself mental wear as well as much loss of time that was spent in searching more than once in places where the missing baubles were not. Therefore, all the

way long we chant the praises of a faithfully kept book of remembrance in moving times, and also in the more quiet housekeeping days after the home is in running order. The fact is that no mind should be charged with a lot of things to be remembered that can just as well be recalled, when needed, by reference to memoranda, since there is so much valuable knowledge which can only be acquired by exercise of the memory. The first are only for temporary use and may then be dismissed from one's thought, but the other is forever increasing and useful all the time. Therefore, the mind and memory should be devoted to storing up what is worth keeping and thinking about, not spent on comparatively trivial matters. It is something of an effort, and worth cultivating, to know how to distinguish beween what we should memorize and what is only worthy of perishable paper.

When packing begins in good earnest there should be plenty of tissue paper and excelsior on hand for that work. Any economy in the use of soft packing stuff usually eventuates in dire extravagance in the way of destruction and woeful disappointment when unpacking is done. Far better is it to use too much than too little protection against breakage. Begin always with

a thick bed of excelsior at the bottom, and be sure that every breakable article has a bed of its own and touches nothing else. Exclusiveness is the law of all safe packing. Each thing should be immovable, when once it is packed, no matter how roughly the barrel may be handled by porters or expressmen. Everything should be wrapped in tissue paper before it is laid in the excelsior. China and glass, indeed all delicate or brittle things, should be packed by themselves in one case, and strong articles by themselves.

Dainty bedroom belongings ought to be put up in pasteboard boxes—everything first nicely wrapped in white tissue paper—each box marked for the owner's next room in the new home. Then, no matter who opens and puts things in order, all will find their own belongings waiting for them instead of having to begin an immediate rearrangement of misplaced pincushions, bureau covers, and the other various toilet articles of different members of the family. "Oh, what a lot of trouble!" I hear someone exclaim. Well, just bear in mind that you will escape much more trouble in settling; besides, those who do not enjoy and cultivate orderly methods will not be happy in heaven, as

order is the first law of the kingdom of harmony.

Kitchen utensils ought to be wrapped in very strong paper before they are packed. Paper wrappers prevent the excelsior from getting into things and from being scattered at unpacking times. Every utensil before it is put up should be scrupulously cleaned for the sake of having it ready for use as soon as unpacked and because, if stowed away from the air for a time when not immaculately clean, it will be unpleasant when it does come forth into the light and air, and doubly hard to cleanse after being packed.

Whenever and wherever packing may be done it saves a great deal of trouble to have a large square of unbleached muslin first spread down and all the barrels and packing stuff kept upon it. Then, when the work is over, the four corners of the muslin should be brought to the center and everything taken up at once without any sweeping before the waste material is sent to the trash heap. There is neither reason nor excuse for reckless untidiness while packing is going on or after it is done. This applies to packing of every sort. The appearance of some rooms after the last occupant has packed *one trunk* and departed indicates the mad confusion which would char-

acterize a house just vacated by one so disorderly. If conscience and a decent consideration for others are not sufficiently influential, one would suppose that self-respect would govern the moving out as much as personal comfort and convenience. It is retributive justice beautifully meted out when those who have left a house strewn with rubbish are obliged to clean out a like condition from the house into which they are moving.

In packing mattresses and pillows they should be carefully guarded against possible soil. They are difficult to clean and cannot be easily spared long enough for that to be done. They ought to be first sewed up in strong muslin, then wrapped and firmly tied in heavy paper. This should be done whether they are boxed or go in vans. One can hardly lay too much emphasis upon the care that should always be given to everything pertaining to beds. These should also be marked with tags fastened securely. One side of the tags should be legibly inscribed with the name of the proprietor and the address of the new house; the other with the room to which they belong. Painstaking marking insures comparatively easy settling and avoids extra lifting and moving.

The muslin covers should be left on all mattresses until the house is in order. No nice housekeeper allows mattresses to be exposed to dust or soil of any sort, either in moving or in housekeeping times.

CHAPTER THREE

CLEANING AND SETTLING A HOUSE

Always use a notebook with orderly programme. Get rid of workmen before cleaning. Have household tools and utensils ready in advance of work. Dustpan and whisk.

HEN settling a new house with all its furnishings, also new, an inexperienced housewife may spare herself unnecessary worry and fatigue by thoughtfully planning the entire business from start to finish. Of course, emergencies may arise compelling occasional departure from the original outline; nevertheless, the settling will go forward more rapidly and with fewer mishaps if the superintendent have ever on hand for reference a well-thought out and orderly programme of all the work to be done. A good housewife is never without her notebook in which she jots down ideas that will further the work of the house settling and housekeeping, as they occur to her, or that she gets from outside sources.

A well-kept note book proves an energy-conserver, a time-saver, and a peace-preserver to many besides the one who keeps it.

When the mind is crowded with unwonted cares and thoughts, even an ordinarily sound sleeper may become wakeful just at the time when most needing rest. Then the brain teems with things to be remembered and fear of forgetting makes one broad awake. A simple practice soon overcomes that sort of insomnia. Every night before going to bed have a candle and matches with pad and pencil on a table beside the bed. Every time you wake with a good idea, or a thought of something that must be remembered, light the candle and write it down. This relieves the mind and you can go to sleep feeling assured that you have captured, and can have, the thought when you waken in the morning to transfer to the invaluable notebook. Never crowd your notebook's pages. Space everything so that when looking for a memorandum your eye will quickly light upon it. A closely written notebook is better than none at all, but it often taxes one's time and patience sorely. Before every memorandum write in large letters one word indicative of the subject of the memorandum. The nocturnal notes may be very brief,

even consisting of but one word as a reminder, because the thought can be transferred to the notebook more fully by daylight. In periods of unusual strain, during night hours especially, one's powers of self-control are tested severely, but the plan just given has so often helped the writer at times of immense responsibility it is now offered with the hope that it may prove equally efficacious to whoever may be led to make trial of it. Seeking sleep is futile while the mind is overweighted, or given to sudden flashes of valuable ideas which one fears to lose by falling asleep—therefore the necessity for unburdening an overcrowded and consequently chaotic brain.

When about to settle in a new house, or one already vacated where you have full possession, a supply of fuel should be laid in at the earliest opportunity that there may be no lack of hot water to delay cleaning or to prevent the workers being refreshed by the cup that cheers without inebriating.

Working women generally are not well nourished. They live on very light food as a rule and need to be looked after when they are working hard at house-cleaning. They should be provided with a hot lunch and have at mid-

morning and mid-afternoon a little light refreshment. Most of them are satisfied with a cup of tea and bread and butter at these times. No one ever lost anything by considering the comfort of employees. It is only a humane duty that should require no urging for its performance.

In advance of any cleaning, if possible, have all workmen out of the house unless you are quite willing to pay to have places cleaned several times over before you begin to live in your new home. The average mechanic is a past master at making a mess wherever he goes. The work that he causes others who clean up after him is often more than the work that he is hired to do.

Permit no furniture to be delivered until the house is spick and span clean and all ready for it. Then as things arrive they can be permanently placed. This method prevents repeated cleaning and repeated moving of furniture before it is finally placed where it belongs. It is therefore labor- and expense-saving, and at the same time prevents damage which frequent moving is apt to cause. Above all never leave anything for mechanics to push out of their way when they are at work, for they are no respecters of any polish that they do not put on themselves, and seldom

think of washing their hands before taking hold of anything that hinders their progress, be it ever so delicate. Moreover the best things are none too good—the mechanic seems to think—for his tools to rest upon.

Two stepladders—one high, one of medium size—should be on hand when the work begins, also brooms, dustpans, long-handle floor brushes, whisk brooms, a pointed hairbrush, such as painters use for corners, plenty of soft cloths, cheese-cloth dusters, strong sponges, soap, sapolio, washing soda, household ammonia, chloride of lime, concentrated lye, pulverized borax, hammers (large and small), a screw-driver, tack lifter, and gimlet. Whoever requires thorough cleaning must supply the appliances and implements customarily used to expedite work. There should be also three or four large squares of double unbleached muslin—the widest that comes—for coverings and to spread down when unpacking is to be done. A good manager has also plenty of calico sweeping covers ready to protect furniture unexpectedly exposed and in danger of damage. Besides these there should be a supply of strong heavy paper in rolls, soft tissue paper, and old newspapers galore. It is very important to study to avoid unnecessary labor. For

this object these latter things are urgently recommended for house-cleaning times.

It economizes time, labor, strength, and money to be all ready with suitable working tools and etcs. for cleaning *before* anything is called for. There will be no excuse for idle hands if no one has to wait while you send out for something that has been forgotten or overlooked.

If you are so unfortunate as to be obliged to move in before the mechanics have finished their work and departed, give them a wide berth as far as cleaning is concerned and do none in their vicinity until they and their tools are gone for good.

Getting what is called the big dirt out should begin at the top of the house and progress, floor by floor and stairway by stairway, as you go down.

The first sweeping should be done with a wet broom to control the dust, and the water used for dampening the broom ought to be frequently changed. The closet of each room should be swept out and the shelves wiped first with a damp then with a dry cloth.

The secret of rapid cleaning is not to allow dust or trash to spread again or be scattered while the work proceeds. In a room of ordinary size

the sweepings should be taken up at least five times: viz., at the four corners and in the middle of each room. Any common box, of light weight, answers this purpose. Each sweeper should have one beside her. If no appropriate box can be had large newspapers, folded and pinned to form bags, are useful. They have one advantage because, when filled, they can be tied up firmly and sent directly to the trash-can without being emptied. This keeps undesirable stuff from being scattered below or outside when the garbage collector takes it away.

After the first sweeping is done the walls, ceilings, door, and window-tops should be freed from dust. For walls and ceilings use a broom covered with a very clean white canton flannel bag or else a piece of canton flannel pinned firmly over it. Always use *white* cloths or bags so that they will show the first soil. Change them frequently, because using a dusty cloth defeats the object to be attained—cleanliness. By management this work may be done with a moderate supply of broom covers. The soiled covers can be left to soak in a tub of boraxed water and occasionally washed out and hung to dry while the clean ones are in use. By this method there will always be clean dry covers ready to take the

places of soiled ones. The door and window-tops should be very carefully wiped with a damp cloth and a dustpan held under to catch any dust that might otherwise escape the cloth and fall into the room. Window-frames should be wiped in the same way *before* any glass is washed. When once the entire house has been gone over in this way the formidable dirt will be outside and people can then go about without ruining their clothes. Unmethodical, heedless cleaning, so-called, has spoiled the clothes and the dispositions of a good many people. Before the shade-hangers arrive all windows should be washed and polished, and the window sills and ledges sponged with clean water. This warning may seem superfluous to some of my readers, but I have seen beautiful sash-curtains of delicate silk put up over windows that had afterwards to be washed, for the first time, in a new house. This made handling the curtains and their removal immediately necessary before the window-cleaning. No nice manager would allow such topsy-turvy doings if given time to plan the order of the furnishing.

After the important preliminaries have been attended to, all regular and lighter cleaning can be pushed forward, according to the wishes and

the convenience of the housewife and the special needs of the expected family.

When giving floors their second cleaning wet newspapers will be found very good substitutes for cloths or mops. They are far less trouble because they can be frequently changed and thrown away, when soiled, whereas cloths and mops add to the labor because they take extra time for wringing out and washing them clean. But the water should be changed often, although not so often as when a cloth or mop is used. The woman who has not learned the advantage of keeping clean water in her pail has not been taught the first principles of thorough cleaning. She smears everything that her cloth touches and cleans nothing. Whoever experiments with wet paper will not want to handle a mop again for any lengthy or rough cleaning. The third and final floor cleaning should be done with a scrubbing brush, soap, and warm water. The brush should be followed by a soft cloth wrung out of clear water, to wash away all the soap suds, and to hasten the drying.

Wherever there are spots that do not yield easily to the brush they can usually be removed by a strong solution of soda in hot water. This should be poured on them and left with cloths or

paper, also wet in the same solution, lying upon the places. After the cleaner portions of a floor have been scrubbed the spots can be done last of all. When this treatment fails the last resort is the carpenter's plane, although pulverized pumice sometimes serves the purpose.

In cold or damp weather there should be some sort of heating apparatus wherever floors are being washed, to dry the atmosphere and hasten the work. No floor covering should be laid until everything is perfectly dry. People would not get colds when moving into new quarters if they would observe ordinary precautions and proceed in a common-sense way instead of, as too often is the case, rushing and risking everything in a sort of mad haste to get "moved in," as it is called.

A house cleaned according to the order and methods here given will be dry and will not show much dust accumulation, from the inside, for some time. Its atmosphere will be pure and delightful, and there will be no old dust flying about to distress sensitive lungs and offend a neat housewife. Whoever has been in the midst of, or witnessed, helter-skelter workers who raised a choking dust wherever they went with dry brooms and overloaded dustpans, will realize the advantage of a method which tends to con-

trol dust while really removing it. And whoever has been compelled to go about in the midst of flying dust and general confusion with skirts held up, head covered, and elbows held close to avoid soil—in a house supposedly being cleaned—will appreciate genuine cleaning, which dominates while removing whatever is objectionable and maintains order at every step of the business.

Until a house is entirely settled, every entrance should have a mat outside and a piece of carpet or strong paper inside each door. Strong paper should be laid over all clean or polished floors wherever people are likely to tread. All of these should be carefully lifted every evening and the day's dust, collected thereupon, shaken outside. Thoughtless, careless people should be reminded by legibly written notices, posted in full sight, that the doormats are there for their use and the protection of the house. Posted notices are quiet, impersonal reminders that offend no one and sometimes spare the voice and the feelings of the housewife. In two minutes one reckless person can undo the cleaning of half a day.

Had I the versifier's gift, I would sing the song of the burnt-match plague. Burnt matches thrown about, or left on window-sills, mantels,

or anywhere but in suitable receptacles, are untidy and show unpardonable negligence on the part of those who leave them. Nice housewives permit nothing of the kind in their domains. One of the first of the furnishings in every part of a house should be match-safes and receivers for burnt matches. These not only promote tidiness, but, if used by everybody, they prevent an alarm of fire or a conflagration. Probably the majority of fires are caused by people who throw matches down heedless of the disorder caused by their lying about and the risk, always possible, of their not being extinguished. Whether the spark be dead or alive, there is no excuse for making a tidy place untidy, or an untidy place more untidy, by negligently dropping a match without even looking to see if there be a place provided for it. Burnt matches are not ornamental. They do not give an air of refinement to a house when they adorn the front steps or stone window sills, albeit in those places they may be harmless.

Door-cleaning should be left until the last be-because, during the general settling, there is so much going in and out by people who are apt to leave generous finger-prints on whatever door they open or close. The most conspicuous part of the door is about the knob, and cleaning that part

often is apt to deface the paint or polish. It is a good plan to protect the most exposed portion by fitting a piece of strong paper around the knob and fastening it temporarily with a little paste that will wash off easily and not injure the wood-work.

All floor-polishing or floor-staining should be left until the very last settling is done and the house has ceased to be a highway of affairs for all sorts and conditions of men and women, either working or delivering goods.

Unless the house be entirely new, before having any beds brought in, make a thorough examination of the wood-work, the plaster, and the paper to discover if vermin of any sort have lodged there.

This is a case where an ounce of prevention will be found equal to a ton of cure. Destroy every sign and vestige of any objectionable insects before it is possible for them to get into beds or any furniture. Nothing is a more efficacious vermin-destroyer than fumigation done with a sulphur candle. This is very easy in an empty house, but it can be done at any time—along with proper precautionary measures. In the closing chapter of miscellaneous hints for housewives, will be found directions for this

fumigation. Nothing can live where it is properly done.

After a house is thoroughly clean and ready for its furniture each article, as it arrives, should, if possible, be taken by the men who deliver it directly to its destined place. When this plan is followed a house can be put in order much sooner, and with far less labor and expense, than if those who deliver the furniture are allowed to set articles down in halls or rooms from which they must, sooner or later, be removed. Whenever there is doubt about placing things have them put as near as possible to the spot which they will probably occupy or on the floor, at least, where they belong as indicated by their tags.

When carefully packed goods are about to be unpacked a large square of the unbleached muslin, referred to earlier in this chapter, will come into service. It should be spread down in a vacant room with empty barrels at hand to receive the excelsior and all the packing stuff. With the barrel or box to be unpacked in the middle of the cloth, you can guard against letting the excelsior get scattered. To prevent this the corners and sides of the muslin should be often lifted and every bit of the excelsior shaken well toward the middle. Each barrel, when filled,

should be sent below, either to the trash place in the cellar or else, if a thrifty housewife wishes it kept for kindling, it ought to be snugly stowed where it can be reached easily, but not allowed to litter the cellar or be too convenient for reckless ones who drop matches about broadcast. (The cellar of a good housekeeper is kept in order; sloveliness is not tolerated there any sooner than in the other parts of the house.) Without these precautions every whiff of air and every person passing to and fro will waft bits of excelsior upstairs and downstairs and in the lady's chamber, to lodge in corners, on furniture, and in every conceivable place as sempiternal tokens of the unpacking. Many successive sweepings will be required to make the house tidy, whereas an orderly method of unpacking will effectually keep the packing stuff within bounds.

From start to finish, in house-settling as well as ever afterwards, a dustpan and whisk broom should be kept on every floor ready for use. The house where the pan and brush are promptly used for keeping clean will not need to be swept all over half so often as one where everything is left for "sweeping day." A good old housekeeper used to say: "I'd rather have one *keep* clean than ever so many cleanings." That is the secret.

Never allow things to be topsy-turvy while you are settling or at any time afterwards. This advice belongs under the head of general housekeeping as much as it does to the period of settling.

During settling all pretty, decorative things should be left in their wrappings and in closets until they can be put out with safety. Bureau-covers, pincushions, splashers, sofa pillows, and other dainty articles should not be exposed until the finishing touches are being given everywhere in the house.

In hiring cleaners it is well to realize that it costs no more to have a strong force for a few days than it does to employ fewer and perhaps be short of service at critical times and very much longer getting in order. A competent superintendent can keep several women busy. It is really *less expensive* to employ enough to push the cleaning and settling rapidly than it is to drag along for some time with only one or two. Besides this, whenever there is lifting or moving of furniture to be done, there need be no delay about it waiting for men to be called in who must be paid for fifteen minutes' time, or even less, quite out of proportion to a whole day's work. Everyone knows that short jobs are costly and run up a formidable series of items in the accounts.

Since the whole household, irrespective of age, sex, or class, depends upon the kitchen, it would seem superfluous to emphasize the necessity of providing it *in season* with all things requisite for preparing meals that whoever may have the cooking to do may be able to do it, unhampered by lack of utensils unpacked, clean and ready to her hand. Then, too, with a nice, orderly kitchen, if the dining room be not ready immediately to serve a meal, anyone can go there for a little lunch or a cup of tea. The mistress of the house herself, when in the midst of all the work and fatigued with her crowding cares, would often prefer to take some refreshment almost anywhere in her own house to going out.

A nice clean kitchen, with a tidy cook serving everything piping hot, is far preferable to the average restaurant with strange people eating all about one and everything served lukewarm on cold dishes in a stifling atmosphere. In fact the only hot thing one gets in an average restaurant is the air that all are compelled to breathe.

Supplies of milk, butter, eggs, and fruit, as well as groceries, ought to be provided early. In order to remember everything it is a good plan to take the grocer's catalogued list; with that before you there will be little danger of overlooking or for-

getting what you are in the habit of using on your table, but, in the beginning, avoid all foods that take much time in their preparation, for you want all the help you can have to get settled and in order.

CHAPTER FOUR

FURNISHING THE HOME

Avoid overfurnishing. The household toolbox. "Go slow, little boy." Drawing room of least importance. Good beds. No weighty bedclothes. Screens. Writing desks.

ALMOST as much depends upon the good taste and judgment exercised as upon the amount of money expended, in furnishing a house.

Usefulness and beauty should go hand in hand, as far as possible, in making selections. But the useful should always lead the way. One thing to be studiously avoided is overfurnishing. No matter how ample the purse, the ruling idea should be to furnish with the fewest articles that are not absolutely of some use, and to shun crowding things, things to occupy space without making adequate return for so doing. A room encumbered with furniture and ornaments is inelegant—far from pleasing and a weariness to

the eye that enjoys refined furnishing, which can only be reached by the observance of the eternal fitness of things. First, then, make usefulness the paramount point, and always as much beauty as is consistent with use. Last of all the ornamental, which, if wisely chosen, may be also useful in its own way because serving a purpose, since whatever brightens life or cheers the work-a-day toilers is useful.

Amongst immediately necessary and strictly useful purchases is a box of household tools. The woman who can handle a hammer, a screw-driver, and a gimlet expertly will often be independent of a skilled carpenter or an upholsterer when another person likewise situated, but unaccustomed to those tools, would be helpless—compelled to wait and wait the pleasure and the leisure of a mechanic for trifling jobs to be done and then pay and pay, in inverse ratio to the character of the work tardily accomplished, as well as the time taken to do it. Hiring small jobs done at odd times makes surprising inroads upon a family purse. If one is entirely dependent upon mechanics for everything done requiring their tools, the best way to keep the cost down to reasonable figures is to make a full list of what you expect done and give it to the man or his boss

in advance of the day that he is to come. Then he can come prepared with all that the work may require in the way of tools and other necessary et cetera. Everybody knows the facility with which mechanics lengthen a bill if they have to go after anything that is not ready to their hands. They never rupture any blood vessels by undue haste when upon those errands.

The household tool box should be accompanied by the stepladders, a few kitchen chairs and other things, already mentioned in a former chapter, for the use of the cleansers. The furniture can be selected as early as you choose, but with the understanding that the dealers hold it subject to your orders. The cleaner the house is before any furniture is permitted to arrive, the better for the furniture and the housewife's peace of mind. As circumstances alter cases and requirements, so, if anyone is to live in the house before it is ready, then a room must be thoroughly cleaned immediately and made comfortable for the expected occupant. If it can be one of the top-floor rooms so much the better for the order of the work as well as for the room itself. However, it should be locked all the time to keep it nice, for it is very difficult to prevent some misappropriation through the ignorance or care-

lessness of irresponsible persons when there is a great deal going on. As the superintendent cannot be ubiquitous the only safeguard against a possible invasion of a place already cleaned and furnished is the lock and key. In familiar words: "Safe leave, safe find." But in selecting a room to be thus made ready be wise and beware that you do not choose one that any mechanic has yet to enter for work of any sort, else all your cleaning and putting in order will be made null and void. None but those who have learned their ways through trying experiences can do justice to this special setback in house-settling. I once found that the mechanics at work in a house —that had, supposedly, been prepared and shielded against their expected presence and vandalism—had chosen the handsomest bedchamber for their lunching place. Without plates or napkins they sat upon a costly axminster carpet to eat and to drink. Doubtless they found the heavy velvet pile entirely comfortable. This is just one little experience of that sort amongst countless others of a similar nature closely related to the subject now under our consideration.

"Go slow, little boy," is a good motto for those who are furnishing a home and want to do the very best with a fixed sum of money.

Bear in mind that after you find and decide upon what you will get, buying is comparatively easy. The distinction between shopping—going from shop to shop, looking for what you want—and ordering after you have found the right thing, is immense. The one is tedious and wearisome in the extreme, the other quite the opposite. You will always find people ready to hasten your spending, but there are few who are capable of advising or assisting one to a wise selection amongst many desirable articles. There is nothing like a carefully prepared notebook, with lists and prices of articles to be purchased set down in black and white for constant reference. It will prove a safeguard against sudden and regrettable decisions that cannot be revoked, or, if revoked, that cost loss of valuable time, and money too, sometimes.

When the mind is very full of crowding thoughts the memory is apt to become less trustworthy, therefore, as you go about, keep careful memoranda—on blank pages left for that purpose between your lists—of whatever you are likely to buy and of all that you do decide upon. Independent pages should be devoted to each room and to every quarter of your house exclusive of every other portion—conspicuous on every page

the amount to be laid out for the things there listed.

If you want to enjoy and be restfully happy in the new home hold expenses within bounds, no matter what tempting things may entice you to go beyond your means, or how obliging the shopkeepers may show themselves ready to be about "giving credit." Remember that if you buy in haste you will have to repent at your leisure. Get only the indispensables at first, then you will have strength, time, and cash for getting extras later and by degrees, as you deem them requisite for the comfort and pleasure of the household.

Even if the purse permits, it is wiser not to buy lavishly at the beginning. If all but necessaries are left until you are living in the house your furnishing will be characterized by greater individuality, and you will be led to choose and get what will be suitable to your house and your needs and therefore satisfy longer.

Houses thus furnished are the most attractive because they express something above and beyond the cabinet-makers' work. It is the same difference that exists between a library where all the books have been bought at once, according to the bookseller's catalogue, and the library that has been slowly accumulated by a lover of books.

There is a psychic quality and charm inexpressible, but felt, in the house that has been slowly furnished, and the library of the student and book-lover is entirely foreign to the others.

The drawing room or parlor is least of all in importance and can easily be furnished at any later date. If left until last of all it gives a good-sized room, convenient to the front door, for receiving boxes and things that have to be unpacked, and spares other portions of the house —that have been cleaned—from the risk of being upset. It will prove also a fine storing place for anything arriving before its appointed time—if its place be not ready to receive it.

Since good sleep and good food are all-important to the physical being and most of us are very dependent upon these for health and amiability, the need cannot be ignored with impunity. Therefore everything pertaining to the sleeping arrangements—bedsteads, mattresses, pillows, blankets, and quilts, and the bed linen—come under the head of early and very necessary furnishings.

The kitchen appointments are equally important. We all realize how very much the peace and comfort of a family depend upon comfortably served, well-prepared meals. These may

be assured along with simplicity and moderate expense, but the housekeeping allowance must be in proportion to the demands of the family and the housewife capable, and unhampered in her management.

In selecting bedsteads, mattresses, and pillows, those best in quality are the most economical in the end and always the most comfortable. Blankets and quilts should be chosen for lightness and warmth. Heavy bedclothes are exhausting and partially undo the benefit to be gained by sleep; they are also objectionable because they are not so warm as anything in wool of lighter weight.

In these days of ever improving household hygiene single beds are becoming the rule for old and young alike. This wholesome practice commends itself, on every account, to all thoughtful people. Where two are obliged to occupy one bedchamber each one will be much more comfortable, and less likely to disturb the other, when they sleep in separate beds. Above all *young* people and *infants* should never sleep with older persons or those who are strong and well with sickly or ailing ones. The loss of vitality to the young or well ones is altogether too serious to be ignored. Carelessness in these matters propa-

gates disease and is therefore unpardonable except in those who sin through ignorance.

Single beds or spring cots are in every way more desirable than double bedsteads, however handsome they may be. If the double bedstead effect be preferred it can be had with two single beds. They come made with their head and foot boards shaped to simulate one bedstead when they are placed side by side.

Every double room should be provided with a couple of portable screens for the convenience and partial privacy of both occupants. Screens are advantageous in very many ways, but during illness or even a slight indisposition they are indispensable. Through a skillful adjustment of screens the ailing one can be protected from a trying glare of light, from draughts, and can also have a sense of privacy impossible without them. At the same time persons who may be compelled to occupy that room need not be subjected to the annoyance of sitting in a darkened, insufficiently aired room for the sick one's sake. Of course everything that can be done to ameliorate an invalid's condition should be done, but, at the same time, healthy people are entitled to an opportunity to preserve their vigor, and that is impossible in a dark room

or a close atmosphere. It is well also to remember that darkness and poor ventilation retard, even prevent, recovery of health. All the weight of argument is in favor of screens and not one in opposition is worthy of attention. Even those who feel the necessity for close economy, by exercising a little ingenuity, can have home-made screens. A clothes-horse can be covered with cheap washable goods—cretonne, silkaline, denim, or cheese-cloth answer as coverings, and are easily put on and off.

These are days of incessant traveling, packing, and unpacking. An inexpensive article that subtracts largely from the fatigue of packing is a strong low stand upon which the trunk or box to be packed is placed. This enables the packer to stand erect while doing the work. The stand may be as ornamental, as a hall wood-box, if economy of space be a necessity. Then it will serve other purposes when not needed for packing. It can be made of hardwood polished—and have the top protected with strong paper when it is to support a trunk—or it may be of stained or painted wood and made in the house at a very small cost. It should be just high enough to bring the trunk, when placed upon it, to a line preventing any necessity for the packer's stoop-

ing. A cast-iron back, with a hinge in it, is as necessary to one who packs a trunk that stands upon the floor as it seemed to the author of " My Summer in a Garden " during his planting and weeding experiences. The trunk-stand, like many other inexpensive conveniences, recommends itself because it affords immunity from great fatigue to all who use it. As a rule costly articles do not contribute to the comfort of a family, on the contrary they are often burdensome, work-making, and useless. Simple, labor-saving things affording the greatest good to the greatest number should be sought after and secured in one's general house furnishing. When selecting any furniture the first considerations should be durability, combined with lightness and the absence of dust-harbors. A housewife who cannot command the services of a retinue of strong servants should never be tempted to buy any stuffed or carved furniture. Carved furniture is difficult to dust and takes an unusual amount of time, if kept clean. Unless stuffed furniture is often lifted into the open air and there well beaten it is impossible to prevent it from accumulating dust, and that little *bête noir* of every careful housekeeper, the moth, is hard to banish if once it gets into stuffed furniture. There is little rest or

peace for one who must perpetually contend with dust and moth when once either or both get established in furniture. But with furniture of polished hardwood simply constructed there need be no anxiety and the work of dusting is minimized while it can be thoroughly done. If preferred, or desired for variety, beautiful wicker furniture can be kept perfectly clean because it can be washed. Pillows and separate sofa cushions are easily aired and beaten outside without undue labor, and therefore better for the general health of a household than any undetachable appointments. Couches and sofas that any tyro can put together nicely and take apart easily are sensible, comfortable, and cleanly.

For all ordinary purposes a low spring cot can be converted into an inviting lounge. It only requires a mattress firmly tied on with strong tapes, sewed at the corners and also all around at intervals—tapes enough to insure its immovability. There should also be a valance of the same material as the cover, likewise tied on. The mattress should be a little larger than the cot, then, when it is covered, it will hide all the metal of the cot. Everything should be made absolutely secure; the mattress itself so firmly tied there can be no possibility of an untidy ap-

pearance after anyone has been sitting or lying down upon it.

The valance can be fastened to the mattress with large hooks and eyes. Whichever plan is preferred the valance should be cut deep enough to admit of its passing well in under the mattress to hide every sign of its fastenings. A couch of this sort, pushed into a corner, and piled with cushions along the back and at the head, is comfortable and inexpensive. That it is home-made is no reason why it should be either ugly or untidy-looking. On the contrary, there is an opportunity for indulging one's taste and individuality as well as exercising inventive genius. A capable family of ideas can improve upon these suggestions. The people who dare to experiment upon bright, new ideas, are our inventors, our artists, and our geniuses. Their houses are full of home-made interesting things.

Every bedchamber large enough to hold both should have a couch as well as a bed. A couch tends to preserve the order of a bedroom in the daytime when a siesta is taken. The advantage of having a couch for that purpose is obvious because it leaves the bed undisturbed. Those who take pride in having their rooms always orderly know that a bed slightly out of order mars the

entire appearance of any room, however faultless it may be in every other respect. Lying down upon the outside of a bed soon soils the coverlet. But if one is obliged to use a bed for a short rest, the coverlet can be protected by having always at hand a light spread of some sort, or even a sheet, to lay over the spread during a daytime sleep. It can be kept folded under the pillow when not in use. Another advantage about this is that it prevents increased laundry work, where many white bedspreads add to the heaviest portion of that work.

Unless a house is to be supplied with two sets of window-shades, light-colored ones for winter and dark for summer use, it is wiser for all-the-year-round service to have them of dark green holland, because they protect the interior from the sun in hot weather and make an agreeable shade. In cool weather, when a house requires all the sunlight possible, the green shades can be rolled up to the top all day, as ordinary sash curtains and window hangings afford sufficient privacy during sunlit hours, and after the house is lighted in the evening the dark shades will answer all purposes of shielding those inside from outside gazers.

Sash curtains of some washable goods requir-

ing no starch wear longer and are prettier than anything that must be stiffened and therefore would need frequent laundering of the most troublesome kind. Plain white scrim, hemmed, makes durable and pretty sash curtains. Fine cream-white cheese-cloth is cheaper, very dainty-looking, and also wears well. After serving a reasonable time as curtains it can be turned into dusters, straining cloths, and window polishers. Window hangings that exclude the light in cool weather are objectionable. Better have none at all than those that make gloomy rooms. Heavy stuff window hangings are neither artistic, healthful, nor pleasant. They gather dust and, if of wool, harbor the earliest moths. Spotless window hangings of some sheer and inexpensive material are more satisfactory to a dainty but busy housewife. They add to the attractiveness of a room and screen the interior sufficiently, while admitting light and air. The way in which windows are dressed always manifests the good sense and the good taste of the one responsible for their hangings.

In all house-furnishing a lover of absolute neatness never selects anything "because it will not show dirt." On the contrary, the preference will always be given to things that do show when

they need cleaning. Then it will not be overlooked, nor will anything be allowed to get very dirty. Assuredly this makes a nice use of things imperative, but that should be a part of everybody's education; when not learned early in life, it is yet never too late to mend uncleanly or careless ways. Carpets, rugs, and all floor coverings that show every little speck are the most sanitary of all, if for no other reason they should be chosen because the cleaner the house the more wholesome it will be, and nothing can excuse the fact of hidden dirt, which always in time invites or breeds disease. It costs a little more vigilance and faithful daily cleaning to keep a house thus furnished *looking* clean, but it costs less in the long run than where dirt becomes established because invisible. Visible or invisible, it is dirt all the same. Seen or unseen, it is the indirect cause of visible doctor's and drug bills that nobody enjoys seeing or paying. Immaculate neatness is the truest economy and preserves the household goods for a longer time. It is not use and cleaning (as some would have us believe) that wear things out, but abuse, and soil ingrained, make them useless, worthless, and offensive.

Everyone, old and young, who can write should possess a desk. They are so useful and so

inexpensive that there is no excuse for not providing each room with one. Desks promote orderly habits, for where each member of a household has one under lock and key, the probability is that individual belongings in the writing line will be kept in better order than they could be without the desk conveniences. Those who are not accustomed to the boundaries of a desk are apt to acquire careless ways, just for lack of a suitable place for their stationery and general correspondence. The school boy and girl early accustomed to a private desk, with a trash basket under or beside it, will hardly need to be told to use both, the advantage to themselves will be so obvious. Besides the desk every room should have some arrangement for holding books—a small bookcase, a revolving stand, or a hanging set of shelves. Wherever it is possible the books should be inclosed or have curtains sliding on rods to protect them. Dusty books are vexatious and soon grow shabby. A little inexpensive ornamental feather duster always hanging beside the shelves is the most desirable and only suitable thing for removing dust from books, because it will not deface them. Feather dusters, as a rule, are objectionable anywhere about a house because so few people seem to know how and when they

should be used. For general dusting they are worse than useless, like many serviceable articles they may be made nuisances by misuse, but every house needs one very large feather duster with a long handle for cornices and pictures hanging too high to be reached with a cloth. And this duster needs washing regularly and drying in the open air, if it is to serve its purpose and not become a dust disseminator.

Individual taste and notions will, of necessity, rule all house-furnishing. The only thing one can do for others is to touch upon general and salient points and make suggestions, with the hope of reaching and helping any who are on the lookout for hints upon the subject.

CHAPTER FIVE

BEDCHAMBERS

Privacy for all desirables Individual furniture for double rooms. Importance of screens. Simple furniture easily kept clean. Objectionable articles. No dark halls. Plants.

ALTHOUGH not always possible, it is very desirable that everyone should have a separate room with absolute privacy at times when it is wished for. People are better for being alone with their own thoughts sometimes and thus enabled to shake off the hypnotic effect of the suggestion, conscious or unconscious, of others to which all of us are exposed through association. Only by getting away from people—however dear they may be—can one recover lost equilibrium and reassert one's own individuality. Therefore provision should always be made whereby those who are compelled to room together may secure at least some degree of privacy every day. Very young people are gregarious in their taste and do

not as a rule mind rooming together, but all, as they grow older, realize the comfort and the advantage of some assured privacy. Young persons ought not to be compelled to room with their elders, because the tastes and inclinations of older people are so different from those of their juniors that the younger ones disturb their elders and the elder are uncongenial to the younger; as a natural result they act and react unfavorably upon each other.

A double room should be furnished with two of everything in the way of important bedroom furniture, *each* occupant having an individual bed, dressing bureau, washstand, writing desk or table, and screen of light weight to be used around the washstand, bed, or desk, as the owner may choose. In a room thus furnished two reasonable people can get along usually without seriously incommoding each other—provided both are equally cleanly and tidy about their persons and the room, and can agree with regard to ventilation by night and by day. But one who loves order, bathing, and abundant fresh air, should never be doomed to intimate association with another of opposite inclinations. Each one will make life a burden to the other.

A word more upon the subject of the writing

desk. They are so cheap and so very convenient they are within the reach of everyone who lives in any degree of comfort. If anything is to be omitted or postponed during the early furnishing of a house let it be what is less practical than the desks. Well-made *useful* furniture—however simple it may be—if of the sort that is easily kept clean, always affords the greatest amount of comfort for the price. With single beds having open and woven wire springs, hair or felt mattresses, and the other articles of furniture already mentioned, also a few rugs of light weight placed where most needed and a few pleasing pictures, *not many,* hung upon the walls, the bedchamber will be thoroughly comfortable and not troublesome to keep clean.

It is a great mistake from every view point to crowd any part of a house—but bedchambers especially—with things to gather and hold dust the greater portion of the time because no one has leisure to attend to them. The practice is unwholesome, untidy, and unbeautiful. It detracts from comfort and increases care while at the same time it offends good taste. Even books, left about, that are not in constant use, make extra work and suffer for the exposure. The art of furnishing is manifested when everything is

selected and skillfully arranged for use and convenience and whatever only serves for the quiet repose of dust is barred out altogether. Especially objectionable are things mounted over door-tops, or above windows, unreachable except by the aid of a stepladder. It requires a retinue of servants to keep things decent in a house crammed with things. Fortunately for the abject fashion-followers that style is out of date.

The more elegant the mansion, the fewer useless things are in it. Beautiful pictures, bronzes, and exquisite statuary serve a high purpose because they cultivate the eye and minister to our æsthetic sense, and are not difficult to keep clean when there is always someone whose business it is to attend to them daily. Pictures composed of good subjects are suggestive of pure and elevating thoughts and tend to promote refreshing sleep. But it is a mistake to convert a bedchamber into a promiscuous picture gallery, or to cram it with all sorts of things until it suggests a museum out of order, and also gives one a choking sense of a load of dust forever accumulating on the endless things scattered about upon every available space of wall, table, or mantel. Those who indulge in such bad taste need

not be surprised if they sometimes suffer with insomnia or have dreams of the nightmare type.

A light small table, furnished with a little tray to hold a pitcher of drinking water and a glass, a candlestick, candle and matches, is not only useful, but a very desirable article of bedroom furniture. It should be so light as to be easily moved to the bedside at night and back to the wall in the daytime. This of course is unnecessary in a room that has a commode always standing beside the bed.

In every bedchamber that has not ample closet room, the doors should have framed hooks hung up, and these should always be covered with a curtain of cretonne or whatever will best harmonize with the general furnishings of the room. A shelf set up on brackets with hooks screwed in on the under side and the whole inclosed with a curtain, helps to preserve order by increasing conveniences for hanging garments where closet room is lacking. The universal shoe-bag is so familiar to almost everyone it seems hardly necessary to mention that it belongs to the list of useful and necessary articles for the inside of closet doors.

Every housewife should keep on hand a supply of small brass hooks to be screwed up whenever an extra place is needed for hanging

up clothes-brushes, scrap-holders, etc. Tacks, and nails are abominable when driven in walls or wood work. They are ugly in themselves and always leave shabby holes when they are removed. Reckless picture-hanging can be averted by having picture-hooks placed at intervals upon the cornice and left ready for any impromptu wall decorations by thoughtless ones.

A brass chain-bolt on bedroom doors is a great comfort to timid souls who do not like to be locked in and dare not sleep without a fastening of some sort. Wherever women are much alone in their homes, especially in the country where it is lonely, the front and rear entrances to the house ought to have chain-bolts. Tramps and doubtful strangers can then be interviewed without fear of an unpleasantness. In this connection it may not be altogether out of place to mention the window fastenings. In many houses they are farcically absurd and a waste of purchase money besides the carpenter's time in mounting them. But window fastenings may be had which can only be moved from the inside, and that sort are some protection.

In the country, and wherever there is neither electrical or gas light, the halls should have some sort of stationary ararngement for lighting with

oil, because dark halls are unsafe, besides being exceedingly uncomfortable. Sooner or later there is sure to be an accident or serious trouble of some sort where darkness reigns. The light should be in a hanging lantern expressly for the purpose, or else placed on a bracket, beyond the possibility of being knocked over, and always above people's heads. The consumption of oil for such lighting is very trifling compared with the comfort and safety insured by the practice. A light in a bedroom all night is very objectionable, while one outside is most desirable. It is said that thieves and burglars are easily frightened off when they see a light in a house they have planned to enter. This is another potent reason for keeping halls lit at night.

Every house, however simple, can be made attractive by the tasteful adjustment of a few plants here and there. Plants cost very little and repay one for all the care that is wisely bestowed upon them. Every dining room should have a few green things growing there in the winter and a little jardinière full of thriving ferns always ready for a centerpiece on the dining table. They can be had with trifling expense and very little trouble. A drink of water daily and an occasional full bath in a sink with a water-

ing-pot's sprinkler, or a vaporizer used where the plants are, keeps them washed clean and is all the care they need after being potted in good rich earth for the winter. Of course, like human beings, plants must have pure, fresh air to breathe or they too will become sickly and lose all their brightness. If in every modestly furnished house there could be plants in place of cheap bric-a-brac, untidy tidies, and mantels full of useless cheap trash, great would be the improvement in the homes and in the mental condition of their inmates. Plants speak an eloquent language, potent and uplifting, albeit voiceless.

Those who select carpets, rugs, or indeed anything for their homes because they will not *show* soil, make a serious mistake. Uncleanly carpets, rugs and portières, invite disease by harboring dirt and germs—the forerunners of doctor's and drug bills. The house *par excellence* is one which can be kept clean and orderly without demanding too much toil from anyone. Its "Joy and temperance and repose slam the door on the doctor's nose"—as far as his professional visits are concerned. A joyful, temperate, reposeful state is never found where disorder reigns. Real temperance covers a very wide range of subjects.

CHAPTER SIX

BATH ROOM AND BATH-ROOM ETIQUETTE

Protect basins. India rubber mats. Vigilance required to keep pipes free and clean. The ounce of prevention an economy. Plenty of fresh air. Printed rules in bath room.

DURING periods of cleaning and settling it is very essential to guard bath rooms against abuse through misuse. Scrub-women and those who generally do rough work cannot be expected to realize the very great importance of keeping everything that pertains to a bath room in dainty condition, for they have neither training in, or time for, careful ways, and are usually much hurried—going from place to place about a house doing the hard work that falls to their lot. Therefore they are not to be blamed for any damage, if no provision has been made by a responsible and interested person for guarding a bath room and everything in it

from being defaced while cleaning is in progress. Of course, where there is a housemaid's closet, with hot and cold water faucets and a waste basin of ample dimensions for receiving pails of water dashed into it in a hurry, the bath room can then be locked and kept in perfect condition against the coming of the family who are to live in the house. But then the waste basin should have something placed in the bottom to hold back all clogging stuff, or that pipe may get choked. An ordinary wire sieve set in over the opening, or an old colander, will answer the purpose. They can be lifted as often as necessary and the dust and refuse collected therein sent below to the garbage can. But, if there be no such place convenient for the workers to use they will have to go to the bath room, for the steps of day-by-day toilers should always be considered and no more imposed upon them than the exigencies of the occasion demand. Therefore if the bath room must be open to them, every means should be employed to protect it from injury. Before any cleaning begins the floor, if of hard or stained wood, ought to be covered with strong paper fastened down to keep it immovable under the treading of feet. There is a stout dark paper, which comes in rolls for protecting floors

during cleaning times, always used by skilled floor-polishers, that bears very hard usage without tearing. This paper is the best thing that the writer knows of for such occasions. The bath tub and the basin can both be protected by placing in each, over the waste exit, the india-rubber mats that come for that purpose. Upon these pails can stand without marring the porcelain or marble. Waste water should never be thrown into a bath tub because it makes extraordinary cleaning frequently necessary to prevent staining the tub. Whatever place may be chosen for getting rid of the dirty water during cleaning times, vigilance will be requisite to avoid choking the pipes and something easily removed should always be used as a shield to hold back the matted stuff that commonly collects at those times. This is one of many instances during house-cleaning when the proverbial ounce of prevention spares someone pounds, shillings, and pence of expense for cure. An early call upon —and from—the plumber for repairs is not invariably fraught with unalloyed pleasure to a household, either immediately or when the inevitable bill is presented for payment. Far better, by a little forethought and painstaking, avert possible mischief than experience the vex-

atious consequences of one's own omission to safeguard exposed places. It is childish to blame others for damage occurring because of our own indolence or negligence. Better is it to accept blame with responsibility, and be wiser the next time.

There are various inexpensive conveniences and aids to tidy housekeeping which make small extra jobs that are much easier attended to at settling time than later on when everything is in order.

One very great convenience in a bath room is a towel bar at a suitable height, placed against the wall *all around* the room, except where it would interfere with other stationary furniture. Bars of heavy glass or nickel plate are easiest kept clean. Every bath tub should be provided with a large sponge-holder of wire or metal, and a soap-holder also, either of metal or india rubber. They all should hang, *not stand,* on the bath tub's edge. Over the face-basin, or else beside it, another soap-holder should hang. It is less trouble to keep things looking nice in a bath room where nothing is allowed to stand on the basin's edge or on the bath-tub, because when left on those places they are apt to get pushed about and have no settled abiding place,

and it takes longer to clean up with things in the way to be lifted about.

A set of inclosed hanging shelves can be used for many things needed in a bath room; they will, at the same time, aid in preserving order. In fact, that end should be always in view when house-settling is going on. Ingenious people can contrive many inexpensive additions to a house that will cultivate habits of order in those who seem most disorderly. Three or four large double clothes-hooks screwed upon the inside of a bath room's door, and left *exclusively* for the use of persons going in there for a bath, are amongst the requisites for that room. No one should be allowed to monopolize anything in a bath room used by several persons. It should be always free and open to all, and invariably left in order by the last bather. A bottle of inodorous disinfectant ought always to be kept in every bath room, but beyond the reach of children. At least once a week some of the bottle's contents should be poured down every waste pipe.

It is better to have the water closet separate from the bath room, with its own independent entrance. But in that case, if it have no window opening to outside fresh air, it will

demand far more watchful care to keep it pure, no matter how perfect the plumbing or how abundant the water flushing may be. Those places always testify unequivocally to any negligence upon the part of persons whose duty it is to see that they receive undeviating care. When in full sight, in a brightly lighted room, any neglect is soon evident. It is a good plan, when they are in dark or dimly lighted closets, to have an extra and portable seat always kept upon the one that is stationary, to protect the latter. The portable seat can be taken to the light, scoured in the open air, and given a sun bath, which is always the best of all purifiers.

On no account permit anyone to set a heavy pail, or any weighty thing, in bath-room wash basins. They are easily cracked, next, they leak, and replacing them is expensive. Eternal vigilance is the price of enjoying nice modern conveniences.

The bath room is a suitable place for keeping a hamper for soiled clothes. But damp towels should be dried before they are consigned to it, and the hamper should *never reveal its contents,* neither should any soiled articles be left upon the cover.

It would be a good plan if all bath rooms, not strictly private, could have printed rules framed and hung up in plain sight of all bathers, giving a few very simple admonitions upon what is "good form" in a lavatory of any sort. The fact is that in what might be termed the minor morals, a great many people seem to be deficient of all training. Nowhere is this more glaringly evident than in bath rooms used by several people. While, as a rule, individuals carry their own towels and soap to a bath room, yet sometimes one may be compelled to use a cake of soap that is there for emergencies. Whoever does make personal use of it should at least wipe it dry before laying it back in the soap-holder, for it is very disagreeable to take hold of soap that has been left wet. This may, to some, seem overfastidious, but a young woman lost a trip to Europe just because she was careless in that particular. The friend who was asked why she did not take her as a companion when she wanted company on a tour abroad, answered: "Oh, I cannot take her, she always leaves the soap wet."

A cursory glance at a bath room reveals the degree of refinement of those who habitually use it. It is, however, very unfair to judge without

knowing if all, or only one or two, are guilty of leaving untidy conditions.

Once upon a time, in a boarding house, a lady, who was on her way to take a bath, armed with a brush, sapolio, and a cloth for cleaning the tub before she could use it, announced to a friend whom she met on the way: "I have found a definition for a Christian. A Christian is one who leaves a bath tub clean after taking a bath." Only those who have gone through the same experience can sympathize with that long-suffering one who had learned to her sorrow to go prepared for the work that awaited her. It does seem altogether unjust that decent people should be obliged to do *double* duty in a bath room because self-respect will not permit them to follow a bad precedent by likewise leaving the tub without washing and drying it.

"Well, dear," said an experienced old lady, upon hearing some of these things from a younger relative who was just beginning to go about in boarding houses, "you will find, as you journey through life, that many of the people whom you meet will be half-baked."

Half-baked is a synonym for under-bred or untrained. There is no reason why the half-baked class should remain doughy. Those who

have not had the advantage of good examples and training at home can remedy the consequent lack of propriety, if they *desire* to do so. It is only a question of ambition to improve in every way. Thoughtlessness, which is selfishness, and indolence, which is correlated to the other two, are the only barriers to self-improvement.

It is well to remember that what seem like trifles to the sinners are not trifles to those who suffer from them. Moreover, we have high authority for saying that trifles light as air make up the sum of earthly existence. No one has ever improved upon the Golden Rule. Its practice would make a heaven of every home. Our sorely tried friend was right. "A Christian leaves the bath tub clean"—obeys the Golden Rule.

CHAPTER SEVEN

CARE OF BEDS AND BEDSTEADS

Housekeeping stamped by appearance of beds. Sunning and airing. The way to secure an aired bed. To judge a housemaid's training. Another boarding-house anecdote.

BEDSTEADS and mattresses require vigilant care to keep them clean and free from dust or vermin, and protected against spotting of any sort. The whole character of any housekeeping is unmistakably stamped by the appearance of the bedsteads and the mattresses when they are uncovered. Mattresses once soiled are very difficult to clean without taking them apart. They should never be left uncovered for any great length of time, and when in use ought to have slip covers of strong muslin that can be removed and washed periodically. When they are moved about their covers should always be left on. It is hardly necessary to expatiate upon the trifling

work of washing these covers as compared with cleaning the mattresses when once they get soiled. Their covers are also advantageous because they protect them from dust, especially where it is difficult to remove, in and around the tufting. When not so protected mattresses should be swept monthly with a whisk broom, and all of the tufts thoroughly brushed free from dust which may get around or in them during the intervals between the regular cleaning days.

Mattresses may be kept like new for years if they are systematically turned daily—one day reversed from side to side, and the next from top to bottom. This method helps to equalize the pressure upon them of the human body, and prevents their becoming soon packed in spots, as they do when no attention is paid to mattress turning. It lightens the labor of turning and insures greater variety of pressure, if mattresses for double bedsteads are made in sections easy to handle.

Little quilted and washable bed protectors come neatly made and bound. They are inexpensive and should be a part of the furnishing of all beds, but especially for those of children and very old people. They are easily made at home where there is a sewing machine, which, in these

days, most houses have. A careful housekeeper, after many years at housekeeping with the same beds and furniture generally, will have a nicer house and everything in better condition than an inexperienced, careless one, beginning with everything new and of the best, will have at the end of a very few years of non-care-taking.

Twice a year, in *fine weather,* mattresses should have a good sunning, in the open air, hanging over lines; while they are outside is a fitting time to have them well thrashed with a bamboo rug whipper. This need not cause an upsetting of all the rooms at once. They can be done, one or two at a time, gradually but methodically, in order not to overlook any one.

Here again, the housewife's notebook will be found serviceable, because she can check off each one when it is done. A family of ordinary size may have about eight or perhaps ten mattresses. Taking two or three a day, or having them done when the room where they belong is being cleaned, the job will not be at all formidable. *But a sun bath for hours twice a year ought to be given to every mattress that is in constant use.* One should be given in very cold, clear, frosty weather. And June is usually the best month

for the other sun and air bath. It is safe to assert that those who are so fortunate as to sleep on beds thus cared for will be in less danger of suffering from insomnia, and will enjoy better health, than others who sleep on non-aired and packed mattresses. The reason is apparent, for one is wholesome and the other unwholesome. Of course, after a mattress has been out in extremely cold weather it should be placed in a warm room long enough to take the chill off before anyone sleeps on it, or else it should have a hot iron passed over it on *both sides* before the bed is made up to be immediately occupied. Common sense should always be used when rules and regulations about a house are being made or followed.

It is a good plan to have wire lines put up on piazzas or on second-story roofs, accessible from windows, and then mattress airing is simplified and the labor minimized. Another advantage of this airing is that in case of a sudden shower they can be taken in quickly and therefore escape getting damp. By first spreading down a large piece of unbleached muslin upon a sunny roof, the mattresses can lie out there with safety. A clever woman of ideas will, after one or two hints, think of ways and means for airing and

doing the many things that fall under this head of house management. The great secret for all thorough housekeepers to learn and faithfully practice is: "Let your head save your heels a journey." There will be always steps enough to keep their blood in good circulation.

People living in crowded cities, with little or no yard space, and those unfortunates who dwell in flats, will, of course, have to content themselves with airing before open windows; better that than none at all, but they will require window ventilation for their mattresses six times as often as the happy beings who live where they can have a patch of green grass all their own and ample airing space outside their houses. Pillows, bolsters, and everything filled with feathers or down should be treated much the same as mattresses.

Pillows and bolsters can be kept in good condition by pinning them on lines out in the open air, and letting them get a thorough sun and air bath. If they can be spared long enough it does them good to have a summer shower bath, provided they can be left *outside* afterwards to get perfectly dry. *But this should never be done during a damp season.* The right time is when sunshine and showers alternate, and when

the sunshine lasts long enough to dry whatever is outside. Pillows and bolsters, as well as mattresses, should have slip covers. On some accounts slip covers for pillows are even more necessary than any of the others, as pillows are, in many ways, more exposed to soil and are unsightly and unpleasant if not perfectly clean.

Able bodied ones, old and young, rich and poor alike, should be taught to open their own beds in the morning. Those who do not do it immediately upon rising, or else see to it that it is done by a trustworthy person, can never be sure of sleeping in a well-aired bed. Stripping one's own bed is the absolutely safe plan, for that makes neglect of airing out of the question for the one who puts the room in order. No matter how many servants there may be employed in a house, it is impossible to tell when negligence in this particular may occur. The easiest way is to make a habit of personally attending to this trifling, but by no means unimportant, job. A couple of chairs placed facing seat to seat, a little space between them, before a window, will hold the bedclothes. They should be laid over the chairs in the order in which they are removed from the bed. This brings the under sheet uppermost, as it should be, because

it requires the most airing, and then, too, they will all be ready in just the order required for making up the bed.

Blankets require special care and should never be allowed to touch the floor for a second. No one willingly sleeps under soiled blankets; they are not easy to clean at home, and sending them out to the cleaners is expensive; further, they lose some of their softness and beauty with every cleaning. It is unpardonable to drag blankets across a floor, however clean it may be. When they hang over chairs the corners should escape the floor by two inches. Observe a new housemaid when she strips a bed, if you would know how and in what sort of a house she has been trained. This is one of the unmistakable signs which reveal whether she has lived with, and been taught by, a dainty or a slovenly housewife. But if she comes from an average boarding house, you will know beforehand just what to expect.

After the bedclothes have been removed the mattress ought to be turned down over the foot of the bed. By thus opening a bed before going to the bath room, and then, after getting dressed, opening the window, top and bottom, before leaving the room, one may rest tranquilly as-

sured that whoever makes up the bed its ventilation is a foregone conclusion.

Once upon a time, not many years ago, in a *very nice* boarding house situated in one of the best portions of New York, I spent some months, and saw and learned the ways of those places. Nor was that the only boarding-house experience that my malific stars destined me to encounter. Those same unlucky stars led me to dwell from time to time in several boarding houses in city and country. Although they were all considered of the better type, I sometimes wondered if mine were the only bed and bedchamber regularly aired—such sights and negligence as were patent to one going to and fro in those houses! It seemed to me that scarcely anyone thought of, or knew anything about having fresh air daily in bedchambers. One day, as I passed an open door, I noticed the bed had been occupied by a sleeper who, upon leaving it, left just the necessary opening where she had gotten out. That and the dent on the pillow were the only disturbed parts of the bed. The young woman who had the room had gone out; she knew little, and cared less, about what was done in her room during her absence so long as she found it in order upon her return. I was not five minutes doing

my errand. When I passed the room again the bed was all in order, made! Doubtless the servant attending there knew how to avoid work, apparently useless (?), certainly not imperative, and had learned the secret of decreasing the burden of duties belonging to that floor—was, in short, an adept at labor-saving.

A young widow who was the sleeping beauty of that room used to come to the table beautifully appareled, but I never saw her after that memorable day without seeing also, in vision, her bed, which probably never got fully opened except when it was the day for clean linen—once a week! Several years have passed since that time. The pretty widow married again and went to *housekeeping!* Fancy what a housewife she must make! Those who go about much or little in hotels and boarding houses need not be surprised should they discover like practices if they trustfully leave everything pertaining to ventilation to much hurried, and too often, overworked servants. The latter persons are not to be blamed. The blame lies upon those who, having had greater advantages, ought to look after these things themselves.

A lady well known to the writer used to place a pin in the binding of her mattress, every morn-

ing, at the head in a particular spot. The next day when she turned her mattress over the foot board she looked for the pin. If it was still at the head she knew that the maid had neglected to turn the mattress entirely and she would ask her why she had omitted it. She trained several housemaids, and it never took long to get them into the habit of reversing the mattress unremittingly.

They never knew *how she* knew, but they realized that skipping would not answer in that room.

Sitting down upon a bed after it is nicely made up is a disorderly habit to which some are prone even if chairs are plenty. It is impossible to keep a tidy-looking room where it is allowed. This is not the only objection to that habit: there are several, amongst them the soiling of the spread, and destroying the freshness of the bed for the one who occupies it at night; it is also unmannerly.

Once a month bedsteads should be washed in every unseen part. A little carbolic acid in the water is good for the purpose or, if disliked, household ammonia is efficacious. If there are slats each one should be lifted and wiped as well as the places where they fit in. This practice

faithfully carried out will forbid the " red rover " from ever gaining a foothold in the beds. That pest is only kept away by immaculate cleanliness and strenuous care. The name usually given to that insect is so suggestive of abominable uncleanliness I object to its use on the pages of this book. My readers will recognize the particular species of insect now under consideration, as few people reach years of discretion without becoming aware of its existence. Those who travel much make its hateful acquaintance early and learn its peculiar ways, which are dark, and its artful tricks which are *not* vain. In houses of families that journey a great deal, watchfulness is most important to destroy the first invaders and prevent their incalculable propagation. Some student of their obnoxious possibilities declares that they become " great grandfathers in twenty-four hours! " It is a safe rule never to allow those who have been in public conveyances to lay their garments on a bed. Exceptionally nice housewives observe this rule at all times, even with persons who have only been walking, for, with their outside wraps they also deposit dust gathered while out. No one can keep a bed nice who is indifferent in these particulars. A white bedspread soon *shows* soil and a colored one *becomes*

dirty even if it does not show it. The best plan for all who can do so is to have pretty and delicate-looking spreads that people with eyes will instinctively respect. In the chapter of miscellaneous hints will be found directions for making inexpensive bedspreads too pretty and dainty not to command care. Day bedspreads should be taken off in the evening, carefully folded and laid aside before a bed is to be occupied.

Returning to our main subject, the red rover, young housewives, who have had no home training, are apt to overlook this very important feature of all housekeeping until they are suddenly confronted with a most appalling and formidable as well as disgusting task, which proper attention to their duties would spare them. With a spick-and-span new house, and furniture likewise all new, and no woodwork in the house that is said to breed vermin of any sort, a neglectful housewife is certain to find at some time, not very far distant from her entrance upon her new home, that she is harboring countless non-paying lodgers that occupy her beds *day and night* and which, if not exterminated before they begin to crowd each other, will spread and domicile themselves in the woodwork and walls of her home. I remember a case which came to my knowledge

many years ago. A young wife whose father had given her a complete wedding outfit—including a house and furniture—went to her new home utterly ignorant of the first principles of good housekeeping. In less than two years she was compelled to face the astounding fact that some of her handsome bedsteads were alive. Fortunately the discovery was made in time to prevent the odious insects from getting into the walls and woodwork of her beautiful house. Then and there that untrained young wife got a lesson —not of the most agreeable sort—that lasted for the remainder of her life. She afterwards became a very neat and dainty housekeeper, but the poor child might have been spared such a sickening experience if her mother had done her duty by her before the charge of an entire house devolved upon her, along with wifehood and motherhood. The only way to escape like experiences is by the constant exercise of vigilant care and watchfulness. Housemaids should be instructed to give immediate notice upon the sight of one of those bugbears.

The bed where it is found should be promptly taken apart and examined thoroughly, not a spot or crevice overlooked; no matter how clean it may appear to be, without delay have it washed

with a strong solution of carbolic acid and water, or else pour ammonia everywhere that it will not damage the woodwork. Use kerosene oil where ammonia would be likely to deface.

Servants' rooms and beds need more watching, to ward off these intruders, than other portions of a *nicely* kept house. This is because, when they visit friends who live in tenements, they lay their out-of-door wraps on the beds there. The result is that their visits are sometimes promptly returned, by proxy, in a way far from desirable, for those pestiferous insects never make short visits, theirs are visitations. Possession with them is far more than " nine points of the law," they provide homes for their descendants unto the third and fourth generation of their children's children, and, in that regard, bear a strong resemblance to the multi-billionaires of our day. But *they* are no respectors of persons or purses nor yet of fine clothes.

A lady, who only knew splendor in living, once found one inside of her costly silk stocking. It is safe to say that it was a solitary stranger but just arrived, as it had not found its way to the regularly first chosen abiding place of the red rover. The lady was considerably excited at first, because she fancied the advent of

that intruder an evidence of more about her palatial mansion, whereas it was a lonely sojourner which *she* had unwittingly ushered into her own dressing room upon her return from an excursion abroad.

Sempiternal boarders and lodgers are in this respect the greatest source of danger and the vehicles of transportation most frequently used by the double B's when they change their residing places.

An old house to be occupied, especially one that has had a great variety of tenants, should be fumigated with sulphur before anything else is done in it. While it is quite empty the purification can be more thorough with comparatively little trouble. If wall paper has been put on, layer on layer, *it ought all to be stripped off before any cleaning is done.* Papering in that way is a most untidy practice and provides a refuge for all sorts of vermin that infest man's abode. It is a wretched economy of time and labor which eventually costs a great deal more than if the work were properly done at every time of new papering.

The subject's importance will, I trust, excuse this lengthy treatment of the "red rover." It demands attention wherever it lodges, albeit its

manners are unquestionably retiring. Loving darkness better than light it thus resembles other, and less pardonable, evil doers that make life a burden to all who are so unfortunate as to come in contact with them.

CHAPTER EIGHT

SERVANTS' ROOMS

Often like an infirmary for broken-down furniture. Our ancestors had few conveniences. They were not immaculately clean. Light, heat, ventilation. The best "settin' room."

IT is a safe plan, when one is doing for others, always to bear in mind that if *we* should be reduced to just what we deserve, appreciate, and take good care of, we should, one and all, find ourselves cut down in luxuries, comforts, and health. It is neither wise nor polite to deal with domestics upon the basis of their deserts when making arrangements for their housing. Household servants' rooms should be furnished in accordance with the general house-funishings of, and the manner of living adopted by, the family that they are serving. Their bedchambers ought to be cool in summer and warm in winter, not, as is too often the case in rooms specially designed for

them, those temperatures reversed to extreme degrees when the seasons are reversed. Their furniture ought to be good and in good order and kept in repair as scrupulously as that in any other part of the house. It is not fair, it is scarcely decent, to treat a servant's room as if it were a sort of infirmary for all the crippled furniture of the house while it is unlike the hospital in every other feature since there is no attempt at mending.

Where it seems necessary for two maids to occupy one bedchamber, each should be provided with individual furniture, beds, bureaus, washstands, and, if possible, their closets should be separate. This arrangement enables each one to be independent of the movements of the other. Unless they have free access to a bath room, they should have, besides a complete washstand toilet set, a foot bath and a light-weight pail, as a pitcher of water, we all know, is a very scanty supply for one who must bathe in a bedchamber. People who work need conveniences for keeping themselves clean even more than those who never take violent exercise or do any hard work. Their duties compel them to rise early, wash and dress quickly, and even when they go to their rooms after a day's work they have to clean themselves speedily, as the afternoon respite is

not long to wash and dress, and perhaps do some mending for themselves. A couple of hours will slip away quickly in doing a very few things for decency's sake. Let none who have not experimented in making their domestics' rooms as nice and inviting as their purses would permit, presume to say: "Why, they would not *use* conveniences if we gave them to them." Give them an opportunity to learn how before making any such declaration. There was a time when our ancestors did not bathe as we do. They had no conveniences to teach, and enable, them to be clean. All in one family went to one place for their scanty ablutions. That they were not immaculately clean or stunningly well-groomed in those days of darkness goes without saying. Neither is it fair to say: "Oh, what's the use of giving anything nice to servants?" That might as often be said with reference to children, and even of the young men and women of a family, who are frequently exceedingly careless and destructive of beautiful and very expensive articles. It requires training and time before people generally learn how to appreciate and care for what is bestowed upon them and costs them nothing at all. Domestics are not peculiar in these matters.

Servants' rooms should be sun-lighted by day and have good artificial light by night. To give a domestic a dark closet to sleep in is unpardonable. Their rooms ought to have means for thorough ventilation, and that is impossible without a window opening to outside air. The wretched closets designed for servants' rooms one finds in apartment houses are a disgrace to this age of vaunted civilization. These contracted little places, misnamed rooms, are only fit to be used for wardrobes or for storing trunks and are urgent cases for the interference of the health officers.

After having provided suitably for servants' quarters it is right and proper to require them to keep their rooms clean and orderly, but they may, like boys and girls, have to be taught and trained in habits of cleanliness and order. People the world over, high and low, rich and poor, naturally love to improve their environments as far as they can possibly do so. We see this evidenced in the ignorant, sometimes laughable, sometimes pathetic, efforts of poor creatures who have never had a chance to learn the difference between what is truly beautiful and what is tawdry and absurd. Witness the "best settin' room" in some out-of-the-way country farm-

house, where the family work all the time and never go abroad or learn anything new.

I remember one such place where the parlor mantel-piece was a bewildering conglomeration of trumpery things put up there as ornaments, and on the wall hung a photograph of the coffin of the father. It had a wreath of white flowers encircling "Father" in purple immortelles. The mistress of the house caught me one evening when I was studying that work of art with a friend who was in the same house. I had a lamp uplifted to get the best light possible upon the picture when the widow appeared upon the scene. Fortunately for her peace of mind and our credit she never doubted that we were transfixed with admiration, for she promptly informed us what the lugubrious picture cost!

But the point is that, given the chance to improve and examples worthy of being followed, people, as a rule, gladly seize every opportunity to beautify their surroundings. Beautiful things and dainty environment educe and cultivate order and cleanliness, perhaps not all at once, but assuredly in time.

I once heard a story told by a noble woman whose name is always associated in my mind with the beautiful work that she has done amongst the

"Little Mothers of New York." She said that a lovely rosebud had been the indirect means of transforming a wretched room in a tenement house from squalor to cleanliness and order. Someone gave the flower to a little girl, who took it to her forlorn home and put it in a glass of water on the mantel-piece. The rosebud's loveliness so shamed the entire mantel in the eyes of the family, the place had to be cleaned and made fit to hold the beautiful flower. The clean and tidy mantel made all about it look so unsightly in contrast that the work of cleaning continued step by step until the whole place was changed from its former miserable condition to cleanliness and order, and this wonderful improvement was brought about by the advent in their midst of a perfect flower. One cannot but envy the happy person who *thought* to give that exquisite rose to the poor, shabby little girl.

Give to the hard-working ones in your homes *all that you can* to brighten their lives and uplift their thoughts; a few pictures on the walls of their rooms, and now and then a flower that will speak to them more eloquently than is possible for any human voice of the beauty of purity and the heavenliness of order when they are alone in their rooms with time to think.

However great the variety in human beings there is one thing to which all respond in kind, if not in quality, and that is the spirit of kindliness. And there is a striking similarity in all of us whenever beauty, luxury, and the good things of earth come our way; we all take to them naturally and assimilate them promptly. The proof of this is found everywhere in the homes of the "new rich," albeit it commonly requires one generation before they appear to the manner born. But that is not remarkable when we consider the leaps and bounds taken by some from poverty and privation to the realm of the millionaires.

One of the most attractive bedchambers that I ever saw assigned to a household domestic was in a very simple inexpensive home of a young couple who were not well off, according to the world's standard. Their house was small and very plain compared with the average homes of their friends and people of their culture and standing. When I was there they had but lately passed through some trying financial struggles, and careful economy characterized their household management in every department. It was my good fortune to be taken over that little home. What there impressed me more than any-

thing else was the domestic's bedchamber. I have seen a great many rooms of servants, many very nice ones too, but I was struck with that one as never before in all my experience in mansions palatial, handsome or ordinary. It was as completely furnished as anyone could desire for making the toilet. The floor was prettily carpeted, there was a rocking chair, undoubted evidence that the maid had time to sit down in her own bedroom and enjoy it. The window gave upon broad daylight with nothing to intercept the air or the light; the shades and sash curtains were fresh and dainty, and the entire room, with all its appointments, inviting enough to tempt the most fastidious person. It was *not* under a hot roof in summer, neither was it cold in winter—the season that I was there. It was quite as warm then as the room of the mistress of that dear little home. In fact, that servant's bedchamber was more comfortable and far more attractive-looking than many rooms where decayed gentlemen and women are obliged to dwell when hard luck compels them to take up their abode in lodgings in a great city. And that unpretentious home was in one of the largest cities of these United States, but, of course, not in an expensive quarter. I had never before met the mistress. I

have never seen her since, but I understood very well why her one maid was devoted to her service and ready to do anything for her. The mistress had a sweet, generous nature not hypnotized by what "other people" were willing or unwilling to do for their domestics. She followed the trend of her own kindly disposition, and did her best for her servant's comfort. And the result was that, when I made my call there, the maid was taking all of her mistress' meals up to her of her own accord, because she thought that she was not strong enough to go up and down stairs. In remarking upon her servant's devotion the mistress did not seem to realize that *she* herself had evoked the best from her, by her own consideration for her comfort and happiness while under her roof. One who had gone to her service a total stranger soon became a loving, devoted handmaid, and the watchful guardian of her health.

There is scarcely anyone so hopelessly slack and degenerate as not to be influenced by improved environment, and there are few, however daintily reared, so self-centered and established in nice and orderly ways, who are not apt to fall off and go steadily downwards until they finally are hardly recognizable by their old friends—if

they are thrust away from all of life's refinements. Most improving influences often reach us through what the eye rests upon; frequently they are more potent than what comes to us through the ear.

It is too true, I know full well, that there are some young people who have been reared in luxury and who have always been surrounded by beautiful things, who are yet shockingly careless, even worse than untidy in their own apartments, notwithstanding they appear in public remarkably well groomed. But this is no reason why others who have never had a chance in life, and have never known any but rough, uncouth surroundings, should be forever debarred from what might evolve and develop the best that is in them.

This is not a plea for giving luxuries to servants. It is more a protest, by contrast, against what has been the rule regarding the sort of places too often thought "good enough for them."

Finally, they ought to have some closet room and good locks and keys to their bureau drawers, their bedchambers, and to their closet doors. The servant's room is "her castle"—it is the only place that she may call her own. Whatever privacy she has must be secured to her there.

The fact that she is a stranger and a sojourner in the house, by courtesy, entitles her to these things.

It seems strange that one must even speak of the servant's bed to say that it should be good, in every respect a *restful* spot for a tired body, pleasant to look upon, and decent in all its appointments.

Here is an unquestionable fact: people who are constantly changing their servants are those who show them little or no consideration at any time, whether it be in the character of the rooms given to them, or when they are about their household work. But a pleasant room will be of little avail to one kept so steadily at work, from rising until bedtime, that she will feel too tired to wash and dress herself in the afternoon, or to keep her sanctum in order; or who is too much hurried, from one duty to another, ever to find time to sit down in her room to think her own thoughts, unalloyed with a sense of haste.

CHAPTER NINE

SERVANTS' RIGHTS AND PRIVILEGES

Individual rights like private property. Servant not responsible for size of family or amount of work. Professor Robert E. Ely's words. A true story and a letter.

THOSE who are scrupulously just acknowledge, and carefully avoid interfering with, the rights of others, no matter in what relation they may stand to them. Whether it be as parent and child, or as employer and employee, or in those relations reversed, the rights of all of us are as much our own as any private property which belongs to us, and whoever infringes on any of our rights, intentionally or unintentionally, robs us.

A privilege is a favor which one may confer but yet has a perfect right to withhold, or which, with good cause, may even be withdrawn after having been granted. Not so a right. While a right may have to be established, if it has been

infringed upon, it is none the less a right, and as much our own as anything that we possess unmolested by the unwarrantable interference of another. Almost all lawsuits, feuds, public and private, as well as the bloody wars that have disgraced mankind, have been the result of infringement upon someone's rights, in a word—injustice.

Privileges are granted because of the kindly feeling of the granter, or possibly, at times, because something is expected in return. Thanks are always due from the recipient who is favored with privileges. But we *take our rights* whenever we are not hindered from so doing, and are under no obligations at all to express any thanks for being left in undisturbed possession of what belongs to us. The domestic enters household service with a verbal agreement regarding her duties and certain *wages* and *leisure times stipulated for*. These are her rights, and anyone who deprives her of any one of them is guilty of injustice, and, if it be done without her free consent, is also open to the charge of having broken the contract. The maid has as good a right to refuse to wash, or iron, or cook, or sweep, after agreeing to do that work, as the employer has to deprive her of her day off, or her leisure hours because she happens to be in the house. Simply

because the girl is within call—when it is her time off—gives no employer even the privilege, much less any right, to call upon her for service at those times. On the contrary, no matter what the emergency, fire and flood excepted, if it be her time off a maid should not be asked to do anything without a definite acknowledgment that you are asking a favor of her, and intend to repay it, or else a bargain should be made for the extra service desired. And, further, the servant has a perfect right to decline to sacrifice her precious leisure for any compensation whatever. When we realize how little personal freedom, or time to call their own, house servants, women especially, usually have, it is no wonder that they feel aggrieved to be called from their rooms, after they have spent many hours at continuous work, and their lawful period of respite has arrived. It is not a question of how all the housework is to get done, neither is it a question of how the overburdened housewife is to get along, but it is a question of fair hours for one who is in no way responsible for the amount of housework that has to be done in a large family with only one or two domestics, or in any case where the "hired help" is inadequate. "Put yourself in her place" is a good motto for every incon-

siderate housekeeper to con daily. Probably carelessness with regard to the rights of household servants causes the greater part of the dissatisfaction of those who "live out," and prevents others, who might be willing to experiment in self-support by going out to service, from entertaining the thought.

Only a little while ago in one of our papers nearly a page was devoted to the much-bruited subject of domestic service. Amongst other statements was the following:

"The most bitter opponents to their daughters becoming servants are the mothers who have been domestics themselves. They place every obstacle in the way of having the girls trained, they make every effort to procure them work in factories or shops, and prefer that they should bring home less money than they could earn by living out."

It behooves all householders to ask themselves the question: "*Why* this repugnance on the part of the mothers who have been domestics themselves?" It speaks volumes to those who think.

Along with her rights why should not a reasonably good servant be accorded some privileges in the home of her mistress? True, it is not her home. It is only her abiding or sojourning place for work. Her own room is the only spot where

she can feel at all at home. And that too often is a most uninviting, dreary place. If it be true, as is frequently said, that girls living out "have a good home, a comfortable room, nourishing food, and the protection of the household," why do they gladly give up so much that is desirable and seek to support themselves in almost any other way open to them? There must be a strong reason for both the girls and their mothers, who know, from personal experience, just what are the advantages and the disadvantages about service in households generally, to be in such strict accord upon the subject.

"In almost all other departments of the work-a-day world," said Professor Robert Erskine Ely in a recent lecture, "some phase of democratic feeling has filtered through except that of domestic service. This is still in the pall of feudal darkness. And it is the women who keep it so, and the women who must eventually emancipate it. Laws and laments, increased wages or gifts will not work enfranchisement. The rights of the woman domestic must be recognized by the woman employer as sacred and inalienable before the so-called 'servant problem' can be solved. As matters stand now there is no system, no scale of hours or wages, no standard of any sort be-

tween mistress and maid, and the treatment of each by the other is left to the caprice of the temperament, and, too often, temper, and there is no redress but dismissal or 'leaving.' This is a state of affairs that ought not to exist among American women, cultured wives and mothers—the homekeepers of our great democratic nation."

"Living out" is a very expressive term, because those who are at domestic service, although under a home roof, are outside of home life. This isolation has naturally bred in the minds of the serving class an indifference towards those whom they serve equal to the average employer's indifference towards them. Contempt now meets contempt. Along with this unwholesome, inhuman mental attitude of class towards class, a determination has developed amongst those who serve, to unite in demanding strict business transactions between mistress and maid. With business relations and the eight-hour law effective in households, all overtime service will have to be reckoned and paid for, and night work will then command double wages, as it does elsewhere in the business world. Entertaining, unexpected or not, will cost more than it has heretofore. Extraordinary service in times of sickness will also

be taken into account, and, in fact, there will be a revolution in every household where one or more domestics have been employed. The servant problem, therefore, assumes a new aspect, and appears to be more formidable than ever. As the supply now is hardly equal to the demand, the first question will erelong be: How many hours of service can we afford, and what can we do without altogether?

Boarding—the respectable tramp life—will be resorted to by many. But all families cannot break up and board. The bare idea to some is repugnant. Not everyone takes kindly to the change from home privacy to perpetual publicity and contact with all sorts and conditions of men, women, and children that one meets in boarding houses. And no matter how many may choose to break up and board, that will not settle the vexed servant question. It will simply change it somewhat without improving the service. The more boarding houses and hotels we have, the greater number of servants will in them be spoiled for private houses. None but those who can do without domestics altogether can evade this new feature of the problem. As there is no cessation to housework, and few are so in love with it as to do it from choice, those who are

wise and do not choose the hardest way out, will adopt the proposed new methods and promptly shape their household management in accordance with them. Then, perhaps, by degrees domestic service will become less objectionable. Women seeking self-support will not regard it as the last resort of the ignorant, incompetent lower class of wage-earners. Nor will they feel degraded by it when they do not sell their time by the week or month, or feel compelled to be constantly at the beck and call of a mistress who claims an account of almost every hour in the day. Not long ago the writer undertook to get an excellent woman, whom she had long known, to return to domestic service, which had been her means of support until she married. Her marriage had not proved all that she and her friends hoped it would be. There were times when she had to go out to day's work to maintain her little home. The place offered was exceptionally desirable. The mistress was so kind and considerate that she seldom changed her domestics. The one whose place was then to be filled had lived with her, off and on, for over twenty years, having married and become a widow during that time. The wages were uncommonly high, the house very easy to live and work in, having

all modern conveniences, while the family consisted of a widow and her two kind and capable daughters. It was thought that it would be just the place for the woman and her little boy, whom it was proposed should accompany his mother. The offer of a nice, permanent place in a beautiful neighboring city combining the beauty of the country with the advantages of life in town, seemed to the writer worthy of the woman's serious consideration. Accordingly, a letter was sent making the proposition. Here is the reply:

"Dear Miss ——

"Received your letter. It is kind of you to think of me, but as for my taking a place again I have never been thinking of it. I go out to work at times, as I like to do, but it is nice to have a little home to go to in the evening. It is altogether different from being a servant. But I hope I shall never need to do that again. If so my plans would have to be different from taking the boy with me. But I hope it shall never be, as I am so happy in our little home.* I thank you all the same."

This is the frank expression of an uncommonly

* A little East Side flat,

capable woman, who always had, and kept, good places—never changing except for an unavoidable reason. Years ago she said: "Oh, I long to have a little home. I do not want to be a servant all my life. I am willing to work harder than I do now, if I can only have a home." Deep down, ineradicable in every good woman's heart, is the longing for a home. For its sake much will be borne patiently that would be hard to endure amongst strangers. Assurance of periodic freedom to go and come as they please, answerable to no one, the comfort of having one day in seven all to themselves, these are some of the strongest inducements to many for leaving domestic service and seeking other ways of earning a living. Most of us know that it has not been uncommon for a servant to be compelled to give up her rightful outing to suit her employer's convenience, especially in case of unexpected entertaining or because of illness in the family. And no one but the disappointed girl herself thought of the injustice of encroaching upon her scant holiday time. Shall we wonder, then, that house servants have not appreciated those much vaunted "home advantages"? Assured periodic freedom—the birthright of every human being in the work-a-day world—should be respected by employers ex-

actly as they would wish to have their own inalienable rights respected by others. Then, too, that sharp line of demarcation, called in the Orient "caste," and having its counterpart—"social sphere"—in the Occident, often leads people to neglect common courtesy in dealing with their domestics, while at the same time exacting from them the strictest letter of the law of subservience towards themselves. This has been so common it has caused little or no remark even amongst kindhearted people—such is the force of habit or custom. But lately a halt has been called all along the line of household service. A "servants' union" looms upon the horizon, and Massachusetts leads off with the initial step.

Whoever doubts the rapid spread and final success of that movement is not awake to the signs of the times. The wheels of progress may be clogged, they cannot be stopped. It is common for people to put stumbling blocks in the way of changes that in the end they are glad to see carried out. Eventually, the adoption of schedules of time and payment for all services at fixed rates will be as beneficial to the mistress as to the maid. It will bring about a better understanding between them. Neither one can then impose upon the other. Gradually a higher

class of self-supporting ones will be attracted into households, because business methods will dignify domestic service in the estimation of wage-earners. Shops and factories will no longer present special inducements because of stated hours for work and uninterrupted periods of freedom that have tempted many who might have gone into domestic service but for the confinement attending it. The new order will raise domestic service in the general estimation because the old contempt for those who choose such service will die. Modern business methods superseding feudal ideas will lift the "pall of darkness" from household service and solve the wearisome servant problem, to the relief of all concerned. Then speed the day when fair business methods shall bind both mistress and maid!

ENGAGING AND DISCHARGING SERVANTS

Agreement regarding duties, wages, daily leisure time, and outings. Written reference sometimes misleading. Comparative standards. Anecdote of lady of the old school.

SEARCHING AND WRITING REFERENCES

WHEN about to engage one, who is a total stranger to you and your household, to become an inmate of your home, in any capacity, it is of the utmost importance to learn all about that person's character beforehand, and also to have a clear, unequivocal agreement at the outset between the employer and the possible employee as to the duties belonging to the post to be filled, the wages to be paid, the outing times, the hours of leisure accorded daily; indeed everything relating to their mutual relations and obligations should be understood when the bargain

is first made. Having all details distinctly specified in the agreement tends to the promotion of harmony, and consequently spares both mistress and maid from an early rupture of their relations, as well as the inconvenience ensuing to both. By having this perfectly defined, although unwritten, contract made in advance, and then strictly adhered to by *both* parties concerned in it, they cannot fail to get along afterwards without friction or any serious differences of opinion regarding the maid's duties, rights, and possible privileges. (There is a distinct contrast between a servant's rights and her privileges, because her rights enter into the contract. The unamiable employer may deny all privileges to—but may *not* interfere with the rights of—her servant, unless willing to meet legal action for the contract broken.)

While an experienced person, who is also a good judge of physiognomy, may sometimes venture to engage a stranger without carefully searching her references, as a rule this is not a wise procedure. Young and inexperienced housekeepers should be especially guarded in these particulars, and take no one into their homes without being assured that their records are good and their references reliable. Although written ref-

erences are often misleading, and frequently make no mention of what we most desire to know before engaging a new domestic, yet a written reference may be of great assistance to one leaving a situation and to her next mistress in determining whether she would better follow it up or desist from further consideration of the eligibility of the one offering it. However little may be conveyed to one reading a reference, it opens the way for seeking, and obtaining, definite information upon important points regarding the character and competency of one whom we may think seriously of engaging. It is desirable to see or to get a reference from the last employer of an applicant, provided the maid was in that person's service any length of time. The best reference, of course, is usually one given by a mistress with whom the servant has stayed the longest time. That speaks well for both of them. The first essentials for a desirable reference are honesty and sobriety, cleanliness of person and about work. These points proving satisfactory, it is worth while to inquire regarding her qualifications for the duties which will be hers in your house. It is a great compliment to all who serve that employers, almost without an exception, *expect* them to be good-tempered,

under all circumstances. For this reason amiability is one of the primary traits looked for in a domestic. If a former mistress cordially recommends your applicant for honesty, sobriety, cleanliness, and amiability, and further pronounces her competent to fulfill what you expect to require of her, you may rest assured that, if her references may be relied upon, you have found a *rara avis,* and had better secure her without delay. Not every mistress or master of households could come up to that standard. The first three qualifications are absolutely requisite, because in the absence of any one of them there can be no rest for any responsible person in the home. But, we must all remember the great variety in people's ideas regarding these qualifications and especially with reference to cleanliness and competency. Education in these requisites is sometimes fully as necessary for the mistress as it is for her maid. You can judge the value of a reference if you know the housekeeper who wrote it, and the appearance of the house and the manner of the mistress—when you go to a stranger for verbal information about a domestic—will sometimes show you the worth, or worthlessness, of what she may say in answer to your inquiries. It is well to take ill-natured or unamiable re-

marks, made about a former servant, with several grains of salt, allowing for a possible lack of angelic traits in her sometime mistress, especially if the servant gave the warning of departure from her service. I personally know of a very competent person being kept nearly two years from getting a position because of the ungenerous spirit manifested by the one upon whom she depended for credentials, when there was no fault to be found with her except because of her leaving a most exacting and unbearably disagreeable mistress whose reputation amongst the class who serve was such that, whenever she sent to the intelligence office for a new domestic, the agent could never persuade anyone who had heard of her to consider a position in her house notwithstanding she paid the highest wages given. It is much wiser to reserve to one's self the right to decide regarding the disposition of the maid if her honesty and capability are vouched for, and especially if, in addition, she be credited with cleanliness, for perhaps she was overtaxed or not treated with any kindly consideration—no matter how tired she was. Above all, if a mother tells you that she was impatient with the children, unless she was a nursery maid, let not that weigh one iota in your decision to try her in your own

home. We have all seen mothers who seemed to expect a woman of all work to be hampered in her work and to endure anything and everything from the children of the family, and even to bear, without a word of protest, seeing cleaning all undone in a few moments by the recklessness of a careless, untaught child. Parents cannot expect servants to be any more patient, if as much so, with *their* children's foibles and naughtiness than they would be themselves, in similar circumstances, with *other* people's children. That is the best kind of a test, not what you will bear from your own child, but what you willingly overlook in the child of a stranger. Parents have *no right* to demand from a servant more patience with their own children than they would themselves evince toward the child of some total stranger who might be annoying to them.

If a maid, before engaging, asks to see the room which you expect her to occupy, that is not an impertinence upon her part; it is one of her rights. If, again, she should think to make inquiry regarding the conveniences which you have for her to do her work, that, too, is her right, and, moreover, it is far better for her to be acquainted with things which so nearly concern her before entering upon your service than

to have her leave immediately because dissatisfied with her room or any lack of facilities for working. She should be allowed to see the room and her questions should be answered with as much civility as you expect upon her part when you are questioning her. Neither employer nor applicant can occupy a lofty pedestal while coming to an understanding and making an agreement. I am here reminded of an exceedingly aristocratic woman's saying, many years ago. She remarked: "People of assured position are never afraid of being courteous to others, however humble or plain they may be." And her daughter was one of the most beautiful characters I ever met. She had a grand establishment in New York before palatial mansions became as common as they now are. I well remember, whenever I was there on a visit, being impressed with her lovely demeanor toward all of her servants. She never failed to wish those who served the breakfast a pleasant good-morning as she entered the dining room. And at night, as she walked up her broad stairway to go to her bed, her white hand resting on the balustrade, she always leaned over to say good-night to the man standing in the hall below. I never heard of anyone showing her the slightest disrespect, and there was a large domestic corps

in her house. Her example was one of unvarying courtesy to all whom she met, regardless of their station in life. Only by according respect to others can one win unfeigned respect for one's self. Everywhere now the days of servile manners, because of serving, are swiftly passing; they are the remnants and tag-ends of old feudal times. Whenever and wherever servile manners are exacted they invariably veneer sentiments far from respectful in those who are compelled to "put them on." The most disrespectful servants that I have ever known were those who, in the presence of master and mistress, were most obsequious. When not in their presence they recompensed themselves by getting all the fun they could at the expense of those who required them to *kow-tow* before them. When respect is spontaneous, because genuine, faithful service is rendered with cheerful good will. There is but one way to insure sincere respect, and that is by character-building. Never was there a bank account long enough, nor an environment grand enough, to command respect, pure and simple, for the owner.

Charles Wagner, in his book "The Simple Life," says: "Our social errors, our want of simplicity and kindness, all fall back upon the

heads of our children. There are certainly few people of the middle classes who understand that it is better to part with thousands of dollars than to lead their children to lose respect for servants, who represent in our household the humble. Yet nothing is truer. Maintain as strictly as you will conventions and distances—that demarcation of social frontiers which permits each one to remain in his place and to observe the law of differences. That is a good thing, I am persuaded, but on condition of never forgetting that those who serve us are men and women like ourselves. You require of your servants certain formulas of speech and certain attitudes, outward evidences of the respect they owe you. Do you also teach your children and use yourselves manners towards your servants which show them that you respect their dignity as individuals, as you desire them to respect yours? Here we have in our homes an excellent ground for experiment in the practice of that mutual respect which is one of the essential conditions of social sanity. I fear we profit by it too little. We do not fail to exact respect, but we fail to give it. So it is most frequently the case that we get only hypocrisy and this supplementary result, all unexpected, the cultivation of pride in our children.

These two factors combined heap up great difficulties for that future which we ought to be safeguarding. . . . The day when, by your practices, you have brought about the lessening of respect in your children, you have suffered a sensible loss. . . . It seems to me that the greater part of us labor for this loss. . . ."

When searching the references of one whose former employers are beyond your reach as far as personal interviews are concerned, it must then be done by correspondence. To avoid taxing the time of those to whom you write it is a good plan to prepare a series of questions which only require Yes or No in reply. Always leave space for whatever your correspondent may volunteer to write with reference to any special traits that may have appeared in the person you are inquiring about. A polite note, written upon a separate sheet, and as brief as courtesy will permit, should accompany the questions, along with an addressed and stamped envelope, all sent under one cover.

Reliable intelligence offices keep on file the references of those who are on their books. Persons applying for a domestic can have access to the references of anyone whom they are considering. No servant can be registered on their books who has not credentials for honesty and sobriety, or

who has failed to keep an engagement to go to a place. Scarcely anything gives a good housewife more trouble than the carelessness of some other housewives about giving references. Conscientiousness and kindness should be united when one writes references for departing servants. Every good word possible to be said *with truth* should be said; whatever they do well should be mentioned. If they are totally incapable for the sort of situation that they are seeking, and you know it, there should be no hesitation about saying so, if your opinion should be asked. It is well to realize that one who cannot get along at all in houses of one sort may do very well in those of a different kind of management. Open the way, as far as you can, for servants to do their best at self-support without imposing upon anyone's inexperience or good nature. If you must discharge a domestic never do it in a moment of anger, even if at the time it seem to you justifiable. No matter what the provocation, wait until you can discharge without any sign of temper. When parting commend all that she has done well, and let her go feeling that she has your best wishes. If discharging because you are reducing expenses, or about to close your house, then you *owe* it to a good servant to

do all in your power to get her into a desirable situation as soon as possible. But when a domestic has proved entirely incompetent, or in any way really objectionable for a nice family, it is very wrong to write her a reference that may possibly be the means of misleading others and induce them to take her into their houses to their sorrow. Very objectionable traits or utter incompetency are soon discovered, and few care anything about a reference given after a very brief term of service, unless, in that time, the servant proved herself extraordinarily capable and was highly recommended by a former employer.

CHAPTER ELEVEN

KITCHEN AND COOKING

Ignorance the root of all our woes. A sequence. Chimney draughts. Kitchen no place for children. Transients in the kitchen. Housewife in her own kitchen.

JUST so long as people live principally upon cooked food, just so long will cooking and the kitchen be, as they now are, exceedingly important features of every household, impossible to ignore or overlook with impunity.

Many a good cause has been lost for the time being—and many a bright future has been darkened—by someone's indigestion. Indigestion is at the root of almost as many of humanity's troubles as selfishness itself. But, of course, ignorance is the root of them all. Whenever people *know* better they avoid and escape the woes that come through ignorance.

Without a good digestion health is impossible, and unhealth is misery. Poor cooking produces

about as much indigestion as bad temper. In fact it is a case of action and reaction. Indigestion, low spirits, bad temper. Bad temper, low spirits, indigestion, and so on interminably. Bad cooking, bad temper, low spirits all belong together. They propagate each other. Since poorly cooked food produces indigestion, poor cooking should be abolished. It can be abolished by all those who set about it by paying attention to having the very best possible cooking for each meal, however simple it may be.

As kitchen and cook are inseparable, those two should be equally well provided for; the kitchen with ample conveniences, and the cook with good wages, and good materials for the work expected. No one need look for good cooking, even from a competent cook, if inferior materials be supplied or if the kitchen be unprovided with utensils suitable for doing the cooking required. Nothing can be passed over that pertains to the kitchen; from the chimney draught down to the larding needle someone must be responsible and pay attention. A kitchen should not only be brightly lighted and well ventilated, but also arranged with a view to sending kitchen odors up chimney and not throughout a house. For notwithstanding its importance, nobody in other parts of the

house wants to be reminded of the culinary region by cooking smells. With care this can be avoided.

There are many devices that come for getting rid of kitchen odors that ought to be looked up by housekeepers and adopted. Some ranges have an opening above them with a slide that moves back letting the odors pass through to the sky, by way of the flue.

To have wholesome cooking, however good the food purchased, the cook must be cheerful and enjoy the work. Cheerfulness cannot be expected in a cheerless, gloomy kitchen, they are incompatible. Neither can a cook, ever so competent, do justice to herself or send to the table palatable food, if stinted in any requisite for the work. And further, a cook should never be called away from her work to do anything outside the kitchen. A moment's inattention, or a brief absence, may result in the spoiling of a lot of nice ingredients, in process of preparation for the table, and make extraordinary work for whoever has to clean up after something has boiled over, or been badly burnt in the oven. Cooking demands concentration of thought as much as writing books or any profession. No one can cook and at the same time do things foreign to

that work without being in danger of wasting time and material.

If a satisfactory cook asks for additional utensils, to which she has been accustomed or that will help her in her work, they should be promptly supplied and everything possible done to lighten the kitchen labors, for at best the cook leads a wearisome treadmill life.

Housewives should be watchful and permit no one to go into the kitchen, when the cook is very busy, unless to help, and no one should be allowed to make any work for her. Above all things children ought to be taught that the kitchen is no place for them. My mother never permitted one of her children to go inside the kitchen. If she sent us with a message to the cook we were instructed to stand at the kitchen door and deliver it, but not to go over the threshold, and to leave as soon as we had delivered the message. Besides being only fair to the cook not to permit her to be interrupted by children it is also safer for them not to be in the kitchen, for at any moment they might get hurt.

Suppose older people go into the kitchen to do some useful thing—prepare a salad dressing or make cake—that is no reason for leaving disorder behind when through. There is always a right

and a wrong way of doing everything. A dainty woman when at work keeps things trim about her. If making cake she never lays anything that needs washing, down on a table, but keeps a plate or a bowl for the egg-beater, spoons, and whatever else she may have in use. When she gets through, the table will be as clean as when she began. By a little care persons can avoid leaving untidy signs of the work they have done. While cake-making goes on things may just as well be kept in order. The boxes of flour and sugar should be wiped with a clean damp cloth before returning them to their places. When the cake is in the oven all the utensils that have been used should be in the cake bowl and that ought to be filled with water and left standing in the sink, or else washed immediately and put away. Never leave anything to *dry* on before dish-washing time. That is wretched mismanagement, inexcusable in any but the totally inexperienced.

Never lay eggshells on the table; it is easier to wash a plate than it is to scrub a sticky spot on wood. Thoughtfulness for others, especially for those who work all day long, is a cardinal virtue. It is also, in the kitchen, a prime factor in reducing the work to a minimum instead of multiplying it beyond reason.

If you want to make cake in a great hurry and think that you have not time to be neat about it, then, before you begin, spread over the table a large sheet of strong paper and keep the mess on it. When you get through gather up the paper with all the droppings inside and burn it. Transients going into a kitchen to do odd jobs ought to find out when it will be least inconvenient for the cook to have them there. The approach of some persons is enough to set a cook's nerves all throbbing at once, because they carry confusion along with them and make a great deal more work than they do.

A little while ago I saw a review of a new book in which the writer had drawn a most enticing picture of window gardening in the kitchen. She seems to have supposed that a cook would have plenty of time for planting and weeding, etc. Her idea was that the cook could raise her own parsley and herbs and even have beautiful little rosy radishes peeping up between the green things all ready to be pulled for garnishing. It seemed to be the very poetry of kitchen gardening, but—it was far more poetical than possible; albeit it was written in prose, the poet's license was freely indulged therein and stretched to its uttermost limits, at least so it appears to me. In

the first place the average cook has all that she ought to have to do without any new responsibilities being laid upon her. However convenient it might be just to step to a window for a sprig of parsley or a few radishes—provided the pretty green and pink things should consent to grow and thrive in such adverse conditions—from what I know of cooks and their lives, my impression is that without an exception they would much prefer to get their herbs and radishes from the market all tied up and ready for garnishing and seasoning, than to have their light obstructed by boxes of earth with a few sickly things struggling for air and leaning wistfully towards the light if they should have push enough to get above the soil. The nurture of the things would subtract from the cook's time for much-needed rest and recreation. No, no, let in every ray of light at the kitchen windows, study to reduce the work there—it already constitutes the major portion in most households—but leave kitchen gardening to the gardener, who makes a study of it and will furnish what you require cheaper than the cook can raise it. Give her a rocking chair, let her rock when she has time for it; lend her the daily paper, a magazine or a book occasionally, if she has time to look at them, but leave window

gardening for those who have plenty of leisure. However æsthetic it may seem when read about, it will not be desirable in the kitchen from the economical or any other viewpoint.

Those who expect nice pastry from their cook should have a marble slab in the kitchen for that work. Good pastry cannot be made unless it is kept icy cold until it is baked. It requires the two extremes of cold and heat; but, until it goes to the oven, which should be extra hot, pastry, to be edible, must be as cold as ice water for mixing, hard butter for enriching, and the marble slab for rolling out, can make it.

The table in the center of the kitchen and convenient to the range should be neatly covered with zinc. This saves labor, as the zinc absorbs no grease and is easily kept bright and clean with hot water and sapolio or bon ami; the latter is an improvement upon sapolio, and preferred by workers generally. Except in very elaborate kitchens where a chef presides and must have copper utensils, agate ware is the best for those who cannot afford the new porcelain-coated iron in pure white, or the beautiful aluminum ware that comes. Every housekeeper who likes to go into her kitchen to do nice cooking should have her own utensils and allow no one else to

use them. She can then be certain that they are clean and ready for her whenever she chooses to make any dainty for the table. The pure white ware called "The Elite" is beautiful enough to make one want to cook occasionally, using those utensils of course.

The kitchen needs at least three double boilers of different sizes, and for special purposes. They are a great comfort to a cook because they spare her from much anxiety when crowded with work, as nothing ever burns in the double boiler. It must of course be kept supplied with water in the lower compartment when on the range.

Beside the range should hang a metal rack for holding cooking spoons and forks. It needs cleaning as often as anything used in the kitchen, but it is a great convenience and prevents soiling a table when the cook is attending to something that is over the fire.

To gauge a cook's judgment notice her bread-making. If invariably good, you may rest assured that she has judgment enough to be trustworthy as a cook. If her bread is sometimes delicious and at other times poor, you may be certain that she cooks by guesswork—trusts to luck, so-called, and lacks judgment. This applies to all who do any cooking, whether the housewives them-

selves or the paid servant. It is a trustworthy test.

Rules applying, and requirements and duties belonging, to a kitchen where there is a hired cook, apply with equal force when a housewife does her own cooking. But it is natural to suppose that where the mistress herself cooks she will be, in proportion to her education and general culture, more dainty in every way than anyone who hires out as a cook could possibly be. Because of her good taste and cleanliness and her superior advantages in training, her kitchen will always be neater and more inviting than that of one of the class whose opportunities in life are altogether restricted and who, for the same reason, is obliged to earn a living in what is regarded as a menial's situation. But the housewife to whose manifold and varied duties and responsibilities cooking for a family is added, should be as good and considerate to herself as she would have to be to an exceedingly competent woman in her service as a paid cook—if she wished to retain her. While studying to do everything in the best manner she should also seek every means to lighten her labors and never permit herself to become a kitchen drudge, but, on the contrary, prove to herself and her family by her dainty way

of doing everything that even kitchen work may be made something of a fine art.

Charlotte P. Gilman, in her book "Woman and Economics" truly says: "House service keeps the housewife on her feet from dawn till dark. Women work longer and harder than most men, and not solely in maternal duties."

This proves something radically wrong in our social conditions. Everybody in good health ought to work, but no one should be compelled to work laboriously week in and week out. The household where any one woman does this is in a sadly inharmonious condition, no matter whether the unhappy drudge be a member of the family or a paid stranger within the gates.

TO OBTAIN AND RETAIN THE IDEAL SERVANT

Ideal twentieth-century servant. Ideal employer. Human and humane relations. Good manners. Evolution of ideal employer followed by that of ideal servant.

IT seems trite to state that ideals depend upon the stage of soul-development of the human being, nevertheless the truth needs reiteration. For ideals are as various as are individual characters and they advance with the spiritual unfoldment of individuals. The ideals of man in the savage state are very far below those of man civilized, and the ideals of mankind generally in the present stage of humanity's march are far below the altruistic ideals now just coming into our range of vision.

Simply stated, the ideal twentieth-century servant must be honest, sober, competent, respectful, obedient, patient, and steadfast—have the "stay-

ing" trait. These requirements would probably constitute that ideal servant's equipment which might justify our millionaire friend in naming the one so qualified in his will. Having discovered and obtained that *rara avis*—in fact materialized the ideal servant—the next equally important question is how to retain the rare bird.

The method is easier stated than followed. The master or mistress of such an invaluable auxiliary in the household ought to be as well equipped for his or her rôle, therefore the ideal employer should be, of course, honest, sober, kind, considerate, courteous, appreciative, *just,* and also steadfast, having " retaining qualities."

By steadfast on the servant's side is meant one who remains long in one place, sometimes even at personal inconvenience. By steadfast on the employer's side is meant one who keeps a good servant even at personal inconvenience, and who could not think of closing a house and discharging any or all hands without careful thought for the well-being of every reasonably good servant.

The root of most of our domestic friction lies in the utter indifference of average employers as to what becomes of those in their service when they no longer need them. Servants realize and

feel keenly this mental attitude and are consequently alert to find out the plans of their employers, in order, if possible, to forestall discharge by securing new places for themselves in time to avoid being out of situations at most inconvenient seasons. For it is not uncommon for a servant to be discharged because of an employer's changed plans, and often, too, without even a month's wages in advance to tide over the emergency. This is one serious fault of many who have ample means to do otherwise; in fact *they* are the greatest offenders of all in this respect. It is surprising to hear those who do not hesitate about closing their houses for the sake of taking a long pleasure-trip, regardless of thus throwing many servants out of employment, inveigh at the "meanness" of servants they would fain keep, for leaving them suddenly to secure more desirable and probably more permanent places, or because they know that if they do not go at a certain season it will be more difficult for them to get settled in situations when the employer is quite ready to part with them.

The householders who desire to obtain and retain ideal service must earn a good reputation amongst the serving class, and also at the agencies through which they seek to procure servants.

This needs more emphasis than many of them dream.

There are houses so conspicuous for the proprietor's utter lack of consideration for their domestics' comfort that the mention of them causes a general shoulder shrug; and capable servants cannot be induced to enter them unless by a series of misfortunes they are in sore need of situations. Written references are, by no means, the only kind. It would surprise some who are frequently changing their servants could they hear the concise characterization given of their domestic economy by those who know all about their household management without ever having lived with them. And it is safe to state, without fear of contradiction from any experienced one, that where you hear of constant friction in the domestic department of any house, those who hold the reins of government are themselves unworthy of good service. Inexorable law is ever, and everywhere, at work, and noble-hearted employers attract to themselves as good service as can be found. Those seeking situations are eager to enter service where reasonable consideration is shown to the domestic corps. The house where fair wages are paid without the exaction of extortionate demands for service, where the table is

known to be wholesome and good, and where no servant's outing times are invaded for the household convenience, will have a waiting list, from which a choice can be made, ever ready to step in and fill vacancies, and vacancies there will not be of frequent occurrence.

The writer has kept house upon almost every scale, run the gamut, so to speak, of simple, elegant, and palatial housekeeping, and feels this statement to be true from every point of view. It is not the proprietor's wealth that makes his house desirable or his service sought by the wage-earner. It is something finer far than any grandeur of environment. It is, in one word, character, and there is many a simple, unpretentious home where the domestic arrangements are so just and kind to all that peace breathes throughout, even along with nice economy.

When human and humane relations become the rule between servers and served, when heart culture, not convention, governs the manners of all, a new and beautiful order will displace the old disorder still too prevalent amongst enlightened people.

The fact that one serves another for pay is no reason that one should be altogether subservient to that other. A thoughtful and well-known

writer of to-day says: "It is not what is vulgar within us, but what is noblest, that asserts itself in the face of offensive pride; it is manhood that is wounded; it is not wealth, but the spirit of the wealthy, that must be arraigned." We might carry the thought further, and say it is not service in any department of life that is hard, but it is the usurping spirit of the served that embitters many lives and chokes a desire to serve well.

Faithful service not only entitles the one serving to fair and prompt compensation, but to invariable courtesy also. The tone and manners of those with whom we come in contact make or mar life for us all. Truly good manners are the result of heart culture and they are not put on and off like best and second-best clothing for special environment or favored associates, albeit many seem to think otherwise.

Every economic problem—the servant question included—now vexing the so-called civilized world will be solved to general satisfaction when Charles Reade's motto, "Put yourself in his place," is adopted and actualized in the lives of the ruling class. It is only another version of the standard given to mankind two thousand years ago, by the great type character of the

Christian world, and fitly named the "Golden Rule," since, thus far, it has been regarded as altogether too precious for everyday use.

The conclusion of the whole matter is this: With the evolution of the ideal employer will come, in natural order, the evolution of the much-talked-of, dearly-longed-for "Ideal servant."

NOTE.—This chapter was written expressly for the Philadelphia "Press," at the time that the Chicago millionaire, John Farson, was advertising his offer to bequeath one million dollars to the ideal servant. Since it is impossible for anyone to be many times a millionaire and an ideal human being at the same time, our Chicago friend will have to wait for another incarnation before he finds the ideal servant. By that time he may have become one himself.

CHAPTER THIRTEEN

TRAINING A MAID IN TABLE-SETTING

She must be neatly dressed. Table linen. Laying the cloth accurately. Side table for dessert. Chair placing. Hot plates for things hot.

UPON a leisure day give the maid her first lesson. Have her come to you neat and trim, her hair in perfect order, she wearing a clean white apron, its every fold clearly defined. Let her understand, at the outset, that this is obligatory upon one entering the dining room. Give her the reason. Everything connected with food-serving should be scrupulously clean.

First introduce her to the table linen. Call her attention to the various sizes, patterns, and uses of each kind. Give her a notebook with all legibly written out for reference as you proceed and later when she is doubtful.

If instructed kindly and carefully, she will

soon learn to distinguish between the different styles and uses of each. Show her the little doilies, stating their various uses. Do likewise with side-table covers, tray cloths, centerpieces, and every article of table linen. Pause to question her. Let her repeat slowly what you have taught her. When she makes a mistake correct, quietly, without disconcerting her.

Let her see that you maintain perfect order—have a place for everything and keep everything in its place—that you could lay your hand on anything required suddenly, even in the dark.

Next take her to the pantry. Show her the china and glass, then the cutlery and silver, all in precisely the same way; give the name and use of each article. When questioning her, remember the way children are reviewed in school and how school examinations are conducted. Do not expect, after one lesson, that she will be able to answer one hundred per cent. of your questions. Be as patient with your pupil learning the mysteries of your ménage as you expect your children's teachers to be with them in the schoolroom. By practice only can anyone become expert at anything. Therefore, with her assistance, begin to lay the table. Permit her to do all she can under your guidance. Let her remove, fold, and put

away the colored cloth used between meals on the table, and get the white felt cover to spread over the table. See that it hangs the same all around. Explain why it is used. Always give a reason for care-taking. It makes an impression upon the memory. Describe the table linen desired for that occasion and let her get it. If she seems puzzled, show her again. Leave the napkins out on the sideboard to be ready when needed. Take the greatest pains in laying the cloth. Place it folded on the table's center. Open it carefully until it lies double lengthwise, its middle fold in exact line with the lengthwise middle of the table. If this initial step be taken inaccurately, the whole appearance of a table will be spoiled. The middle fold in perfect line as directed, a cloth will hang evenly everywhere from the table's edge.

For a dinner of six covers, as the places are named, let the maid set one plate at each end of the table and two at each side, equidistant the one from the other. (Cold plates remain upon the table until after the oysters and soup have been served.)

On each plate lay a napkin, the corners of all pointing alike on every plate. At the right, beside each plate, lay as many knives as the courses

will require—the spoon for soup outside the knives—the oyster fork last, across all, its point resting on the plate's edge.

At the left of each plate lay all the other forks to be used with or without knives. The small silver should lie in exact line with the table's edge, all handle-ends even, about half an inch equidistance preserved between them. Above the knives, at the right, near the plate, stand the water glass and whatever glasses will be required for wines—the smaller around the larger glasses.

Flowers should occupy the table's center or else a jardinière of growing ferns. When neither of these can be had a dish of fruit, tastefully interspersed with shining green leaves, may be substituted. In these days almost everyone has a pretty floral or green decoration suitable for a centerpiece, therefore fruit can be arranged in two or four dishes and placed around the flowers—the tablecloth always exposed between. Never crowd things on the table.

Bonbons, olives, celery, and salted nuts in small glass dishes should be within reach of the diners, but placed in symmetrical order. No dish should be full; leave at least an inch of the glass exposed above the line occupied by little dainties.

If individual salt-cellars are used, the salt

should be smooth, free from lumps, not a grain upon the edges. If large salt-cellars are used, place them at the table's corners, their spoons lying across—each handle towards the outside of the table.

When soup is served by the hostess, there should be a large napkin laid at her place for the tureen to stand upon. Place the soup-ladle across in front of the tureen, its handle towards the right.

A like precaution, the napkin, should cover the other end of the table, for the carver—the carving knife and fork before the carver, the knife's handle at the right, that of the fork at the left, the blade of the knife and the tines of the fork crossing beside, but not touching each other.

Cover the side table with a white cloth and there arrange the dessert service. Finger-bowls one-third full of cold water should rest upon dessert plates—a little doily between each plate and bowl. A slice of lemon, a leaf of rose geranium, or a few English violets floating on the water may be used, but these are not obligatory.

Put a knife at the right on each dessert plate, a fork at the left, across the front a dessertspoon.

Be sure to have on the side table, ready before-

hand, extra silver and napkins in case of an accident occurring, thus avoid embarrassment through an unexpected lack of something suddenly needed.

The coffee set should be on the sideboard or side table, a small tray also, with the sugar bowl and cream ewer, because all do not drink black coffee.

Chairs should be placed as soon as the table is laid. Shortly before dinner is announced put the dinner rolls in the napkins and fill the glasses with fresh water, a little cracked ice in each before pouring the water.

If bread is used instead of rolls, cut it in slices two inches thick, each slice again cut in halves, a piece in each napkin.

Have a plate of cut bread, or rolls, on the side table to offer whenever required. Beside the cut bread place a fork for the waitress to help anyone without touching the bread herself.

One thing requiring emphasis is this: Hot plates are essential for all viands and vegetables served hot. When the first hot plates come it is time to exchange the cold ones. But no one should be allowed to sit without a plate, either hot or cold, before him, even if he is letting a course pass.

Scrupulous care should be observed in preparing the table for the dessert. Have a fork and plate convenient for taking up all the pieces of bread or rolls before removing crumbs, and a crumb-scraper and tray also, or else an unfolded napkin, crumpled softly, for taking off every crumb.

However simple the table when ready and during a meal's progress, it will express the degree of refinement reached by the presiding genius. After a meal again will it silently testify as to the breeding of the family. For a table ever so neatly set soon becomes unsightly, if those around it pay no regard to maintaining its order.

Returning to our main subject, training, remember that only through practice can one become proficient in any line of work. In another's words: "Just consider how we are taught anything practical. It is not by hearing about making shoes that a man becomes a shoemaker, but by trying to make them." The housewife must know how before she can teach her maid. In giving instruction, "Let patience have its perfect work in thee."

CHAPTER FOURTEEN

TRAINING A MAID FOR WAITING ON TABLE

Written menu posted in pantry and kitchen. Dish washing. Care-taking. Practical lesson. Plate changing. Filling glasses. The sprawling knife and fork.

HOWEVER simple the dinner to be served, the menu should be written and posted in the pantry as well as in the kitchen. Then there can be no misunderstanding about it or about the dishes that will be required by the cook or in the dining room. By example as well as by precept a thoughtful, methodical mistress trains her maids in thoughtfulness and in methodical habits for all their work and thus makes everything, in the long run, easier for all concerned. The written menu prevents vexatious blunders for which, without it, no one can be held accountable; it also preserves peace, avoids many useless words, after a

dinner has gone agley, and may even spare both mistress and maid the trouble of parting and the consequent annoyance of changing, one her situation and the other her domestic.

During the instruction of a new maid it is well to take nothing for granted, as far as her previous experience may be concerned. Whatever she has already learned that is desirable to continue will be quickly manifested as you proceed. Suppose the menu be the same that we used in the chapter devoted to table-setting.

MENU.

Oysters on the Half Shell,
Soup,
Roast and Vegetables,
Salad,
Dessert,
Fruit,
Coffee.

The table set in due season, the sideboard and side table all in readiness, the pantry should also be prepared beforehand for receiving the plates, knives, forks, and spoons, as the courses are changed in such an orderly way as to facilitate the dish-washing. At the same time it will be done in the best manner to preserve the silver's

brightness, protect ivory or pearl handles, and do the washing and putting away of the china and glass expeditiously, with the least risk of damaging anything.

Before the family is called to dinner the pantry should be free from whatever will in any way obstruct the maid in taking in or removing the courses. Have two large, strong pitchers filled with hot, soapy water standing ready to receive all the small silver in one, and knives and cutlery in the other. Care should be observed to avoid wetting the handles when they are of ivory or any material that can be defaced by remaining wet.

There is a fine art which is neglected by the majority of people, albeit it is one that all can cultivate if only they will. It is the art of taking care of, while using, things. Many a scantily furnished house and many a poor-looking table result from carelessness in the use of household belongings.

As the maid removes plates and small silver for a change of courses she can quickly transfer the silver to one pitcher and put all knives and cutlery in the other—their handles up and entirely out of the water. The writer knows a nice housekeeper who is still using the ivory-handled silver knives

that she had when she began housekeeping over forty years ago.

In clearing a table plates should never be heaped one upon another in the dining room. Even after they reach the pantry they ought to be set down separately until there is time to free each one of any leavings. By having a garbage pail under the basin, or a large, strong bowl beside it ready for receiving the scraps, the plates can be easily scraped, then piled in the basin with hot water drawn upon them. By following this method, when they have to remain unwashed while the maid is otherwise engaged, nothing will dry upon them while standing—the water prevents it—they will be easily and quickly cleansed with less risk of breaking.

If familiarized with her duties the maid will be neatly dressed and entirely ready when the moment for serving dinner arrives. The great secret of doing anything well is first knowing how to do it, and next knowing that you know how. The first is absolutely essential, the second gives one confidence and its twin sentiment—serenity. The maid thus equipped will be easy in mind and therefore level-headed while performing her part.

Where there are invited guests all the diners

assemble in the drawing room before the appointed dinner hour. It is customary to announce the dinner instead of ringing a bell.

The maid should be given a practical lesson to assure her doing this very simple thing with propriety. Let her instructor exchange places with her for a few moments. Send her to the drawing room, then follow, and, standing at the door entrance, say quietly: "Madam, dinner is served." At once return to the dining room and take a stand at the back of the hostess' chair. Request the maid to come and take a seat, that she may learn how to seat anyone. As she approaches draw the chair back just far enough for her to pass in between it and the table. As she sits down move the chair gently forward under her, so that she will be seated easily without touching it herself. Then go yourself to the drawing room and let her announce the dinner to you—in precisely the same way that you did in giving her the lesson—and return, in advance of you, to the dining room and seat you when you arrive. One practical lesson is of more value than many experiments with only verbal instructions and verbal corrections.

As soon as you are seated and have taken the bread and napkin off your plate, she should be

ready to set an oyster-plate before you. Let your laying down the fork on the plate be the signal for her to change the plate, precisely as if it had been used and must be washed later. Next let her bring the soup-tureen, place it, remove the cover carefully, turning it upside down as she takes it off to carry it to the side-table, because if there were hot soup in the tureen there would be drops of moisture on the inside of the cover that might fall upon the tablecloth or the floor when she is carrying it away. She should return immediately to hold the soup plate conveniently near for you to put a ladle of soup in it and then set it down on the cold plate before you. Soup plates should not be more than two-thirds full to be passed with no danger of an accident. When served by the hostess the person at her right hand gets the first helping. When you lay the soup spoon down in the plate that is the signal for her to take it away and, after she has removed the soup-tureen, bring on the next course.

She should place the meat platter first, then bring and hold the hot plate with a napkin in her hand under it while you appear to put a slice of the roast upon the plate. Immediately before setting it down before you she should take up the

cold plate—making the exchange so deftly that you will not be one moment without a plate of some sort, hot or cold, before you. This order obtains throughout the entire service of a well-ordered dinner.

Setting the cold plate aside, she immediately passes the vegetable dishes uncovered, a tablespoon in each one, and so placed that when she holds the dish for you to help yourself the handle of the spoon will be directly towards your right hand, for you to take it with entire ease. When passing vegetables the bowl of the spoon should be ready, holding one helping. In handing anything for people to help themselves the waitress goes invariably *to the left.* The propriety and convenience of this will be promptly recognized because the diners are thus enabled to use the right hand in serving themselves. Carelessness in this one particular marks the inexperienced and absolutely untrained waitress. But in filling glasses, which the maid does herself, she goes to the right and fills without taking them up. No glass should be filled above a half-inch from its brim. Teach her to avoid letting a drop fall upon the cloth. As she stops pouring she should touch the edge of the glass with the spout of the pitcher or the mouth of the decanter, or bottle,

thus leaving the last drop in the glass just filled.

When you lay your knife and fork side by side down upon your plate the waitress knows that she may make the exchange. (It is awkward, therefore bad form, to lay the knife and fork down sprawling, and those who do so risk an accident and may confuse even an accomplished waitress.) The next course being salad, the maid, when exchanging, gives you a cold plate. Salad is handed in the same manner as the vegetables, the salad fork and spoon-handles towards the diner, and, when there is actual service, the fork with a few leaves of salad upon it and the spoon, ready to hold them in transit from the bowl to your plate. But, if the salad is something chopped or cut, then the spoon should be holding a portion. Every dish should be held near, and low, enough for one to serve one's self with ease. This cannot be too strongly emphasized. Tell the learner that all these seeming trifles, carefully observed, constitute a deft and competent waitress. It is a good plan to have the waitress use a napkin, all the time, partially unfolded and covering her hand while the dish at the same time rests upon it.

During the progress of the dinner, whenever

anyone wants more bread the waitress should be alert to see—and supply it from the plate upon the side table. She should bring the plate of bread with a fork to the diner's right side and, using the fork herself, put a piece of bread down on the tablecloth beside the diner. (The height of good service is where one's wants are anticipated and the waiting is at once attentive and unobtrusive.)

There are two ways of serving roasts: one where carving is done on the dinner table, the other where it is done at the side table by the waitress. There is an advantage in the latter method, because then each person can make a selection according to his or her taste for rare or well done, white or dark, meat. When this way of serving is followed, slices of the roast should be daintily placed on a moderate-sized platter easy to hold and to pass around. If carving is done on the dinner table, the maid should stand at the carver's left and take away each plate as he lays a piece of meat upon it. In the proper order of helping she sets the first down before the host's right-hand guest, and then continues on around the table from that point until she returns to the carver, who is the last one helped. This simple method avoids con-

fusion and the possibility of overlooking anyone.

While the diners are discussing the roast and vegetables the maid stands quietly, but watchfully, near the hostess, observing quickly when anyone seems ready for a second helping, and promptly removes plates of those who lay down the knife and fork.

Salad being the last course in our little menu before dessert, when all the plates have been removed she clears the table of everything belonging to that part of the dinner already served, but leaves all decorations, bonbons, and other little dainties and everything belonging to the dessert. Of course all glasses remain until the dinner is over. At this time the large napkin at the carver's place and the one under the soup tureen are taken away so carefully as not to drop a single crumb. This is done by first putting each of the four corners toward the center of the napkin and then deftly gathering it up, while keeping the corners in the napkin's center, and allowing no part to fall open. This becomes easy after two or three experiments that should be made beforehand when no meal is in progress. Next in order use the plate and fork for removing all pieces of bread left by the

diners. Then every crumb should be carefully removed with a crumb-scraper and tray. If these are not to be had, a large dinner plate and an unfolded and softly crumpled napkin serve that purpose.

When the table is free from all signs of the dinner and in perfect order it is ready for the dessert, whatever it may be. In bringing the plates, already arranged for this part of the dinner on the side table, she should be careful to set each one down with the knife side of the plate at the right of each person; by so doing everything else will be in its proper place; the fork at the left, the spoon across the front of the plate. Each person—when the plates are before all—quietly sets the finger bowl on the table in front of the plate and the doily, at the same time between the bowl and the tablecloth, taking up as little room as possible with individual convenience and never intruding upon the neighbor's space at right or left. The dessert is then passed in the same way as all that has already been served. When there is pudding or a pie they should be cut, before passing, and a spoon or a pie knife should be under a piece ready each time it is handed. The maid has time to place them as she leaves one already helped to go to the next.

Ice cream is handed in the same way; glass plates are generally used for it. They are always set upon the china dessert plate, then the doily is under—and the finger bowl upon—the glass plate.

Fruit is last before the black coffee, which is served in very small cups about two-thirds full. Sugar and cream are passed for people to help themselves. After-dinner coffee is usually served without cream as most people like it sweetened only, but, as it is always possible for someone to prefer a little cream too, a considerate hostess will see that it is offered.

The manner of holding anything for people to help themselves is one mark of a good waitress. Without awkwardness she should hold everything *low* enough for people to help themselves without reaching, *near* enough to avoid spilling, and perfectly steady while waiting for them to take whatever they desire. No matter how inattentive a guest may be the waitress never speaks when on duty, but the ever-watchful hostess says politely, to the seemingly unconscious one, as the maid waits, "Will you not take—" mentioning at the same time whatever the waitress may be holding.

Some prefer to have the coffee after they leave the table. In that case it is taken to the drawing

room when all have assembled there. In this each mistress suits herself.

No one should rise from the dinner table until the hostess makes the move by rising herself. Emergencies may compel a transgression of this rule of good table manners. The person obliged to leave should ask to be excused and go as quietly as possible, to avoid causing a distraction or a break in the conversation. Matters of etiquette and what is called good form, at least that are maintained for a long time and not the caprice of fashion, are usually preservers of propriety and conservers of the general comfort of people in their association with each other. Whatever does not promote the general comfort of a family and conduce to orderly routine and agreeable manners should be ignored as undesirable. On the other hand, whatever *prevents* awkwardness or friction of any sort should be cultivated. Good table manners, as well as good manners everywhere along life's road, tend to refine and smooth what is otherwise a pretty rough way. They make all serving easier.

In training a new maid in table-waiting it is wise to have her initial steps taken at some of the simpler meals, breakfast or luncheon. Accustom her to the dining room by degrees, if you would

have her do credit to her instructor and herself, enjoy being taught nice ways, and further be perfectly at home there when you have guests. Strangeness always causes embarrassment. Everyone knows how quickly embarrassment or anxiety will confuse one and make a simple everyday affair go wrong. Awkward service has spoiled many a hostess' appetite and dissipated all her anticipated pleasure by turning the dinner hour into a period of torturing suspense.

Whoever wants a meal nicely served, even by an expert waitress, should remember that she cannot wait upon more than six people at dinner without apparent haste. Haste always detracts from the propriety and dignity of the serving. A good waitress is swift, but appears in no hurry unless too much is expected of her.

CHAPTER FIFTEEN

CHILDREN'S PLACE AND RIGHTS IN THEIR OWN HOME

Two obstreperous children. Children's right to be well born. Defrauded little ones. A happy child with a firm mother. A children's room. Children's money.

SOME people whom I once knew had two obstreperous children who were allowed to domineer over everyone in the house who dared not resist their tyranny. A naughty, disagreeable little girl of eight years could order her meals as she pleased, and change her order several times during the hour immediately preceding the meal. At one moment she thought that she would have it upstairs in the nursery, with her brother, who was confined to the house with a cold. Then, after a squabble with that brother, she rang the bell, and directed the servant answering it to tell the butler that she would dine downstairs with the family. As her

brother was her only playmate, she had to make up with him very soon; again a new order would go to the pantry: "Miss Dimple would have her dinner sent up." And so on up to the dinner hour. In the absence of her foolish parents, someone, who was left in charge of the house, and, incidentally, of those little imps also, once undertook to thwart that small but incorrigible girl, and directed that her last order be carried out just as she was giving a new one. She hung over the stairway listening to a colloquy between the butler and two others, and heard the man told that she could not give so many orders, whereupon the depraved child flung herself face downward upon the stairway and roared. The butler was so scared that he declared she should have her dinner wherever she pleased to order it. He afterwards remarked he would "do whatever those children ordered, for *he meant to keep his place.*" Does anyone need to be informed that their parents were entirely to blame? There was a big boy, also, in the same family, who now and then had a difference of opinion with his father, and tried to settle it by force of arms, not fire-arms, but a regular fisticuff encounter. The first and only time that I heard or knew anything about these doings, I

was puzzling over some strange sounds that I heard in the hall below my own room; a scuffling and a very hard breathing led me to ask a maid, who had been longer in the house than I, what was going on below. This was her answer: "Oh, it is Master H. trying to lick his father; he often does that." The Heavenly Twins were crying with fright in the nursery that opened into that hall. I afterwards learned that the fracas began in the nursery. I also observed that the doting parent and his eldest-born did not speak for a couple of days. They made up only to go through the same disgraceful combat again and again. To the maids it was a matter-of-course periodical performance. The wise father said to one who remonstrated with him regarding the little girl's *dis*orderly orders: "This is my children's home, and they shall do as they please in it." Fortunately for the world at large, and for homes generally, there are not many parents quite so insanely indulgent to every whim and caprice of their children. Such a course is positively cruel to children who might be a source of interest and pleasure to friends and relatives and also to the domestics in their homes, but who become nuisances wherever they go because of their parents' short-sighted folly. The most lam-

entable results come into the poor children's experiences, because they grow more and more unlovely, until their nearest relatives, sometimes even their parents, are glad to have them out of their sight. Those children's parents were as weak mentally as they were strong financially. Their children could have been easily managed by almost any firm and judicious person who really desired them to grow up useful and admirable characters. They were not specimens of the doctrine of total depravity; they possessed, and occasionally evinced, some fine traits, but they were so warped by their parents' over-indulgence they grew day by day more and more spoiled, more and more troublesome, and, young even as they were, positively brutal at times in their conduct to everyone of whom they were not afraid. Those numbered in the last class were few. The worst of it all was that they never spoke the truth if they thought a falsehood would serve them better. They were the only children that I ever came in contact with that I could not even like. No resident governess stayed over a week in the house. Two came within three weeks, an interval of a week between the departure of the first and the arrival of the second. Various were the experiments tried for educating

them. As this was many years ago, I cannot now say with what results, but since there is no royal road to mental culture many millions could be of no use to such children so far as their education was concerned. It requires very little imagination or seer's gift to foretell the general trend of their unhappy lives.

Children, as a rule, have a keen, natural sense of justice, and very early discern between right and wrong. They are prompt to discover the difference between example and precept. It is very little use to tell them that they must always speak the truth, if they see and hear their elders doing exactly the opposite. They follow their seniors' examples, while precepts only voiced and not instilled in the conscience by corresponding examples, go in one ear and out of the other, but examples are powerful beyond all words. Then, too, children are incisive judges of consistency. The little nephew of a friend of mine was found crying, because, as he explained, his father had told him that he must never strike a boy smaller than himself because it was cowardly, "but," said the little fellow, "my father struck me, and he is a man, a great deal bigger than I am. I *was* a naughty boy, I struck my sister; but my father was a *very* naughty man when *he*

struck me." Ponder that, ye parents, who quote: "Spare the rod and spoil the child." And by the way, you will not find that proverb in the Bible, if you hunt from Genesis to Revelation. Parents who cannot train their children without resorting to brute force are exactly what the little boy said of his irate father, "very naughty." Blows are commonly the result of anger. Angry people are, for the time being, insane—not sane—off poise—unbalanced, and then entirely unfit to manage children because they cannot control themselves. The children that get whipped are those whose parents have neglected their duty to them, and let them become, as they express it, "unmanageable." Those children of whom I told in the opening of this chapter sometimes got severely whipped, and their screams could be heard over the house. Really, the ones that deserved punishment were their parents. And they have probably been getting it as the children grew older. The rod that descends upon parents because of their offspring's misdeeds is the hardest, most stinging of all, for it cuts the very heart.

Children have rights as well as place in their own homes. Their rights should be held sacred against all invasion. The first right of all children is to be well born, and that means thought-

fully planned for long before their arrival. They have a right to be cordially welcomed and joyfully anticipated by both parents. When this is not the case it proves cruel wrong done by someone. Another right of which children are too often defrauded by their own parents is the right to good constitutions. No amount of money can ever compensate a child for coming into the world with a poor body. Life on this earth is of little worth without health and strength for the battle. Our strenuous President to the contrary, notwithstanding, I declare that quality is of more value to our country than quantity. And a large family without health and means for culture is a tax to the nation and no credit to the parents. It is absurd to brag of the number of your children, if you cannot also point to their usefulness to the world, because they are fitted to do good work in it. The place where we see the most children is down in the slums and in the most abjectly wretched portions of the city. I shall never forget my trip to the East Side of New York, where men, women, and children are huddled too closely together to observe any of the decencies of life. There the pasty faces of the swarms of poor little children made me sick at heart. The recollection is like a

nightmare now, as I think of it. *The children over there have been defrauded of all their rights.* They know not what it is to be children. To them childish joys and childish sorrows are alike unknown. The word home is as foreign in that quarter as are home pleasures. It had been better for them all if they had never been born; better for the municipality, and better for the credit of this nation.

There is nothing in the world more beautiful, engaging, and delightful than a nice, bright child that is amenable to reason and prompt in obedience to lawful authority. I heard a little girl say to a playmate, who wanted her to beg her mother to let her do something that she had refused once: "No, I shall not ask again. When mamma says no, she means it, and I know there is no use in begging her." The child was perfectly cheerful about the decision. She went on to say: "If mamma says, 'Well now, do you think you had better?' then I know that there is some chance for me to persuade her." I am certain that I never knew a happier child-life than that little girl led. And I am also certain that she never had a whipping in all her life, nor even a punishment. A child has confidence in one who is always kind and always firm.

When children begin to think and to compare —and they do this very early—then is the time to begin to teach them to do what is right, *because it is right,* and to avoid what they know to be wrong, *because it is wrong.* This cultivates individuality and a sense of personal responsibility, far better for their characters than obeying anyone's rules and regulations simply because of their relative positions. Children taught to govern themselves need very few rules laid down for them. Theirs is not eye service, because they learn instinctively to listen for, and obey, the monitor that is within them. The parent who says to a child, " Do it because *I* tell you to," makes a grave mistake. That is an assumption of authority which must, in the very nature of things, be ephemeral, or, if not, so much the worse for both parent and child, for it makes a tyrant of one and a tool of the other, if parental domination continue after children reach mature years. Every child born into the world is an individualized entity, *physically* related to its parents and other connections, but the soul using the fleshly organism can never be claimed by any human being. Ownership, or coercion of, a *soul* is impossible. The sooner parents realize this the better for fathers, and mothers, and

children. Then the desire to rule will be superseded by a much higher aim, the aim to develop all that is finest in their characters. *Very young children must obey,* but as they grow older it becomes less and less important if they have had good examples set them by their elders, and if they have been taught the first principles of living uprightly and, therefore, fearlessly and frankly.

It is safe to say that quite as many children have been spoiled by over-training as by over-indulgence. If parents want to keep their children out of mischief they must provide suitable occupation for their time. The happiest and best-mannered children that I have known were those whose days were mapped out for them even in babyhood; they always had something to do, from rising until bedtime, and life was never monotonous to them because they had constantly something to look forward to. Lessons, walks, and recreation filled up the hours between their meal times. There was an hour for each and all, and the times were strictly adhered to. Play did not interfere with lessons, and lessons never interrupted the play time. In fact, their lives were orderly. A little chap of seven would sometimes say: "I have fifteen minutes to spare; will you play with me, Miss C.?" The little son of a

friend of mine used to weary his mother asking her what he should do. One day he came with his usual question, and she said: "Why don't you go around and see grandpa and grandma?" "Well, if I do," said the boy, "I'll just kiss them all around, and then there'll be *nothing to do.*"

Children love to feel that they are useful and can help along. They like to work, too, if not kept too long at one thing. In households where the domestic service is insufficient to accomplish all the work that must be done, children can be made very useful without wearying them. Little tiny tots can be taught to use a dust-cloth and do very thorough work with it. The little boy that sometimes had "fifteen minutes to spare" from his well-filled day thought it was great fun to go into the library, when the men were giving the books a thorough dusting, and with a cheese-cloth duster lend a hand. It is very true that "All work and no play will make Jack a dull boy." And it is equally true that all play, no work, and no system will make a bright child dull. Worse yet, no routine and no method make the most troublesome and insubordinate children. But some parents may object: "We are too busy to spend so much time

and thought on our children's occupations, or to lay out their time so methodically, filling every waking hour with something special for them to do. We have other and very important things to think of and do." There is but one answer to such objections. Children are not thrust upon their parents. Their upbringing is the most important thing in their parents' and their own lives. It is one of their inalienable rights to be well brought up. And no child is well brought up that is not taught by its own experience very early in life the value of time and the value of money. Just so soon as a child can ask for a penny to spend, it should have an allowance and be taught to use a portion of it for giving. No matter how few, if the child *ever* has pennies given it by its parents it should know just how many pennies it can have a month. They should be given on a certain regular date and at no other time. Children should be taught to keep an account of every penny spent and also taught to try to improve the way of spending by remembering what gave the most satisfaction in the past, but nobody should insist upon telling them how to spend their own money. This is another of their rights. A friend of mine gave a five-dollar gold piece to her little granddaughter when she was

on a visit to the child's parents. The little girl's mother immediately conceived the idea of spending the money for the child, that is, she wanted to dictate to her what she should buy with it. The little girl had made up her mind that she would give half of it to her brother, and spend the other half herself. She felt that it was her personal property, to do with as she pleased. So the mother said to the grandmother: "I do wish that *you* would use your influence with Gladys and induce her to spend that five dollars the way that I want her to." The grandmother did not feel like complying; she thought it indelicate, after making a present to the child, to meddle with her plans for disposing of it, but she was averse to refusing the mother's request, and therefore, when next they met, she said: "Gladys, what are you going to do with that five dollars that I gave you?" The child told her just what she had told her mother. Then the grandmother reluctantly said: "Don't you think that you had better spend it the way your mother wants you to?" Putting her hand in her pocket, and producing the gold piece, the child handed it to her grandmother, saying: "Take it, grandma, I don't want it." The grandmother told me that she felt very mean and wished that she had let

her granddaughter alone to do as she pleased with the present.

Another friend told me of a little boy that she knew who had twenty-five cents given to him. Of course, he began to spend it mentally without delay. When he told his mother that he intended to buy a kite with his money, she said: "Oh, I wouldn't spend it for that!" So he gave the kite up. A little while after he told his father that he had made up his mind to buy a top. And forthwith his father remarked: "Oh, don't spend it for a top!" And he did not. When out walking with his auntie he saw something in a store window marked twenty-five cents. He wanted it, and he had the money for it. So he said to his aunt, "I think I'll go into that store and buy that ball." But his auntie exclaimed: "Oh, I wouldn't spend twenty-five cents for that!" The youngster walked on; then he asked his aunt these questions: "Auntie, is this twenty-five cents my mother's money?" "No," said she. "Is it my father's?" "No." "Is it yours?" "Why, no, of course not." "Is it *my* twenty-five cents?" "Certainly, it is yours." "Well, then, d—— the twenty-five cents," said the boy; "I'm going to throw it over into that open lot." And he suited the action to his declaration, and

sent the silver coin spinning over into the lot that they were passing. Of course, no one approves of his expletive, but he probably had heard it from his father; children do not invent those words.

These two authentic anecdotes show the folly of interfering with children's rights. In each case the elders lost the respect of the children. And in each case likewise it gave the children a sense of contempt for those who should above all have won their respect, by deserving it. Children whose rights are scrupulously regarded will naturally learn to respect the rights of others. There is nothing in families, between neighbors, and between nations, that causes so much discord as meddling with the rights of others.

Homes where there are children ought to be brighter and happier than those unblessed by their presence. When this is not the case it proves that there has been great negligence on the part of those directly responsible for the influences and examples brought to bear upon the children at the most impressionable age. Rude and troublesome children are the cause of confusion, destruction, and unhappiness wherever they go. But the cause back of all their misconduct is traceable to those who have had the

first opportunity for, and who have failed signally in, doing their duty by them.

Why do so many proprietors of apartment houses and flats bar out people with children? Is it the fault of the little ones that they do so much mischief and are so insubordinate and unmannerly that no one wants them about their premises? In Japan the children never damage beautiful things that stand *out*side of the houses. In Germany they do not need rules to keep the parks decent. They are *taught* better than to deface and destroy everything that they touch. There is no reason at all why children should be nuisances to all except their own immediate relatives. All children are not so. The approach of some little ones is a delight to those who know them. For, unquestionably, as the most engaging, charming object in the world is a nice, bright child with good manners, so the most unfortunate object in the world is an unlovely child that people generally avoid.

Children have a right to live the life of children. In their home they ought to have, if possible, at least one room where they can have the utmost freedom consistent with health and safety. In that room there should be nothing that requires special care. There they should keep

their playthings. And there they ought to be taught to leave everything when they are done playing. It is a great mistake not to make them learn habits of order—a place for everything, and everything in its place when not in use. They soon discover the advantage of knowing where to find their belongings instead of leaving their toys anywhere, just as they may happen to drop them. In the playroom children should have corners or particular spots especially their own, and there they can begin to learn the difference between what is theirs and what is not. (Brothers and sisters do considerable gratuitous training of one another.) Of course, some are naturally more orderly than others, but the fact that every child as soon as it goes to school learns immediately to use its own desk, carry its own books, and occupy the place assigned to it, proves that it could do as much in its own home, if also taught there. The greatest obstacle to children's training seems to be the indolence of their parents, or their weak fondness for them that makes them so short-sighted regarding the real happiness of their little ones.

There is one thing that should be unstinted in dealing with children, and that is praise for all the good that they do, and warm appreciation of

their efforts to do right. And no one should ever say to any child, "You are bad." That is the way to cultivate just what you do not want to see in them. Let them know that you expect the best and are surprised when they fail to fulfill your expectations. Then they will be much more likely to try to live up to the ideal that they know you hold for them.

Above all, let there be nothing artificial in the children's lives. Charles Wagner has put it so well that before closing this chapter I give his own words: "Falsehood is the vice of a slave, the refuge of the cowardly and the weak. He who is free is strong and unflinching in speech. We should encourage in our children the hardihood to speak frankly. What do we ordinarily do? We trample on natural disposition, level it down to the uniformity which, for the crowd, is synonymous with good form. To think with one's own mind, feel with one's own heart, express one's own personality—how unconventional, how rustic! Oh, the atrocity of an education which consists in the perpetual muzzling of the only thing that gives any of us his reason for being! Of how many soul murders do we become guilty! Some are struck down with bludgeons, others gently smothered with pillows!

Everything conspires against independence of character. When we are little, people wish us to be dolls or graven images; when we grow up they approve of us on condition that we are like all the rest of the world: when you have seen one of them you have seen them all. Truth can free us from this bondage: let our children be taught to be themselves, to ring clear, without crack or muffle. Make loyalty a need in them, and in their gravest failures, if only they acknowledge them, count it for merit that they have not covered their sin.

"To frankness let us add ingenuousness, in our solicitude as educators. We must not frighten it away: when it has once fled it so rarely comes back. Ingenuousness is not simply the sister of truth, the guardian of the individual qualities of each one of us; it is besides a great informing and educating force. I see among us too many practical people, so called, who go about armed with terrifying spectacles and huge shears to ferret out naïve things and clip their wings. They uproot ingenuousness from life, from thought, from education, and pursue it even to the region of dreams. Under pretext of making men of their children, they prevent their being children at all; as if, before the ripe fruit of autumn, flowers did

not have to be, and perfumes, and songs of birds, and all the fairy springtime.

"I ask indulgence for everything naïve and simple, not alone for the innocent conceits that flutter round the curly heads of children, but also for the legend, the folk song, the tales of the world of marvel and mystery. The sense of the marvelous is in the child, the first form of that sense of the infinite without which a man is like a bird deprived of wings. Let us not wean the child from it, but let us guard in him the faculty of rising above what is earthy, so that he may appreciate later on those pure and moving symbols of vanished ages wherein human truth has found forms of expression that our arid logic will never replace."

It is, indeed, too true that some of the elders endeavor to muzzle a child's thoughts, and muffle all its ingenuousness. Instead of teaching the child to think and *govern* its own thoughts they try to suppress thought in the child and tell it what to think and what not to think. Without accomplishing what they try to do, they nevertheless do incalculable mischief that takes a lifetime for the child to outgrow. Some children are too independent to allow anyone to assume dominion over their thought. They are like the

little girl who was told by her mother, her aunt, and her grandmother, successively, that she must not express an uncomplimentary opinion that she had formed about one of her mother's callers. "Well," at last said the child, "I *think* so." "But you must *not* think so," commanded her elders. "You can boss my talk, but you cannot boss my think," replied the little girl. And she was right.

CHAPTER SIXTEEN*

HOME NURSING

Persons acceptable to the sick. Neglected colds. Value of good home nursing. Temperature. Pulse. Respiration. The clinical thermometer. Taking the pulse. Respiration.

SOME persons seem to have a genius for nursing and are never so happy as when ministering to the sick. They know intuitively, much—that others learn only by careful training—about ways of making an invalid as comfortable as possible. But however natural one's aptitude in caring for the sick, there are always improved methods and new inventions, for ameliorating a patient's suffering, to be learned of, especially from those who make nursing a profession. It sometimes happens that one who most dearly loves the sick person is less

* These chapters are largely composed of extracts from Miss Eveleen Harrison's valuable little book on "Home Nursing." All readers interested in the subject are referred to that book for fuller information upon the subject.

acceptable as nurse than a stranger who *understands* better what is wanted to make the sufferer comfortable. We cannot all of us be trained nurses, but all who desire to do so can easily become acquainted with much that is practical, and with part of the curriculum of the course of one who is training for the profession.

Before taking up the subject it may be well to say a few prefatory words upon the wisdom of using preventive measures to ward off a threatened illness. In the majority of cases this could be done by taking that ounce of prevention which so many neglect until it is too late. The already quoted proverb: "Joy and temperance and repose slam the door on the doctor's nose," is again pertinent. Joy, temperance, repose, all three, are health-giving and health-conserving, but here it is purposed to lay stress upon the incalculable importance first, of temperance; next, of proper and timely rest. By giving up and going quietly to bed for a day or two, or even for only a few hours sometimes, one may avoid what, without that little precaution, might prove a serious and long attack, with its retinue of aches and pains, drugs, and doctors unwelcome bills—cure or no cure. They are as certain to be called for as taxes.

It is especially true with regard to colds in their early stages simply by rest, warmth, and a good, long sleep, they can be sent speedily to the realm of nothingness, for there is no storage place outside the human organism for the preservation of aches or any fleshly ills, past, present, or future.

Neglected colds lead to all sorts of suffering and to almost every known ailment, if in no other way by depleting the system and getting it in a receptive condition to fall an easy prey to dis-ease. Therefore it is well to realize the vital importance of getting quickly rid of a cold while it is in the incipient stage and easy to conquer, instead of permitting it to progress and develop into some serious indisposition. A good, long sleep in a warm, but thoroughly ventilated, room has often proved both a tonic and a cure. To break up a cold it is all-important that the ailing one should rest quietly for hours, letting the vital forces take absolute possession of the citadel of being and control the situation.

Good home nursing given in season is of great value in every family, because it immediately checks and promptly conquers a threatened illness. But inexperienced or untrained people seldom nurse wisely. In the case of colds, and

in many other cases also, good nursing is shown by such a wise adjustment of conditions and environment that Nature is given every opportunity to restore the lost balance without delay, or drugs.

It is impossible to overestimate the power of our natural forces, when they are encouraged and given full sway, or their imperative claim to entire dominion while they are contending with abnormal conditions that we have brought upon ourselves by lack of poise. Henry Wood says: "Pain is friendly." Assuredly it is so, because it admonishes and calls a halt from some sort of intemperance.

Reckless people need to be reminded that the sin of intemperance is not confined to drunkards or liquor-drinking. There is more intemperance in eating than in drinking. Still more in pleasure-seeking of all sorts. Intemperance in business pursuits is one of the crying sins of this day. There is intemperance in work of all sorts—intemperance in study and intellectual culture, intemperance in religion and in charitable work. True, the last two are not as ominous or as widespread as any of the others. But the point is that *any* intemperance is sure sooner or later to cause pain, disease, weakness, and these announce

emphatically to the sufferer that dis-order is reigning within because it has been allowed to usurp the place of order. Pain is caused by the contention for supremacy between natural, therefore divine, order and that which is abnormal, consequently unfit to continue. The battle between the normal and the abnormal always causes pain. It is said by those who make a study of disease that often dangerous conditions exist before pain announces the battle on.

If these are facts, then we may realize the great importance of siding with the lawful health-restoring—therefore natural—forces, instead of thwarting their beneficent efforts for restoration by our continued intemperance. Frequently absolute rest is the first condition that must be yielded to by the one who is *out of order*. That little phrase is most expressive.

There are very few people, no matter what their station in life, who do not find themselves at some time so situated that they would be very glad to know some of the first principles of good nursing. Moreover there are a great many who find the cost of a trained nurse a heavy tax upon a limited purse. And all would like to be able to judge of the competency of one coming in as a total stranger to take charge of their dear

ones. For these and many other reasons a book with the title "House and Home" should throw some light on the subject of home nursing and point the way for those who would gladly avail themselves of every valuable hint leading to further knowledge.

In cases of severe or protracted illness the services of a capable nurse count for more than the doctor's visits. Good nursing without any doctor is more desirable than a doctor in regular attendance with a poor nurse or none at all.

The patient depends upon the nurse for cleanliness, pure air, proper nourishment, and almost every comfort. These all go a long way towards promoting the sufferer's ease and restoring health.

In what are considered chronic cases the nurse is really the all-important factor in an invalid's room. No matter how, when, or where the nurse gains experience and becomes skilled in caring for the sick, every family should have one or more who do know what ought to be done and what ought to be avoided in the room of an invalid. The requisite knowledge is now broadcast throughout the length and breadth of the land so that he who runs may read. Hardly any family is there without at least one, if not

more than one, trained nurse amongst its relatives or connections. The writer had two nieces who trained to be professional nurses. Both afterwards married and went to their new duties well equipped for the responsibilities and cares of a family. Before the younger one married she was so much in demand amongst her own relatives that a young married woman of the family proposed that the relatives should "charter her" and retain her services for themselves, because it was always such a disappointment if, when they wanted her, she happened to be engaged on an outside case.

A paid trained nurse in constant attendance upon one family is strictly the rich man's luxury. Even a nurse chartered by several relatives might be needed in more than one family at once. After all, there is nothing so valuable as personal knowledge. It generates courage and independence that money can never buy. Everyone ought to make it a business to learn as much as possible about a trained nurse's duties and be able, if necessary, to do without a professional nurse in all ordinary cases. The following hints and directions will be found useful to all those who desire to inform themselves about the chief points that necessarily should be observed by one who

is caring for an invalid, or who has the charge of a case of temporary indisposition:

TEMPERATURE AND THE USE OF THE CLINICAL THERMOMETER

"The normal temperature of the body is 98.4° F. The normal pulse is 72 beats to the minute. The respiration is 18 breaths to the minute."

Temperature, respiration, and pulse, these three, give trustworthy testimony regarding the condition of the human organism at all times.

When any part of the system is out of order the temperature immediately registers the fact. A degree above or below the normal mark, unless induced by some immediate mental cause, such as fright or temporary excitement, is an alarm signal that cannot be ignored with impunity. It is a proof that the fight has begun between the true and the false, between right and wrong, between what is natural and what is unnatural. Everything depends upon *which side* the sufferer *really works with.*

"A rise in the temperature, or an increase of pulse and respiration in a child, is not as important as in an adult. Children, as a rule, have a higher normal mark than adults. Women are apt to have a slightly higher temperature than

men." Individual temperament influences, and there is apt to be a slight variation above or below the average according to whether one is an easy-going, placid person or of a nervous, excitable disposition. For this reason it is important for the nurse to know each individual's normal temperature and pulse. Without this knowledge one might mistake a normal for an abnormal condition.

"Before using a clinical thermometer shake it carefully (holding the bulb end downwards) until the mercury falls below the mark 97; then insert the bulb end in your patient's mouth, well under the tongue, make him close the lips firmly, so that no air will enter, and leave it there for a full three minutes. Unless the lips are kept tightly closed all the time you will not get the true temperature of the body. At the end of three minutes remove the thermometer and note carefully the exact number where the mercury stands on the thermometer.

"Before using the thermometer invariably wash it in cold water. After you have finished also invariably dip it in alcohol or some disinfectant solution, to keep it clean and to guard against infection.

"In fever cases the thermometer should be

kept standing in alcohol—a piece of soft cotton in the bottom of the glass to prevent breaking it. Always, before inserting it in the mouth, it should be rinsed off in cold water.

"The temperature of our bodies varies at different hours of the day. It is always higher in the afternoon than in the morning. Its highest point is usually between 4 and 6 P. M. Its lowest point is between 2 and 4 A. M.

"Take your patient's temperature as nearly as possible at the same hour of the morning and evening. Only by observing this rule will you be able to keep an accurate record of the changes of temperature.

"A half an hour at least should elapse after meals before the temperature is taken, because stimulating meats and drinks tend to elevate the temperature for a while.

"For twenty minutes before using the thermometer by mouth the patient should not have a hot or cold drink, or any ice; any of these would prevent your getting the exact temperature.

"Temperature by the rectum always registers about half a degree higher than when taken by the mouth.

"With children who will not keep their

mouths firmly closed for three minutes, with delirious or unconscious adults, and in typhoid-fever cases the rectal temperature is more accurate.

"In taking rectal temperature, after shaking the mercury far below 97°, cover the bulb with olive oil or vaselin, and with the patient lying on the left side, insert the thermometer about an inch and a half into the rectum. Hold it there three minutes.

"In the case of a child amuse it or distract its attention to prevent its crying, as that would elevate the temperature."

The clinical thermometer is a very useful little implement, but overanxious people are prone to use it too much. It is possible to cause or to prolong illness by too much devotion to that small instrument. Avoid subservience to anything, however useful it may be when serving its legitimate purpose.

TAKING THE PULSE. SEVENTY-TWO BEATS TO THE MINUTE NORMAL

"The pulse is counted by placing the first and second finger of one hand *lightly* on the inside of your patient's wrist. After pressing gently, but firmly, you will feel in a few seconds the

steady beat of the pulse. Time the beat by the watch. Count by the half minute and double the result, or count for a full minute. It is always best to take the pulse twice in succession to be sure of making no mistake. Sometimes, when the patient is asleep, the pulse may be counted in the temple better than in the wrist."

"In nervous and excitable people the pulse sometimes varies according to their feelings." A capable nurse understands temperaments as well as temperatures. "When the temperature and the pulse rise at the same time and do not subside in a couple of hours, it is almost certain that there is trouble somewhere that may not safely be ignored."

RESPIRATION. EIGHTEEN BREATHS TO THE MINUTE NORMAL

"Count the respiration without the knowledge of the patient. If conscious that you are watching it will be impossible for him to breathe naturally.

"If not distinct during sleep, you can easily feel the rise and fall of the chest by placing your hand upon it. Respiration below twelve or above thirty to the minute is a danger signal that should be watched."

"The temperature, pulse, and respiration taken with the patient in a recumbent restful position will be more accurate than if standing or sitting.

" During sleep the pulse is a little slower than when one is awake. This should be borne in mind when taking the pulse."

HOME NURSING (*continued*).

The bed. Pillows. Sheets. Rubber sheet. Light-weight bedspread. Clothing freshly aired. Sunlight the healer and purifier. Temperature. Ventilation. Perfect cleanliness.

THE first thing to be considered is the bed. A firm hair mattress should always be used, with a thin blanket or covering of some kind under the lower sheet. After long service all mattresses are inclined to sink in the middle and become very uncomfortable to lie upon for any length of time. A blanket folded lengthwise and place under the mattress, in the middle of the bed, or two flat pillows, will overcome this difficulty. When there is much fever a hair pillow will be found, though harder, much cooler than a feather one. A number of small pillows of all shapes and sizes, especially during long cases of illness, will prove of the greatest comfort. You can tuck them in odd

corners, under the back and shoulders as a help to keep up the knees and thus take all the strain from the back. They form comfortable resting places for injured limbs, and support the weight of the clothes from sensitive parts of the body. Small pillows made of cotton or wool, covered with cheese-cloth or old linen, answer the purpose quite as well as more expensive ones of feathers or down.

" It is much wiser to use cotton sheets in sickness instead of linen, unless in summer time, as linen is chilly and uncomfortable to a delicate person.

" Three sheets are required in making the bed, also a piece of rubber sheeting, about three-quarters of a yard wide, to be used under the draw sheet. Where there is no danger of the patient soiling the mattress, the rubber sheeting may be dispensed with, as it causes unnecessary perspiration, and if it wrinkles under the patient may even lead to bed-sores.

" To arrange a bed for a sick person so that it will be thoroughly comfortable and free from wrinkles, the under sheet must be drawn very smoothly and well tucked in. If your patient is heavy or inclined to restlessness, you will find it of great advantage to pin the under sheet at the

four corners with safety pins. Over the under sheet and across the middle of the bed, lay the rubber sheet, pin it at the corners and cover with the draw sheet, which is a small sheet folded to the width of the rubber and tucked firmly over it on both sides of the bed. The advantage of the draw sheet is that it may be changed as often as may be required without disturbing the patient, and it serves to keep the under sheet clean for a much longer period.

" In putting on the upper sheet leave a good margin turned over at the top to cover the blanket. Instead of a heavy white spread, place over the blanket another sheet or a dimity counterpane. Three points to be observed about a sick bed are perfect cleanliness, no crumbs, and no wrinkles.

" Where the supply of linen is limited a clean pillow case can be made to do duty for a double period. Change it at night and hang it out to air until the morning, when it will be fresh for the day. The upper sheet which is often only crushed—not really soiled, can be straightened, folded and used for a draw sheet."

I would here add that an invalid may be made to feel freshly clothed for the night and the morning by keeping two nightgowns in use, one always

airing while the other is in wear. Give the one that is airing a good sun bath whenever you can. All changes that bring fresh air and the sun's healing powers to a patient are worth more than doctors and medicine and cost far less.

Again quoting from Eveleen Harrison's practical little book: "Crumbs should be brushed off after every meal with a little whisk broom, and the draw sheet pulled tightly and smoothly two or three times a day, to avoid wrinkles."

LIGHT

"Sunlight is one of the necessities for a sick room. Even should the windows have to be darkened at the commencement of an illness, as soon as your patient is convalescent plenty of sunshine will be of inestimable value, both mentally and physically. It is a great purifier and healer, and should not be excluded except for especial reasons. If the light is too strong for the eyes, you may tone it by placing a screen between the windows and the bed. If you keep the room dark, or with a 'dim religious light,' your patient's eyes will be weak and delicate for a long time.

"Never allow a bed to face a window, as the light falling directly on the eyes is very distress-

ing. At night darken the lamp or gas, by means of a small shade; a newspaper fastened—with a bent hairpin—on one side of the globe nearest the patient answers the purpose. A pretty flower shade can easily and quickly be made with bright colored tissue paper cut in the shape of large rose leaves and fastened with mucilage on a piece of stiff net. The leaves must be very full and graduate towards the center. This shade may be fastened by wire on the globe."

HEAT

"In very cold weather the sick room should be kept at an even temperature. Where there is no open fireplace a small gas stove should be on hand in case of emergency.

"A thermometer must hang near the middle of the room, at some distance from the window or fireplace, so as to record the exact temperature, which should be carefully regulated. In ordinary cases a temperature of 70° F. is the best, but where there is much fever, as in typhoid or scarlet fever, etc., the room should not be warmer than 65° F.

"In the early morning hours, between three and five o'clock, the atmosphere is colder than during any other part of the day, and as the vi-

tality of the body is always lower at that time, care should be taken to have extra blankets on hand for the invalid, and if necessary give a hot drink and apply a hot-water bag to the feet. This is especially to be noted with elderly people and in very serious cases of illness."

A thoughtful nurse forestalls the possibility of her patient feeling the change of temperature that takes place in the early morning hours.

VENTILATION

An open fireplace is a great aid to ventilation. Because of this and the cheerful aspect that it gives, it is always a desirable feature of a sick room. It can be fed noiselessly by having the coal for replenishing put in paper bags before it is brought to the room or else wrapped in newspaper. In either case it is placed upon the fire paper and coal at once. A poker of wood causes no noise and is quite as useful as one of iron or brass.

"Ventilation in the summer is helped, when there is no fire, by placing a lighted candle in the fireplace—causing a draught up the chimney—it has the same effect as a fire.

"The bed should stand a little out from the

wall on all sides for the air to circulate around it. When the weather is very warm the bed should stand in the middle of the room. A screen protects the head from draughts.

"More fresh air is needed during sickness than in health. When the body is weak the lungs require more oxygen than when one is well and moving about.

"Thorough ventilation may be had in severe weather without exposing the patient to draughts. Two windows facing each other, left open two or three inches at the top, will give a continuous current of air high enough above the bed to prevent a draught immediately upon the patient. When there is but one window in the room it should be open at the top and, if it is not near the bed, at the bottom also once in a while, but never let air blow on the bed's level. Hot air rises, cold air descends; cold air forces the impure air up and out at the window's top. Ventilation may be caused by raising the window three or four inches from the bottom and placing a piece of strong cardboard or a strip of wood six or eight inches wide over, but an inch away from, the opening. This permits the air to enter gradually in an upward direction. The bed should invariably be protected by a screen. When ventilating is done

through an adjoining room, a screen should be put between the bed and the door.

"This last method of ventilating is done by first filling the room with fresh air and allowing it to warm gradually before opening the door into the sick room. In cases of bronchitis or pneumonia, where a breath of air is likely to increase the cough, it is wiser to air the patient's room by keeping a window open top and bottom in an adjoining room, and allowing it to enter through a partly open door.

"Every morning and evening the window should be opened wide for a few minutes—the number of minutes depending upon the weather. Two minutes in some weather will accomplish as much of a change in the air as twenty will in milder weather. Common sense, and not any particular time limit, should govern the duration of the ventilating period. You should always cover the patient carefully with extra blankets and place a shawl over the head and mouth just before and during the morning and evening airing. Afterwards remove the extra coverings gradually. Never, through your carelessness, let your charge get a chill.

"To dissipate an unpleasant odor take a towel or a newspaper in each hand, and wave them to

and fro with the window open. This method is efficacious in summer, as it creates a rapid circulation which freshens and cools the room.

"In fever cases it is absolutely important to have a current of fresh air passing through the room all the time; when the temperature is high it is almost impossible for the patient to catch cold. Plenty of fresh air hastens recovery by lowering the temperature.

"The invalid, or anyone who is constantly in the room, cannot judge the temperature or the purity of the air. By entering the room from the open air, or from some other part of the house, the difference in the atmosphere is immediately noticeable."

Even healthy people lose appetite in a close hot room. By opening the window for a breath of fresh air before meals the patient's appetite can be stimulated.

Perfect cleanliness should be the inflexible rule in caring for the patient, the bed, and the room.

"After the daily bath the hair should be brushed, the teeth and finger-nails cleaned, the bed changed, and all soiled clothing removed. The room should be cleaned as noiselessly as possible and no dust raised. It can be done by using a damp bag tied on the broom or a cloth

wrung out of water pinned over it. A slightly damp cloth should be used for the dusting."

All furniture that holds dust should be discarded. Never use a feather duster in a sick room. They do not remove, but disseminate, dust.

"Allow no soiled clothing to remain in the room any longer than necessary. Remove all evacuations also as quickly as possible." It is well to have somewhere outside a disinfectant—a can of chloride of lime is good. Sprinkle a little in the vessels if they have to stand anywhere before emptying. Use plenty of soap and hot water and ammonia for washing bed-pans and urinals. In fever cases they should be also rinsed off with a disinfectant solution. Never permit these vessels to stand in sight when not in use.

"Flowers should not be left over night in the sick room. The air of the room is purer at night without them and they keep fresh longer if put in a cool place. Flowers can be kept fresh for some time by taking them out of the vases at night and cutting off a little piece of the stem in a slanting direction, then lay them in a pasteboard box and sprinkle them"—or else pin them up in newspaper and put them outside the window.

They should be covered or pinned to exclude the air.

A screen may be had with little delay and no expense by using a clothes-horse and covering it with muslin, cheese-cloth, or simply a sheet pinned securely with safety pins.

"Where there is no bedroom refrigerator the ice should be wrapped in flannel and placed on a bowl or cup turned upside down inside a large hand-basin; the broth, milk, or jelly can rest in the basin against the ice. The whole should be covered with a towel—a bath-towel is the best—and the basin should stand near a window."

If no miniature ice pick can be had, a strong pin breaks it with little trouble.

Where there is no little ice-grinder in the pantry and an ice-bag or ice-cap is required, put the ice in a strong towel or bag and pound it with a hammer, but never do this within the hearing of the sick one.

"Water or milk that must be kept in the room should be covered all the time, when not being given to the patient. Broth or milk needed in the night where no ice can be had, may be kept cool by wrapping the vessel in a damp towel and standing it outside the window."

Pillows should be turned often. Never allow

them to get hot and packed. They should be shaken in the open air at least twice a day. Avoid jarring patients in doing anything to promote their comfort. Do everything possible away from the bed.

"To raise a sick person while changing the pillows or to draw him up in the bed, let him clasp his arms firmly around your neck, then place one hand well under his back, and lift gently and slowly, while with the other hand you slip out one pillow and put in another."

If possible have two sets of pillows, one set airing and sunning while the others are in use. Keep patients fresh and clean, if you would hasten convalescence and minimize their suffering.

"When a patient is too weak to help himself, get assistance. With one person on each side of the bed each clasping the other's wrists firmly under the patient's shoulders and back you can raise or draw him up in bed without any strain or fatigue."

This should be learned by practice with a well person, before you undertake it with an invalid. Then there will be no nervousness on the part of the tyro nurse. And here let it be said that nervous, anxious people should exclude themselves from a sick room. They do no good and often

do serious harm. If very desirous to be of some service, they will find plenty to do outside of the sick room to help the nurse without ever crossing the threshold.

Never permit your patient to be annoyed by flies or any insects. A mosquito bar can be quickly made by having a hook in the ceiling with a large ring hanging from it, through which a piece of mosquito netting can be drawn and then arranged around the bed. Be sure that it *lies upon* the floor, if you would have it effective.

" Change of position can be accomplished, when the bed is a double one, by keeping one side for the day and the other for the night. If the patient is too weak to roll over alone, you can draw him over on a sheet. With two small beds side by side the change can be made by putting a large sheet over the two beds and allowing the patient to roll over, or you can draw him over on, and with, the sheet."

Changing sheets, with the patient on the bed, requires practice and should be learned with a well person on the bed until you are expert. Make no experiments with the sick one.

Have the clean sheets always well aired and in cold weather warmed. Shut the door and windows while the change is being made.

" First change the under sheet. Turn the patient over from you on one side, fold the soiled sheet tightly, in flat folds, close to the patient. Lay on the clean sheet smoothly with half of it folded up against the roll of the soiled sheet, then both can be slipped under the body at once. Tuck in the clean sheet on that side of the bed, then cross to the other side, turn the patient back on the opposite side, gently pull out the soiled sheet from underneath. Afterwards draw the folds of the clean one, pull straight, and tuck firmly and neatly. By following this method the draw sheet, rubber sheeting, and under sheet may all be changed at one time.

" To change the upper sheet loosen all the bedclothes at the foot, then spread the clean sheet and blanket on top of the other bedclothes. With one hand hold the clean sheet and blanket up to the neck of your patient, with the other slip down the soiled clothes underneath right over the foot of the bed; tuck in the fresh bedclothes and spread the counterpane." An expert will do this without uncovering or fatiguing the invalid.

No one should ever sit on the side of the bed or lean against it. No one should walk heavily across the floor of a sick room or the floor above.

"To protect any injured part of the body from the weight of bedclothes without the use of the iron cradles used in hospitals, two or three barrel hoops will answer the purpose, or a round band-box large enough to slip the injured limb through. Pillows laid at each side of the bed will keep bedclothes a couple of inches above the sensitive part.

"If unprovided with a bed-rest, one may be contrived from a chair with the legs turned upward on the bed. The long sloping back then forms a support for pillows piled in, one behind another, to the top. Put a small pillow under the knees to prevent the body from slipping down in the bed.

"Guard carefully against bed-sores. Some people have very sensitive skins. Even during a short illness continual pressure may cause trouble. The back, elbows, knees, and heels, but especially the back, should be watched closely. The first symptoms of a bed-sore are redness of the skin with a pricking, burning sensation. Bed-sores will be found when the vitality is weakened by fever, indeed it takes very little in the way of pressure, moisture, or continued dampness, and even wrinkles in the sheets, or crumbs, to produce these dreadful sores. It is far easier to prevent

than it is to cure bed-sores. In paralytic cases, and with elderly people, they are most difficult to heal.

"To prevent, as far as possible, any appearance of them, bathe the parts daily with warm water and pure soap, then rub briskly with alcohol to harden the skin, and dust on talcum or bismuth powder to remove all moisture. Guard carefully against crumbs, or wrinkles in the under sheet. Persuade the patient to turn in different positions every two or three hours, to avoid long-continued pressure on one spot.

"With unconscious patients greater watchfulness is required. When there are involuntary evacuations, the clothing must be changed immediately and the body thoroughly washed and powdered.

"The first symptoms of bed-sores should be watched closely and all pressure removed from the part by a judicious use of air cushions and soft pads. Soft pads, made from cheese-cloth filled with cotton, can be boiled every week as well as hair pillows. Rubber rings can also be easily washed.

"Should the skin become broken, stop using alcohol and apply a little oxide-of-zinc ointment or balsam of Peru on a piece of gauze. Protect

the place with a pad. If it does not heal immediately, seek special treatment from your family doctor.

" No one should enter the sick room straight from the open air on a cold or a wet day; all should wait elsewhere until their clothes lose dampness and become warm.

" No matter how acceptable the visitor may be it is necessary to guard against tiring the patient. And under no circumstances permit two people to sit each side of the bed and converse across the invalid. Visitors should occupy chairs so placed that the sick one can look at them without any effort. They should leave *before* tiring the patient."

It is unwise to allow the patient to sit up long during the early stages of convalescence. " Half an hour the first day will be sufficient. After the first day it is better to let the convalescent sit up twice for a short time, than to be tired by being up too long."

In these matters the nurse should be watchful to learn just how long a time seems to do the patient good, and insist upon the invalid returning to bed before showing any signs of weariness. " Sitting up in an easy-chair is a more complete change than reclining upon a sofa. It helps to restore the strength more rapidly."

Unless there be some special reason to oppose it, encourage your patient to walk a little more and more every day after convalescence. The legs lose strength during the inactivity of illness and power can only be restored by exercising them judiciously. But the exercise should be taken gradually. Nothing is gained by *over*taxing the strength, but something is always lost.

Give your charge as much fresh air as possible before the first outing. If the weather is cold, wrap a convalescent in blankets with a soft shawl over the head. Then open a window wide and let him enjoy the fresh air and, if possible, a pleasant view. Before closing the window or removing the wraps, let your patient take a walk around the room and find out what the legs are capable of doing without fatigue. Never remove the wraps until the window has been closed long enough to restore the usual atmosphere to the room.

Judgment and tact are imperatively necessary in dealing with a convalescent who, when weary of the sick room and the bed, is in danger of undertaking much that would retard recovery.

No matter how experienced you may be, never allow your charges to suppose for a moment that you intend to dominate them—even for their wel-

fare. Rather give them the contrary impression, if you would influence them for their good and cultivate their docility. Put yourself in his place, should be the motto of all nurses, especially when the patient's will seems opposed to theirs.

THE UNPAID WORKING HOUSE-KEEPER

Law student's question. Value of wife's services. When romance starves. The poor rich wife. Arrangements of some, more ingenious than dignified.

IN every partnership relation, that of husband and wife excepted, a distinct understanding and mutual agreement holds both parties to a contract. Albeit no solemn vows are taken, the obligations are binding upon each member of the concern. But, in the steps preliminary to matrimony, many leave everything to chance or luck, so-called, with results often most unlucky, to *one* especially of the contracting parties. In consequence, all over the land there are countless women who belong to the class designated in our title, a silent body of incessant workers without hope of the slightest pecuniary independence. Edwin Markham's "Man with the Hoe" seems

a free and enviable being, compared with these sempiternal drudges. The only variety in their lives is when they, perforce, exchange household work for the labor of childbirth upon the advent of each new baby. Those are their resting periods, and they are brief.

A law-student asked: "What would you propose, how would you regulate compensation to a wife?" Take an illustrative case: A woman marries, bears children, nurses and sews for them; mends, makes, brews, bakes, and fills the complex position imposed by marriage, a growing family, housekeeping cares, and the demands of her husband. (We are now considering the great army of people in moderate circumstances.) During times of sickness the mother loses sleep and is taxed to the utmost limit of her strength; unlike the trained nurse, she neither claims hours for making up lost rest nor for going into the fresh air. Respite and refreshment are only for the *paid* incumbent, who renders stated service, at stated hours, for stated remuneration, and who can escape from a galling situation without resorting to the divorce courts. But not so the wife and mother; pride and love for her children bind her to her hard fate until she drops and finds her first and last resting place—the grave.

During years of unremitting service as wife, mother, seamstress—often general house-worker also—her return a roof, a bed, food, and clothes —often prepared and made by her own hands. For every expenditure she gave an account to the lord of the purse, unless, like many of her equally dolorous sisters, she condescended to rifle her husband's pockets when he slept, and thus secured small change for unquestioned use. When Death, at last, kindly severs the partnership the man, bereaved beyond his own realization, casts about for someone to look after his house and motherless children. Now the long-ignored subject of compensation, not to be evaded, confronts him. Board and lodging no longer count. For far less service than the wife gave he must pay. Aside from the monthly account of household expenses, will he ever presume to inquire about the cash outlay of the new manager? She would laugh in his face, should he so far forget himself. And, failing to come to time with her salary, he would find himself left to paddle the household canoe alone while facing a legal action for unpaid wages. Pay, pay, pay, is the burden of the song forever ringing in his ears; pay for keeping the household wheels revolving to the tune of breakfast, lunch, and din-

ner; pay for nursing the little ones; pay for tending the sick; pay for making the children's clothes; pay for their mending and his own. Gone is the day for these things to be done by magic, as it were, costing him no thought. It passed with the passing of his wife.

No wonder we have the conundrum: "Why is a widower like a young baby?" "Because at first he cries all the time, then he begins to take notice, and it is very hard to get him through the second summer." Wives are frequently, though not always, economical investments; they leave a good margin for tobacco and beer.

A merry girl used to say that, if ever she married, she should look for a widower who could bring a recommendation from his first wife. If a No. 2 should depend upon the first wife's reference, many of the lords of creation would continue in single blessedness with no opportunity to "endow with all their worldly goods" more than one overconfiding woman.

Someone protests: "Oh, but the marriage relation is a romantic affair and forbids sordid money-consideration between the pair. It is all one interest." All *one* interest too often is true. But *which* one?

The man who, willingly, permits his wife to

spend her life serving him and their children unrequited even to the extent of wages paid to any servant in his, or some other, house, is not likely to impart any romance to married life. Unremitting care and household work, with an empty purse, perpetually divorce one from romance. Romance and sentiment starve in married life where one partner clutches the pocketbook and the other's purse is perpetually empty, or only now and then supplied with a niggardly dole for which an account must be rendered. This is no overdrawn picture. Along the various grades of society there are wives whose rights, in this respect, are totally ignored by their inconsiderate husbands. The "*poor rich wife*" has passed into a proverb because the stupid, hoary old custom of regarding woman as dependent is still ingrained in the genus homo.

She should be a lovely vine clinging about that sturdy oak—Man. The sturdy oak often proves to be a sapling unable to bear the rigorous blasts of housekeeping cares and incapable of minding the children even when he is in the house. This makes no difference in the opinion of those who are governed by the traditions of the elders.

The wife of a wealthy New York man used to

declare, with tears, that she was constantly subjected to mortification because her splendid environment, elegant equipages, and costly clothes, together with her husband's well-known wealth, attracted people who were seeking subscriptions for the advancement of worthy objects. Without any bank account of her own and even with her purse empty, she was always obliged to say, "I must first consult with my husband." As he required all bills to be sent to him for payment, while requiring his wife to be gowned in keeping with her splendid cage and their grand entertainments, she was literally a pampered pauper in her own home—the beggar on the street had more small change than that dolorous wife. Kindly Death came at last to her rescue by unclasping the tight fist of the man, who was compelled to leave his possessions forever. His widow was not altogether inconsolable. Her *visible* mourning was not painful to herself. Signing checks for it with her own hand thrilled her with pleasure unknown in her married experience. Paying her own bills served to assuage any possible pang of widowhood. It is pleasant to be able to state that she survived her liege-lord many years to taste the joys of independence, and never seemed impatient to be reunited to him in the

spheres where money, bank accounts, and marriage are supposed to be unknown.

Stories are current, more truthful than poetic, showing the devices resorted to by some of these "poor rich wives" to outwit their close-fisted spouses. The arrangements are more remarkable for ingenuity than dignity. They make one think of the crooked ways of tax and tariff evaders. The husbands of these women probably are adepts in those evasions, consequently their wives are in a school of duplicity. Apt pupils, they secure ready cash to spend by taking the dressmaker, milliner, and even their teachers of languages and music into their confidence. Together they conspire to extract funds from the lord of the exchequer without his knowledge. The bills of these people are by an understanding augmented beyond their customary charges, and the surplus finds its way into the ever-empty purse of the wife. Undoubtedly she has no compunctions, as she feels and knows it is her own, unjustly withheld, that she thus secures. Of course there can be no "heart to heart confidences" between these unhappy wives and their narrow-minded husbands.

Poor indeed are these women in ways unrelated to an empty purse. Poorer are the men who

drive them to such petty deception. But the unpaid working-housekeeper has no such opportunity to secure a private purse. Hers is a work-a-day world. Small wonder, then, if she rob herself of needed sleep to play the wary pickpocket after her spouse is locked in slumber. Fancy the picture! A woman rifling the pockets of her dear lord in the small hours that she may have *car-fares* and *postage stamps* without always saying, "Please, sir, give me a dime."

Turning from these unpleasant facts, it is refreshing to know that there is a reverse side to the picture. Not all men are so niggardly to their wives. A new order of man came upon the scene some time ago, the sort that respect their wives and deal in an honorable, manly, business-like way with them. One of this refreshing type not only gave his wife the household money to disburse in her own way and pay all bills, but also gave her a generous allowance for her own private expenses; in addition, he kept a careful account of his own foolish outlay for cigars, and every month handed to his wife exactly as much as he had wasted for her to waste, if she so pleased, in some equally unwise way.

That pair spent sixteen happy years together, and those who knew them intimately realized that

romance never died out of their married life. When the sad hour of separation came there were only beautiful memories for the widow, who said, in the midst of her first grief, " He was always Douglas tender and true."

In the new era the wife-housekeeper will be a partner and have her services recognized quite as fairly as are those of the paid superintendent of any establishment.

BOOKS THAT SHOULD BE IN THE HOME

The millionaire's library. Make old and young resourceful. The unabridged dictionary. Atlas of the world. Teach children to consult references themselves.

NOT every home can have a library well stocked with books of all sorts for reading or for reference. That is one of the luxuries that only the very rich can evoke by a few strokes of the pen. But the library that comes into existence in that way is not the most enjoyable to its owner. In fact, the owner of that sort of a library is apt to be unfamiliar with books in general, and bookkeeping is more interesting to him than reading. His library would be a paradise to the student and true lover of books, but to him it is just a portion of his palace furnished, like all the rest, to order, by an expert with publishers' catalogues as guides.

I know just such a library. It had to be fifty feet square to be in proportion to the grand mansion that is five times fifty feet square. You feel like stopping up your ears when you view the whole establishment, for it screeches at you, "Just see how much I cost!" It is stunning everywhere. But the owner never has time to read anything but the stock market, and his hands are so full of coupons to be cut off that he has no place in them for holding any but a checkbook. The only people that really ever got any enjoyment out of his great, big, splendid library were the publishers who filled his agent's orders.

Young married people and others starting out in life who are in moderate circumstances cannot usually begin with a supply of useful books unless they have been so fortunate as to inherit the library of some literary relative, or have been blessed with wise parents and such wise training that they learned, very early in life, to love reading and to collect and take good care of books. This class needs no hints about book-collecting. But there are many who have not been so happily circumstanced in their youthful days, and they often feel the lack without knowing the best way to fill or overcome it. They long to give to their children the advantages which never were theirs,

for they realize that, without a good education, early in life, people are ever after handicapped, no matter how much money they may get for themselves, or inherit from others. After perfect health there is nothing, on the material plane, that makes children and grown people so independent, resourceful, and happy as an intimate acquaintance with the best literature. As no one can read all the books worth reading at once so there is no need for owning them all at once. But there are some books that every home should have and use constantly, and depend upon no outside library for them.

Taking for granted that every home as a matter of course will have at least one Bible and one copy of Shakspeare as part of its indispensable furnishing, we pass on to the next most important book without which much reading will be bereft of advantage to the reader. What is the use of words if one knows not their meaning or only has a glimmering idea of their signification? What is the use of reading about places on this our globe, if they are not located and pictured on the mental gallery by finding them out on some map if not by seeing sketches of them? Then an unabridged dictionary and a complete atlas of the world are absolutely necessary in every

household, where the family is expected to be cultured and read, as well as think, intelligently. Children taught to use these and other reference books, of which mention will be made in this chapter, with very little going to school will be more thoroughly educated when they grow up than other children who have expensive schooling, but no training in looking up meanings, places, and everything else that they come across in their reading which is not perfectly clear to them. No. 3 on the list of desirable books is a Classical Dictionary. These three should be always accessible and faithfully used by parents and children alike, for, after you show a child how to look up anything, it should do that work for itself. The books ought to be kept in one place on suitable stands, and no one allowed to lift them about from place to place. That is what damages heavy books. In other words, not use, but abuse wears them out too soon. In this connection it may as well be said that children should be taught early—just as soon as they handle books at all—the proper way to open and hold a book. All heavy books require especial care. They should, when too heavy for the hand, perpetually rest on a table or a stand. No one should ever be al-

lowed to lean upon an open book. Those that can be handled without effort should be allowed to rest with their backs in the palm of the hand while one is glancing over them. This of course applies to books with nice bindings. I shall never forget my first lesson in holding a book. I was looking at a beautiful volume held open with both hands and enjoying its exquisite make-up—all unconscious that the owner was on tenter-hooks while watching me. After a moment he said gently: "Cousin L., will you let me show you how to hold a book?" And then he placed it as I have described in the palm of his hand, thus fully supporting the two sides of the cover, and let it open without straining it in any part. That lesson is always recalled to my mind when I see anyone handle a book roughly. The three books that have been just recommended can be bought by degrees where very careful expenditure is necessary, but, whenever it is possible, they should find very early introduction and place in every home. They will prove invaluable, ever faithful friends to all who seek their acquaintance. And there is never any risk of becoming too intimate with them. The Century or the Standard Dictionary—each one holds a mine of information—whichever you choose will be an endless

source of delight and settle for you all sorts of puzzling and doubtful questions. Let the father dispense with tobacco and the mother go without finery, at least until a row of those fascinating books rests upon a shelf within reach of all who know how to handle a valuable book. And never forget that all these are to be *studied,* not merely owned. Any standard books of prose and poetical quotations that are complete come next in importance for the family at home. All the books that one wants to read can be found in the public libraries, but, while reading, these books of reference should be very easily reached, and that is why they ought to be the nucleus of the home library. They make nice holiday gifts, and have the advantage of growing in importance the more you refer to them. In this they differ essentially from many things that are given as presents. A book of English synonyms is helpful, and if your Bible is not furnished with a full concordance, by all means get Cruden's and keep it along with the Bible, which is a library in itself. No matter what your religious belief, or if you have none at all, the Bible should be familiar to everyone who wishes to be well informed. So much of it is incorporated into all the best English literature, either directly quoted

or in other ways, that one can hardly be said to have received a good English education if not thoroughly at home, and conversant, with the Bible.

It is cruel to permit children to grow up without being acquainted with the wild flowers that they meet and the trees that they see, as they go about. There are delightful books, giving information about both in such a simple way that whoever knows how to read can find out what they are and to what family in plant life they belong as easily as they can look up word-meanings in the dictionary; and a leaf brought home from a tree will be the means of revealing the name of the tree when it is compared with its counterpart in the book, written by an arborist. Mrs. Dana's "How to Find the Wild Flowers" would make a delightful birthday gift to a little girl who loves to go after the wild flowers. Nor should the stars be totally strange to children. There is a deeply interesting book upon astronomy called "Warren's Recreations in Astronomy." Not a dull sentence is there in it. If read aloud, and then the stars of the season are looked for in the sky, the children can soon greet the constellations by name and also recognize all of the bright stars in the heavens. With Whit-

taker's " Planisphere Showing the Principal Stars Visible for Every Hour in the Year, from Latitude 40 Degrees N.," and the astronomy just mentioned, no family need remain in dull ignorance of the heavens in our latitude.

Of books written especially for children there are so many worth reading over and over again it is not very easy to name only a few. But I should like to know that " Everybody's Fairy Godmother," written by Dorothy Quigley, and Mrs. Ewing's books, were in every child's hands.

CHAPTER TWENTY

MISCELLANEOUS HINTS FOR HOUSEWIVES

In the kitchen. About the house. The traveler. The seamstress. Bedspreads. The snorer. Fumigate with sulphur.

IN THE KITCHEN

TO cook an egg daintily never let it boil. Drop it into water that is boiling, and then set it in a hot place to keep the heat steady. For those who like the yellow soft and the white set let it remain in the hot water five minutes. It will be found delicate, the white like jelly, but not hard and tough as it is when the egg is allowed to boil. If desired to have the yolk hard it is only necessary to leave it in the hot water seven or eight minutes, according to the taste of the person who is to eat the egg.

Dairy products require the greatest care to prevent their becoming tainted by the atmosphere

or anything that has an odor. No matter how agreeable it may be it will spoil butter, cream, and milk, if they are left in a refrigerator with it. Fruit, fish, or anything that affects the air must not be near dairy products. Flowers will taint butter. Dairy products are exclusive. They must have a compartment by themselves, in a refrigerator. If anywhere else, they need to be carefully guarded from becoming tainted by nearness to other things. The most delicious butter and the freshest cream can be soon converted into soap grease by contact with the odor of cheese, fish, flesh, fowl, or flowers. The only safe way is to keep them by themselves. There is risk in having them with other things, even if they are closely covered.

Stale bread and cake may be freshened by wrapping in a damp towel and placing them in a hot place until the towel dries, and then putting them in stone jars, covered. Another way is to wrap in a dry towel and place them in a colander set over a kettle of boiling water. This steams the bread or cake, and it can be eaten very soon. Care must be observed not to let them get too moist. If the crust seems wet, slip it into the oven and watch it for a moment; let it get dry, but not hard.

There is an art in making good apple sauce. Tart apples that are tender and cook quickly are the best for the purpose in summer. Spitzbergens, the finely flavored old-fashioned sort, make the most delicious apple sauce in winter. Do not peel many at a time, peel rapidly as possible with a silver knife, and drop into cold water as fast as peeled. Have tea kettle boiling when slicing begins. Slice into a granite or porcelain-lined kettle of fresh, cold water. When all are sliced drain off the cold water and cover with boiling water, adding a few thin slices of a nice, clean lemon. Cook rapidly, stir often. Slow cooking darkens the sauce. Remove when tender, and beat with a perforated spoon, or else mash through a colander. Sweeten with granulated sugar to suit the taste. If you prefer the lemon slices left in, remove them before you pass the mass through the colander, and then return them to it after it is strained.

Baked potatoes can be kept mealy by breaking them open as soon as baked. This lets the steam out that makes them moist after standing. They should be wrapped in a crash towel and kept in a hot place until eaten.

When soup has been made too salt, a little vinegar and sugar carefully added will often over-

come the fault. If discovered in time, a few slices of raw potato scalded in it will have the same effect. They should be strained out before the soup is sent to the table.

Celery stalks or leaves do much toward removing the odor of onions from hands, dishes, etc.

To keep food hot that is sent upstairs on a tray have the dishes heated first, and then set them on bowls of hot water. Heat the covers also.

A cheap and useful tray-cosey can be made by using a pasteboard box that covers the entire tray, which can then be carried through halls and upstairs without chilling the food. It is impossible to take too much pains about serving food hot, either on the table or when sent to rooms.

EXCELLENT GRAPE JUICE RECIPE

After removing stems and washing through a colander cover grapes with cold water, and boil until tender.

Drain through a cheese-cloth bag. Add one coffee-cup of sugar for every three quarts of juice. Place over the fire just *long enough to come to a boil.* Skim and bottle while hot. Do not cook longer in the first place than absolutely necessary to make them tender. The second time observe underlining above. Much cooking spoils

the flavor. Seal the corks with paraffin. One who knows says: "This grape juice is excellent, palatable, and refreshing."

The Rumford Baking Powder is declared by the same authority to be better than any other. Biscuits, etc., made with it retain their freshness longer than when made with any of the other powders. "Authority" has used it for twenty years, and sent from Utica, N. Y., to Chicago for it, until it was introduced in the Eastern States.

To keep flies out of the larder sponge the windows daily with a weak solution of carbolic acid and water. You will not be troubled with flies if you attend to this faithfully.

A piece of zinc buried in the live coals of the stove will clean out the stove pipe.

Oyster shells used in the same way will remove clinkers from fire brick.

Try a small brush, not too stiff, for cleaning potatoes and other roots, and save your hands.

A useful kitchen device is a perforated strainer that fits tightly in the escape of the sink. The strainer is funnel-shaped and easily allows liquids to flow into the pipe, but retains all solid matter.

The bread-mixer is a useful invention; it mixes thoroughly a whole baking of bread in

five minutes, and is so easily operated that even a child can use it.

The kitchen should never be without supplies of concentrated lye and washing soda. The lye ought to be used once a week to eat away the grease collected on the inside of the waste pipe of the sink. The proper way to apply it is to dissolve it in boiling water and pour down the pipe while it is hot.

Washing soda makes cleaning pots and kettles less laborious. Fill the utensil with hot water as high up as it requires cleansing, and set it over the fire with a tablespoonful of soda. After the utensil is cleaned the same soda water will be useful in cleansing the sink.

ABOUT THE HOUSE

When kerosene oil is spilled on the carpet cover the place thickly with buckwheat flour or oatmeal, and leave it twenty-four hours, at least, before brushing it up.

Use soft tissue paper, moistened a little, for dusting when the cheese-cloth duster is not at hand.

Felt soles pasted on the bottoms of rubber overshoes will help the wicked and the pious to walk in slippery places. A resourceful woman

used an old felt hat and library paste for this purpose.

When new shoes are very stiff or even a trifle tight, wet them with alcohol inside, especially near the soles, and don immediately. Wear them until perfectly dry. Alcohol dries quickly.

In cases of badly matted hair during illness, instead of sacrificing to the shears, wet it with alcohol to loosen the snarl.

FOR TRAVELERS

When traveling in the railroad cars carry a pinch of flaxseed in case a cinder gets in the eye. A seed inserted under the lid soon becomes glutinuous and the cinder gets coated; unless it has cut into the eye, it can be promptly removed.

FOR THE SEAMSTRESS

In making sleeves of lined dresses for children it saves time and trouble later on, if a good-sized piece of the goods be run on the inside between lining and material, where the hardest wear comes. By so doing the elbows do not give out so soon, and when they do wear it will not show, and the material is already in place for neat darning.

The hems of white petticoats, if turned up on

the *right* side do not pull out so readily as they do when hemmed in the old-fashioned way.

In making growing children's dresses, when the hems are straight, run a tuck in the under side of the hem for lengthening later.

Before cleaning or pressing coats, waists, etc., catch all the pocket openings and the button-holes together to keep them in shape.

In pinning bedspreads, curtains, etc., on clothes-lines place right side out with a little strip of clean, old rag under clothes-pin to prevent a mark. *Always wipe line first.*

Black silk may be refreshed by sponging and, while quite damp, rolling on a clean broomstick to be left there until perfectly dry. Silk should never be ironed.

To make pretty and inexpensive bedspreads get organdie and line it with sateen the color of the room-decorations. Border the sides with a ruffle of the organdie, twelve inches wide, unlined. These spreads are beautiful when made of organdie, with a colored pattern of flowers. They must always be lined, whether of plain white or in fancy patterns. Buy during the marked-down season, or else old-fashioned goods that are selling cheap; for this purpose they are quite as pretty as the latest, sometimes prettier. Be sure to have

the spread long enough to cover the entire bed, pillows and all.

TO CURE A SNORER

If there is a snorer in the house, administer, at bed-time, six drops of olive oil on a pinch of mustard. The oil lubricates the larynx and the mustard acts as a counter-irritant.

TO FUMIGATE WITH A SULPHUR CANDLE

To fumigate with a sulphur candle, close all the doors and windows of the room and make it as air-tight as possible by pasting paper over the window cracks, and around the *outside* of the door after you have started the fumigation. Have a tub with a little water in the bottom for the candle to stand in to prevent any danger of fire. A tin tub is good, but even that should have water. After lighting the candle and closing the door do not open for at least twenty-four hours. Whoever goes in first should, if possible, have a window or door leading to outside air open opposite the door of the fumigated room in order to let in as much fresh air as possible before entering the room to open windows. As soon as the windows of the room are opened the door should be closed again and the place left to get

well aired before anyone goes in to stay. To ventilate a place quickly open the windows at the *top and the bottom at once,* because that causes a steady change of air, while it enters at the bottom and forces the heated or foul air up and out at the top.

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