

YOUR
HOME
AND
FAMILY

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YOUR HOME AND FAMILY



EVERY HOME SHOULD HAVE A READING CENTER

YOUR HOME AND FAMILY

BY

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PRELIMINARY REMARKS

TO THE TEACHER

This book is intended to introduce the pupil to Homemaking in all of its phases, and to show the interrelation of all the units which make up the home life of the family, emphasizing the part of the Junior High School girl in these family relationships. The material presented is general, making it necessary to supplement each unit with reference material prepared by specialists in each field. We suggest using each unit, or a combination of units, as a basis for preparing a course of study covering the years of homemaking education in your Junior High School. With this idea in mind, we have outlined our material in a workable sequence. For your convenience, we have suggested at the end of each unit some references, problems, and class activities which we hope you will find helpful.

TO THE PUPIL

You have been our foremost consideration in preparing the material for this book. We have tried to meet your needs, to direct your abilities, to encourage your efforts, and to stimulate your interests. It is with the keenest delight that we dedicate our book to you.



Courtesy of The White House Conference on Child Health and Protection.

THE CHILDREN'S CHARTER

President Hoover's White House Conference on Child Health and Protection, recognizing the rights of the child as the first rights of citizenship, pledges itself to these aims for the Children of America.

I. For every child spiritual and moral training to help him to stand firm under the pressure of life.

II. For every child understanding and the guarding of his personality as his most precious right.

III. For every child a home and that love and security which a home provides; and for that child who must receive foster care, the nearest substitute for his own home.

IV. For every child full preparation for his birth, his mother receiving prenatal, natal, and postnatal care; and the establishment of such protective measures as will make childbearing safer.

V. For every child health protection from birth through adolescence, including: periodical health examinations and, where needed, care of specialists and hospital treatment; regular dental examinations and care of the

teeth; protective and preventive measures against communicable diseases; the insuring of pure food, pure milk, and pure water.

VI. For every child from birth through adolescence, promotion of health, including health instruction and a health program, wholesome physical and mental recreation, with teachers and leaders adequately trained.

VII. For every child a dwelling place safe, sanitary, and wholesome, with reasonable provisions for privacy, free from conditions which tend to thwart his development; and a home environment harmonious and enriching.

VIII. For every child a school which is safe from hazards, sanitary, properly equipped, lighted, and ventilated. For younger children nursery schools and kindergartens to supplement home care.

IX. For every child a community which recognizes and plans for his needs, protects him against physical dangers, moral hazards, and disease; provides him with safe and wholesome places for play and recreation; and makes provision for his cultural and social needs.

X. For every child an education which, through the discovery and development of his individual abilities, prepares him for life; and through training and vocational guidance prepares him for a living which will yield him the maximum of satisfaction.

XI. For every child such teaching and training as will prepare him for successful parenthood, homemaking, and the rights of citizenship; and, for parents, supplementary training to fit them to deal wisely with the problems of parenthood.

XII. For every child education for safety and protection against accidents to which modern conditions subject him — those to which he is directly exposed and

those which, through loss or maiming of his parents, affect him indirectly.

XIII. For every child who is blind, deaf, crippled, or otherwise physically handicapped, and for the child who is mentally handicapped, such measures as will early discover and diagnose his handicap, provide care and treatment, and so train him that he may become an asset to society rather than a liability. Expenses of these services should be borne publicly where they cannot be privately met.

XIV. For every child who is in conflict with society the right to be dealt with intelligently as society's charge, not society's outcast; with the home, the school, the church, the court and the institution when needed, shaped to return him whenever possible to the normal stream of life.

XV. For every child the right to grow up in a family with an adequate standard of living and the security of a stable income as the surest safeguard against social handicaps.

XVI. For every child protection against labor that stunts growth, either physical or mental, that limits education, that deprives children of the right of comradeship, of play, and of joy.

XVII. For every rural child as satisfactory schooling and health services as for the city child, and an extension to rural families of social, recreational, and cultural facilities.

XVIII. To supplement the home and the school in the training of youth, and to return to them those interests of which modern life tends to cheat children, every stimulation and encouragement should be given to the extension and development of the voluntary youth organizations.

XIX. To make everywhere available these minimum protections of the health and welfare of children, there should be a district, county, or community organization

for health, education, and welfare, with full-time officials, coördinating with a state-wide program which will be responsive to a nation-wide service of general information, statistics, and scientific research. This should include:

- (a) Trained, full-time public health officials, with public health nurses, sanitary inspection, and laboratory workers.
- (b) Available hospital beds.
- (c) Full-time public welfare service for the relief, aid, and guidance of children in special need due to poverty, misfortune, or behavior difficulties, and for the protection of children from abuse, neglect, exploitation, or moral hazard.

For EVERY child these rights, regardless of race, or color, or situation, wherever he may live under the protection of the American flag.

FOREWORD

Home economics as a school study is still in its youth. Those concerned with teaching the subject find themselves constantly readjusting their thinking both in accordance with the progress in educational philosophy and with the rapid changes in home and family life.

In earlier days homes changed little from one generation to the next. Mothers, in preparing their daughters to conduct homes of their own, felt no uncertainty in handing down the standards, traditions, and skills of their own generation. Some homes to-day in the rural areas are still very like those early homes except that such activities as spinning, weaving, and candle-making are not practiced. On the other hand, however, one finds to-day city homes of the most sophisticated types — small, compact apartments equipped with all modern electrical conveniences, arranged for a minimum of cooking, laundering, and entertaining, no provision whatever being made for infants and small children. Between these two extremes are many variations adapted to a wide range of tastes and economic levels.

These wide differences in methods of housing of modern families may easily be baffling to young people and make it increasingly necessary that youth be trained to evaluate homemaking practices and develop for themselves satisfying ways of living.

Home economics came into being in response to this educational need. Cooking, sewing, and home manage-

ment have for many years made up the substance of home economics courses. They still hold prominent places at the present day. Other phases of work have been added, due in large part to the increasing emphasis upon the necessity for making provision in family life for the maximum personality development of each individual. This has focused attention on the psychological and sociological aspects of family living. The table of contents of this volume is an evidence of the expansion of the content and experiences that home economists consider requisite to an understanding of the problems involved in homemaking to-day. Home economics is an inclusive field of study and depends upon many arts and sciences for the solving of its problems. In fact, where local situations offer vocational opportunities in homemaking for women, four-year high school courses are organized with homemaking as the core.

Homemaking, however, unlike other occupations, is not restricted to the selected minority of the population who choose it as a vocation. The tendency toward small family units and the satisfaction that many people take in participating in simple home activities make both men and women feel the need of information and skills concerned with home furnishing and care: food selection, preparation, and serving; textile selection; management of income, and the fundamentals of family relationships. The fact also that increasingly married women are gainfully employed for part time at least outside the home results in fathers and children carrying more direct responsibility for home activities.

Homemaking then may well be considered a secondary occupation or avocation for large numbers of men, women, and youth, a fact that is of real significance to those concerned with high-school education. It becomes evident

that education for home and family life should no longer be restricted to a selected few, but made available to all students. Training for intelligent consumption and satisfying home living is coming to be an essential of general education. To this end many school systems are introducing so-called survey courses covering a minimum of one year's high-school work. It is in response to this need that this text is presented. When the student's time permits, a more intensive survey course may follow, or such special courses as foods, household economics, child care, home furnishing, clothing, family relationships, and home nursing. In presenting any of the more intensive courses the teacher may well select a text from among those referred to in the bibliographies at the end of the various units of the book.

In using this text in teaching a survey course the teacher will do well to proceed experimentally. The fact that the authors have chosen a certain sequence in no way obligates the teacher in her use of the material. Whereas some groups of students may be keenly interested in approaching the study of the home and family historically, for others the whole subject of home economics might be deadened because the initial lessons were not concerned with laboratory work in foods or clothing which had been anticipated as afforded by home-economics courses.

Possibly to some this text may seem better adapted to the training for homes on the higher economic levels. It would seem that the teacher of home economics must in all cases adapt the fundamentals of the subject to the types of families represented in her classes. An understanding, or better yet a familiarity with, the accepted practices of typical American homes of high standard is a highly desirable asset for young people of all classes. In a country where there are no hard and fast boundaries

between the various social and economic levels, young people should be so equipped by their high-school education that, in so far as possible, they will be at ease in any social situation where chance may place them. Nothing makes for self confidence and normal personality development more certainly than a sense of being adequate to any situation. The flavor of charm and dignity given to home life in the text is valuable in setting high standards for youth. Some young people may at first be amazed to see a list of fifty-one guides for acceptable eating habits, but the teacher will realize that none can be ignored as a means of putting young people at their ease.

Both teachers and pupils may be appalled at the large amount of subject-matter included in one small volume. A recognition of the compactness of the text will make it apparent that cursory reading will not suffice. Detailed study, laboratory work, discussion lessons, consistent home practice, field trips, additional readings, and other forms of individual participation will be essential to the pupil's maximum growth and the teacher's satisfaction.

Using a text to the best advantage requires real skill on the part of the teacher. Unless the subject-matter in the text appears in response to needs felt by the students, the home-economics course may easily become a bore and homemaking experiences devoid of the intellectual challenge that should be created through classroom study. The text should be an efficient aid to the teacher in presenting the subject, so that the phenomena of everyday living assume significance and the dignity befitting homemaking, even to its routines, is revealed.

In presenting home-economics courses the teacher should keep constantly before her the fundamental findings of the studies of recent trends in family life. These studies have made clear that sizes of family groups,

types of housing, and household practices may change from generation to generation, or even from one decade to the next, but that the two most important functions of family life persist. First, the ties of affection afforded by family life are consistently essential in the personality development of the individual, and second, the home as an educational situation is unequalled by any other agency that society affords.

FLORENCE E. WINCHELL

Rochester, N. Y.
July, 1933

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YOUR HOME AND FAMILY

UNIT ONE

HOW DID OUR ANCESTORS LIVE?

You cannot understand the problems of the modern family unless you have in mind, as a background, a knowledge of family life in Colonial days. You are all interested in hearing your mother tell of incidents in her girlhood, and your grandmother give an account of things that happened when she was young. A lapse of time makes even the most commonplace occurrence seem unusual. You all like to hear about the so-called "good old days", when our Colonial ancestors struggled to build a nation of which we are proud to be a part to-day. There was something in their courage, perseverance, and foresight which appeals to us, and makes us want to carry on the work which they started. They built up a nation of homes in spite of great hardships, and it is to a study of those homes and those hardships that this unit is devoted.

The Colonial family group was large. Benjamin Franklin was one of a family of nineteen children. Families of this size were not unusual. Since much of the work of the home was done by the children, large families were considered a blessing. In addition to the immediate family, the family group often included grandparents, maiden aunts, bachelor uncles, and the older children of the family who had married and returned to their father's home. It was not unusual for the family group to number as many as thirty members; a larger group, perhaps, than is in your class right now.

There was not the variety of occupations for men in the Colonial period that there is to-day, but there was plenty of work to be done. Farming, fishing, and hunting were their most common occupations. Some men took up trades and became blacksmiths, millers, innkeepers, storekeepers, or pack peddlers. Some entered the professions of medicine, law, religion, or education.

There were no professions for women during this period. Married women devoted themselves to their homes and families, which was no small task. Their duties included a wide range of activities, such as spinning, weaving, sewing, knitting, soap making, candle making, baking, cooking, taking care of the house, broom making, gardening, nursing, and caring for the animals. In the harvest season the women of the family dried and stored away food for the winter, in addition to their other duties.

Unmarried women kept house for their fathers or brothers, and sometimes assisted in the home of a married sister. Occasionally they might take up the trade of dressmaking, but this was considered a disgrace to their families. The life of a spinster was not an enviable one. She was usually expected to do all the work that no one else wanted to do, and was entirely dependent on the bounty of the relative in whose home she worked.

The girls of the family were taught housekeeping, cooking, sewing, embroidering, lace making, and other household arts by their mothers. They had little formal education, because it was considered unnecessary for a girl to know how to read or write. They served as apprentices to their mothers until that time when they might have homes of their own.

The boys were their fathers' assistants when they were not at school. The sons of poor families usually attended the local schools, which were often taught by men of very

little education. The sons of wealthy families usually had private tutors, or were sent to private schools in this country or abroad.

The home of this period was a complete unit. The family raised their food products and prepared them for eating. They grew their materials for clothing, made them into cloth, and then into garments. There were no grocery stores, butcher shops, dress shops, nor department stores in those days. The people were completely dependent on the failure or success of their crops. Failure meant a hard winter, a struggle for existence against great odds. Success meant a winter of plenty, a sufficient food supply, and cozy evenings around the fireside. The Colonists experienced both, but in the beginning failure was more frequent than success. Their appreciation of a plentiful harvest was so great that they originated the idea of Thanksgiving Day, a tribute to God for his kindness.

Life in this period was rural, typical of an agricultural age. There were no large cities. In the north there were isolated farms in sections where the Indians were friendly. The hostility of some of the Indian tribes made it necessary for many of the settlers to live in fortifications, which later developed into towns and cities. An example of this is Fort Orange, which later developed into the city of Albany, the capital of New York State. In the south, the Colonists lived on extensive plantations; the master, his family, and his slaves making a complete community. Later, as trade increased, seaport towns grew up, but the South remained chiefly rural until the cotton manufacturing centers were built, at a much later date.

The first Colonial houses were built for protection without any consideration of style or beauty. Skins, logs, grass, stone, and any other natural resources of the locality

were used for building materials. As a feeling of permanence developed in the Colonies, the people began to build homes which suited the needs of their families.

From this period, we can trace the beginnings of Early American architecture. Because of the vast territory of the newly settled country, the lack of communication between the settlements, the difference in the climatic

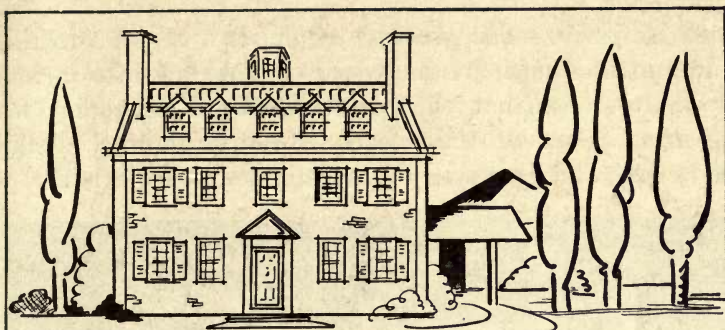


Woodhead Photo. Co. Inc.

STORROWTOWN, A RESTORED NEW ENGLAND COLONIAL VILLAGE
AT SPRINGFIELD, MASSACHUSETTS

conditions, and the variety of former home backgrounds in Europe, three distinct types of architecture developed.

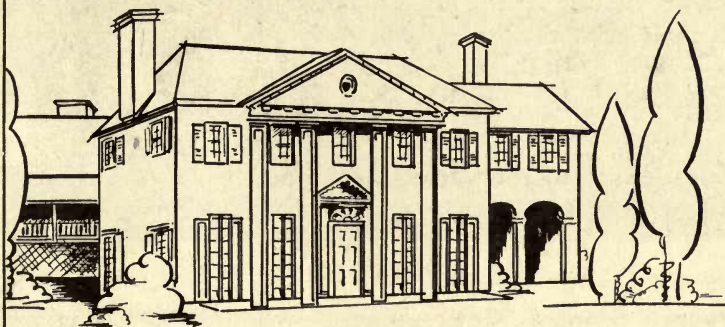
The New England homes were the most varied. At first they were small wooden cottages with center fireplaces and thatched roofs, similar to the cottages in southern England to-day. Later the more prosperous families built homes suited to their wealth and position. These were large houses built of clapboard or brick in very formal lines. The center fireplace was moved to the side walls for more perfect heating and the stately center stair hall



Northern Colonial



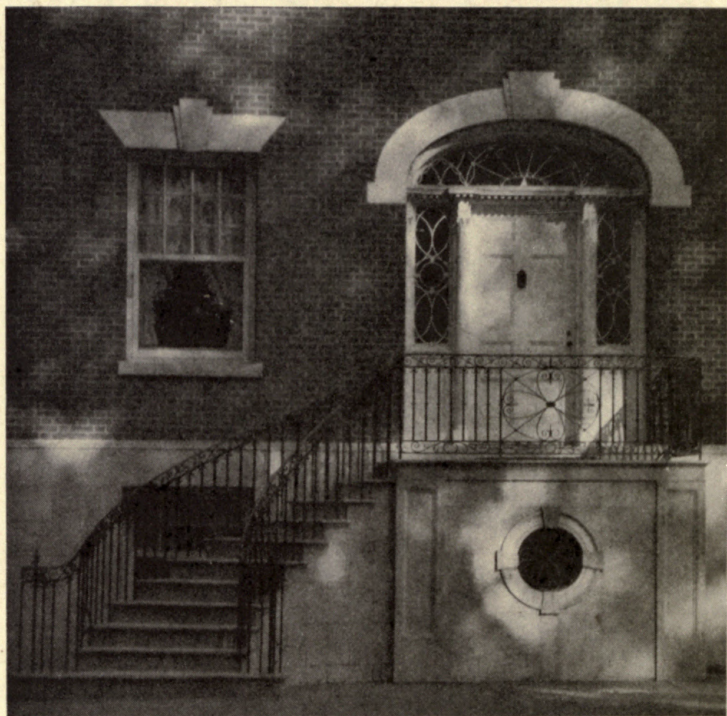
Dutch Colonial



Southern Colonial

ECH

took its place. The greatest emphasis was given to this hall and the main entrance doorway opening into it, and it was to these that the builder devoted his genius for beauty. Some of these early New England Colonial homes are still standing to-day, dignified memorials of a



A NEW COLONIAL STYLE DOORWAY

staunch people. Storrowtown, a restored New England Colonial village, at Springfield, Massachusetts, is a splendid example of the homes of this period.

The Dutch Colonists were a sturdy and energetic people, and their homes were typical of them. Their first buildings were crude, but they slowly developed a natural type

of house built of available material which fitted into the surroundings. They used field stone, stucco, clapboard, and shingles for building materials, sometimes combining several materials in the construction of one house, but because each material used had a definite purpose, the result was pleasing. The principal charm of the Dutch Colonial house is its low, graceful, sloping roof which gives the impression of stability and security. These houses will always be beautiful, and time cannot make them old-fashioned, because they were planned for comfortable living. Some splendid examples of this type of architecture can still be found in the sleepy towns along the Hudson Valley, in New Jersey, and in Pennsylvania.

The Southern Colonial architecture was distinctly different from the other two types. The manor houses were perhaps the most delicately beautiful of all Early American architecture. They were built of brick or clapboard with a slender columned portico usually extending the height of two stories. The term "landscape gardening" was unknown in this period, but the southern plantation owner understood its value and enhanced his home with a setting of stately trees, clustering shrubs, and rolling lawns. The slave quarters were grouped at the rear of the house, humble additions to the grandeur of the mansion. George Washington's home, Mount Vernon, is one of the best examples of a Colonial homestead to be found in this country to-day. Perhaps you have seen it.

The main source of heat in the Colonial house was the huge fireplace, sometimes large enough to burn a whole log. Although this was very picturesque, it was a most unsatisfactory method of heating. The houses were poorly sealed, and the chimneys so large that much of the heat was lost. The only warm place in the house was in front of the fireplace, and here the family gathered in

the evening, the mother and girls spinning or sewing, the father smoking his pipe and telling the news of the day, the son laboring over his copy book.

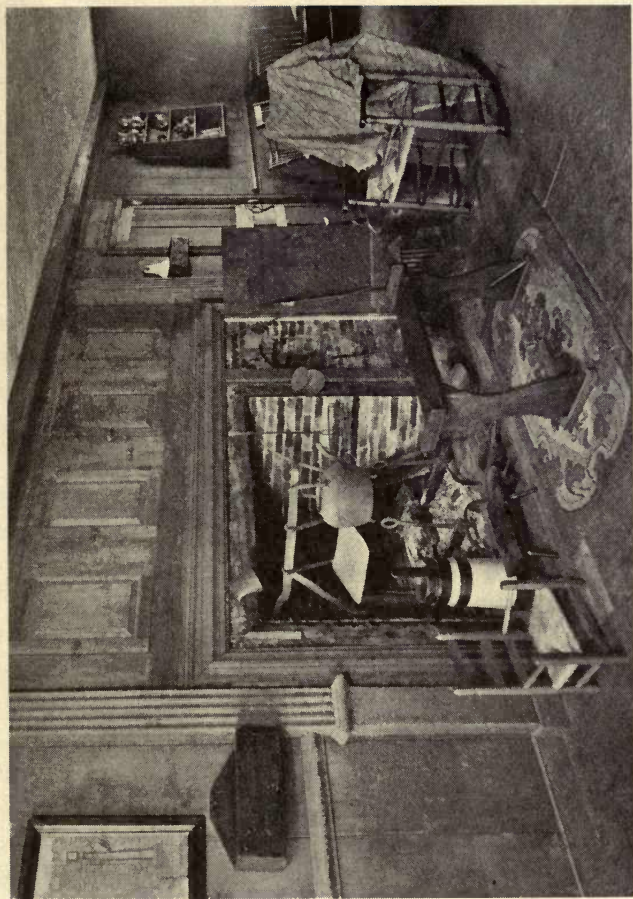
The fireplace was also used for cooking. At one side there was a built-in brick oven for baking bread, pies, and puddings; at the other side a swinging crane for holding kettles over the flame, and a spit for roasting meats. There would probably be a bellows, too, to fan the dying flame, and andirons or firedogs to hold the logs in place.

In the earliest days, when the Colonists lived in crude log cabins, the fireplace was the chief source of artificial light. Later the use of candles became common. In the homes of the poor they were considered an extravagance and used sparingly, but the wealthy people had elaborate candelabra, sometimes burning as many as thirty candles at one time. But even these gave a poor, flickering light. Candles were made at home by dipping cotton wicks into melted tallow or by pouring the melted tallow into molds. The materials were expensive and the process tedious.

Much later oil lamps of pewter or glass were used. These gave a better light, but they were even more expensive than candles and so were not used extensively.

One of the most cherished possessions of the Colonial housewife was the tinder box. This was a circular box containing a flint, a steel, and a tinder, some vegetable matter such as a cambric handkerchief or a scorched piece of underwear, to catch the spark from the friction of the flint and steel. This was their only method of striking a light, and it was a slow process. Charles Dickens said that if you had good luck you might get a light in half an hour.

At first the furniture used by the Colonists was rough and homemade, and consisted largely of benches, long tables, fireside seats, turn-up bedsteads, sea chests, and stools. From these homely beginnings there developed



AN OLD COLONIAL FIREPLACE

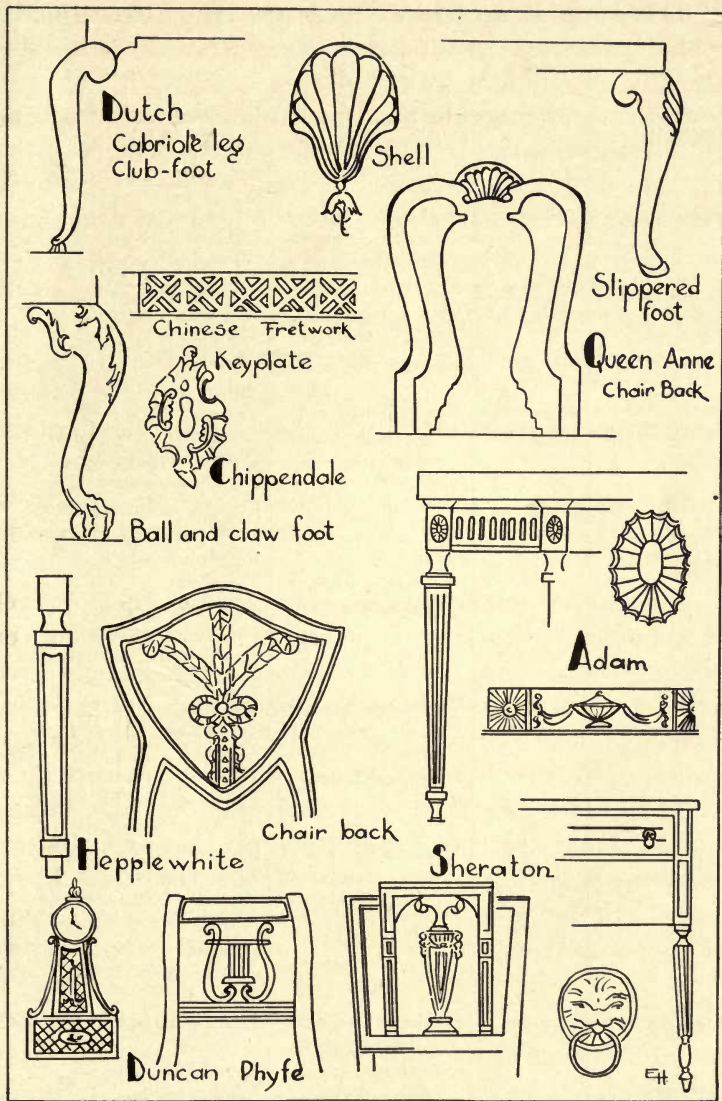
*Showing Methods of Cooking and Heating Typical of the Period. Potter House, Stor-
rowtown*

a style of furniture known as Early American, which is standing the test of time, the true test of beauty, and is steadily becoming more popular.

In the early days the wealthy families bought furniture from Europe, made by the famous cabinet makers of that period. Later, Colonial cabinet makers used the furniture styles of the Dutch or Cabriole period, Queen Anne, and Chippendale. Due to the feeling of antagonism between England and the Colonists during the Revolution, this practice was temporarily discontinued. Then the American furniture makers began to take up the new influences in design. Hepplewhite, Sheraton, and Adam were largely responsible for the character of the new order of furniture. Duncan Phyfe, a cabinet maker in New York City, was the first American to make a name for himself in producing a style of furniture peculiarly his own.

Colonial household utensils were made almost entirely of metal and wood. Iron, copper, pewter, and brass were the most commonly used metals. Silver and gold utensils were rare. Iron was used for kettles, potato boilers, waffle irons, gridirons, plate warmers, Dutch ovens, foot stoves, coal irons, smoking tongs, skillets, toasting forks, andirons, and roasting spits. Copper was used for kettles, plates, chafing dishes, and warming pans. Brass was used for warming pans, candle-sticks, lamps, and andirons. Pewter was used for pitchers, plates, bowls, mugs, platters, teapots, bottles, and spoons. Some of the wealthy families had spoons, salt dishes, and tankards of silver. These were prized possessions and were frequently given special mention in wills and other legal documents.

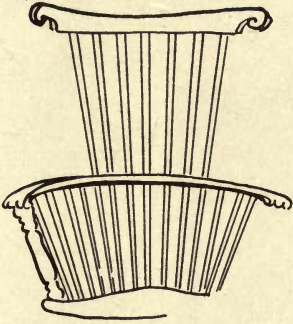
Wood was commonly used for trenchers, pails, plates, bottles, drinking cups, and tankards. Glass and china



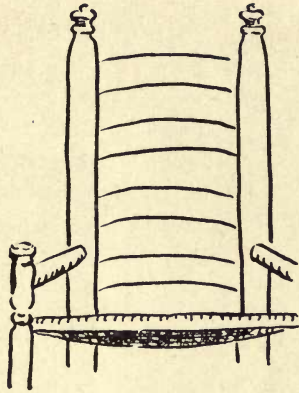
WELL-KNOWN CHARACTERISTICS OF PERIOD FURNITURE

TYPES OF FURNITURE USED IN THE COLONIES

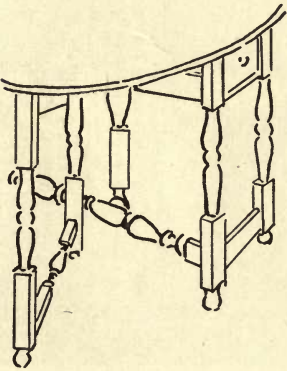
TYPE	PERIOD	POPULAR PIECES	CHARACTERISTICS
Dutch or "Cabriole"	1700-1740	Highboys, lowboys, chests of drawers, and slant-top desks	Cabriole or reverse-curve leg Dutch clubfoot
Queen Anne	1702-1714	Highboys, lowboys, clocks, mirrors, chairs, chests of drawers, desks	Cyma curves Cabriole legs with club, web, or slippered feet Scallop shell
Early American	1620-1740	Chests, trestle tables, chairs, tables	Slat-back chairs Windsor chairs Gate-leg tables Butterfly tables
Thomas Chippendale	1740-1760	Chairs, mirrors, drop-leaf tables, bureaus	Detailed ornamentation Ornamental Cabriole leg Claw-and-ball foot Elaborate brass hardware Chinese influence shown in fretwork and lacquer
Robert Adam	1760	Small cabinets, chairs, writing tables, sideboards	Beginning of delicate re- straint Rectangular lines Low relief carving Painted and applied decora- tion
George Hepplewhite	1775	Chairs, all kinds of tables, chests of drawers, secreta- ries, sideboards	Combined strength and elegance Straight tapering legs, usually square Prince of Wales feathers Shield-back chairs
Thomas Sheraton	1790	Sideboards, cabi- nets, secretaries, dressers, chairs	Rectangular chair backs Fine inlay Curved-front sideboards with reeded, tapering legs Graceful brass hardware, urns, lions' heads, leaves, and fruit
Duncan Phyfe	1810	Chairs, tables, sofas, clocks, mirrors, lowboys, wing chairs, desks, bureaus	Decorated banjo and shelf clocks Lyre-back chairs Shell carving Beautifully grained wood Exquisite inlay



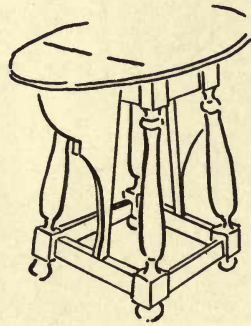
WINDSOR CHAIR



SLAT-BACK CHAIR

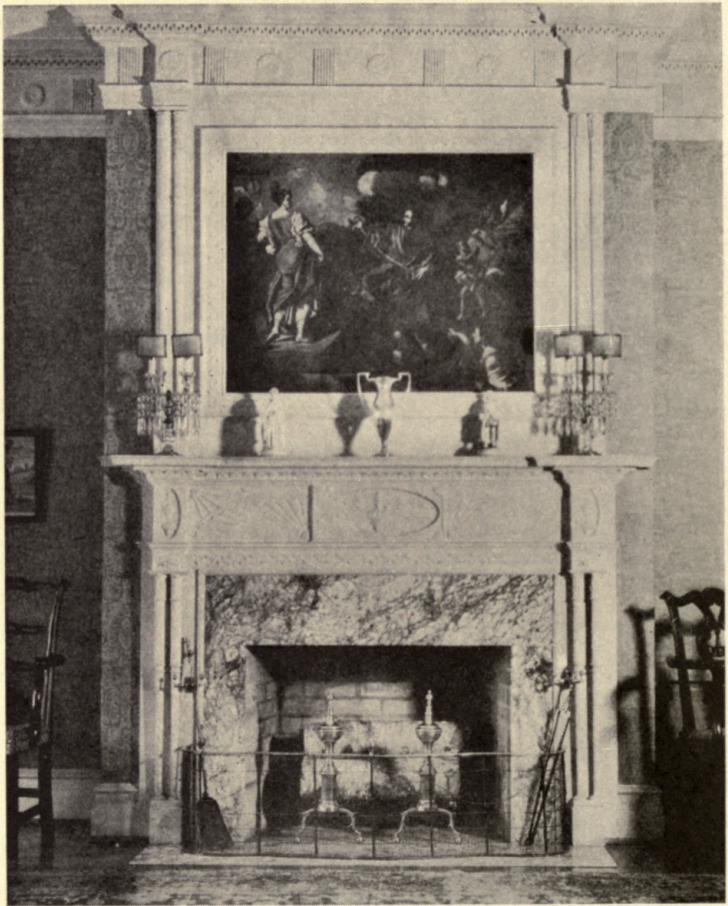


GATELEG TABLE



BUTTERFLY TABLE

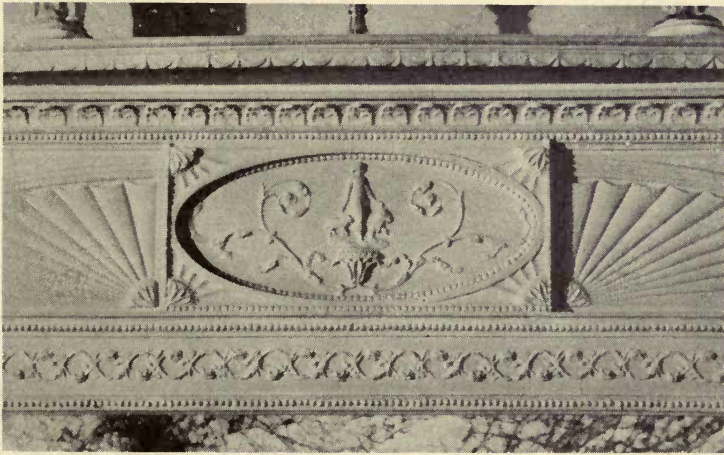
utensils were rare. Glass bottles were things of beauty, and originals of this period are valued by antique col-



AN ANTIQUE ROBERT ADAM MANTEL

lectors to-day. Drinking glasses did not become popular until a much later period. China was not used during the fifteenth century either in the Colonies or Europe.

The entire production of clothing was carried on by members of the family, each doing his share. Occasionally the families of wealth sent to England for material for clothes, but usually the cloth was made from the raw materials grown in this country. All silk material had to be imported from Europe and the Orient. Flax, wool, and cotton were grown extensively, and the state



A CLOSE-UP OF THE ROBERT ADAM MANTEL

Showing the Detailed Design and Exquisite Workmanship

governments encouraged the industry by offering prizes for the best crops. The mother and daughters would spin the fibers into thread. The spinning wheel was a necessary part of the household equipment. It twisted the fibers into thread. Then the thread would be woven into cloth or knitted into garments. Hand looms were used for weaving the two sets of thread into cloth. Wooden needles were used for knitting one thread of yarn into stockings and mittens.

The thread or yarn was usually dyed before being made

into cloth or garments. The Colonists learned from the Indians the art of using the dyes provided by nature. Blue was made from indigo; red from madder, cochineal, and logwood; yellow or brown from the bark of the red oak or hickory; green from goldenrod plus indigo and alum; crimson from chokecherry and alum; violet from



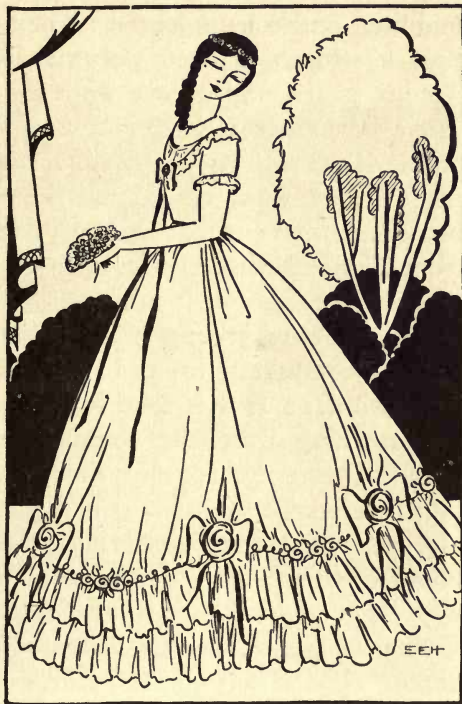
AN ORIGINAL COLONIAL BEDROOM

*Showing a Canopy Bed and Queen Anne Highboy. Gilbert House, Stor-
rowtown*

iris juice; yellow and orange from sassafras bark; yellow from fustic and copperas; and black from field sorrel plus logwood and copperas. The beauty, clearness, and fastness of some of these dyes have never been equaled, and the formulae for their preparation are not known.

Most of the clothing for the entire family was made at home. There were a few tailors and seamstresses whom the wealthy families employed. Clothing construction in those days was a difficult problem. Needles, shears,

and other equipment were very crude. There were no commercial patterns. All sewing was done by hand. The sewing machine was invented by Elias Howe, Jr., of Spencer, Massachusetts, in 1846 and, therefore, was unheard of during the Colonial period. The type of clothing worn at this time added to the difficulty. In spite of legislation to curb elaborateness, the dress of both men and women was more intricate and therefore presented a greater problem of construction than our clothing to-day. The tiny tucks, ruffles, gores, and applied designs of braid and metal threads on men's as well as women's clothing required skill, time, and infinite patience for their construction.



A DAINY COLONIAL BELLE

Compare Her Party Dress with That of the Modern Girl Shown in Unit Eight

The Colonists found it necessary to use the natural resources of their locality for a large percentage of their food supply. Fish and game, such as deer, wild turkey, wild hare, and squirrels, were favorite foods. Wild huckleberries, blackberries, and strawberries grew in abundance.

The sap from the maple tree was used for syrup and sugar.

The Indians taught the early settlers how to grow Indian corn, and they prepared it for eating in various ways, such as in hominy, pone, succotash, johnny-cake, pudding, and roasting ears. They cultivated pumpkins, squash, white and sweet potatoes, beans, wheat, and rye. Apples, pears, and quince were the most common fruits. Their beverages were principally wine, ale, water, and milk. Tea, coffee, spices, sugar, and molasses were imported and were considered luxuries. As the homes became permanent, cattle, hogs, and sheep were imported from England to stock the farms. Then meat and dairy products became plentiful.

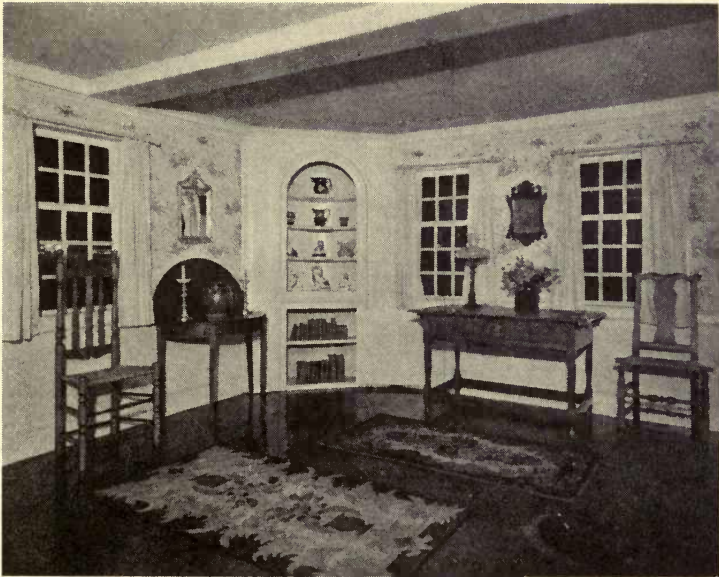
The cooking processes of the Colonial homes were simple compared to the complicated and laborious methods used at that time in England. Boiling, baking, and roasting were the common methods of preparing food. The term "refrigeration" was undreamed of, but foods were kept by freezing in winter and by drying, salting, pickling, and preserving. Some manuscript cook books of this period, which have come down to us, show with what pains the dames prepared their families' food.

The social life of the Colonies was centered in the home. The family gathered around the fireplace in the evening for reading, story-telling, popping corn, and roasting nuts. Husking bees, quilting bees, candy pulls, square dances, and house parties were the popular forms of entertaining in the home.

The people of this period were noted for their hospitality, especially in the South. Slaves were posted at the gates to welcome the traveler and invite him to the manor-house in the master's name, even though the traveler was an unknown stranger. He was expected to stay

until he was rested and able to continue his journey, which sometimes necessitated a stop of several days. These travelers helped to break the monotony of a rather isolated existence.

Because of the fact that travel was expensive and hazardous, few Colonists went beyond their own communities. Walking, boating, horseback riding, and the stage-



A CORNER OF A REAL COLONIAL PARLOR, GILBERT HOUSE,
STORROWTOWN

coach were the only methods of travel. The hazards were many. There were few roads and no bridges. Streams had to be forded, and during the spring of the year, this was sometimes impossible. The country was wild and there were great distances between settlements. Hostile Indians lurked in the forests. Only the brave and the adventurous dared to travel.

Communication during the Colonial period was slow and unreliable. The messenger on foot, or the postrider, carried the news and the parcels. The recipient paid postage to cover the traveling expenses of the messenger. This was very expensive. There was no supervision of mail and no laws to protect it. There were no post offices. The mail was left on the table of the nearest inn, to be claimed by the owner when he happened to appear.

Religion was an important part of every Colonist's life. The Sabbath was rigidly kept. Laws were passed forbidding any activities on Sunday, such as working on farms, running, jumping, fishing, shooting, and smoking. Attendance at church was compulsory in some Colonies. The service was long, sometimes lasting five hours. The churches were poorly constructed and unheated, even in winter. The women and children carried foot stoves to church. The tithing-man closed and watched the doors, and no one was allowed to leave until the service ended. He also was responsible for keeping children in order, and for awakening any members of the congregation who fell asleep.

Can you not from an understanding of the hardships of life in the Colonial period better appreciate the blessings which you enjoy to-day? Can you also understand how fine was their spirit of family comradeship and coöperation? If the families of this period had not felt some joy and satisfaction in their homes, would we be the nation we are to-day?

OBJECTIVE TEST

Fill in the spaces below with one word which will make the statements read sensibly and be true.

1. The Colonial family group was ____.
2. ____, fishing, and hunting were the most common occupations of the men of the Colonial period.

3. It was not considered necessary for the daughters of the Colonial families to know how to read or ____.
4. The home of this period was a ____ unit.
5. The first Colonial houses were built for ____ without any consideration of style or beauty.
6. The three distinct types of American architecture which had their beginnings at this time are ____, ____, and ____.
7. The main source of heat in the Colonial house was the ____.
8. In the earliest days when the Colonists lived in crude log cabins, the fireplace was the chief source of artificial ____.
9. ____ was the first American cabinet maker to produce a style of furniture peculiarly his own.
10. Colonial household utensils were made almost entirely of metal and ____.
11. The social life of the Colonies was centered in the ____.
12. The people of this period were noted for their hospitality, especially in the ____.
13. Travel during this period was expensive, slow, and very ____.
14. ____ was an important part of every Colonist's life.
15. The New England Colonists originated the idea of ____
____, now a national holiday.

CLASS QUESTIONS AND ACTIVITIES

1. List the distinctive points of each type of period furniture.
2. What cities of to-day were originally Colonial fortresses?
3. In Colonial days how might you have traveled from Boston to Baltimore?
4. What foods were eaten during this period and how were they cooked?
5. What were considered good table manners at this time?
6. Plan the activities for one day which would have been typical of the way a Colonial girl of your age would have spent her time.

7. Study the history of your city, town, or county.
 - a. When was it founded?
 - b. Who were the first settlers?
 - c. What part did it play in the foundation of your nation?
8. Are any of the houses of the early days of your locality still standing? Is there a Historical Society Building in your community? Would you like to visit the places of interest in your community and see the original houses, furnishings, furniture, clothing, and jewelry typical of your grandmother's day?

SUGGESTED REFERENCES

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UNIT TWO

HOW DO WE LIVE?

Although some students of social problems have predicted the weakening of the family as a unit, others consider that the family has proved itself a permanent institution. It is one of the few institutions which has stood the test of advancing civilization. That the family has adjusted itself to meet changing conditions is apparent when one studies family life from the Colonial period to the present day.

The modern family is much smaller than the families of two hundred years ago. To-day the average family has approximately three children. The family group does not include so many relatives as the Colonial family.

The father is largely responsible for the financial support of the family. There are many types of occupations which he may follow. He may enter a profession, a business, a trade, or be a farmer, or a laborer.

The mother may devote her time principally to her home and family, or she may aid with the financial support either with a part-time or a full-time position. To-day married women are developing their talents, entering business, professions, or institutional work, and working in factories, or in private homes. Do you think married women should work? Can you definitely answer, "Yes" or "No"? Might there be circumstances which would influence your decision?

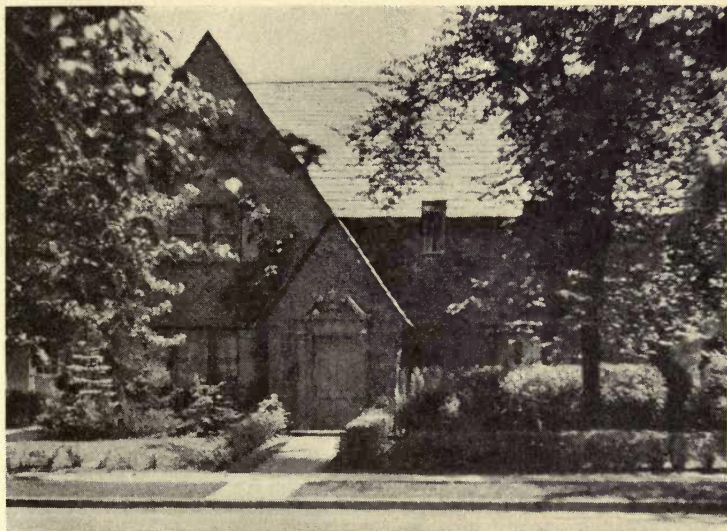
The position of the unmarried woman has changed from one of dependence and insignificance to one of independence and self-expression. If she has an income of her own, she may devote her time to developing any special talent which she may possess, or she may devote her time to helping others by doing social service work. The attitude toward women working has radically changed in the last hundred years. It is no longer considered a disgrace for women to work outside the home, but rather an indication of laziness for an unmarried woman not to use her time to benefit herself and others. The variety of occupations that she may enter is as great as that open to men. In fact she now fills positions which men felt were suited only to them, and in many cases she has been able to compete successfully with the men.

With these possibilities for the future, the education of girls has been changed to fit them to meet the problems they will encounter in their adult life. They attend school about six hours every day except Saturdays, Sundays, and holidays. They assist their mothers by performing some of the household tasks. In some families it is necessary for the girl to add to the family income in order that she may continue her education. She may earn money by caring for children, clerking in stores, or doing light housework. Unless the girl is very strong physically, she should not be allowed to work outside of her own home in addition to her school work. She needs rest and recreation during this growing period.

The boy spends his time in much the same way as his sister. He goes to school, does his share of the household tasks, and, if necessary, may add to the family income by selling papers and magazines, ushering in a theater, clerking in a store, or by being a delivery boy, messenger boy,

or caddy. These part-time jobs are sometimes good training for a boy.

You are living in an industrial age to-day, and are dependent on the manufacturer for clothing, household furnishings and utensils, and on the farmer for food. The members of your family earn money to buy what the family needs from the producer, either directly or indi-



A MODERN ADAPTATION OF COLONIAL ARCHITECTURE

rectly. This is the exact opposite of the complete independence of the Colonial family.

The Colonial houses were all the one-family type, but to-day we have several types of houses. The one-family house is still seen in the country, in small towns and villages, and in the residential sections and suburbs of large cities. This type has at least two stories and may be large or small. The cottage is similar to the one-family house. Most of the rooms are on the first floor, except for

one or two bedrooms on the second floor. The bungalow is an increasingly popular type of house. The convenience of having all of the rooms on one floor appeals to the modern housewife. Cottages and bungalows are built principally in towns and villages, and the suburbs of cities.

Two-family houses, apartments, and tenements are typical of large cities. Two-family houses may be of the



Photo by Chas. F. Doherty, 16 E. 37th St., N. Y. C.

AIR VIEW OF RADBURN, NEW JERSEY

"The Town for the Motor Age"

flat or the duplex style. Apartments may be found in various types, ranging from one-room apartments to the luxurious apartment hotels. Tenements are found in the slums of large cities. It is here that the poorest type of living conditions exists. Various philanthropic individuals and organizations have succeeded in improving the unhealthful living conditions of these congested homes, but there is still much to be done.

The "garden city movement" is an effort to improve the living conditions of the workingman's family in large cities. Interested groups of men and women have established ideal communities in the suburbs of large cities within convenient commuting distance to business. These so-called "cities" are the size of small villages.



AN UNDERPASS GUARDS THE CHILDREN FROM MOTOR HAZARDS
IN RADBURN, NEW JERSEY

They are made up of apartment houses, and one and two family houses, thus offering homes to suit various incomes. There is a modern school, a community recreation center, and usually one large, attractive store and office building. There are several advantages in this system of living. The community is planned by experts who understand the problems of modern families. There are no traffic hazards, a fact which appeals to parents. The foot walks are separate from the motor roads, and bridges

and underpasses span the streets. There is a supervised playground for children. There are tennis courts and swimming pools. The homes are built around a central park which has been planned by a landscape gardener. It should be possible to develop a splendid community spirit under these conditions. Several of these "garden cities" have been built near New York City. An especially attractive one is at Radburn, New Jersey.

Since Colonial times, heating has become more efficient. It is possible to regulate modern heat by a thermostat in order to obtain an even temperature throughout the house. To-day you probably have a furnace in your home which may be the hot-water, steam, or hot-air type. These may burn coal, oil, gas, or coke, depending on the locality in which you live. You may be using an electric, gas, oil, or coal-and-wood stove for cooking purposes. Just see how far modern conveniences have progressed beyond the fireplace days. To-day fireplaces are valued for the atmosphere and beauty they add to a room, but are not relied upon as the main source of heat.

Modern lighting, correctly used, causes less eyestrain than the firelight or candlelight of Colonial days. To-day your home is lighted by electricity, gas, or oil. Of these, electricity is the most efficient, if properly used. There should be a mellow radiance throughout the room, and not patches of glare and gloom. In order to obtain the right effect, lamps should be shaded and distributed about the room; frosted bulbs should be used; and lighting should be indirect for general use. Light for reading should fall over the left shoulder.

To-day lighting is used for decoration in the home. Lights can be used artistically to emphasize the best features of the room. In recent years you have probably enjoyed the way people have used colored lighting effects

both inside and outside of their homes to express the holiday spirit at Christmas time.

In addition to these other uses, lighting is used to-day as a protection. Streets and state highways are brightly lighted to protect the pedestrian and the motorist.



A HEPPLEWHITE SIDEBOARD AND TWO ANTIQUE KNIFE-BOXES

The furniture of to-day may be original pieces or reproductions of antiques, the kind made by American furniture manufacturers in the "gay nineties", or the new modern type. The few original pieces of furniture of the Early American period still in existence are of great value historically. The people in whose families these pieces belong value them because of their associations.

Reproductions of antiques are used extensively to-day. They combine the beautiful lines of the cabinetmakers of the seventeenth, eighteenth, and nineteenth centuries

with modern methods of construction. These are usually less expensive than the original pieces, and may be chosen to advantage by those who understand the relation between the style of furniture and the type of house in which the furniture is to be used.

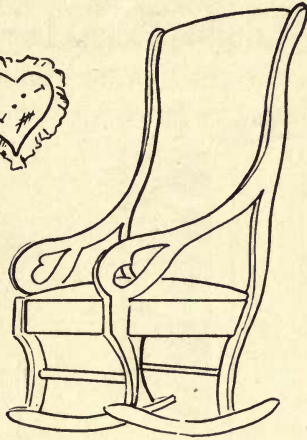


AN OLD GOVERNOR WINTHROP DESK

Showing the Claw and Ball Foot, Beautifully Finished Interior, and Ornamental Hardware

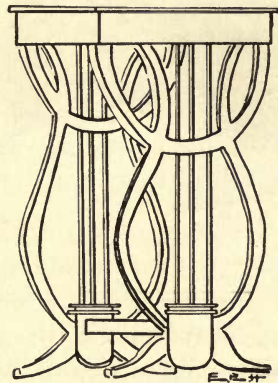
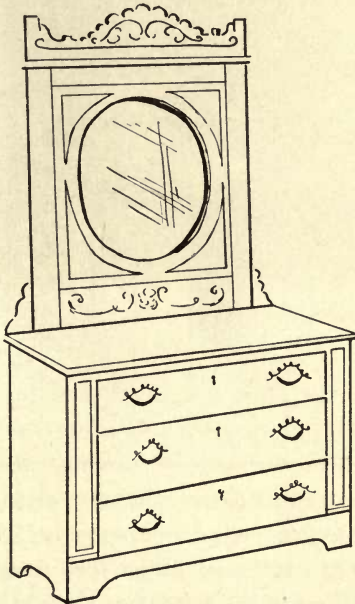
The furniture made in this country during the latter part of the nineteenth and the early part of the twentieth centuries does not compare well in beauty with that made during the previous periods. The best that can be said of the elaborate furniture of this period is that it was durable and inexpensive.

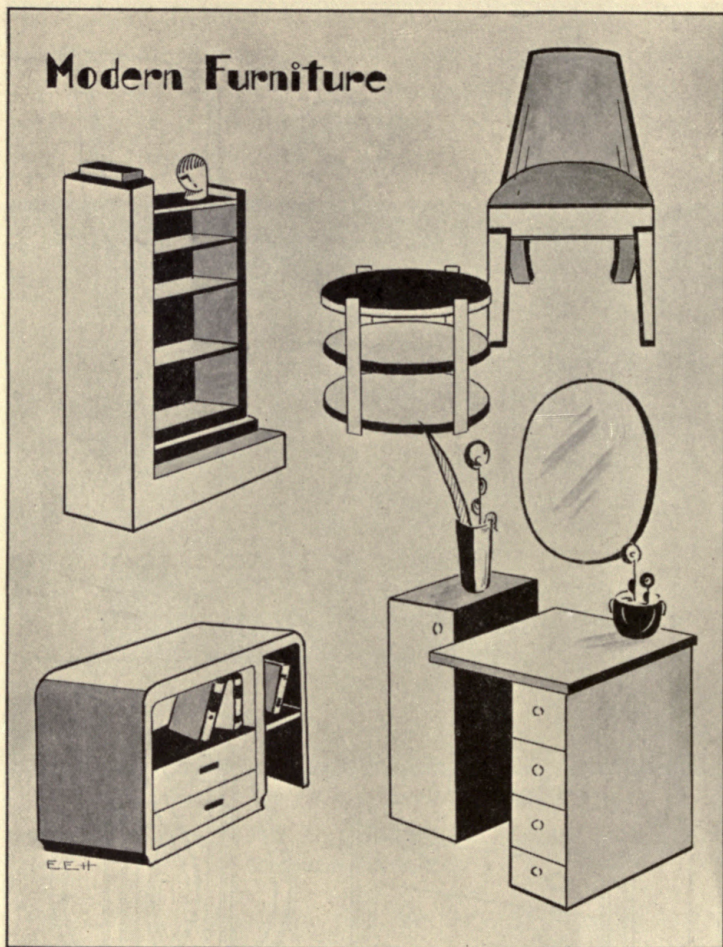
In the last five years a distinctly new type of modern furniture has developed. This type of furniture is simple



Mid-Victorian
Furniture.

1830 - 1901

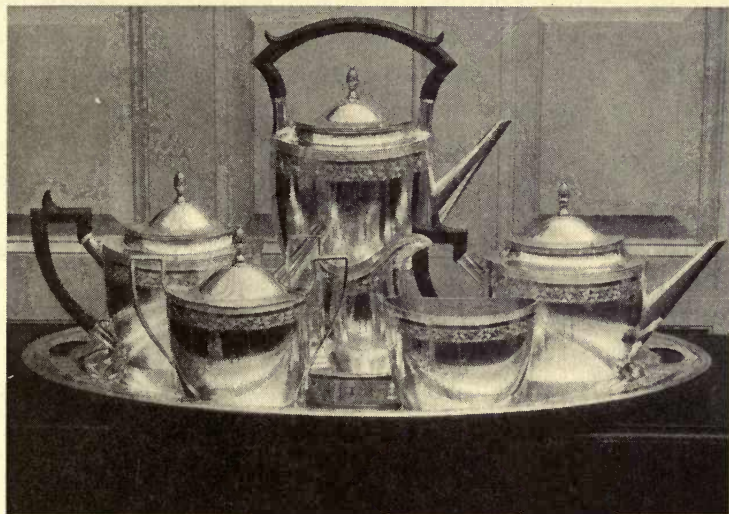




and characteristic of the generation whose needs it serves. Simplicity of line and fitness to purpose are expressed in modern furniture. It is suitable for modern apartments and offices and may be used by the skilled interior decorator in certain types of houses with pleasing results. This type of furniture is still in its infancy.

You will have the opportunity of watching its development.

Household equipment has been devised to meet the needs of the modern home. We are still using some of the materials common in Colonial days. Iron is used less extensively, but iron frying pans, gem pans, and kettles may still be found in the modern kitchen. Copper is



A STERLING SILVER TEA SERVICE

Showing the Exquisite Workmanship of Modern Silversmiths

sometimes used for cooking utensils in hotels and institutions, but is rarely found in the home except for decorative pieces. Brass is used for trays, candle-sticks, book ends, bowls, plates, and ash trays. The use of pewter has been revived and is popular for lamps, candle-sticks, dishes, and all sorts of decorative pieces. This new pewter is lighter in color than that used during the Colonial period, is more highly polished, and does not tarnish.

Silver is more commonly used to-day than in the early

days of this country. It is used for flat silver, dishes, and decorative pieces. The silver used to-day is divided into two classes, plated and solid or Sterling. Plated silverware is just coated with silver. The better quality is guaranteed to last a lifetime. Solid silver is the solid metal and is usually stamped "Sterling", a symbol of recognized excellence. This type is very expensive, but is considered a good investment in as much as it can be handed down from generation to generation. Both kinds of silver tarnish easily and require frequent cleaning to keep them beautiful.

Wooden household utensils are not very common to-day. Except for chopping bowls and mixing spoons, utensils made entirely of wood are seldom seen.

Glass is used widely for both tableware and cooking utensils. All kinds of glasses, dishes, vases, and bowls are used. These may be purchased in white or in colors and at prices ranging from the very costly to the ten cent variety. Heat-proof glassware is used for baking dishes, teapots, tea sets, and various other articles. This is entirely a modern product.

China is commonly used and may be obtained in all grades, from the fragile, translucent ware to the heavy type used in institutions.

Some materials which we use were unknown in the Colonial period. Aluminum, enamel, and stainless steel are entirely products of modern civilization.

Time- and labor-saving devices which we accept as necessities were unknown to the Colonists. The foot-power and electric sewing machines, carpet sweepers, vacuum cleaners, dustless mops, electric floor-waxing and polishing machines, stationary tubs, washing machines of all kinds, electric irons and ironers, ice boxes, electric and gas refrigerators, and other electric household appliances, such

as the toasters, waffle irons, percolators, beaters, and mixers, are all products of modern invention and science.

Recreation has been and is still being greatly changed by the invention of the automobile, victrola, radio, and television, wonders of which the Colonists never dreamed.

The clothing for the modern family is produced outside of the home. There is a great variety of materials on the market from which to select when garments are constructed at home. Many people still prefer to make clothing, and the process to-day is much simpler, due to the style of modern garments and improved sewing equipment.

Ready-to-wear clothing is steadily gaining in popularity and is growing as an industry. It is possible to select garments from a wide range of styles, colors, and prices. For this reason it is necessary to educate the public to buy wisely. A satisfied customer will return to buy again. It is therefore good business for the merchant to help educate the consumer.

The modern homemaker depends largely on the neighborhood stores for her food supply. These stores may be chain stores or stores operated by individuals and may carry groceries, fruits and vegetables, and meat and fish. In addition to these there may be a neighborhood bakery, creamery, delicatessen, and confectionery.

Another source of food supply is the vendor who comes to the door to sell his products — baked goods, vegetables and fruits, and meat and fish. Since the invention of the automobile there has appeared a new type of vendor, the so-called "store on wheels", a complete store driven from house to house.

Another result of the automobile age is the roadside stand. These are booths along the main highways where farmers sell their produce directly to the consumer. This

method is steadily gaining in popularity. The farmer is receiving the market price for his produce, and the consumer believes she is buying fresher foods.

In the larger cities the municipal and public markets are popular places for buying food. The municipal markets are made up of numerous private concessions or counters in one large building, offering a variety of foods. The municipal market building sometimes covers a whole city block. Public markets are usually held in a city market square. The farmers drive in and sell their produce directly to the consumer.

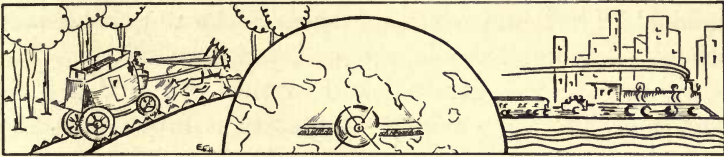
Modern methods of food preservation in the home are similar to those of the Colonial period. We still preserve foods by drying, salting, and pickling, but to those methods, modern science has added canning and refrigeration.

Commercial food preservation is a modern development and, as the quality of the products has improved, canned foods have become popular with the modern housewife. As a result the practice of canning foods in the home is decreasing, especially in the cities.

Hospitality is not centered entirely in the home to-day. The radio has helped to make the home more attractive, especially to the younger members of the family. Entertaining friends at dinners, luncheons, buffet suppers, bridge parties, teas, and dances is still popular in the modern home.

Because of the limited space in small houses and apartments, and because fewer families employ servants, entertaining outside the home has become popular. The country clubs, theaters, tea rooms, and hotels are becoming favorite places for entertaining large and small groups of friends. People who have automobiles may entertain their friends by arranging automobile trips and picnics.

Easy facilities have made travel popular for business as well as for recreation and education. To-day we have travel by land, water, and air. Railroads, trolley cars, automobiles, and busses have made travel by land comfortable, safe, and comparatively fast. The boats are a decided improvement over those of the Colonial period, especially for ocean travel. It is now possible to cross the



Atlantic in less than five days, a journey which would have required months in the eighteenth century.

But the almost inconceivable change which has taken place in your day is the inauguration of air travel by aëroplanes, zeppelins, and dirigibles. You may remember Colonel Charles A. Lindbergh's epoch-making flight from the United States to France, and all those other courageous men and women who dared to follow his lead. Some of you may have done some flying and you will want to tell your classmates of your thrilling experience.

Modern science and invention have made communication with all parts of the world possible. Our reliable mail service under government supervision is a well-organized system. The telephone, telegraph, and cablegram are conveniences which you may not appreciate unless you stop to consider their speed and accuracy. The radio and television are wonders of your age, and there is no doubt that, wonderful as they are, their full possibilities are not entirely developed.

Education for girls is considered as necessary to-day as education for boys. There is very little formal instruc-

tion in the home to-day, but the girl learns from associating with her mother and father and other members of the family group. There is definite instruction in churches, in Sunday schools, church day schools, and young people's groups. Girls and boys alike are educated principally in schools. Attendance at school until a definite age, varying in different states, is required by law. Children may attend public or private schools as they and their parents choose. They may continue their education at business schools, finishing schools, colleges, and universities. This is an age of specialization, and women and girls are discovering that their chance of success is much greater if they have prepared themselves for a definite type of work.

Ellen H. Richards was one of those who started the idea of equal educational opportunities for men and women alike. After graduating from Vassar College, Mrs. Richards, then Ellen Swallow, applied for entrance at the Massachusetts Institute of Technology. This was the first time that a girl had ever had the courage to enter a man's college as a student, but she convinced the authorities of her sincerity and was admitted. After her marriage to Professor Robert Richards, Head of the Department of Mining Engineering at the Massachusetts Institute of Technology in 1875, Mrs. Richards continued her interest in the education of girls. In 1897 she participated in the first Lake Placid Conference, which later became the American Home Economics Association. At this time they discussed the place of Home Economics in the schools and how it could best be presented. It is to this beginning that you owe much of the subject of homemaking which you are now enjoying.

Religion should have a part in the life of every modern family. Religion, like the home, has adapted itself to

the needs of to-day, but this change does not mean that people are any less religious than formerly. For example, the "blue laws", which forbade any activity on Sunday other than that directly connected with the church, were typical of the Colonial period. To-day, Sunday is a day for church and for wholesome family recreation. Which do you think is better?

Another trend which is highly admirable is the spirit of toleration of all religions which is steadily developing in this "land of the free."

SUGGESTED CLASS QUESTIONS AND ACTIVITIES

1. Compare the modern and the Colonial families, considering the following points:
 - a.* size of the family
 - b.* variety of occupations
 - c.* education of girls
 - d.* position of unmarried women
 - e.* social life
2. Collect pictures of houses which illustrate the New England, Dutch, or Southern types of architecture.
3. Collect pictures of furniture which illustrate the work of the famous cabinet makers of the eighteenth and nineteenth centuries.
4. Collect pictures illustrating the modern trend in furniture design.
5. What is a "garden city"? What do you think of this type of living?
6. What types of dwellings do we have to-day which were unknown in the Colonial period?
7. Compare the modern and the Colonial houses, considering the following points:
 - a.* heating
 - b.* lighting
 - c.* sanitary conditions

8. What materials used for modern household utensils were unknown in the Colonial period?
9. Compare the clothing problem of the modern family with that of the Colonial period, considering:
 - a. purpose of clothing
 - b. source of supply
 - c. construction
10. Compare the food problem of the modern housewife with that of the Colonial dame, considering:
 - a. source of supply
 - b. food storage
 - c. cookery
 - d. serving of meals
11. Why not visit some "model houses" and public buildings in your community and compare these with your observations made on your trips to historical places?

SUGGESTED REFERENCES

BOOKS

- GROVES-SKINNER-SWENSON, "The Family and Its Relationships", J. B. Lippincott Company
- JUSTIN and RUST, "Problems in Home Living", J. B. Lippincott Company
- MATTHEWS, M. L., "Elementary Home Economics", "The House and Its Care", Little, Brown, and Company
- TRILLING and NICHOLAS, "The Girl and Her Home", Houghton Mifflin Company

UNIT THREE

WHAT RESPONSIBILITIES SHOULD EACH MEMBER OF THE FAMILY ASSUME?

In order that your family may continue to be a congenial unit, it is necessary that each of you help the other members to make your home a place for happiness, contentment, and beauty. In this way, everybody will feel a sense of responsibility in doing his share of the daily tasks, and with these duties will come the spirit of cooperation. Your family, as a unit, should try to make everybody within your group satisfied and cheerful. The undertaking which each one assumes should be something which is suitable for his place in the home.

The responsibility of spending the family income should be shared by the entire family. You usually think of the family income as being just the amount of money which your father earns each week. When you begin to inquire concerning this matter, you may find that, in addition to this sum, other members of the family are increasing this amount by work of various kinds. If it were necessary, how could you help your family in this manner? Also, there may be other sources such as interest from the family savings account.

It is a wise father who allows his family to have a complete knowledge of their resources, and the many financial problems which confront the family. Very often this is not the case, and we find that this matter is kept a secret. Even the mother is not allowed to participate in the actual planning for the expenditure of money. Few of you real-

ize how much it costs your parents each year for your upkeep, and yet, if you did, you would understand why you are sometimes denied a dress which you especially desire.

When your father and mother call the family together to discuss the financial problems, one of the first things to be considered is, "How much are we spending for the daily necessities of life?" In order that this knowledge shall be accurate for each family, it is necessary to keep a daily record of all expenditures. This is called an expense account. With this in mind, it is easy for every one to see just how the money is being spent. You can then judge whether your family has distributed its money so that each person is receiving his share of the benefits and enjoyments of life.

After the disbursements have been thoughtfully scrutinized and discussed, you are then ready to make the family budget, which is a wise plan for the future spending and saving of the income. The budget is divided into several sections, and the money is proportioned carefully among these items. There are usually six divisions, and each division is given its correct share of the total sum. If your income fell within the range of \$1800-\$2500 per year, your budget would be proportioned approximately like the following:

1. Savings, including 5-10%
 - Bank account
 - Investments
 - Insurance
 - Emergency fund
2. Shelter 15-20%
 - Rent
 - Taxes
 - Insurance

3. Food	35-40%
4. Clothing and Upkeep	15%
5. Operating Expenses	10%
House	
Personal	
6. Advancement and Recreation	15-20%
Education	
Church	
Doctor and Dentist	
Auto and Radio	

Although each member should try to the utmost to live within the family budget, many times it is impossible, due to the fact that unforeseen conditions have changed the entire situation. In this case, you will find that the budget is elastic, and will allow the family council to rearrange the plan for expenditures for the benefit of everybody.

With the use of the budget comes the satisfied feeling of security and safety. Each of you should understand that, although you are taken into the confidence of your father and mother on the family financial problems, you should discuss it only with members of your immediate family.

The responsibility of training the children should be shared by both parents. All of you have observed small children, and have been delighted when they were quick in imitating something which you wished them to do. You have been just as displeased and disgusted when they have done something which you have thought wrong. Did you ever stop to think that perhaps you were not always as careful as you might be about setting a good example for them to follow? Because children learn largely by imitation, it is necessary that we surround them with the correct atmosphere for their improvement.

Repeated family quarrels cannot help but have a disturbing effect on any child, causing him to be nervous, irritable, and quarrelsome. In direct opposition to this are the parents who cultivate an atmosphere of love and understanding, which creates stability in the child. Few parents realize how careful they must be never to deviate the slightest degree from the whole truth when talking within the hearing range of children. Parents sometimes send a child to the door to tell the uninvited guest that, "Mother is not at home." The child does not sense that this is simply a polite way for mother to tell the intruder that she does not care to see him, and he immediately feels that he has a right to make such statements. This, of course, leads to punishment and unhappiness for the child.

You probably feel that your education did not start until you entered school, when really it began way back in those early days when you were just a tiny baby, and you commenced to acquire knowledge which you are using to-day. Your parents taught you early to be considerate of others, by giving you only your share of attention. Gradually, you were taught not to break nor destroy property which did not belong to you. Soon, you learned that you must put away your toys, and take care of your other personal belongings. Although you did not realize it, they surrounded you with books and pictures, which you thought were for your amusement but, all of the time, they were intended to increase your knowledge. You soon began to like flowers and other things pertaining to outdoor life. With this interest, you were slowly building your education.

Naturally, you had your troubles, and had to be corrected. Many times, parents fail in the problem of punishing their children, and very often it is due to the fact

that they do not agree on how and when a child should be punished. Before parents have that difficult situation to meet, they should decide between themselves that they will never take sides against each other, but shall always agree on the treatment of the child, whether it is in punishing or in granting a permission. Many of you know, when you want to do something very much, that, with a little teasing, one of your parents will grant your request, even though the other parent has emphatically said, "No." This is poor sportsmanship on your part and very often it leads to trouble between your mother and father. Do you ever do this?

When it comes to the point of actual discipline, there are certain things every parent should remember. The parent should never punish when angry, but should always wait until his temper has cooled. This does not mean that mother should wait for father to do the punishing when he comes home at night. The actual punishment should be just, and be in accordance with the wrong-doing.

Parents should consider it a duty to prepare themselves for the training of their children. During the last few years, there has been a decided tendency toward parental education throughout the country. This inclination has manifested itself through study groups, clubs, or organizations, and the aid given by the state and nation to promote this phase of education. Many parents feel it a duty to benefit by these advantages, in order that their children may be healthy, happy, normal individuals.

The financial support of the family should be borne mainly by the father. This tradition has been handed down from generation to generation, and many of you take it for granted that father should earn the money for the family. This idea has changed somewhat, and you find that more and more, other members of the family

are sharing this burden. Father should be given special consideration when he comes home tired from a day in the office, field, or factory. This is a job which each of you could assume, in order that father may find relaxation in his home.

The mother is responsible for the health of the family. Mother, the homemaker, is usually the way you think of her. By that, you mean that she is the person who carefully plans your diet; buying the food, preparing and serving it in such a manner that it will help to make you healthy. She watches the family clothing situation, planning and selecting those garments which will give service and comfort. Mother takes the house in which you live, and slowly, by artistic arrangement and pleasing decoration, she converts it into a place which you call home. She does not stop at this point, but cares for this home, keeping it neat and clean in a most efficient manner. When you are sick, whom do you think of first? All of you would no doubt answer, "Mother", because she is the one who soothes your tired nerves, and quiets your aching head. Mother is usually the one who promotes the atmosphere of love and devotion which you all like so much.

The biggest contribution that the younger children can make towards happy family life is to learn to care for themselves. Many times, hours which might be more profitably spent by the members of your family, are used to pick up and replace your younger brother's and sister's toys and clothes. Very early in their training, they should be made to understand that they must assume their share of the family burdens, by restoring their toys to a special place set aside for them, and by hanging up their clothes in some low convenient place. Children enjoy dressing themselves, and should be allowed to do this, so that this

amusement may develop into a worthwhile occupation, not only for themselves, but also for mother. Feeding themselves is another task which they can early be trained to assume. These simple duties give the child a feeling of being a real part of the family.

The training that a boy receives in his father's home will prepare him to assume the responsibilities of his own home in the future. Many boys feel that their home is simply a place in which to eat and sleep. They drop their belongings in their rooms, and expect mother or sister to pick them up, and keep their rooms in order for them, when really they should experience a sense of pride in the care of their own belongings. Clothes should be hung in their proper place. Fishing tackle, tennis rackets, golf clubs, balls and bats, and other sports material should have their special place in your brother's room, but he should be the one to take care of them. He should learn the best way to press his trousers, and the right way to sew on a loose button. If he does these things for himself, he will soon have a feeling of independence, which is always desirable in a young boy or girl, when it is directed along the right channels.

Besides taking care of his personal belongings, a boy should assume regular tasks about the house; such as taking care of the furnace or stove, emptying the ashes and rubbish, bringing in the fuel, cutting the lawn, shoveling the snow, and cleaning the car. There is really no reason why your brother cannot help you with the dish washing. It is also possible for him to wash windows, and to do bits of painting. Every boy enjoys being an important factor in the life of the family.

The training that a girl receives in her mother's home will prepare her to assume the responsibilities of her own home in the future. It is not necessary to go deeply into

this subject here, because the next eight units of this book are given over entirely to the subject of how you may assume your duties. You must, however, understand that you may help in a great variety of ways, and all of the experience gained within your own home, assisting your mother in all of the phases of homemaking, will aid you through the years to follow. It will make you a more efficient and capable person to contend with all of the problems of living, and a happier individual.

PROBLEM

Mr. and Mrs. Martin live with their three children in a small house in the suburbs of a large city. The children are Fred, who is in Senior High School; Jane, who is in Junior High School; and Alice, who is three years old. Mr. Martin has steady work, earning approximately \$2300 a year, and yet the family is unable to have any of the ordinary advantages which they should have. Mrs. Martin is very pleasing to meet, but she does not seem to know how to manage her children or her home. That the children have no interest in their home is shown by the fact that they are always playing in the streets.

How would you go about to improve this family situation? The following questions may help you solve the problem:

1. How would you meet the financial problems of this family?
2. Plan a budget for this family.
3. How should Mr. and Mrs. Martin train their children so that they will develop good habits?
4. What duties can Fred assume so that he will have an interest in his home?
5. What can baby Alice do to help her Mother?
6. What responsibilities can Jane assume in her home?
7. What should be the dominant spirit among the members of the family? *

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- GROVES-SKINNER-SWENSON, "The Family and Its Relationships",
J. B. Lippincott Company
- JUSTIN and RUST, "Problems in Home Living", J. B. Lippincott
Company
- MATTHEWS, M. L., "Elementary Home Economics", Little, Brown,
and Company
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flin Company

"Start", Tues.

UNIT FOUR

HOW CAN THE JUNIOR HIGH SCHOOL GIRL KEEP HEALTHY?

Everything that you hold dear — happiness, beauty, and success — are possible if you are healthy. Some of you may say, "I am healthy", meaning, "I am never sick." That is an indication of health, but it is only one indication. Health may be divided into two kinds, mental and physical. Mental health is indicated by a balance and strength of personality, an interest in your environment, and a joy of living. Physical health is indicated by freedom from and resistance to disease, vitality to meet the demands of the day, and the correct weight for height and age.

To-day we believe in keeping healthy and preventing disease, and in administering treatment when necessary. The old idea was to cure disease when it occurred, but now we understand the possibilities of preventing its occurrence.

A balance of the right foods in your diet is an important factor in keeping healthy. You have frequently heard the expression, "balanced meals", but do you know what that means? The term "balance", in relation to foods, means including in the day's diet the right food elements in the correct proportion necessary for the growth, development, and energy requirements of the body. It also means a balance of the basic and acid-forming foods in the diet. It is not necessary to have each individual meal balanced. But in order to balance the food elements in the meals for the day, you have to know

the food elements, their function in the body, and in what foods they are found.

For the purpose of study, foods may be divided into four classes: fuel foods, body-building foods, body-regulating foods, and protective foods. The fuel foods include carbohydrates and fats; the body-building foods are proteins; the body-regulating foods include the minerals such as iron, calcium, phosphorus, iodine, and copper; the protective foods include the vitamins.

Carbohydrates are divided into two kinds, sugar and starch. They furnish energy to the body. Sugar is more quickly digested than starch.

Fats also furnish energy to the body. They require a longer time for digestion than any other food element.

Protein builds and replaces worn-out tissue. If more protein is taken into the body than is needed for this main function, it will be utilized to furnish fuel for the body. This is not advisable, since the best source of fuel is obtained from carbohydrates and fats.

The minerals have various functions in the body. Iron makes rich, red blood. Copper works with iron in the formation of red blood. Calcium and phosphorus work together to build bones and teeth. Iodine is needed for the proper function of the thyroid gland; lack of it causes goiter.

The protective foods, or vitamins, serve still different purposes in the body. They are each designated by a letter: A, B, C, D, E, F, and G.

Vitamin A is essential for growth, vigor, and the maintenance of health.

Vitamin B is an important factor in the function of the digestive system, and in preventing extreme nervousness. It prevents a disease known as beri-beri.

Vitamin C prevents the disease of scurvy, and is closely allied with the utilization of minerals in the body.

Carbohydrates



Sugar



Cereal



Beets



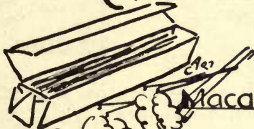
Syrup



Potatoes



Lima Beans



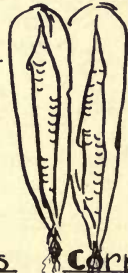
Macaroni



Honey



Carrots



Corn



Candy



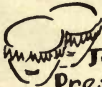
Molasses



Bread



Parsnips



Jelly
Preserves



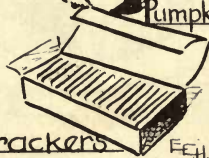
Pumpkin



Frosting



Rice



Crackers

FEH

Fats and Oils



Butter



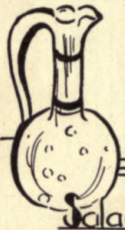
Cream



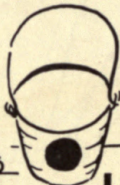
Peanut Butter



Bacon



Salad Oils



Lard



Chocolate

Cod Liver Oil



Fat

Fat of Meat

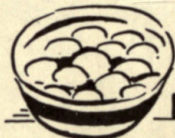
PROTEIN



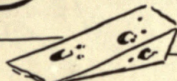
Meat



Fish



Eggs



Cheese



Milk



Legumes



Asparagus

Vitamin D is necessary for bone development, and for the prevention of rickets and tooth decay.

Vitamins E, F, and G are comparatively recent discoveries, and their exact functions in the body have not been fully determined.

CHART OF FOOD ELEMENTS

CARBOHYDRATES				FATS AND OILS		PROTEIN	
Sugar	Reaction	Starch	Reaction		Reaction		Reaction
sugar	neutral	cereals	acid	butter	neutral	meats	acid
syrup	neutral	potatoes	basic	cream	neutral	fish	acid
honey	neutral	macaroni	acid	bacon	neutral	eggs	acid
candy	neutral	carrots	basic	salad oils	neutral	cheese	acid
molasses	basic	bread	acid	cod liver		milk	basic
jellies	neutral	rice	acid	oil	neutral	legumes	basic
preserves	neutral	beets	basic	lard	neutral	asparagus	basic
frostings	neutral	lima beans	basic	Crisco	neutral		
		corn	acid	fat of meat	neutral		
		crackers	acid	peanut			
		parsnips	basic	butter	neutral		
		pumpkin	basic	chocolate	acid		

NOTE: Cellulose has no food value, but is needed in the diet to regulate body elimination by furnishing bulk. Water has no food value, but is needed to regulate body fluids.

IRON		CALCIUM		PHOSPHORUS	
	Reaction		Reaction		Reaction
liver	acid	milk	basic	milk	basic
lean beef	acid	carrots	basic	cheese	acid
sweetbreads	acid	lettuce	basic	egg yolk	acid
eggs	acid	asparagus	basic	lean meat	acid
whole cereals	acid	celery	basic	whole wheat	acid
legumes		spinach	basic	peanuts	acid
green vegetables		cabbage	basic	walnuts	acid
dried fruits	basic	oranges	basic	almonds	basic
[prunes — acid]		prunes	acid	beans	basic
		apples	basic		

NOTE: Copper is closely allied to iron, and is found in leafy vegetables. Iodine is found in sea food chiefly, and in artificially iodized salt.

CHART OF FOOD ELEMENTS — *Continued*

VITAMIN A		VITAMIN B		VITAMIN C		VITAMIN D	
	Reaction		Reaction		Reaction		Reaction
milk	basic	whole		oranges	basic	cod liver	
butter	neutral	cereals	acid	lemons	basic	oil	neutral
cheese	acid	nuts		grapefruit	basic	liver	acid
egg yolk	acid	legumes	basic	tomatoes		egg yolk	acid
liver	acid	tomatoes	basic	(raw)	basic	butter	neutral
cod liver oil	neutral	cabbage	basic	cabbage		milk	basic
tomatoes	basic	milk	basic	(raw)	basic		
leafy vegetables	basic	eggs	acid	lettuce	basic		
carrots	basic	meats	acid	potatoes	basic		
bananas	basic	oysters	acid	apples	basic		
pineapple	basic	citrus					
		fruits	basic				
		asparagus	basic				

In food selection, a general knowledge of the following foods will be of great assistance to you. Milk is called the nearly perfect food. It contains all of the food elements, but is low in iron. It is easily digested and promotes growth by building bones, teeth, and tissues. It is a source of energy, the amount depending on the percentage of cream present. It helps to prevent deficiency diseases, and to keep us young and vigorous.

Fruits stimulate the flow of digestive juices, are laxative, and prevent deficiency diseases. They are high in mineral content, and are a source of energy.

Cereals are high in fuel value. Whole-grain cereals furnish bulk, and are rich in minerals and vitamins.

Vegetables are an excellent source of minerals and vitamins. They furnish bulk, and are sources of energy.

Eggs build and repair body tissues, and are rich in minerals and vitamins.

Meats furnish an excellent source of protein, and therefore build and repair body tissues. The meat extractives stimulate body activities. The fat of meat has a high fuel value. Certain portions of the meat animal, such as the liver and pancreas, sometimes called sweetbreads, are excellent sources of minerals and vitamins.

Fish is another source of protein, and therefore builds and repairs body tissues. Sea food is rich in iodine.

Eating between meals is a bad habit which will undo all the good work of the proper selection and balance of meals. It overtaxes the digestive organs, usually means an exceptionally high carbohydrate intake, causing overweight, and spoils the appetite for regular meals.

DiETING has become a fad in your day. The style of modern clothing has made us all want to look like the sylphs of the motion-picture world. But it is dangerous to diet without first consulting a physician. Of course, more people are dieting to lose weight than to gain, but both are equally dangerous.

You have heard the expression, "Count your calories." Do you know what that means? A calorie is a unit for measuring heat. When food is digested in the body, a certain amount of energy is produced, some foods giving more than others. If more food is eaten than is used by the body, some of the surplus will be stored in the body in the form of fat. People know this, and they get so busy counting their calories that they forget to count the cost of broken health.

Strenuous reducing diets lower the resistance to disease, affect the digestive system, and cause a lowering of vitality and too great a loss of weight over a short period of time. They also affect the appearance. The eyes sink and lose their sparkle; the face and neck sag; the skin wrinkles and becomes muddy; there are dark circles under the

WEIGHT-HEIGHT-AGE TABLE FOR GIRLS OF
SCHOOL AGE

By

DR. BIRD T. BALDWIN AND DR. THOMAS D. WOOD

Hr. Ins.	Av. Wt. FOR Hr. Lbs.	5 YRS.	6 YRS.	7 YRS.	8 YRS.	9 YRS.	10 YRS.	11 YRS.	12 YRS.	13 YRS.	14 YRS.	15 YRS.	16 YRS.	17 YRS.	18 YRS.	Hr. Ins.
38	33	33	33													38
39	34	34	34													39
40	36	36	36	36#												40
41	37	37	37	37#												41
42	39	39	39	39												42
43	41	41	41	41	41#											43
44	42	42	42	42	42#											44
45	45	45	45	45	45	45#										45
46	47	47#	47	47	48	48#										46
47	50	49#	50	50	50	50#										47
48	52		52	52	52	52	53#	53#								48
49	55		54	54	55	55	56	56#								49
50	58		56#	56	57	58	59	61	62#							50
51	61			59	60	61	61	63	65							51
52	64			63#	64	64	64	65	67							52
53	68			66#	67	67	68	68	69	71#						53
54	71				69	70	70	71	71	73#						54
55	75				72#	74	74	74	75	77	78#					55
56	79					76	78	78	79	81	83#					56
57	84					80#	82	82	82	84	88	92#				57
58	89						84	86	86	88	93	96#	101#			58
59	95						87	90	90	92	96	100	103#	104#		59
60	101						91#	95	95	97	101	105	108	109	111#	60
61	108							99	100	101	105	108	112	113	116	61
62	114							104#	105	106	109	113	115	117	118	62
63	118								110	110	112	116	117	119	120	63
64	121								114#	115	117	119	120	122	123	64
65	125								118#	120	121	122	123	125	126	65
66	129									124	124	125	128	129	130	66
67	133									128#	130	131	133	133	135	67
68	138									131#	133	135	136	138	138	68
69	142										135#	137#	138#	140#	142#	69
70	144										136#	138#	140#	142#	144#	70
71	145										138#	140#	142#	144#	145#	71

WEIGHT-HEIGHT-AGE TABLE — *Continued*

AGE — YEARS		6	7	8	9	10	11	12	13	14	15	16	17	18
Av. Ht. (Ins.)	{ Short	43	45	47	49	50	52	54	57	59	60	61	61	61
	{ Med.	45	47	50	52	54	56	58	60	62	63	64	64	64
	{ Tall	47	50	53	55	57	59	62	64	66	66	67	67	67
Av. An. Gain (Lbs.)	{ Short	4	4	4	5	6	6	10	13	10	7	2	1	
	{ Med.	5	5	6	7	8	10	13	10	6	4	3	1	
	{ Tall	6	8	8	9	11	13	9	8	4	4	1	1	

NOTES:

1. Age is taken at the nearest birthday, height at the nearest inch, and weight at the nearest pound. A girl is considered 6 years old at any time between $5\frac{1}{2}$ and $6\frac{1}{2}$ years.
2. The following percentage of net weight has been added for clothing (shoes and sweaters are not included):
For weights from 35 to 65 lbs. — 3% of net weight is added.
For weights from 66 to 82 lbs. — 2.5% of net weight is added.
For weights from 83 lbs. and over — 2% of net weight is added.
4. The figures not marked (#) represent exact averages in round numbers. The marked (#) figures represent smoothed or interpolated values.

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eyes; and the hair is lifeless. Self-imposed gaining diets usually have too high a sugar and fat content, which results in an overtaxed digestive system.

Dieting under a physician's care is necessary for anemia, acidosis, constipation, and extreme cases of overweight and underweight.

The following daily food rules should help you maintain your health:

1. Children under fourteen years of age should have one quart of milk a day. Adults should have one pint of milk a day. This may be served in the form of a beverage or may be used in preparing various dishes.
2. At least two fruits should be included in the daily diet, one of which should be a fresh fruit.
3. Whole-grain cereals in some form should be included in the diet every day.

4. At least two vegetables, not counting potatoes, should be included in the daily diet. One of these should be a fresh green vegetable.

5. One egg a day should be included in the diet.

6. Meat or fish may be included in the diet once a day.

7. Every one should drink from six to eight glasses of water a day.

Clothing is an important factor in keeping healthy. Modern clothing allows freedom of movement. You have never worn the tight corsets, the heavy petticoats, and the long drawers typical of your grandmother's day. No wonder that was called the "fainting age" for girls. To-day we have clothing which suits its purpose: pajamas and shorts for summer sports; leggings, breeches, knickers, and divided skirts for winter sports; and bathing suits that are comfortable for swimming.

Clothing should act as one of the factors for keeping the body temperature normal. The amount of clothing you wear varies with the temperature. In cold weather clothing should be warm, but not heavy. Woolens are good, because they are light and are poor conductors of heat. Knitted or loosely woven materials are warmer than tightly woven ones, because there are more air spaces. In warm weather clothing is worn to protect the body from the intense rays of the sun. Exposure to the sun for too long a period will cause painful sunburn, which is as dangerous as any other burn. Linen and cotton are the best fibers for summer clothing, because they are good conductors of heat, they absorb perspiration readily, and can be laundered easily. Mesh weaves are the coolest and have been popular for the last few summers. Dark colors absorb heat, and therefore are not good for general wear in warm climates.

Evaporation is a cooling process. Some hot day sponge your body with water or alcohol and notice how cool you feel while your body is drying. Too rapid evaporation, which lowers the body temperature too quickly, causes colds and lowers the body resistance to all diseases. This is caused by sitting around for any length of time in wet shoes and stockings. Vigorous exercise will keep the body temperature from lowering too quickly, until dry clothing can be obtained. The use of protective clothing such as raincoats, rubbers, galoshes, and umbrellas will prevent the clothing from getting wet.

Clean clothing is necessary for health. Underclothing should be aired, changed, and laundered frequently. Outer clothing should be aired and brushed daily. It should be changed when soiled, and laundered or dry cleaned as often as necessary.

Shoes should conform to the natural shape of the foot, and should give the necessary support. They should be large enough to be comfortable when standing, to avoid the formation of corns and bunions. Pointed shoes crowd the toes unnaturally. The inside line of the shoe should be straight from the arch to the toe. There are types of heels for all occasions: low heels for sports wear, Cuban heels for walking, and high heels for dancing and formal occasions. High heels for steady wear are not advisable, because they put the foot in an unnatural position. The entire weight is thrown on the ball of the foot, causing the transverse arch to fall, and the cords and muscles in the back of the leg to become shortened.

To-day it is possible to buy corrective shoes for the abnormal foot. The science of fitting shoes has been perfected, and the causes of fallen arches studied, until to-day, persons suffering with lateral or transverse fallen arches can buy shoes to relieve either condition.

Stockings should also fit the foot. If they are too short, they may cause corns, bunions, and ingrown toe nails. If they are too large, the wrinkles may cause painful blisters.

Stocking supporters should hang from the shoulders or waist. Round garters worn above or below the knee are unhealthful, because they hinder the circulation.

Habits of personal cleanliness are important factors in maintaining health. The face and neck should be thoroughly cleaned every day with pure mild soap and warm water. You should use a good cleansing cream or cleansing liquid after exposure to sun, dust, and wind, being sure to remove it thoroughly with cleansing tissue or swabs of sterile cotton.

Of course natural coloring is preferable, but if cosmetics are used, they should be applied artistically, following the color lines of the face. They should always be removed thoroughly with a good cleansing cream before retiring. Otherwise an unclean skin will soon develop, evidenced by blackheads, pimples, sluggish coloring, and large pores.

You should have a full bath at least twice a week, and a shower or sponge bath every day. Hot baths should only be taken before retiring, because they open the pores and thus make the body susceptible to any change in temperature. Warm baths are relaxing to the muscles and soothing for the nerves. Cold baths are stimulating, but there are few people who can stand the shock. A pure mild soap that lathers well is essential for the bath. Water softeners such as borax and scented bath salts may make the bath more attractive.

Some parts of the body require special care. Your hands need frequent and thorough washing, because they are used constantly to touch things which may carry infection. They should always be washed before sitting down

for meals, before handling food, and after using a handkerchief or performing any other personal service. Of course you would always wash them when they look dirty. When washing your hands, be sure to use soap, and to dry them thoroughly to prevent chapping. Hand lotions and creams help to keep the skin soft, and prevent chapping and unnatural dryness.

The armpits need frequent bathing because the body perspires freely at this point. The use of a deodorant will insure personal daintiness and is harmless unless it is the kind that stops the flow of body excretions. Depilatories should be used when the occasion demands the removal of the hair in the armpits. This care is necessary when sleeveless or short-sleeve clothing is worn.

The ears should be thoroughly dried after washing and after swimming. When necessary, remove any accumulation of wax by using a cotton swab very cautiously.

The feet require frequent bathing, because they perspire freely and the perspiration does not evaporate quickly.

Daily manicuring saves time and keeps the nails in good condition. Nails should be cleaned with an orange stick or nail file. They may be whitened by using under the nails a small amount of salve, powdered cord, or a white pencil prepared for that purpose. The cuticle should be kept pushed back by using an orange stick. Cutting cuticle may cause hangnails. Nails should be filed to the most becoming shape. They may be polished with pumice and a buffer, or with liquid nail polish. Unnaturally shaped and brightly colored finger nails are evidences of bad taste.

Your hair requires constant care, but since it has been called "woman's crowning glory", the result is worth the time and energy spent. It should be brushed thoroughly every day with a clean brush to remove dust,

make it glossy, and exercise the scalp. The brush may be cleaned by dipping it in a weak solution of ammonia, rinsing thoroughly in warm water, and drying with the bristles down. Your hair should be combed simply and becomingly to suit your type and personality. The comb should always be clean, and may be washed with the brush in the same manner.

Your hair should be shampooed about every two weeks, depending on the condition of your hair and scalp. Soap for shampooing should be in solution. A pure mild soap that lathers well when melted in a small quantity of warm water is just as good as the expensive shampoos on the market. It is important to rinse every bit of soap from the hair before drying it, in order to obtain the best result from the shampoo. Soft water is the best for shampooing, because it lathers easily and will not leave a mineral scale on the scalp. Warm water is used for washing and the first two or three rinses, and then a cold rinse is given to close the pores and prevent taking cold. A vinegar rinse for brunettes and a lemon rinse for blondes will remove any trace of soap and make the hair soft and fluffy. In the summer time the hair may be dried in the sunshine, fanned by a warm breeze. When the weather will not permit this ideal method, the hair may be dried by rubbing with heated towels and vigorous brushing. The intense heat and forced air in artificial driers makes the hair dry and brittle.

Your hair may need special care. If it is oily, it will need more frequent washing. This condition can sometimes be cured by scalp treatments, but it is usually due to a faulty circulation, and means that the whole system needs toning up. Dry hair will be improved if the scalp is massaged with warm olive oil before the shampoo. Then the hair should be rinsed with cool water to remove

the oil before applying the warm water and soap solution. Brilliantine may be used on the ends of dry hair to keep them from splitting. If the scalp is dry, hot-oil treatments and massage before the shampoo will help. Scalp salve may be rubbed on the scalp after the shampoo. This condition is sometimes caused by a run-down system, and as soon as the person returns to normal health, the condition of the scalp will improve.

The teeth should be brushed after each meal, using an up-and-down motion to massage the gums as well as to clean the teeth. Toothbrushes may be purchased in a variety of sizes and shapes with soft, medium, or hard bristles. You will select the kind that best suits your needs. There are also a variety of tooth cleansers in the form of powders, liquids, and pastes. Dentists will advise you not to use a gritty tooth cleanser, because it will affect the delicate enamel coating of your teeth. Mouth washes also serve a definite purpose in the care of your teeth and mouth. They help to prevent pyorrhea, a disease of the gums, and relieve halitosis, a condition of unpleasant breath.

In addition to this daily care which you give your teeth, you should consult your dentist at least twice a year to have him check and do any necessary repair work, in order to lengthen the life of your teeth. He will apply braces, if necessary, to straighten crooked teeth and improve your appearance.

Every girl should take part in at least one form of outdoor exercise. It gives you a good reason for being out in the air and sunshine, develops and hardens your muscles, stimulates body circulation, and adds to your social life. Swimming, hiking, golf, tennis, riding, skating, skiing, and tobogganing are popular forms of outdoor exercise. You should avoid overexercise as it

fills the body with fatigue poisons, and weakens the heart.

Sleep is also an important factor in maintaining your health during this period of growth. You need at least eight hours of sleep in a well-ventilated room every night. You should retire early except on special occasions, as the best sleep is that enjoyed before midnight.

The following are some health habits you should develop, if they are not already part of your daily living:

1. Avoid spreading disease germs when sneezing or coughing by covering your mouth with a clean handkerchief.

2. Keep your hands away from your face and out of your mouth.

3. Cover your fingers with a clean handkerchief when touching your eyes.

4. Wash your hands immediately after using a handkerchief.

5. Use sanitary napkins rather than odd pieces of cloth during the menstrual period, and burn all used napkins.

6. Each member of your family should have his own toothbrush, towels, wash cloths, comb, brush, and powder puff.

7. Hands should be thoroughly washed after personal service in the bathroom.

8. You should be careful to avoid infection when using public rest rooms.

9. Do not use a glass or cup which has been used by another person until after it has been thoroughly washed.

The natural beauty you can obtain by following the advice given in this unit will make you more lovely than any artificiality.

PROBLEMS

- I. The Grangers are a typical American family. Mr. Granger works in an office of a large manufacturing plant. Mrs. Granger devotes her time and energy to her home and family. There are three children. Robert, the oldest, is in high school, Joan is in Junior High School, and baby Barbara is three years old. Mr. and Mrs. Granger are healthy adults. Their children are normal and healthy and are the correct weight for their age and height.
 - a. Using the suggested "Daily Food Rules", plan the menus for one day that Mrs. Granger might use to maintain her family's health.
- II. Jane has to walk to and from school every day. She lives in the country just one mile from the Junior High School she attends in the village. She always enjoys her walk on the lovely days in the spring and the crisp days in the fall, but during the long, cold winter the one mile frequently seems like three miles to Jane.
 - a. Jane's mother is now planning her winter wardrobe. Imagine yourself in her place and make a list of the garments and accessories which you think would make Jane more comfortable for her walks in the snow and rain during the cold days of winter.
 - b. Plan a breakfast for Jane which you think she should have before starting on her mile walk to school on a day in January when the temperature is close to zero.
- III. Mary Louise is unhappy. It is tragic to be unhappy when you are twelve years old. She has no friends and, considering that her father owns the largest candy store and soda fountain in the village, this is unusual. Mary Louise has all the candy and ice cream she wants and she longs for playmates so she can share her sweets. Of course, Mary Louise does not like to play games, because, like most fat people, she cannot run. She does not like to walk, because she always feels so tired. In fact, sometimes she is too tired to take a bath and she seldom cleans her teeth. Mary Louise cannot understand why she has

so many colds. When she looks in the mirror and sees her muddy complexion, yellow teeth, and dull hair, it makes her so unhappy, but she does nothing about it.

- a. Imagine yourself in her place. What would you do to improve your health and your appearance? How would you make and keep friends?

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UNIT FIVE

HOW CAN THE JUNIOR HIGH SCHOOL GIRL ASSIST WITH THE CARE OF THE YOUNGER CHILDREN?

The care of younger children should develop in the Junior High School Girl a feeling of satisfaction in helping others. Many girls often feel that to take care of a younger brother or sister is a disagreeable task, when really it is an undertaking which should afford great pleasure. It is the wise girl who sees the possibilities for broadening her character in this duty. There is no better way to stimulate an interest in others than to take care of a little boy or girl for an afternoon while his mother is busy. It promotes in you an unselfish attitude, develops your initiative, and teaches you to control your temper. In order that your presence will be a benefit to the child, you must always be kind, courteous, and orderly. These habits cannot help but improve your character while they are building that of the young child.

Some people think that it is a natural thing for a girl to know how to take care of a young child, but we realize there is a great deal to be learned before you are really capable of assuming such a responsibility. You must, therefore, be content to be mother's assistant, and learn by watching and helping her carry out the daily routine for the baby.

Daily bathing is necessary for the health and comfort of the baby. Regularity is the keynote for the life of a normal baby. This is so important that we cannot say

too much about it. A definite time for the daily bath is one of the ways by which we can establish a schedule.

This bath usually is given before the mid-morning feeding, but during the warm weather you will find that frequent bathing is necessary to insure comfort for the baby. You know what a relief it is to you to go swimming on one



MODERN FACILITIES FOR BATHING THE
BABY

of those hot summer days. During the first few weeks the baby is given a sponge bath, but he is soon able to take his bath in his own little tub.

Before mother starts the bathing process, she must collect all of the supplies needed and the baby's clean clothes, and place them in a convenient spot in the room where he is to be bathed.

You will find that some mothers keep the articles needed

for the bath on a tray. This tray and containers may be bought at the store. The tray is usually made of glass, wicker, or papier-mâché, while the containers are made of daintily painted glass or celluloid.

However, it is possible for you to make a most attractive bath tray by using a cake tin, a round cheese-box cover, or a basket for the tray, and mayonnaise jars for the containers. These may be painted to suit your taste,

and when you are finished, you will be proud of your achievement. Do you know some new baby for whom you could make a bath tray?

The containers are used to hold the toilet necessities. These include an unscented, uncolored, mild soap, and safety pins, which may be placed on a cushion, but are usually stuck in the soap. The absorbent cotton and cotton swabs are placed in jars. There should be a weak boric acid solution for the baby's eyes in one of the jars, and sterile oil in another jar. Powder may also have its place on the tray.

Near the bathing equipment should be placed a soft cloth for washing the baby, a soft towel, a bath blanket, and the clean clothing. It is also handy to have a paper bag near by, into which the mother may drop the soiled bits of cotton.

After she has assembled all of these articles, she will turn her attention to the preparation of the room and the water. The room should be one which is free from drafts, and which may be kept at an even temperature of 75° F. This is impossible if it is a room through which people must pass, to go from one place to another within the house.

The water must be lukewarm for the baby's bath, which means that the temperature must be 98° F. In order to test the water for the correct temperature, you may use a bath thermometer, or try the water with your elbow. When the water feels neither hot nor cold when tested like this, you may decide that it is the correct temperature for the baby. You must be careful about this matter, not only from a health standpoint, but also in order that the baby will not become frightened by the sudden shock of too hot or too cold water.

The tub may be of various types and still serve the purpose equally well. Probably the most convenient type

is the collapsible canvas tub with the table attachment. This tub is handy for the mother, because it is the correct height for her to work. When the other types of tubs are used, they should be raised to a convenient height for the mother.

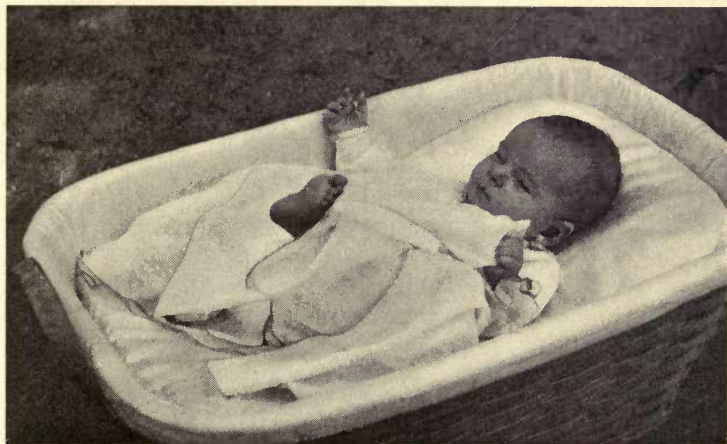
When everything is in readiness, the baby is brought into the bathing room. Before undressing the baby, although she may loosen the clothing, the mother washes the baby's face in clear warm water and dries it carefully. She gives special attention to the eyes and nose. She dips a bit of clean cotton in the boric acid solution and wipes the baby's eye, dropping the swab into the paper bag, and taking a fresh one for the other eye. The rolled swab for the nose is dipped into oil and is gently placed in the baby's nose. The swabs are made by rolling a bit of cotton on the end of a toothpick, and then the toothpick is removed. The scalp is thoroughly soaped, using a mild soap and soft cloth, and may be rinsed off over the bath tub, and then carefully dried.

The baby is then undressed, and the soiled clothing is placed in a special container. The body is rubbed gently with soap solution before placing him in the tub. The mother then takes the baby, supporting his back and head with her left hand, while her right hand holds his ankles, and lowers him gently into the water. Still continuing to support his head and back with her left hand, she rinses his body well by lifting the water over him until the soap has been removed. You must remember that a wiggly baby, whose body has been soaped, is rather slippery to handle, and requires a great deal of skill on the part of the person who is performing the task. The baby is then removed from the tub and placed on a soft bath towel.

The dressing and undressing of a baby should take place on a padded table or other convenient firm surface. You

can imagine how frightened you would be if you were to be held on somebody's lap, and with every turn and twist thought you were going to fall. Do you wonder then that we have so many babies who cry while they are taking their baths?

Great care should be taken to pat the baby thoroughly dry, giving special attention to the creases. Cotton



Courtesy of the U. S. Bureau of Home Economics

AN INFANT'S SLIP WHICH MAY BE USED AS A DRESS AS SHOWN IN
STYLE 7

dipped in oil may be rubbed over these creases in order to prevent chafing. You will find that many mothers use powder on the baby's body. This is permissible on those parts of the body which are free from moisture. The bathing process should be a real enjoyment for the baby, when it is skillfully given. You will enjoy watching a baby have his bath.

Comfort for the baby necessitates that his clothing be of light weight and of warm, soft material. Following the bath, the baby is dressed as quickly as possible.

Babies are usually dressed too warmly. They really should be dressed according to the temperature of the place in which they are going to be.

The clothing for the baby is usually called a layette, and includes those articles of clothing necessary for his comfort. The baby may have, at least, six dresses made of nainsook, batiste, or muslin. They should be simple but dainty. Probably the most satisfactory way is to



Courtesy of the U. S. Bureau of Home Economics

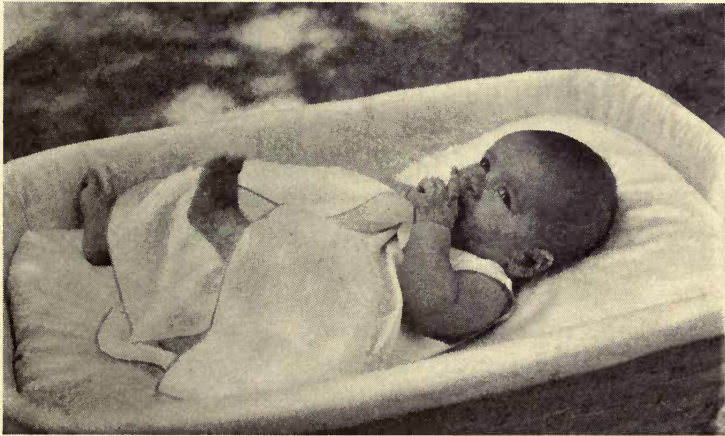
ANOTHER SLIP AS SHOWN IN STYLE 8

have them opened completely down the back or front, and tied with tapes.

The slips may be made in the same manner, or as a "gertrude", which is open on the shoulder. The same materials may be used, or they may be made of cotton or wool flannel. Slips are not always worn, so that four should be enough to include in the layette.

There are two kinds of baby's bands. The straight band, which is usually worn only for a short time, is made of a straight piece of part wool flannel six inches wide and twenty inches long. The edges are pinked to keep them

from raveling. When it is worn, it is fastened at the side with tiny safety pins or tapes, making it snug but not tight. The other type of band is knitted and has shoulder straps. Like the shirt, which should be worn loose, these are best made of part wool and cotton. Mother usually includes three of these in the layette. The baby grows so rapidly that it is necessary to keep buying new ones.



Courtesy of the U. S. Bureau of Home Economics

A SLEEVELESS SLIP MADE ACCORDING TO STYLE 2

The diapers should be made of soft, absorbent material such as bird's-eye. The layette should include at least four dozen diapers, and they are usually eighteen inches square. There is also a fitted diaper which is very practicable.

The baby's nightgowns are of flannel, muslin, or knitted fabric, opening down the back or front. It is usually necessary to have at least four. Two little jackets or sweaters and a cloak and cap complete the first wardrobe of the baby.

A new type of garment has been designed by the United States Bureau of Home Economics which is dainty and

serviceable, and allows the baby added freedom of movement. The garments have a surplice front which overlaps and is fastened with ties. Do you not feel that this type of garment has many advantages? You will probably want to make some garments like these for some baby you know. The accompanying charts and descriptions will help you.

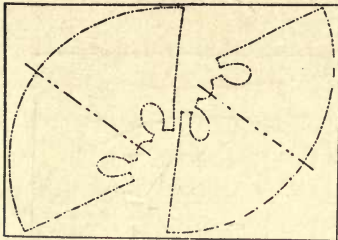
When mother begins to dress the baby after his bath, she puts on the band, the shirt, and then the diaper. The diaper is folded so that it is twice as long as it is wide. The thicker part, if any, is placed under the baby, reaching up the back to his waist. The other end is drawn up between the legs and pinned at the sides. When the slip and dress are both used, they should be put on together. In this way the baby is not inconvenienced and annoyed by being turned and twisted.

One of the first requisites of the baby's clothing is that it shall be kept clean. The baby should be kept looking neat and attractive at all times. Diapers should never be used a second time, until after they have been laundered. Small pieces of soft material or some of the new absorbent tissue may be used inside of the diaper to keep them from becoming soiled. This saves work for the mother. As soon as the baby has been dressed, he is ready for his mid-morning feeding.

A normal healthy baby must have the right food at regular intervals. Many of you have had tiny babies in your homes and have watched them, as they rapidly gained, until at the end of six months they had doubled their weight, and at the end of one year, had tripled it. In order that the baby can develop so quickly, it is necessary for him to have the right kind of food for growth and energy.

Authorities have long realized that mother's milk is the best food for the baby, as it is fitted by nature for this

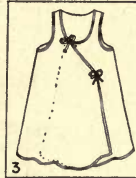
INFANTS' CLOTHING



PATTERN LAYOUT FOR SLEEVELESS SLIPS



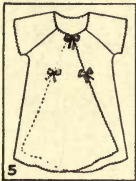
1 AND 2, CUT BIAS



3 AND 4, CUT STRAIGHT



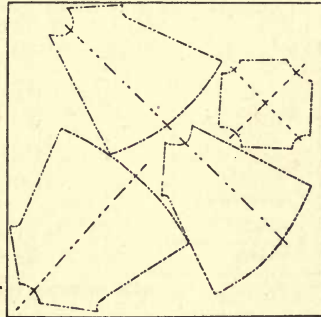
U.S. DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS



5, 6, 8, CUT BIAS



PATTERN LAYOUT FOR SLIPS 5, 6 AND 8



7, CUT STRAIGHT

Bias slips for infants are cut without fullness and will stretch lengthwise or crosswise; straight ones need extra fullness across back and chest.

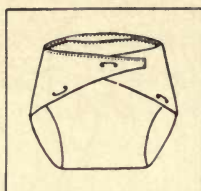
Slips with raglan sleeves are comfortable for cool days; sleeveless designs for mild weather.

Full-length front openings simplify dressing and laundering. Wide laps spread for kicking room. Petticoats are unnecessary with these slips.

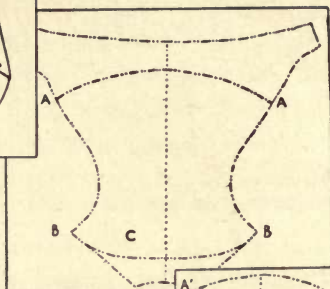
Neck-lines cut low at front will not pull back and choke.

Soft firm nainsook of durable quality, in white or pastel color, is comfortable and attractive, and will stand frequent launderings. French seams $\frac{1}{16}$ inch wide, and trim such as shell-edge, binding, or narrow hems are soft and comfortable in babies' clothing.

INFANT'S CLOTHING

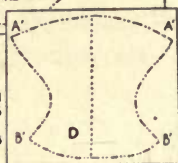


DIAPER



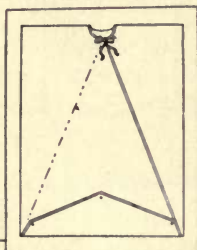
PATTERN LAYOUT OF DIAPER

PLACE SECTION D ON SECTION C WITH POINTS A'A' MATCHING AA POINTS B'B' MATCHING BB

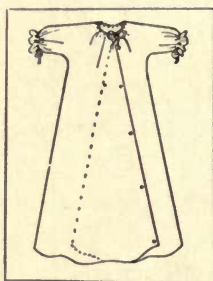
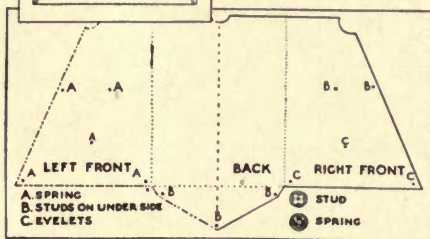


PADDING

SLEEPING BAG



PATTERN LAYOUT OF SLEEPING BAG



NIGHTGOWN
SUGGESTED MATERIAL
KNIT COTTON MESH

U.S. BUREAU OF HOME ECONOMICS

SUPPLEMENTARY NOTES

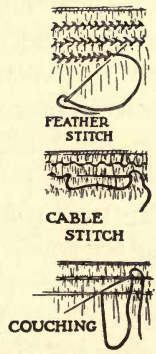
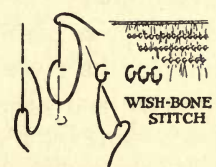
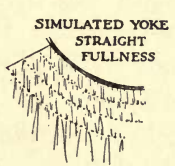
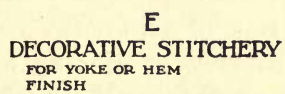
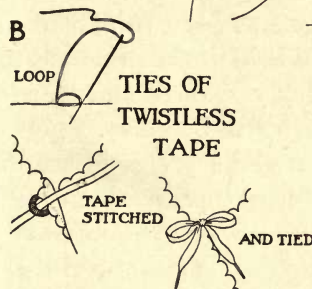
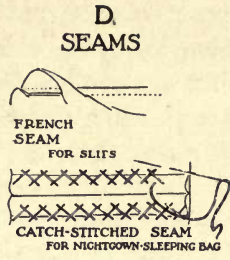
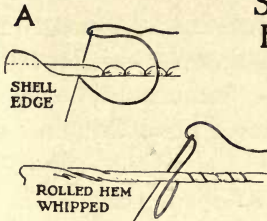
DIAPERS

The shaped adjustable diaper has an open upper back into which rubber sheeting may be inserted for special protection.

SLEEPING GARMENTS

A nightgown, cut long to cover the feet, is made of soft knit cotton fabric with a two-way stretch. Kimono sleeves allow this material to give readily across the back and chest. A double-breasted sleeping-bag, of cotton flannel or similar fabric, is cut in one piece with seams only at shoulders. The back laps up over the front and snaps through eyelets.

SEAMS AND FINISHES



U. S. BUREAU OF HOME ECONOMICS

SUPPLEMENTARY NOTES

TIE FASTENINGS

To make: Mark a 12-inch piece of $\frac{3}{16}$ -inch twistless tape at center; stitch, with tape reinforcement on under side, to proper place on left side of slip. Turn ends of tape back $\frac{1}{2}$ inch, wind solidly with embroidery thread, taking occasional stitches to make secure. Make firm crocheted or blanket-stitched loops on right of slip.

purpose. It contains the constituents in the correct proportion for growth and energy. This milk can be relied upon always to be fresh and sterile. Sometimes, however, it is impossible for the mother to nurse her baby, and she must resort to artificial feeding.

The best substitute for mother's milk is some form of cow's milk, but care must be taken that the very best cow's milk is obtained for the baby. Milk is graded into three classes, A, B, and C, and these are divided into two kinds, pasteurized and raw.

Pasteurized milk is milk which has been subjected to a temperature of 140° – 142° F., and held at that temperature for 30 minutes, and then quickly cooled and bottled. This type of milk is free from harmful bacteria.

Another type of milk used in some states is certified milk, which is milk which has been produced on farms that have been inspected by the state commission of health and meets its requirements. You must always be sure that the baby's milk comes from a reliable farm, where the cattle have been carefully inspected for tuberculosis. You should always have the baby's milk as nearly free from bacteria as possible.

Before cow's milk can be given to the baby, it must be changed so that it is as near like mother's milk as it possibly can be. This is done by adding a certain amount of water to it to dilute the protein, which makes it necessary to raise the carbohydrate content by adding some form of carbohydrate, such as milk sugar. When milk is fixed in this way, it is known as modified milk. When it becomes necessary to place the baby on a modified-milk diet, the doctor will give the mother a formula for the baby, telling the exact amounts to be used. The formula should meet the individual needs of each child, and so no general rule can be given.

Some of your brothers and sisters have been given other kinds of milk, such as condensed, but this should be avoided when possible, due to the fact that it is not best for the health of the child, usually making flabby fat. Dried or powdered milk is often very convenient when the baby must be taken on a trip.

Great care has to be taken with the cleansing of the bottles and other equipment used in the preparation of the daily food supply for the bottle-fed baby. Everything must be sterilized before it can be used. Why is this necessary? The equipment used for mixing the modified milk must be perfectly clean, and after the milk is prepared, it should be poured into sterile bottles. These bottles should be quickly corked by using sterile rubber or cork stoppers, or pledgets of non-absorbent cotton. The filled bottles may then be stored in a cold place until ready for use.

When it is time for the baby to be fed, the bottle may easily be heated by setting it in a kettle of water and warming it. The water should come above the milk line. The milk should be 100° F when given to the baby. This may be tested by allowing a drop of the heated milk to fall on the inside of the wrist. It should feel neither hot nor cold.

Immediately after the bottles and nipples have been used, they should be rinsed with cold water, and the bottles filled with water. All of the bottles used for the day's feeding may then be sterilized at one time. This is done by thoroughly washing the bottles with warm, soapy water, using a bottle brush, and rinsing them in clear, hot water. They should then be placed in a kettle and covered with cold water. The water should then be boiled for five minutes. The nipples should be treated in much the same way, but left in the boiling water for

only three minutes. They should then be lifted from the water with a sterile spoon, and placed in a sterile, covered jar.

Special care should be taken when you select the bottles and nipples for the baby. The bottles should be free from corners, thus making them easy to clean. The most important thing to remember about choosing the nipples is to buy the type which is reversible, so that they can be more easily cleaned. The size of the hole in the nipple should be carefully watched, for you know that the milk should drip rapidly but not flow in a steady stream.

All of these facts concerning cleanliness may be destroyed if the person who is preparing the food is not scrupulously clean. Special care should be taken by the baby's attendant to see that she keeps herself immaculate at all times. If she for one moment deviates from this procedure, she will erase all the benefits derived from the sterilization process.

Due to the fact that the infant's stomach is so small at birth, it is necessary to feed the baby small amounts at regular intervals. Sometimes the baby is placed on a four-hour schedule and sometimes on a three-hour schedule, according to the doctor's orders. After the first few weeks, the second night feeding may be omitted. Very often if the baby is gaining nicely and sleeping well, the doctor will take away the late evening feeding, and the infant may then sleep from six to six. Sterile water should also be given the baby each day. The most important feature of the feeding problem is for the mother to establish a definite, regular schedule for the baby, which she will hold to constantly. In this way, the child will be given a fine chance for health and happiness.

Weaning of the baby should be gradual, and should be completed by the end of the ninth month. Following

the doctor's directions, the mother will introduce bottle feedings into the diet after a few months. These are increased slowly until finally they constitute the entire milk diet of the child. Weaning has been simplified greatly by the introduction of supplementary foods into the diet.

As the baby begins to develop and grow, you can easily see that mother's or cow's milk can not sufficiently meet his needs. Because of this, it is necessary to introduce into his diet foods rich in calcium, iron, phosphorus, and vitamins, in order that the development of his bones and muscles may continue unimpaired. These foods must be selected carefully, in order that they will not upset the digestive system of the baby.

Orange juice and tomato juice, because of their high Vitamin C content, are introduced early, as they protect the baby from scurvy, and help to build strong teeth. These foods are usually given by the time the child is six or eight weeks old. At first only one-half teaspoon is given diluted with boiled water, but gradually it is increased to the juice of one orange or one-fourth cup of tomato juice by the time the baby is weaned.

It has been found that mother's milk as well as cow's milk is deficient in its Vitamin D content. Because of this, it is necessary to introduce a few drops of cod-liver oil daily with the diet by the end of the first month. This amount may then be increased to one-half teaspoon. Cod-liver oil is also a good source of Vitamin A.

The baby continues to need more vitamins, minerals, and carbohydrates, and so it seems wise to give the child vegetables, using spinach, young carrots, peas, and tender string beans. Sometimes, these are introduced into the diet as early as the third or fourth month, but may be delayed until the sixth month. The vegetables should be steamed and put through a sieve before serving.

Fruits may be introduced at the same time. They are good sources of minerals and vitamins, and also contain cellulose and fruit sugars. The fruits, such as prunes and apricots, are stewed and served first as juice and then as strained pulp. Another important factor is that stewed fruits are valuable for their laxative effect.

By the time the infant is six months old, the mother may give him thoroughly cooked whole-grain cereals which have been put through a sieve. The cereals should be cooked until they are smooth, soft, and palatable. She will at first serve him only a teaspoonful, but gradually will increase it to two or three tablespoonfuls daily.

As the child continues to grow, the doctor may allow other foods to be added to the diet. These may include whole-wheat toast called zwieback, baked custards, steamed calves' liver, and egg yolk. They should be given in small amounts, and great care should be taken with the preparation. The baby's food should always be absolutely fresh and clean, thus making it necessary for the mother to buy her food under sanitary conditions, and to store the food at home in a desirable spot for its protection.

If you have watched your mother feed the baby, you have seen him twist and shake his head when she has made him eat his orange juice or spinach for the first time. It requires a great deal of patience on the part of the mother, but she must continue daily with this procedure until slowly the infant acquires a liking for the taste.

In order that the infant can grow properly, it is necessary for him to have a sufficient amount of rest. If you have been in the same household with a newborn baby, you cannot help but notice how much he actually sleeps. During the first few weeks he will sleep the greater part of the twenty-four hours, taking out time only for eating. This

is one of the reasons that he is able to grow so rapidly. At six months, he is sleeping eighteen hours, and when he is a year old, he will still be sleeping sixteen hours.

In order that the baby's sleep will be most beneficial for him, he should sleep alone. It is also best not to have his sleep interrupted by admiring guests of the family. Too much handling will fatigue the baby, and so it is better if he is allowed to amuse himself, and only be touched when it is necessary for his comfort and health.

If possible, a separate room should be set aside for the use of the baby. Because the family is always desirous of furnishing every possible comfort, in order that the baby may grow strong and healthy, they should convert a convenient room into a nursery, if possible. Everybody tries to have ideal conditions for the infant, and in this case we would take a room near mother's room and also near the bathroom. It is preferable to have a southeastern exposure for this room, with plenty of windows, allowing good ventilation and sunshine. You should keep in mind when furnishing the room that it should be bright and cheerful, easily cleaned, and simply decorated.

The walls should be finished so that they can be easily cleaned, but this does not mean that they cannot be attractive. As the walls are simply a background for the furniture, it will perhaps be a good idea if they are of some neutral color. The curtains should be dainty, but simple and washable, and should allow plenty of sunshine to enter the room. The floor should be of hard wood or linoleum, so that it may be kept perfectly clean.

The baby's first bed is often a bassinette or a large clothes basket. These are padded and fixed attractively, but because the baby grows so quickly, it is soon necessary to buy a bed which is large enough to allow the

infant to move freely. When you are choosing it, you should select one which will prohibit accidents. If there are fastenings, they should be well made and secure. The sides should be high enough to prevent falling, and the side rods or slats close together, so that the baby will not



THE NURSERY

be able to get his head between them. The mattress must be firm and flat, and should be protected by rubber sheeting and a pad. The sheets and blankets should be changed often, in order that the bed may be kept immaculate. It is very much better for the baby if the mother does not allow him to use a pillow.

You will find it convenient to have a chest of drawers in the room, which will be used for the baby's clothing and for the bedding. Mother will find a low chair without arms comfortable when taking care of the baby. A table on which the baby may be cared for will be handy. As you are always desirous of knowing the temperature of the room, you will need a thermometer placed three feet from the floor. How would you arrange and decorate a nursery for a baby?

Regular routine of health habits for the baby is desirable. You will notice that as the régime of the infant becomes perfectly regulated, he begins to develop other good health habits. As early as the third month, mother may begin training the baby to eliminate body excretions at a regular time. If this is continued every day at the same time, it will not be so very long before a daily habit has been established. This not only will be helpful for the baby, but also for the mother.

A regular gain in weight is another assurance for the mother that her baby is well and healthy. The baby should be weighed regularly every week for the first six months, every two weeks for the next six months, and once a month after he is a year old. If the baby fails to gain, it indicates that something is wrong, and the doctor should be consulted.

The doctor should be consulted whenever the baby shows any signs that he is not in perfect health. Common ailments such as colic, hiccoughs, regurgitation, constipation, and diarrhea usually result from faulty feeding, and may be easily corrected. The so-called "children's diseases" should be avoided, as they are serious, and dangerous to the health of the child.

Baby's play should have educational value. Did you ever notice how happy and pleased a baby is the first

time he notices his hands and fingers? He turns and twists, and finally feels of them, and smiles with delight. For minutes at a time he will amuse himself watching his hands. At about this time mother will buy him a celluloid rattle, which he will shake, enjoying the noise as he does it. When he gets a little older, you will teach him to "pat-a-cake", and as you tell him the rhyme, he will listen to his first story and play his first game. To you this will all be interesting, but to the baby it is more than just play, because it means that with every motion he is developing his muscles.* His toes, feet, and legs come in for their share of attention, first simply by watching them as he kicks, then by trying to get them in his mouth, and finally by creeping.

If you have taken care of a baby for the afternoon, you will remember that everything went into his mouth. Because all babies like to do this, you must give them toys to play with which are simple, washable, and free from sharp edges. You must also be sure that the paint will not come off in their mouths. Toys which are made of hair or fur are not the best for the baby, because they cannot be kept clean, and because he will put them in his mouth. Babies enjoy rattles, rubber toys, and spoons because they can shake them. They also are delighted with sponge and celluloid toys for the bath. If you notice carefully, you will soon realize that even little babies like bright colors for their toys. Can you suggest some other toys which a baby will enjoy?

It does not take long for the months to roll by, and soon we find that our tiny infant has grown into a pre-school child. With this rapid development comes the need for the knowledge which will help us to train this child for the future.

Clothing for the pre-school child should not only protect him physically, but should also meet the activity and educational needs of the child. Very often mothers dress their children with little thought as to the comforts and pleasures of the child. At a very early age, children learn to like or dislike certain garments. These preferences are usually based on whether that specific article of clothing fits his present needs.

Weather plays an important part in the thoughtful decision as to what the child shall wear that day. The amount of clothing that the child wears should depend on the child's reaction rather than on the adult's idea concerning the subject. If a child is dressed too warmly, he will perspire freely, and will then be more liable to take cold. However, if he is dressed with too little clothing, he will look blue and pinched. The mother

should watch for these signs, and then increase or decrease the amount of clothing that the child has on, to fit the particular case.

The temperature of the day is not the only factor with regard to weather which should be considered. If it is a rainy or snowy day, the child should be dressed so that he will be protected from the moisture. This may be accomplished by having him wear rubbers or galoshes, and



*Courtesy of the U. S. Bureau
of Home Economics*

THIS OUTFIT WILL PROTECT THE
CHILD IN BAD WEATHER

by dressing him in a play suit which completely covers him. The material of which this garment is made should be one which does not absorb moisture readily. To-day



Courtesy of the U. S. Bureau of Home Economics

ALL READY FOR A GOOD TIME ON A COLD
DAY

there are many attractive winter play suits on the market, which make it possible for a child to play out of doors without any danger of catching cold.

When mother is selecting garments for the child, she should remember that they will have to be made of durable materials, because they will have to be laundered frequently. It is also necessary that they should be simply made, in order that the task of washing and ironing will be easy. In summer,

cool cottons and linens are most desirable, and in winter light-weight, soft woolens will be best for some of the garments.

Children, as you know, grow so rapidly that constant attention must be given to the size of their clothing.

Their garments should always allow them plenty of freedom. You should be careful that the little drawers or trousers are long enough in the crotch, so that they will not draw and be irritating.

Their shoes should conform to the natural lines of the foot, allowing it to become correctly formed. Their



Courtesy of the U. S. Bureau of Home Economics

A "SELF-SERVICE" DRESS FOR A LITTLE GIRL



Courtesy of the U. S. Bureau of Home Economics

BROTHER HAS A SUIT WHICH RESEMBLES HIS SISTER'S DRESS

stockings should fit the foot, but should permit plenty of toe action.

Care should be taken when their garters are chosen. If round ones are to be used, they should be loose, and if long ones are to be used, they should be fastened to a waist which fits well up around the neck. In this way, poor posture is avoided.

During the last few years, there has been a decided

change in the construction of children's garments. To-day we make them simply, but attractively, thus avoiding conspicuous clothing which children soon learn to dislike. Children may be taught at an early age to express their desires with regard to the dress or suit they wish to wear. If you observe children when they are choosing



*Courtesy of the U. S. Bureau of
Home Economics*

THIS "SELF-SERVICE" DRESS
IS A SUN SUIT

their costumes for the day, they will select the one which is brightly colored. Because of this fascination for bright colors which the child seems to have, mothers should encourage this delight, as it has its educational value.

Another benefit derived from the use of proper clothing is the ability which the child soon acquires for helping himself. If the garments open in the front and are fastened with fairly large buttonholes and buttons, it is possible for him to dress himself. As the child develops this ability, you will notice that he is delighted with him-

self and feels independent. There is a very attractive brother and sister suit which is a good example of this type. The jacket opens completely down the front, revealing a clever sun suit underneath. As the sun bath has become such a factor in the daily routine of the child, it is necessary to include sun suits in his wardrobe. Some of the most attractive ones are made with net tops.

Many times mothers, in their desire to buy clothing

which the child will not outgrow immediately, purchase the garments so large that the activities of the child are hindered. This should be watched carefully, because a saving which impairs the development of the child is not a wise thing.

The pre-school child should have good food, carefully selected, attractively prepared and served, and in small amounts at regular times. Did you ever realize that small children are influenced greatly by the appearance of the food which is served them? Few mothers realize this fact, and so they wonder why they are con-



Courtesy of the U. S. Bureau of Home Economics

AN ATTRACTIVE SUN SUIT FOR A GIRL

fronted with behavior problems at mealtimes. Children do not like to see the same thing over and over on their plates. If mother must serve the same food often, she should plan to fix it in a variety of ways. However, if mother holds to the daily food rules, she will find that there are plenty of ways of changing her menus. You should always include each day in a child's diet the following things: one quart of milk, which may be served as a

beverage, with cereal, or as a custard; one egg; whole-grain cereals; two fruits, one fresh and the other stewed; and three vegetables, one of which should be a green leafy one.

Mother may also obtain variety in the child's diet by serving foods of different textures. There should be crisp foods such as lettuce, celery, and cabbage; spongy foods such as bread; soft foods such as custards; hard foods such as crackers and toast; and liquid foods such as soups. You can plainly see that when a variety of these are served, the child will not become tired from too much chewing, nor disgusted by having just to swallow. Tough foods, however, should always be avoided.

The menu which mother plans for the child should be prepared with as much care as she has used in planning it. The food should always be well cooked, but not over done. It is better for the child if mother puts little or no seasoning in the food. In this way the child develops a taste for the natural flavors. This is not hard for him to do, because he has never had the chance to acquire any likes or dislikes along this line. The child should never be served fried foods, rich pastries, cakes, candies, coffee, or tea.

Appropriate table accessories are always helpful in making the meal attractive. Children enjoy gay china and napkins, and if they may sit at their own small table, it is remarkable how much they will eat. The plates should be fixed attractively. As the child likes bright colors, mother should fix the plates with this in mind.

Many times you have seen children being served mixtures which you could not possibly have eaten yourself. In order to eliminate this idea of mixing the foods all together, it is far better to serve small amounts in a neat arrangement on the plate. If small servings are given

Meals for the Three-Year-Old

Start with a Good Breakfast

BREAKFAST

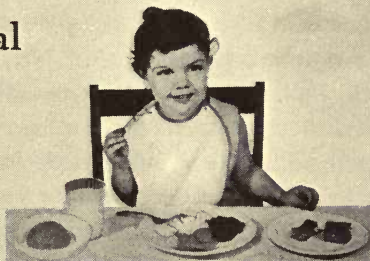
Orange Juice
Cereal with Top Milk
Bacon, Buttered Toast
Milk



The Chief Meal at Midday

DINNER

Creamed Eggs
Carrots, Spinach
Bread and Butter
Fruit Gelatin
Milk



Simple Suppers are Best

SUPPER

Stewed Tomatoes and Celery
Scalloped Potatoes
Buttered Toasted Roll
Cookie
Milk



CHILD-FEEDING CHART

Bureau of Home Economics

UNITED STATES DEPARTMENT OF AGRICULTURE

the child, he will soon form the habit of finishing all that has been placed before him. If he wishes more, he may then have a second helping.

The regular routine which was established with the baby should still be continued. Meals should be served at definite times each day. Children should never be allowed to eat between meals, as it will spoil their appetite. However, a mid-morning and mid-afternoon lunch should be served at a regular time each day. This may consist of fruit juice, fruit, or milk and a cracker.

Mother will also simplify matters if, when she is preparing the foods, she considers how well the child will be able to eat it. For instance, it is very hard for a child to place peas in his mouth when using a fork. However, if mother serves mashed potatoes with them, the problem will be solved. Carrots are manipulated better if they are sliced rather than diced. If a lettuce leaf is cut up finely and placed between two slices of bread, making a sandwich, the child will be able to eat it more satisfactorily. Meat should always be ground or cut in small pieces before serving. If these simple suggestions are followed, there is every reason to believe that the child will have a normal, healthy appetite. Can you think of some foods which should be served in a certain way in order to make them easier for the child to manipulate?

If the parents understand the problems that the child faces at mealtime and manage the situation intelligently, the child will develop good food habits. Parents should remember that every day new problems are confronting the child, and therefore it is necessary for them to help as much as possible. The meal hour should definitely aid the child in his social adjustment. Here he receives his first lesson in table manners. He learns to feed himself, using the small knives and forks. In order to help

the child to avoid spilling his food, it is better if at first he has a plate with edges which curve upward. He must learn to use his napkin. Soon he learns that it is best to chew his food with his lips closed. He also must learn to chew his food well before swallowing it.

You can readily see why a child sometimes does not finish his meal. This is especially true if the parents quarrel at mealtime. These emotional scenes have a strong effect on the child. Very often food dislikes may be traced to a dislike of that food by one of his parents. Parents must be careful to set a good example for the child always.

The child should learn at once that he must eat the food put before him. If he finishes his first course, he may then have his dessert. If this rule is strictly upheld, the parents will soon have no trouble in enforcing it.

Sleep is an important factor in the growth and development of the pre-school child. Have you not often wondered what made some children so very irritable and cross? Many times it is simply lack of sleep. Children are so active throughout the day, that they must have periods of relaxation in which they may rest. It is during these quiet moments that they grow and develop normally. Parents, who have the health of their child foremost in their minds, should always insist that the child go to bed at a regular time every night, and that besides this, he should take his daily nap. No amount of teasing on the part of the child should influence the parents to allow the child to remain up.

This fact should also be remembered when the family are having callers. It is not the wise thing for the parents to permit their children to stay up, in order that they may entertain the company. If the child is allowed to remain up one evening, he will not understand why he

cannot repeat the affair the next evening. Immediately trouble begins, and the child has to learn all over again that he must go to bed at a regular time. Children should be put to bed by seven o'clock.

A good night's sleep is not enough to insure health. The child should take a nap each afternoon. It is also desirable to encourage the child to relax at intervals throughout the day. This is especially necessary if the child is of a highly nervous type. You will find that if the child remains quiet for a short time before eating, he will in all probability eat better and his food will be well digested. Some children have to be taught to relax, and this may be accomplished by having the child lie down and listen to a story or soft music. Children between the ages of two and five should sleep at least sixteen hours a day.

The foundation for future health habits may be formed at this age. You can all recall how mother used to make you wash your hands and face, comb your hair, and clean your teeth. Did you all like to do it or did you rebel? Probably most of you were decidedly against such duties, and yet all of you used to think it was great sport to play in water. If you would keep this in mind, and allow the child to stand on a stool or little steps so he can reach the water, and let him have his own wash cloth, towel, toothbrush, and comb, which he can keep in a special place all his own, you will soon find that the daily cleanliness problem becomes a pleasure rather than a terrible task. These simple things started early in childhood make the health problems throughout his life simple. Mothers should continue to insist that the child have regular times for body excretions. If this is carefully held to, constipation and resulting poor health will be avoided.

It is ideal for a pre-school child to have separate rooms for sleep and play. When you plan a room for the baby to sleep in, you should have definitely in mind that the room must meet the needs of the pre-school child later on. The sleeping quarters for the child will be the same as for the baby with only a few changes. The bedroom should be a place for rest, and so, under ideal conditions, the child will have a separate room for play. The room itself will resemble the nursery, having neutral-colored walls which may be easily cleaned. The floors will no doubt be the same, with gay, washable scatter rugs placed here and there.

The furniture should be divided into two classes: one for the adult, and the other for the child. The furniture for the adult will probably consist of a comfortable chair, a small table, and a reading lamp. These will be placed in the background, in some convenient corner where the child may be observed, but where the adult will not play any part in the actual activities of the child.

The furniture for the child should be the correct size for him, thus encouraging good posture. It should be made of durable material, and constructed so as to withstand the hard usage which it will get. It is best if the finish can be washed.

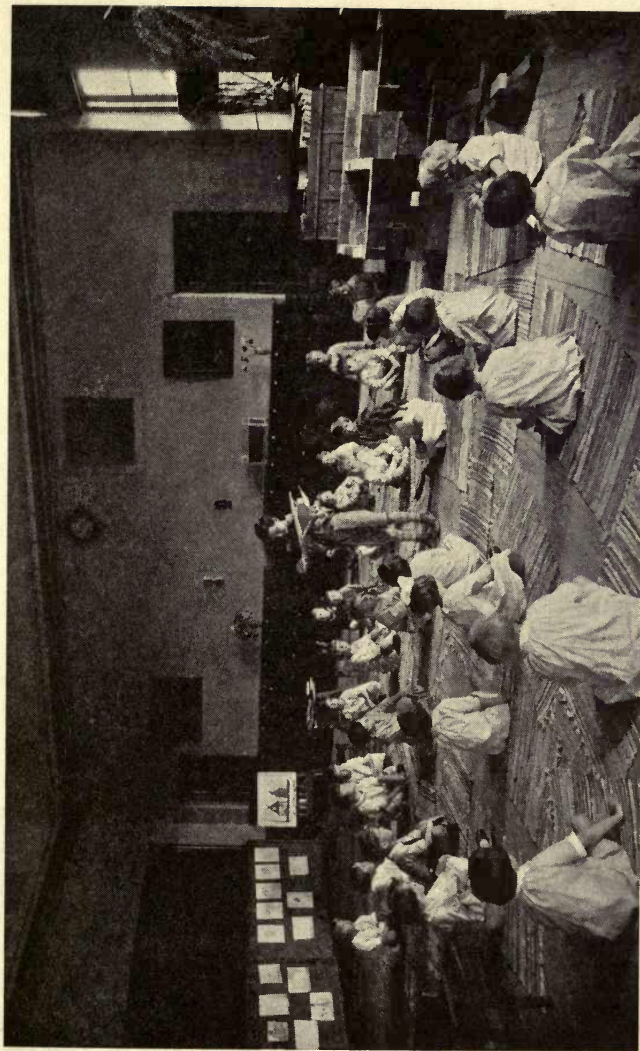
Low cupboards and shelves should be built and placed along part of the wall space. These may be painted a gay color, and may have attractive chintz curtains. On these shelves, the child will keep his toys and books. The child will have an incentive to keep his room in order. Small chairs and tables should always be included in the equipment, as they furnish the means for a variety of activities. How would you rearrange the nursery which you planned for the baby to meet the needs of the pre-school child?

As you know, children like bright colors. A good way to introduce color into the room is by decorating the walls with pictures and friezes. The pictures should be simple but brightly colored. Children enjoy them best if they have definite outlines which make them easy to recognize. Pictures have a definite educational value for the child, and, because the child likes to sit and look at them, they should be framed appropriately and hung low.

Play of the child of the pre-school age should have educational, social, and recreational value. Early in the child's development, you will find that the child enjoys playing "pat-a-cake." This is really the beginning of games, and continues through all the phases of finger plays. This type of game is not only amusing to the child, but also a factor in the development of the small muscles in his hand and arm. For instance, the finger game called "Thumbkins" requires the child to manipulate his fingers in an intricate way, changing them with rapidity. The child sings the words accompanying the game, and in this way his musical training is started.

The younger children enjoy dramatizing the nursery rhymes which they have learned. "Jack and Jill" and "Humpty-Dumpty" are good examples of story games. Children experience keen delight by keeping time to music. These rhythms teach them, not only to keep the proper tempo, but also to interpret the music. It is interesting to note how quickly some children realize the difference between quick, joyous music, and slow, soft lullabies.

The older children continue these same types of games, but in a more complicated manner. In place of the nursery rhyme games, we find them using complete stories for their portrayal. "Fair Rosy", which is a favorite, is really the story of "Sleeping Beauty." These children



White Studio, Schenectady, N. Y.

AN ORIGINAL STORY TOLD BY ITS AUTHOR DEVELOPS THE IMAGINATION ALONG
CONSTRUCTIVE LINES

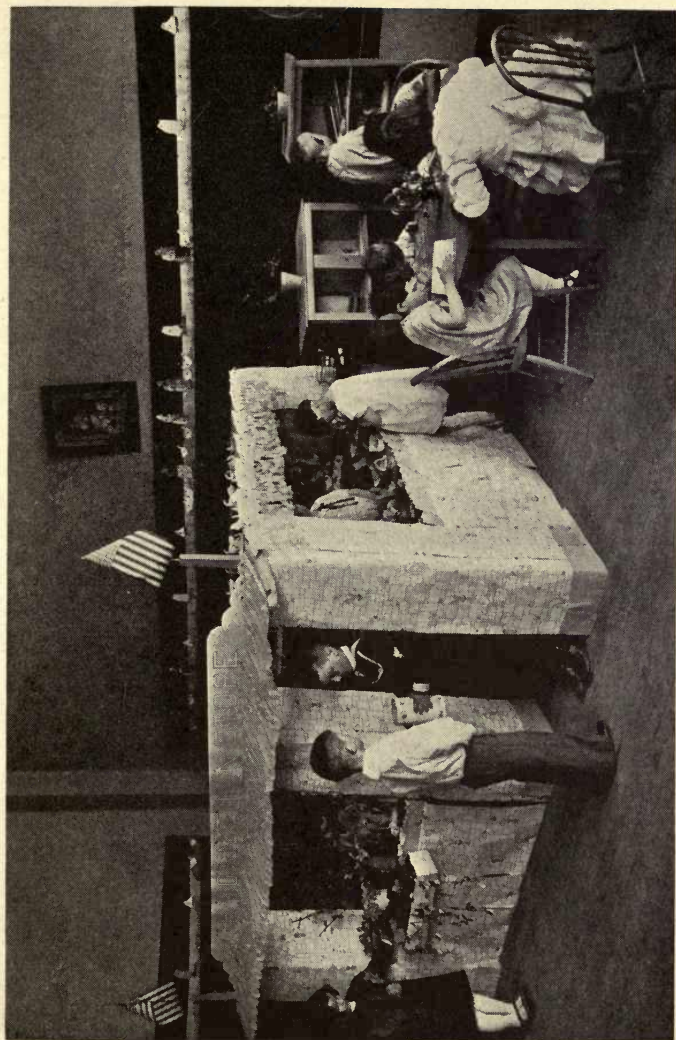
enjoy choosing partners according to the story of the game, as in "Go In and Out the Window." They also enjoy games such as "Aiken-Drum", in which each one must choose the material of which his coat or hat is made. You will notice that all of these games contain a great deal of repetition. Children of this age seem to require this essential in their games and stories.

Have you ever noticed how intently a child listens to a story appropriate for his age? The younger children enjoy the nursery rhymes, and the simple stories accompanying the finger plays. Gradually, however, they develop an interest in stories based on their actual everyday life in which they are the main characters.

Donny will sit absorbed while his mother tells him how he went downtown, and entered a big store. How the elevator went up and up and finally stopped. The elevator man opened the door, and Donny and his mother went to the coat department. Here he turned the racks around and around, and finally he found just the coat. The clerk held the coat, and he put in first one arm and then the other. She buttoned the coat up, and he stood in front of the mirror, and mother decided that he looked so nice that she would buy it.

As the child continues to grow, his interest changes, and he likes stories with repetition such as "Little Black Sambo" and "The Three Bears." He also enjoys telling stories himself, concerning things he has done, such as a trip to the zoo.

Very often you are called upon to tell stories to children. When this happens, be sure that you choose a story which is suitable for the child, and then tell it in such a way that it will be interesting. Show the child clever pictures illustrating the story. Change your voice to emphasize the action of the book. A good example of this is in



White Studio, Schenectady, N. Y.

A CHILD'S PLAY IS BASED ON EVERYDAY EXPERIENCES

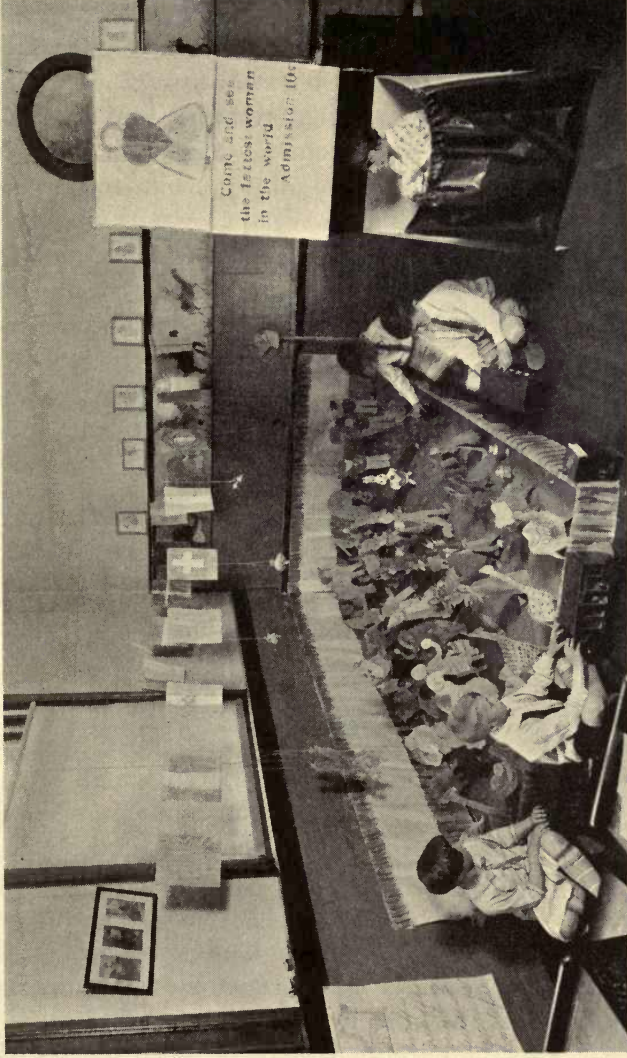
telling the story of "The Three Bears", in which the different bears speak. You remember that Father Bear speaks with a "deep gruff voice", Mother Bear with a "medium-sized voice", and Baby Bear with a "wee-tiny voice." Also be careful that you do not tell the tale with such fervor that the child becomes frightened. Is there a child living in your home or neighborhood to whom you might tell stories?

At first children play by themselves. Then, gradually there develops a type of play in which two children are working together, but they are each building a house or garage separately. Finally, we find them joining each other in order that they may more completely play house, fireman, policeman, or iceman.

This type of play is purely imaginative, but it definitely imitates some household or community activity. You will find that children practice this imaginative play by thinking of their dolls as babies or their toy dogs as real ones. As long as they realize the difference between the real and the unreal, the imagination of the child should be allowed to expand.

It is impossible for children to play for any length of time under proper conditions and with the correct equipment without actually creating something. Given blocks, they build houses and garages. Using pieces of wood and nails and hammers, the boys will construct crude aëroplanes. Baskets, animals, and vegetables will be formed from clay. In the sand-box, hills and valleys, or pies and cakes soon take form.

Attractive pictures will be painted or drawn if the child is given a chance. Many children distinctly have the ability to combine colors in lovely effects. At first, the child paints something and then names it, and later he decides what he is going to make and then does it. These



A CHILDREN'S CIRCUS

It Gives Them an Opportunity to Develop Initiative and Originality

drawings are usually crude and cannot easily be distinguished. However, you should always encourage the child in whatever constructive play he may undertake.

Play should also take on a physical aspect. Children enjoy climbing, riding, swinging, running, and jumping. Too often mothers inhibit the child's development by not



MARY JANE CLIMBS UP FOR A SLIDE

allowing him to do these very things. A child is the best judge of just how much he can do, and you will find that he will not climb any farther than he is really able. If mothers would only understand this, there would be fewer falls, which are mainly caused by the child becoming frightened when the mother screams, "Be careful!"

Children of this age should not be supplied with elaborate manufactured toys which appeal to the adult, but should

be given raw material from which they can make things which appeal to them. Too often children are presented with expensive mechanical toys. If you have watched a child with this type of toy, you know that at first he is interested. He winds it and watches it run, but after a little while he loses interest and either discards it or takes it apart. Parents cannot seem to understand that a small child will spend hours amusing himself with household utensils such as clothespins and tin pans.

Blocks, bits of wood, paints, and clay afford him new adventures and tasks every time he plays with them. A doll which a little girl may dress and undress will amuse her much longer than a gorgeous doll which she is afraid to touch.

Toys which develop motor control are valuable to children of this age. Boys and girls alike should have



Radburn, N. J.

PHYSICAL ACTIVITIES OUT OF DOORS HELP TO DEVELOP MOTOR CONTROL

toys which strengthen the muscles. Kiddy cars, scooters, and tricycles are especially suited for this purpose. In the yard where the child carries on outdoor activities, it is well to have some equipment suitable for jumping. Slides and jungle gyms provide this amusement. If, however, it is impossible to buy these, you may produce good substitutes from large packing boxes of various sizes, and planks which have been smoothed down so

that the child will not be liable to get injured by splinters or nails. A swing is another piece of apparatus which can be inexpensively procured.

Often parents find it impossible to buy toys for their children, and frequently they do not realize that there are many toys which could be made at home. You will find a great deal of enjoyment from constructing simple toys. Clothespins may be dyed different colors and placed in a coffee can, the outside of which you can paint. The child who gets this gift will spend hours fitting the pins around the edge of the can, but finally he will build log cabins from them. Then there are peg boards with spools, colored-throat sticks for sorting, wooden animals, nests of jello-dishes gayly painted, spools strung on shoe strings, and picture books. All of these toys are inexpensive, and yet they meet the educational needs of the child. He learns to count and to know his colors. He develops the muscles in his hands, and is able to create many new and interesting things. Why not try to make some toys for a small friend?

Parents should know how to handle situations which require discipline. Very often situations arise in the home which will later, no doubt, lead to unfavorable conditions. Parents sometimes think it necessary, from their point of view, to tell "white lies." These are interpreted by the child as being the proper line of action, and so when they find it convenient to tell a lie, they do not realize that they are doing anything wrong. When a situation arises in which the child does not realize that he is doing wrong, parents should take into consideration his viewpoint.

It is always wisest never to make promises to a child which you cannot keep. This not only pertains to the promise to give the child something, but also to the fact

that if you promise a child that you will punish him if he does a certain thing, you must most assuredly follow out that course of action.

As you know, it is always best to avoid behavior problems, as far as possible, by creating situations for the child which will not allow any trouble to brew. One of the best ways to do this is always to keep the child busy at some constructive play. If parents would only give their attention to matters which interest their children, there would be built up a strong understanding between them.

However, there are always times in even the best-regulated households, when it seems best to resort to some form of punishment. If this is the case, and you remember these simple rules for discipline, the punishment will not be harmful :

1. A child should be punished at the time of the offense.
2. The punishment should be suited to the misdemeanor.
3. Parents should try to control themselves when punishing the child.
4. Spanking as a form of punishment should be resorted to only as a final measure.
5. Threatening should never be used as a form of punishing.
6. Parents should agree on the punishing, and the form of punishment.
7. The child should understand the reason for the punishment.
8. The punishment should be constructive.

Sometimes even though great care is taken, behavior problems will develop. However, if these are wisely managed, they can be solved to the advantage of everybody concerned.

Feeding problems are very prevalent, and no doubt you can remember some. Do you recall how they were solved? Do you think they were solved wisely? Here is a feeding problem which turned out nicely. Young Walter did not like to eat very well. He did not enjoy his spinach or carrots, and it was very hard to get him to drink milk. His mother was upset about the matter, and tried to fix the foods in different ways, but that did not seem to help. It happened that Walter was very fond of golf, and he spent much time teeing up his ball and making long drives. His mother sensed that here was her chance, so she asked the "golf pro" to tell Walter that if he really wished to grow up to be a strong man and play a good game of golf, he would just simply have to eat everything that was set before him. The next time that Walter asked the "golf pro" about holding his club, he found the opportunity also to tell him that it was just as important to eat the proper food as it was to hold his golf club the correct way. Walter hurried home and insisted that he have some milk. After that Walter's mother did not have any more feeding problems.

Another common behavior problem is that of fear. The baby is naturally afraid of falling, and of a loud noise, but these gradually disappear as he grows older. Children, however, are not afraid of the dark at birth, but for some reason may acquire this fear. For instance, it may happen that the child is suddenly awakened by the sound of the fire engine passing by in the middle of night. He is startled, as he does not know what it is. Because he is alone in the dark, he attributes it to the darkness. It will be necessary to explain that the night must follow the day, because birds and flowers and people must go to sleep so they can grow. If you give the child a flash light to put under his pillow, he will feel more secure. If

he wakes up in the night, he can turn on the flash light and see that everything is safe and sound. He is then able to go back to sleep peacefully.

Mothers often have trouble with children because they seem to enjoy destroying the property of other people. This no doubt is the result of not allowing the child to have the correct things with which to play. If the child enjoys writing on the wall paper, you will find that he will also like to write on his own paper, if he is given some.

These are only a few of the many problems which confront the family. You will be interested in discussing and solving other problems which are always coming to the attention of those caring for younger children.

OBJECTIVE TEST

Fill in each of the spaces below with one word which will make the statement read sensibly and be true.

1. The temperature of the water for the baby's bath should be ____.
2. The baby's bath should be given ____ the mid-morning feeding.
3. The baby's eyes should be washed with a cotton swab moistened with ____ acid solution.
4. The best fastenings for the baby's garments are ____.
5. When dressing the baby, the garments should be put on over the baby's ____.
6. ____ milk is the best milk for the baby.
7. ____ milk is milk which has been heated to 142° F. for thirty minutes and then quickly cooled and bottled.
8. The proper person to decide the daily feeding formula for the baby is the ____.
9. All of the utensils used in preparing the baby's food should be ____.
10. ____ colors attract the attention of the baby.

11. A baby can develop good health habits by being placed on a ____ schedule.
12. A six-month-old baby should sleep from ____ to ____ hours a day.
13. A dress for a pre-school child should open in the ____.
14. Stories for the pre-school child should have a definite ____ throughout the tale.
15. Situations which cause behavior problems should be ____, if possible.
16. A child is born with the fear of ____.
17. A child should sleep ____ in his own room.
18. Children enjoy ____ toys better than they do elaborate ones.
19. A child should have at least a ____ of milk every day.
20. ____ juice is a good substitute for orange juice.
21. ____ as a form of punishment should be resorted to only as a last resource.
22. The child's furniture should be the correct size for him so that it will encourage good ____.
23. The furniture should be constructed so that it will be ____.
24. The child's play should have social, recreational, and ____ value.
25. Toys which develop ____ control are valuable to the pre-school child.

On a separate piece of paper indicate the numbers of the following statements that are *right*.

1. Both of the baby's eyes should be washed with the same swab.
2. The soap for the baby's bath should be unscented and uncolored.
3. The temperature for the baby's bath may be tested by placing your hand in the water.
4. The baby should be weighed daily.
5. The baby's face and head are washed before the baby is placed in the tub.
6. A healthy baby shows an uneven weekly gain.

7. A baby should be held on the mother's lap while being dressed.
8. It is healthful for the baby to sleep out doors.
9. The drinking water for the baby should be sterile.
10. The baby's garments should always be made of soft material.
11. A toy with fur is suitable for the baby.
12. The baby's room should be well ventilated.
13. The baby's bed should be constructed so that it prohibits accidents.
14. Sun baths are healthful for the child.
15. The garments for the pre-school child should be constructed in such a way that he can learn to dress himself.
16. Thumb sucking is beneficial for the child.
17. A child should be allowed to play out of doors as much as possible.
18. When a child is punished, he should know why he is being punished.
19. Climbing is a poor activity for a child.
20. Children enjoy playing with household utensils.
21. A child is born with a fear of the dark.
22. Threatening is a good form of punishment.
23. A child should learn to relax.
24. A child's room should be bright and cheerful.
25. A child enjoys pictures that are delicately colored.

SUGGESTED CLASS ACTIVITIES

1. Plan an outdoor playground for a pre-school child in your back yard.
2. Design some attractive toys for a baby or pre-school child which might be constructed by you from cloth, wood, or household materials.
3. Plan a nursery, choosing a color scheme, furniture, and accessories appropriate for a four-year-old child.
4. Ask one of your mother's friends to allow you to watch her bathe her baby. She may allow you to assist her.

5. If there is a nursery school in your community, obtain permission to visit it so that you may watch the children while they work, play, eat, and sleep.

SUGGESTED REFERENCES

BOOKS

- BLATZ and BOTT, "The Management of Young Children", William Morrow and Company
- BRILL and YOUTZ, "Your Child and His Parents", D. Appleton Company
- GOODSPEED and JOHNSON, "Care and Training of Children", J. B. Lippincott Company
- JUSTIN and RUST, "Problems in Home Living", J. B. Lippincott Company
- RAND-SWEENEY-VINCENT, "Growth and Development of the Young Child", W. B. Saunders Company
- ROSE, M. S., "Teaching Nutrition to Boys and Girls", The Macmillan Company
- TRILLING and NICHOLAS, "The Girl and Her Home", Houghton Mifflin Company

PAMPHLETS

- KANSAS STATE COLLEGE BULLETIN, *Applying Nursery School Methods of Child Training in the Home*
- NEW YORK STATE DEPARTMENT OF HEALTH, *Baby Book*
- NEW YORK STATE DEPARTMENT OF HEALTH, *The Baby's Bath*
- NEW YORK STATE DEPARTMENT OF HEALTH, *Child Care*
- UNITED STATES DEPARTMENT OF LABOR, *Infant Care*
- UNITED STATES DEPARTMENT OF LABOR, *Child Management*
- UNITED STATES DEPARTMENT OF LABOR, *The Child from One to Six*
- UNITED STATES DEPARTMENT OF LABOR, *Are You Training Your Child to Be Happy?*
- WHITE HOUSE CONFERENCE LEAFLETS, *Series on Growth*
- WHITE HOUSE CONFERENCE LEAFLETS, *Series on Personality*
- WHITE HOUSE CONFERENCE LEAFLETS, *Series on Habits*

UNIT SIX

HOW CAN THE JUNIOR HIGH SCHOOL GIRL HELP TO CARE FOR HER HOUSE?

House care, to you, probably means washing dishes, dusting, or some other activity which mother always asks you to do, just as you are getting ready to do something more absorbing. This is the case in many homes, and of course should be avoided. Mother has a perfect right to require you to clean parts of the house, but, if she is wise, she will turn over some specific task for you to do. In this way, you will take a certain amount of pride in seeing how well you can do it. Your bedroom should be of great interest to you, and you should enjoy taking special care of it. Do you take care of your room?

A girl's bedroom should be her own, to decorate, to arrange, and to keep clean and orderly. If you are given your choice of bedrooms, you can choose one with a south-eastern exposure. In this way, your room will be bright and cheerful.

Your room should be arranged in certain furniture groups, which tend to make the room more convenient, and pleasing to look at. You will, of course, have a sleeping unit, which will consist of a bed and, perhaps, a small bedside table with a lamp on it. You will need a dressing unit, which will have a dressing table or dresser, and a chest of drawers. A little draped dressing table, gay with chintz, would be lovely. Naturally, you will need a studying center, made up of a desk and bookshelf. You will enjoy a comfortable chair for moments of relaxation

and rest. You will often be reading, so you will include in this group a reading lamp.

If you will consider your room carefully this afternoon when you go home, you will undoubtedly see innumerable chances for redecoration. Perhaps your mother will consent to this project, in which case you will immediately begin to have many hours of fun, although it will be hard work.

Possibly your family will allow you to select new furniture and furnishings for your room. If this is the case, you will then have the definite problem of deciding what type of a room you wish to have. Your taste may run to a colonial room, which might be a reproduction of your grandmother's room when she was a girl, with its four-poster bed and hooked rugs. If you decide to redecorate your room in a colonial manner, be sure to read unit one again, which deals with furniture in the colonial days. No matter what style of furniture and furnishings you use, you will want to be sure that they will go well together. You can plainly see that a modernistic chair in your colonial room would spoil the effect.

A color scheme should be carefully worked out, keeping in mind that if your room is bright and sunny, you will use cool colors; while if your room is a cold, dreary one, you will want warm, cheerful colors.

Although it may be impossible to buy new furniture, you need not give up the idea of remodeling. When you definitely decide on just what changes you want to make, you can then begin to think of ways of doing it. Your old furniture may be taken care of in two ways, by painting or by refinishing.

To paint furniture, you must first remove all of the paint or varnish. This may be accomplished by using varnish remover and a coarse or fine sandpaper. After



Courtesy of the Mayfair, Inc. Interior Decorators

A MODERN ADAPTATION OF A COLONIAL BEDROOM

the surface is clean and free from its former finish, apply one coat of flat paint, being sure that it leaves a smooth surface. When it has thoroughly dried, sandpaper it with a fine sandpaper. You are now ready to give it the first coat of enamel or lacquer. If lacquer is used, it may be put on either by brushing or spraying. The surface should then be sandpapered again before the final coat is applied. After that your furniture should look like new.

It may be possible that you can find some old pieces of furniture which can be refinished so that they bring out the beauty of the natural wood. The treatment, in this case, will be very different from the painting. You will rub down the old varnish with pumice and crude oil, until you are satisfied with the finish. Cover this with a thin coat of liquid wax, and polish with a soft cloth. This will restore many an old piece to its former beauty.

Sometimes you will need to redecorate your walls and woodwork. If this is necessary, the old finish of the woodwork may be removed by using a strong solution of washing soda, and smoothed with fine sandpaper. It may then be varnished or painted as desired. The walls may be made fresh and clean by repapering or painting. If you are painting the walls, you may have them plain or stippled.

Your curtains may be very faded, but they can be nicely renovated by tinting or dyeing. When you do this, be sure to buy dye especially prepared for the fabric to be dyed, and follow directions carefully.

Perhaps it will be possible for you to spend a small amount of money for a few accessories which will add to the splendor of your room. You might purchase a few pictures, a lamp, a new bedspread, scatter rugs, or some toilet articles. If these are wisely chosen, they cannot help but lend an atmosphere of beauty and comfort to

your room. With your room prettily decorated, you will, of course, want to keep it in perfect condition.

If you are careful every day to put away your things in their proper places, your room will be much neater. This will necessitate hanging up your clothes, never allowing them to remain on chairs nor on the floor; keeping your drawers in good order, so that you will be able to find things immediately without upsetting everything; and keeping all of your toilet articles and accessories in their proper places. If you do this regularly, you will soon have formed the habit of orderliness.

You will want to keep your room free from dust by using a dustless mop for the floors and a duster for the furniture and the accessories. A good duster is made of cheesecloth. This material seems to collect the dust and hold it, without leaving any lint. You may decide to have one of your own. If you do, why do you not make it of colored cheesecloth, and finish the hem with a running stitch of floss? You could even carry out your color scheme. It should be washed after it is used.

Before you have your breakfast, fix your bed so that it may air thoroughly. This may be done by pulling down the covers and sheets, so that the fresh air from the open window will circulate through the bedding, and purify it. After breakfast, you will have time to make your bed, which you will want to do systematically.

The springs of the bed should be covered with a mattress, and over this should be placed the bottom sheet. Sheets are purchased according to the size of the bed, but you should always purchase them large enough, so that they can be well tucked in under the mattress. A good size sheet to fit the single bed is 63" \times 99" or 63" \times 108"; the three-quarter-size bed 72" \times 99" or 72" \times 108"; and the full-size bed 81" \times 99" or 81" \times 108".

The bottom sheet is placed on the bed so that the right side is up, and the center of the sheet corresponds to the middle of the bed, in order that the same amount will be left on each side. The sheet should then be tucked in at the head and the foot of the bed, the corners mitered, and the sides tucked under, pulling them tight. This will leave a smooth surface.

The top sheet is then placed on the bed so that the centers match, and the wrong side will be up this time. The sheet is tucked in well at the foot, still leaving enough to turn back over the blankets at the top. The corners are half mitered.

You will want to have light-weight, but warm blankets, which you will place on top of the sheets and tuck under at the foot. The top sheet should then be pulled back over the blanket to protect it.

Your pillow will be made of ticking which is filled with feathers, down, kapok, or hair, and over this you will place a pillow case, fitting it carefully over the pillow at the corners. Each morning, after they have been thoroughly aired, you will shake them up and replace them on the bed. You are a wise girl, if you use these pillows only for their appearance rather than for sleeping. There are so many different types of spreads that you will have to judge for yourself the best way to place it on your bed.

If you are careful to make your bed in this manner, it will add greatly to your comfort. You may think that you cannot possibly perform all of these tasks before you go to school, but do, at least, try it. You will be proud of the result.

Once a week you will have to clean your room more thoroughly, and probably you will decide that Saturday morning is an excellent time for this task. Before begin-

ning to clean, open the windows. If you will gather together all of your cleaning equipment before starting to work, you will be surprised how much quicker and easier you can accomplish your undertaking.

Remove all of your accessories to a convenient place while cleaning. If you have small scatter rugs, you should also remove them. They may be vacuumed or swept before being returned to your clean room.

If you will remember that all cleaning in a room should begin at the ceiling and proceed to the floor, it will simplify your problem greatly. You then begin by dusting the pictures, window sills, and furniture, using your cheesecloth duster.

If your floors are of hardwood, you will simply wring out a soft, clean cloth in lukewarm water, and proceed to clean them. However, if the floor is linoleum-covered or painted, use warm water and mild soap, being sure to rinse it thoroughly. Your furniture will need polishing, so put just a few drops of polish on a soft cloth and rub it over the surface.

Your bed should now be made, after which you can return the accessories and clean rugs to their proper places. You can close the windows, replace all cleaning equipment, and your room will look immaculate.

A few times each year it will be necessary to give your room a thorough cleaning. Each part of the room will be given special attention.

The curtains will be taken down and washed. Before laundering, soak them in cold water to loosen the dirt. The washing process will follow, using warm water and mild soap chips or beads. You should be very careful not to tear them by vigorous rubbing. You will then rinse them thoroughly in warm water, and if they are white, it will be necessary to put them through a weak

blueing solution instead of the last rinsing water. It may be necessary to put them in a thin starch solution. You may decide to dry the curtains on frames or substitutes for them. Some curtains can be successfully hung up to dry, but they will then have to be dampened, and ironed, by folding in half lengthwise and pressing the edges first. You should then put them on the curtain rods immediately.

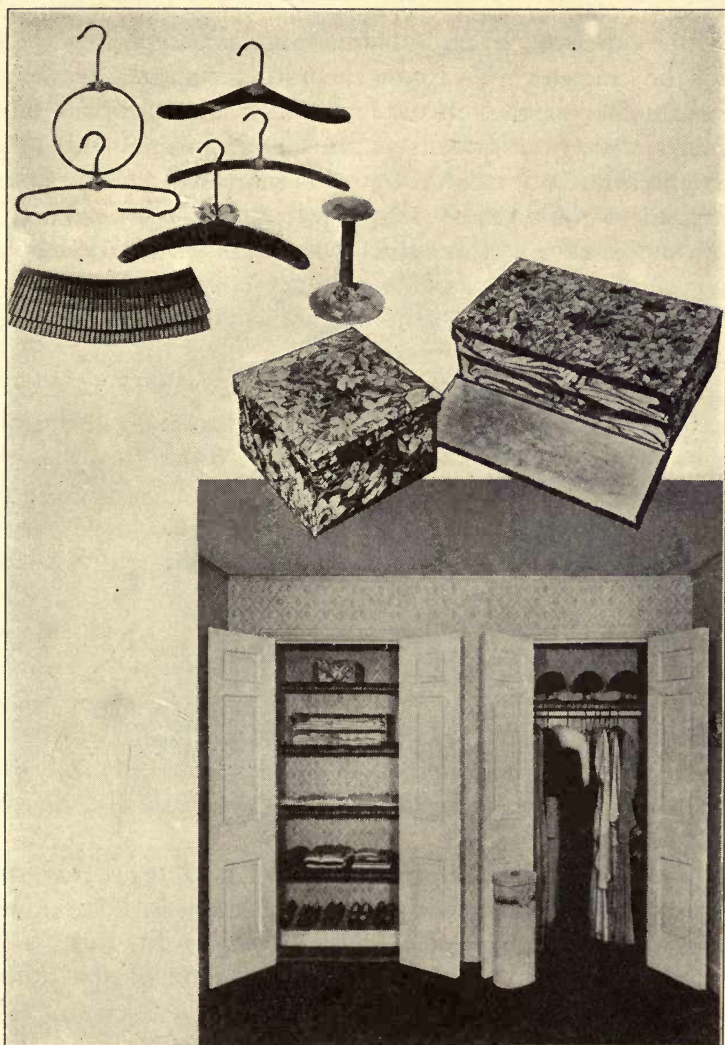
To return to the cleaning of your room: after you have removed the curtains, you will take down the pictures, and remove all the accessories. If there are any large rugs, you should send them to the cleaners.

Remember that in cleaning a room, you should begin at the top. With this in mind, wipe off the ceiling with a soft, dry cloth or ceiling brush. If the ceiling is painted, wash it with a mild soap and warm water in solution, and rinse it well. If the ceiling is calcimined, you can wash it, and then have it recalcimined.

Papered walls may be wiped off with a soft, dry cloth or wall brush. Painted walls can be treated in the same manner, or you may wash them with warm water and mild soap.

The way in which your woodwork is finished will govern the way in which you clean it. Painted woodwork should be washed with a mild soap and warm water, but care must be taken to rinse it thoroughly. Stained and varnished woodwork will need to be wiped with a dampened cloth, and then polished with furniture polish. Stained and waxed woodwork should be wiped with a dampened cloth. A thin coat of liquid wax should be applied, and allowed to harden, after which it may be rubbed to a polish.

Your windows should then come in for their share of the cleaning. The shades should be wiped with a clean, dry cloth. There are a number of ways to clean the glass



Courtesy of Good Housekeeping Institute

CORRECT ACCESSORIES FOR THE CLOTHES CLOSET ARE AN AID
IN OBTAINING CONVENIENT ARRANGEMENT AND ATTRACTIVE
APPEARANCE

of the windows. You will find that either of two ways will be efficient. You can clean the windows by using a chamois moistened in water to which a few drops of ammonia have been added. This solution works well in a patent window washer. You can also use a fine abrasive applied to the window with a soft, damp cloth. This is allowed to dry, and the glass is then polished with a soft, dry cloth. Which way do you think is the most satisfactory? Try it in your homemaking room and see if you can decide.

In the spring, you will want to have your blankets laundered or cleaned, and stored away in moth preventatives. In the fall, you will need to air them before using.

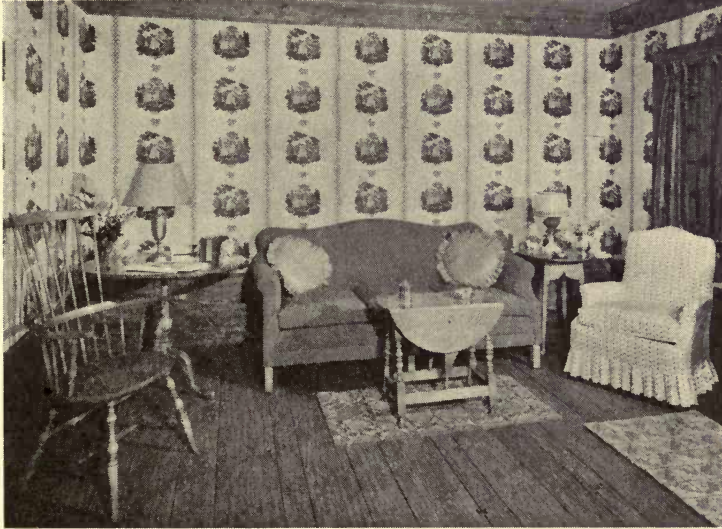
Part of unit eight deals with the care of clothing, and it mentions clothes-closet accessories which prolong the life of clothing, and also increase the neatness and attractiveness of your room. You should avail yourself of all these ideas, and then decide on the best equipment for adding to the orderliness of your room. Hangers, dust covers, shoe bags or racks, hat protectors, and hooks, all have their duties to perform. Bureau drawers may also be kept in better order, if you use boxes for stockings, gloves, and handkerchiefs.

Now that you have become interested in the art of cleaning, you will always want the rest of your home to be kept perfectly clean and orderly. No doubt, then, you will be willing to help mother with some of the other cleaning tasks.

As the bathroom is included in the sleeping area, you will want to clean that room next. Every day it will need special attention. You can see that the porcelain is kept clean, by washing it with warm water and a fine abrasive. It should then be rinsed thoroughly. The nickel fixtures

may be cleaned in the same manner, or you might use a cream silver polish.

It will help greatly, if each member of the family will fold and hang his towel and wash cloth in its individual place. The shower curtain should be stretched out its full length after using, so that it may dry without sticking together. The family should establish good bathroom



Courtesy of Good Housekeeping Studio

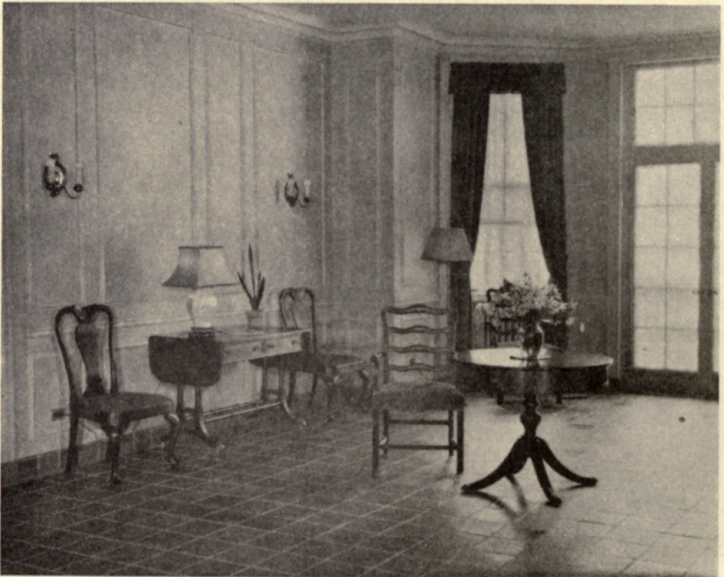
A MODERN ROOM FURNISHED IN THE COLONIAL MANNER

habits, by insisting that every member clean the wash bowl and tub each time after using. Do you do this in your home?

Once a week it will be necessary to clean the toilet by using a special brush and a strong alkaline cleanser. The tile floor and walls will need attention. The glazed tile may be washed with a mild soapy solution, and rinsed with warm water. However, if it is unglazed tile, you will have to wash it with a strong soap solution, and then

rinse it with warm water. It is impossible to inculcate good health habits in the children's minds, if the bathroom is not kept spotless.

The living area of the home should be arranged for convenience, and should give the impression of restfulness and hospitality. This part of the house is occupied most



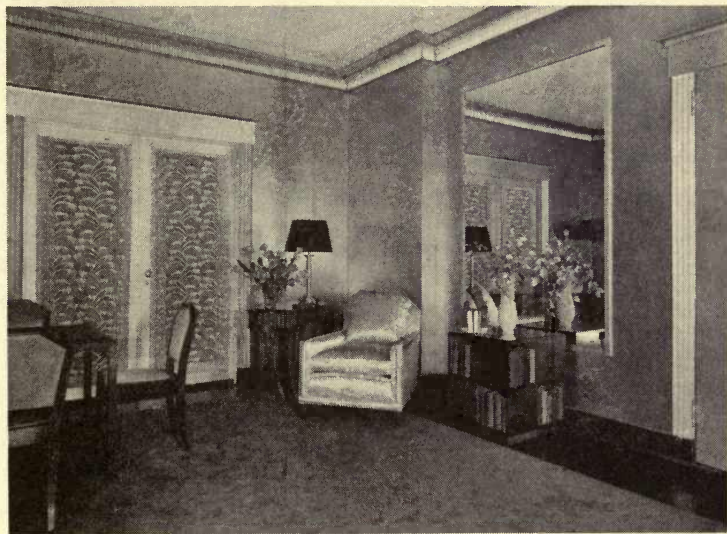
Courtesy of the Y. W. C. A., Schenectady, N. Y.

A CHEERFUL WELCOMING ENTRANCE HALL

often by all of the members of the family and their friends. With this in mind, you will want to help your mother take care of this area. You may also be able to help her when she wishes to rearrange or redecorate these rooms.

When your friends open the front door and enter the hall, you want them to obtain the feeling of welcome. The manner in which the entrance is decorated should be cheerful, so that immediately your guests will know that

you want them to see your home. Your guests, in turn, will be glad they came, and as they enter the living room, they will feel like sitting down and resting. This room should contain a conversational, a reading, and a writing center. A group of chairs, arranged near together, will invite conversation on the part of your guests. A comfortable chair, lamp, and small table will please father,



Courtesy of Good Housekeeping Studio

A ROOM FURNISHED IN A TRULY MODERN MANNER

when he sits down to read the evening papers. Mother will enjoy a desk, chair, and lamp when she must write letters, or perhaps figure up her share of the family expenses. The dining room usually adjoins the living room, so you must consider it in the living area. Like the hall, it should be cheerful and inviting.

The general rule governing the color scheme of a room is to have the ceiling light, the walls medium, and the

floors a darker color. A more pleasing effect will be gained, if the background is kept a neutral color, with points of interest brought out by bright, harmonizing colors. This idea may be introduced in the draperies, pillows, upholstery, pottery, flowers and plants, rugs, pictures, and wall hangings.

It will be best if the furniture is chosen to suit the type of house in which it is to be placed. The lines should be simple, and all the various pieces of furniture should harmonize with each other. It is wiser to choose originals or reproductions of furniture which have stood the test of time, than to decide on the prevailing fad.

Start **The living area should be clean and orderly, but should be livable.** The general care of these rooms will be the same as for the bedroom, but there are some problems of special care which will confront you. When dirty spots appear on the wall paper, you may remove them by using art gum or dry bread.

A long, flat brush may be purchased which is especially used for cleaning radiators.

Usually you will remove the dust from upholstered furniture with a soft brush. Occasionally, however, it may be necessary for you to clean it with a hand vacuum. Dry lather from a mild soap solution may be brushed on the upholstery to brighten the colors. After brushing with a soft brush, wipe with a damp cloth. Spots may also be removed by using a dry-cleaning solution.

It is often a problem to clean lamp shades thoroughly, but if you brush silk lamp shades to remove the dust, and then wash in lukewarm soapsuds, they will meet with your approval. The actual washing is carried out by dipping the shade into the suds, and brushing it with a soft brush, using an up-and-down motion. Rinse it thoroughly, and brush it again to remove the excess water.

Place it back on the lamp to dry. Parchment lamp shades may be cleaned by dusting with a soft cloth.



Courtesy of Good Housekeeping Institute

A MOVABLE TABLE

It Helps the Home-maker to Work More Efficiently in the Kitchen

The draperies will need to be taken down occasionally, and brushed, shaken, and hung on the line to air. You will also need to have them dry cleaned.

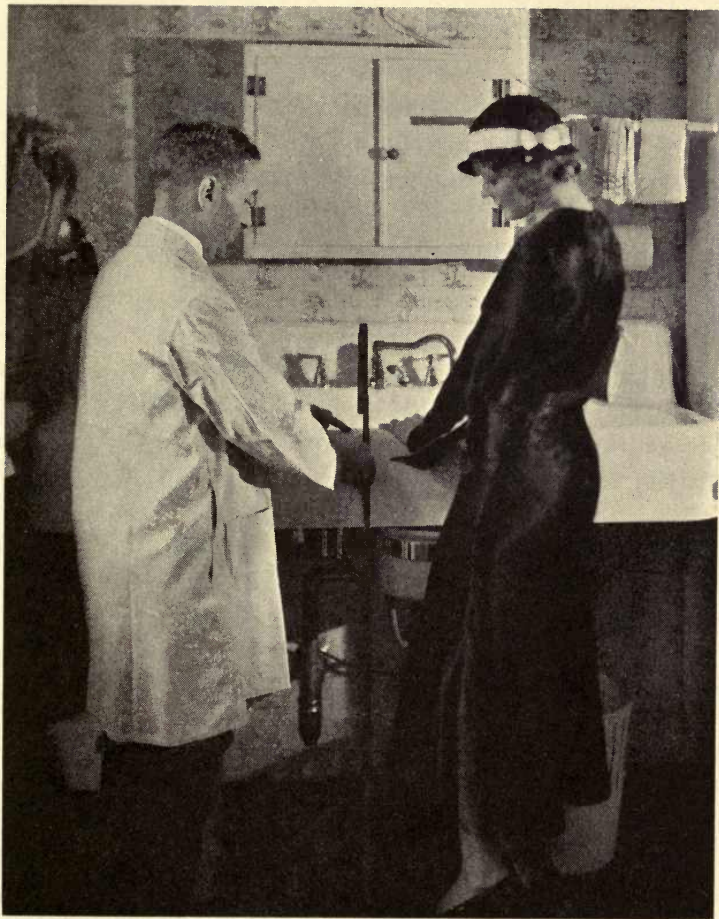
The working area should be bright and cheerful, and should be arranged to conserve time and energy. It is

usually necessary for mother to spend a number of hours each day in the kitchen. In order to make her work more enjoyable, you can help her make it a clean, attractive, efficiently-equipped room. The kitchen will have definite centers just as the living room and bedroom have. Each of these groups should be assembled so that the worker may work systematically at all times.

The preparation center will need a working table, and special attention should be given to its height. In order that the worker can work without becoming overtired, the table should be high enough so that she may rest the palms of her hands on it when standing erect. There should be a refrigerator of some type, and it will be convenient and orderly if mother has some ice-box dishes, made of glass or enamel, in which she may keep butter, eggs, vegetables, and fruits. Then there should be a supply cabinet or pantry, where staple supplies, cutlery, and small and large cooking equipment are kept.

Air-tight containers should be used to keep the staple supplies fresh. They are used for flour, sugar, salt, cereals, macaroni, coffee, and tea. You can buy the jars made of glass, enamel, pottery, or painted tin. However, most attractive ones may be made by using coffee cans and mayonnaise jars. Did you ever make any? These may be gayly painted to match the color scheme of your kitchen. These add not only to the beauty of your cupboards, but also to the orderliness of them.

Cutlery should have its special place in the kitchen, and should be kept sorted. Perhaps some of you are not quite sure just what is meant by cutlery, but after studying the following list, you will understand it better. Each piece of cutlery has its own specific use, and you want to be sure that you know what it is.



Courtesy of Good Housekeeping Institute

CAREFUL ATTENTION SHOULD BE GIVEN TO THE WORKING
HEIGHT OF YOUR EQUIPMENT

LIST OF CUTLERY NEEDED IN A KITCHEN :

1. Tablespoons
2. Teaspoons
3. Measuring spoons
4. Paring knives — stainless steel blades
5. Case knives — stainless steel blades
6. Spatula — flexible knife with no cutting edge
7. Bread knife — saw-edge blade
8. Carving knife

In the cabinet or pantry, you will also keep the small and large equipment. When you are selecting these necessities, be sure that you choose those which are made of durable material, and which can be easily cleaned. The following list of equipment will allow for all the usual types of cookery in the home :

SMALL KITCHEN EQUIPMENT :

1. Can opener (to remove the top of a can completely)
2. Dover egg beater
3. Wire whisk
4. Apple corer
5. Grater
6. Sieves (coarse and fine)
7. Measuring cups (glass and aluminum)
8. Rolling-pin
9. Bread board
10. Nest of mixing bowls (earthen, glass, enamel)
11. Chopping bowl and knife
12. Food chopper
13. Funnel
14. Lemon squeezer
15. Bottle brush

16. Dish scraper
17. Bottle opener
18. Corkscrew
19. Biscuit and cooky cutters

The large cooking equipment may be chosen according to the various materials of which it is made. You will be interested to test these various pieces of equipment, made up in different materials. From this you can formulate your own idea as to which is the best purchase for your home. The equipment in your homemaking rooms may be used. Why do you not try it?

LIST OF LARGE COOKING EQUIPMENT

EQUIPMENT	ALUMINUM	ENAMEL	IRON	TIN	HEAT-PROOF GLASS	EARTHENWARE
Saucepans	×	×				
Double boilers . .	×	×				
Teakettles	×	×				
Coffee percolators .	×				×	
Cooky sheets . . .	×			×		
Roaster	×	×				
Sink strainers . . .		×				
Dishpans	×	×		×		
Mixing bowls . . .		×				×
Ice-box dishes . . .		×				×
Gem pans	×		×	×		
Frying pans	×	×	×	×		
Griddles	×		×			
Kettles (deep-fat frying)			×			
Dutch ovens			×			
Cake tins	×			×	×	
Pie tins	×	×		×		
Muffin tins	×			×		
Casseroles					×	×
Baking dishes . . .					×	
Pie dishes					×	
Custard cups					×	×

The last piece of equipment, which is necessary for the efficiency of the preparation center, is a stool. This the worker may use when she is performing any task which will allow her to sit down. In this way, she may rest at intervals during the day.

The next center in the kitchen is the actual cooking center, which is made up of the heating devices. Stoves are of varying types, and your choice depends on what kind of fuel you are going to use. There are gas, electric, oil, coal or wood, and combination stoves on the market. These may be obtained in various finishes, such as iron or porcelain. In the porcelain finish you will be able to find one which will blend well with your color scheme, as they come in a variety of colors. Besides the stoves, there is the fireless cooker, and innumerable electrical appliances. Among these are the percolator, toaster, waffle iron, grill, cooking kettle, and egg cooker. Have you ever used any of these appliances? These play their parts in many of the homes to-day.

The cleaning center must now be considered. Immediately you will think of the sink, with its drain boards on both sides. This, of course, is ideal, but in case you can only have one, you should place it on the left-hand side. Can you tell why? These boards may be made of porcelain, wood, or metal. Sometimes you will find that a stationary tub is combined with the sink.

Many homes to-day keep two garbage pails. A small one is placed under the kitchen sink, while the larger one is kept outside the house. The small ones come in a variety of colors, so that they will carry out the color scheme of your kitchen. They are fixed with a lever-control top, making it more convenient to fill, and they also have a removable pail, which makes them easier to clean. You will also find that a waste basket in the kitchen is a necessity.

A storage cabinet for cleaning supplies is very convenient. If this is placed near the sink, it will be very handy. You will need to keep in this such cleaning supplies as abrasives, soaps, ammonia, Brillo and steel wool, alkaline reagents, silver polish, water softeners, furniture polish, and liquid wax.

You will also want a cabinet where you may keep the broom, dustpan, dust mop, mop, dust cloths, and brushes for the radiator, furniture, and general utility.

A towel drier is another convenient piece of equipment to have, so that you may hang up your towels to dry. There are various kinds, among which are the rods, wall clothes-rack, priscilla drier, and the folding rack.

The last center to consider is the planning group. This one is usually neglected in most homes, and yet it is quite essential. It does not take up much room and often can be included by bringing it to the attention of your mother. It may consist of nothing more than a hanging shelf on which can be kept the cookbooks, a card file for menus, the order list, and the bills. Some of you may wonder what it is for, but most of you see clearly that it enables mother to plan her menus, to look up recipes, to make out her order lists and to keep her household food accounts in a much more systematic and efficient manner. When this center is located in the kitchen, you are able to carry out these duties more thoughtfully and more easily. You will all enjoy planning an ideal kitchen and carrying out these ideas for efficiency by setting up one in school.

stop! **The life of kitchen equipment will be lengthened if it is given proper care.** There is always a right and wrong way for doing everything, and you will want to know how to keep your kitchen equipment in a spotless condition. Now that there are two types of refrigerators in use, you should learn to care for them both. However, both should

be cleaned every week, but the methods differ a little. The food should be removed before either of the cleaning processes begins.

When you clean the ice box, you will first remove the ice, the shelves, the ice rack, and the drain pipe. These should be washed thoroughly with warm water, in which you have placed some washing soda or ammonia. Wipe out the interior of the box with this solution. It will then need to be rinsed well. The drain pipe should receive special attention, by pouring boiling water through it. When everything is perfectly clean, the shelves, rack, and pipe should be replaced, and the doors left open, in order that it may air before the food and ice are replaced. If you are cleaning an electric or gas refrigerator, after you have removed the food you must defrost the freezing unit. Turn off the control lever and, leaving the door open, place a pan of warm water under the freezing unit. In this way the frost melts, leaving the unit free from any frozen material. The interior and racks are then washed with warm water and either washing soda or ammonia. Then rinse it thoroughly and allow it to air. The control lever should then be turned on and the food replaced on clean dishes. This care is essential if your foods are to be kept fresh and sweet in the refrigerator.

As the gas stove is the kind most frequently used in the home, you will wish to know first how to clean this. Every day the porcelain should be washed with warm water and mild soap, being sure that the tray beneath the burners is removed, and carefully cleaned. Occasionally it will be necessary to clean with a fine abrasive and go over the warm grates with waxed paper. When the burners become clogged, you should remove the burners and soak them over night, or boil them in a washing-soda solution. This solution is made by putting one-half to one

pound of washing soda in one gallon of water. After being thoroughly cleaned, replace them in the stove and dry them by lighting the burners.

Your gas stove, however, may be made of iron. In this case, wipe it each day with a crushed paper, and if you have spilled anything on it, you should dry it in this way immediately. Occasionally it will be necessary to clean it thoroughly with a washing-soda solution. This is done in the same manner as for a porcelain finish, but it will then be necessary for you to give it a finishing touch. This is done by rubbing it with a soft cloth, on which have been placed a few drops of oil, to prevent rusting. Care should be taken before doing this to make sure that the pilot light is out and that the grates and ovens are cold. If you decide that you would like to polish the stove, use a liquid or paste stove polish, which should be applied according to the directions on the container. Be sure to avoid an inflammable polish. The nickel should be kept clean by using a metal polish or a fine abrasive which you allow to dry before wiping it with a dry cloth. An oiled cloth may be rubbed over it occasionally to prevent rusting.

An electric stove is easy to care for. The porcelain and nickel are cleaned in the same way as that on a gas stove, but the burners cannot be removed, and must be cleaned by burning off any spilled food.

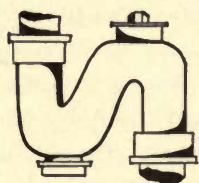
An oil stove must be cared for somewhat differently. The iron parts are kept clean in the same manner as on a gas stove, and the burners are boiled in washing soda. The enameled tin is washed with warm, soapy water, and the wicks must be kept trimmed to prevent smoking.

The only difference found in cleaning a coal-and-wood stove is the ground-steel top. This does not rust, and can be washed with warm water and soap, rinsed, and

wiped. Fine sandpaper may be used to remove stains. Occasionally you can rub it with waxed paper while warm.

The porcelain sink should be washed with warm, soapy water. When there are stains on the porcelain, they may be removed by using a fine abrasive and warm water. You will need then to rinse the sink well with plenty of hot water and wipe it dry. Dripping water faucets leave rust stains, so you must be careful to shut off the faucets tightly.

The drain pipe must be given special care. In order to prevent clogging, you should pour all water through the sink strainer, so that no particles will get into the pipe. Care should be taken never to pour grease into the sink because it will cling to the sides of the pipe. If you pour



THE TRAP UNDER
THE SINK

*Showing the Nut to
Be Removed for
Cleaning*

a hot alkaline solution through the drain pipe at regular intervals, you may avoid any trouble and inconvenience from a clogged pipe. If it does become clogged, you may be able to open it by using a plunger.

It may become necessary to open and clean out the trap. If you will look at the pipe below the sink, you will notice that it forms a U. This is the trap, and is a water seal used to prevent sewer gas from entering the kitchen. To clean this, you must remove the nut, placing a pail or pan under the trap to catch dripping grease or water. Turn back the end of a heavy piece of wire and insert it in the trap, plunging it back and forth until the trap is opened. Then remove the wire, replace the nut, and pour boiling water down the drain pipe.

If the garbage pail has good daily care, it will be much easier and more agreeable when you give it the thorough cleaning it should have every week. The pail should be

kept lined with newspaper, wrapping paper, or paper sacks. You can also buy waxed bags made especially for this purpose. In this way, the disposed food or moisture will not come in contact with the pail. The garbage may also be more easily removed.

Before placing the garbage in the pail, drain it well. Always be sure to keep the can tightly covered as a sanitary precaution. At least once a week, clean it thoroughly, using washing soda and boiling water, rinsing it well, and drying it in the sun, if possible. If you are using a small kitchen can, empty it daily.

As you start to care for your small equipment, you may wonder just what is the best thing to use to clean the various types.

Aluminum pans, when darkened by an alkaline solution, may be made bright again by using an acid solution. If you burn this pan, clean it with steel wool and special soap.

Enamel equipment may be washed and cleaned with a fine abrasive. If it becomes burned, it can be restored to good condition by soaking it in a washing-soda solution.

Iron utensils may simply be washed with warm, soapy water, but care must be taken to dry them thoroughly in order that they will not rust. Burned particles are removed by soaking or boiling in a washing-soda solution.

Tin pans may be washed and, when burned, cleaned with steel wool.

Heat-proof glassware is easily kept spotless by washing with warm, soapy water. If you do happen to burn it, it may be cleaned nicely by soaking it in a washing-soda solution.

Earthenware utensils may be cleaned in the same manner as heat-proof glassware.

Stainless steel cutlery needs simply to be washed with

warm, soapy water. The stains on the other type of steel knives can be removed by scouring with an abrasive before washing.

You may belong to the club of "Anti-Dish-Washers", but if you do, you had better decide right now that you are going to resign. If you do not, you will wish you had, when you see how much fun it really is to wash dishes with a gay little cloth, and proceed in an efficiently planned manner.

Have warm, soapy water for washing and plenty of hot water for rinsing. The soap may come in cakes, flakes, or beads. Before you can actually wash the dishes, you should scrape them, using a dish scraper, a piece of bread, or a piece of crumpled paper. The dishes should then be rinsed off under the warm-water faucet, thus removing most of the soiled material. It may be necessary to put some of the soiled dishes to soak. Egg and starchy mixtures which cling to sides of the dishes are easily removed if they are soaked in cold water, while sugar mixtures dissolve quicker in hot water.

After this preparatory rinsing, the dishes are sorted and stacked. Your dish washing will now begin, proceeding from right to left, following a correct order: glassware, silver, china, first the small pieces and then the larger ones, and finally the cooking utensils. The dishes must be rinsed well and then thoroughly dried, using clean towels.

The towels should be rinsed out after each using. The towels will always look neater on the drier if they are stretched, then folded in half lengthwise, and placed over the bars so that ends meet. Smooth them out nicely, so that when they are dry, they will give the appearance of having been ironed.

You can either buy your towels or make them at home.

The material is purchased by the yard and cut in a convenient length, usually seven-eighths of a yard. The hems should then be stitched. There are various types and kinds of materials to use for towels. The best is the all-linen glass toweling, which is free from lint. Then there is an all-linen crash toweling which can be used for china, but it does leave lint. Part-linen and part-cotton toweling and all-cotton toweling do not absorb moisture readily, and are therefore not the best to use.

Household linens are expensive, and therefore should be chosen wisely and given the best of care. A woman usually takes a great deal of pride in her household linens. Her table linens are carefully chosen to suit the purpose for which she is to use them. For breakfast, luncheon, and supper, she will select gayly but daintily colored napkins with their matching doilies, runners, or cloths. The cloths are usually one-yard squares or fifty-four inch squares. For dinner, she may decide on a damask cloth, which she may buy in the pattern or by the yard. She may also have a lace or embroidered linen cloth. Their length will be either two yards, two and one-half yards, or three yards. Snowy white linen is always lovely, but there are now many beautiful cloths of pastel shades.

You usually hear mother speak of her bed linens. Did you ever wonder why she says this, when really they are made of cotton? In olden times the sheets and pillow cases were made of linen, and so the term "bed linens" is handed down from generation to generation. They used to be made at home, but more and more housewives are buying them ready-made. Formerly all bed linen was white, but now some people enjoy using colored linens or white linens with colored borders. This all depends on the personal tastes of the individual. When you are selecting linens, you want to be sure that they are well-

constructed, perfect products, with fast colors that can stand frequent laundering.

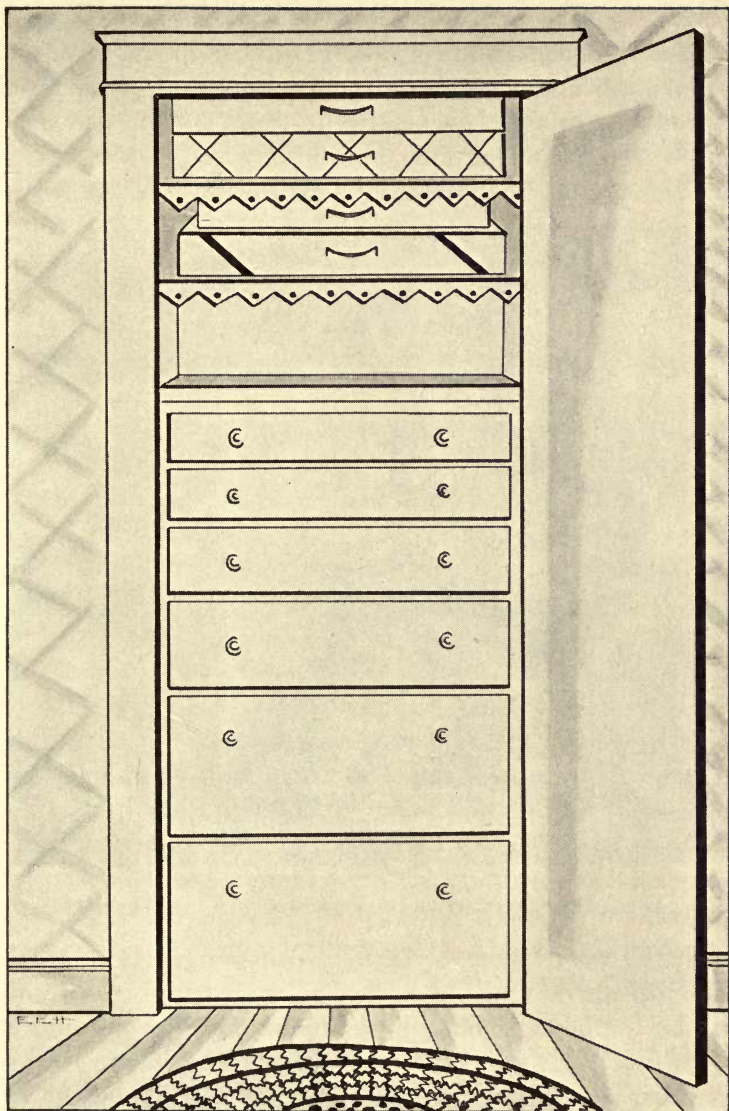
A large drawer in the buffet, or a special linen closet near or in the dining room, should provide adequate space for storing the table linens, so that they may be kept in perfect condition. The linens should be laid flat and the large doilies may be kept on rollers especially for this purpose.

The bed linens should be placed in a linen closet, or chest of drawers, near the bedrooms. The different kinds of linens should be sorted and laid in piles on the shelves or in the drawers. If you would like to make your linen closet very pretty, you might trim the shelves with pleated, glazed-chintz ruffles. The piles of linens may be tied with ribbon bands.

Everybody likes to use snowy white linens and it is impossible to keep them this way unless they are carefully laundered. In order to do this, you must use the proper supplies to obtain satisfactory work. In some localities there is soft water which is very good to use, but in other sections of this country the water is hard. When you have to use hard water, you will obtain the best results if you soften it by boiling, or by adding a small amount of borax, ammonia, washing soda, or commercial soap powder. If this is done, it will be much easier for you to wash your clothes.

Soaps come in many new and different forms, such as beads, flakes, cake, liquid, and powder. The main thing to remember concerning soaps is that some are mild while others are strongly alkaline. Of course the mild soaps are always the best to use.

You will probably need to use blueing in some form to keep the linens perfectly white, taking away a possible yellow tint. There are three kinds of blueing: Prussian,



A BUILT-IN LINEN CLOSET

With Shelf and Drawer Space Planned to Meet the Needs of the Housewife

ultramarine, and aniline. The Prussian blueing comes in liquid form and care must be taken that the clothes are thoroughly rinsed, because if the blueing comes in contact with a particle of soap, it will leave a rust stain. The ultramarine blueing comes in a cake form. When this is



Courtesy of Good Housekeeping Institute

AN ORDERLY ARRANGEMENT OF THE HOUSEHOLD LINEN CLOSET

used, the water must be kept in constant motion or the color will settle and the clothes at the bottom of the tub will be too blue. The aniline blueing is a powder and is used principally by commercial laundries. There is also on the market now a combination soap and blueing which is very satisfactory.

Some housewives prefer to use cold starch to stiffen collars and dress-shirt fronts and cooked starch for other

articles which need stiffening. Cold starch is made by dissolving it in cold water. Clothes starched in this manner are much harder to iron. The cooked starch is made by dissolving the starch in cold water, adding boiling water to it, and stirring it constantly. The mixture is then boiled until a clear paste is formed. You will have to stir it constantly during the cooking process. It should be strained if it is the least bit lumpy. A good starch mixture is obtained by allowing one to three tablespoons of starch to one quart of water. You may add paraffin or a special commercial wax to it in order to prevent sticking when ironing.

The actual laundering process is divided into many different steps and they may be listed in this way:

1. Clothes are sorted according to color, fabric, and amount of soil.
2. They are mended if necessary.
3. All stains are removed before washing. If the cause of the stain is unknown, it is best to use cold water first. If you know the cause of the stain, you should proceed in the manner specified for that particular stain.
 - a.* Blood stains are removed by soaking in cold water and then washing with warm, soapy water.
 - b.* Candle wax is removed from material by placing the spot between layers of brown paper or clean blotters, pressing it with a warm iron, and then washing with warm, soapy water.
 - c.* Cocoa, chocolate, and stains from tea and coffee containing cream are removed by soaking in a paste of borax and water and then washing with warm, soapy water.
 - d.* Coffee and tea (clear) and fruit stains are removed by stretching the spot over a bowl and

fastening the material with an elastic band. Boiling water is then poured through it from a height. It is then necessary to wash the



REMOVAL OF FRUIT STAINS

fabric in warm, soapy water.

- e. Grease stains from a car can be removed by rubbing with lard and washing in warm, soapy water. Meat grease can be removed by washing in warm, soapy water.
- f. Gum stains should be scraped, to free them from all excess adhering material, and then soaked in carbon tetrachloride. After

this you will need to wash the fabric in warm, soapy water.

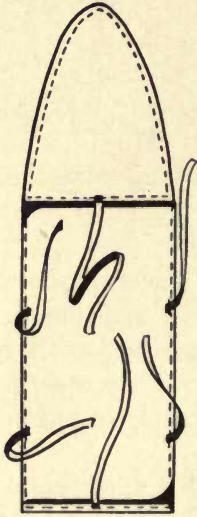
- g. Ink stains which are fresh should be soaked in cold water and then washed in warm, soapy water. If the stain is stubborn, you will have to use Javelle water to bleach it.
- h. Iodine stains are removed by holding the spot in the steam from a teakettle spout until the stain evaporates, and then washing the fabric in warm, soapy water.
- i. Iron-rust stains are removed by squeezing lemon juice on the spot, sprinkling it with salt, and placing it in the sunlight to bleach. Then it should be rinsed well and washed.
- j. Paint stains may be removed by soaking the

stain in kerosene or turpentine and then thoroughly washing.

- k.* Punch stains may be removed by washing in warm water.
- l.* Scorch stains may be removed by rubbing the spot with dry bread crumbs, or by dampening it and placing it in the sun to bleach.
4. The clothes are soaked to loosen the dirt.
5. They are washed in warm, soapy water.
6. They are rinsed in at least two warm rinses.
7. Blueing solution, which is used to counteract the yellow color in white clothes, may take the place of the last rinse.
8. Starching is used for the necessary parts of some garments. This helps to keep them clean longer.
9. The clothes are dried outdoors, if possible, so that sunshine and air will purify them. They should be hung where there is the least amount of strain on the garment.
10. The clothes are taken down and folded carefully.
11. The clothes are sprinkled, by moistening evenly with warm water, at least one-half hour before ironing. If the clothes are allowed to remain sprinkled over night, the best results will be obtained. However, too long a delay in ironing may cause the garment to mildew. Roll material tightly after sprinkling.
12. The last process is the ironing. The best results are obtained if a hot, clean iron is used. The iron may be cleaned by rubbing it in salt, and if you wish it to slide easier, you can rub it on beeswax. The ironing-board cover should be clean, and fit the board tightly and smoothly. If you do not

have a good pattern for an ironing-board cover, you might try this one.

Linens should be ironed first on the right side to develop a good luster, but you must be sure to iron them perfectly dry. Folds do not improve the appearance of linens and should be avoided whenever possible. Embroidered linens should be ironed on the wrong side with a thick pad underneath. When ironing garments, you should iron first those parts which may be hung off the board.



FITTED IRONING
BOARD COVER

In connection with this discussion of laundering, you will be interested in tracing the evolution of laundry equipment. In the early stages a holiday was declared, and the women took their washing to a near-by stream. Here, kneeling on the banks, they pounded the clothes against the rocks to loosen the dirt, chatting with their neighbors as they performed this task. The clothes were never ironed but were thoroughly dried, folded, and packed in chests.

During the second stage, the first community laundry centers were established. The women met in a village square at a large watering trough. The clothes were beaten with wooden paddles, but still there was no ironing.

Home laundering began in the third stage. The housewives stayed at home and used tubs, first of wood and later of galvanized iron. There were washboards and soap. The water was either carried from a well, or rain water was caught in buckets. The women also began to use coal irons and flatirons for ironing.

By the time the fourth stage was reached, home launder-

ing was being done in stationary tubs or in hand washing machines. The water supply was now piped into the house. Mechanical wringers were perfected and electric irons were introduced. Commercial laundering had begun but was used mainly by hotels and institutions.

To-day you have in your homes electric washing machines and ironers, and also centrifugal force extractors. Probably many of your families send most of their linens and garments to the commercial laundry rather than do them at home. And so it is with everything; a constant change to new, approved, efficient methods for carrying on our work.

OBJECTIVE TEST

On a separate piece of paper indicate the numbers of the following statements that are *right*.

1. The best exposure for a bedroom is a southeastern exposure.
2. A girl should have a chance to arrange and decorate her own room.
3. The mother should take care of her daughter's bedroom.
4. The bed should be aired before it is made.
5. The bottom sheet should be placed on the bed with the wrong side up.
6. The pillow slip should be two inches wider than the pillow.
7. Cleaning should begin at the top of the room and proceed to the floor.
8. The window should be closed during the cleaning process.
9. Cleaning equipment should be assembled before the actual cleaning begins.
10. A medium starch solution is necessary to improve the appearance of curtains.
11. Painted woodwork should be cleaned by washing with hot water and strong soap.
12. Windows may be cleaned with ammonia and water and dried with a chamois.
13. Cheesecloth is a good material for a duster.

14. Clothes closets should be equipped with hangers.
15. Porcelain should be cleaned with a coarse abrasive.
16. Each member of the family should have his own towel.
17. Unglazed tile may be cleaned with mild soap solution.
18. A room should be arranged in several convenient centers.
19. Because a hall is not used as a room, it is necessary to give no special thought to its furnishing and decoration.
20. Spots may be removed from wall paper by using dry bread.
21. A spatula is a sharp knife.
22. A garbage pail should be cleaned with a washing-soda solution.
23. It is not necessary to turn off the electric control when the freezing unit in the electric refrigerator must be defrosted.
24. The pilot light should be left on while the stove is being oiled.
25. The trap in the drain pipe may become clogged, making it necessary to open and clean it.
26. Dark stains on aluminum may be removed by an alkaline solution.
27. Burned particles may be removed from iron by soaking in a washing-soda solution.
28. The rinsing pan should be at the left of the dish pan when washing dishes.
29. Soak dishes and utensils in hot water in order to remove any particles of egg which may be clinging to them.
30. Dishes should be scraped with a fork.
31. All-linen glass toweling is the best to use as it is free from lint.
32. Linens should be stored in a special place intended for them.
33. Water may be softened by using borax in it.
34. Prussian blueing is used by commercial laundries.
35. Ultramarine blueing unites with soap, leaving rust stains.
36. Garments should be mended after laundering.
37. Lemon juice, salt, and sunshine remove rust stains.
38. Fruit stains are removed by cold water and borax.

39. Clothes are soaked in order to loosen the dirt.
40. Stains are removed after laundering.
41. Mildew very often develops on damp clothing if allowed to stand.
42. Garments should be sprinkled just before ironing.
43. Linens are ironed entirely on the wrong side.
44. Linens should be ironed until perfectly dry.
45. Clothes were ironed in the early stages of laundering.

SUGGESTED CLASS ACTIVITIES

1. Plan the decoration and arrangement of your bedroom, choosing a color scheme which is appropriate, and furniture which will make your room comfortable and pleasant.
2. After you have made your plans for redecorating your room, carry out these plans by refinishing furniture, making curtains or other accessories which will add beauty to your surroundings.
3. Plan the accessories needed in your clothes closet which will help you to care for your clothes.
4. Take care of the homemaking room or apartment so that you will be familiar with the use of all household utensils.
5. Plan to visit a model home, a furniture store, and a laundry.

SUGGESTED REFERENCES

BOOKS

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GOOD HOUSEKEEPING INSTITUTE, *Laundry Equipment and Methods*

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UNIT SEVEN

HOW CAN THE JUNIOR HIGH SCHOOL GIRL ASSIST WITH THE PLANNING AND PREPARATION OF THE FAMILY MEALS?

Start!

The planning of meals for the family worries many modern mothers in this day of variety of foodstuffs, and they sometimes ask their families, "What shall we have for dinner?" You may get tired of hearing this question, but you should not. If you had been planning meals as your mother has for ten, twenty, or possibly thirty years, you might find yourself running out of ideas too. And you can assist your mother by giving her new ideas on what may be one of her most unwelcome tasks of the day. This unit is planned to give you a practical foundation for meal planning and preparation.

The health of each member of the family depends to a large extent on careful planning of the meals. Since it is so important, just what points do you have to consider in planning meals? First of all, you should think of the needs of the family. Age is one factor. Young children and aged members of the family need milk, eggs, green, leafy vegetables, and fresh fruit. The young child needs these foods for growth. The aged man or woman needs these foods because they are bland and easily digested.

Occupation is another point to be considered. Persons doing active labor require hearty foods in large quantities. Persons of sedentary occupations require less hearty foods in smaller quantities.

Men require more food than women of similar age, weight, and occupation. Boys require more food than girls of the same age and activity. This is an accepted fact which cannot be explained.

People living in cold climates need more energy foods than those living in the tropics. You need more energy foods in winter than you do in summer.

Every one needs a balance of food elements. We have already discussed this in detail in unit five and you may need to review that now before proceeding with this unit.

Variety is another important consideration in meal planning and can be obtained in several ways. Contrast in texture makes meals more attractive. Some crisp and some soft foods should be included in each meal, such as crackers with soup, brittle cookies with soft desserts, and crisp celery, radishes, and salads as an accompaniment to a main course which includes soft foods.

Contrast in flavor makes food more palatable. A strong-flavored food should be served with a mild one. The same flavor should not be repeated in one meal.

Color is another factor in adding interest to a meal. At least one food with color should be used in each meal. If more than one color is used, the color scheme should be carried out harmoniously, such as golden brown fish with tomato sauce, buttered spinach garnished with grated egg yolk, and scalloped potatoes. Dashes of color such as paprika, chopped pimento, green pepper, parsley, water cress, and grated egg yolk, used in small quantities appropriately, add interest to the meal.

The housewife should have various ways of serving the same food. It is inexcusable always to serve potatoes boiled, meat fried, and vegetables creamed. Later on in this unit we will discuss the various ways for preparing

these common foods, and you will see how unnecessary it is always to prepare certain foods in just one way.

Cost is another important factor in meal planning. Each housewife should have a definite food allowance, which she has decided through experimentation meets the needs of the family and to which she adheres as closely as possible. This food budget should allow more for fruits, vegetables, milk, and eggs than for meat and sugar. If your food dollar were divided into five parts, it should be spent as follows :

One-fifth or more for fruits and vegetables.

One-fifth or more for milk.

One-fifth or more for cereals and breads.

One-fifth or less for meat, fish, and eggs.

One-fifth or less for fats, sugar, and condiments.

Later in this unit we will discuss marketing, a knowledge of which is necessary in order to keep within the food allowance and secure the most for your money.

The digestibility of foods should be considered when planning meals. Fats and fried foods should be used moderately. Concentrated foods, such as cheese, should not be served unless accompanied with bread or crackers, or prepared with rice, macaroni, or some other starchy food. Not more than one jelly or relish should be served in the same meal. A light dessert should follow a heavy meal and the heavier desserts should follow the lighter meals.

The time and labor necessary for the preparation and serving of a meal should always be considered. The mother should not have to devote the greater part of her day to preparing meals. A simple meal, well prepared and served, is much more enjoyable than an elaborate one poorly prepared and carelessly served.

To-day, current magazines and papers are featuring

articles and illustrations on household problems. Their suggested menus and tested recipes are helpful to many mothers. They supplement the long-used cookery and recipe books, some of which have been in the family for generations, and give the housewife new ideas for combining foods in planning menus. She will find it much easier



Courtesy of The Mayfair, Inc., Interior Decorators

AN INFORMAL BREAKFAST TABLE

to plan her menus for three or four consecutive days. In this way the marketing for several days can be done at one time and she can plan to use the leftovers.

There are definite points to be considered when building menus. Each meal presents a different problem. A nourishing breakfast is necessary to supply the body needs after the night period of fasting. Did you eat breakfast this morning? Girls of your age sometimes

omit breakfast in order to lose a few unnecessary pounds. You will find that those pounds will disappear much more quickly if you eat three meals a day but refrain from eating candy and ice cream between meals.

Stop! **Fruits have a definite place in the American breakfast.** They may be divided into three classes: fresh, canned, and dried fruits. Fresh fruits such as oranges, grapefruit, bananas, berries, melons, peaches, pears, pineapples, and plums stimulate the appetite, are high in mineral and vitamin content, and are mildly laxative. Canned fruits, such as apricots, grapefruit, peaches, pears, pineapples, and plums, may be served for breakfast occasionally, but the high sugar content of the syrup in which they are cooked makes them more appropriate as a simple dessert for luncheon or supper. Dried fruits, such as apples, apricots, dates, figs, peaches, pears, prunes, and raisins, are good to serve alone, or combined with cooked cereal, when fresh fruits are not plentiful. They are high in mineral content and are mildly laxative.

When buying fresh fruit, you should remember that fruits in season have a better flavor and are less expensive than fruits out of season. Sound, ripe, or slightly under-ripe fruit may cost a little more but will give you better value for your money.

Fresh fruits should be kept in a cool, dry place. They should not be packed tightly, and should be sorted frequently to remove any blemished ones. It is also important not to wash fruit until just before it is going to be used. Dried fruits should not be kept in paper bags or packages in which they are delivered from the store, but should be placed in air-tight containers, preferably of glass, until used.

The following ideas for preparing and serving fruits for breakfast may help you to vary your menus:

1. Apples may be served raw. They should be washed and arranged attractively in a bowl for the center of the table or served on individual plates. They should be peeled as eaten at the table. They also may be served baked, stewed, or as applesauce.

2. Apricots may be served raw. They should be sliced and served with cream and sugar. Canned apricots may be served. Dried apricots should be stewed.

3. Bananas are usually served raw. They may be served with prepared cereals or sliced with cream and sugar.

4. Berries are usually served raw. They may be served whole with cream and sugar or with prepared cereal. Canned berries are seldom served for breakfast.

5. Cherries may be served for breakfast when they are in season. They should be thoroughly chilled and served on individual plates.

6. Dates may be steamed and served with cooked cereal.

7. Figs, if fresh, may be peeled and served with cream and a little sugar or with prepared cereal. Dried figs may be stewed or steamed and served with cooked cereal. Preserved figs are too rich to be served for breakfast.

8. Grapes should be thoroughly chilled and served on individual plates.

9. Grapefruit is best when served fresh and ice cold. It may be served in the half skin with the seeds removed and the pulp cut loose from the bitter white skin and the tough sectional divisions. Sugar may be added several hours before serving, to develop the flavor. The pulp may be removed from the skin and served in sherbet glasses. Fresh grapefruit juice, strained and served in glasses, is also good. Canned grapefruit pulp and juice

are on the market and are popular because they save time in preparation.

10. Melon should always be served thoroughly chilled and with the seeds removed. It may be cut in half, or in sections if the melon is large. It also may be cut in balls or cubes and served in sherbet glasses. Salt, pepper, or lemon juice may be added to improve the flavor.

11. Oranges are always better when served ice cold. They may be served whole and peeled at the table, in the half skin with sections loosened, sliced, in sections, or shredded. Orange juice, strained and served in glasses, is also very good.

12. Peaches are popular when in season. They may be served whole and peeled at the table, or they may be peeled and sliced and served with cream and sugar, or with a prepared cereal. Canned peaches may be served occasionally and dried peaches may be stewed for breakfast.

13. Pears may be served raw to be peeled at the table. Fresh pears may be baked or stewed. Dried pears may be stewed.

14. Pineapple is usually served fresh for breakfast. It may be peeled and sliced, or diced and seasoned with sugar several hours before serving. Fresh pineapple may also be left unpeeled and separated into cone-shaped sections. These should be arranged attractively on individual plates and dipped in powdered sugar as eaten. Canned pineapple is seldom served for breakfast.

15. Plums should be chilled and served whole.

16. Prunes are stewed and served in their juice or with milk or cream.

17. Raisins are steamed and served with cooked cereals.

You should know the general directions for cooking fruit. Fresh fruit may be stewed or baked. Stewed

fruits should be cooked at a simmering temperature to preserve their shape and in a covered enamel saucepan, because harmful acids may be formed if acid fruits are cooked in a metal pan. Sugar may be added in the beginning if you want to keep the fruit whole. If the sugar is used just for sweetening, you should use less sugar and add it when the fruit is removed from the fire. When sugar is added in this way, the fruit is less likely to burn. When fruits are baked, the sugar is added before the fruit is put in the oven. Raisins, dates, and figs may be added to the centers of large fruits.

Dried fruits are usually stewed. They are washed thoroughly and then soaked. They are always cooked in the water in which they are soaked, although sometimes it is necessary to add enough water to cover the fruit. The sugar is added last in order not to delay the cooking process.

There is a great variety of breakfast beverages. Milk or cocoa is usually served to children and tea or coffee to the adults of the family.

Milk is called the nearly-perfect food, and it can be served in various ways for breakfast. The kinds of milk on the market to-day have already been explained in detail in unit four. You should buy your milk supply from a reliable dealer, one who understands sanitary dairying methods, the necessity of refrigeration, and the importance of prompt delivery.

Buying good milk from a reliable dealer is just the first step. Milk must be cared for in the home to keep it sweet and fresh until ready for use. It should be kept covered, in the original bottle or in a special sterile container. The rim of the bottle should be wiped off before pouring out the milk. Special outdoor containers may be purchased

or made at home to protect the milk bottles from contamination. Old and new milk should never be mixed. Milk should be kept cold to prevent it from souring. If it is kept in a refrigerator, you should be careful not to place it near a strongly flavored food, because milk absorbs odors readily.

The growth of bacteria forms lactic acid, which causes milk to sour. The acid acts on the casein in the milk, forming curds and whey. Warmth, food, and moisture are necessary for the growth of all bacteria. Therefore, if you can remove one of these essentials, you can inhibit the growth of the bacteria present. In milk the food and moisture are there and cannot be removed, but if the milk is kept cold, the bacteria cannot grow and the milk will keep sweet as long as it is safe to use it.

Milk is a favorite breakfast beverage and may be served plain or in the form of cocoa or chocolate. It is also served on some fruits and on cereal. It is often used in cooking eggs and preparing milk toast.

Cocoa is a good breakfast beverage for children and adults who will not drink milk. It has a slightly stimulating effect, however, and should not be served frequently to delicate children. Cocoa is pulverized and has a lower fat content than chocolate. There is just one important point for you to remember in preparing cocoa. The cocoa and sugar should be mixed with a small amount of water and boiled for about five minutes to cook the starch in the cocoa and develop the flavor. Then this is added to the scalded milk. Cocoa prepared in this way will not have a bitter taste.

Chocolate is not served as a breakfast beverage, because it is too rich. It has a high fat content and is purchased in cake form either sweetened or unsweetened.

It is usually served with whipped cream or marshmallow as a luncheon or party beverage.

Coffee is the most popular breakfast beverage for adults. It has no food value but it has a stimulating effect. If coffee is made correctly and used moderately, it is not harmful for healthy adults but it should not be served to growing children. Coffee may be purchased in the bean and ground at the store or at home. Some people prefer this method, because they feel it insures a fresher product. Coffee already ground is also on the market, either in bulk or in sealed cans. The latter method of buying coffee is the more reliable, because coffee will retain its flavor longer if kept in an air-tight container, whether in the store or in the home.

The type and care of the utensil used for making coffee has a definite effect on its flavor. Coffeepots are usually made of enamel ware or aluminum. Some of the new types are made of glass and some of nickel lined with copper. Tin coffeepots are not safe to use. Percolators and drip coffeepots are modern improvements on the old-fashioned coffeepot. All coffeepots should be thoroughly washed and rinsed each time after using. If soapsuds are used for washing, a thorough rinsing with boiling water is especially essential, giving careful attention to the spout and the small parts of the percolator and drip coffeepot.

The exact method of making coffee depends on the type of coffeepot used. The general principle is to boil the ground coffee and fresh water for a short time, just long enough to develop the flavor, but not long enough to develop a bitter taste. Coffee should always be made fresh and should never be allowed to stand with the grounds for any length of time before serving. Coffee may be served as a beverage for any meal or party. When

served as a demi-tasse, it is always served black and in small dainty coffee cups for the purpose. Except when served as an iced drink, coffee should always be hot.

Tea may be served as a breakfast beverage, but in this country it is usually served at luncheon, supper, and afternoon tea. It has no food value. It is less stimulating than coffee and, when made correctly and used moderately, it is not harmful to adults but it is not a good beverage for children. There are two kinds of tea: green or unfermented tea such as Hyson and Gunpowder and black or fermented tea such as Orange Pekoe and English Breakfast. Tea may be purchased in bulk, in packages, or in individual tea balls. It is important to keep it in an air-tight container in the home in order to preserve the flavor.

Teapots may be made of earthenware, china, porcelain, enamel ware, or glass. Tin teapots should not be used. Care should be taken to wash, scald, and dry the teapot thoroughly each time after it is used.

The making and serving of tea is a simple process. Boiling water is poured over the leaves and allowed to stand from one to three minutes, as desired. Tea should never be boiled or allowed to stand very long, or the flavor will be spoiled by the formation of tannic acid. Bitter tea is not fit to drink. Tea may be served hot, in the English style with cream and sugar, or in the Russian style with lemon and sugar. Iced tea is a refreshing beverage for warm weather. It is made by pouring fresh hot tea over chopped ice and flavoring with lemon or orange and sugar. The method of serving afternoon tea is discussed in detail in unit ten.

✧ **Cereals are a breakfast food but they may be served to children for luncheon or supper.** They are an excellent source of energy. Whole-grain cereals furnish bulk

and are rich in minerals and Vitamin B. Cereals are divided into two classes, cooked and prepared. Cooked cereals may be of the whole-grain type such as oatmeal, Wheatena, bran, brown rice, and corn meal; or of the refined type such as Cream of Wheat, hominy, Farina, and rice. Prepared cereals are of the ready-to-eat type such as Shredded Wheat, Puffed Wheat, Puffed Rice, Corn Flakes, Grapenuts, and others sold under various commercial names. They may be purchased in bulk or in packages. The latter is more expensive, but more sanitary. It is better to buy cereals in small quantities during warm weather. They should be kept in a dry place in air-tight containers. If kept for too long a time, they may become wormy.

Cereals are cooked to soften the cellulose, cook the starch, and improve the flavor. Sprinkle the cereal in the correct amount of boiling salted water, stirring constantly. It is cooked directly over the flame for a few minutes and then put in a double boiler to finish the cooking. It is possible to buy partially cooked cereals which do not require cooking in a double boiler. These are more expensive, but they save time, which is an important factor to the busy mother.

Cooked cereals are served hot with cream or milk and sugar. Steamed fruits may be added to give variety. Cooked cereals may be poured into a mold and allowed to cool. Then they are sliced, sautéed in butter, and served hot with butter and sugar or syrup. This is especially popular in the South and some parts of the West and is a good way to use left-over cereals.

Prepared cereals are served with milk or cream and sugar. Fresh fruits may be added to give variety. Prepared cereals may be improved if they are put in the oven to make them crisp.

⌘ **The kinds and ways of serving bread for breakfast are varied.** Probably toast is most universally served in this country. It is easy to digest, gives variety of texture, and is a useful source of energy. You may serve dry toast, buttered toast, cinnamon toast, milk toast, cream toast, French toast, and toast made from raisin bread, nut bread, whole-wheat bread, or graham bread. Bread should be kept in a ventilated container which is washed and aired frequently. Bread used for toast should be at least one day old. It should be cut even and thin, if crispness is desired. Bread may be toasted directly over the coals, using a long-handled fork or a wire toaster, in the broiling oven, or in an electric toaster. If toast is stacked and allowed to stand before using, it will get soggy. Therefore, it should be made just before using and served hot.

Quickbreads may be served for breakfast, or for luncheon and supper. Their chief value is that they give variety. Quickbreads are divided into three classes: pour batters, such as popovers, griddle cakes, and waffles; drop batters, such as muffins, nut bread, orange quickbread, and coffee cake; and soft doughs, such as baking-powder biscuit and its variations. Quickbreads are divided in this way, because of the consistency of the mixture due to the proportion of liquid and flour used.

TABLE OF PROPORTIONS

1. Pour Batter	1 c. liquid to 1 c. flour
2. Drop Batter	1 c. liquid to 2 c. flour
3. Soft Dough	1 c. liquid to 3 c. flour

Quickbreads are so named because they can be made quickly. This is possible because the leavening agents used in these breads are quick acting. Now you are probably thinking, "What is a leavening agent?" and

here is the answer. A leavening agent is that which produces a leaven. A leaven is what makes a mixture light. If you have ever made muffins and left out the baking powder, you know how true this is.

LEAVENING AGENTS FOR QUICKBREADS

1. Baking Powder and Liquid
2. Baking Soda and Acid
3. Liquid and Heat (producing steam)
4. Beaten egg whites

The leavens produced by the above are gas, steam, and air.

Quickbreads are served hot, with butter, jams, jellies, and marmalades, as desired. They are not easily digested and therefore should be thoroughly masticated.

Eggs may be served in the heavier types of breakfast. They are a valuable source of growth protein and minerals and help to give variety to the breakfast menu.

Eggs are graded as "near-by fancy" and Grades A, B, and C. Fresh eggs have a dull, rough shell, and sink when placed in water. It is sometimes necessary to use cold-storage eggs for cooking and baking when fresh eggs are scarce and therefore expensive. You should always buy clean eggs, whether you are getting them from a store or directly from the farmer. This is a protection for you. Eggs should never be washed until just before using as there is a natural film which coats the egg and protects its freshness. They should be stored in a refrigerator or in a clean, cool, dry place, being careful not to place them near any strongly flavored food, since eggs absorb odors readily.

Eggs will spoil if air, laden with bacteria, enters the porous shell, and the bacteria are given a chance to grow. Therefore, eggs can be preserved by sealing the shell and by cold storage, when each egg is strictly fresh. The

egg shell may be sealed by coating it with paraffin, by burying the egg in sawdust or salt, or by putting it in a solution of limewater or water glass. Water glass is a syrup-like substance made of silicate of soda and water. It may be purchased at the drug store. Cold-storage eggs are kept at a temperature slightly above freezing. The length of time which eggs for marketing may be kept in cold storage is regulated by law.

There are a few points that you should know about egg cookery. The white of egg will coagulate or thicken below the boiling point, but a high temperature will toughen and harden it. Eggs, therefore, should be cooked slowly at a low temperature, so that they will be palatable and digestible.

Eggs for breakfast may be served soft cooked, poached, scrambled, coddled, baked, or as an omelet.

Some meats may be served in the heavy type of breakfast. They increase the protein of the meal, but they add variety of flavor and texture. Bacon and ham may be served alone or with eggs. Sausage may be served alone or with griddle cakes or waffles. Breakfast meats are usually broiled or sautéed.

TYPES OF BREAKFASTS

LIGHT

FOODS INCLUDED

Fruit
Bread or Cereal
Beverage

SUGGESTED MENU

Baked Apple with Cream
Coffee Cake
Cocoa

MEDIUM

Fruit
Cereal or Egg
Bread
Beverage

Grapefruit
Oatmeal
Graham Muffins
Cocoa

TYPES OF BREAKFASTS — *Continued*

HEAVY

FOODS INCLUDED

Fruit
Cereal
Egg
Bread
Beverage

SUGGESTED MENU

Orange Juice - 1
Shredded Wheat 2
Scrambled Eggs and Bacon Curls 3
Toast 4
Coffee

RECIPES

Accuracy in reading and following recipes from reliable sources insures good results. As you know, a recipe is



ALL MEASUREMENTS SHOULD BE
LEVEL

the name given the directions for the preparation of a food, and the ingredients are the foods used to make up a recipe. A recipe should be thoroughly understood and all necessary ingredients and utensils assembled before beginning to work. In order to follow a recipe accurately all measurements should be level and exact. Flour should always be sifted before measuring.

The following abbreviations are used in recipes :

tsp.	teaspoon	oz.	ounce
tb.	tablespoon	f. g.	few grains
c.	cup	min.	minute
pt.	pint	hr.	hour
qt.	quart	pk.	peck
gal.	gallon	bu.	bushel
lb.	pound		

You will find the following table of measures helpful:

3 tsp.	= 1 tb.
12 tb.	= 1 c. (liquid measure)
16 tb.	= 1 c. (dry measure)
2 c.	= 1 pt.
4 c.	= 1 qt.
4 qt.	= 1 gal.
2 c. sugar	= 1 lb.
2 c. butter	= 1 lb.
4 c. flour	= 1 lb.
16 oz.	= 1 lb.
8 qt.	= 1 pk.
4 pk.	= 1 bu.

When using recipes, it will be necessary for you to know how to perform the following manipulations:

1. Stirring is a circular motion by means of which ingredients are thoroughly blended.

2. Beating or whipping is done by lifting the mixture over and over, using a spoon or wire whisk, in order to incorporate air into the mixture.

3. Folding is done by cutting down through the mixture, and curving up and over to inclose more air, without losing that already beaten into the mixture.

4. Creaming means mashing and beating with a spoon until the mixture is of a soft consistency.

An understanding of the following cooking processes will help you to use recipes successfully:

1. When bubbling occurs below the surface of the liquid, it is simmering.

2. When the surface is in motion and steam is given off as the bubbles break on the surface of the liquid, it is boiling.

3. Steaming is cooking in heat derived from boiling water.

4. Baking is cooking in dry heat.

5. A liquid is lukewarm when it feels neither hot nor cold when dropped on the inside of the wrist.

6. A liquid is scalding when a scum forms on the surface.

7. Broiling is cooking by direct heat.

8. Sautéing is cooking until brown in a shallow pan containing a small amount of fat.

9. Frying is cooking by means of immersion in deep fat.

RECIPES

BAKED APPLES

Select sound tart apples of a uniform size. Wash and core them without cutting through the stem end. Place in a baking dish and fill the cavities with brown sugar, adding a small piece of butter to the top of each one. Cover the bottom of the baking dish with about 1 cup of hot water in which has been dissolved three tablespoons of brown sugar and bake in a moderate oven (350° F.), until the apples are soft. Baste occasionally with the syrup in the pan to keep the skins from breaking. Serve cold with thin cream or with their own syrup.

COFFEE CAKE

2 eggs	4 tb. melted butter
6 tb. sugar	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ c. milk	4 tsp. baking powder
2 c. flour	

Beat eggs until light, add the sugar gradually, beating constantly. Add the melted butter and milk. Sift together flour, salt, and baking powder, and add to the first mixture slowly, beating the batter hard. Turn into a shallow greased pan and spread the top with 2 tb. melted butter and sprinkle with a mixture of 3 tb. fine bread

crumbs, 3 tb. sugar, and 1 tb. cinnamon. Bake in a moderate oven (350-375° F.) about 25 minutes. Chopped nuts may be added to the top, if desired.

GRAHAM MUFFINS

1 c. graham flour	3 tsp. baking powder
1 c. flour	1 egg
$\frac{1}{4}$ c. sugar	1 c. milk
$\frac{1}{2}$ tsp. salt	1 tb. melted butter

Mix and sift all dry ingredients together, except the graham flour. Look over the graham flour and add it to the dry ingredients. Add the well-beaten egg to the milk and add slowly to the dry ingredients, stirring constantly. Add melted butter, when cool. Bake in greased muffin tins for 20-30 min. in a moderate oven (350-375° F.).

SCRAMBLED EGGS

Use three eggs for every two people. Beat the eggs slightly until the whites and yolks are well mixed. Season with salt and pepper and add one tablespoon of milk or cream for each egg. Heat a frying pan, using 1 teaspoon of butter for each egg. Pour the egg mixture into the hot fat and cook slowly, stirring constantly, until the eggs are firm and moist. Serve at once.

BACON CURLS

Use thin slices of bacon from which the rind has been removed. Put in a heavy frying pan and, during the cooking, roll each slice of bacon around the tines of a fork. Push the curl off the fork with a knife. When brown, drain on brown unglazed paper.

COCOA

3 tb. cocoa	3 tb. sugar
1 c. water	3 c. milk
1 tsp. cornstarch	$\frac{1}{8}$ tsp. salt

Mix sugar, cocoa, cornstarch, and salt until all lumps are removed. Blend carefully with water and place this mixture in the upper part of the double boiler. Cook directly over the flame for 10 min. Then add the milk and cook over hot water for about 15 min. One teaspoon of vanilla may be added just before serving, if desired. If the cocoa has to stand for a few minutes before serving, beat with an egg beater to break up any scum that may have formed.

COFFEE

Use from 1 to 2 tb. coffee to each cup of water, depending on whether you want it weak or strong. Place the coffee in the strainer in the upper part of the percolator. Add the desired number of cups of cold water to the bottom of the percolator. Place over the flame, or plug in the lead if an electric percolator is used. Let the water bubble up through the tube, percolating through the coffee into the lower part, until the desired color is shown through the glass top, usually from 5 to 7 min. Serve at once.

If the main meal of the day is served at noon, the lighter meal in the late afternoon is called supper; if the main meal is served in the evening, the lighter meal at noon is called luncheon.

Luncheon and supper menus are planned around a main-course dish, which is usually a protein food. Main-course dishes may be meat extenders or meat substitutes. Meat extenders are dishes which contain just enough meat to give flavor, such as Spanish rice, ham omelet, shepherd's pie, hash, scalloped potatoes with left-over meat, meat timbales, stock soups, meat pie with biscuit crust, salads, and croquettes. This is a good way to use left-over meats. Meat substitutes are dishes containing

protein other than meat, such as macaroni and cheese, soufflés, omelets, cream soups, au gratin dishes, Welsh



Courtesy Good Housekeeping Studio

AN INFORMAL LUNCHEON TABLE

rabbits, baked beans, creamed vegetables, creamed fish, creamed eggs, egg salads, fish salads, macaroni salads, vegetable salads, and toasted sandwiches.

Milk is an important ingredient in making the white-sauce foundation for many luncheon main-course dishes. White sauces may be thin, medium, or thick. Thin white sauce is used when making cream soups. Medium white sauce is used for creamed or scalloped meats, fish, eggs, and vegetables, and for gravies. Thick white sauce is used as a basis for croquettes and soufflés.

TABLE OF PROPORTIONS FOR WHITE SAUCE

Thin	1 tb. flour	1 tb. fat	1 c. milk
Medium	2 tb. flour	2 tb. fat	1 c. milk
Thick	4 tb. flour	4 tb. fat	1 c. milk

METHOD OF COMBINING INGREDIENTS

Melt the fat in a saucepan over a low flame, being careful not to brown the fat. Add the flour and stir to a smooth paste, cooking the mixture until it bubbles. Add the milk slowly, stirring constantly. Continue cooking and stirring until a smooth, creamy mixture is obtained.

Another good way to use milk in the luncheon or supper menu is in desserts, such as cornstarch puddings, junket, tapioca cream, and custards. These desserts are easily digested and are good for all members of the family.

Eggs are another good source of protein for luncheon and supper dishes. Because of their ability to hold air when beaten, eggs are used as a leavening agent in omelets, soufflés, and sponge and angel-food cakes.

Because of the rapid coagulation of egg white at a high temperature, croquettes are dipped in egg white before frying them in deep fat. This coating holds them together, but is not hard and tough, because the coating is so thin. Eggs will also coagulate at a low temperature,

and for this reason they are used to thicken soft and baked custards.

Cheese is a highly concentrated source of protein and is an excellent substitute for meat in a luncheon or supper menu. The hard American Cheddar and the Italian Parmesan cheeses are used principally for cooking, while the soft cottage, cream, Camembert, and Limburger cheeses are usually eaten accompanied by some other food, such as crackers. Cooking at a high temperature will make cheese tough and stringy. Cheese should be kept in a cool, dry place, and if it has a strong odor, it should not be kept in the refrigerator.

Vegetables in some form should be included in the luncheon menu. They are an excellent source of vitamins, minerals, and carbohydrates, and give bulk to the diet. Vegetables may be classified as green or leafy, starchy or root, or legumes. They may be strong or mild in flavor. The edible portions of plants differ. The roots of some plants are eaten. In this class are potatoes, carrots, turnips, onions, parsnips, and beets. The leaves of the lettuce, cabbage, spinach, endive, and chicory plants are eaten. The flower of some plants, such as cauliflower and broccoli, is the edible portion. Tomatoes and cucumbers are the fruit of the plant. The seeds of peas and the seeds of beans, and some bean pods are eaten. The stems of celery and asparagus are the edible portions.

Fresh vegetables in season are superior in quality and flavor and lower in price than those out of season. They are at their best when they are crisp, firm, unblemished, and direct from the garden. Commercially canned vegetables of high quality may be purchased from your grocer. They are not expensive, considering the high quality and the time and labor saved.

Vegetables should be cared for as soon as they are brought into the home. Potatoes, carrots, onions, beets, cabbage, and turnips should be stored unwashed in a cool, dry place. Celery, tomatoes, radishes, lettuce, and cucumbers should be washed and put in the refrigerator. Corn should not be husked until just before it is to be cooked. Peas are not shelled and beans are not washed and cut until just before cooking.

There are various accessories on the market which will assist in keeping vegetables. Ventilated vegetable bins are good for storing potatoes, onions, carrots, turnips, beets, and other root vegetables. Cloth bags for lettuce and celery will keep them from discoloring in the refrigerator for several days. The hydrators for electric refrigerators keep vegetables crisp and fresh for at least a week. These are all aids to the housewife, and make it possible for her to buy at one time all her vegetables for the week.

Mild-flavored vegetables should be cooked in a small amount of boiling water in a tightly covered vessel. Strong-flavored vegetables should be cooked in a larger amount of water in an open vessel. The water in which vegetables are cooked contains valuable minerals, and should be used in making sauce for the vegetables or in soup.

Boiling, although the most commonly used, is not the best way of cooking vegetables. They may be steamed to retain the natural flavor and the vitamin and mineral content. Vegetables containing a large amount of water may be baked. Some other methods of vegetable cooking which give variety are creaming, broiling, scalloping, sautéing, and deep-fat frying.

When preparing vegetables for cooking, you should remember that the mineral content is frequently just

under the skin. Therefore, vegetables which need paring should be pared thinly or, if they are fresh and tender, they may be scraped.

Vegetables may be served as a main dish. Escalloped corn, baked stuffed tomatoes or peppers, baked beans, and creamed vegetables on toast are all appetizing luncheon dishes. Vegetables may be served buttered, stewed, or creamed to accompany a main dish. They may also be served as a salad.

The value of salads in the meal depends on the ingredients. The greens and fruits in salads are good sources of minerals and vitamins. The starchy foods, nuts, salad dressings, cheese, and meat give energy and have some protein value. The cellulose, acids, and fats present are mildly laxative.

Starchy salads such as potato and macaroni and those salads made of meat, fish, or eggs are usually served as a main dish. Vegetable salads are usually served to accompany a main dish. Fruit salads may be served as an accompanying salad, a dessert, or an appetizer.

Fruits and vegetables for salads should be in perfect condition when they are purchased. Salad greens should be crisp and cold when served. They can be kept in a vegetable bag, or a hydrator in a refrigerator, and should be put in cold water about an hour before using. Salads are an excellent method for using left-overs. When making salads, the appearance is as important as the flavor. The foods should be carefully prepared. Celery should be cut in small pieces. Potatoes should be diced. Each piece of lettuce should be looked over carefully and all rust spots removed. Large leaves of lettuce should be shredded. Greens for salads should be dried with a clean towel before arranging on the salad plate. Ingredients for salads may be prepared in advance, and only

those should be chosen that blend well in flavor and color. The salad is a good place to introduce color into the menu. Gelatin may be used as a basis for fruit, vegetable, meat, and fish salads.

Salad dressings are an important part of salad making. French dressing is especially good used with crisp greens and may be used on vegetable salads, and to marinate fish and meat salads. Cooked salad dressings may be used with egg, meat, fish, or vegetable salads. Mayonnaise may be used with any kind of salad. It can be varied in many ways. Russian, Thousand Island, and Roquefort cheese dressings are delicious with crisp greens. Cream dressing is used with fruit salad.

Desserts are an important part of the meal. They satisfy the natural craving for sugar, and are an excellent source of heat and energy. Luncheon desserts may include puddings, fruit, gelatin, cake, cookies, or pastry.

Puddings are a favorite luncheon dessert in this country. Cornstarch puddings in various flavors are easy to prepare. If you mix the cornstarch and sugar together, the pudding will not be lumpy. They are served cold, plain, or with cream or fruit.

Tapioca pudding, made of either the minute tapioca which is granular and cooks quickly or the pearl tapioca which is so large as to require soaking and longer cooking, is a good luncheon dessert, and can be varied in many ways. It is served cold with cream, fruit, or meringue.

Soft and baked custards are another type of pudding for luncheon. Soft custard should be cooked until the mixture coats the spoon. If it is cooked beyond this point, the custard will separate and appear curdled. This will disappear with beating, but the custard will not be of the right consistency. Custards are served cold. Soft custard may be combined with beaten egg white to

make Floating Island or Snow Pudding, and may be served with fruit. It is sometimes used as a sauce for puddings. Baked custard is usually served plain.

Steamed puddings are popular in cold weather. They may be steamed in a regular steamer or in one improvised from a coffee can. The process is very slow, sometimes requiring as long as three hours. These puddings are served hot with a sauce or cream.

Baked puddings are still a different type. Rice is frequently used for baked pudding, combined with milk, eggs, and raisins. Left-over cake or bread may be combined with milk, eggs, and some flavoring or fruit, and baked. These puddings are usually served hot with a sauce. Rice pudding is sometimes served ice cold.

Fruit may be prepared in various ways for a dessert for luncheon or supper. Fresh fruit may be served whole or sliced, either plain or with sugar and cream. It is often served as a salad with whipped cream or cream mayonnaise. Canned fruit is usually served accompanied with cookies. Baked fruits may be plain or stuffed, and served with their own syrup or cream. They may be served hot or cold, as desired.

Fruit whip, a combination of fruit pulp, sugar, and beaten egg white, is an excellent way of serving fruit. The mixture may be cooked or uncooked. It is usually served cold with custard sauce.

Fruit shortcakes are very popular. Shortcake is a rich biscuit or cake combined with fruit and cream if desired. Shortcakes are better if made with fresh fruit.

Gelatin desserts may be prepared using various flavors and combinations of ingredients. Fruit and nuts are often added to the gelatin before it jellies. The partly thickened mixture may be whipped to make it light and

foamy. Gelatin desserts may be served plain, with cream, or with soft custard.

A tender, light cake is nearly always popular with the family. Cakes are divided into two classes: those made without fat, such as sponge cake or angel-food cake, and those made with fat, such as layer cakes, loaf cakes, and cup cakes.

True sponge or angel-food cakes are usually made without baking powder. The only leavening agent used is beaten egg whites. The pans in which the batter is baked are not greased. These cakes require a long baking in a slow oven.

Cakes made with fat are called butter cakes. Baking powder or baking soda and sour milk are the leavening agents used in butter cakes. These cakes will stay fresh and moist longer than sponge or angel cake, because of the presence of the fat.

WHEN IS A CAKE DONE?

1. When it shrinks from the sides of the pan.
2. When it springs back as the center of the cake is touched lightly with the finger.
3. When a dry toothpick is inserted in the center of the cake and comes out clean.

POINTS IN JUDGING A GOOD CAKE

1. Evenly brown.
2. Smooth — slightly rounded toward the center.
3. Fine, even grain.
4. Same texture throughout.
5. Moist but not sticky.

Cake fillings and icings give variety, especially to the layer cake. Fillings may be a cornstarch mixture, such

as lemon, vanilla cream, or caramel. They may be fruit and nut mixtures, such as fig, date and nut, raisin and nut, or fruit jellies and jams. Cakes with fruit jelly or jam filling will become soggy if allowed to stand.

Cake icings may be uncooked mixtures of confectioners' sugar, flavoring, and butter or cream; or they may be cooked, a combination of boiled sugar and water, egg white, and flavoring. Uncooked icings will stay soft, and, therefore, are better to use on cakes that will be kept for several days. Some suggestions for flavors in cake icings are vanilla, chocolate, coffee, mocha (a combination of chocolate and coffee flavors), maple, caramel, orange, and lemon.

Cookies are stiff butter-cake mixtures. Drop cookies are slightly stiffer than a cake mixture, and rolled cookies are about the consistency of pie dough, firm enough to be rolled out on a floured board and to be cut and handled. Cookies may be served alone for dessert or to accompany fruit, gelatin, and frozen mixtures when a variety of texture is desired.

Pastry also may be served for a luncheon dessert. One-crust pies such as lemon meringue, chocolate, coconut cream, pumpkin, or custard may be made into a large pie or into individual tarts. Two-crust pies usually have a fruit filling either of fresh fruits in season or canned fruits.

Good pastry is light and flaky. Too much handling, in the preparation, makes the crust tough, and too much shortening makes the crust crumbly.

TYPES OF LUNCHEONS

FOODS INCLUDED

Main Dish
Bread
Dessert
Beverage

MENU

LIGHT

Scalloped Corn
Baking-Powder Biscuit
Orange Custard
Milk

TYPES OF LUNCHEONS — *Continued*

FOODS INCLUDED

MENU

MEDIUM

Main Dish
Salad
Bread
Dessert
Beverage

Cream of Tomato Soup with Croutons
Deviled-Egg Salad
Cheese Biscuits
Apple Betty, Hard Sauce
Cocoa

HEAVY

Appetizer
Main Dish
Salad
Bread
Dessert
Beverage

Fruit Cup
Cheese Soufflé
Molded Vegetable Salad
Nut Bread
Chocolate Blanc Mange
Tea

RECIPES

SCALLOPED CORN

1 small green pepper	$\frac{1}{2}$ c. milk
$\frac{1}{2}$ onion finely chopped	$1\frac{1}{2}$ c. canned corn
2 tb. butter	1 egg yolk
2 tb. flour	$\frac{2}{3}$ c. dried bread crumbs
1 tsp. salt	1 tb. butter
$\frac{1}{4}$ tsp. paprika	$\frac{1}{2}$ c. buttered cracker crumbs
$\frac{1}{4}$ tsp. mustard	f. g. cayenne

Cut pepper in half, remove seeds, and cut it into thin strips. Cook pepper, onions, and butter for 5 min., stirring constantly. Add the flour, mixed with the seasonings, and stir until well blended; then add the milk gradually, stirring constantly. Bring to the boiling point, add the mixed corn, egg yolk, and bread crumbs which have been browned in 1 tb. butter. Put in a buttered baking dish, cover with buttered cracker crumbs, and bake in moderate oven (375° F.) until crumbs are brown.

CREAM OF TOMATO SOUP

1 qt. milk	3 c. canned tomatoes
4 tb. flour	salt and pepper
4 tb. butter	1 slice of onion
	$\frac{1}{3}$ tsp. soda

Melt the butter in a saucepan, add the flour gradually, stirring constantly. Add the milk slowly, stirring constantly, and cook until smooth. Cook the tomato and sliced onion until tender, and put through a fine sieve. Just before serving, add the soda to the tomatoes, and then add the tomatoes gradually to the white sauce, stirring constantly. Season and serve at once. It is important that both the tomato and white sauce are hot when combined. If the soup begins to curdle, beat thoroughly with an egg beater.

CROUTONS

Slice bread about $\frac{1}{2}$ in. thick and butter both sides. Remove the crusts, and cut bread into $\frac{1}{2}$ in. cubes. Put in a shallow pan, and place in the broiling oven. Turn the cubes during the toasting to brown all sides. Croutons may also be made by frying dry cubes of bread in deep fat.

CHEESE SOUFFLÉ

3 tb. butter	1 c. grated cheese
3 tb. flour	$\frac{1}{2}$ tsp. salt
1 c. milk	f. g. pepper
3 eggs	

Melt the butter in a saucepan, add the flour and seasonings gradually, stirring constantly. Add the milk slowly, stirring constantly, and cook until smooth. Add the cheese and the beaten egg yolks, and stir until the cheese is melted and the yolks are set. Remove from the stove, and fold in the stiffly beaten egg whites. Pour into a greased baking dish or individual molds, and set

in a pan of hot water. Bake in a moderate oven (375° F.) for 20 min., or until the mixture is firm. Serve at once. It will fall if allowed to stand.

BAKING-POWDER BISCUIT

2 c. flour	2 tb. shortening
4 tsp. baking powder	$\frac{3}{4}$ c. liquid (all milk or $\frac{1}{2}$ milk and $\frac{1}{2}$ water)
$\frac{1}{2}$ tsp. salt	

Mix the dry ingredients and sift twice. Work in the shortening with the tips of the fingers or cut in with two knives. Add the liquid gradually, mixing with a knife to a soft dough. Because of the difference in flours, sometimes varying amounts of liquid are required. Put the dough on a floured board, and pat out to $\frac{1}{2}$ in. thickness. Shape with a biscuit cutter, and arrange biscuits so they are touching in a shallow, greased pan. Bake in a hot oven (460-470° F.) for 12 or 15 min. Serve hot.

CHEESE BISCUITS

Follow the recipe for Baking-Powder Biscuits, adding $\frac{1}{2}$ cup of finely grated cheese to the dry ingredients before adding the shortening.

NUT BREAD

$\frac{1}{2}$ c. sugar	$2\frac{1}{2}$ c. flour
1 egg	2 tsp. baking powder
$\frac{3}{4}$ c. milk	$\frac{1}{2}$ tsp. salt
1 c. English walnut meats	

Beat the egg with a fork until the white and yolk are well mixed. Add the sugar and mix well. Break or chop the nut meats and add to the sugar and egg mixture. Mix and sift the dry ingredients and add alternately with the milk to the egg-and-sugar mixture. The consistency should be like a stiff dough. Bake in a slow oven (300-325° F.) for about 1 hour.

DEVEILED-EGG SALAD

6 eggs	1 tb. chopped stuffed olives
1 tsp. vinegar	1 tb. chopped sweet pickles
1 tsp. mustard	1 tb. minced celery
1 tb. mayonnaise	lettuce

Put required number of eggs into cold water, bring slowly to the boiling point, lower the heat, and cook just below the boiling point for 12 to 15 min. Remove the shells, and cut eggs lengthwise. Scoop out the yolk, mash, and mix with vinegar, mustard, mayonnaise, olives, pickle, and celery. Refill whites, rounding up the mixture, and serve two or three halves on a lettuce leaf with a teaspoonful of mayonnaise at the side on the lettuce leaf. Sprinkle yolk of egg with paprika, if desired.

MOLDED VEGETABLE SALAD

1 pkg. lemon Jello	2 cups cabbage finely shredded
1 pt. boiling water	1 cup celery cut in small pieces
$\frac{1}{2}$ tsp. salt	20 small or 15 large stuffed olives
f. g. pepper	thinly sliced crosswise

Dissolve Jello in boiling water, and add the salt and pepper. When cool, add the cabbage, celery, and olives, and put in individual molds. Chill until firm. Unmold, and serve on crisp lettuce with Russian dressing.

RUSSIAN DRESSING

To 3 tb. of mayonnaise, add 2 tb. of tomato catsup. Mix and serve as desired on salad, or in mayonnaise bowl to be served at the table.

ORANGE CUSTARD

4 oranges	$\frac{1}{4}$ c. sugar
2 c. milk	$\frac{1}{8}$ tsp. salt
3 egg yolks	$\frac{1}{2}$ tsp. vanilla

Beat the egg yolks slightly and mix them with the

sugar and salt. Scald the milk in a double boiler and add it slowly to the egg yolks, stirring constantly. Return mixture to the double boiler and cook until the mixture coats the spoon. Cool and add vanilla. Chill oranges. Peel with a sharp knife, removing all of the white membrane from the outside of the orange pulp. Cut each segment from the skin, removing any seeds. Arrange in the bottom of sherbet glasses and cover with the cold soft custard. Put a heaping tablespoonful of meringue on the top of each serving. Serves six.

MERINGUE

3 egg whites	$\frac{1}{2}$ tsp. vanilla
3 tb. confectioners' sugar	

Beat the egg whites until light, add the sugar gradually, and continue beating until stiff. Add the vanilla and serve.

APPLE BETTY

2 c. soft bread crumbs	$\frac{1}{4}$ tsp. cinnamon
2 tb. butter	$\frac{1}{2}$ tsp. nutmeg
3 c. apples, chopped or cut in small pieces	$\frac{1}{4}$ c. water
$\frac{1}{2}$ c. sugar	juice and grated rind of $\frac{1}{2}$ lemon

Place butter in a saucepan and heat until it is melted. Add the crumbs and stir but do not brown. Wash, pare, and cut apples into small pieces. Add the remaining ingredients to the apples. Place alternate layers of apple mixture and bread crumbs in a buttered baking dish. Bake in a moderate oven (375° F.) for 40 to 60 min., or until the apples are tender and the crumbs are brown. Cover the baking dish during the first 20 min. of cooking. Serve hot with cream or hard sauce.

HARD SAUCE

3 tb. butter	1 tb. top milk
1½ c. confectioners' sugar	1 tsp. vanilla or other flavoring

Cream the butter and add ½ c. sugar gradually. Add the liquid, the flavoring and the rest of the sugar until the desired consistency is reached.

FRUIT CUP

4 slices of canned pineapple	2 bananas
1 grapefruit	2 tb. lemon juice
3 oranges	1 small bottle maraschino cherries

Peel the oranges and the grapefruit with a sharp knife, removing all the white membrane. Cut the segments of pulp from the skin and remove any seeds. If the segments of grapefruit are large, cut them in half. Peel and cut the bananas and mix with the lemon juice to keep them from discoloring. Dice the pineapple and cut the cherries in pieces, saving some perfect whole ones for garnishing. Mix all the fruit and fruit juice together and chill. Serve in sherbet glasses with a cherry on the top.

CHOCOLATE BLANC MANGE

3 c. milk	½ tsp. salt
4½ tb. cornstarch	1 tsp. vanilla
¾ c. sugar	1 sq. bitter chocolate

Melt 1 sq. chocolate in the top of a double boiler and add ½ c. milk. Mix the cornstarch, salt, and sugar and add scalded milk gradually, stirring constantly. Cook about 15 min., add the chocolate mixture and cook until well blended. Add the vanilla, pour into individual dishes, and chill. Serve with whipped cream.

TEA

For every cup of water use 1 tsp. black tea. Scald the teapot to heat it. Measure and boil the water and pour into the teapot. Add the tea and let stand just a few minutes before serving. Cloth or metal tea balls may be used so that the tea grounds can be removed when the tea is the desired strength.

Dinner is the heartiest of the three meals of the day. Meat, poultry, or fish is usually included in the dinner menu and the other foods in the meal are planned to supplement this main dish.

Meat is a good source of growth protein and furnishes energy. It is also rich in iron, phosphorus, and Vitamin B.

There are several kinds of meat. Perhaps the most commonly used is beef. This comes from the steer or cow. Good beef has bright red flesh, is fine grained, and is well marked with fine streaks of yellow fat.

Veal is from the six-to-eight-weeks-old calf. The flesh is pale pink and the small amount of fat present is clear white.

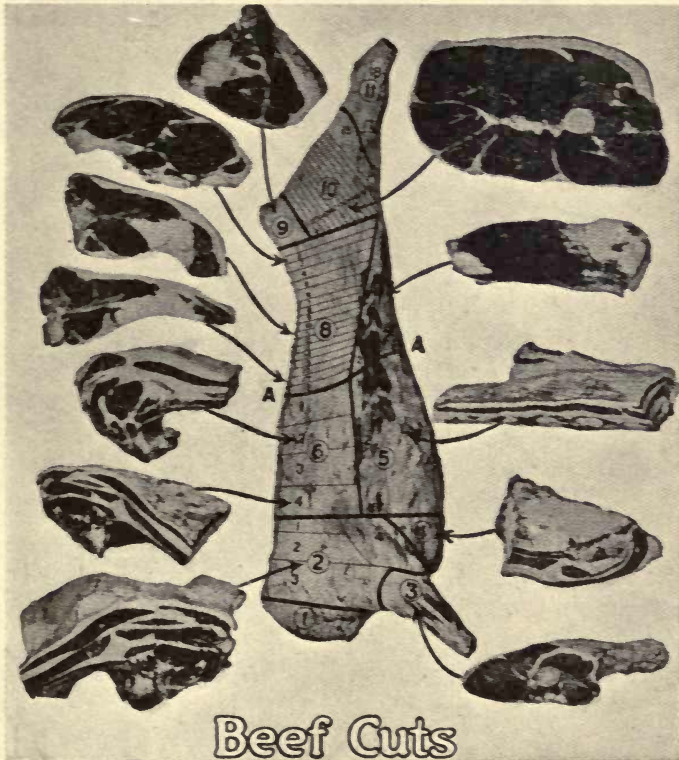
Lamb is from the young sheep from six to eight months old. The flesh is red, the fat is white, and the bones are red.

Mutton is from the sheep a year old or over. The flesh is bright red, the fat yellow, and the bones white.

Pork is from the pig or hog. The flesh is pale red and there is usually a large quantity of white fat. Good pork should be firm in texture.

Meats should be purchased from a sanitary, reliable market. The housewife should be able to name the cuts of meat and to know which are tender and which are tough cuts. If you go shopping with your mother, or if

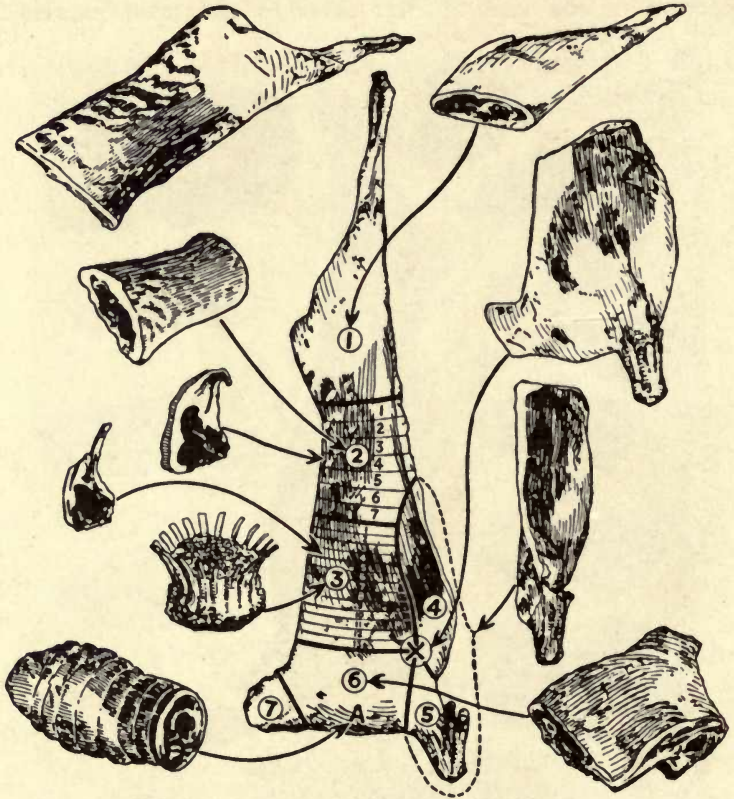
you go to the market to buy meat for the family dinner, the butcher will be glad to answer your questions. Tender cuts of meat from the large animals are from that portion of the animal that receives the least exercise.



Courtesy of Wilson and Company

For example, the tender cuts of beef are from the back of the cow or steer. Tough meat comes from the parts of the animal that get the most exercise, such as the legs and neck. All cuts of veal and lamb are tender because the animal is so young. Tender cuts of meat cost more than tough cuts, but this does not mean that they are more

nutritious. Some tough cuts of meat have more flavor, are more nutritious, and can be made tender and palatable with proper cooking.



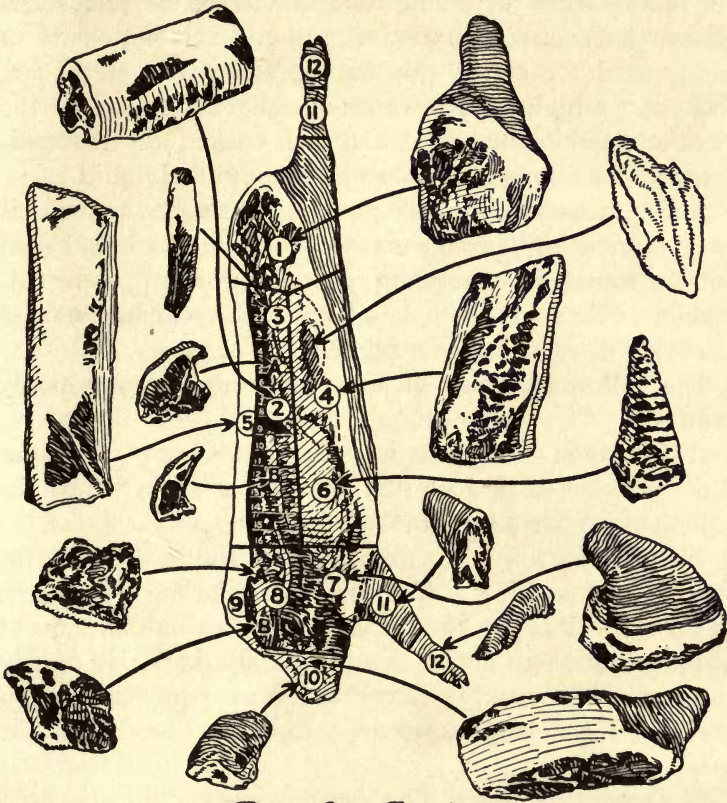
Mutton and Lamb Cuts

Courtesy of Wilson and Company

Meat should be taken from the wrappings as soon as it is brought into the home. It should be wrapped in waxed paper and kept in a cool, dry place. If it is impossible to keep meat at a low temperature, it should either be purchased just before it is to be used, or it may be

cooked to keep it. Salted and smoked meats do not spoil as quickly as fresh meats.

Some tender cuts of meat, such as porterhouse steak and lamb chops, may be subjected to a high temperature



Pork Cuts

Courtesy of Wilson and Company

for a short time to sear the meat and retain the juices. This may be done by oven or pan broiling. Other tender cuts of meat that require longer cooking are first seared to retain the juices. The temperature is then lowered

and the meat is cooked thoroughly. This method is used for roasts of meat, thick steaks, veal cutlets, and pork chops.

Tough cuts of meat, used for soups, are cooked at a low temperature for a long time to extract the juices and soften the connective tissue. Other less tough cuts of meat, used for stews, pot roasts, and Swiss steak, are cooked at a high temperature for a short time to sear the meat and retain the juices, and then cooked at a low temperature for a long time in a small amount of liquid.

Sometimes round steak is pounded or slashed to make it more tender. The tougher portion of round steak, called bottom round, is sometimes ground to make it more palatable. The addition of salt before the meat has started to cook will toughen even tender cuts of meat.

The following types of meat cookery are commonly used:

1. **Stewing:** The meat is seared to develop the flavor and then cooked in a limited amount of water below the boiling point for a long time.

2. **Pot Roasting:** An iron kettle is the best to use for this type of cooking. The surface of the meat is seared on all sides to retain the juices. Then a small amount of water is added to create steam and the kettle is tightly covered. The cooking is continued at a moderate temperature for a long time, depending on the size of the roast.

3. **Oven Roasting:** The meat is cooked in a special covered pan in the oven. At first the pan is uncovered and the oven is very hot to sear the meat and retain the juices. Then the roaster is covered and the temperature is lowered to cook the meat thoroughly. Sometimes a small amount of water is placed in the bottom of the roaster.

4. **Broiling:** The meat is submitted to the direct heat of the fire, usually in a special broiling oven. It is turned to cook on all sides. This is a quick process.

5. **Pan Broiling:** The meat is cooked in a hot frying pan, preferably an iron one.

6. **Sautéing:** The meat is cooked in a small amount of fat in a hot frying pan, preferably an iron one.

Hot meats should be served on a heated platter. Cold meats, either sliced cold roast meats which may be left over from a previous meal or any of the various prepared meats on the market, such as pressed meats, bologna, boiled ham, salami, liverwurst, and buckwurst, should be served attractively on a cold platter. Garnishes such as parsley, small leaves of crisp lettuce, water cress, radishes, raw or cooked vegetables, and stuffed cooked vegetables may be served on the meat platter in small amounts to improve the appearance. This gives an excellent opportunity to express your originality and artistic ability.

There are certain foods, often served with meats, which blend with and enrich their flavor. Yorkshire pudding, mushrooms, fried onions, or currant jelly may be served with beef. Mint sauce or jelly and green peas are served with lamb. Apples — either baked, steamed, glazed, or in applesauce — and cabbage may be served with pork. Eggs, greens, and pineapple are sometimes served with smoked ham.

Poultry is a favorite food, and is usually regarded as a delicacy. It is a good source of growth protein, iron, and phosphorus. The white meat of poultry is the most easily digested of any meat and is frequently used in feeding invalids.

Chicken is the best known and most commonly used kind of poultry. Broilers are chickens about three months

old, frying chickens are from three to six months old, and fowls and capons are at least a year old. The other kinds of poultry are turkey, duck, goose, and squab.

When buying chicken, there are certain points to be observed. The best chickens are short and plump, the skin is clear, smooth, and yellow colored, the feet are soft, and the toes and breast bone are pliable. Pin feathers indicate a young bird. Long hairs and long spurs indicate an old bird. Old fowls have a large amount of fat, and the flesh has a purple tinge.

The butcher will always draw poultry for you and will cut a chicken up for frying or stewing, if you ask him. You should always be sure that all poultry has been drawn, cleaned, and washed thoroughly before putting it away in a cool, dry place until it is time to cook it.

Chicken may be cooked in various ways. It may be stewed, fried, roasted, or broiled. Turkey, duck, and goose are usually roasted. Squab is usually broiled or fried.

Poultry may be served hot or cold. Left-over poultry may be served creamed, in croquettes, in salads, in pie with a biscuit crust, in soup, or in sandwiches, either hot or cold.

Bread, oyster, or chestnut dressing is usually served with roast poultry. Cranberry sauce or jelly is a favorite accompaniment, its tart flavor giving a welcome contrast. Hot biscuits are frequently served with stewed or fried chicken, mushrooms with creamed chicken, and waffles with fried or creamed chicken.

Fish is an excellent source of protein and phosphorus. Sea fish is rich in iodine. Fish is of two general types: white fish, such as cod, halibut, haddock, flounder or sole, trout, perch, black bass, and whitefish; and oily fish, such as salmon, mackerel, tuna, shad, and herring.

When buying fish, freshness is very important, because the flavor is at its best and there is no danger of poisoning. Fresh fish have bright red gills, bright full eyes, firm flesh, and no disagreeable odor. Since freshness is so important, fish should be purchased from a reliable dealer.

Fish should be cleaned and dressed as soon as possible and kept on ice until you are ready to cook it. If fish is placed in a refrigerator, it should be kept in a tightly covered container, because the odor of fish may be absorbed by other foods.

Fish may be baked, broiled, fried, steamed, boiled, planked, and sautéed. It is usually served hot, but it may be served cold, either plain or in salads. Sauces are a necessary part of preparing fish. Lemon, egg, Tartar, Hollandaise, and tomato sauces, and melted butter, add to the flavor of fish. Sliced lemon, parsley, cucumber, pickles, radishes, and tomatoes are used to garnish fish.

Shellfish is not as commonly used as other fish except along the sea coast. It is a good source of protein. The term "shellfish" applies to oysters, clams, crabs, shrimps, and lobsters.

Oysters should be bought when they are in season, usually from September through April. There is an old saying that any month that has the letter R in its name is a good month for oysters. There are two kinds of oysters, the small bluepoints and the large size.

Clams, of either the hard-shell or soft-shell type, are most plentiful in the late summer and in the fall. They may be purchased in large or small sizes.

Crabs are in season from June through September. They may be either of the hard-shell or soft-shell type. Canned crab meat is used more commonly than fresh crab meat except on the seacoast.

Shrimp is in season from May to October and may be purchased fresh or canned.

Lobster is in season from June through September and may be bought either fresh or canned.

All shellfish should be kept on ice or in an electric refrigerator until you are ready to cook them. This is very important, because they will spoil very quickly, and may cause serious poisoning if they have spoiled.

Oysters should be cooked at a low temperature for a short time to prevent toughening. They are usually cooked by stewing, steaming, frying, or sautéing. They may be served raw, as oyster cocktail or on the half shell. Clams may be prepared and served in the same ways. They will become very tough unless cooked at a low temperature.

Crabs are usually boiled or fried. Crab meat is used in salads and cocktails, or it may be creamed.

Shrimps may be boiled and the meat served in salads and cocktails, or it may be creamed.

Lobsters are boiled or broiled and served hot or cold, or the meat may be served creamed, in salads, or in cocktails.

Drawn-butter, lemon, and highly seasoned sauces are served with shellfish.

Soups may be served at dinner, luncheon, or supper. They are of two kinds, those made with and those made without stock. Stock in this use means a liquid rich in juices extracted from meat and bones. The soups without stock, commonly called cream soups, are made with a thin white sauce, or a milk or cream basis, flavored with vegetable juice or pulp, fish or shellfish, especially oysters and clams. These soups are suitable for lunch, but they may be served for dinner in small quantities. They are highly nutritious. They furnish an attractive way for

using left-over vegetables and the water in which vegetables have been cooked. Cream soups are always served hot.

Soups with stock may be of several types. If it is a clear liquid, flavored with meat juices and highly seasoned, it is called bouillon. If it is a clear liquid flavored with meat juices and vegetable juices, it is called consommé. Then there are soups which have a meat stock as the basis and contain several combinations of vegetables, barley, or noodles. The clear soups are served either hot or cold as an appetizer, usually for dinner. The vegetable soups may be served for dinner or luncheon. Trimmings of meat and bones can be used for making soup stock.

Crisp foods such as crackers, bread sticks, croutons, and celery are usually served with soup to give a variety in texture.

Dinners and luncheons sometimes have an appetizer for the first course, to stimulate the appetite. These may be clear soups, either hot or cold; fruit, fish, or tomato-juice cocktails; highly seasoned protein foods served on crisp crackers or toast called canapés; several small portions of highly seasoned protein foods arranged attractively on one plate called hors d'oeuvres; and relishes such as pickles, olives, radishes, and celery. The appearance, as well as the foods included, is very important in stimulating the appetite.

You have already studied quickbreads, but the most commonly used bread is yeast bread. Bread made from white flour is a good source of energy. Breads made from whole grains are laxative, rich in minerals and Vitamin B, and sources of energy. This clearly shows why whole-grain breads should be included in your diet.

There are several kinds of bread on the market. White bread is made in ordinary loaves, in loaves especially

shaped for making sandwiches, as raisin bread, and as French or Vienna bread. Then there are breads made from darker flours, such as whole-wheat, graham, and rye. Rolls are usually made from white flour, but are sometimes made using whole-wheat flour. They are made in different sizes and shapes and are named accordingly. There are Parker House rolls, finger rolls, Vienna rolls, cloverleaf rolls, and hard rolls. Buns are sweetened breads made in small sizes, such as cinnamon buns, pecan and honey buns, raisin buns, and hot cross buns. There are also sweet breakfast breads, such as coffee bread and Swedish tea ring.

To-day most housewives are buying baker's bread, but some are still baking bread at home. There is something about a good loaf of home-made bread that bakers have never been able to equal. More housewives are making rolls to-day than bread. Undoubtedly the new yeast mixtures for rolls, which can be kept several days in the ice box or refrigerator, have something to do with this. The convenience of having dough ready to shape into rolls and bake at any time appeals to the busy housewife.

Bread should be stored in a ventilated container. It will mold easily in a warm, moist atmosphere. Left-over bread should be dried in the oven to prevent it from molding. It may be ground or rolled into bread crumbs to use for baked and scalloped dishes and coatings for fried foods.

You should know something about the ingredients in yeast breads, since they have such an important place in your diet. The flour used in bread is usually made from wheat or rye. The amount of gluten in flour determines its suitability for bread making. Different parts of the wheat kernel are used to make different kinds of flour. White flour is made by grinding the inside of the grain. Whole-wheat flour is made by grinding the grain of spring

wheat without the two outer bran coatings. Graham flour is made by grinding the entire wheat grain, including the outer coatings. Bran is made from the outer coatings of the wheat grain.

Yeast is the leavening agent used in this type of bread. Yeast is composed of microscopic plants which will not grow at a low temperature and are killed by a high temperature. From 80-85° F. is the right temperature for growth. They may be purchased in dry cakes or in compressed cakes. The dry type will keep for some time, but the compressed yeast must be fresh to give the right reaction.

Yeast feeds on sugar and starch in solution, giving off alcohol and carbon dioxide gas. This process is called fermentation. The gas given off causes the bread dough to rise. Baking kills the yeast plants, allows the alcohol to pass off as a vapor, and hardens the gluten, thus retaining the gas bubbles which make the bread light and spongy.

The liquid used in bread making may be water or milk, or a mixture of both. Sugar is used in bread for flavoring and as food for the yeast. Any kind of cooking fat may be used to give flavor and to make the dough tender. Salt is added to bread dough just for flavoring.

Hot yeast breads are not frequently served except as rolls. Fresh bread is more difficult to digest than bread that has started to dry. Bread for sandwiches will cut better if it is a day old.

The chief value of dinner desserts is that they are a satisfying end to the meal. Tarts, pies, French pastries, cakes, steamed puddings, fruit whips, gelatin, and frozen desserts are suitable for dinner.

Frozen mixtures are the most popular desserts for dinner. There are several types of frozen mixtures. Ices

are frozen mixtures of fruit juices, water, and sugar. They may be served with the meat course or as a dessert. Sherbets may be made by freezing a mixture of fruit juices, water, sugar, and beaten egg whites or gelatin, or a mixture of milk, fruit juice, and sugar. Sherbets are frozen desserts which are not too rich to serve after a heavy dinner.

Ice creams may be made in various ways. Frozen cream, sweetened and flavored, is one way. A mixture of soft custard and cream, sweetened and flavored, is another. Mousse is rich ice cream made with whipped cream, sweetened and flavored, and frozen in molds. Parfaits are made with soft custard and whipped cream, sweetened and flavored, and frozen in molds. Popular flavors for ice creams are vanilla, chocolate, coffee, caramel, maple, nuts, and fruits.

Small-quantity buying of commercially made ice cream has decreased with the increasing popularity of the electric refrigerator. Ice cream that is not packed will keep frozen for only a short time. If it has to stand for any time before serving, it should be kept in a cold place, or between two feather pillows. This latter method will keep commercial ice cream from melting for as long as four or five hours. If a large quantity of commercial ice cream is to be kept any great length of time before serving, it should be packed in rock salt and ice, or in dry ice. Dry ice is a chemical composition which will burn the hands if it is allowed to touch them. It will keep ice cream hard for several hours, and should be removed long enough before serving to allow the ice cream to soften to the right consistency for eating.

Home-made ice creams may be made in an electric refrigerator or a mechanical freezer. The following are points to follow when using a freezer. First the freezer should be scalded and allowed to cool. The ice should

be chopped or pounded into small pieces. For ices and sherbets use equal parts of rock salt and ice. In order to get a fine-grained ice cream, use one part of salt to three parts of ice. The rock salt thaws the ice and makes the brine several degrees below freezing. This draws the heat from the contents of the can and the mixture freezes. The can containing the mixture to be frozen should not be more than three-fourths full. The mixture will expand when frozen and fill the can. Put the can in the freezer and adjust the dasher and crank. Fill the space around the can with alternate layers of ice and salt. Turn the crank steadily and slowly, keeping the bucket filled with ice and salt. Do not drain the brine unless there is danger of getting salt into the ice cream. When the crank turns with great difficulty, the mixture is frozen.

Frozen mixtures should be packed and allowed to stand for at least an hour before they are served, to improve the flavor. To pack, first drain off the brine, wipe off the top of the can, and remove the cover, being careful not to let in any salt. Remove the dasher and pack down the contents of the can. Put the cover back on and put a cork in the top of it. Pack the sides and top with salt and ice and cover with some material heavy enough to exclude heat.

Molded mixtures, such as mousse and parfait, are placed in the mold. Then the tight-fitting cover is put on and sealed with oiled paper or a strip of greased cloth. It is packed in a large container, so that the mold is completely covered with salt and ice, and kept packed for about four hours.

Frozen desserts should be served in small quantities, especially the richer mixtures such as mousse and parfait. They may be accompanied by cookies or cake and should be served attractively in appropriate china or glassware.

TYPES OF DINNERS

FOODS INCLUDED

MENU

FAMILY

Main Dish	Meat Grill
Vegetables	Baked Stuffed Potatoes, Harvard Beets
Salad	Cabbage and Pineapple Salad
Bread	Bread
Dessert	Caramel Layer Cake
Beverage	Coffee or Milk

GUEST

Appetizer	Tomato Juice Cocktail — Canapés
Main Dish	Roast Leg of Lamb, Mint Jelly
Vegetables	Franconia Potatoes, New Peas
Salad	Stuffed Pear Salad
Bread	Ice-Box Rolls
Dessert	Lemon Tarts
Beverage	Coffee

FORMAL

Appetizer	Crab-Meat Cocktail
Entrée	Corn Fritters
Main Dish	Broiled Chicken
Vegetables	Glazed Sweet Potatoes, Au Gratin Spinach
	Grilled Tomatoes
Salad	Curly Endive, French Dressing
Dessert	Baked Alaska
Beverage	Demi-Tasse

RECIPES

CRAB-MEAT COCKTAIL

$\frac{1}{2}$ lb. fresh or	1 tsp. salt
1 can of crab meat	8 tb. lemon juice
1 tb. prepared horseradish	3 tb. tomato catchup

Remove the tendons from the crab meat. Mix the horseradish, salt, lemon juice, and catchup to make a sauce. Chill the sauce and the meat. Arrange small servings of the meat in cocktail glasses. The sauce may

be served at the table, or a spoonful may be put on the center of the meat in each cocktail glass. It can be garnished with a sprig of parsley or water cress.

TOMATO-JUICE COCKTAIL

1 qt. cooked tomatoes	1 tsp. sugar
1 pt. water	$\frac{1}{4}$ tsp. baking soda
1 onion	f. g. celery salt
1 tsp. salt	2 tsp. Worcestershire sauce
f. g. black pepper	2 tsp. lemon juice
f. g. paprika	few sprigs of fresh mint

Cook the tomatoes, water, and sliced onion for five minutes. Remove from the fire and put the mixture through a fine sieve, forcing the pulp through but straining out all seeds. Add the soda, salt, pepper, paprika, celery salt, sugar, and Worcestershire sauce. Cool and add the lemon juice. Serve ice cold in cocktail glasses and garnish each glass with a sprig of mint.

CANAPÉS

ANCHOVY CANAPÉS

Cut thin slices of white bread in small diamond shapes and sauté one side in butter. Spread the uncooked side with a mixture of chopped anchovies, chopped hard-cooked egg, chopped capers, and a little mayonnaise. Garnish with thin slices of stuffed olives by making a border of half slices and placing a whole slice in the middle.

PARMESAN CANAPÉS

Toast small thin rounds of bread on both sides and spread with a mixture of grated Parmesan cheese and whipped cream. Garnish by sprinkling finely chopped parsley in the center and placing a small piece of pimento in the center.

IMITATION PÂTÉ DE FOIE GRAS CANAPÉS

Using crisp canapé crackers, spread with a mixture of chopped cooked chicken livers, creamed butter, a dash of onion juice, salt, and pepper. Garnish with a border of finely chopped hard-cooked egg whites, and a thin slice of sweet pickle in the center.

CORN FRITTERS

2 c. corn — canned or fresh	1 tsp. melted fat
1 tsp. salt	$\frac{1}{2}$ c. milk
$\frac{1}{8}$ tsp. pepper	2 c. flour
1 egg	2 tsp. baking powder

Chop the corn fine and add the salt, pepper, well-beaten egg, and melted fat. Add the milk slowly. Add the sifted flour and baking powder gradually, stirring constantly. Mix well. Heat the fat to 360–370° F., or until a cube of bread will brown quickly when dropped into the fat. Try a spoonful of the batter in the fat. If it spreads, add a little more flour to the batter. Due to the difference in flour, it is impossible to tell the exact amount needed. When the right consistency is obtained, drop by spoonfuls into the hot fat and cook at least 2 or 3 minutes, or until the fritter is cooked thoroughly. Drain on unglazed paper. Serve hot with maple syrup.

MEAT GRILL

1 lb. hamburg	1 lb. sausage meat
$\frac{1}{2}$ lb. bacon	seasonings

Mix hamburg and sausage and form into oblong patties. Wrap a slice of bacon around each patty and skewer with toothpicks. Place on the rack of the broiling oven, and cook under a moderate flame until satisfactorily brown, turning occasionally so that all sides will be an even brown. Season and serve on a heated platter.

ROAST LEG OF LAMB

Wipe the meat with a clean, damp cloth and dredge with flour, salt, and pepper. Put into the roaster, pour $\frac{1}{2}$ c. of water into the bottom of the roaster, and place slices of onion on the upper side of the roast. Heat the oven to 500° F. and put the roast in uncovered for 15 minutes, basting frequently and turning when necessary. Cover and reduce the heat to 350° F. Continue roasting until meat is done — about 1 hr. or longer, depending on the size of the roast, allowing from 20 to 25 minutes per pound. Serve on a heated platter.

BROILED CHICKEN

Chickens for broiling should be cut in half lengthwise. If there is any doubt about the tenderness of the broilers, steam them for 30 minutes before broiling. To broil, rub the broilers inside and out with melted butter, and place on the rack under the flame, with the inside turned toward the heat. When the inside is browned, turn and baste the outside with melted butter. Keep doing this occasionally, to keep the skin from drying. Sprinkle with salt and pepper just before the broilers are taken from the broiling oven. Serve on heated platter or on individual heated plates.

BAKED STUFFED POTATOES

Select flat medium-sized potatoes, scrub, and bake. Remove from the oven when cooked, cut a slice from the top of each, and scrape out the inside. Mash and add:

2 tb. butter	3 tb. hot milk
$\frac{1}{2}$ tsp. salt	2 egg whites (well beaten)
	f. g. pepper

Refill shells and sprinkle with paprika. Bake in a hot oven 5 to 8 minutes. The mixture will puff up. Serve

hot. Grated cheese may be sprinkled on the top before putting the potatoes back in the oven.

FRANCONIA POTATOES

Wash and peel medium-sized potatoes and place in the roaster with the meat, about 1 hour before the roast will be done. The potatoes should be turned occasionally, so that they will brown in the gravy on all sides.

CANDIED SWEET POTATOES

6 large or 8 small sweet potatoes	1 c. brown or maple sugar
salt and pepper	$\frac{1}{2}$ c. water
	butter

Pare the potatoes and cook until about half done. Drain, cut in lengthwise strips, and arrange in a shallow greased baking dish. Spread generously with butter and pour the syrup, made by boiling the sugar and water together until the sugar is dissolved, over the potatoes. Bake in a moderate oven until the potatoes are transparent. Baste frequently with the syrup and add more syrup if necessary. Serve hot.

HARVARD BEETS

1 can of tiny beets left whole	1 c. beet liquid
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. vinegar
1 tb. flour	2 tb. butter
	salt and pepper

Melt the butter, stir in the flour, and add the beet liquid gradually, stirring constantly. Add the sugar and vinegar and season to taste. Add the beets and cook slowly 15 min. Serve hot.

NEW PEAS

Shell the peas and cook until soft in a small amount of boiling water. Season with salt, pepper, and butter, and serve hot.

AU GRATIN SPINACH

$\frac{1}{2}$ pk. spinach	1 tb. butter
$\frac{1}{2}$ lb. cheese	1 tb. flour
seasoning	$\frac{1}{2}$ c. milk

Soak the spinach in cold salted water for at least $\frac{1}{2}$ hr. Wash each bunch under the cold-water faucet, removing tough parts. Cook at a low temperature in a tightly covered kettle, using only the water which clings to the leaves. Cook until tender and drain. Make a white sauce by melting the butter and adding the flour, stirring until the mixture bubbles. Add the milk slowly, stirring constantly. Add all but $\frac{1}{4}$ cup of the cheese, which has been grated. Cook until the white sauce thickens and the cheese melts. Add the spinach to the cheese sauce, season, and place in a buttered baking dish. Sprinkle the $\frac{1}{4}$ cup of grated cheese mixed with $\frac{1}{2}$ cup buttered bread crumbs on the top of the mixture. Bake in a moderate oven until brown. Serve hot.

GRILLED TOMATOES

Wash and cut small tomatoes in half crosswise. Place cut side up on the rack of the broiler, sprinkle with salt and pepper, and put a generous piece of butter on the top of each one. Broil and serve hot.

CABBAGE AND PINEAPPLE SALAD

Shred finely a small head of new cabbage, cover with cold water, and chill. Drain and mix with an equal amount of chilled grated pineapple. Just before serving add a small amount of mayonnaise. Serve on crisp lettuce leaves and garnish with a slice of hard-cooked egg and a dash of paprika.

STUFFED PEAR SALAD

6 large halves of canned pears	lettuce
1 pkg. Philadelphia cream cheese	mayonnaise
$\frac{1}{4}$ lb. English walnut meats	

Chop the walnut meats and mix with the cream cheese. Shape into six balls. Put a ball in the cavity of each half of pear and chill. Serve on crisp lettuce with a teaspoonful of mayonnaise at the side on the lettuce leaf.

CURLY ENDIVE

Wash the endive, cover with cold water, and put in the refrigerator to chill and become crisp. Just before serving, dry with a clean tea towel and serve with French dressing.

FRENCH DRESSING

3 tb. salad oil	$\frac{1}{4}$ tsp. salt
1 tb. lemon juice	f. g. pepper
	paprika

Put all the ingredients in a bottle with a screw top or cork and shake well before using.

CLOVERLEAF ICE-BOX ROLLS

1 compressed yeast cake	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. lukewarm water	1 tsp. salt
$\frac{1}{2}$ c. scalded milk	1 c. mashed potato
$\frac{1}{2}$ c. shortening	2 eggs
	bread flour

Dissolve the yeast in lukewarm water; add the shortening, sugar, salt, and mashed potato to the scalded milk. When cool, add the yeast and mix well. Add the well-beaten eggs and sift in enough flour to make a stiff dough. Turn out on a floured board and knead well. Place in a large enough bowl to allow for rising and rub melted butter on the top of the dough. Cover tightly and

place in the refrigerator. About 1 hour before baking time, cut off enough dough for the number of rolls desired. Cut off small pieces of dough of uniform size. Roll each piece into a small ball about 1 inch in diameter and place three balls into each cup of large-size cup-cake tins which have been greased. Let stand in a warm place until the dough begins to rise. Bake in a hot oven about $\frac{1}{2}$ to $\frac{3}{4}$ hour until they are a golden brown. Remove from the oven and butter the top of each roll while hot. Serve hot.

CARAMEL LAYER CAKE

$\frac{2}{3}$ c. butter	3 c. cake flour
$1\frac{1}{2}$ c. sugar	4 tsp. baking powder
$\frac{1}{4}$ tsp. salt	2 egg whites
1 c. milk	1 tsp. vanilla

make this cake

Cream the shortening, add the sugar and salt, and cream the mixture. Sift and measure the flour. Sift the baking powder and flour together and add alternately with the milk to the sugar mixture. Beat thoroughly. Fold in the stiffly beaten egg whites and add the vanilla. Put in two large or three small layer-cake tins which have been greased. Bake in a moderate oven (375° F.) for about 30 minutes. Cool before frosting.

CARAMEL FILLING

$1\frac{1}{2}$ c. scalded milk	$\frac{1}{3}$ c. flour
caramel syrup ($\frac{1}{2}$ c. sugar)	1 egg yolk
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. vanilla

Put $\frac{1}{2}$ c. sugar in an iron frying pan, place over a low flame, and stir constantly until the sugar is melted and light brown in color. Care must be taken since this burns easily. Add the caramel syrup to the scalded milk and, when dissolved, pour gradually over $\frac{1}{2}$ c. sugar which has been thoroughly mixed with the flour. Return to the

double boiler and cook 20 minutes, stirring constantly. Add the beaten egg yolk and vanilla and cook 5 minutes, stirring constantly. Cool and spread on lower layer of cake.

CARAMEL FROSTING

1 c. brown sugar	1 c. cream or top milk
$\frac{1}{2}$ c. granulated sugar	1 tb. butter

Boil the sugar and milk to the soft-ball stage, stirring only when necessary, being careful not to scrape the sides of the pan. Cool, add the butter, and beat until thick enough to spread on the top layer and sides of the cake.

LEMON TARTS

$1\frac{1}{2}$ c. flour	$\frac{3}{4}$ tsp. salt
$\frac{1}{3}$ c. fat	cold water

Sift and measure the flour. Sift flour and salt together. Cut in fat, using two knives. Add enough cold water to make a stiff dough. Roll, cut in small circles, and place on the outside of muffin tins. Prick with a fork to prevent puffing. Bake in a hot oven. When baked and cooled, remove the shells and place on inside of tins. Fill with lemon filling.

LEMON FILLING

$1\frac{1}{2}$ c. sugar	4 egg yolks
2 c. boiling water	grated rind of 1 lemon
4 tb. cornstarch	2 tb. lemon juice
4 tb. flour	2 tb. butter

Mix cornstarch, flour, and sugar and add boiling water, stirring constantly. Cook 20 min. Add butter, beaten egg yolks, and lemon. Cook 2 min. Fill the shells.

MERINGUE

4 egg whites	4 tb. confectioners' sugar
	1 tsp. lemon juice

Beat the egg whites until light, add the sugar gradually, and continue beating until stiff. Add the lemon juice and pile unevenly on each tart. Return tarts to the hot oven for a few minutes to brown the meringue. Serve cold.

BAKED ALASKA

Vanilla ice cream	4 egg whites
Sponge cake	4 tb. powdered sugar

Fill a melon mold with vanilla ice cream, pack, and freeze very hard. Just before serving time, beat the egg whites until light, add the powdered sugar, and beat until light and dry. Unmold the ice cream and place the flat side on a sponge cake about 1 inch thick, which is on a board. Trim the cake to within about $\frac{3}{4}$ inch of the ice cream. Cover every bit of the ice cream with the meringue, being careful to spread the meringue down to the cake. Slide the board into a hot oven for a few minutes to brown the meringue. Place on a serving platter and serve immediately. Individual Baked Alaskas may be made in the same way.

SPONGE CAKE

3 egg whites	2 tsp. lemon juice
3 egg yolks	1 c. cake flour
1 c. sugar	$1\frac{1}{2}$ tsp. baking powder
1 tb. hot water	$\frac{1}{4}$ tsp. salt

Sift sugar and flour before measuring. Beat egg whites until stiff and beat in one half the sugar. Beat egg yolks until light and lemon colored, beat in gradually the other half of the sugar, and add the lemon juice and hot water. Combine the mixtures. Mix and sift the dry ingredients, and cut and fold into the egg-and-sugar mixture. Do not beat, to avoid breaking air bubbles. Pour into a shallow, oblong, ungreased pan and bake 35 minutes in a moderate oven (350° F.).

VANILLA ICE CREAM

1 qt. light cream	1½ tsp. vanilla
¼ can sweetened condensed milk	f. g. salt
¾ c. sugar	

Combine the ingredients and freeze in a mechanical freezer.

DEMI-TASSE

Use three level tablespoons of freshly ground coffee for every cup of water. Each cup of water will make two servings. Follow the directions for percolated coffee. Serve hot in small cups without cream and sugar.

Table decorations should be simple and in keeping with the occasion. There are no set rules. The hostess may express her originality and artistic ability. A lovely lace banquet cloth or a smooth, snow-white, glossy linen cloth gives a rich background for a formal occasion. Colored linens are lovely for informal meals, especially breakfasts and luncheons. Polished silver, carefully arranged, gives a feeling of rhythm to the appearance of the table.

Colored glass may be used to carry out a definite color scheme. It is possible to buy glassware in beautiful colors which are cheerful and gay. It is suitable to use for informal meals.

White glassware is more standard and is always in good taste. Clear glass, polished so that it sparkles, is a decoration in itself. White glass is more formal than colored glass.

China with a simple pattern is suitable for all occasions. Peasant pottery and gay, colored china are attractive for breakfast and luncheon. Decorative service plates give a note of distinction to the formal dinner table.

The centerpiece should be low and arranged attractively. Cut flowers and plants are always preferable to artificial flowers. Flowers may be used to carry out the

color scheme. An artistically arranged bowl of ripe, fresh fruit may also be used for a centerpiece.

Candles and candlesticks may be used to carry out the color scheme. The candlesticks of silver, glass, or pewter may be a decoration by themselves, but they should never be used on the table unless the light is dim enough to necessitate lighting the candles. Candlelight is soft and flattering. Have you ever noticed how people's cheeks flush and eyes sparkle in candlelight?

Bonbons, candies, and salted nuts in attractive large or individual containers may also be part of the table decoration.

The comfort and convenience of the members of the family and their guests should be the foremost consideration at mealtime. The place where the meal is served plays an important part in the enjoyment of that meal. Almost every house has a dining room planned and furnished for use at mealtime. Some families prefer to have their meals in the large, cheerful kitchen near the warm fire on dark fall evenings or cold winter mornings, when the dining room is chilly and uninviting. In modern families where there are no servants and the mother must get the father and the children off to work and school early in the morning, the breakfast nook or room has become very popular. There is also a feeling among some people that, since the dining room is used only about three hours a day for serving meals, the space allowed in the small, modern house or apartment for this room is not being used wisely. As a result, many houses and apartments now have a living-dining room, one large room used for both purposes.

Regardless of where the meal is served, the room should be attractive, well ventilated and lighted. The chairs should be placed at each cover with the front edge even

with the edge of the table, in order that the guests and members of the family may seat themselves with little or no moving of the chairs. The gentleman should assist the lady at his right to be seated.

The hostess sits at the foot of the table, facing the kitchen or butler's pantry door, so that she may signal to the person who is serving and tell her when to enter the dining room to remove dishes and serve the following course. The host sits at the head of the table. A lady guest of honor sits at the right of the host. A gentleman guest of honor sits at the right of the hostess.

A good hostess knows the correct method of table setting. A silence cloth or pad is used to protect the table. Extra hot-dish pads may be placed in front of the host for hot serving dishes. The table cover should be placed with the center crease in the exact center of the table. The opposite sides should hang evenly, and the ends should not touch the floor. If doilies or runners are used, they should be placed in a line even with the edge of the table.

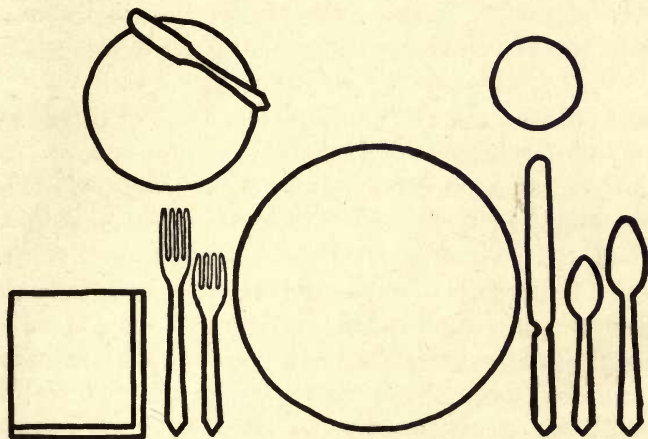
The individual cover includes the necessary silver, china, glass, and napkin for one person. It is usually from twenty to twenty-five inches in length and from fifteen to sixteen inches deep.

The plate, silver, and napkin should be placed one inch from the edge of the table. Only silver necessary for the meal should be placed on the table. The silver is placed in the order in which it is to be used, with the silver for the first course farthest from the plate.

The knife is placed at the right of the service plate, with the cutting edge turned toward the plate. The butter knife is placed diagonally across the bread-and-butter plate, with the handle pointing toward the service plate. The teaspoon is placed at the right of the knife. The

soup spoon is placed at the right of the teaspoon. The dessert spoon is placed on the table with the dessert course, at the right of the dessert plate.

The salad fork is placed at the left of the service plate. The dinner fork is placed at the left of the salad fork. If the salad is served as a separate course, the salad fork is still placed at the left of the service plate with the dinner fork at its left. If an oyster or cocktail fork is needed,



it is placed at the left of the outside fork. The dessert fork is placed with the dessert course at the right of the dessert plate.

If at a bridge or evening party the only silver necessary is a fork and a spoon, the fork is placed at the right of the plate with the spoon at its right.

The service plate is placed directly in front of the person. The bread-and-butter plate is placed at the tip of the dinner fork. The cup and saucer is placed at the right of the spoons. The salad plate is placed at the left of the fork, when there is a cup and saucer, or at the right

of the spoons when there is no cup and saucer. When the salad is served as a separate course, the plate is placed directly in front of the person. The water glass is placed at the top of the knife. The napkin is placed at the left of the forks or the salad plate, if there is one, with the open corners toward the plate.

Special accessories, such as place cards and nut cups, are placed in the center of the cover above the service plate. The carving set and serving spoons should be placed so that they are convenient to use. The large fork is placed at the left of the hot-dish pads, and the carving knife at the right. The large serving spoons are placed at the right of the carving knife. Small serving silver, such as the sugar spoon, jelly server, olive spoon, or pickle fork, are placed at the right of the dish with which they are to be used. Jelly and relish dishes and large salt and pepper shakers are placed on the table so that they give a feeling of balance. Individual salts and peppers are placed at the top of the service plate. Care in setting the table neatly and carefully is essential. The result justifies the time and patience expended.

The three types of table service are English, Russian, and Compromise. In the English service all the food is served at the table. The host serves the main course. The serving dishes of food are placed for his convenience. The plates are piled in front of him. He carves the meat and places the food on each plate. Some member of the family may assist him with the serving of the vegetables. The plates are passed first to the hostess and then to the members of the family, in the order of their seats at the table, first down one side and then the other.

The hostess serves the salad, dessert, and beverage. Food such as bread, jelly, and relishes are passed at the table. There is no necessity for any member of the

family to leave the table except to replenish serving dishes with hot food in the kitchen, to remove soiled dishes, and refill water glasses between courses.

A maid is not necessary for this type of service, but may be employed to set the table, to place food, and to remove dishes between courses.



Courtesy of The Mayfair, Inc., Interior Decorators

A FORMAL DINNER TABLE

Russian table service is the opposite of English service. In this type everything is served from the kitchen. Russian service is used at formal meals when table service is almost a ceremony. A formal meal is made up of several courses, and each course has its particular form of service.

The first courses of a formal meal are called appetizers; the foods served are to stimulate the appetite. Appetizers may be canapés, cocktails, hors d'oeuvres, or soups.

Canapés are served on plates and eaten with the fingers. They may be served before the meal in the living room to accompany a liquid cocktail, such as tomato juice, or they may be served at the table.

Cocktails may be made of fish, fruit, or liquid. Fish cocktails, such as crab meat, lobster, and shrimp, are served in a cocktail glass on a small plate on the service plate. Oyster and clam cocktails may be served on the half shell on a plate on the service plate. Fish cocktails are eaten with a small fork.

Fruit cocktails most often are served in cocktail glasses, or in the fruit shell on a small plate, or in a bowl of cracked ice on a small plate on the service plate. They are eaten with a spoon.

Liquid cocktails are served in small glasses, and are usually passed on a tray in the living room, or served at the table on a small plate, or in a bowl of cracked ice on a small plate on the service plate.

Hors d'oeuvres are served on a small plate on the service plate, and are eaten with a fork.

Soups may be served in bouillon cups, cream-soup cups, or soup plates. Bouillon cups and cream-soup cups are served on a saucer on the service plate. The soup plate is placed on top of the service plate. There are bouillon spoons, cream-soup spoons, and soup spoons, each to be used with the soup cup or plate of the same name. When the soup plate is removed, the service plate is removed with it, and the plate for the fish course is placed. In formal service, from the setting of the table until the table is cleared for dessert, there must always be a plate at every cover.

The fish course is served between the appetizer and the main course. A small portion of fish, either hot or cold, is served, usually accompanied with either a hot or cold sauce. The fish is eaten with a fork.

In the main course the meat or poultry is carved in the kitchen and placed on heated dinner plates. The vegetables are served by the maid and placed on the dinner plate with the meat. Bread may be served in the form of rolls. Butter is not served at a formal meal.

The salad course follows the main course. It is served on a salad plate and eaten with a salad fork.

The table is completely cleared of everything, except bonbon and nut dishes, before the dessert is served. It is also crumbed at this time. A folded napkin is usually used for this, because silver crumb scrapers are difficult to use on lace or embroidered cloths.

Frozen desserts are the most popular conclusion of a formal meal. They may be served on dessert plates, or in sherbet glasses on small plates. Frozen desserts are usually eaten with a spoon, but hard frozen mixtures, such as brick ice cream, may be eaten with a fork.

Puddings may also be served for dessert. They may be served on plates, in sherbet glasses, or in sauce dishes on small plates. Puddings are usually eaten with a spoon, but some steamed puddings are eaten with a fork.

Pastry may be served for dessert at a formal meal. It is served on a dessert plate and eaten with a fork.

Sometimes there is a course following the dessert course. A clean plate is placed when the dessert plate is removed. Then attractively arranged trays of crackers and cheese, bowls of fresh fruit, and nuts may be passed by the maid. Cheese and crackers are served on the clean plate. The cheese is spread with a small knife on the crackers which are eaten with the fingers. The fruit is cut and peeled

with a small knife, and eaten with the fingers. Nuts should be cracked with nut crackers, and eaten with the fingers. Mints and bonbons are passed and eaten with the fingers.

Finally the fruit plate is removed and a glass finger bowl and plate are placed.

Black coffee, served in demi-tasse cups with coffee spoons, is usually served when the guests return to the living room rather than at the dining-room table.

As you can see, the services of a maid are necessary for Russian table service. She should be quiet, thoughtful, well trained, and have a neat appearance. The maid should serve and remove everything from the left, except the beverages. Food that is passed should be presented at the left so that the person may use the right hand to serve himself. It should also be held low enough so that it is comfortable for the person serving himself. The maid should serve the guest of honor first; then each person at the guest's right, in the order of seating, serving the hostess and host last. If there are two maids, one starts at the head of the table and the other at the foot, each proceeding to her right. As a rule, one maid can serve from four to six people without necessitating any awkward waiting.

The water glasses are filled just before the meal is served and are refilled between courses when necessary. Glasses should be drawn to the edge of the table to refill, and should be returned to the original position without being lifted from the table. The maid should avoid touching the rim of the glass. Glasses should be filled three-fourths full. A napkin should be used to catch any drops at the lip of the pitcher.

A hostess should not attempt to serve a formal dinner unless she knows how to do it correctly, and has the neces-

sary linen, china, glassware, and silver. It is also essential to have the required amount of trained help. A simple, informal meal, well served, is much more hospitable than an unsuccessful attempt at formality.

✓ **Compromise table service is a combination of English and Russian.** The main course is served English style. The soup and salad are served Russian style. The salad may be served with the main course or as a separate course, as desired. The dessert and beverage may be served in either English or Russian style, as the hostess prefers. The services of a maid may be used, but are not necessary. Compromise and English service create a more friendly atmosphere, because of their informality, than Russian table service.

The daughter or son of the family should assist with setting the table, serving from the kitchen, and clearing the table, when there is no maid. You may assume the following responsibilities to assist your mother :

1. Set the table.
2. Fill the water glasses just before the family is seated.
3. Cut the bread and place it on the table just before the meal is served.
4. Cut the butter and place it on the table just before the meal is served.
5. Place the chairs.
6. Put the food in serving dishes and place it on the table.
7. Assist Father with the serving.
8. When every one is finished and Mother gives the signal, remove the dishes from the table in the following order :
 - a. Serving dishes first.
 - b. Hot pads.
 - c. Salts and peppers.

- d. Dishes from each individual cover, starting with Mother.
1. Everything is placed and removed from the left except the beverage, which is placed and removed from the right.
 2. The plate is removed with left hand and placed in right hand so that the thumb holds the knife and fork in place.
 3. The bread and butter plate is removed with the left hand and placed on the large plate.
 4. The salad plate is removed with the left hand and all three dishes carried to the kitchen.
 5. Dishes should never be stacked in front of the person at the table.
 6. Remove everything from one cover before proceeding to the next.
 7. Clear the table completely before serving the dessert.
 8. If necessary, the table may be crumbed before the dessert course.
 9. The beverage may be served with the main course or with the dessert course.
 10. The family waits until every one is finished before leaving the table.
 11. The table is cleared after the family has left the table.

Good table manners, taught in childhood and practiced every day at home as well as in public, become a habit which will be a social asset in adult life. Mealtime should be a social gathering of the family and guests, when the pleasant events of the day are discussed. There should be a feeling of relaxation and enjoyment. The conversation should include all members of the family. The parents should set a standard for neat appearance

at the table and promptness at meals, and should insist that the children follow their example.

The following points of everyday etiquette should be observed by all members of the family :

~~1.~~ All members of the family should be seated at the same time.

2. The older boys of the family should assist the mother and guests to be seated.

~~3.~~ Always sit down and rise from your chair at the left side, to avoid confusion.

4. The chair should be adjusted quietly, and with the intention of securing good posture.

5. To obtain good posture sit erect at the table, but not stiffly. Do not lean on the table.



6. The napkin is taken from the table with the right hand and drawn across the knees, unfolding it halfway. It should never be unfolded above the table.



~~7.~~ The family should wait until every one is served before beginning to eat.

8. Use the silver in order, beginning at the outer edge of the cover.

9. The soup spoon should be dipped away from the person. There is less danger of the spoon dripping in this way.

10. The soup dish should not be tipped to get the last few drops.

11. Crackers and bread should not be broken into the soup.



12. Soup should be eaten quietly.

13. If the soup is served in a soup plate, leave the spoon in the plate when finished.

14. If the soup is served in a bouillon cup, leave the spoon on the saucer when finished.

15. When eating fish, try to avoid getting bones in the mouth.

16. It is correct to remove fish bones from the mouth with the fingers, when necessary.

17. If you are asked, and if you have a preference for a particular cut of meat, you should state it.

18. You should anticipate the wants of your guests before they are obliged to ask.

19. Ask for things to be passed to you rather than reaching for them.



20. When cutting food, hold the knife firmly in the right hand with the palm over the handle, and the forefinger running along the back of the blade close to the handle; hold the fork prongs down in the left hand with the palm over the handle, and the forefinger down the handle.

21. When not in use, the knife is placed diagonally across the upper right edge of the plate, with the cutting edge turned in toward the center of the plate.

22. When eating, the fork is transferred to the right hand, prongs upward.



23. Do not cut more than one mouthful at a time.

24. When passing the plate for a second helping, the knife and fork should be placed parallel on the plate.

25. When finished, the knife and fork are placed parallel across the upper right edge of the plate.

26. Never allow the handle of the knife or fork to rest on the table.

27. Never talk with food in your mouth.

28. Never talk with food on your fork or spoon suspended in mid-air.



29. Never gesticulate with your knife or fork.



30. Avoid playing with the silver.

31. Bread should be taken from the bread plate with the fingers, and placed on the bread-and-butter plate.

32. Small pieces of bread should be broken off and buttered when needed.

33. Bread should be held with the fingers on the bread-and-butter plate when being buttered.

34. Use your hands alternately, except when cutting. When one hand is in use, the other should rest in your lap.



35. Use your fingers to serve yourself with olives, celery, radishes, and salted nuts, except when a special spoon is provided.

36. Olives, celery, radishes, and nuts are eaten with the fingers.

37. Olives, celery, and radishes are placed on the bread-and-butter plate.

38. Jams, jellies, and marmalades may be placed either on the main plate or the bread-and-butter plate, according to the food they accompany.

39. Salad is eaten with the fork, preferably a salad fork.

40. Lettuce should never be cut with a knife, but with the side of the salad fork.

41. The salad fork should be left on the salad plate when finished.

42. When pastry is finished, leave the fork on the plate.

43. When ice cream or pudding is served in sherbet

glasses or cups, leave the spoon on the plate underneath the glass or cup when finished.

44. Use the spoon provided when serving yourself with sugar.

45. The spoon is used for stirring and tasting a beverage.

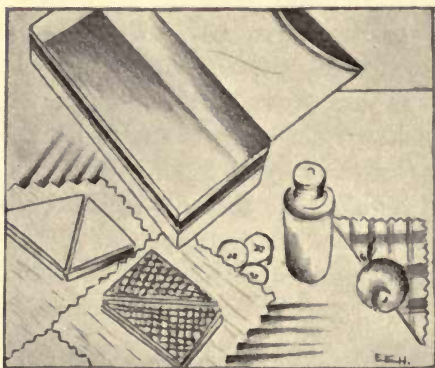
46. When the beverage is satisfactory to taste, place the spoon on the saucer.

47. If the beverage is too hot, allow it to cool in the cup.

48. Drink the beverage quietly.

49. When using a finger bowl, dip the tips of the fingers into the water one hand at a time and brush lightly over the lips. Touch the napkin to the lips and gently dry the fingers.

50. If you are a guest for one meal, the napkin is placed unfolded on the table when the meal is ended.



THE SCHOOL LUNCH BOX

51. If you are a member of the family or a guest for more than one meal, the napkin is folded and laid on the table when the meal is ended.

The school lunch should be appetizing and nourishing, and should supplement the other two meals

of the day. For this reason, it should be given careful consideration. Lunch boxes frequently contain too high a protein or carbohydrate content. This should be avoided if possible.

The appearance of the school lunch is an important

point in its appeal to the child. It should be appetizing and neat, and contain occasional surprises. The foods included should be varied from day to day, but the lunch should not include too many foods at one time. The following are the types of foods which may be packed in a lunch, and from which the menu may be chosen: sandwiches, salads, stuffed eggs, cheese, cold meats, relishes, fruit, sweets, and beverages.

The container for the lunch may be of various types. It is possible to buy lunch boxes, divided into special compartments, which are interesting, but expensive.

Metal boxes may be purchased, or metal candy boxes may be appropriated for this purpose. These keep the food in good condition. Metal boxes require frequent scalding and airing. Pasteboard boxes keep the food in good condition, and may be discarded at the end of the meal.

Some boys and girls refuse to carry a box for lunch, and insist on taking their lunch in a paper bag or package. This is the least desirable way to carry a lunch, as the kind of food which can be packed in this way is very limited, because it will not keep in good condition. You must decide which you prefer.

Sandwiches are usually the main part of the lunch-box menu. They should be made from bread that is one day old. It should be cut thin and even. It is unnecessary to trim the crusts for these sandwiches. The butter should be creamed, so that it will spread without tearing the bread. Butter flavors the sandwich, and keeps the bread from absorbing moisture from the filling. Sandwiches are better if they are made on the day on which they are to be eaten.

Sandwiches may be varied by the kind of bread and filling used. White, whole-wheat, rye, graham, and

raisin breads are all good. Orange and nut quickbreads make tasty sandwiches. Sandwich fillings may be protein, such as meat, egg, fish, or cheese; sweet, such as jelly, jam, marmalade, or chopped dried fruits; vegetable, such as lettuce or vegetable mixtures; and prepared fillings, such as peanut butter and sandwich spreads. Sandwiches should be cut in convenient sizes for eating.

Cakes and cookies for the lunch box should be the kind that pack well. This is true of almost any kind of cooky. Cup cakes, drop cakes, and loaf cakes, which do not have rich icing and can be eaten from the fingers, are the most satisfactory kinds of cake.

Fruits add moisture to the meal, and give variety of flavor and texture. Oranges, apples, and bananas are favorites. Any fruit in season, that packs well, is suitable for a lunch. Canned fruit may be packed in a small glass container with either a screw or clamp top.

When possible, beverages, such as milk, chocolate milk, or fruit juices, should be included.

There are several commercial products on the market which aid in packing lunches. If you are packing your own lunch, you should know about them. Waxed paper wrapping will keep sandwiches, cookies, cake, fruit, vegetables, eggs, cheese, cold meat, and relishes in good condition for several hours, and will also keep the flavor and odor of one food from affecting another. Waxed-paper cups are intended for drinking purposes, but they may also be used for packing salads, relishes, and stuffed eggs. Small paper cups may be used for baking cup cakes. Glass containers with screw or clamp tops may be used for salads, relishes, stewed fruits, and beverages. Thermos bottles are excellent for carrying hot soups, and hot or cold beverages. Napkins, either of paper or cloth.

should be included. They improve the appearance of the lunch, and can be used for a table cover when eating, as well as for a napkin.

SUGGESTED MENU FOR A LUNCH BOX

Orange Quickbread Sandwiches with Orange and Grapefruit Marmalade Filling

Whole Wheat Bread with Egg Filling

Apple

Date Bars

Milk

RECIPES

ORANGE QUICKBREAD

2 c. flour	2 tb. shortening
$\frac{1}{2}$ c. sugar	1 egg
4 tsp. baking powder	1 egg yolk
1 tsp. salt	1 c. milk
3 tb. butter	$\frac{1}{4}$ c. grated rind of orange

Mix and sift the flour, sugar, baking powder, and salt. Add the grated orange rind. Work in the fat, using the tips of the fingers. Add the egg and egg yolk, well beaten, and the milk. Beat thoroughly and turn into a greased bread pan. Let stand 25 min. and then bake in a moderate oven (350° F.) 40 min. Slice for sandwiches when cold.

EGG FILLINGS

Variations — hard cooked 12-15 minutes
eggs

1. 2 eggs, chopped fine, $\frac{1}{2}$ c. chopped celery, $\frac{1}{4}$ c. chopped stuffed olives, and $\frac{1}{4}$ c. chopped walnut meats mixed with 1 tb. mayonnaise.
2. 2 eggs chopped fine, 2 tb. minced celery, $\frac{1}{4}$ c. chopped anchovy, and 1 tsp. minced onion mixed with 1 tb. mayonnaise.
3. 2 eggs chopped fine, 2 tb. minced pimento, $\frac{1}{4}$ c. grated cheese mixed with 1 tb. mayonnaise.

DATE BARS

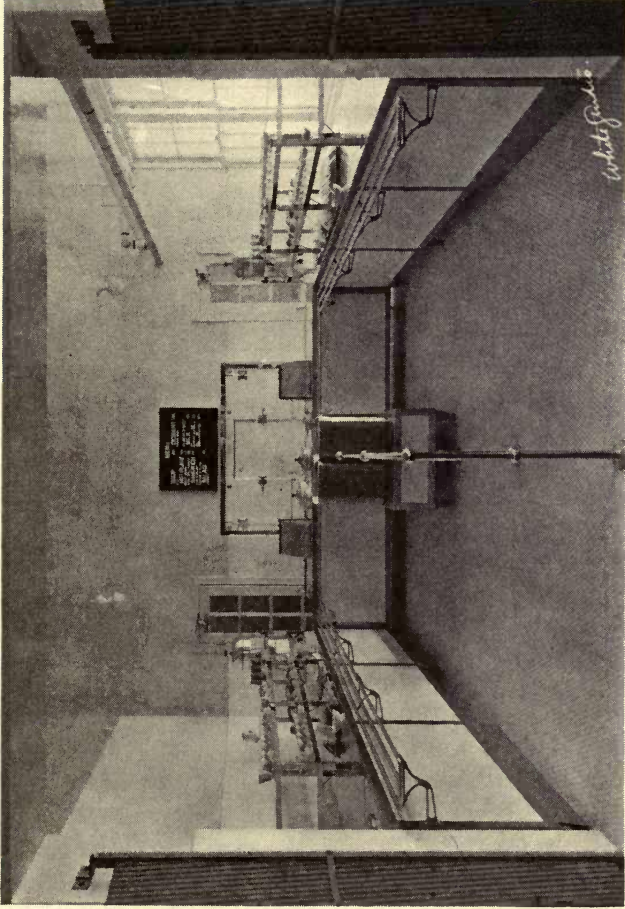
1 c. brown sugar	2 eggs
1 tb. butter	1 tb. hot water
$\frac{1}{2}$ tsp. salt	1 pkg. pitted dates
1 tsp. baking powder	$\frac{1}{2}$ c. chopped walnut meats
	1 c. flour

Cream sugar and butter. Sift together the salt, baking powder, and flour. Add the hot water to the eggs and beat thoroughly. Add the liquid and dry ingredients alternately to the butter and sugar. Cut the dates in small pieces, mix with the nut meats, and add to the mixture. Bake in a shallow greased pan in a moderate oven for 25 to 30 min. Let stand until cool and cut in finger-like strips. Roll in powdered sugar, if desired.

Sometimes it is possible for the children to prepare or purchase part of their lunch in school. In rural schools the teacher and pupils sometimes prepare a hot dish or beverage in the schoolroom during the winter months. This is an excellent idea, and is much more healthful than a cold lunch at this time of year. These supplementary foods should be planned far enough ahead so that the mothers of the district can pack the children's lunches to go with the supplementary foods.

In larger schools, where there are cafeterias, it is possible for the child to select from the foods offered for sale some food to supplement his lunch brought from home. Different foods have a standard price, and the mother should know how much money to give her child to buy whatever food is necessary, a hot dish or a beverage.

Children should learn to select foods wisely from a cafeteria menu. They should think of it from the standpoint of food value received for money spent. The following is a typical menu and price list from a public school cafeteria:



A SCHOOL CAFETERIA COUNTER SET UP WITH APPETIZING FOODS READY FOR
THE NOON-HOUR RUSH

White Plains

MENU

SOUP	
Vegetable	\$.05
MAIN DISH	
Spanish Rice	
Buttered Peas	.10
SALAD	
Stuffed Prune	.10
SANDWICHES	
Peanut Butter — Whole-Wheat Bread	.05
Minced Ham and Pickle — White Bread	.05
BREADS	
Rolls (each)	.03
Butter	.01
Crackers (three)	.01
DESSERTS	
Apricot Whip	.08
Ice Cream (plain)	.05
Ice Cream (with sauce)	.08
BEVERAGES	
Milk	.05
Chocolate Milk	.05
Cocoa	.05

With the above menu, a lunch from home could be supplemented with hot soup for five cents, or hot cocoa or milk for five cents. A substantial lunch of hot soup, sandwich, and chocolate milk could be purchased for fifteen cents. The main dish, a roll and butter, plain ice cream, and hot cocoa could be purchased for twenty-four cents.

There are advantages and disadvantages in all of the types of school lunches mentioned. The lunch box packed at home is more economical; the mother knows what the child is getting for lunch; and the child's likes and dislikes can be considered to a certain extent. But

a cold lunch is not good for a child in cold weather. It may be inconvenient for the mother to pack a lunch every day. It may be difficult for the child to carry it, in addition to his school books. Unless the lunch is varied frequently, the child may grow tired of eating the same foods every day.

When the lunch from home is supplemented with a hot dish or beverage prepared in school, it is possible to get a more nutritious and varied lunch. But unless the mother knows what the hot dish is going to be, and plans her child's lunch accordingly, the two may not go well together.

School cafeterias have many good points. They are usually planned and managed by trained people, who understand children and know their food habits and needs. Eating in a public place under supervision is good social training for children. The atmosphere is pleasant and the food is wholesome. Most cafeterias are not run to make any money, and therefore the food can be sold to the children at a low price. Of course, this low price may be too high for some children, and they may find it cheaper to carry a lunch from home. Unless the children have some instruction in selecting a balanced lunch from a varied menu, it is possible for them to select a combination of foods which might not give them the best value for the amount of money spent. Some children have an abnormal desire for sweets. Their idea of a good lunch might be a sugar bun, a dish of ice cream, and a chocolate bar. You know what is wrong with that lunch. Can you help other children to select their lunches?

The picnic lunch has become increasingly popular with the coming of the automobile. Picnic lunches may be prepared at home before the picnic, or out-of-doors at the place selected for the picnic. The former type usually

includes sandwiches, salads, fruit, cookies or cake, a beverage, and other picnic favorites, such as pickles, olives, stuffed eggs, celery, and fresh tomatoes. This type requires time and thought in preparation and packing.

The latter type is probably the most popular. Do you like to cook over an open fire? There is something fascinating about it for most people. The equipment for an outdoor meal may be elaborate and expensive, such as a gasoline stove and a leather picnic case fitted with dishes and silver, with special food compartments, or it may be improvised from utensils and dishes in the home. This type means less work for one individual. Every one can assist in the preparation of the meal. Can you plan a picnic lunch for your family?

The methods of food preservation have undergone drastic changes within the last few years, due to the new ideas of refrigeration. Food is spoiled by the growth of microorganisms more commonly known as yeasts, molds, and bacteria. We are chiefly concerned with the latter. Bacteria need food, moisture, and warmth in order to grow and multiply.

Foods may be preserved by removing one of these essentials. Dried foods will keep, because the moisture has been removed. Fruits, milk, eggs, meats, and vegetables are dried to preserve them. This is an inexpensive method of food preservation.

Foods may be kept in cold storage for a considerable length of time, because warmth, one of the essentials of growth, has been eliminated. Commercial cold storage makes it possible for you to have fresh fruits and vegetables all year. Cold storage in the home is more temporary. The modern housewife keeps all perishable foods at a temperature above freezing, in order that her

family will not run the risk of eating slightly spoiled foods. This is much more healthful for the family.

The latest developments in modern refrigeration are the new frosted and frozen foods. Several commercial brands are on the market, and food authorities are predicting a big future for this type of preserved food. The foods are purchased from the farmer when they are at their best. They are packed in sealed containers under the highest sanitary conditions, and frosted or frozen at a temperature below zero. In this way the best cuts of meat, fresh fish and poultry, ripe fruits, and vegetables can be purchased, wrapped in convenient packages. They are never allowed to thaw until they are delivered to you. The cost of these foods may seem high to you, but there is little or no waste. They are the nearest to fresh foods of any preserved foods.

Canning is the most popular method of food preservation. The bacteria are killed during the canning process. In all other methods of preservation, the increase of bacteria is inhibited by the removal of one of the essentials for growth. Commercial canning is a growing industry. High standards of canning have been developed, which are hard for the home canner to attain. There is a great variety of commercially canned foods on the market.

Canning in the home is decreasing. Except when a good crop of garden products is prepared for future use, canning is not economical. It costs as much to buy food and can it, considering the time and energy necessary, as it does to buy commercially canned foods in large quantities. But some people prefer the flavor of home-canned foods.

Food may be canned by the open-kettle or cold-pack method. In the open-kettle method, the food is cooked

in a kettle, put in sterile cans, and sealed immediately. In the cold-pack method, the food is packed in cans and partially sealed. Then the cans are placed in a water bath to be cooked and sterilized for a definite length of time, depending on the food. Finally the cans are removed from the water and sealed.

Foods may also be kept by using preservatives. These form an unfavorable medium for the growth of bacteria. Jams and jellies will keep because of the concentrated sugar present. Pickles, olives, cabbage, and meats will keep in a concentrated salt solution. Pickles will also keep in a concentrated solution of vinegar and salt. Ham and bacon are preserved by smoking.

“Intelligent marketing” means the securing of the best value for the money spent. It does not mean buying inferior food because it is cheap. We have already discussed the food budget and the necessity of keeping within the money allowed. In order to do this, it is necessary for the mother to be an intelligent buyer.

In unit two we discussed the variety of stores, vendors, stands, and markets from which the modern housewife may purchase her food supply. She must choose her places to buy food from those which her community has to offer. She should consider the sanitary conditions under which the food is kept and offered for sale and the cleanliness of the store and clerks. She should also think of the reliability of the dealer, the quality and variety of the food offered, and the cost in relation to the family budget. You will learn a great deal if you accompany your mother on these shopping expeditions.

The modern housewife should know that there are pure food laws which were made during President Theodore Roosevelt's administration. They were made to insure the purity of foods, and to protect the consumer from

fraud. It is against the law to add any harmful preservatives or dyes to the foods. The net contents of canned goods must be printed on the label, and the addition of any preservatives or coloring matter must be noted. It is against the law to have cleverly worded statements which conceal the true contents and mislead the consumer. These laws are constantly being amended to meet modern conditions. They are enforced rigidly. You and your family are safeguarded as a result.

A knowledge of the terms used in connection with commercially canned foods will be helpful to the housewife. Canned foods for home use are graded according to quality. The term "fancy" indicates a superlative quality of fruits or vegetables selected for size, color, shape, and ripeness. The term "choice" indicates a fine grade. The fruits are not so carefully selected as for the fancy grade. The term "standard" applies to a medium grade of fruit or vegetable. The standard grade is the least expensive and contains as much food value, but the appearance is not perfect. This grade is used for all ordinary occasions.

There are standard requirements for the size of cans and the approximate contents and weight.

TABLE OF STANDARD REQUIREMENTS

SIZE OF CAN	APPROXIMATE CONTENTS	APPROXIMATE WEIGHT
$\frac{3}{4}$	1 cup	8 oz.
1	$1\frac{1}{8}$ cups	10 to 16 oz.
2	$2\frac{1}{2}$ cups	18 to 20 oz.
$2\frac{1}{2}$	$3\frac{1}{2}$ cups	28 to 30 oz.
3	4 cups	32 to 36 oz.
5	7 cups	3 lbs. 12 oz. to 4 lbs. 2 oz.
10	13 cups	6 lbs. 4 oz. to 6 lbs. 14 oz.

You can check the canned foods your mother buys, and tell the number of the can from the number of ounces printed as the net contents on the label.



STANDARD SIZES OF CANNED GOODS

Showing from left to right numbers 10, 5, 3, 2 $\frac{1}{2}$, 2, 1, and 8 oz.

BASIC RULES FOR MARKETING

1. Make your menus and market orders for several days at one time.
2. Personal marketing is preferable to ordering over the telephone, except for trade-marked brands.
3. Know where the trade-marked brands and regular staples may be purchased at the least cost.
4. Make sure of the price before giving an order.
5. Buy by weight and watch the scales.
6. Buy only as much as you can use to good advantage.
7. Check your grocery bills.
8. Inspect meats, fruits, and vegetables before buying, but do not bruise fruits and vegetables by handling.
9. Buy fruits and vegetables in season.
10. If possible, buy canned goods by the dozen.

11. Nationally known brands are usually reliable.
12. Package food is more sanitary than food in bulk.

Careful planning of meals and their preparation will save the homemaker time and energy. Menus should be



Courtesy of Good Housekeeping Institute

CONVENIENT PLACING OF SUPPLIES AND EQUIPMENT CONSERVES
THE TIME AND ENERGY OF THE WORKER

planned to fit the time possible for preparation. It is not wise to include in one meal several foods which require special preparation.

It is a good idea to have a list of staple supplies and to check each staple as the supply begins to get low. Then the food can be reordered before the supply is exhausted. It will also be convenient to have a kitchen pad and pencil

for the purpose of writing down supplies needed. In this way the order list will be accurate.

The following schedule is suggested for working in the kitchen most efficiently :

1. Read the recipe through carefully before beginning to work.
2. Assemble all supplies and utensils before beginning to work.
3. Use as few utensils as possible.
4. Use each utensil for the purpose intended.
5. Some foods may be prepared the day before, or on the morning of the day they are to be used ; for example, salads or desserts.
6. Vegetables may be cleaned and put in the refrigerator ready for use.
7. Foods which require the longest time for cooking should be started first.
8. Dishes used in preparing food may be washed before the meal is served, while other foods are cooking.

OBJECTIVE TEST

Fill in each of the spaces below with one word which will make the statements read sensibly and be true.

1. The health of each member of the family depends to a large extent on the careful planning of the ____.
2. When planning meals, you consider the needs of the family as determined by ____, weight, occupation, sex, and climate.
3. ____ in texture makes meals more attractive.
4. The food ____ should allow more for fruits, vegetables, milk, and eggs than for meat and sweets.
5. Fats and fried foods should be used ____.
6. A light dessert should follow a ____ meal and the more hearty desserts should follow a ____ meal.
7. ____ have a definite place at the beginning of the American breakfast.

8. ____ is called the nearly perfect food.
9. Bottled milk is more ____ than milk dipped from milk cans into an uncovered pail or pitcher.
10. Chocolate has a higher ____ content than cocoa.
11. Cereals are an excellent source of ____.
12. Eggs are an excellent source of growth protein and ____.
13. In order to insure accuracy when following a recipe, all measurements must be ____.
14. ____ means mashing and beating with a spoon until the mixture is of a soft consistency.
15. ____ is cooking until brown in a shallow pan containing a small amount of fat.
16. Main-course luncheon dishes may be meat ____ or meat ____.
17. Cakes are divided into two classes, those made with and those made without ____.
18. Too much ____ will make pie crust crumble.
19. Soups are usually of two kinds, those made with and those made without ____.
20. ____ is made from the outer coatings of the wheat grain.
21. A lady guest of honor should be seated at the ____ of her host.
22. The individual ____ includes the necessary silver, china, glass, and napkin for one person.
23. The three types of table service are ____, ____, and ____.
24. Bacteria need moisture, warmth, and ____ in order to grow and multiply.
25. Bacteria, yeasts, and molds are classified as ____.
26. The methods of food preservation have undergone drastic changes within the last few years, due to the new ideas of ____.
27. The two methods of canning in the home are the ____ ____ and the ____ ____ methods.

On a separate piece of paper indicate the numbers of the following statements that are *right*.

1. Tea and coffee are good beverages to serve to the whole family.

2. All coffee pots should be thoroughly washed and rinsed each time after using.
3. Tin teapots are the most desirable for making tea.
4. Cereals purchased in packages are more expensive and more sanitary.
5. Quickbreads are so called because they can be made quickly.
6. Eggs should be cooked quickly at a high temperature.
7. Baking is cooking in dry heat.
8. Frying is cooking by means of immersion in deep fat.
9. Dinner is the heaviest meal of the day and may be served at noon or in the evening.
10. Boiling is the best method for vegetable cookery.
11. Too much handling while making will make pie crust tough.
12. Meat is a good source of growth protein and producer of energy.
13. Tough meat comes from the parts of the animal that get the most exercise.
14. Tender cuts of meat are more expensive and therefore more nutritious.
15. Chicken is the best known and the most commonly used kind of poultry.
16. Appetizers are served at the beginning of a meal to stimulate the appetite.
17. The most commonly used bread is yeast bread.
18. Yeasts are microscopic plants.
19. Mousse is a frozen custard.
20. Table decorations should be simple and in keeping with the occasion.
21. The comfort and convenience of the members of the family and their guests should be the foremost consideration at mealtime.
22. In the Russian table service, the food is served at the table.
23. In English service, everything is placed and removed from the right.
24. The conversation at mealtime should include all the members of the family.

25. Sandwiches should be made from bread that is one day old.
26. School lunches packed at home will keep in good condition if carried in a paper bag or package.
27. School cafeterias are run for the convenience of the faculty of the school.
28. Canning is the most popular method of food preservation.
29. "Intelligent marketing" means the securing of the best value for the money spent.

SUGGESTED CLASS QUESTIONS AND ACTIVITIES

1. From what sources other than the family cook book can the homemaker receive help in planning and preparing meals?
2. How should the following foods be cared for in the home to keep them in the best condition until they are used?
 - a. milk
 - b. fresh fruit
 - c. dried fruit
 - d. bread
 - e. cereals
 - f. tea
 - g. coffee
 - h. eggs
 - i. meat (fresh)
 - j. lettuce
 - k. potatoes
 - l. celery
3.
 - a. Plan a light, a medium, and a heavy breakfast, using the outline of foods included in each type.
 - b. Designate a type of person for whom each breakfast would be suitable.
4.
 - a. Plan a light luncheon, using a meat extender for the main dish.
 - b. Plan a heavy luncheon, using a meat substitute for the main dish.

5. Plan a family dinner and list the foods in the order in which they should be prepared, remembering that foods which require the longest cooking should be prepared first.
6. Draw a diagram showing the correct placing of the following at one cover at the table:
 - a.* plate
 - b.* knife
 - c.* dinner fork
 - d.* salad fork
 - e.* teaspoon
 - f.* soup spoon
 - g.* butter spreader
 - h.* bread-and-butter plate
 - i.* cup and saucer
 - j.* salad plate
 - k.* napkin
 - l.* water glass
7. If hot vegetable soup is to be prepared in school for the children's lunch, plan a lunch box for a girl of ten which she can bring from home to supplement the hot dish and make a balanced meal.
8. Plan a simple Sunday night supper under the supervision of your teacher and ask your mother to let you prepare this meal at home. Show your family how capable your homemaking work has made you.
9. Visit the city markets and large food stores in your community and set up problems for members of the class to investigate, such as:
 - a.* prices of food
 - b.* care of food in the store and market
 - c.* points to consider when marketing
 - d.* the attitudes of the dealer and the consumer toward each other.
 - e.* the sanitary conditions of the store or market
10. Visit a restaurant or cafeteria and notice the following points:
 - a.* type of service

- b. variety of foods listed on menu
- c. the menu card
- d. the conduct of the people eating there

SUGGESTED REFERENCES

BOOKS

- ALLEN, I. B., "Mrs. Allen's Cook Book", Dodd, Mead
BAILEY, P., "Foods, Preparation and Serving", Webb Publishing Company
HOME ECONOMICS DEPARTMENT, CORNELL, "Delineator Cook Book", Butterick Publishing Company
FARMER, F. M., "The Boston Cooking School Cook Book", Little, Brown, and Company
GREER, CARLOTTA C., "Foods and Homemaking", Allyn and Bacon
HARRIS and LACEY, "Everyday Foods", Houghton, Mifflin Company
KINYON and HOPKINS, "Junior Food and Clothing", Benj. H. Sanborn and Company
LANMAN, MCKAY, ZUILL, "The Family's Food", J. B. Lippincott Company
POST, E., "Etiquette", Funk and Wagnalls Company
TRILLING, WILLIAMS, and REEVES, "A Girl's Problems in Home Economics", J. B. Lippincott Company
"General Foods Cook Book", General Foods Corporation

PAMPHLET

- MCGUIRE, L. M., *Old World Foods for New World Families*, Merrill-Palmer School

UNIT EIGHT

HOW CAN THE JUNIOR HIGH SCHOOL GIRL ASSUME HER SHARE OF THE FAMILY CLOTHING PROBLEMS?

You probably have already experienced with great dismay certain problems pertaining to your clothes. You may not be able to have a new dress whenever you want it, or perhaps you realize that you do not look as well as you should. It bothers you, but you seem unable to analyze or overcome the trouble. You can plainly see then how important it is for you to discuss this matter, and learn how to spend your clothing income profitably, so that your selection will be good, your clothes well constructed, and properly cared for.

It is as important to keep within your clothing budget, as it is to select clothing that is suitable and becoming. You will recall that when you were discussing the family budget, you set aside a certain amount of money to be used for the purchase of the family's clothing. This sum is usually ten to twenty per cent of the total income. It must be divided among the various members of the household. The amount allowed each person is proportioned according to the needs and age of the individual. For instance, your father will need more money for clothing than you, while your little brother or sister will be able to get along with less.

Before you can begin to plan your budget, keeping within your clothing allowance, you will need to make a list of the necessary garments in an ordinary wardrobe.

Your list will probably be very much like the one below, placing the various garments in their correct divisions.

SUGGESTED DIVISIONS FOR A CLOTHING BUDGET

- | | |
|-------------------|-----------------------|
| 1. Outer Clothing | 4. Footwear |
| Winter coat | Shoes |
| Spring coat | Stockings |
| Summer coat | Galoshes |
| Rain coat | Rubbers |
| School dress | 5. Accessories |
| Street dress | Gloves |
| Party dress | Scarfs |
| 2. Underclothing | Handkerchiefs |
| Step-ins | Hand bags |
| Bandeaux | Jewelry |
| Bloomers | Flowers |
| Slips | Umbrella |
| Night gowns | 6. Miscellaneous |
| Pajamas | Gymnasium outfit |
| Girdles | Sanitary supplies |
| Garter belt | Bathing outfit |
| Robe | Supplies for cleaning |
| 3. Hats | and repairing |
| Winter | Commercial cleaning |
| Summer | and repairing |

After you have made out your list of clothing, you should then check it carefully to see just what articles you have on hand, and in just what condition they are. This is called an inventory and always precedes the actual making of the budget. It will also help you greatly if you have kept an account of just how much you have spent the previous year for clothing. This will give you a good basis on which to proportion your money wisely in the various divisions. With your inventory and account before you, begin your task, deciding on those things which you will need to replenish your wardrobe, and just how much money you can afford to spend for them. A clothing budget is a very advantageous thing for you to

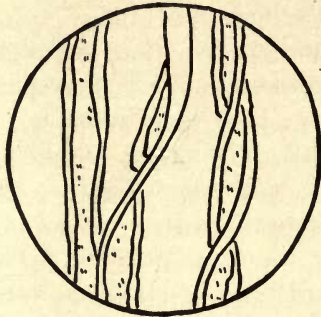
have, because it makes it possible for you to meet all your clothing requirements for the year. It also makes it possible for you to have a good training for careful planning and intelligent shopping.

✓ **Wise selection of clothing necessitates a thorough knowledge of fabrics, design, and color.** Before you can recognize and value the fabric of which your dress is made, you will have to delve back into the actual primary foundation, which is the fiber. You can probably list some of them, but first you should understand that there are two classes, called vegetable and animal fibers.

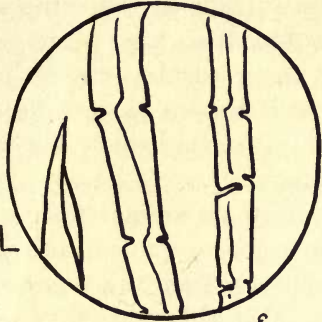
Cotton is a vegetable fiber, growing in the form of a cotton boll on a bush. The Southern States yield so much cotton that the United States ranks first in the cotton-growing industry. This fiber ranges from three-eighths to one inch in length. When you observe it under the microscope, you will see that it looks like a twisted ribbon. It absorbs moisture, but not very readily, and it is a conductor of heat, without so high a rating as linen.

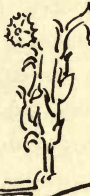
When the cotton has matured to the correct stage, it is picked by hand. As yet no machine has been invented which will do this efficiently. It is then ginned to remove the seeds, and pressed into five-hundred-pound bundles, which are wrapped in burlap and bound with iron bands. After it is baled, it is sent to the manufacturer who makes it into cloth.

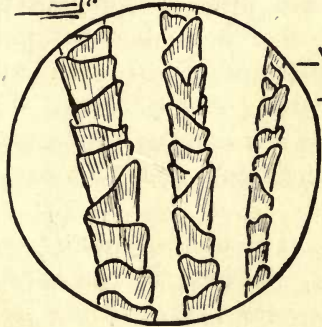
The other vegetable fiber comes from the flax plant and is called linen. Flax is a tall, thin plant growing to a height of from twenty to forty inches, of about one-sixteenth of an inch in diameter. The finest linen comes from Belgium and Ireland, where it grows in large quantities. If you will take a piece of linen fiber and put it under the microscope, you will see that it resembles a bamboo rod. This fiber is usually twelve to thirty-six




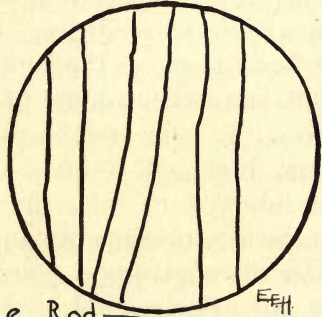
— Cotton — 
— Twisted ribbon —



 Linen —
Bamboo Rod



— Wool — 
— Scales —



Silk —
Glass-like Rod —

E.F.H.

FIBERS

inches long. It has excellent absorbent qualities and is the best conductor of heat of all the fibers.

When flax has reached its full growth, it is pulled by hand or machine. The leaves and seeds are removed and the stalks are bundled together. It is then necessary to soften the bark. This is done by allowing the bundles to remain in a field where the dew and sun will cause this fermentation to take place. Sometimes it is placed in a stagnant or rushing stream for the same purpose. This process is known as retting, and after it has been satisfactorily accomplished, the flax is dried and sent to the manufacturer.

Wool is an animal fiber. It is the hair of sheep or perhaps goats, llamas, and alpacas. Animals in South America or Australia are raised especially for this purpose. The fiber varies in length from one inch to ten inches. It is a poor conductor of heat, but has good absorbent qualities. The microscopic appearance of this fiber resembles many scales with pointed edges. The animal has to be sheared, and this is done once a year by means of electric clippers. Each fleece is tied in a separate bundle and sent to the factory.

Silk is another animal fiber. The fiber is spun by silk worms. It is fine and hairlike. The best silk comes from China, Japan, or India. It is very long, ranging from four hundred to thirteen hundred yards in length. It absorbs moisture readily and is a poor conductor of heat. Under the microscope, you will notice that it looks like a tiny, smooth glass rod.

The silk worm emits a secretion and wraps itself in it, forming a cocoon. It usually takes him about three days to do this. The cocoons are then heated to kill the chrysalis. They are sorted as to color, fineness, and luster. It is then necessary to drop them in hot water to loosen

the gum. This enables the worker to find the end of the fiber. The silk is then rolled into skeins and sent to the manufacturer.

Synthetic fibers are now produced from wood pulp, cotton linters, or a combination of both. This material has to be treated chemically in order to make it into a fiber. Under the microscope, it appears similar to silk. It absorbs moisture readily, but the fiber is weakened by it.

After these fibers are sent to the manufacturer, they must pass through various stages, until, by means of the spinning process, the fiber is converted into thread. The thread must now be changed into material, and this is done by the weaving process.

Weaving is the interlacing of two sets of threads at right angles to each other. The lengthwise thread is called the warp and is always set up on the loom, while the crosswise thread is called the woof. The woof thread is wound on a shuttle, and when this becomes interlaced with the warp thread, it forms material. The reinforced finished edge of material is called the selvedge. The manner in which the woof interlaces with the warp thread determines the type of weave.

The plain weave is the commonest one, and is used for such materials as muslin, taffeta, linen, and homespun.

The twill weave is the strongest of all of the weaves. Khaki and serge are examples of this weave.

The satin weave is smooth and glossy, such as is seen in satin, sateen, and damask.

The pile weave is used for Turkish toweling, velvet, and corduroy.

The basket weave is used for novelty materials.

The cord weave is used for dimity, poplin, and piqué.

The gauze weave is used for marquisette and novelty materials.

You will also find that some materials are knitted instead of being woven. When they are knitted, one continuous thread is used, and by making a series of loops, one through another, material is made. Jersey is an example of cloth made in this way. Sweaters and stockings are also constructed in this manner.

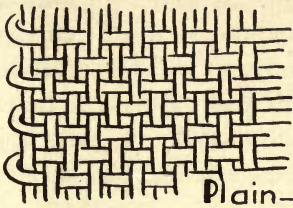
No cloth, as it comes from the loom, is ready for use. It must go through certain processes to provide the correct finish. Some materials are put through a sizing process which makes them stiff, such as costume cambric. Other materials are mercerized to make them smooth and glossy, such as sateen. There are other finishing processes such as napping, singeing, calendering, and those to obtain crêpe effects.

The desired color is obtained by dyeing. This is done in one of two ways. The better method is to have the yarn dyed in the skein, but this is more expensive. The other way is to have the cloth dyed in the piece. This, of course, is the cheaper, but is less satisfactory.

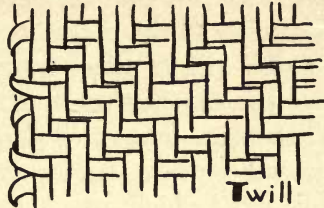
The ability of the material to hold dye depends on the fiber. Silk and wool absorb and hold it readily. Cotton absorbs and holds dye better than linen. Synthetic fibers absorb dye readily and hold it so that it is almost sun fast.

✓ When you see all of the various materials on display and look at all the great variety of designs, it does not seem possible that they are all obtained by two methods. The design in gingham is produced by dyeing the threads, and then weaving in the plaids or stripes. This is called a structural design. Sometimes there is simply a warp of one color and a woof of another, as in chambray.

The other way by which a design is obtained is by printing the pattern on the woven material, as in English print.

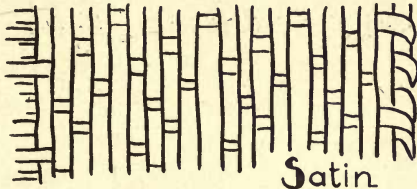


Plain—

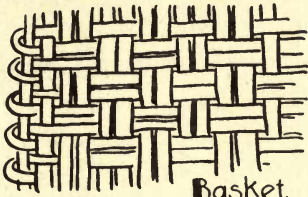


Twill

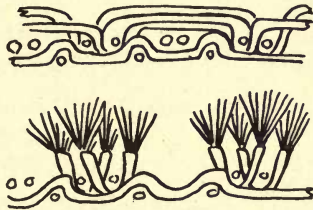
Weaves



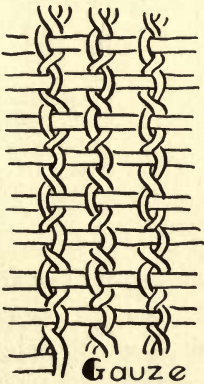
Satin



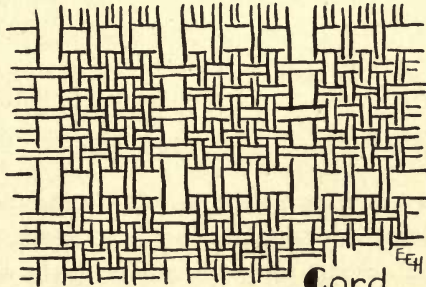
Basket



Pile Weave for
Corduroy



Gauze



Cord

This is known as a surface design. The design may also be applied to the material, as in the case of dotted swiss.

There will be many times when you will have to select materials at the store. You will want to know how to test them, so that you will make no mistake in your choice. This will require a great deal of experience, but there are a few facts which may help you.

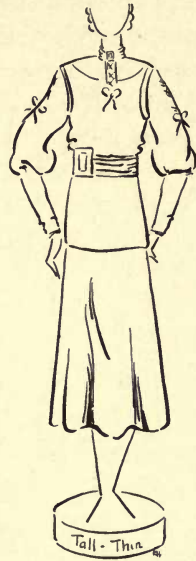
SIMPLE TESTS FOR FIBERS

TEST	COTTON	LINEN	SILK	WOOL	SYNTHETIC
Feeling	Soft	Leathery Tough	Soft Pliable Smooth	Harsh Springy Wiry Elastic	Stiff Inelastic Slippery
Appearance	Dull except when mer- cerized	Shiny		Frizzy	Lustrous
Tearing	Shrill noise	Dull noise			
Raveled threads	Broken ends are frizzy and short	Broken ends are straight, and longer than cotton			
Remarks			Weighted silk is crisp and stiff		Difficult to distinguish between silk and syn- thetic fiber

The human figure should be the foundation for clothing design. During the last few years, there has developed a fad among the women and girls which is worth while, if it is correctly interpreted. Nearly everybody is trying to have a perfect figure. By exercise and a well-regulated diet many are achieving some success. This accomplish-

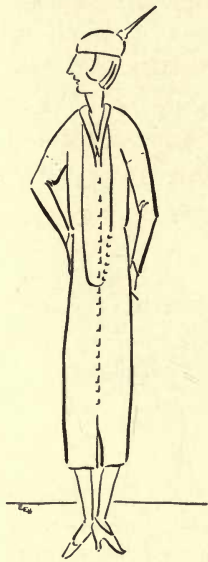
ment cannot always be perfect, but with the properly designed clothes, at least a part of the desired success is attained. This is shown by many of the prominent movie stars whose figures are not perfect, but who, by means of gowns constructed and decorated according to the correct lines, conceal the fact.

It is a simple problem to select clothes for the well-proportioned figure, because ready-made garments and commercial patterns are designed for this person. The trouble begins when the figure deviates from the ideal, thus being out of proportion in some respect.



CORRECT LINES
FOR THE TALL
THIN FIGURE

If you are tall and thin, you should avoid material or decoration which emphasizes vertical lines, and should design your clothes along horizontal lines. This may be done if you will wear two-piece frocks, wide belts, bertha collars, ruffles, flounces, and dresses with horizontal stitchings. In this way the eye moves from left to right when regarding the figure, and immediately you will look stouter and broader.



THIS IS AN EXAGGERATION OF WHAT THE TALL THIN PERSON MUST AVOID IN DRESS

However, if you are short and stout, you will reverse the suggestions for improving a tall, thin figure, use vertical lines, and avoid horizontal lines in

your clothes. You will find that one-piece dresses, with pleats, vertical stitchings, and small collars, will make you look very much thinner and taller, because these devices cause the eye to look up.



CORRECT LINES
FOR THE SHORT
STOUT FIGURE

You might possibly have broad shoulders, in which case you would avoid the boat neck, dropped shoulder line, deep collars and berthas, yokes, and puff sleeves. To improve this condition, you should wear V-shaped or cowl neck lines. If you have narrow shoulders, you should employ the type directly opposite to that for broad shoulders.

Very often you do not realize that the shape of your face plays a large part in just how well your frock looks

Sometimes you have a special section of your body out of proportion, when compared to the other parts. In this case, the general rule does not apply and you will have to take even greater care with your selection.

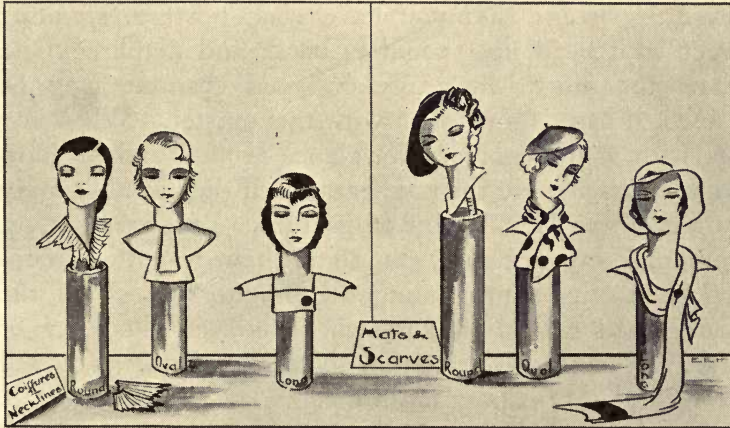
Perhaps you have hips which are broader than they should be. When this happens, you will want to avoid tight-fitting hip lines and snug waist lines. You can break up the hip line, however, with vertical or diagonal lines which flow from the waist to the hem line.



YOU WILL THINK SHE
IS RIDICULOUS BUT
HAVE YOU EVER SEEN
GIRLS DRESSED AS
SHE IS?

on you. You will gaze into your mirror and realize that something is wrong, yet you cannot seem to put your finger on the exact trouble. No doubt the difficulty lies in the fact that the neck line is not the correct one for you to wear.

The girl with a round, full face should avoid round neck lines and round collars, and should wear V-neck lines, pointed collars, and scarfs tied with long flowing lines.



If your face is long and thin, you will then have to avoid V-neck lines and pointed collars. Confine yourself to round neck lines and collars, and tie your scarfs on your shoulder. You can see that it is all a matter of making the eye perceive things which are not really so, by making clothes the vehicle for this deception. Can you analyze yourself and then decide what type of dress and accessories is best for you?

The modern clothing design is based on the human figure. Not so very many years ago, this fact could not have been stated, because clothes were definitely designed to distort the human figure. You probably have seen

pictures of your mother which look grotesque, because of the particular type of clothing she was wearing. Maybe it was the leg-o'-mutton sleeve or the bustles which made you gaze with amazement. It might even have been the corseted waist line or the hoop skirt which finally made you laugh, but at least you will agree that the styles today, based on the lines of the human figure, are far more desirable from the comfort and beauty viewpoint. Because the clothes are designed on this basis, it is all the more important that you have good posture, standing erect with head up, shoulders back, and diaphragm in. Even the most beautifully designed costume may be ruined, if care is not taken with this matter. When you are with a group of people, glance around and see how they could improve their appearance, if they would simply correct these lazy habits of posture. Be sure that, as you analyze your figure, you do not have round or drooping shoulders, a protruding diaphragm, lordosis of the back, head extending forward, or uneven shoulders or hips. If you have, start now to correct them. You will be very glad of it later on in life.

The natural coloring of a person should be the basis for color selection. Before you select your outfit, you should decide on a color scheme, and in order to do this, you will have to decide what color is becoming to you. To reach this decision, you will have to scrutinize the color of your complexion, your eyes, and your hair. You probably will not be able to reach a decision at once, but will have to try scarfs of different colors next to your face, before deciding what colors bring out the lights in your hair, eyes, and complexion, giving you many advantages necessary for beauty. In order to help you with your selection, you had better study the following chart and classify yourself according to a certain type. After studying the

chart and yourself, you may find that your favorite colors are not the best for you to wear. This fact may disturb you, but abide by it. You will really look far better and feel more satisfied with yourself, because you know that the color you are wearing is becoming. To what color type do you belong? What are your most becoming colors?

COLORS SUITABLE FOR SPECIAL COLOR TYPE

	BLONDES		BRUNETTES		RED HAIR
	Pale	Ruddy	Pale	Ruddy	
Skin	Pale	Fair and ruddy	Pale Olive Clear	Dark and highly colored	Peaches and cream
Hair	Ash blonde	Golden brown Mouse colored	Dark brown Black	Dark brown Black	Red
Eyes	Blue Brown Gray Hazel	Blue Gray Hazel Light brown	Dark brown Dark blue	Dark brown Dark blue	Brown Blue Hazel
Colors most becoming	Pale green Blue green Light or dark blue Pink Dark brown White Black Orchid	Blue Green Gray Beige Black White Pink	Red Orange Brown Dark green Dark blue White Tan	Dark red Dark brown Dark blue Dark orange Cream white Black	Pale green Pale blue Black White Gray Shell pink Tan

When planning the wardrobe, you should consider budget, season, purpose, color scheme, figure, personality, and the prevailing style. You have discussed in general many of the facts concerning dress selection, but now

it is time really to decide about your own wardrobe. At first you will have to know exactly how much you can spend for your clothes. With this in mind, you can proportion your income so you will have an adequate, balanced wardrobe, and yet keep within the stated amount.

There is really no reason for you to look anything but well dressed at all times, if you always wear the correct thing at the right time. In order to do this, you will have to plan clothes according to the season and the occasion for which you are going to wear them. If you are going bathing, you would never think of wearing anything but a bathing suit. You may not be as careful as this in all things pertaining to clothes, because some of you wear party dresses to school and afternoon dresses to play tennis. Do you really feel well dressed when you do this? Of course you do not, and when you have thought of it more comprehensively, you will never do it again. Some of you may feel that you really have to wear out your clothes, and in order to do this, you wear last year's best dress for school this year. In that case you should remodel the dress so that it will fulfill the qualifications for a school dress.

After you have decided on just what you need, you can then think of the color scheme you will use. Plan on using one dominant color throughout the wardrobe with other colors selected to harmonize. The color you choose should be one of your most becoming hues. If you wish to be conservative, you will choose a neutral color, such as tan, for the dominant color. With this you can combine brown, yellow, orange, and many other interesting colors, which will give your wardrobe a variety of tints and shades, but at the same time every garment and accessory will be in harmony. You will then always have the correct hat, shoes, gloves, and bag to wear with each dress



Courtesy of The H. S. Barney Co.

A SIMPLE WASHABLE DRESS

Has Been Chosen by This Junior High School Girl to Wear to School

and coat. Often the color you select may be governed by some article of clothing which you will wear during the coming season.

The design which you decide upon must be suitable for your figure, giving you better lines and more style. You will be governed somewhat by the prevailing mode, but you will have to modify the style to suit yourself as to design and color. Clothes should express your personality, so watch carefully and see that the frock you are wearing portrays the picture you wish the observer to get.

Ready-to-wear clothing should be judged according to its construction before selecting the garment. Before you decide to buy a ready-made article of clothing, inspect it carefully to see if it is made well. A well-made garment will fit you equally well in all places. It will have nicely finished seams. The sleeve seams will not drop over the shoulders, and the grain of the material will run in a straight line from the elbow to the shoulder seam.

Select undergarments which will allow freedom of movement. They should be finished with well-made seams and should be reinforced where there will be the greatest amount of strain. A slip which you are going to wear with a thin dress should have a shadow-proof hem or a double panel in front and back.

When you select shoes, you should buy them according to what they are to be used for, and from the health standpoint. Calfskin leather is heavy and durable, and does not scuff easily. These characteristics make it a serviceable leather for school shoes. Kid is a soft leather which scuffs easily, and it quickly loses its shape when made into shoes. Patent leather cracks easily, which makes it an impractical shoe for school wear. An oxford is a suitable type of shoe for school. You will remember never to



Courtesy of The H. S. Barney Co.

A DAINY FROCK TO WEAR TO PARTIES

wear heavy shoes with a silk frock, nor will you ever wear satin shoes with a cotton school dress.

When you purchase hosiery, you will need to consider when and with what you are going to wear it. Stockings come in various styles, depending on the make, the kind, and the weight. It will be well for you to buy a nationally advertised brand of stockings, because you will receive better wear from them.

Full-fashioned hose is knitted to fit the leg, foot, and ankle. This is done by knitting it in a flat piece, and dropping stitches so that it will fit the ankle and foot snugly. There is a real seam in the leg and foot.

A fashioned stocking is knitted in a circular piece and is shaped by pressing on a form. There is a mock seam in the leg only.

A seamless stocking is knit in a circular piece which is shaped by pressing on a form. It has no seams. Some sport and children's stockings are seamless.

If the foot and top of a silk stocking are made of cotton, it will be more durable. It is also wise to buy more than one pair of the same color and weight, so that if one stocking of each pair is ruined, you will still have two good stockings.

Gloves should harmonize with the color of your costume. Kid gloves are more durable than fabric gloves, but are a poor choice if your hands perspire freely.

When you purchase a hat, stand in front of a full-length mirror, so that you can see exactly how it is going to look. The hat should fit snugly, but should not be tight.

✓ **A knowledge of the following equipment will make clothing construction more successful.** In order that you can learn to select your clothes with a better judgment as to how well they are constructed, it is important that you have some knowledge of sewing. Before you

begin this study, you really should know something about the tools which you will have to use. Your sewing equipment should be gathered together in a special box or basket. In this way you will always find it in its proper place and it will keep in better condition.

You have probably already heard about how terrible it is to wear a thimble, and, doubtless, you have decided that you will not and cannot wear one. But, needless to say, you will. You will like it so well that you will not be able to go without one. A thimble helps in holding the needle correctly, which enables you to take dainty stitches. X A thimble should be thin, light in weight, with small indentations to hold the eye end of the needle. You can select one made of gold, silver, steel, celluloid, or aluminum, but you should be sure that it fits the second finger of the hand holding the needle. It should cover the end of the finger nearly to the first joint. Start immediately with a little thimble exercise which is accompanied by the words "put, push, pull", repeating it over and over again, and soon you will have achieved a great success.

You will probably need a pair of scissors and a pair of shears. Shears are over six inches in length. The handle has a round part to fit the thumb and an oblong section to admit the fingers. They are used to cut heavy material. Scissors are less than six inches in length, having round handles, and sharp points used for snipping corners or threads. There are also embroidery scissors, which are small and very sharp, and buttonhole scissors, which have an open edge in each blade. All of these should be kept very sharp.

A tape measure is very necessary and should be made of firm material with firm ends. It should be numbered on both sides, beginning at opposite ends, so that it is

reversible. The general length for a tape measure is sixty inches.

A pin cushion is used for neatness and convenience. A good filling for it is wool, because it prevents the pins from rusting.

× The best pins are slender and one inch in length, having sharp points. You will find it most satisfactory to buy them by the pound. This may seem peculiar to you, but just try it, and you will never buy them any other way.

A good needle is necessary for good work. There are many kinds of needles. The commonest type is the ordinary sewing needle. Millinery needles are longer. Crewel needles are distinguished by a long, narrow eye, and darning needles are the same except they are longer. Needles are purchased in packages according to the size desired. This depends on the quality of material being used. Sizes range from one to twelve, going from the largest to the smallest. You will probably choose a medium size needle for most of your work.

Your thread will be chosen as to kind, size, and color. The most common sizes range from forty to eighty, corresponding with the needle.

A handy bit of equipment is an emery, which is a small bag containing a black dusting mineral called emery. This is used to polish needles.

When you have assembled this equipment in its special container, you will be ready to start the construction of some special article of clothing. Do not decide hastily what it will be. Think over what you need and talk it over with your mother and teacher. You will, of course, have to remember your limitations when it comes to sewing, and therefore select something simple, made of material which may be handled frequently. When your decision has been made, you are ready to choose your pattern,

keeping in mind the points on selection which you have discussed.

✓ Before you buy or use a commercial pattern, you must know how to take a series of measurements. Each of you will want to know exactly how to take measurements.

You will also want to have a list of your own measurements. This will make it easier for you to construct your garment so that it will fit. Before taking the actual measurements of another person, you must insist that she stand erect. Then place a tape measure around her normal waist line to be used as a guide.

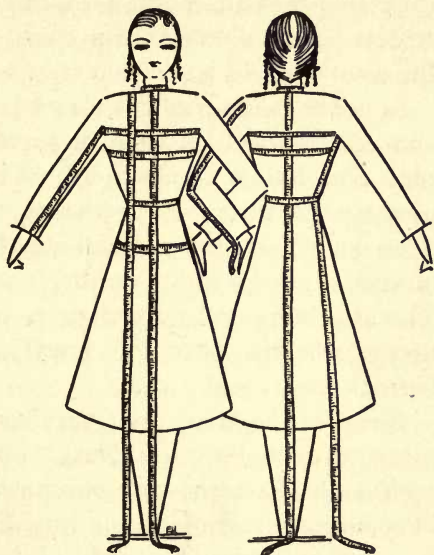
To take the bust measure you will stand behind the figure, plac-

ing the tape measure over the fullest part of the bust, well up under the arms, and straight across the back.

The waist measure is taken around the normal waist line.

The hip measure is taken six inches below the normal waist line and over the fullest part.

When you are taking the length measure, place the tape measure at the highest point of the shoulder and extend it straight to the floor. From this may be deducted the distance from the floor that you wish your garment. You will then have to remember to add to this number the desired width of the hem.



TAKING MEASUREMENTS

Take at least two arm measures. The underarm is measured from the muscle that joins the arm to the body to the base of the thumb at the wrist. The outer arm measurement is taken with the arm bent, from the bony edge of the shoulder over the elbow to the wrist. If you took this measurement with the arm straight, and constructed your sleeve on this basis, you can readily see that the sleeve would be too short.

In order that garments may be constructed more easily and efficiently, it is wise to purchase a commercial pattern and follow it carefully. These are made in large quantities and cut to fit the average figure. When you have decided on the particular pattern you wish, go to the store and ask for it by number, stating the size you desire. The size is figured according to age or measure. Measurement is the best and safest guide for obtaining the correct size.

Bloomer patterns are purchased according to waist measure or age; while dress, slip, kimono, pajama, and nightgown patterns are purchased according to age or bust measure. Before you buy the pattern, be sure that it is the one you want. After it has been opened, you will be unable to return it. The material is purchased after the pattern, according to the amount stated on the pattern.

Like everything else there is a right and wrong way to use a pattern. There will be a diagram with the pattern showing a chart of all of the pieces included. Decide which pieces you will need, and then separate the pattern, returning the unused pieces to the envelope. You will notice that there are a number of symbols on the pieces. Study these carefully, understanding which marks mean fullness, pleats, and decorations. There will be indications or perforations showing how to place the pattern on

the material, and notches showing how to join the pieces together. If each one of these is carefully used, you will have no trouble in making your dress.

The pattern must next be tested to see if it will need altering. This can be done by measuring the parts to see if they correspond with your individual measurements, or holding the pattern to the figure.

If it is not perfect, it will need altering in order to make it fit. If the pattern is too long for you, you may shorten it by taking a tuck the desired width, above the waistline and below the hip line. To lengthen the pattern, you will need to cut it below the arm hole and below the hip line, and spread it the desired amount. If you wish to make it wider or narrower, you will perform the same operations in the same manner as for lengthening or shortening. When your sleeve needs to be lengthened or shortened, you will repeat the process, above or below the elbow.

With your pattern properly adjusted, spread out your material and begin to pin on the pattern. The material should be laid flat. The wrong and right sides and the up and down of the material must be observed. There will usually be a lengthwise fold along the warp threads, on which the center front and center back are placed, if the pattern indicates it. When this is done, the material should be folded so that it will be only large enough to hold the pattern. This leaves one large piece when cut, rather than two small ones. The crosswise fold will be on the woof thread. It is best to pin on all parts of the pattern before any piece is cut. In this way, you will economize on the amount of material which you will use.

As few pins as possible are used, as it is necessary only to pin the important parts. They are placed so that they are parallel with the edge of the pattern. The longest straight edge is always pinned first. You should cut close

to the pattern edge. Use long even strokes of the shears, in order to avoid jagged edges. The notches may be marked with a pencil or chalk. They may also be cut outwardly away from the pattern, rather than following the indented edge of the notch. Why do you suppose they should be cut in this manner? The perforations should be marked with either thread, pencil, or chalk. You are now ready to begin the actual sewing.

There are many stitches used in clothing construction, and each one has a definite use. With your thimble on your finger, you will draw out a thread about the length of your arm, and place the end of the thread which comes from the spool directly into the eye of the needle. You will avoid knots if you do it this way. In order to keep your thread from slipping from your work, you will want to place a knot at the very end of the thread. In sewing you always proceed from right to left, unless you are left handed. If you are doing embroidery, however, you will proceed in the opposite direction.

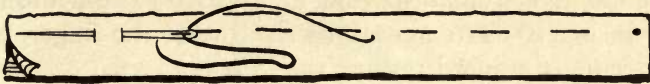
Some of the stitches which you will use most often are listed below with a short description of each.

Basting is a temporary stitch used to hold two pieces of material together until firmly sewed. It may be either even or uneven in appearance, but it should be regular throughout.

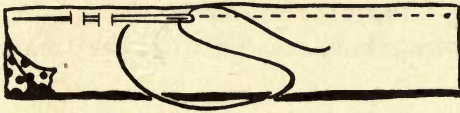
Running is a tiny stitch resembling basting, which is used for gathering and hand tucks.

Overcasting is a small slanting stitch which is used on raw edges of material to keep them from raveling. When making this stitch, the needle is held so that it points toward the left shoulder.

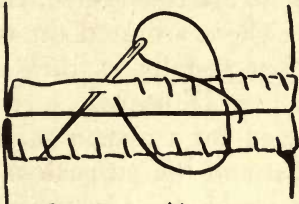
Overhanding is a tiny, straight stitch used to hold two finished edges together. The needle is held so that it points directly toward the worker.



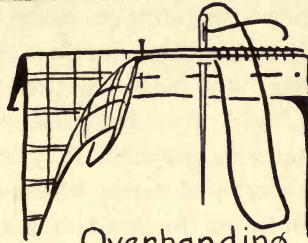
Basting



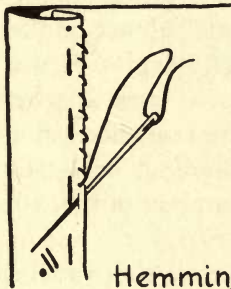
Running



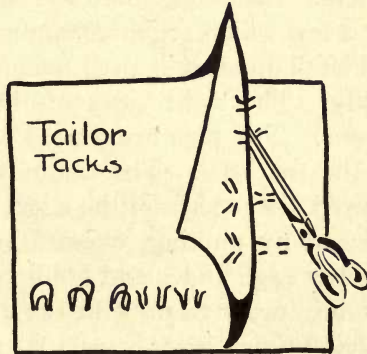
Overcasting



Overhanding

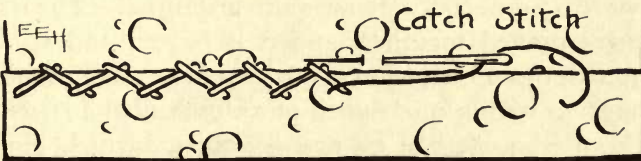


Hemming



Tailor
Tacks

W W W V V V



Catch Stitch

Hemming is a small slanting stitch used to hold a folded edge in place. The material is held over the finger, and the needle is pointed toward the left shoulder.

Tailor tacks are small loose stitches, used to mark the material before the pattern is removed.

Catch stitch is used to hold raw edges of heavy material in place.

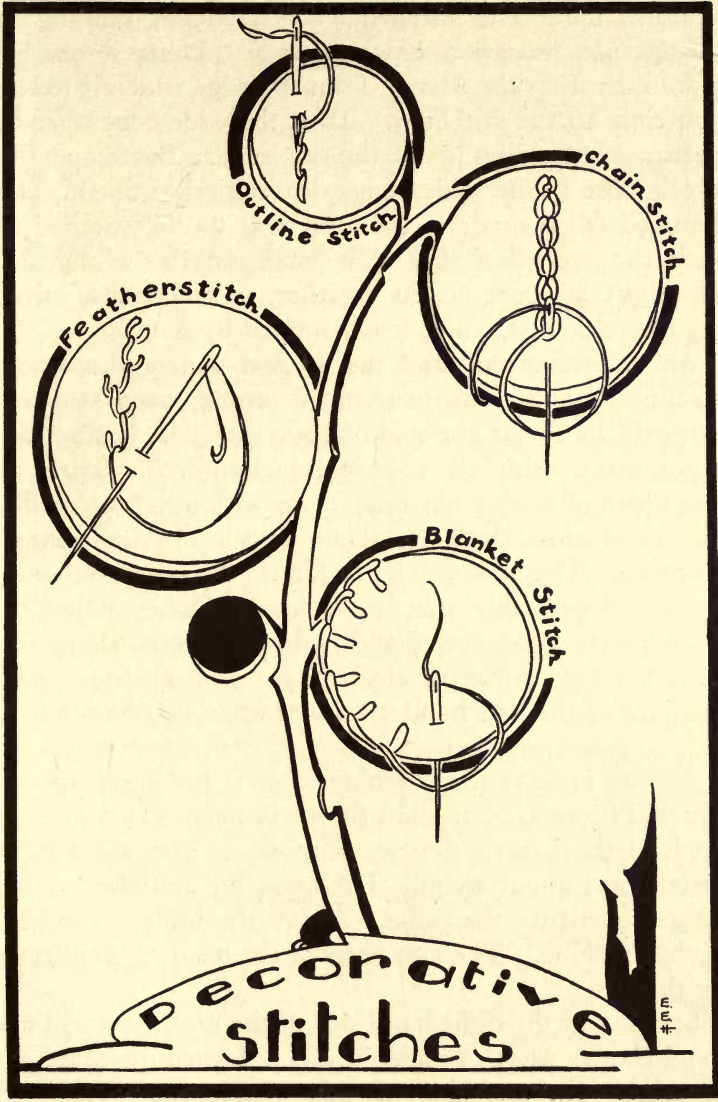
There are many decorative stitches which you will learn to make, but the simplest of these are the outline, chain, feather, and blanket stitches. These are used for trimming, and may be employed successfully as they look attractive even after they have been laundered.

The type of seam which is used for a certain garment depends on the kind of material and the purpose of the article. Although there are many kinds of seams, there are a few which are more commonly used than the others.

The plain seam is used for materials which do not ravel easily. The right sides of the material are pinned together. The pins are placed at right angles to the edge of the material. The seam is basted and stitched the desired distance from the edge. The raw edges should be finished by pinking, overcasting, binding, or by turning the raw edge under and holding it in place with a running stitch in order to prevent raveling.

The French seam is used for materials that ravel easily, and when an especially strong seam is desired. The wrong sides are pinned together, and it is basted and stitched one-fourth of an inch from the edge. The edge should be trimmed to within one-eighth of an inch of the stitching. The seam should then be pressed open, turned, pinned, basted, and stitched on the wrong side. The seam when finished should be one-fourth of an inch wide.

The fell seam is used when a flat seam is desired. There are two types of fell seams, the stitched fell and the



Outline Stitch

Chain Stitch

Featherstitch

Blanket Stitch

Decorative stitches

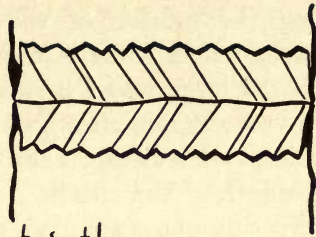
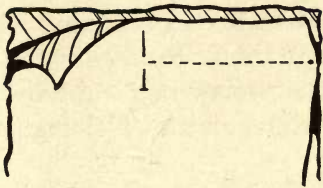
fmm

hemmed fell. The stitched fell is made by pinning the wrong sides together, basting, and stitching it one-half of an inch from the edge. Trim the edge which is toward you close to the stitching. Turn the wide edge over the narrow one, folding under the raw edge. Baste and then stitch close to the folded edge, leaving a flat finish. The hemmed fell is made in the same way as the stitched fell with the exception that it is made on the wrong side. The right sides are placed together, and instead of stitching the folded edge flat, it is hemmed by hand.

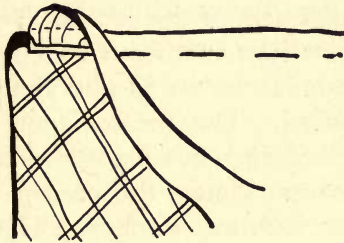
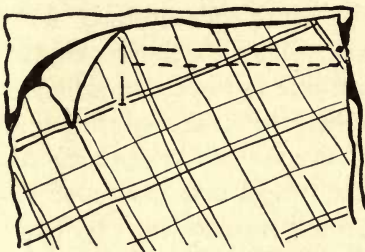
An understanding and the correct use of the sewing machine enables one to produce strong, even stitching. You will find that the making of a garment is simplified if you can manipulate a sewing machine well. There are two types of sewing machines: the lock-stitch or double-thread machine and the chain-stitch or single-thread machine. The lock-stitch machine is the more commonly used, and probably this is the kind which you have in your home. The power which drives this machine may be either foot power or electricity. You also may have used one of the tiny hand machines when you were a little girl.

As you look at the machine after it has been opened, you will be amazed at all of the small parts which you see. Each of these has a definite purpose, so you will need to understand about them. The open lid and the wooden frame constitute the table. Above the table is the head of the machine. The two parts of the head are connected by the arm.

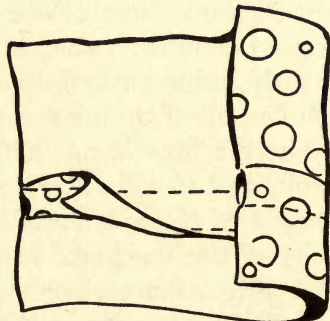
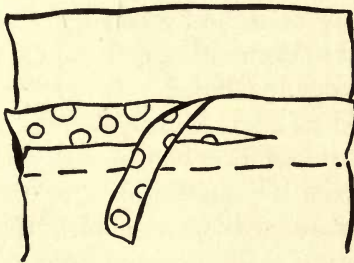
Starting at the right-hand side of the head, you will find the balance wheel which must be turned to start the machine. On one side of this wheel, you will notice that there is a large screw called the stop-motion screw. When a bobbin is to be wound, this is loosened, and in so



Plain Seam — right sides together.



French Seam — wrong sides together.



Fell Seam — like sides together.

E.H.

doing the motion of the machine stops. Around the balance wheel there is a belt which connects this wheel with the large wheel below the table. Proceeding to the left, you will find the spool pin. Below this is the bobbin winder, and near this is the stitch regulator which regulates the length of the stitch.

Crossing the arm, you will notice several small hook-like projections. These are called guides. Then there are two plate-like disks held together by a screw. This part is called the tension. It regulates the looseness or tightness of the stitch. There is the take-up lever which gets its name from its motion. The needle is placed in the needle bar so that the flat side is toward the balance wheel. The presser foot holds the material firmly in place and may be raised or lowered by the presser-foot lever. Under the presser foot there is a series of tiny teeth called the feed. This small mechanism carries the material backward after each stitch. Near the feed is a movable plate, underneath which is the bobbin case that holds the bobbin. Below the table is the treadle on which you place your feet. You will want to keep your machine in good condition, and this may be done by oiling it frequently, using but a drop of oil in each oiling point. Can you find all of these parts on your machine?

The machine is not as easy to operate as you might think, and it will take hours of practice before you can master it. It will make it easier if you will sit erect in front of the machine, your knees nearly even with the edge of it. Place your left toe up in the upper left-hand corner of the treadle, and your right heel in the lower right-hand corner. With a piece of lined paper under the presser foot, keep turning the balance wheel the correct way until your left toe pushes the treadle down to touch the floor. Your machine will then start forward and you will need to

guide the stitching carefully. Be sure that you do not leave the presser foot on the feed when there is nothing between them, because this would eventually wear down the teeth. When you can start your machine so that it always goes forward, you can then thread your machine and really stitch.

All machines are threaded in the same general manner, by putting the spool on the spool pin and proceeding to the tension, take-up lever, and needle with guides between. The round bobbin turns counter-clockwise in the bobbin case. When the machine is threaded, the bobbin thread is brought up by entirely lowering and raising the needle once. Both threads are placed under the presser foot and back of the needle. This will keep your threads from knotting and tangling when you begin to stitch. The large part of the material is placed to the left of the head, and the part to be sewed is placed under the presser foot, so that the first stitch will be taken in the edge of the material.

The last stitch should come in the edge of the material, and the machine is stopped by putting your hand on the balance wheel. Then raise the take-up lever to its highest point, thus releasing the tension, raise the presser foot, pull the material straight backward, and cut the threads so that the article may be removed from the machine. The ends should then be brought to the wrong side and tied in a knot to avoid ripping. If the tension has been correctly adjusted, the locking of the threads will come within the material, making the stitching appear the same on both sides. There are many attachments which you will enjoy using as soon as you can stitch in a straight line.

The type of finish used on any edge is determined by the purpose, position, and appearance desired. A hem is a common way of finishing a raw edge. It is usually a double fold along the raw edge of material. When a

small straight hem is desired, the material is folded, and the pins placed at right angles to the edge. The fold is then basted and may be either stitched or hemmed by hand. Sometimes a napery hem is desired on table linens. In this case the hem is made in the same way as far as the folding, but the plain hem is creased back along the edge to be sewed, and the two folds are overhanded together. When you have a curved edge to be hemmed, fold back the raw edge and take up the extra fullness in tiny pleats. Then finish as for a straight hem. If your curved hem is made of woolen material, the extra fullness may be shrunk to fit. A false hem may also be used, and in this case it will be cut to fit the curved edge.

Sometimes it is necessary to use a single fold of material for a hem. You would then fold the material once, pink the raw edge, and catch stitch it in place. You might decide to finish the raw edge flat with bias.

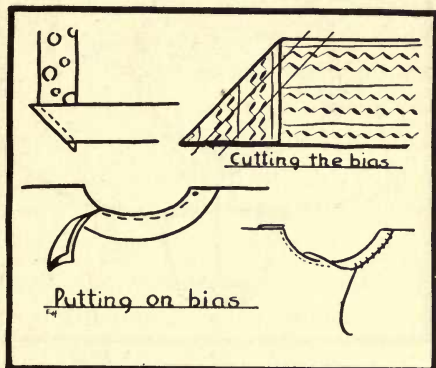
When you hang a skirt, you should put it on and, standing erect, have somebody measure the desired distance from the floor evenly around the entire skirt, marking it with pins or chalk. The hem can then be turned at the marked line and basted close to the folded edge. The edge should then be trimmed to the desired width. Smoothing it flat, finish the raw edge in the manner you prefer.

Bias has an important place in clothing construction, as it may be used in various ways. Bias is a diagonal strip of material formed by folding the warp threads so that they are parallel with the woof threads. The material is folded and marked with pins or tailor's chalk. The folded edge is cut and the strips cut as desired. These strips are joined together to make one long piece. The bias is joined by placing the right sides together so that the seam will come on the straight thread of material. When the

pieces are placed together correctly, they will form a right angle with each other, and one point on each piece should extend the width of the seam allowance, at opposite ends of the seam.

Bias binding may be purchased already made, or you may make it yourself. Commercial bias binding is pinned

to the garment with right sides together, so that it may be basted and stitched on the fold. It is then folded to the wrong side to meet the stitching, basted and hemmed in place. If you wish to finish the bias with stitching, place the right side of the binding

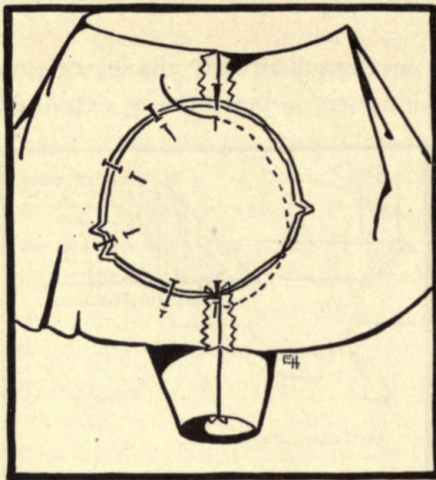


to the wrong side of the garment, so that the final stitching will be on the right side.

The home-made bias may be applied in the same manner, but there is a simpler way which is preferable. When you make your bias, cut it twice the desired width. Then fold it in half with the wrong sides together. Pin the raw edges to the raw edge of the garment. You should then baste and stitch it on the right side for the hemmed bias and on the wrong side for stitched bias. Turn the folded edge to meet the stitching and hem or stitch it as desired. Binding is used for a finish or trimming on curved edges.

Another use for bias is for facings which are needed on a curved edge. The bias is made in the same way as for binding. The facing is pinned with the right sides together and then basted and stitched. The facing is then

turned completely to the wrong side, and the raw edges folded under. Baste it flat and finish it with stitching or the hemming stitch.

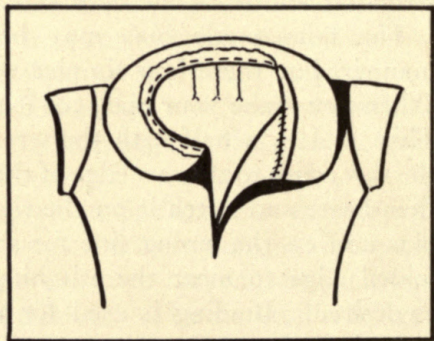


SETTING IN A SLEEVE

You may have some difficulty when you begin to put in your sleeves, but if you remember a few general suggestions, you will soon have no trouble. Sleeves may be put in with either a plain or a French seam. For an ordinary sleeve, match the underarm seam with the sleeve seam, then match the notches and, finally, match the straight thread of the sleeve with the shoulder seam. These points should be pinned, and the extra fullness eased into place. You will

Still another use for the bias is the placket, a reinforced opening on under or outer garments, which allows them to be put on or removed with ease. The most common plackets are the hemmed placket and the continuous placket, which may be bound or faced.

You may have some



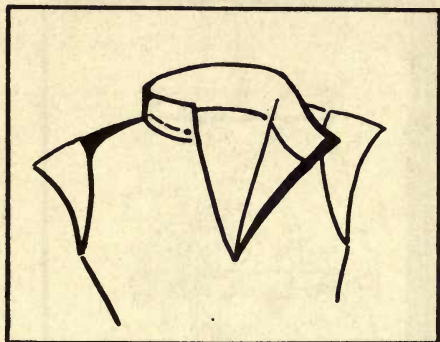
PUTTING ON A ROUND COLLAR WITH BIAS FACING

then baste and stitch the seam, and finish the raw edges as desired.

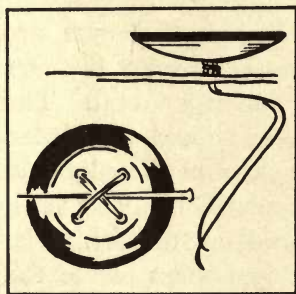
Collars are easily made, but there is some difference in how they should be attached to the dress. If it is a round collar that you are using, you will pin the collar and bias to the right side of the garment. The bias is then finished as for a facing.

If the collar is straight, but you wish it to roll, attach it in the same manner as for a rolled collar. A reversible collar, how-

ever, is applied by stitching the right side of the collar to the wrong side of the garment. Then turn in the raw edge of the underside of the collar and bring it to meet the stitching. You will then baste it and slip stitch it in place.



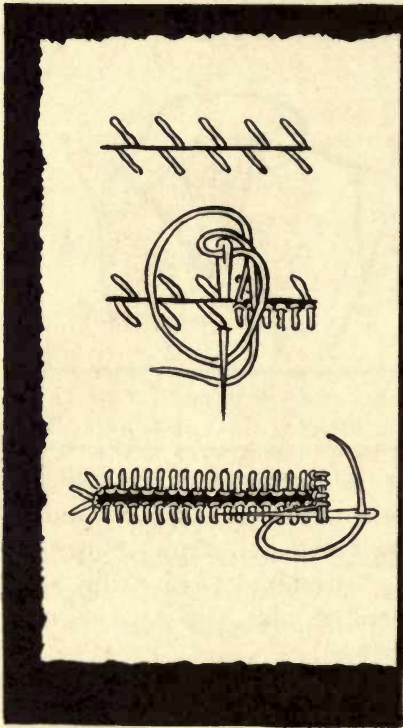
THE STRAIGHT COLLAR IS COMPLETED BY FINISHING ON THE UNDER SIDE



SEWING ON A BUTTON SHOWING THE USE OF THE PIN AND THE WINDING OF THE THREAD UNDER THE BUTTON

Nearly every garment uses some kind of a fastener in order to close the opening. Buttons are used frequently, and you should know how to sew them on. First mark the place where the button is to go. Then, using a double thread, take a stitch at the marked place. Sew back and forth through the button, being sure to have a pin under

the thread on top of the button. When the button has been sewed sufficiently, remove the pin and wind the thread around the threads under the button several times. The



THE THREE STAGES IN MAKING A
BUTTONHOLE

needle is then pushed to the wrong side and the thread fastened.

If you use buttons on your garment, you should learn to make buttonholes yourself. There are various types from which to choose. On tailored and cotton garments you will probably use a buttonhole which is made by the buttonhole stitch. On woolen, silk, or linen garments, a bound buttonhole is generally to be preferred.

Hooks and eyes are another form of fastener frequently used. The hook should be placed back from the edge and fastened firmly at both

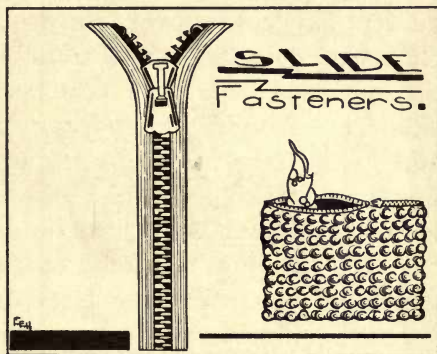
ends. The eye may be either round or straight. The round eye is used on edges which just meet, while the straight eye is used for edges which overlap.

Snaps are used more and more. Both parts should be securely sewed on, placing the socket part on top, and the ball part underneath. The snap should be sewed on so that the stitches will not show on the right side. The

thread should be carried from one eyelet to the other underneath the snap.

Slide fasteners are a somewhat new idea for garment fastenings, but are becoming more popular as they can be used in so many ways. They are purchased according to the length desired and the correct color. They can be easily attached to the opening. You will find them very satisfactory to use on the correct garment. When are slide fasteners appropriate?

During the construction of a garment, you will find it necessary to give it three fittings. The



center front and back of the article should be marked with long basting stitches when the pattern is removed. After the dress is basted, it should be fitted to adjust the shoulder and underarm seams, and to trim the neck and armseye. The second time the garment is fitted, make any adjustments to the sleeves, cuffs, collar, and belt which are needed, and mark the places for the fasteners. The hem line is then marked in the proper way. The third and last fitting is for the final inspection.

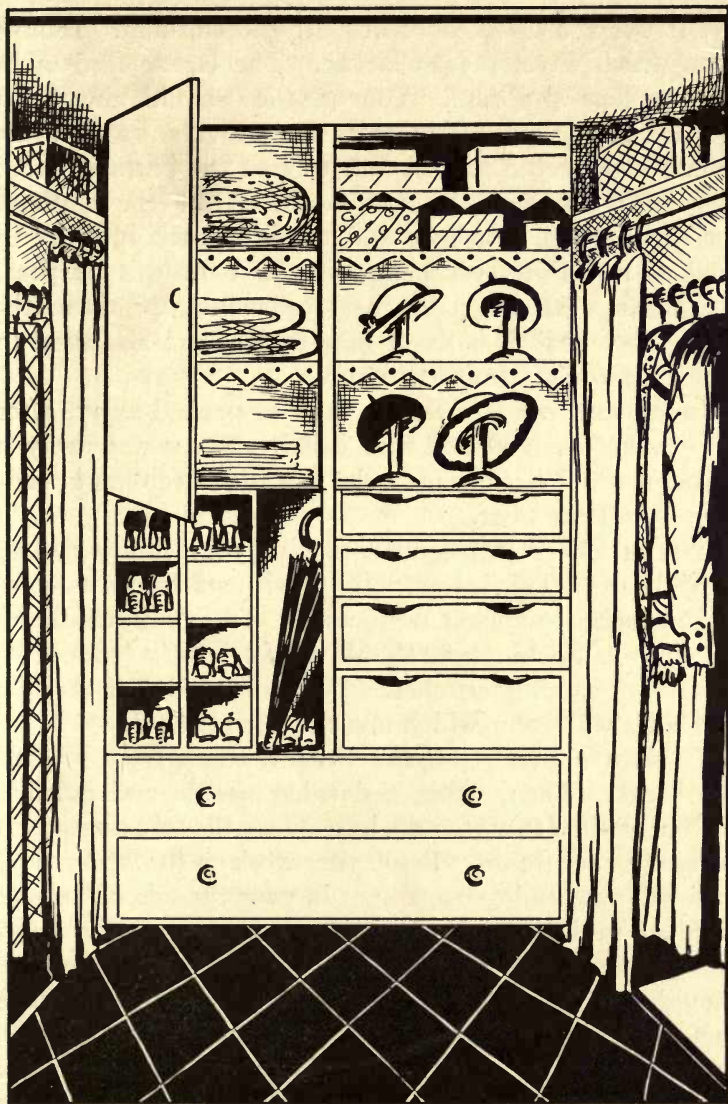
Take special pains to press each part of your garment as you finish it. Seams will give a more tailored appearance if they are pressed after stitching. When the garment is finished, it should be given a final pressing.

Good care of clothing will improve the appearance and lengthen the life of all garments. In order to keep your clothing in good condition, you will need to give it daily

attention. Clothes should be brushed and aired to free them from the dust acquired during the day. If they need pressing, you will do this so that your appearance will be immaculate. Hangers and dress covers will help to keep your frocks and coats in good condition. Hats will hold their shape better if they are placed on standards. To keep them from becoming dusty, you might place a dainty hat cover over them. Shoes should be kept cleaned or polished. Shoe trees placed in them when they are removed from your feet will keep them in shape. There are shoe bags or boxes to put them in which will add to the attractiveness of your room. There are also boxes for stockings, gloves, and handkerchiefs which will help you to establish orderly habits. What other devices can you employ to preserve the appearance of your garments in your clothes closet and bureau drawers?

During the week, wash out your own silk or rayon underclothing and your hosiery. The best way to do this is to dissolve mild soap flakes or beads in some warm water, making a lather. Put in your garment and squeeze the soapy water through it. Rinse the article in warm water, and squeeze out the water. Underwear should then be rolled in a towel and, when nearly dry, pressed with a warm iron. Stockings may be rinsed out each evening and thoroughly washed once a week. They can be hung up to dry. Sweaters may be washed in the same way; but before you place it in the water, you should measure the sweater, so that after the laundering you can lay it on towels and stretch it to the desired size. If this is carefully done, your sweater will not be too tight for you.

In the spring, you will need to pack away your winter woollens and furs. Precautions must be taken to prevent them from being destroyed by moths. The moth, as you



A WELL EQUIPPED CLOTHES CLOSET

see it flying around, does not eat the clothing. It lays eggs which develop into larvae. The larvae feed upon the woolens and furs. Your clothes should always be cleaned before storing, in order to remove any soil which would attract the moths, and to free the garment from any eggs deposited by the moth. After the clothing has been aired, brushed, and cleaned, pack it away in various containers especially prepared for this purpose. Among these are the cedar chest, cedar box, and the moth-proof bag. Moth balls or naphthalene are also used to protect garments from the moth.

In the fall, summer fabrics may be packed away, after they have been washed and dried. Never put away a garment which has been starched, as the starch has a tendency to rot the fiber.

You are often called upon to give your clothing some special care. This is especially so with stockings, as holes or runs seem to appear frequently. To avoid mending a hole in your stocking, you should reinforce the worn spot by using tiny running stitches. You cannot always do this, and holes will occur which must be mended.

To darn a hole, trim the raveled edges from around the break. Then, using a darning needle and darning cotton, or yarn to match the hose, place the stocking over a darning egg or frame. Begin your work on the wrong side. You will not need to use a knot in your thread. The hole is filled in by weaving back and forth and the worn parts around the hole should be reinforced. The threads should not be pulled tightly at the end of a line, because this will keep the darn from lying flat when finished. It should appear in the shape of a diamond when completed.

Perhaps you have more trouble with runs than with holes in your stockings. In order to mend your stocking so that the run will not be extended, you will have to

catch the dropped loop. This can be done by overcasting on the wrong side, or by stitching a small seam over the run with the sewing machine, or by repairing it with a commercial mender.

Once in a while you may tear a garment with a straight, diagonal, or a three-cornered tear. These may be mended satisfactorily, especially in woolen materials, by drawing the torn edges together with tiny running stitches, and reinforcing the weak parts.

Another way to mend a tear in a garment is by patching. A hemmed patch is used on garments requiring laundering, while an overhand patch is used on woolen or silk garments that do not need to be laundered. This type of patch shows the least.

There are, no doubt, in your clothes closet at home a number of old garments which might be renovated so that you could wear them, but you just do not know how to go about it. If you have any such dresses, get busy and fix them up. You will enjoy it.

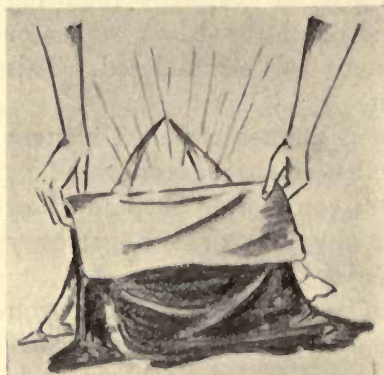
They will probably need to be cleaned first. This you can do at home or you can send the clothes to a commercial cleaner. If you do the cleaning at home, it is cheaper than if you send your clothes to a commercial cleaner. However, you will have to take many precautions, because the solvents are highly inflammable, and a fire may be caused by the friction from rubbing. For this reason, it is difficult to remove spots. After the garment has been cleaned it is also hard to remove the odor. This is done by allowing warm air to pass through the material. If you send your dress to a commercial cleaner, it will have a better appearance, because the work will be done by experienced operators.

If you decide to clean your garment at home, decide first on the best product for the purpose. You will need

a good solvent to clean your dresses. Gasoline, benzine, or naphtha might be used, but these are inflammable and should be used out of doors. Carbon tetrachloride is non-inflammable, but it evaporates quickly and is very expensive.

There are also absorbents which you can use to clean your felt hats and furs. These are fuller's earth, French chalk, magnesium carbonate, or corn meal.

Your garment will also need to be pressed. If it is a woolen dress, press it with a hot iron on the right side, using a heavy pressing cloth wrung out of cold water. Remove the cloth while still damp and steaming, so that the steam will lift the nap of the wool.



STEAMING VELVET

Silks are pressed on the wrong side with a warm iron.

Velvets may be freshened by steaming. A garment may be hung in a steam-filled room. As the steam passes through the velvet, it raises the nap, making it appear like new. Another way of doing this is to hold the velvet over a steaming kettle with the wrong side toward the steam. As the steam passes through, brush the right side with a soft brush. If you place a damp cloth over a heated iron, steam will be created, and you can proceed as if you were using a steaming kettle.

Dyeing and tinting your garments will restore the original color or produce a new one. If you wish to obtain a fast color, boil the article in a dye bath. If you wish to

obtain a delicate tint for your underwear, for example, use a dye which is dissolved in warm water. You will simply have to dip your garment in it. This is not a fast color, which makes it necessary for you to repeat the process often. There is also a similar preparation which whitens clothes.

When you have cleaned, pressed, and freshened your garment, you can add to its beauty by adding new accessories. Dainty collar and cuffs, a belt, buttons, or a scarf will improve and change its appearance to such an extent that you will feel that you have a new frock.

OBJECTIVE TEST

Fill in each of the spaces below with one word which will make the statement read sensibly and be true.

1. A ____ is the plan for the wise spending and saving of the income.
2. An ____ is the list of clothing on hand.
3. Wool and ____ are animal fibers.
4. ____ fiber is a vegetable fiber which has been chemically treated.
5. Cloth is made of two sets of threads called ____ and ____.
6. Cloth is woven on a ____.
7. The ____ weave is the strongest one.
8. ____ is the process by which fiber is made into thread.
9. The ____ is the finished edge of the material.
10. The cheapest material is made from ____.
11. A dress for a tall, thin girl should emphasize ____ lines.
12. Dress patterns are purchased according to ____ or bust measure.
13. To cut a garment smaller than the pattern, one should make a ____ in the pattern.
14. When pinning a pattern to the material, one should pin the longest ____ edge first.
15. A binding should be cut on the ____ of the material.

16. It is best to use a ____ seam on light weight, loosely woven material.
17. Clothing should be ____ before storing it for the summer.
18. Dresses should be hung on ____ in order that they will keep their shape.
19. When laundering silk garments, the water should be ____ from them.
20. The round bobbin turns ____ ____ when properly placed in the bobbin case.
21. The ____ carries the material back after each stitch.
22. The ____ of the stitch is adjusted by the stitch regulator.
23. If the threads lock above or below the material, the ____ needs adjusting.
24. The take-up lever should be at the ____ point before removing the stitched material.
25. The two threads should be ____ of the needle before beginning to stitch.

On a separate piece of paper indicate the numbers of the following statements that are *right*.

1. Under the microscope, cotton fiber looks like a twisted ribbon.
2. Flax is a vegetable fiber.
3. When patterns or figures are printed on a fabric, the design appears the same on both sides.
4. Sizing makes a material stiff.
5. Striking, conspicuous clothing adds to one's appearance.
6. A person with a long, thin face should wear a V neckline.
7. A person with broad shoulders should wear a bertha collar.
8. School shoes should be made of calfskin.
9. A washable school dress should be made with many tucks.
10. A garment with several buttons off will detract from one's appearance.
11. It is necessary when indicating notches to cut them in the material following the edge of pattern.

12. The bust measure is taken over the fullest part of the bust, well up under the arms, and straight across the back.
13. A commercial pattern may be returned to the store after it has been opened.
14. The amount of material required for a garment is stated on the commercial pattern.
15. It is extravagant to buy good material for making dresses.
16. When using velvet, the up and down of the material should be given special attention.
17. Gasoline should be used indoors.
18. Kid gloves are more durable than fabric gloves.
19. A seamless stocking is knitted in a flat piece and pressed into shape.
20. When selecting a hat, one should stand before a full-length mirror.
21. Silk garments should be pressed on the wrong side with a warm iron.
22. Sewing machines require frequent oiling.
23. The proper order for threading a machine is the spool pin, tension, take-up lever, and needle with guides between.
24. In order to treadle smoothly one must press harder with the toes than with the heels.
25. The length of the stitch is regulated by the tension.

SUGGESTED CLASS ACTIVITIES

1. Keeping in mind your clothing inventory, the clothes you will need to replenish your wardrobe, and the amount of money which your family allows you to spend for your clothing, plan a clothing budget which will meet your needs for the coming year.
2. In order that you shall have an actual record of your expenditures, keep a daily record of how much money you spend.
3. Analyze yourself as to the type of your figure and coloring and then decide on the type of clothing in which you will look best.

4. Make a collection of samples of different types and kinds of material.
5. Make a visit to a store in order to inspect materials and ready-made garments.
6. If there is a mill in your vicinity which manufactures material, make a trip to it so that you may see how material is constructed.

SUGGESTED REFERENCES

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- MACBRIDE and MCGOWAN, "Fabrics and Clothing", The Macmillan Company
- STORY, M., "Individuality and Clothes", Funk and Wagnalls Company
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- VAN GILDER, ETHEL, "From Thimble to Gown", Allyn and Bacon

CINDERELLA IN FASHION LAND

NOTE: Written and produced by the pupils of a Homemaking class of the Woodlawn Junior High School in Schenectady, New York.

Time: Afternoon.

Place: In a garden. A gate is placed at center back stage. On either side of this is a high stonewall over which vines are trailing. A garden bench is placed at the stage right of the gate.

Cinderella enters carrying a watering pot.

CINDERELLA. Oh dear! I hate this place. Every day I water these same flowers and do other work which is much harder than this. I wish I could have nice dresses like my sisters and go to school too.

(CINDERELLA sits down on bench and begins to cry.

FAIRY GODMOTHER enters.)

FAIRY GODMOTHER. Cinderella, why are you crying? I thought you were always happy.

CINDERELLA. Fairy Godmother, I try to be happy, but some days I can't, when I think of the clothes I have to wear. I wish I could go and see some of the things other girls see.

FAIRY GODMOTHER. Well, Cinderella, what is it that you would like to see?

CINDERELLA. Let me see. First, I should like to see some new spring dresses.

FAIRY GODMOTHER. Would you like to have me show you some of the pretty dresses that the girls are wearing?

CINDERELLA. Oh! Fairy Godmother, I would just love to see them. When shall we go?

(CINDERELLA jumps up, pulling FAIRY GODMOTHER by the hand.)

FAIRY GODMOTHER. We shall not have to go anywhere. The Models will come to us right here in the garden.

CINDERELLA. That will be lovely, but how?

(CINDERELLA *sinks down on bench.*)

FAIRY GODMOTHER. I will wave my wand, and they will come to us.

CINDERELLA. May I pick out the dresses I like best?

FAIRY GODMOTHER. Yes, Cinderella, you can have the ones you like best.

CINDERELLA. All right, Fairy Godmother, I am ready.

FAIRY GODMOTHER. Which kind of dress would you like to see first?

CINDERELLA. I would like a school dress.

FAIRY GODMOTHER. (*waving wand*) Come, fairies, Cinderella would like to see some school dresses.

(MODELS *enter, singing "School Days."*)

CINDERELLA *gets up, turns MODELS around, picking up collars, etc.* (*exclaiming*) Are n't you pretty?

CINDERELLA. Is n't this color bright and cheerful? Oh, see, the cunning little buttons; they look just like candy. And this one has the cutest pocket, with a little "hanky" sticking out.

(CINDERELLA *stands back, surveying them.*)

FAIRY GODMOTHER. Now, Cinderella, pick out the one you like best.

CINDERELLA. I should love this dress.

FAIRY GODMOTHER. Cinderella, why do you think that you would like that dress for school?

CINDERELLA. I like this one because it is plain and simple and yet it is very easy to launder.

FAIRY GODMOTHER. All right, Cinderella.

CINDERELLA. (*goes up to MODEL*) Would you like to stay with me?

FAIRY. Yes, I would.

CINDERELLA. I have chosen this dress, so you other models may go. May they not, Fairy Godmother?

FAIRY GODMOTHER. (*waves wand*) Yes, they may go. (MODELS *pass out, leaving the chosen model with CINDERELLA.*)

CINDERELLA. Good-by, Fairy Models. Come again sometime soon.

FAIRY GODMOTHER. What kind of dress would you like to see next?

CINDERELLA. I have always wanted to play tennis, but I have never had anything to wear. Could I see some sports dresses?

FAIRY GODMOTHER. (*waving wand*) Hurry, Golf, Tennis, and Horseback Rider. Cinderella wants to see what you wear when you play.

(MODELS *enter, laughing and talking.*)

GOLFER. You should have seen the mashie shot I made this morning. It was simply great. I played 18 holes in 98.

TENNIS. You and your golf. Why, I played tennis all morning with Jane. We played more deuce games! I can't see how you like golf.

GOLFER. Just try it once and you will get the bug.

HORSEBACK RIDER. You both make me sick with your golf and tennis. I have been galloping all morning through the mountain bridle paths, listening to the birds. That's life for you.

(*Meanwhile CINDERELLA has been gazing at them.*)

FAIRY GODMOTHER. You have just heard what these three sports lovers have been saying. Can you choose between them?

CINDERELLA. They all sound so interesting. I adore those riding boots and breeches and that sweater and skirt fascinate me, but I think I still like tennis best.

FAIRY GODMOTHER. Do you think that dress is a good one for tennis?

CINDERELLA. Oh, yes, Fairy Godmother, because it allows one to move freely, and that is essential for a sports costume.

FAIRY GODMOTHER. Cinderella, I think that you have chosen wisely. Why, what is that I hear?

(Noise outside garden. FAIRY MODELS peeking around.)

FAIRIES. Fairy Godmother, may we come in? We want to show Cinderella our pretty silk dresses.

FAIRY GODMOTHER. Yes, come in, but you should have waited until I called you. Did you have a good time at your bridge party this afternoon?

(As party models enter, GOLF and HORSEBACK RIDER leave.)

FAIRIES. Oh, yes.

FIRST FAIRY. I won the prize. Is n't it cute?

SECOND FAIRY. Fairy Godmother, you should have seen the dress Betty had on. It was all ruffles and lace, and made her look like a mountain.

THIRD FAIRY. She should wear straight one-piece dresses in order to make her look thinner. It is a pity somebody does n't teach her how to dress.

CINDERELLA. I wish somebody would teach me how to dress.

THIRD FAIRY. It really is n't very hard if you will remember certain things.

FIRST FAIRY. If you are to be well dressed, your dress, your coat, and your hat should all belong to one definite color family.

SECOND FAIRY. Vertical lines belong to the girl who is short and fat. Horizontal lines belong to the girl who is tall and thin.

CINDERELLA. Thank you, Fairy Models, for telling me all of these things. I shall remember them.

FAIRY GODMOTHER. Cinderella, I am afraid you will have to hurry and pick your dress, for I must be leaving.

CINDERELLA. Oh, Fairy Godmother, please don't go. I have n't seen any party dresses yet.

FAIRY GODMOTHER. Did you wish to see some? I thought you did n't want any.

CINDERELLA. I realize that I don't attend many parties, but I should like one just the same.

FAIRY GODMOTHER. Very well, but you must hurry and choose one, for I must go.

CINDERELLA. All right, Fairy Godmother, I will keep this printed crêpe.

FAIRY GODMOTHER. (*turns MODELS*) You other Fairy Models may go. Will you tell my party models to come? (*FAIRY MODELS enter, dragging in a dancer.*) Look, Fairy Godmother, whom we have brought with us!

FAIRY GODMOTHER. Where did you find her?

MODELS. She danced at the Prince's Ball, so we brought her here to dance for Cinderella.

FAIRY GODMOTHER. Fine! Will she dance for us now?

DANCER. Yes, if you wish it, Fairy Godmother.

CINDERELLA. We're ready.

(*Everybody steps back. Girl dances.*)

CINDERELLA. (*clap hands*) Oh, Fairy Godmother, was n't that just lovely? She dances so gracefully, I wish she would dance some more for us.

FAIRY GODMOTHER. No, Cinderella. You have forgotten that I am in a hurry and you have n't chosen your party dress yet.

CINDERELLA. They are all so beautiful that it is hard to choose. But I think I will keep this one, because blue is very becoming to blondes.

FAIRY GODMOTHER. I am glad, Cinderella, that you always think of the important things before you select your dresses. We would have better dressed girls if each one would select her clothes according to the rules which govern her type.

CINDERELLA. Fairy Godmother, I have had such a lovely time to-day. You have been so good to me and you know that I thank you just loads and loads.

FAIRY GODMOTHER. I am pleased, Cinderella, that you appreciate what my models and I have done for you this afternoon, but we must be hurrying along. (*Calls MODELS.*) Come, Models, we must be going home.

MODELS. Good-by, Cinderella.

CINDERELLA. Good-by.

(*FAIRY GODMOTHER and MODELS go out, calling good-by.*)

CINDERELLA. Was n't that lovely? (*Begins to wake up.*) Why! why! Where are my new dresses that Fairy Godmother gave me this afternoon. (*Rubs her eyes.*) I guess I must have been dreaming. Maybe if I keep on trying I will be able to have nice dresses sometime. Anyway I know what sort of dresses will look well on me, and that is more than some people know. Most people select dresses because they like them or because they are the fad, but I shall choose my clothes because they are becoming to me.

CURTAIN

UNIT NINE

HOW CAN THE JUNIOR HIGH SCHOOL GIRL ASSIST WITH THE CARE OF THE MEMBERS OF THE FAMILY WHO ARE ILL?

Are any of the members of your family ever ill? If you are able to answer in the negative, your family is unusually fortunate. It would be ideal if no one ever was ill, but in spite of practicing every known prevention, most families have an occasional illness. When this does occur, it is essential to give the patient the best nursing care possible in order to insure his recovery.

Who is most capable to care for the sick person? In cases of very serious illness the attending physician may advise employing a trained nurse. Frequently, however, the physician will feel that this is not necessary, and then some member of the family nurses the sick person. In most families the mother assumes this added responsibility. It is difficult for her to add the care of a patient to her already full day, but she will exert herself to the utmost in order that her whole family, the sick and the well, shall be happy. Mothers are like that. They think of their families first and themselves last.

If some member of your family were ill and required a great deal of care, could you do anything to help your mother? You might appoint yourself her assistant, and learn all you could by helping and watching her care for the patient.

Have you ever thought about who would take care of your mother if she were ill? You might. This unit has

been written to give you definite aids in caring for a sick person in the home.

The first consideration of the home attendant should be her patient. She should protect him from all annoyances and worries. She should be cheerful, sympathetic, efficient, reliable, considerate, and should have initiative. Her appearance should be neat and clean. Her clothing should be washable and her shoes noiseless.

The sick room should be selected and equipped so that the patient will be comfortable, and it should be kept in a sanitary condition. The location of the room is important. A southeastern exposure is ideal. If the sick room is near the bathroom, it will be more convenient for the patient and for the home attendant. The patient will be able to rest better if his room is away from the noise and confusion of the house and street. He will enjoy his trays of food more thoroughly if the odors of cooking do not penetrate his room.

The ventilation of the room is important. The temperature should vary from 60° to 70° F., according to the time of the day. The attendant should be careful that the patient is never in a direct draft. How can drafts be avoided?

Natural or artificial light should never be allowed to shine directly in the patient's eyes. This can be prevented by adjusting the window and lamp shades. The sick room should not be kept dark during the day, except while the patient is taking his nap, or unless darkness has been prescribed by the doctor.

Linoleum-covered, hard-wood, or painted floors are good for a sick room, because they are easy to keep clean. They may be covered with small washable rugs.

The furniture should be simple and easy to keep clean. All unnecessary bric-a-brac should be removed from the

room. A three-quarter or single bed is the most convenient size for the attendant, in caring for the patient. It should be raised to a convenient height by placing blocks under each of the four legs. The bed should be placed so that three sides are free from the wall.

Besides the bed, the furniture should include a chest of drawers, a bedside table, a screen, and two chairs. One small chair near the bed will be very useful. An easy chair or a chaise longue will be enjoyed by the patient during the early days of convalescence.

The home-nursing equipment for caring for a bed patient should include a bedpan, an irrigating can with hose and nozzle, a bed table, a back rest, a clinical thermometer, a bath thermometer, a room thermometer, a hot-water bottle, an ice bag, an air cushion, an emesis basin, a wash basin, a rubber sheet, an eye glass, glass tubes, and a measuring glass.

The sick room should be kept immaculately clean. If the room must be cleaned while the patient is in bed, he must be considered in the cleaning process. You should avoid raising dust by using a broom covered with a damp cloth, a vacuum cleaner, a dustless mop, and a dampened dust cloth.

The appearance of the room is important. It should be orderly and cheerful. Flowers and growing plants add to the attractiveness of a room. They should be discarded when they begin to wilt. Cut flowers require fresh water every day. All flowers should be removed from the room at night, because they absorb the oxygen in the room.

The home attendant must see that the patient's body is kept clean. If the patient is well enough and has the doctor's permission, he may take a tub bath. The bathroom should be warm, at least 70° F., and free from

drafts. The bath water should be between 95° and 100° F., and the heat may be increased, if desired. The attendant may assist if necessary, and should watch the patient to notice any signs of fatigue. In case of over-fatigue, the patient should be rolled in blankets and put back to bed immediately. Place a hot-water bottle at the patient's feet when he returns to bed.

If the patient is weak, bed baths will be necessary. The room should be warm, at least 70° F. The water should be warm and changed frequently to keep the temperature even. When giving a bath, the bed should be protected with bath towels and a rubber sheet, oil-cloth, or newspapers. All necessary equipment and linen should be gathered before starting the bath. The bath should be given before the bed is changed. The soiled nightclothes are taken off before the bath, and clean ones are put on afterwards.

The aim of the bed bath is to get the patient clean and dry without chilling, fatiguing, or exposing. You should avoid getting the bed damp, and giving the patient any feeling of unnecessary haste or delay. The hair, fingernails, toenails, and teeth are given special attention at this time. Sponge baths and alcohol rubs are cooling and refreshing for the patient.

The home attendant should know how to make an occupied bed. The following steps should be helpful:

1. Collect the necessary fresh linen.
2. Loosen the bedding all around the bed.
3. Remove the bedspread and the second blanket, if there is one.
4. Move the patient to the side of the bed and make him comfortable.
5. Gather the lower and draw sheets and place them close to the patient's back.

6. Keep the rubber sheet free.
7. Pleat one-half of the clean bottom sheet lengthwise, and place the pleated half close to the gathered soiled sheet.
8. Smooth out the rubber sheet over the clean sheet.
9. Pleat one-half of the draw sheet and lay it on top of the rubber sheet.
10. Tuck in the top and the bottom of the clean sheet, mitering the corners.
11. Tuck in the sides of the bottom sheet, and, at the same time, smooth and tuck in the rubber and draw sheets.
12. Move the patient over to the clean side of the bed.
13. Remove the soiled sheet.
14. Smooth out and tuck in the top, bottom, and sides of the clean bottom sheet.
15. Draw tight and tuck in the rubber and draw sheets.
16. Move the patient to the center of the bed.
17. Spread the clean top sheet over the blanket.
18. Remove the blanket and the soiled top sheet.
19. Tuck in the clean top sheet at the bottom.
20. Finish making the bed as you would if it were not occupied.

The home attendant should also be able to take the patient's temperature. This is usually taken by placing a clinical thermometer in the mouth, under the tongue with the lips closed. Very small children may not be able to hold a thermometer in their mouths. In this case, it may be necessary to take the temperature in the arm pit or the rectum.

The normal mouth temperature is 98.6° F., and any deviation from this point should be noted and reported to the attending physician. If the patient has a temperature, it will probably be lowest in the early morning and highest in the late afternoon. A subnormal tem-

perature is below normal, and an abnormal temperature is above normal.

The thermometer should be sterilized, before and after using, by wiping with sterile cotton dipped in grain alcohol or aromatic spirits of ammonia.

Another check on the patient's condition is his pulse. This indicates the rate, force, and rhythm of the heart-beats. The rate varies greatly according to sex, age, activity, and emotional strain. The average rate for an adult man is 72 and for an adult woman is 80. The rate is more rapid in childhood and decreases with age.

The pulse should be counted when the temperature is taken. The pulse is taken on the thumb side of the wrist with two or three fingers. It is counted, timed by the second hand of a watch for one half minute, and then multiplied by two.

Respiration is taken to check on the breathing. It is counted by the rise and fall of the chest when the patient is not aware it is being taken. The rate varies from 16 to 20 per minute for adults and is more rapid for young children. In addition to counting, the attendant should also notice any unusual forms of breathing.

Charts may be kept by the home attendant, according to the doctor's instructions for recording temperature, pulse, respiration, body excretions, sleep, food intake, and any general comments.

The patient's food should be prepared and given according to the doctor's directions. Invalid diets are divided into four classes: liquid, soft, convalescent, and full.

A liquid diet is usually given at the beginning of an illness while the patient still has a temperature. It includes such foods as fruit juices, cereal gruels, cream and clear soups, broths, raw egg in combination with milk and fruit juices, cocoa, milk, beef juice, and tea.

A soft diet is given when the patient begins to recover. It includes all the foods in the liquid diet and in addition such foods as soft milk toast, soft cooked eggs, custard, well-cooked cereals, junket, gelatin and cornstarch puddings, ice cream, ices, and sherbets.

A convalescent diet is given during the convalescent period when the patient is trying to regain his strength. It includes all the foods in the liquid and soft diets. In addition, mild fruits, well-cooked vegetables, and tender meats may be included.

A full diet is given when the patient may be invalided with a broken leg or something else of that nature. All fresh and well-cooked foods may be served except fried foods, rich pastry and puddings, concentrated foods, and any food which does not agree with the patient.

The daily diet of the invalid should include some laxative food and plenty of water. The foods should be well cooked, and seasoned to develop the natural flavor. The likes and dislikes of the patient should be considered.

The appearance of the tray and the food itself has a definite effect on the patient's appetite. Fresh linen and gay china will make the tray attractive. A few fresh flowers may be used to decorate the tray. The appearance of the food should be considered when planning the menu. It should be arranged attractively and served in small amounts. If the patient has a communicable disease, special dishes should be used, which are kept separate from those used by the family.

When the patient begins to convalesce, he will enjoy some form of recreation. The attendant may allow him to have visitors for a few minutes each day. He may enjoy reading or being read to. Children enjoy games and picture books. Of course, the form of recreation

depends on the age of the patient, and on his likes and dislikes. The attendant must be careful to prevent the patient from becoming over stimulated.



THE INVALID SHOULD BE MADE COMFORTABLE BEFORE HER ATTRACTIVE BED TRAY IS PLACED IN POSITION

In case of an emergency, it is often necessary to administer aid to the affected person before the arrival of the doctor. For this reason, it is necessary to have a well-equipped home medicine cabinet. The following list of suggestions may be helpful :

Cathartics and laxatives

1. Castor oil
2. Mineral oil
3. Epsom salts
4. Milk of magnesia

Stimulant

1. Aromatic spirits of ammonia

Disinfectants

1. Iodine
2. Mercurochrome
3. Boric acid powder
4. Rubbing alcohol
5. Other germicides, such as Lysol, Zonite, etc.

Ointments

1. Vaseline
2. Unguentine

Miscellaneous remedies

1. Bicarbonate of soda
2. Essence of peppermint
3. Oil of cloves
4. Mustard (dry)

Adhesive tape

Sterile gauze

Medicated cotton

Blunt scissors

All unused medicines should be destroyed. Poisons should be carefully labeled. The medicine chest should be placed out of the reach of the children of the family.

When traveling, small quantities of the articles in the above list should be assembled and packed in a convenient container in an accessible place.

What to do in special emergencies :

1. Fainting

Place the head lower than the rest of the body.

Rub the limbs toward the body.

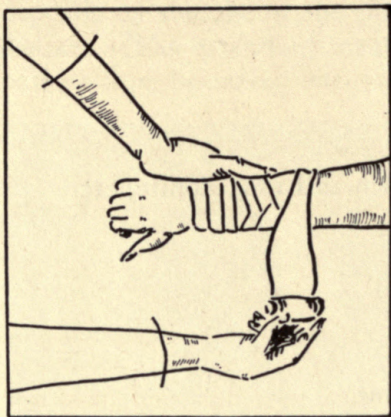
2. Cuts

Apply disinfectant and bandage.

3. Burns

Cover with an unsalted grease.

Bandage loosely.



FIRST AID BANDAGE FOR A
SPRAINED WRIST

Apply a solution of ammonia.

Follow with wet salt pork or wet pack of baking soda.

7. Poison

Dilute poison by giving liquids.

Cause vomiting by using an emetic, such as a solution of mustard or ipecac.

PROBLEMS

I. Little Doris Day fell down stairs and hurt her spine. The doctor is sure she is going to be able to walk and run again, but he has ordered her mother to keep her in bed for at least three months. This is going to be a long time for a six-year-old girl to stay in bed.

a. Plan a bedroom for Doris which will make her days happy and her nights restful. Consider the following suggestions:

1. Location of the room
2. Location and number of windows
3. Furniture

4. Nosebleed

Place a cold pack at the back of the neck.

5. Sprains

Apply very hot or very cold water or packs.

Elevate the injured member.

Bandage.

6. Insect bites

Remove the sting if there is one.

4. Furnishings
 5. Color scheme
 - b. What suggestions can you give Doris for ways to amuse herself during this period of invalidism?
- II. Betty Lou has had influenza. She is getting better now, but the progress is slow. She has no temperature now, but she is so weak that she is not able to sit up for more than one hour every day.
- a. Plan a luncheon menu for Betty Lou to eat from her bed tray.
 - b. Plan the color scheme, arrangement, and decoration of that tray.
- III. What would you do if someone fainted in your classroom and you were the nearest person?
- IV. If you spilled boiling water on your left hand and no one was at home to help you, what would you do for yourself?

SUGGESTED REFERENCES

BOOKS

- DELANO, J. A., "Home Hygiene and Care of the Sick", P. Blakiston's Son and Company
- DOUGLAS, "Health and Home Nursing", Putnam
- LYNCH, "First Aid", P. Blakiston's Son and Company
- "Girl Scout Handbook"
- SELBERT, N., "Home Care of the Sick", W. B. Saunders Company

UNIT TEN

HOW CAN THE JUNIOR HIGH SCHOOL GIRL SPEND HER LEISURE TIME?

Due to the present changing conditions, the amount of leisure time is increasing, thus making it necessary to know how to spend this time wisely. As we have gradually passed from the agricultural age to the machine age, there has developed in your homes a condition in which there is an insufficient amount of work to keep every member of the family busy every hour of the day. This has been caused mainly by the production of labor-saving devices, which make it possible to perform work more quickly and efficiently.

Also to-day, many of the tasks which were a part of your grandmother's household duties are no longer carried on in the home. It is not necessary for you to help your mother bake bread, or to spin the yarn and weave it into cloth before you may have a new dress. It is because of these changes in all phases of activities that you must stop and consider what you are going to do with this extra time.

Many of you know exactly what to do with every spare minute, but there are also many of you who have no conception of how to use your leisure time, and are always asking, "What shall I do now?" It is to prevent this restless excitement, indecision, and boredom that this unit is written.

Parents should realize the training possibilities of group recreation, by establishing stimulating situations for the

promotion of worth-while activities. Unused rooms may be turned into work shops, where tools and equipment may be assembled for various types of activities. Plots of land may be turned into productive gardens, while some quiet nook may be converted into a place for rest and relaxation.

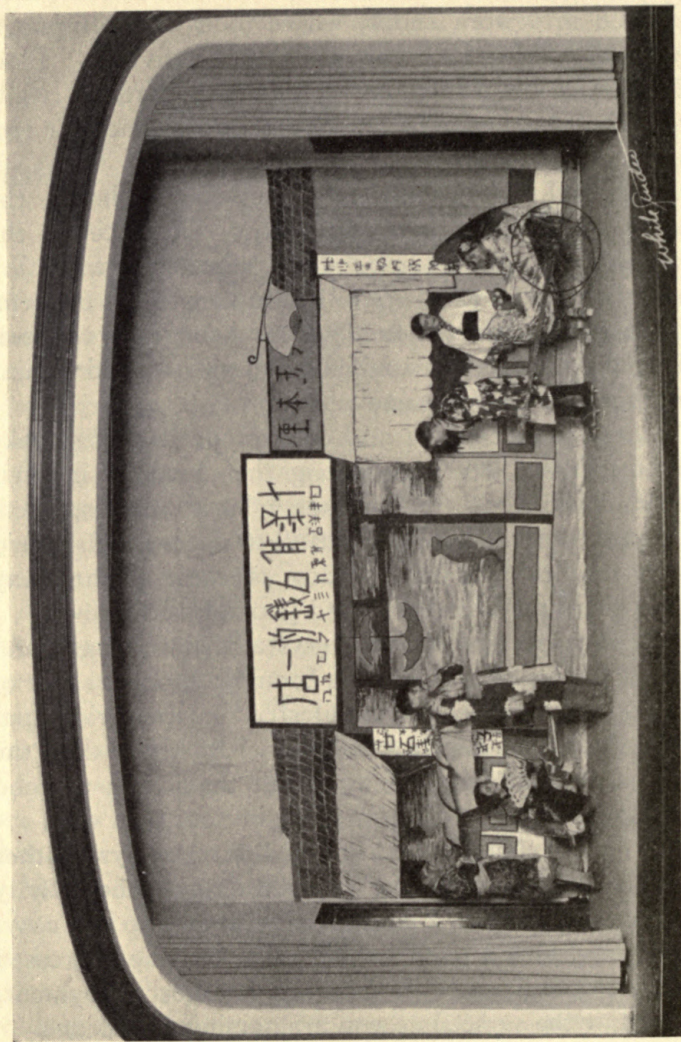
As the right situations are set up in the home, the parents cannot help but realize the difference in the recreation of the children. Now, the children enjoy staying home, and as the family group continues to spend leisure hours together, there develops a congenial coöperation among the members, which is an aid to good honest sportsmanship on every one's part.

Talents are discovered and cultivated. As these take form, leadership develops among the members in their particular field. As the various talents are displayed, appreciation of all that is beautiful in nature, music, art, and rhythm is increased. Many of these talents may further your creative ability and your physical power.

As family interests grow and crystallize into mental and physical achievements, there is brought about a sense of family loyalty, which is manifested in the pride and interest each one has in the other. In order that the members of your family may spend their time to good advantage, you must do your share in your own way.

Your leisure time is spent in two different ways: either you must carry on alone, or you will enjoy some activity with others. Is it not a grand feeling to curl up in a cozy, quiet corner with a good book? You become engrossed in the book, and you read on and on for sheer enjoyment, although at the same time you are gaining knowledge.

Of course, some of you will wonder, "What is meant by good reading?" If at the conclusion of the book, magazine, or newspaper story, you can truthfully say that it has



ARE YOU INTERESTED IN DRAMATICS?

Whitely Underwood

increased your vocabulary and broadened your interest in travel, history, or other stimulating benefits which open new avenues of thought to you, you can feel sure that you are developing a taste for good reading. Many of you will enjoy reading the following books :

1. Little Women Louisa Alcott
2. The Homemaker Dorothy Canfield
3. Mother Kathleen Norris
4. Mother Carey's Chickens Kate Douglas Wiggin
5. Five Little Peppers and
How They Grew Margaret Sidney
6. The Twenty-Fourth of June Grace Richmond
7. Anne of Green Gables Lucy Montgomery
8. Old Curiosity Shop Charles Dickens
9. Daddy-Long Legs Jean Webster
10. Rebecca of Sunny-Brook
Farm Kate Douglas Wiggin
11. Janice Meredith Paul L. Ford
12. Bab — The Sub-deb Mary Roberts
Rinehart

You will also find a great many delightful stories and articles in good magazines, such as those listed below :

1. Child Life
2. Good Housekeeping
3. Ladies' Home Journal
4. St. Nicholas
5. House Beautiful

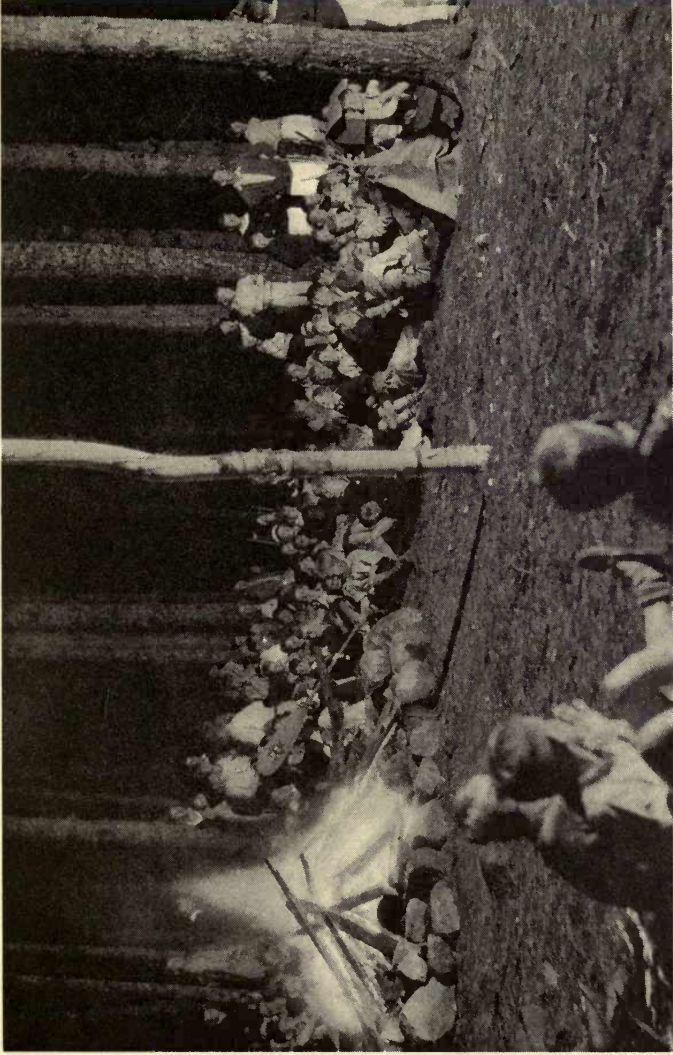
There is no better way of keeping up with the times, on matters which are now making history, than by reading newspapers, which report the events in a clear, concise, truthful manner. Take the opportunity each day to do some constructive reading, and while you may be stimulating your mind, you are also relaxing physically.

Have you a hobby? They really are great fun. Some people think they are foolish, but when they realize that hobbies have the power to develop talents, creative ability, and initiative, they will understand that it really is a worth-while pastime. Some of the prevalent hobbies are listed here, and no doubt you can think of many more.

1. Collections — These may include any article which is of particular interest to you. Stamp collections are very common.
2. Hand work — embroidering, knitting, crocheting, tatting
3. Reed and raffia work
4. Weaving
5. Drawing
6. Painting
7. Modeling
8. Writing
9. Gardening
10. Music — vocal and instrumental
11. Dancing

You can plainly see that with this great variety of activities, each of you can find at least one which is of particular interest to you. If you inquire into the lives of famous men and women, you will find that each of them had a hobby, which he had developed until it had become nearly as important as his major attainment.

You are not always content to spend all of your leisure time alone, and this is the correct way to be. It becomes necessary to spend part of your spare moments in the companionship of other people. Many of the accomplishments which you enjoy alone, you will also receive pleasure from when they are carried on in



FUN AROUND A CAMPFIRE

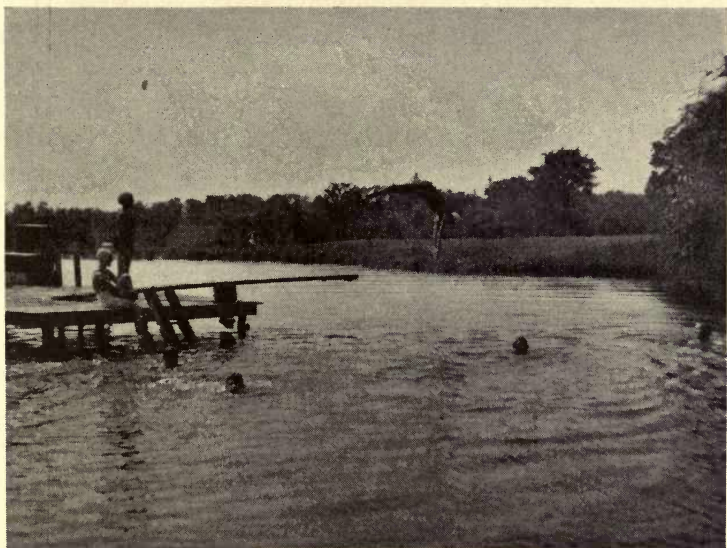
the company of friends who have like interests. Among these are :

1. Music
2. Dancing
3. Outdoor activities
 - Swimming
 - Tennis
 - Hiking
 - Golf
 - Riding
 - Games
 - Skating
 - Tobogganing
 - Skiing
4. Indoor games
 - Guessing
 - Puzzles
 - Cards
 - Table games

Physical activities should always have a prominent place in the lives of everybody. Many of you will gain great success in the art of mastering them, while others of you will never attain real skill in their performance. This should not interfere with your continued enjoyment of the game. A good share of the benefits which you will derive are from the effects of exercise in the sunshine. These are obtained even though you are not a champion.

Movies have become, in many instances, the way in which you spend a great deal of your spare time. Sometimes you go alone, but usually you go with a group of friends. You have your favorite actors and actresses. You save your money diligently, so that you will be sure not to miss a picture. When the movies become a habit with you, it is high time for you to stop. If you choose a

movie wisely, and obtain some good educational benefit from it, then it is all right for you to indulge in them sparingly. This advantage may help you to solve some common problems, such as: how to dress for different occasions; how to enter a dining room; how to eat properly. No matter how minute the gain, there should always be some benefit besides sheer amusement.



A PERFECT DIVE DELIGHTS THIS GROUP

You probably all belong to some club or organization which helps you to spend your time wisely. They have a great many advantages when they are under the guidance of capable people. You have a chance to develop your ability as a leader, to cooperate with your companions on a mutual project, and to promote your social sense. You also have a chance to build lasting friendships, which will help you during future unforeseen conditions.

In your church and school you undoubtedly have social

and educational clubs, which meet regularly. Some of you are probably Girl Scouts, or Camp Fire Girls, and are receiving a great many worth-while benefits from them. Your school may also have a 4H Club, which is increasing your knowledge and enjoyment of useful activities.

During some of your leisure moments, you will enjoy entertaining friends in your home. You will want your family to meet and know your companions, and your parents will, of course, desire to do this. When a group of boys and girls assemble at your home for an evening of entertainment, you always feel that it is a party. No matter how simple the party may be, it requires thought on your part to see that everything is successfully carried out.

When you decide to invite a group of your friends to your house, you must immediately begin to consider a few important points, if your party is to be a success. Very often you plan your party for some special occasion, such as a birthday, Hallowe'en, or Valentine's Day. By considering the occasion or the nearness to some occasion, it enables you to carry out some special motif throughout the party.

Before you invite your guests, you must consider whom you will invite. This is not always the easiest problem, because for some reason it will be necessary for you to limit the number of people. You will have to choose discreetly, so as not to hurt anybody's feelings. Your invitations may be attractive cards or notes, or you may ask your guests verbally or by telephone.

When you have decided on the occasion for the party, you may then think it best to carry out your color scheme with this in mind. If your party is held at a time when there is no special occasion of interest to you, select a



A GROUP OF PUPILS MAKING COSTUMES FOR THEIR SCHOOL OPERETTA

color scheme which is appropriate for the season. If you keep this in mind when you plan your invitations, favors, decorations, and food, your party will have a distinctive note.

The decorations may be simple or elaborate, but above all, make them artistic. When you have finished carrying out your ideas, based on the occasion and color scheme of the party, and step back to view the results of your labors, be sure that they will give a pleasing effect.

Before you can fully plan your refreshments, you must decide on the type of service you are going to use. If it is a small group that you are entertaining, you will probably serve them at one large table, or at a few small tables. This will necessitate serving the food Russian style. It is possible, however, to use the buffet style of service if you wish. This is especially desirable, if you are entertaining a large number of friends. In this type of service, the napkins, silver, china, and food are arranged attractively on a convenient table or buffet. The various kinds of food are assembled together in a suitable order. The guests then serve themselves by picking up a napkin, the necessary silver, and the food in the order of the main course: bread, relishes, beverage, and dessert.

If you decide to serve your guests in this manner, be very careful to select foods which may be eaten with ease. It is not always easy to manipulate, with perfect comfort, all types of foods.

As you are planning your menu, you will consider certain combinations of food. It will help you if you glance over the types of party menus which are suggested.

You should guard against having a number of foods which serve the same purpose, such as several different kinds of dessert. It is much better to serve fewer foods, and have them well prepared and attractively arranged.

TYPES OF PARTY MENUS

I	II	III
Main Course Sandwiches Beverage Cocoa Lemonade Fruit punch Dessert Cake Cookies Candies	Dessert Ice cream Sherbet Ices Cake Cookies Ice-box puddings Beverage Same as I	Main Course 1. Salads 2. Creamed foods in patty shells or timbale cases 3. Croquettes Accompaniments 1. Celery 2. Olives 3. Pickles 4. Jellies 5. Potato chips 6. Salted nuts 7. Dainty rolls or biscuits Dessert Same as II Beverage Same as I

The entertainment varies greatly with the tastes of your friends. Some may enjoy dancing, while others may like a variety of games. If you have the facilities, it is nice to arrange for these varying likes, by setting up table games and arranging a place for dancing. Because of the radio, it is possible to provide music for your guests.

When the last of your plans are made, be sure that all the arrangements are perfected. You should see that there are the proper facilities for carrying out your plans, such as the preparing and serving of the refreshments. A carefully planned party will surely be a success if every item of comfort and pleasure for the guests has been worked out.

You, as hostess, have certain duties, which you must perform on the evening of the party. When the guests arrive, you should greet them at the door and show them where they may leave their wraps.

You have all heard of "wall-flowers", and it is one thing which you must avoid at your party. Go about from one guest to the other, providing amusement for them, so that they will surely have a good time.

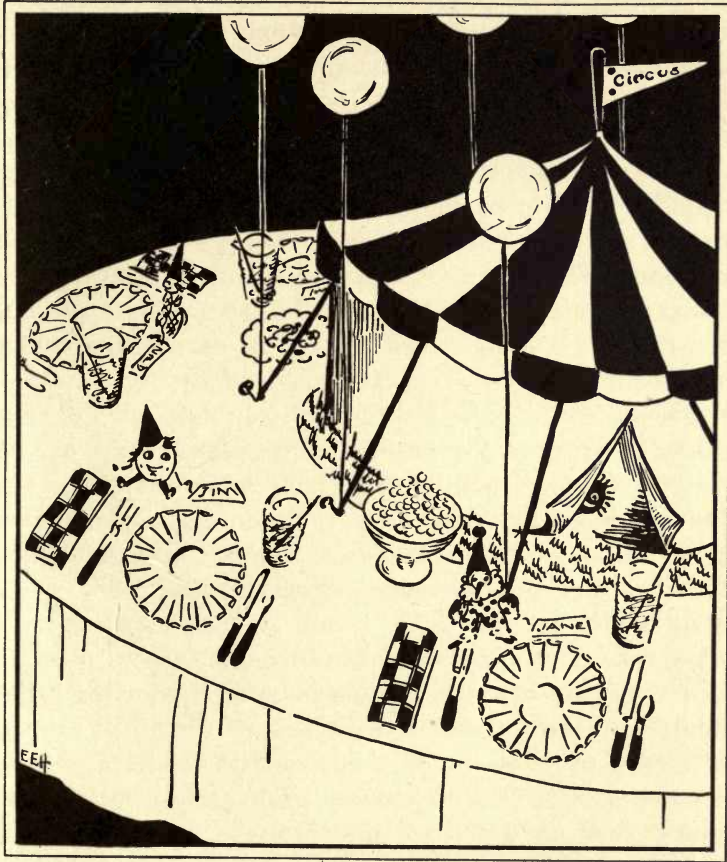
Some of your guests may live in the suburbs or some distance from your home. If this is the case, be sure that they are provided with a safe way of getting home. As your guests leave, you should stand at the door and bid each departing guest, "Good-night." With the end of the party should come a feeling of satisfaction, which means that the task has been well done, to the delight of everybody.

Small brothers and sisters enjoy parties as much as you do, and they will be very much delighted if you will help to plan a party for them. This party will probably be a birthday affair. The color scheme and decoration should carry out this motif. The invitations should be suitable for the age of the children, which allows for a great variety of interesting ideas.

When planning the refreshments, remember that children should not eat between meals. The food should be served so that it will constitute the child's supper. Plan on having simple foods to which the children are accustomed. These may be decorated in such a way that the child will be attracted. The children should be served at a table set with appropriate china, silver, and linen.

When you plan the entertainment, remember the type of games which young children like to play. Story-telling is another way of amusing the children, and this is espe-

cially good after they have been playing more strenuous games. If the weather is permissible, and you have outdoor equipment, it will be fine for them to be out in the



Child's Party

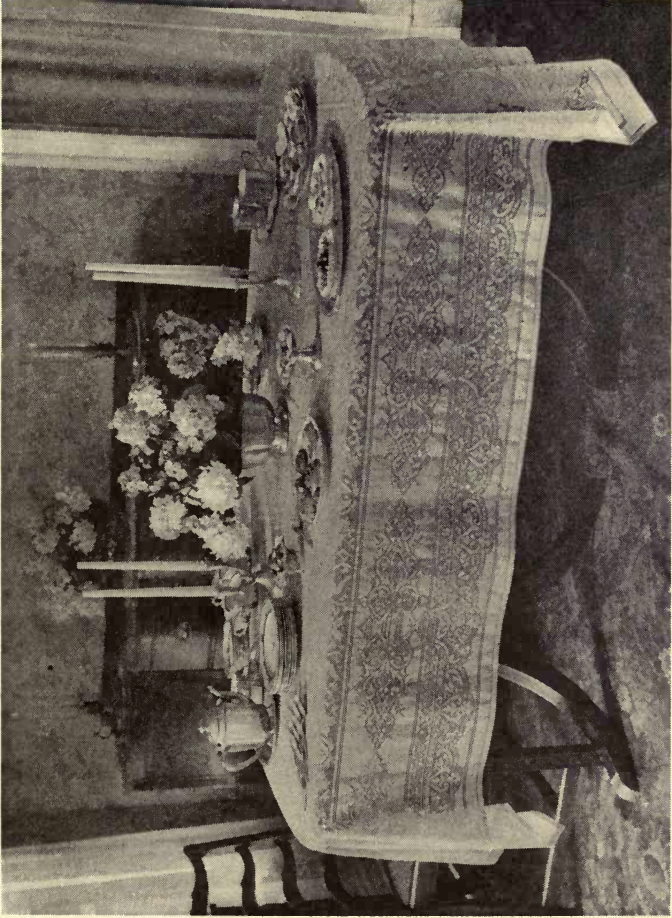
sunshine. However, if you intend to have this kind of entertainment, you should tell their mothers, so that the children will be dressed appropriately.

Another form of entertainment which you will enjoy is an afternoon tea. You may assist your mother when she is entertaining friends in the afternoon, who have dropped in to call informally. You may possibly bring in the tea tray laden with silver, china, linen, and food and place it on a small table which has been covered with a tea cloth. Mother will pour the tea herself, and you may serve the guests. It is perfectly correct, however, to have the guests serve themselves. The guests are usually seated in conversational groups about the room. It will add to their comfort if there are small tables scattered about the room which they can draw up beside them, on which to put their tea things. Tea served in this fashion is a source of relaxation at the end of an afternoon.

Afternoon tea is also a delightful way to entertain large groups of people. Your class may decide that they would like to entertain their mothers and friends in this way. The tea will then take on a more formal atmosphere. Invitations will be extended, and these may be either formal invitations or informal invitations written on small cards.

You should decide on a color scheme, and plan your decorations and food with this in mind. The tea table should be pleasant to see, with beautiful cloth, a center piece of real flowers, lighted candles at either end, attractive silver, and china. The food should be dainty and attractive, adding to the beauty of the table.

When you plan your tea menu, there is a chance for great variety. The foods served differ somewhat from those served at the informal home tea. You will find a list of suggested foods for informal and formal teas on page 328.



A TABLE SET FOR A FORMAL TEA

either side of the center, and should always be kept replenished by a maid or those who are serving. Younger friends of the hostess usually serve the guests, who stand around in conversational groups. Soiled dishes should be removed immediately.

SUGGESTED CLASS QUESTIONS AND ACTIVITIES

1. Why is the amount of leisure time one has to spend steadily increasing?
2. What advantages may result from the worthy expenditure of leisure time?
3. Do you have a hobby? What is it? What knowledge are you gaining from it?
4. What type of book do you like to read best? What benefits are you receiving from this reading?
5. Why do you like to belong to club organizations?
6. What type of physical activities do you enjoy most?
7. Plan a party for some special occasion, taking into consideration the number of guests, invitations, color scheme, decorations, refreshments, and entertainment.
8. When you are planning a party for your little sister, what type of food should you serve?
9. Plan the refreshments for an informal afternoon tea which your mother is going to give.
10. Plan a formal afternoon tea which your class might give to entertain your mothers and your friends, keeping in mind the invitations, color scheme, decorations, and the refreshments which you would serve.

SUGGESTED REFERENCES

BOOKS

- GROVES, SKINNER, SWENSON, "The Family and Its Relationships",
J. B. Lippincott Company
- TRILLING and NICHOLAS, "The Girl and Her Home", Houghton
Mifflin Company
- "The Log Cabin Lady", Little, Brown, and Company

THE MAKING OVER OF SADIE *

ACT I

Sadie arrives from the east side of New York to live with some well-to-do relatives in Rochester. She has been a ten-cent-store clerk and, now that her father and mother are dead, she comes to live with her aunt.

SADIE rings the doorbell. A MAID comes to the door.

SADIE. Is this where the Craigs live?

MAID. Yes. Whom did you wish to see?

SADIE. I came to see my Aunt. Tell her I'm here.
(Tries to get in.)

MAID. I am sure that you have made a mistake.

SADIE. No, I ain't either. I guess I know. Ain't I Sadie Craig from New York, and ain't I come to Rochester to live with me swell relations. Let me in. Who be you to keep a Craig out of their own house?

(SADIE enters. MAID goes to tell the CRAIGS the news.)

SADIE. (looking around) My, ain't this the swellest place. I guess my folks are pretty grand. They sure must be rich. I wish the gang at the ten-cent store could see me now. Would n't their eyes pop out? (Goes to davenport.) Will you look at this! (Sinks down.) Well now I ask you? Ain't this the life though. (Chews gum furiously, pulling it out. As she is doing this her AUNT enters, followed by her daughter PHYLLIS.)

AUNT ELIZABETH. (starts to speak but stops, horror-stricken, when she beholds SADIE.)

* Written and produced by the pupils of a Homemaking Class of the Woodlawn Junior High School in Schenectady, N. Y.

SADIE. (*hops up immediately and grabs her AUNT, kissing her.*) Ah! Aunt Elizabeth? Ain't it grand that I'm here? I'm so happy t'r be here. I think you have the grandest house. I just love to sit in these chairs. I'm just going to love living here. Oh! Who's this? I bet you'r Phyllis. (*Goes over and kisses her.*) My but you'r pretty. Don't you ever wear any make-up, and look at your dress? My goodness, but you'd be beautiful if you'd just fix yourself up a bit. I'll show you how they do it in New York.

AUNT. Very well, Sadie, come and sit down and let me have a look at you. (*SADIE goes to chair, slouches down, takes out her vanity, and powders her nose.*)

SADIE. Well! How do I look? The crowd at the store used t'r think I was pretty good. I'm just waiting until I can get a hold of Phyllis and fix her up. She looks so kind'a pale. Ain't you *very strong*?

AUNT. That's enough, Sadie. We will talk about that later. Did you have a nice trip here?

SADIE. Oh gee! It was grand. I had never taken such a *long* trip on a train before. I was sorry when I had to get off.

AUNT. (*to PHYLLIS*) Phyllis, you might ring for tea. Sadie must be tired after her long trip.

SADIE. My goodness! Are we going to have tea just like they do in the movies? Who'd a think I'd come to this, Sadie Craig of the Hot Dog Counter. (*MAID enters, bringing in tea. AUNT begins to pour tea, saying*)

AUNT. Will you have cream or lemon?

SADIE. Both for me. I always believe in takin' all that's coming to you.

PHYLLIS. I'm sure, Sadie, that you would n't care for both in one cup of tea.

SADIE. Maybe not and maybe yes. Sadie says bring on the tea.

AUNT. Very well, but I can plainly see that there are a number of things you will have to learn.

SADIE. Why the gang used to say I was the smartest thing ever. (*Begins to drink tea.*) Ugh! What terrible tasting junk. Say I guess you were right. Pass the sugar. (*Stirs vigorously — leaves spoon in cup — reaching for cake.*) My, look at the size of the cakes! Land, it would take ten of these to make a mouthful. You surely would never get fat eating this way. (*Drinks tea — chews on cookies.*) Gee, this sure is the life.

AUNT. I am so glad, Sadie, that you like it here. I am sure that we will like each other very well after we understand each other. Now, I think it will be well if you go upstairs and freshen up a bit. You must feel tired and would like to rest a bit.

SADIE. Well, I'm not tired, but I suppose I had better do it. I have seen them do it in the movies. So long. I'll see you in a few minutes.

PHYLLIS. Well, mother, what do you think of her? I really like her, but her manners and English are awful. I think we can do something with her, and it will be great sport to make her over, but the question is, How?

AUNT. I am so glad that you are taking it this way. She really is very impolite, but she seems to like us, and maybe we can appeal to her in that way. But I can't seem to think of any way to help her yet.

PHYLLIS. That is the hard part, but why could n't we have private tutors come to the house, and with my help put her in regular classes, and in that way teach her the proper social etiquette. I don't believe I'll ever forget the tea episode. Was n't it funny?

AUNT. I think that is a good idea. Let's begin our plans at once.

PHYLLIS. Fine, and now for the making over of Sadie.

CURTAIN

ACT II

Next morning

AUNT ELIZABETH. Now, dear, I am sure that you are anxious to please me, are n't you?

SADIE. Bet your life I am.

AUNT ELIZABETH. Then I'm going to ask you to be very careful about certain things. I have noticed that your English is very poor and that you do not dress in good taste for a girl of your age. Then there are other things concerning etiquette which you have been rather neglecting. In order that you should learn all of these things, I have arranged to give you a series of lessons, and so now we will begin by my teaching you to speak proper English.

SADIE. Ain't I goin' to have a tutor to learn me that?

AUNT. No, dear. I think I shall undertake that myself.

SADIE. Gee! I thought I was goin' to have a swell teacher.

AUNT. Later you will, Sadie, but let us think about your English now. In the first place you say "ain't", which is very poor English. Then you say "gee", and "heck", and "gosh", and "swell", and many other words which will keep you from being accepted into the social circles in which I intend to introduce you.

SADIE. Then I ain't — I mean I am not supposed to say "ain't" nor any of the slang which I took so long to learn?

AUNT. If you only knew what a difference good Eng-

lish would make in you, you would try doubly hard to learn it.

SADIE. Well, I will *try*.

AUNT. Then you must learn to speak softer and more slowly. When you become excited, your voice gets shrill and high.

SADIE. I guess I can remember that, but it is going to be awfully hard. I don't believe that you had better tell me anything more to remember now, but I will practice now what you have taught me.

AUNT. All right, Sadie. I will leave you now.

SADIE. Good-by. See you later. Now, there I go again. That was very bad. I should n't have said that. I wonder what I should have said? Maybe it would have been better if I had just said, "Good-by", or maybe I could have added, "I will join you in a few minutes." I can see where this is going to be a long and hard task, and I hope Aunt Elizabeth does not get tired of me. Speak slowly, yet clearly and don't *say* "ain't." Maybe if I read a bit it will help. Here is Emily Post's book on etiquette. That ought to help me. (*Sits down and begins to read.*)

AUNT. (*enters with stylist*) Sadie, I have brought Madame Louise to see you about choosing your wardrobe. (*Turns to MADAME.*) Madame, may I present my niece, Sadie Craig?

SADIE. How *do* you do.

MADAME. It is a pleasure to meet you.

SADIE. (*turns to AUNT, speaks softly*) Did I do all right?

AUNT. Fine, Sadie.

MADAME. Now, let me see. (*Looks SADIE all over.*) I think I have just the frocks for you. You are a brunette, so warm colors are best for you.

SADIE. What are warm colors?

MADAME. They are the lovely shades of red, yellow, and orange.

SADIE. But *why* are *they* good for me?

MADAME. Ah, because they bring out the lights in your hair and eyes, and blend well with your complexion.

SADIE. Do you have to think of all of those things when choosing your clothes?

MADAME. Yes, and that is not all. You must think also of some of the other things.

SADIE. I never do. I buy a dress because it is fashionable or because I like it especially.

MADAME. That is the reason so many people are poorly dressed.

SADIE. Seeing I'm being made over, I suppose I had better learn how to select my clothes.

MADAME. And that is why I came to-day. I brought with me some frocks which I wish to show you.

SADIE. (*turns to AUNT*) If I like them, may I have them, Aunt Elizabeth?

AUNT. Yes, dear, provided Madame Louise decides that they are suitable for you.

MADAME. Here is a charming little frock for morning wear and sports.

SADIE. Oh, that is a cunning dress! But why did you choose it for me?

MADAME. Well, you see it is this way. You are rather short, so this vertical line gives you height, but then you are rather thin, so this circular skirt gives you width.

SADIE. In other words, you are trying to make me look taller and broader.

MADAME. You are right.

SADIE. I like these dresses, but they are so plain; no ruffles or flounces.

MADAME. Ah, but those are the things you must

avoid. Simple tailored frocks which can be easily cleaned are much the best for school and sports.

SADIE. If you approve, I believe I will keep these, and now let me see some of your afternoon dresses.

MADAME. Oh, yes. Here is just the thing.

SADIE. Yes, but look at the length of the skirt. That will never do.

MADAME. I thought you wanted to be dressed properly, because if you do, then you will wear longer skirts. They are more graceful.

SADIE. Maybe I will like them better after I wear them a little.

MADAME. I am sure you will, so I will leave a few of these dresses for you to try on.

SADIE. That will be fine.

MADAME. (*looks carefully at SADIE*) I might suggest, dear, that in order to improve your looks you wash your face. You are using too much make-up and it gives you a vulgar look.

SADIE. Oh, dear, do I have to change that too?

MADAME. Yes, Sadie, you will be much more attractive without the make-up. And, then, there is another thing. Do you realize that you are stretching your mouth all out of shape chewing gum?

SADIE. Why, no. Am I?

MADAME. Yes, you are, and if you want people to think you are beautiful, never let them see you chewing gum. It makes you look hideous.

SADIE. All right. I will stop that too. And now may I go try on my new dresses?

AUNT. Yes, Sadie. Run along and let us see how you look.

SADIE. (*picks up clothes and leaves the room*) Bye-bye. I'll be back in a minute.

AUNT. Madame, you have helped me so much to-day. I shall never be able to repay you.

MADAME. Oh, my dear Mrs. Craig, it was fun. I loved it.

AUNT. You must surely come again and see Sadie when she has improved.

CURTAIN

ACT III

SADIE. (*dressed in afternoon frock, talking to PHYLLIS.*)

SADIE. Phyllis, will you ever forget the day I arrived?

PHYLLIS. Indeed, I never will.

SADIE. I must have been awful with my short, tight skirts and my rouged face and chewing gum besides.

PHYLLIS. To tell the truth, you were awful.

SADIE. One thing I never have learned yet is to drink tea properly.

PHYLLIS. It is tea time now. I will ring for it.

SADIE. Good — and will you tell me all about it?

PHYLLIS. (*rings MAID enters*) Will you please bring us tea, Jane?

MAID. Yes, Miss Phyllis.

SADIE. Phyllis, when you say, "Will you have lemon or cream?" what am I supposed to say?

PHYLLIS. It depends on whether you wish lemon or cream. Some people like lemon better than cream. Anyway, you never take both.

SADIE. What do you do with your spoon?

PHYLLIS. If you take sugar, you stir the tea until it is dissolved, and then taste of it to see whether it is the proper temperature and whether it tastes properly.

SADIE. But how do you hold your spoon?

PHYLLIS. Here comes Jane now with the tea. I will show you in a minute. (*Pours cup of tea.*) Will you have lemon or cream?

SADIE. Lemon, if you please. (*PHYLLIS hands cup of tea to SADIE.*) Thank you.

PHYLLIS. Now, Sadie, you hold your spoon like this.

SADIE. (*tries it*) I guess I can master that all right. Phyllis, you really can't imagine how grateful I am to you and your mother and everybody else for teaching me all of these things. It makes me want to teach all of the girls in my old crowd how to dress properly, and speak correctly, and have good manners. When I see a girl chewing gum, I want to cry out to her to stop. If the gum chewers would only look in their mirrors once in a while and see themselves as others see them, they would never buy another stick of gum. Anyway, I am thankful that you saved me, and now that I am a made-over Sadie, I hope you will be proud of me.

CURTAIN

UNIT ELEVEN

WHAT CAN A JUNIOR HIGH SCHOOL GIRL DO WHEN SHE FINISHES SCHOOL?

Whenever possible, girls should continue their education, in order that their adult life may be more profitable for themselves and their families. You are wondering whether it is worth while for you to continue school. Perhaps you do not like school, and think it would be wonderful to be earning your own money. Some of you plan to leave school within a few years. Did you ever consider just how well qualified you are to get a really good position? If you have not, stop now, and ponder on the situation.

Education is the path which will help you to win the race of achievement. It undoubtedly broadens your interest and increases your knowledge. As these things are taking place, your mind is being trained to think logically and clearly on important matters. This fact alone will increase your earning power. As your education progresses, you acquire a social poise which is both important and beneficial. With this will come an ability to understand the problems of others.

The fact that it is impossible for girls to continue their formal education need not hinder them from educating themselves. There are always a few girls who find it simply impossible to continue their schooling, because of financial matters. If these girls really desire an education, they can continue their learning by attending night school. Sometimes this is impossible, and if this is the case, they

may attend lectures and sermons. They should cultivate a taste for good reading which may be found in many of the well-known books, magazines, pamphlets, and newspapers. It is a good thing to acquire the habit of browsing through libraries, museums, and art galleries. Travel affords great possibilities for increasing your knowledge, even if it is only a short trip. It gives you a good chance to observe the every-day happenings about you. Some of you, no doubt, have special talents, which, if properly trained, would increase your earning power.

Most of you enjoy the movies. But have you encouraged yourself to go to the very best plays and movies? The next time you go to the theater, stop and think, and finally ask yourself the question, "Did I learn anything really worth while from that movie or play?" That is the true test, and when you can truthfully answer the question by saying, "Yes", the amusement has had some educational value.

Many people have found that correspondence courses have benefited them. If rightly studied, they cannot help but have some good effect. All these methods of informal education are within your reach, if you will just make the effort to use them. With these advantages, there is no reason why the girl who has to leave school at an early age cannot climb the ladder of success as well as the girl who continues her education in High School and College.

There are fundamental qualifications for any work. You all know girls who go from one job to another, never staying very long at any place. You know girls who remain with one firm for many years, slowly but steadily advancing. There must be some reason for this, and if you think about it a little while, you will decide that the girl who is healthy and thrifty, whose personal appearance is good, and who has a pleasing personality, is the

one who keeps the steady job. Therefore, if you are thinking of applying for a position, with the hope that you will get it and keep it, you must study your everyday life, and then improve it accordingly.

When thinking of your health, you should scrutinize yourself thoroughly. Is your skin clear and free from blemishes? Are your hands and nails clean? Do you keep your teeth in good condition? Do you choose your food wisely? Do you wear healthful clothing? Do you spend your leisure time wisely? These are just a few of the important questions which should flash through your mind.

Your personal appearance should interest you, and you should be more thoughtful when you select your clothing; watching closely to choose neat, conservative, smart outfits. Of course, you will keep yourself carefully groomed, avoiding a mussed dress, a loose button, and an unmended stocking.

You hear a great deal about a pleasing personality, but if you remember to do the right thing at the right time, without being told, in a sweet, thoughtful, efficient manner, you will have no trouble in impressing people that you are worth knowing.

You should also cultivate a sense of thrift, not only for money, but also for health and time. An employer is vastly interested in the girl who is always prompt for work, who is never absent from work, and who never wastes time during the day. He knows that a girl of this type is worth keeping, because she has the interest of the firm, as well as her success, in mind.

Success depends primarily on being happy in your work. You cannot reach the top of the ladder unless you can really say that you like your work. You must be interested, giving honest service at all times, and continually

aiming toward improvement. You must plan and spend your income wisely, so that you may have the right kind of recreation. When you have done all of these things, you will enjoy the pleasure gained from your success.

Getting a job is only the first step; keeping the job is more difficult. The following rules may help you :

1. Understand your work.
2. Have enthusiasm for your work.
3. Take pride in work that is well done.
4. Be loyal to your employer.
5. Cultivate a wholesome relationship with your fellow-workers.
6. Have a good appearance.
7. Have gracious manners.
8. Be ambitious, and have the desire to improve.
9. Have positive health.

As you leave school and accept positions, always try to be better than the other person in everything you do. With this rule in mind, your life should be successful and beneficial to you and to your family and friends.

SUGGESTED CLASS QUESTIONS AND ACTIVITIES

1. Why do you wish to continue your formal education ?
2. If it becomes necessary for you to leave school and go to work, how can you continue to educate yourself ?
3. What qualifications do you need to obtain a good position ?
4. Why are some of your friends more successful in their work than others ?
5. What will you do in order that you may keep your position ?

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