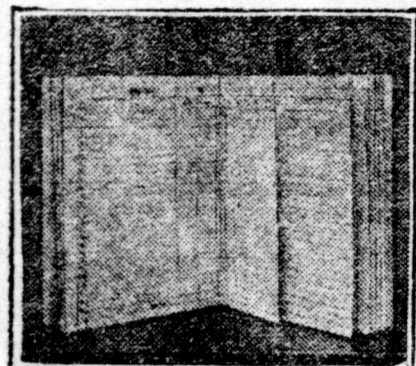


School for Housewives

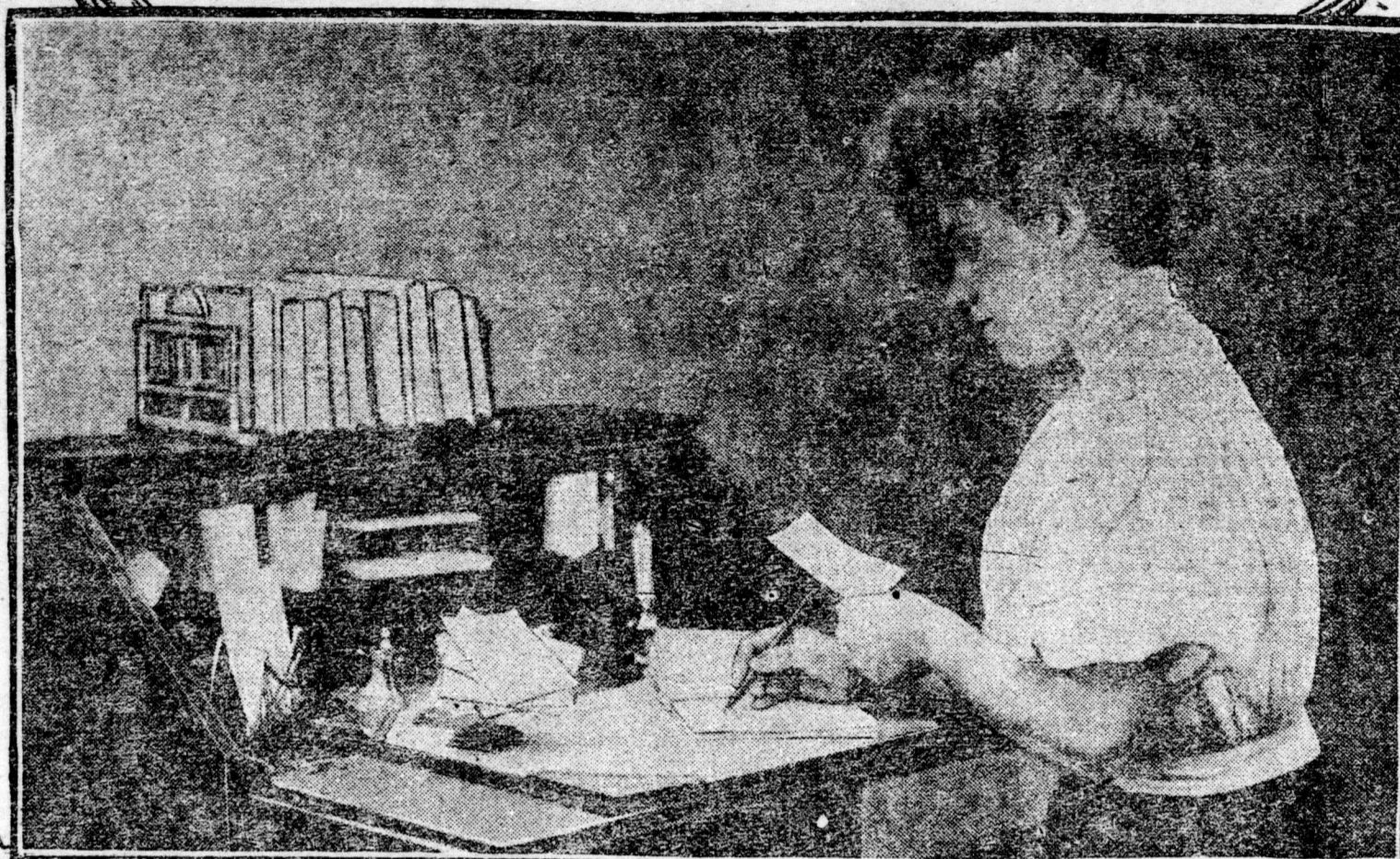
PROPER DIVISION of FAMILY INCOME



Acquiring a Stock for Soups



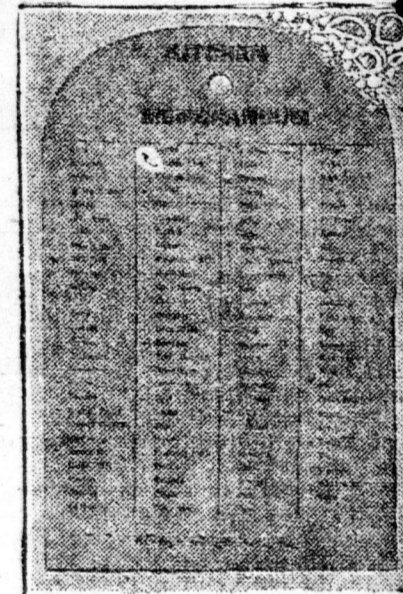
Expense Book a Necessity



Careful Account Should Be Kept of Expenditures



Wifely Waste



An Aid for the Memory

ALWAYS there is one immutable item to be reckoned with in apportioning the income to the outgo.

The rent is as incompressible as the Rock of Gibraltar. You cannot cut the tailor's and the dressmaker's bill; you may live on soup and cereals and so reduce your outlay for food; you may walk to save carfare and forego seats at the theater or a pew at church; you may go in for some variety of thought which will deny illness and save doctors' bills, and refuse any education to your children beyond what is given them by the state.

In all these ways you may lower expenditure, but in the midst of all mutations the rent returns regularly, rigidly.

Young people may think they appreciate this fact, but they don't. If a house or an apartment is attractive they will usually, if untaught by experience, fancy that even though it costs a little more they can manage it.

Perhaps they could if everything else did not always cost more than one thinks it will.

With food going up by leaps and bounds; with wages waxing with every week; with work in nearly all lines dearer than ever

before; with everything getting higher except salaries, it is safe to count upon a margin of expense beyond anything one is able to fix positively.

To find space for this margin the rent must be kept within a certain proportion of the income, if this can possibly be compassed.

But to decide what that proportion shall be!

There is the hard part of the problem. Economists contend that one-sixth of the income is the correct allotment.

I would like to hear from my correspondents on this subject and know how many of them keep their rental within one-sixth of the earnings of the head of the house.

It may be possible to the dwellers in the country or to those who own their homes.

These may compute the amount of the interest they would receive if the money invested in the home, add to this repairs, taxes, rates, and from this judge what they are paying in the line of rent.

FACES FLUCTUATIONS

It will undoubtedly be less than that paid out by the man who gets his house from a landlord.

The latter has the advantage, however, in knowing just what the rent will be, while the man who pays for his own repairs may have a piece of house painting or a job of carpentering one year which will raise his rent far above that

of the ordinary tenant. The latter, if he be a dweller in cities, will hardly escape by paying only one-sixth of his income.

One-fifth will seem reasonable to him, one-fourth the least he may be able to give, while there are some families who spend a third of their receipts for the roof that covers them.

PROPER PROPORTIONS

If they live in apartments, so that the sum the landlord receives includes heat and a certain amount of service, they may console themselves with the fact that the rise in the cost of fuel does not annoy them.

Even with this, however, they make a mistake if they do not strain several points to bring their house rent within one-fourth of their income.

If this proportion is observed it is safe to say that food, including all items, will require at least an equal sum.

Here is what one authority says on the subject:

"The tenant who pays \$40 a month for rent can hardly hope to cover his bill for meat, groceries, milk and ice for less than the same amount."

"He does well, or his wife does, if the total is brought within this limit."

"And this estimate will hardly hold good for a larger family than the husband and wife and one maid.



One Way to Economize Out

"The food of each additional adult can seldom be counted at less than \$3.50 a week."

"This fluctuates, of course, in accordance with the kind of living provided, but this allowance is for ordinary comfortable subsistence, without many 'frills' of any sort."

Bearing in mind some of the estimates for household expenses which have appeared on this page, where housekeepers have recounted at what marvelously low rates they

were able to feed their families, I foresee contradiction to this statement.

Yet I feel that I am safe in endorsing the assertion I have quoted. If one-fourth of the income is given to rent you are hardly safe in thinking the family can be fed on less than the same proportion.

VARYING CONDITIONS

I have spoken of the man whose home is heated for him, as is the case in apartment houses.

He is, however, the exception, not the rule. Should he have to pay for fuel, his rent will have to be smaller to permit the added expense of coal.

On this it is impossible to compute, because of the varying conditions and prices.

I mention it because the proportion for food does not hold good should that for the rent be less.

Food will undoubtedly equal in cost the sum paid out for heating as well as for shelter, whether the two be lumped, as in a heated apartment, or considered separately, as in a whole house.

Service, like rent, makes a positive break in the income.

When the mistress does her own work this item is eliminated. Should she either keep a maid or hire occasional help here is another fixed item to be considered.

With wages at their present status and day's work higher than

ever before, the problem of service has to be reckoned with carefully in the distribution of the income.

Similar consideration must be practiced when it comes to deciding what proportion is to be spent for clothing.

The woman who is clever with her needle, who can make and make over her own clothes, has a tremendous advantage over the one who must depend upon a dressmaker and seamstress to get her work done.

Ready-made wearing apparel has perhaps not mounted with quite the celerity shown in other lines, but even that has gone up and the family who are obliged to purchase their clothing instead of making it must allow a larger amount for their expenses than is demanded by those who sew for themselves.

What this shall be it is impossible to determine when so much is contingent upon the personal equation.

FIXED CHARGES

The rent and fuel may be fixed at a fourth of the income, the food outlay at an equal sum, service, gas, replacements and clothing at a fourth more.

Still are there left dentists' and doctors' bills, church, charity and amusement outlay, carfare and postage, vacations and traveling expenses, Christmas and birthday gifts and the amount the thrifty

housekeeper tries to save for the rainy day or the children's education.

Who can dictate what shall be the exact proportion? If any one has solved the problem I shall be glad to receive the solution.

For my own part, I can voice my sentiments in another quotation from Mrs. Herrick's book, "In City Tents":

"The best general rule I ever heard given for making an estimate of minor expenses was the suggestion that one should enumerate every item one could possibly recall, make a liberal figure on each, add all together and multiply the sum total by three."

"Then, with care, one might hope not to go much in excess of one's allowance."

"The general outlines of the economies of the home must be planned before going into detail."

"Much depends upon the individual man who begins the home, more upon the individual woman."

Marion Harland

THE HOUSEMOTHERS' EXCHANGE

I BEG leave to commend your article upon the "Pacifier." It is truthful and not in the least too strong. In my opinion, it should be called "a peace-disrupter." So many children who use it have all manner of throat and nose troubles. Otherwise beautiful mouths are discolored out of shape by the use of the dirty thing. I have seen people who would have the horrors, and rightly, at the thought of anything from a cup of acids that another had used pick up from the floor, sometimes the ground, and wipe, often not, a "pacifier," and put it into a baby's mouth.

Then mothers wonder how the children have contracted a contagious disease? Of course, there are a variety of germs. Our dear old mammy was very particular in the matter of cleanliness, but all have not the good fortune to have such.

I am a graduate nurse and would like to have the pleasure of burning all the "pacifiers." I could lay my hands on them. Forgive my vehemence, but the subject is important. I hope others will join in the crusade against "pacifiers" and kindred devices to save mothers trouble at the expense of babies' health.

E. G. R. (Atlantic City, N. J.)

Before leaving the subject our earnest correspondent rightly considers of prime importance I would emphasize the duty of keeping nursing bottles, nipples, and especially rubber tubes attached to the bottles, perfectly clean.

I shall never lose the memory of the horror that thrilled me, many years ago, when a doctor, after vainly remonstrating with the mother of a "bottle baby" against the use of the long, flexible tube she found "so convenient" when baby was laid in the cradle, ripped the rubber hose from end to end with his pen-knife, exposing a wriggling mass lying in it.

Said mass, under a magnifying glass, resolved itself into myriads of white worms, bred in the sour milk clinging to the rubber!

Nipples and mouthpieces made fast to nursing bottles should be scalded and sunned daily, and always rinsed with hot water before each feeding.

It is not practicable to get at the inside of the narrow tube to do this. Therefore, germs, visible and invisible, increase and multiply unmolesied.

Ridding Plants of Bugs

Will you tell me in your letter to the Editor, what I can do to rid a plant of "bugs"?

I am trying to raise the plant from a seed, and as soon as a leaf comes out, a swarm of gray insects get on the under-

side of the leaves and black ones on the upper. I have some poppy seeds (the Egyptian poppy). When should they be planted?

B. L. M. (Buffalo, N. Y.)

Get loose leaves and stems of tobacco from a factory or from a tobacco merchant.

Pile upon a tin or iron plate and set on the floor of a small room or closet in which you have put your plants. Set the tobacco on fire and shut the room up closely as soon as the leaves and stems are ignited.

Leave all alone for some hours. All night is not too long. In the morning you will find heaps of dead insects upon the earth in the pots and on the floor. Sweep up the slain and stupefied and burn them at once.

The amouge will not injure the plants. Wait until spring before planting the poppies, unless you have a greenhouse.

They will not do well as house plants should they come up—which is doubtful.

From a Lover of Dogs

The sad case of the Florida fox terrier has wrought strongly upon the sympathies of dog lovers. I have room today for but one of several letters of advice sent in for the perplexed owner.

Possibly "Ignorant," of Pensacola, Fla., gives her fox terrier bones that are too small for safety. I have found by experience that the smaller bones of poultry and other small dogs, when broken, give intense pain. We make it a rule to give our dogs none but large beef and mutton and veal bones.

Tell "Ignorant" to boil up a little liver and use the water in which the liver is cooked. She might find the corn meal mush. Chop the liver fine and mix through the dog's food.

The dogs will eat it greedily.

A Hay Fever Victim

1. Is there an association composed of persons suffering from hay fever? If so, where is it located?

2. Will you invite your correspondents to send in remedies which have been tried and found beneficial?

H. McH. (Superior, Wis.)

I believe it is generally conceded that the only sure cure for the distressing affection known as "hay fever," and in some sections as "ragweed

cold," is change of air. I print your query, however, upon the chance that some reader may be better informed on this point than myself.

An Optimist

From a charming letter, including in answer to a request, Susan Coolidge's exquisite poem.

"Every day a fresh beginning—" I draw an extract, regretting that I cannot share all the epistle with my readers. The writer says of the poem:

"I am pasted in my scrapbook, and the I could have thanked the writer for what it has been to me."

"Listen, my soul, to the glad refrain! And in spite of old sorrow and older shining."

And puzzle forecasted and possible rain. Take heart with the day, and begin again."

Referring to our Exchange, our brave optimist remarks:

Many things in the Housewife's Corner of magazines and papers are absurdly impossible to carry out for dwellers in cities whose means are narrow.

So I think the Exchange for favors past and for favors to come, since each week brings me something worth keeping.

Later, if you care to know, I'll tell you how my sister makes a dear little home and enjoys her house and garden on a nice, microscopic income.

S. T. H. (Springfield, Ill.)

How much we "care to know" I de-sist of making you believe, since, through no fault of mine, your communication has lain unanswered for so long that you must think me inexcusably indifferent to you and to your tempting proposal.

Trust my word in the face of circumstantial evidence and tell your story. Spinsters do make and keep homes of the very best quality. Give us a peep into yours.

To Keep Eggs for the Winter

Put an inch layer of coarse salt into a wooden box. Cost each egg with hard. Pack them with the small end down, setting them in the layer of salt.

Be careful not to let them touch each other. Cover with an abundance of salt for the next layer.

When all are packed in this order, cover deep with dry salt and fit a cover on the box.

I have used this method of keeping eggs for years with perfect success. I have some pieces of silk for a shirt-in, also that true, or "supporter," is still waiting for some one who needs it. I write to the

address you gave me last spring, but received no reply. D. K. T. (Oak Park, Ill.)

I am sorry that you received apparent discourtesy from one of our family. Let us hope, for sweet charity's sake, that your letter was never received, or that some untoward accident kept back the acknowledgment of your kind offer.

I repeat it now, gratefully, and hold your address.

Capital Cake Recipes

Some months ago there appeared in your Exchange a recipe for easy bread-making. It was signed "Mrs. R. P. Artye Wig."

She asked us to report if any of us had good luck with her way of making bread.

We have used her recipe ever since. It is just fine! One may get up at 2 o'clock A. M., mould it into loaves, return to bed and sleep while the bread is rising, and have her baking all done before 6 A. M.

I enclose a capital recipe for angel food cake, also for gold cake.

Angel Food.

One cupful of unbeaten white of egg, a quarter of a cup of sugar, a pinch of salt, one cupful of sifted flour, one teaspoonful of cream of tartar, one teaspoonful of almond flavoring.

Put a pinch of salt into the whites and beat until stiff; add the cream of tartar and beat in well to a standing froth. Next add the sugar and flavoring and fold in the flour lightly. Bake from thirty to forty minutes. It takes about eight eggs to make the cupful of whites.

Gold Cake.

One cupful of sugar, a scant half cup of butter, one cup of sweet milk, two cups of flour sifted with two teaspoonfuls of baking powder, one teaspoonful of vanilla, yolks of eight eggs, beaten with a teaspoonful of vinegar.

Beat the yolks and sugar together with a wire until light. I felt it to be my duty to tell Mrs. R. P. of Artye, Wis., that her bread

Mrs. C. J. (Worthington, Minn.)

Mrs. R. P. will be gratified by your hearty approval of her recipe. But need one arise at the un-Christian hour of 2 A. M. in order to secure excellent bread?

I know of one woman who could not compose herself to slumber after the mixing and kneading. Why not set the bread at noon and bake at 5 P. M.?

Seriously, we are your debtors for a chatty letter, cordial indorsement of a fellow-housemother's methods and for two good and well-expressed recipes.

FAMILY MEALS FOR A WEEK

SUNDAY

BREAKFAST

Grapefruit, oatmeal, jelly and cream, flabbly, sally lun, toast, tea and coffee.

LUNCHEON

Curried mutton (a left-over), boiled rice, bananas, baked sweet potatoes, squash pie, cocoa.

DINNER

Mooch turtle bean soup, roast beef, rice croquettes (a left-over), creamed carrots, cranberry sauce, floating island, black coffee.

MONDAY

BREAKFAST

Oranges, cereal and cream, broiled breakfast bacon, popovers, toast, tea and coffee.

LUNCHEON

Cold corned beef, scalloped sweet potatoes, fruit salad, with mayonnaise, crackers and cheese, canned pears (home-made), cake, tea.

DINNER

Glasgow broth, braised beefsteak, mashed potatoes, fried salmon, apple and raisin pie, black coffee.

TUESDAY

BREAKFAST

Fruit, oatmeal porridge and cream, pan-fish fried, fried salmon, toast, tea and coffee.

LUNCHEON

Corned beef hash (brown), potato puff (a left-over), tomato toast, lettuce salad, with French dressing, cream puffs, tea.

DINNER

Browned potato soup, lamb's liver and bacon, fried potatoes, string beans, cottage pudding, with liquid sauce, black coffee.

WEDNESDAY

BREAKFAST

Grapefruit, puffed rice and cream, lamb chops, baked potatoes, string beans, cottage pudding, with white and brown bread, muffins and coffee.

LUNCHEON

Cream of celery soup, ham omelet, potatoes au gratin, fruit salad, crackers and cheese, cakes and chocolate.

DINNER

Oyster cocktail, celery, olives, dill pickles, chicken soup, boiled salmon with egg sauce, roast turkey, cranberry sauce, mashed potatoes, peas, mashed turnips, plum pudding, mince pie, assorted nuts, raisins, bonbons, coffee.

THURSDAY

BREAKFAST

Oranges, cereal and cream, bacon and apples, rolls, toast, tea and coffee.

LUNCHEON

Baked cheese omelet, stewed Irish potatoes, sweet potatoes (a left-over), graham bread, lettuce salad, crackers and cheese, cake and cocoa.

FRIDAY

BREAKFAST

Fruit, cereal and cream, boiled eggs, bacon, griddle cakes and syrup, toast, tea and coffee.

LUNCHEON

Creamed fish (a left-over), steamed corn bread, hashed and browned potatoes, corn starch hasty pudding, chocolate.

DINNER

Okra and tomato soup, roast beef, browned sweet potatoes (whole), onions cooked in milk, salad of lettuce and string beans (a left-over), orange pie, black coffee.

SATURDAY

BREAKFAST

Fruit, cereal and cream, boiled eggs, bacon, griddle cakes and syrup, toast, tea and coffee.

LUNCHEON

Creamed fish (a left-over), steamed corn bread, hashed and browned potatoes, corn starch hasty pudding, chocolate.

DINNER

Okra and tomato soup, roast beef, browned sweet potatoes (whole), onions cooked in milk, salad of lettuce and string beans (a left-over), orange pie, black coffee.