

HOUSEHOLD.

Economy in the Kitchen.

(By Mary Louise Palmer.)

Economy is a trite subject, so is daily life. Both, however, are worth considering, and perhaps nowhere does economy count for more than in the kitchen.

There is an old saying that 'a woman can throw out with a spoon faster than a man can throw in with a shovel,' and no one will deny that this is not sometimes verified. It is to this woman that makes such lively use of the spoon, and to all others interested, that this short article is addressed.

Perhaps the various readers and model kitchen keepers will consider themselves beyond advice, that already there is no spot or place with them where closer economy can be practiced. But observe your kitchen work.

In cooking meats, for example, do you sometimes throw out the water without letting it cool to take off the fat, or were you ever known to scrape the dripping-pan into the swill pail? Because if you have, closest economy cannot be said of you. There is room for improvement. This grease, if sweet, as it usually is, is useful in many ways and should always be saved.

Housekeepers careless in this respect often throw out bits of meat that would make good hash, or bones with meat still adhering, and pieces of fish that could be worked in with the left-overs. And can a woman be found that ever throws out vegetables that would warm nicely for breakfast?

I know of housekeepers who pride themselves upon saving ways, nevertheless use nice knives for cooking in the kitchen, silver spoons to scrape kettles and forks to toast bread, besides being prodigal in other directions. And this is not all. There is a certain grasping spirit that hoards for possible contingencies—which never come—resulting in waste of much that might have been conserved to usefulness.

It is not economy to throw away or allow waste, even though not in need ourselves. Some one else may be helped and blessed by the overflow from our supplies. Gather up the fragments, that noth-

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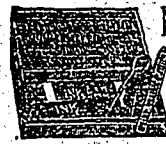
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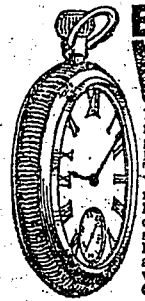
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USE BABY'S OWN SOAP

ing be lost,' is the injunction of the great Teacher.

Economy in the kitchen helps in all directions. The bank account will be larger, the children's education easier met, in truth, there is no department of the home life that is not touched.

An account book should always find place in the kitchen, and the housekeeper should keep accounts. It is a practice that develops habits of thrift and economy. Comparing one month's expenses with another is interesting, and it helps one remember that the money of the wage-earner is often hard-earned.

I remember a great-aunt, shrewd and thrifty, who often deplored the ways of younger people.

'Why, they get no better in life,' she would say, 'is because they do not practice economy.'—Christian Work.

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