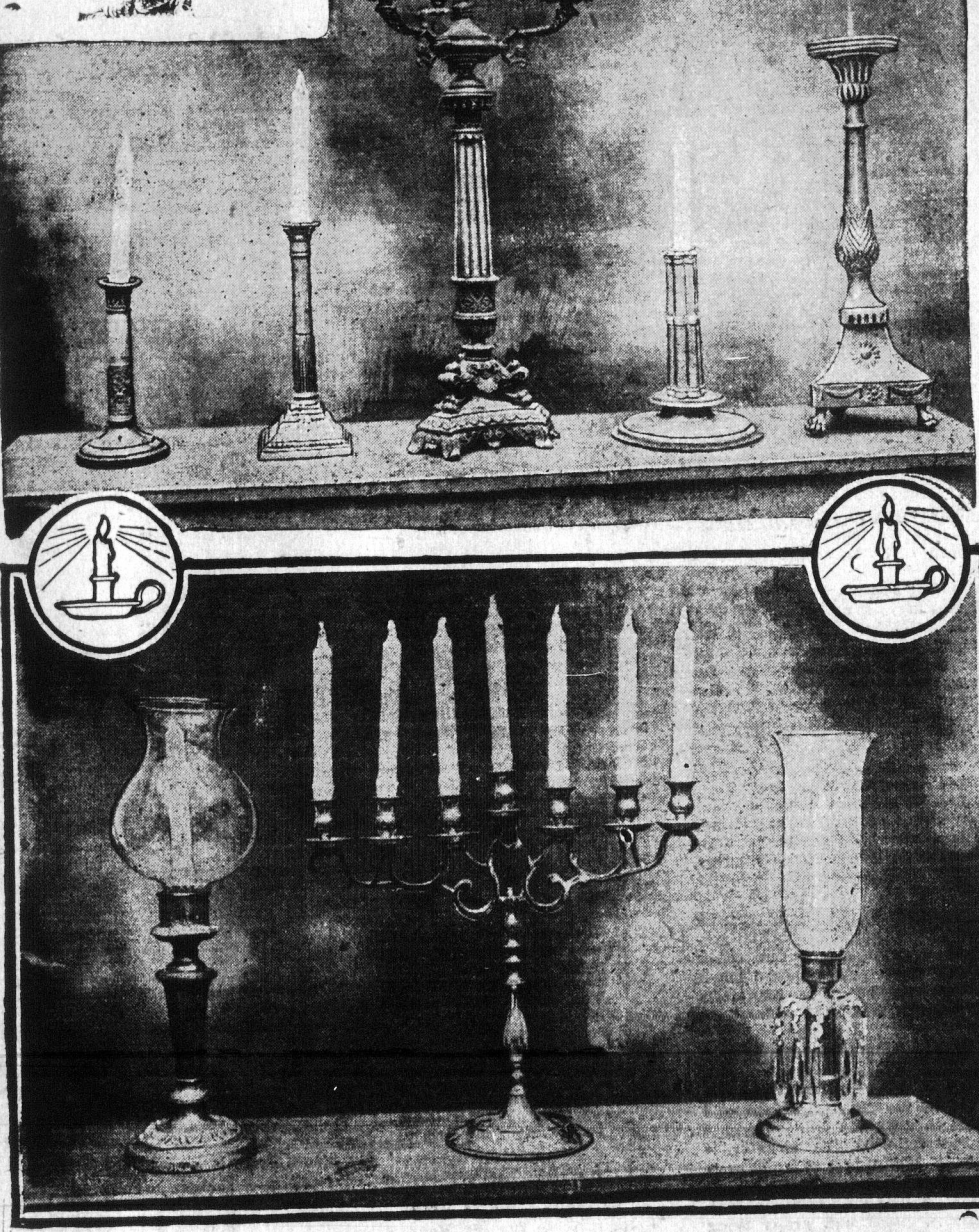


School for Housewives

by Marion Harland

Old-fashioned Candlesticks and their Modern Copies



WITH the proper care, and an absence of dampness, metal articles and trimmings alike keep their polish for a long time, without in the least beginning to do what every housekeeper dreads—perhaps most of all in her work—to tarnish. But a single damp day, if it is one of the penetrating kind, is a signal for a perceptible dulling of bright surfaces everywhere. Brass beds, in either the antique or the antique finish, are usually made so that they don't tarnish—a coating of some sort of shellac successfully resisting attacks of dampness. But both of them are kept in better condition if they are given a daily dusting, and, every now and then, rubbed down vigorously with a dry flannel cloth. Beyond this, it is wiser to do nothing for you run the risk of wearing through that covering and exposing the sensitive metal skin to every change of weather.

Andirons and candlesticks, and the various "extra" brasses and metals are the hardest to keep in order, as there is nothing which takes the place of frequent polishing, and a wearisome amount of labor must be expended to get—and keep—satisfactory results.

Plenty of cleaning powders and fluids are on the market for just such purposes, but if you use one which you think may contain acid in some form (a "quick" cleaner usually does), give your brasses the benefit of the doubt by cleaning with soap and water, and then the cleaning by a thorough washing, but without soap, and rub briskly with every suspicion of moisture has been expelled. Or an even better way is to cover with finely powdered whiting, rubbing it down carefully and seeing that the whiting gets over every bit of the surface. Somehow it counteracts the evil effect of the acids, without in any way interfering with the process of cleaning.

Salt and vinegar is one of the simplest of the acid cleaners, but every bit of it must be washed off as soon as the cleaning is done, or those ugly streaks and a sort of green mould will begin to form.

For enamel, dust carefully and wash with soap and water, dampening a cloth and wringing it out either in soapy water or in plain water, following the wringing by rubbing it on a bit of pure soap over the enamel with a fresh water, and polish with a dry, soft flannel.

The metal trimmings—nickel for the most part—which are to be found in almost every bath room, are the easiest

WHEN METALS TARNISH



Andirons and Candlesticks Require Frequent Polishing.

to keep bright, of all the many metal things about a house. Inexpensive as they are, in the first place, they require nothing more strenuous than the usual dusting and rubbing with a dry flannel. With old bits, don't be too particular. That dulling by age can be removed, often is, by misguided individuals, but it is part of their charm, and only waxes with a cloth wrung out of the hottest possible water, followed by a rub with dry flannels, should be given them. In polishers, almost every housewife has her favorite kind. Chamois is preferred by me, huckabuck—as serviceable as it is soft, if properly cured—by another, while a third disdains both and uses nothing but dry old flannel, the kind that is as near all-wool as possible and absolutely free from the tiny bits of something so often caught in with the twisting of woolen threads, and which scratches the surface; and felt is splendid for woodwork and for the polishing of antique finished pieces.

In the Laundry—Washing Flannels

Practical Hints to Housewives by Marion Harland

"MANY women of many minds" would be an appropriate legend to write above the section of this chapter which treats of the temperature of the water in which flannels are washed. Says one prime authority upon household economics: "Flannels and household hosiery should be washed in tepid, soft water—never hot and never cold."

No less than five veteran housewives have written to me within the last two months extolling the merits of cold water as a means of cleansing flannels and keeping them soft.

Having once tried this method of washing woolen goods, you will never be satisfied with any other," writes a grandmother who boasts that she is "not too old to learn."

In my own laundry, flannels have been washed in lukewarm water, squeezed, and not wrung out, shaken free of wet, dried quickly and ironed on the wrong side while damp. To be frank, I have not found this method invariably satisfactory. The phrase "lukewarm water" leaves much to the discretion of each laundress. What would be several degrees above tepid to the mistress, feels cold to the maid. "Why not to the temperature with the thermometer?" cries our college-bred women. There are many rules that look well in housewife manuals which lapse into a dead letter in the rush and routine of a work-a-day life.

WITH COLORED CLOTHES

Wring out the salt-and-water, rinse in clear, cold water, and wash at once in tepid suds, unless, indeed, you use soap bark or bran water. This last is excellent for colored cotton and linens, which require starch. Boil two quarts of wheat bran in six quarts of water for half an hour, let it get cool and strain through cheesecloth, pressing hard to get all the mucilaginous matter. Add cold water if too thick. After rinsing the brine out of your colored gingham, calicoes and lawns, wash them in this, using neither soap nor starch. Always dry colored clothes in the shade and wrong side out. Neglect of this precaution brings many a dainty fabric to grief. When one recollects that to expose dampened cotton or woolen, silk or linen garments to the sun or air is a common bleaching process, one wonders to see delicate colors we would retain, if possible, subjected deliberately to these influences, for the want of a little common sense and ordinary care. Freezing fades no less than heat. Avoid both.

Our next paper will be "MOTHERLY TALK WITH OUR HALL-ROOMITE."

Lighten Kitchen Labors

Be Good to Your Cook as You Should be to Yourself

By Mary E. Carter

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

Rules applying, and requirements and duties belonging, to a kitchen where there is a hired cook, apply with equal force when a housewife does her own cooking. But it is natural to suppose that where the mistress herself cooks she will be, in proportion to her education and general culture, more dainty in every way than any one who hires out as a cook could possibly be. Because of her good taste and cleanliness and her superior advantages in training, her kitchen will always be cleaner and more inviting than that of one of the class above mentioned. In life are also another restricted and who, for the same reason, is obliged to wait a long time before she can be trusted.

The Easiest Things to Keep in Order



The Use of a Flannel Cloth Adds to the Lustre



They Clean the 'Old' Look from Antique Dresses

fold and varied duties and responsibilities cooking for a family is added, should be as good and considerate to herself as she would have to be to an exceedingly competent woman in her service as a paid cook—if she wished to retain her.

While striving to do everything in the best manner, she should also seek every means to lighten her labors, and never permit herself to become a kitchen drudge, but, on the contrary, prove to herself and her family, by her dexterity of doing everything, that a kitchen may be made a pleasant place, and a source of pride to the mistress.

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

This proves something radically wrong in our social conditions. Everybody in good health ought to work, but no one should be obliged to work laboriously week in and week out. The household work of any woman does this in a most harmonious way, as it is a way of doing everything, that a kitchen may be made a pleasant place, and a source of pride to the mistress.

The Cost of the Table

THIS communication docketed for use to-day has been on file for several months. This fact will account for the appearance upon the menus of fresh vegetables non-procurable at this season by people of moderate means. The letter and the menu are offered in full as a test case in the matter now engaging the attention of our housewife correspondents all over the country—the practicability of providing a table for two adults with food convenient for their needs and agreeable to their palates at a cost not exceeding \$1.50 per week. Housewives are invited to examine the long report herewith submitted, and to comment upon it candidly—and briefly! The subject is important and replete with interest to all caterers for private families.

Yours ask for a bill-of-fare for four people, not to exceed \$1.50 per week. I send you a two weeks' menu for two persons each. He is a collector for a manufactory, is out of doors half the time and walks whenever it is possible. He is five feet nine inches in height and weighs 172 pounds. I am a bookkeeper, am 5'3", am five feet five inches in height and weigh 160 pounds. This is to show that we are large working men.

I make a large loaf of cake one week and a batch of cookies the alternate. As our breakfasts consist always of fruit—milk, fruit or stewed potatoes in some form, either oatmeal and cream with toast or fruit or griddle cakes, cookies and coffee, I have omitted this meal in the bill-of-fare.

do my shopping by sight, not by faith, and never throw away anything. We always have company at Sunday dinner, two each Sunday this time, and another guest Thursday (i.e., the said day). I used in this bill-of-fare beans left from the previous week for soup, but had at many left from this week; also pork with the fish, but had ample beef for dinner. I suppose because we were brought up that way.

Sunday Dinner.
Bean soup; roast veal with dressing; corn on the cob; stuffed tomatoes; mashed potatoes; grape and apple salad with cheese; peach short-cake with cream; coffee.

Supper.
Bread and butter, cake and tea.

Monday Luncheon.
Fried green corn; potatoes; apple sauce; tea.

Monday Dinner.
Bean soup; roast veal with dressing; corn on the cob; stuffed tomatoes; mashed potatoes; grape and apple salad with cheese; peach short-cake with cream; coffee.

How Much Will it Take to Provide for Two People

Tuesday Luncheon.
Scalloped onions; baked potatoes; omelet; tea; cake.

Tuesday Dinner.
Tomato soup; cold veal and dressing; creamed carrots; sliced tomatoes; grapes; tea.

Wednesday Luncheon.
Creamed carrots; cheese toast; stewed prunes; cake; tea.

Wednesday Dinner.
Veal soup; fried liver; mashed potatoes; stuffed tomatoes; corn cake; rice; prunes with cream.

Thursday Luncheon.
Ham; chopped cabbage; corn cake; cake; tea.

Thursday Dinner.
Cream of potato soup; minced liver; boiled corn; chopped cabbage; apple dumpling; tea.

Friday Luncheon.
Escalloped corn; fried potatoes; apple dumpling; tea.

Friday Dinner.
Veal soup; boiled codfish; fried pork; boiled carrots; potatoes; sliced raw onion; prunes pudding.

Saturday Luncheon.
Fish hash; chopped cabbage; gems; cake; tea.

Saturday Dinner.
Omelet soup; warmed veal with dumplings; corn and potatoes; apple and onion salad; apple pie (delicious).

Sunday Dinner.
Tomato soup; pot roast with Welsh pudding and pan-fried potatoes; mashed squash; sliced tomatoes; apple and onion salad; chocolate squash pie (delicious).

Monday Dinner.
Beef broth; veal croquettes; baked squash; baked potatoes; squash pie.

Tuesday Luncheon.
Boiled eggs; toast; fried potatoes; boiled rice with hard sauce.

Tuesday Dinner.
Potato soup; cold beef; stuffed potatoes; cabbage steamed; rice fritters with hard sauce.

Wednesday Luncheon.
Creamed potatoes and carrots; chopped cabbage; eggs; rhubarb sauce.

Wednesday Dinner.
Beef soup; pork chops with mush cakes; mashed potatoes; squash; hard sauce; green salad; rhubarb sauce.

Thursday Luncheon.
Scalloped onions; potato cakes; gems; prune sauce.

Thursday Dinner.
Omelet soup; beef warmed in gravy; baked squash and potatoes; apple pie.

Friday Luncheon.
Omelet; gems; rhubarb sauce; cake.

Friday Dinner.
Beef soup; fish balls; stewed cabbage; prune whip.

Saturday Luncheon.
Fish balls; carrots; prune whip.

Saturday Dinner.
Baked beans; chopped cabbage; corn bread; squash; rhubarb pudding; as sauce.

Price List.
Veal neck next the shoulder, 7 cents per pound; 3/4 pounds 50 cents; pork sausage, 1/2 pound 5 cents; small beef liver, 1 pound 5 cents; codfish, 10 cents; baked beans, 10 cents; pot roast, 1 pound 5 cents; 5 cents per pound; 20 cents; pork chops, 10 cents. To-fall, 10 cents; butter, 50 cents; eggs, 30 cents; cheese, 10 cents; lard, 5 cents. Total, \$1.50.

Flour, 10 cents; corn-meal, 10 cents; oatmeal, 10 cents; sugar, 25 cents; tea, 30 cents; coffee, 10 cents; bread, 10 cents; cranberries, 5 cents; rhubarb, 5 cents; apples (cooking), 25 cents; grapes, 10 cents; prunes, 10 cents. Total, 50 cents.

Potatoes, 10 cents; tomatoes (in basket), 10 cents; corn, 4 cents; dry beans, 5 cents; cabbage, 5 cents; Hubbard squash, 5 cents; carrots, 5 cents; rice, 5 cents. Total, \$1.49; leaving 41 cents for seasonings, etc.

Get a pint of milk daily and a bottle of cream Sunday. We drink coffee each morning except on Sunday. (Minneapolis, Minn.)

Some of the prices quoted by my canny correspondent are startlingly low to what has been paid by at least one housewife which we take honest pride in informing us whether or not "L. F. D.'s" story is verified by their observation and experience. In giving up the whole space allotted to our exchange this week to what has been said by at least one housewife which we take honest pride in informing us whether or not "L. F. D.'s" story is verified by their observation and experience. In giving up the whole space allotted to our exchange this week to what has been said by at least one housewife which we take honest pride in informing us whether or not "L. F. D.'s" story is verified by their observation and experience.