

..HOUSEHOLD..

Economy in the Home.

A need for economy exists, alas! in nearly every home in the present day. Most people think that economy must, perforce, be written in the blackest of characters. This is not the case. True economy is incompatible with a grey household horizon. It in no sense turns the 'purest, sweetest, healthfullest, wholesomest air in the world' into a fog!

Real economy necessitates the employment of a liberal hand, a generous heart, and a practical use of common sense. It recognizes a need for sunshine all the year round in our mental, as well as in our physical, life. It provides things pleasant, therefore, and things recreative, as well as things plain and things useful.

In dealing with household economy it is well to remember that cheap things are not always the cheapest in the long run. For a good thing one has generally to pay a good price. Bargains are not to be met with every day, or we should cease to value them. Glitter always proclaims the purity of real gold. Yet all is not gold that glitters.

A serge dress, well fitted, is far more suitable to most occasions than a flimsy silk one. It costs about half, and is more durable. A watch is a necessity in a punctual home. A gun-metal one keeps just as accurate time as a chronometer.

To do without necessities is the worst economy of all! We may save a few pence when we refuse to buy warm underclothing for our children. What a long doctor's bill is often run up in consequence! Colds are caught, influenza invited, illness of all sorts courted, when a shilling spent in coal would have discouraged such advances. Real economy will consist in washing the flannels scientifically, so that they will last long, and in so mending a fire that we shall get the maximum of heat out of a minimum of fuel.

In order to keep a home really 'sweet,' wall papers must occasionally be changed. Many women do not know that there is as much a fashion in wall papers as in dress. This year's designs are twice as expensive as those of last year. Hanging a wall-paper is by no means an impossible job for a woman. Take two lengths at once, and cut from them. There will be no difficulty, then, in making the pattern fit. Use ordinary paste, laid on with a whitewash brush. Hang from the ceiling downwards.

One often finds, when a need for special economy arises, that a woman will commence the operation by stinting in food. How unwise and extravagant this really is, can only be realized by those who have seen the consequences. Good food, and a varied dietary, is of vastly more consequence than almost anything else, especially for working adults and growing children. Meat does not necessarily enter into a household menu; milk does. Never begrudge payment of a large milk bill every week. Let the children, the girls, the boys, the goodman, have as much pure, fresh milk as they can drink. Boil it, of course, in hot weather, or when any epidemic is abroad. If your milkman's account alarms you, look at the decrease in the one sent by the butcher; for, when a family has unlimited milk, meat may be somewhat conspicuous by its absence. Milk and meat should never be taken together, not even by children. Skim milk contains all necessary ingredients for growth and health; it is deficient in fat alone. Puddings may always be made with it. A tiny bit of shred suet, or a scrap of butter, laid on the top before baking, restores more than its right proportion of cream. Economize by not buying tea or coffee for the children. They will grow up far stronger and bigger if they never indulge in these.

Every would-be economist must make herself the master of ordinary details in economics. One who has to look well to the ways of a household must learn the relative value of foods, etc. When she goes to a grocer's, she must realize that rice is just as nutritious as tapioca. Tail end of cod fish

is as appetizing as head of same; there is less waste in the tail, and it costs several pence a pound less. Peas, beans, and lentils give more flesh-forming ingredients than an equal quantity of meat.

We must remember that health cannot be obtained without a proper supply of food. Owing to greater exertion on the part of the workers in life's hive, they need more food than indolent folk. The man who labors with his hands all day must be properly fed at night. Get the goodman a good supper when he comes home tired. Give him a dish of well-made porridge for his first course at breakfast. Do not grudge a plate of fat bacon on the top of that. Serve him up home-made wheaten meal bread instead of trashy baker's stuff. Let the fat left in the fry-pan be used to provide a nourishing meal for others by frying stale slices of bread in it.—'Home Words.'

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