



Household Economies

SALLIE J. WHITE, writing on this head in *Comfort* says:—"A word as to household economies. I don't mean in money matters, for there are other economies which may be quite as important in their results, and which after all, are financial economies in an indirect way. I mean economies of strength, of nerves, and of time.

The woman who has not learned the practice of these economies has not learned one of the important secrets of home life.

These economies are so small and so easily practised that they do not seem to have the importance which they really possess, and they are often entirely lost sight of. Take for instance, the question of the kitchen table. How many of you have thought to trace the origin of the aching back to this useful piece of furniture?

And yet it is responsible for many and many a one.

Every kitchen table is of a uniform height with all the rest, but the women who work over them vary in height. Some are tall, and have to bend to their work, until the back almost breaks.

The remedy is simple enough when once the cause is understood. If you cannot have a special table made to suit your individual needs, surely your husband or your son can get some blocks to put underneath the legs of the table which you use that will raise it to the height for you to work at it without bending.

A little thing, isn't it? And yet how much of relief and ease it will bring you will not realize until you try it.

There is a kitchen table that has been devised that is a great convenience. It is higher than the usual table and is placed on casters that it may be easily moved from place to place. On one side is a swinging shelf, or leaf, that may be raised when needed, almost doubling the room on it. At the opposite side is a little cupboard, about one third the width of the table, with a shelf, and under that hooks on which may be hung the articles that are in most frequent use. It is not only easy for the worker on account of the added height, which makes it possible to do the work without strain on the back, but having so many of her utensils at hand she is saved many steps, thus lessening the burden of fatigue.

Another saving will be found in sitting down to do much of the work which is now done standing. Always sit when it is possible, and both feet and back will thank you in grateful relief. Here the old habit will come in; and for fear of being called shiftless, a woman will often stand when she might sit, and at last only avail herself of the relief in a most shamefaced fashion, and jump up when she hears an approaching step with as much consternation as

though she had been discovered in breaking one of the commandments.

My dear sisters, don't be afraid of taking care of yourselves, sit down to do everything you can. When you are preparing the vegetables for dinner, when you are creaming butter and sugar for cake, when you are ironing the small pieces, and even when you are wiping dishes. You will be surprised at the end of the day how much less tired you are, and you will also find that you have more inclination to enter into the family pleasures from which you were debarring yourself by allowing yourself to become so fatigued over the duties which you must perform daily.

I know that I am laying myself open to much criticism from those who believe in the old-fashioned methods, but if the critics will only try the experiment for themselves—just as an experiment you know—I am sure they will

mothers—are visited upon the children to the third and fourth generation?

There are other sins than those mentioned in the decalogue, and surely none is greater than that of robbing a child of its heritage of health and strength, which belongs to it by right. And come to think, does not that come under the head of stealing? And isn't it covered by the commandment:

"Thou shalt not steal?"

Now don't for one moment think that I am advocating careless housekeeping, and that I am decrying domestic duties. Not at all. No one likes a well-kept home better than I do, but I want it a home and not merely a house. I want the mother to be Queen regnant, and the rest of the family her willing and loving subjects, acknowledging her sway and being loyal to it. She can only do that by making herself of importance, and insisting on her right of making things pleasantly easy, and not sinking her individual needs as so many do in the mistaken idea of avoiding selfishness, and so making herself a victim of the selfishness of others.

I didn't start to preach, nor did I think that an adjustable kitchen table would prove such a fertile text; but there is a higher morality in the subject of kitchen economies, such as I have talked of, than appears on the surface of things.

So don't be afraid to practice them. Look upon the saving of the body and nerves as a duty, quite as important as the cooking of a dinner, or the sweeping of a floor. It involves more than the saving of your own strength; it means enjoyment for you, a completeness of living, and added comfort and happiness to those whose comfort and happiness are more to you than your own.

Apples are more healthful as an article of diet than potatoes.

REVIEWS.

The September *Century* carries the narrative of Napoleon's life to the period of the supplanting of the Revolution. It is a valuable history, fully and carefully illustrated.

Harper's for September is an excellent number. Among the contributors are Ian Maclaren, Mark Twain, W. D. Howells, Julian Ralph, R. H. Davis, Poulney Bigelow, and others.

Fiction and travel are strong points in the September *Cosmopolitan*, which illustrates better than any previous number the perfection of its plant for printing a high-class magazine.

The *Bookman*, published by Dodd, Mead & Co., New York, is a neatly printed, well edited and very readable magazine devoted to the interests of the bibliophile and litterateur.

The problem of deep water communication between the great lakes and the Atlantic is ably discussed by E. V. Smalley in the September *Review of Reviews*.

The *Chautauquan* keeps up its high standard of excellence, and is a well-equipped auxiliary of the world-famous institution from which it takes its name.

The *Illustrated London News*—the great English illustrated weekly—publishes an American edition which is fully equal in paper and press work to the English edition, and contains practically the same matter.

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come to my way of thinking. I only hope they will be honest enough to acknowledge their conversion.

Seriously, though, this has a far deeper import than that of saving fatigue for the worker. It means added strength of body and nerve to coming generations. Every woman owes something to the generation which follows hers, and of which she is one of the mothers. If she is continually tired and works beyond her strength, or even up to its limit, what has she in reserve to give to her child? This is a phase of the subject that every mother—yes, and every father, should consider.

I often wonder how many women, even now, with all the light of the revelation of science that has been thrown upon the world, understand the full significance of the olden prophecy, that the sins of the fathers—which includes