

Housekeeping as a Profession

Brains versus Drudgery



The Reforming of One Tenement Home Due to Its Teachings.

By SARAH ADDINGTON.

ROSA PLATSKI was Polish and poor, and knew nothing about housekeeping, except that food had to be cooked three times a day for a raft of demanding men and children, and that now and then, preferably "then," the family clothes had to be bunched together in the wash-and-bath-tub and washed a few shades lighter. She was also vaguely conscious that beds might be "spread up" before bedtime and that an occasional flick of the broom hither and yon was the customary thing.

But as for clean, systematic, skilled housekeeping—well, that was no more included in her world than were diamond rings and shiny automobiles, except that rings and motors appealed to her fancy, whereas her young heart had never yearned for better housekeeping.

Once in a while, indeed, her stolid mother would set to the cinder-ridden house with a mighty vigor, complaining greatly at the passing trains that left their trail of grit and black in people's houses. Usually, however, she was content to sit in front of the house with the latest baby, trading in the gossip of the neighborhood.

It was during these too frequent periods that the dust piled up, that the soups and stews cooked themselves, and that the beds lay wide open from sunrise to moonrise.

When Rosa's Chance Came.

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But little did she realize that she was also going to her first lessons in housekeeping; that the Model Food Factory, besides being a modern efficiency institution, served the additional purpose of teaching, by the indirect method, the ways and means of modern housekeeping.

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The next step is to learn thoroughly all that there is to know about the freezer's mechanism; how to get the best results from its use with the minimum of labor and material, and last, but not least, how to keep it clean and sanitary. In case this important point should have been omitted from the instructions given, or the directions in the circular be thrown away without reading, a safe rule to follow with nearly all freezers is to carefully wash and scald all metal parts, drying them thoroughly over the stove before putting them away. The wooden bucket should be thoroughly rinsed and dried in the sun.

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THE LESSON OF THE FOOD FACTORY



A Lesson in Sanitation as Well as First Aid.

How can she spend eight hours every day amid shining tile and nickel and glass and white paint and be quite satisfied during her leisure moments with the rooms at home that have seen too little soapuds for their good? She can't, and that is exactly why Rosa Platski... was to be found, her first Saturday afternoon off, scrubbing her mother's grimy, hot little kitchen with a worn old brush and a leaky pail, resolving that part of the next week's wages should go for "a swell enamel pail like the Model janitor's and a decent brush with a bristle or two in it!"

The Power of Contrast.

And that is why Rosa Platski's poor, squalid home finally did take on an air of clean, tidy hominess—because the Model Food Factory and its perfection of systematic housekeeping got to be part of Rosa's make-up. The fresh blue-and-white factory uniform, laundered in the plant's own spotless laundry; the sunshine streaming in at the windows on sparkling enamel workboards, the girls' cool green rest room, the employees' cheerful restaurant—all these Rosa could not forget when she went home for supper at night.

One by one, then, came the innovations—direct from the big factory on the hill.

Bit by bit, and much to Mamma Platski's bewilderment, Rosa revolutionized the family housekeeping.

First it was the new scrubbing pail, a white enamel one! Who ever heard of a white scrubbing pail? But Mamma Platski found that it did work very nicely, so she yielded the old wooden thing, bought when she was first married so many years ago, and Rosa planted a geranium in it. The factory had whole window boxes full of them.

The family liked the geranium. Rosa could have desired more in the way of a jardiniere, but nobody else minded.

Next, Mamma Platski had to submit to a thorough washing of everything in her house—whether it needed it or not—a revolution which grieved her not a little. But on Rosa's first day off, Decoration Day, they all set to on floors, woodwork, furniture, bedding, and even the calico curtains on the cupboard, with a most unrelenting gusto.

"We'll all feel better," said Rosa briefly. Her mother granted unappreciatively. "I know we will," insisted Rosa. "Miss Wells told us 't' the factory

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The Rest Room Sets a New Standard of Home Comfort.

"Say, you're gettin' too fussy, you are, with your grand new job. Who's gettin' this meal, anyhow?" And she stuck her finger in the water again to show her indifference to the modern science and "sannytation" that Rosa had suddenly adopted.

Seeing for Themselves.

One day Rosa got permission from the "hostess" of the Model for her mother and sister to make the official tour of the institution with the other sightseers who were escorted daily around the enormous plant by a personal conductor, and at the end served with tea and the Model's special tea biscuit and preserves.

After the lessons were once learned they forgot all about them, too. That is, Rosa stopped preaching and teach-

ages and sped off to the waiting motor trucks. Sometimes the cakes were to be "curly-eyed" and sometimes "iced plain," but, whatever it was, the Model Food Factory was teaching Miss Rosa Platski to use her hands deftly, quickly, daintily.

It was because of this new training that Rosa was slightly startled one night to see her young sister dab a questionable looking forslinger in the teakettle to see how the water was coming along. The young sister raised a loud voice at Rosa's reproof.

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What Sunshine, Fresh Air and Sanitation Mean to Some Workers.

ing, mama stopped groaning, the sister stopped arguing and teasing. Their unaccustomed decency made them self-conscious at first, but, dear me! they soon got so they could look clean linen in the face without a tremor, and they were really enjoying, somewhat unconsciously, the new fresh atmosphere.

Oh, of course, the trains still raced screaming by, scattering a storm of cinders and smoke; Papa Platski's old rocking chair still seasawed uncertainly on one rocker; the calico curtains were still faded and faint from long use. But the little rickety house was now being washed regularly of its cinders, the rocking chair did boast a new cushion in its depths, and the calico curtains stuck out brave and clean with a record of starch and soap to brace them up.

What Came of It.

Then Rosa began to have an ambition of her own. It concerned a certain young truck driver and a four-room cottage far from the railroad tracks, and new bright furniture on the installment plan. The young truck driver had put the idea into her head, of course, and she carried it around as a secret for a little while. Then she told her mother.

"Jim says he's makin' \$14 now. Wants to take one of them new houses back of the bridge."

"All right," said her mother. "Guess you could keep it."

"Sure I could," answered Rosa, exultantly. "Funny how you pick up, but that factory's learned me a lot, maw!"

Now, don't think that we imply that all the Rosas in all the model factories go home armed with brooms and pails and new ideals, reconstruct their homes, and finish the job by becoming the model wives and housekeepers for young truck drivers. But we do say that, just as working in a department store teaches a girl to dress well, and typing a man's letters for him teaches a girl how to spell correctly (sometimes); so working in a properly equipped, twentieth-century food factory teaches the girl worker the science of sanitary, well-ordered housekeeping, which even in this day is one of the most interesting and valuable lessons a woman can learn.

Cold Dishes for the Dog Days

By JEANNETTE YOUNG NORTON.

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When ready to use the cream draw out the can from the freezer, wipe it with a wet cloth free from all salt and ice, have the wrapper or serving dish ready, and wrap a cloth that has been wrung out of hot water around the can for a moment. Then remove the cover of the can, and the perfectly shaped cream will slip out onto the plate.

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KEEPING TABS ON THE BUTCHER

By MARGARET HAMELIN.

WHEN a woman embarks upon a marketing expedition she finds it just a little bit annoying to realize that she has not even a bowing acquaintance with the various cuts of meat. The fact is especially brought home to her when, looking over the butcher's head at the meats hanging on the hooks or in the icebox back of him, she fails to recognize among the large pieces anything familiar; then, noting the patiently waiting butcher, she desperately asks for the first thing she perceives—a sirloin steak, or something else equally commonplace.

As most of the meat products are intended for boiling, broiling, roasting or baking, it is not a difficult task to learn to recognize the different pieces on sight if the marketer is willing to give a little thoughtful study and time to the matter.

The beef carcass usually makes its appearance upon the marketman's counter cut into four quarters. From these the various smaller cuts are taken as they are needed. The choicest



Left to right: Rump, navel, round and brisket.



Left to right: Porterhouse, round and sirloin.

market each day will familiarize the housewife with all meat products, so that she will know just what to select and just how much it should cost. In the matter of best boiling the methods followed by different cooks differ widely, many saying the meat should be put on to cook in cold water, allowing it to come to the boiling point slowly, while others follow the advice of Liebig, the highest authority on matters pertaining to the chemistry of food, and believes it best when plunged into boiling water, which they say seals in the juices and so retains in the meat both nutriment and flavor.

However, in boiling meat by either method, allow twenty minutes' cooking to the pound, and if the meat is allowed to remain until slightly cool in the water after it is cooked much will be added to its flavor. In boiling meat great care should be taken to skim thoroughly the surface of the water. In roasting or baking, about the same

time per pound is allowed, this rule depending, of course, upon the sort of fire used to cook with and the size of the piece of meat. The heats of the coal, gas and electric ovens vary in intensity, and the housewife must experiment until she becomes familiar with every point concerning the oven she is using.

French Veal Souffle. Mix two tablespoonsful of butter with two tablespoonsful of flour to a smooth paste; season it and add to it one cup of hot milk and let thicken slightly; then add a cup of finely minced veal, a teaspoonful of chopped parsley and the beaten yolks of two eggs. Mix thoroughly and take from the fire and when cold add the stiffly beaten whites of the eggs and fill well buttered ramekins with the mixture and bake fifteen minutes.

Sweetbreads au Gratin. Parboil, blanch and dice a pair of large heart sweetbreads; add to them

a half cupful of dry bread crumbs, the juice of an onion, a saltspoonful of pepper and a half teaspoonful of salt, two tablespoonsful of grated cheese and one egg beaten into a cup of cream. Fill buttered ramekins with the mixture and bake fifteen minutes. Serve garnished with parsley and a slice of delicately fried bacon on top of each.

Beef Olives. Have two pounds of rump steak cut thin. Then divide it into six pieces, brush over with beaten egg, a little minced savory herbs and sprinkling of salt and pepper; roll each piece tightly and fasten with a small skewer. Put a pint of stock in a stewpan, lay in the rolls, cover them with thin slices of bacon, then top with a round of writing paper that fits the pot. Stew gently for two hours, then take up the rolls, lay them on a hot platter, slightly thicken the gravy with a little butter and flour rubbed to a cream, remove the skewers from the rolls and turn the gravy over them.

Roast Spring Lamb. Spring lamb is always welcome, but the younger it is the higher is its price. So it remains in the luxury class during the earlier part of the season. Roast fore quarter, saddle or leg, accompanied by fresh mint sauce, spring vegetables and salads make ideal spring dinners. The best mint sauce is made in this way: Strip the leaves from a small bunch of crisp, fresh mint, after washing it carefully, and chop it fine. Melt two dessertspoons of sugar in two dessertspoons of boiling water; when

it is melted and cool add two tablespoons of tarragon and of two of cider vinegar and the chopped mint. Let stand and infuse one hour before using, stirring it often.

Lamb's Sweetbreads Larded. Select three pairs of the sweetbreads; trim and rinse them in warm water; then parboil them for ten minutes and throw them into cold water to blanch. Then cold lard them and lay them in a saucepan with a half pint of highly seasoned white stock and stew, closely covered, twenty minutes. Take up the sweetbreads and thicken the sauce with a little butter and flour rubbed to a cream; add one egg beaten in a cup of cream and let all get hot, but not boil. Then turn out of the sweetbreads. Add a little grating of nutmeg, garnish with parsley and toast sippets and serve.

Colors in Children's Clothing

By EMMA GARY WALLACE.

AMERICAN mothers have need to be exceedingly careful at the present time concerning the fastness of the dyes used in the material of their children's clothing. The garments worn by little people are likely to see much hard use and to require frequent laundering, and if the colors are not as stable as we have been accustomed to have them we may be both disappointed and surprised.

There is a reason for this, and if we would be sure that the goods which we purchase to make up are going to give satisfaction it will be well to make a test of samples of such goods, so that we may be assured of the fast nature of their colors.