

**THE**

**SCIENCE AND ART  
OF HOMEMAKING**

**MARY W. CAULEY**



**AMERICAN BOOK COMPANY**



M. C. Turner

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OF HOMEMAKING

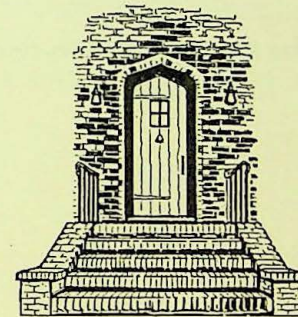
By

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SCIENCE AND ART OF HOMEMAKING. CAULEY

W. P. 1

MADE IN U. S. A.



DEDICATED WITH AFFECTION  
TO THE  
GIRLHOOD OF AMERICA  
IN WHOSE TRUST THE FUTURE HOMES  
OF OUR COUNTRY ARE TO BE PLACED.

## Magic

Some women have a magic way  
Of putting cheer into a room :  
A quick, transforming touch that sends  
The light into a shaded gloom.  
They have a lovely way of giving  
A cheerful, happy look to living.

A wood fire crackling on a hearth,  
Old brasses rubbed and burnished bright,  
Red tulips in an earthen bowl,  
The luster of worn boards scrubbed white —  
Some women have a way of knowing  
That household wares should be kept glowing.

I never see a woman's hands  
Move swiftly at their burnishings,  
But that they always seem to bear  
A likeness to white flying wings.  
They are so beautiful at giving  
A cheerful, happy look to living.

*Grace Noll Crowell*

*Courtesy of Good Housekeeping.*

## PREFACE

THE great task of the homemaker is to maintain a home where each member of the family group finds comfort of soul, as well as of mind and of body. To accomplish this, girls should be directed toward worthy home membership, and should be prepared to assume the responsibilities of homemakers in the future.

It is regrettable that with the present improvement in home conveniences there has not been a corresponding increase in family unity and contentment. Girls should realize that home is only as fine as its ideals. Home economics teaching should impress upon pupils that having fine things may mean pleasure, but that the true family happiness depends upon what its members are, not what they have. If pupils can be stimulated in home economics classes to be more thrifty, industrious, and charitable in their family circles, greater home happiness and contentment will be enjoyed.

It is also the purpose of this book to present the fundamental principles and methods of housekeeping. It is planned to cover the subject so thoroughly that on the completion of the course, the student will be able to keep house efficiently and to plan, purchase, prepare, and serve wholesome meals. The basis for the selection of the recipes has been their outstanding success over a period of years. The directions are given in simple steps in order that the beginner may follow instructions exactly.

This course should aim to teach students to interpret other books on the subject, and to understand and properly estimate the value of information on food and housekeeping that comes into the home through newspapers, magazines, radio programs, and other sources.

The benefit of the learnings of home economics can never

be fully realized, unless the student experiences the urge to apply her knowledge to immediate home situations. Parents should encourage girls to assume the care of purchasing some of the supplies, of taking charge of definite household tasks, and of cooking simple recipes learned at school. As the pupil advances in the course, home projects should include responsibilities that are increasingly difficult.

Economy is an integral part of every lesson. It is by practice, rather than by precept, that students learn to exercise thrift in the use of fuel, food, time, strength, and equipment. Therefore, it is very important for the home economics teacher to provide for ample experiences in wise spending and in judging values.

The teacher must have her aims and her goal clearly set, and should check up the achievement of her work. The pupils should be given wide opportunity for planning and executing projects and judging results. Pupils will develop resourcefulness and initiative in direct proportion to the opportunities afforded them for individual and group activity. When the teacher's activity is minimized and when her guidance is properly emphasized, household science is taught progressively.

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*Mary Winifred Cauley*

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