

**FOODS AND COOKERY
AND CARE OF THE HOUSE
FIRST LESSONS FOR
ELEMENTARY SCHOOLS**

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Foods and cookery and care of the house First lessons for elementary schools by Mary Lockwood Matthews

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MARY LOCKWOOD MATTHEWS

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A CANNING-CLUB WINNER

FOODS AND COOKERY
AND
THE CARE OF THE HOUSE

FIRST LESSONS
FOR ELEMENTARY SCHOOLS

BY

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PREFACE

THIS volume is intended for use in classes beginning the study of foods and cookery. It has been arranged for use in the elementary schools and does not presuppose any training in general science. It is strictly an elementary treatment of the subject.

The book deals with foods, their selection and preparation, and the planning of meals from the nutritive, æsthetic and economic standpoints. The "meal plan" is used in order to make the meal the basis of the work. Through the "Home Problems" the home and school work may be correlated.

The author appreciates the help given in illustrating the book by the United States Department of Agriculture, the United States Bureau of Standards, the Detroit Stove Works, and the Chambers Manufacturing Company. The author also gratefully acknowledges the criticisms and suggestions of educators who kindly read the manuscript.

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TO THE STUDENT

HAVE you thought about what you will do when you finish school?

Perhaps you have decided to be a teacher, a librarian, a stenographer, a doctor, a nurse. Perhaps you are making plans to take a course in high school or college that will fit you for one of these callings; you would not consider yourself capable of entering any of them without training.

Very probably you will be at some time the manager of a home. Have you thought about the importance of being trained for home-making?

It is only within the past twenty-five years that it has been considered proper for the public schools to train girls for the work which most of them will do for the longest period in their lives, the work of home-making.

Mrs. Ellen H. Richards was the first to say that the schools ought to teach "right living;" and, largely through her efforts and her inspiration, plans have been worked out whereby girls while in school can be taught many things about right living.

Right living begins with the home. Who makes the home? The man may furnish the money to build and maintain the house, but it is the woman who plans and manages the home. It is her business to see that the family lives in a sanitary and an attractive house; that every member of the family

has clean, properly selected and well cooked food; that every one is suitably clothed; that the family income is wisely spent, and that all in the home are helped to lead a happy and useful life.

No girl should consider the making and managing of a home an easy piece of work, for in fact nothing is harder to do and to do well.

When the girl takes work in school and college that covers all phases of home-making, we say that she is taking a course in Home Economics.