

**THE HOME-MAKING SERIES; THE
HOME AND THE FAMILY; AN
ELEMENTARY TEXTBOOK OF
HOME MAKING. [NEW YORK-
1918]**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649606016

The Home-Making Series; The Home and the Family; An Elementary Textbook of Home Making. [New York-1918] by Helen Kinne & Anna M. Cooley

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

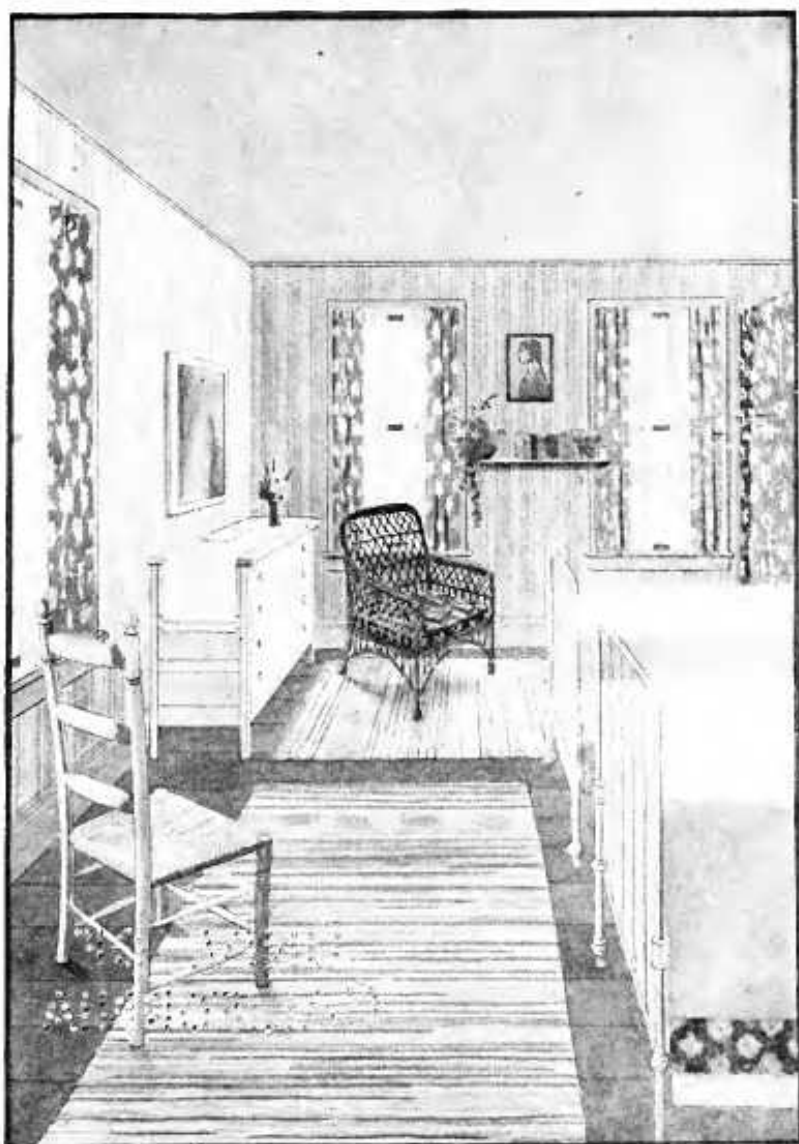
Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

HELEN KINNE & ANNA M. COOLEY

**THE HOME-MAKING SERIES; THE
HOME AND THE FAMILY; AN
ELEMENTARY TEXTBOOK OF
HOME MAKING.
[NEW YORK-1918]**



THIS IS THE HOMEY, BRIGHT, CLEAN BEDROOM WHICH THE GIRLS OCCUPY

THE HOME-MAKING SERIES

THE HOME AND THE FAMILY

AN ELEMENTARY TEXTBOOK OF HOME MAKING

BY

HELEN KINNE

PROFESSOR OF HOUSEHOLD ARTS EDUCATION, TEACHERS COLLEGE
COLUMBIA UNIVERSITY, AUTHOR OF "FOOD AND HOUSEHOLD
MANAGEMENT" AND "SHELTER AND CLOTHING"

AND

ANNA M. COOLEY, B.S.

ASSISTANT PROFESSOR OF HOUSEHOLD ARTS EDUCATION, TEACHERS COLLEGE
COLUMBIA UNIVERSITY, AUTHOR OF "FOOD AND HOUSEHOLD
MANAGEMENT" AND "SHELTER AND CLOTHING"

New York

THE MACMILLAN COMPANY

1918

All rights reserved

[illegible]

TX 167
K5

COPYRIGHT, 1917,
BY THE MACMILLAN COMPANY.

Set up and electrotyped. Published January, 1917.
Reprinted August, 1917; February, 1918.

Gift Publisher

EDUCATION DEPT.

Norwood Press
J. S. Cushing Co. — Berwick & Smith Co.
Norwood, Mass., U.S.A.

PREFACE

THIS little volume is to be used in the elementary schools as a supplementary reader to the two textbooks, *Food and Health* and *Clothing and Health*. It is intended for the home people, too, as well as the school and to be used in those sections of the country where the home life is of the type described.

This volume "The Home and the Family" tells of some of the happenings at Pleasant Valley. One of the school trustees gives a cottage near the school and Miss James, the teacher, occupies it with two of the girls in turn. The decoration and furnishing of the Ellen H. Richards House, as it is called, the repairing of household furnishings, and methods of cleaning of the home are all described. The book also considers the care of the baby as the most important member of the family, and gives a simple lesson on the care of the sick. The final chapter of the book gives a series of lessons on personal efficiency, and the authors have grouped in a summary way the thoughts of the lessons on food and clothing, cleanliness and management, which contribute to better living.

The authors are indebted to Professor LaMonte Warner and the Department of House Decoration of Teachers

College for the four colored illustrations which so closely interpret the spirit of this book. The authors also express thanks to Mrs. Mary Schwartz Rose of Teachers College for her suggestions and careful reading of the lessons on the care of the baby.

TABLE OF CONTENTS

	PAGE
THE PLEASANT VALLEY SCHOOL	1
CHAPTER I. THE STORY OF THE COTTAGE LOANED TO THE PUPILS OF THE PLEASANT VALLEY SCHOOL	3
Lesson 1. What can be done to make the girls' bedroom comfortable and attractive? The bedroom walls and floors	8
Lesson 2. The articles of furniture for the bedroom	16
Lesson 3. Chairs for the bedroom	25
Lesson 4. Another bedroom to furnish	35
Lesson 5. The bathroom	44
CHAPTER II. THE FURNISHING OF THE COTTAGE IS CONTINUED AND THE DINING ROOM AND LIVING ROOM ARE STUDIED	48
Lesson 1. The color scheme for the living room	50
Lesson 2. The furniture for the living room	57
Lesson 3. The plans for the dining room	70
Lesson 4. A name is chosen for the cottage, and a party given .	87
CHAPTER III. HOW SHALL THE ELLEN H. RICHARDS HOUSE AND OUR OWN HOMES BE KEPT CLEAN AND IN GOOD ORDER ?	95
Lesson 1. Dust and dirt	96
Lesson 2. Taking care of the bedroom	108
Lesson 3. Cleaning the living room and dining room	117
Lesson 4. Cleaning the cellar, kitchen, and pantry	131
Lesson 5. A few suggestions for laundering	142
Lesson 6. Household pests	148

TABLE OF CONTENTS

	PAGE
CHAPTER IV. HOW TO CARE FOR THE BABY OF THE FAMILY	161
Lesson 1. What we are to study about next	162
Lesson 2. How shall we keep baby clean?	164
Lesson 3. Some things to make baby grow	168
Lesson 4. The food for baby is the most important thing in helping to keep him well	177
Lesson 5. Pure milk for baby	180
Lesson 6. Some things to be careful about while preparing baby's milk	186
Lesson 7. How to modify baby's milk	189
Lesson 8. Other foods during the first year	195
Lesson 9. What kind of clothing should baby wear?	197
Lesson 10. Shall we make or buy baby's clothing? How much will it cost?	204
Lesson 11. The normal, healthy baby is a joy	209
CHAPTER V. ONE MUST BE WELL AND HAPPY IN ORDER TO ENJOY THE HOME WHICH ONE HAS PLANNED. HAVE YOU THOUGHT ABOUT THIS?	212
Lesson 1. Planning for twenty-four hours	214
Lesson 2. Some helpers in keeping well	244
Lesson 3. In case there is sickness at home	250
Lesson 4. Another helper	258
Lesson 5. The well-planned budget helps to keep one happy	265
Lesson 6. Work helps to keep one well and happy	272
Lesson 7. One more thought. What is your share?	284