

**THE ROYAL SCHOOL
SERIES;
DOMESTIC ECONOMY: A
CLASS-BOOK FOR GIRLS**

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The Royal School Series; Domestic Economy: a Class-Book for Girls by S. S. Wigley

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S. S. WIGLEY

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SERIES;
DOMESTIC ECONOMY: A
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The Royal School Series.



DOMESTIC ECONOMY:

A CLASS-BOOK FOR GIRLS.

NEW EDITION.

by Mrs. S. S. Wigley.



LONDON:

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PREFACE.

THIS Work is arranged in Three Parts, corresponding with the three years' course in the "Specific Subjects" Schedule of the Education Code. The use of the book, however, need not be restricted to schools. It may profitably be put into the hands of those who are already engaged in domestic work, whether daughters or mothers, mistresses or maids.

Scientific details and technical terms have, as far as possible, been avoided, as the book aims at being a popular exposition of the subject. At the same time the strict accuracy of its scientific statements may be relied on, as it has been carefully revised by an eminent physiologist.

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DOMESTIC ECONOMY.

PART I.

I.—INTRODUCTION.

1. FIRST let us understand what Domestic Economy means. "Domestic" comes from *domus*, a home or family. "Economy" comes from *oikos*, a house; and *nomos*, law, or management. These words together mean, "the management of the family house or home."

Domestic Economy is the science which teaches the right management of the family home.

2. The rightful home manager is a woman. On her the family depend for the food, clothing, cleanliness, and comfort necessary to health; and for the good nursing necessary in sickness. This science, which belongs specially to the education of girls, is of more importance than all the other arts and sciences put together. From well-managed homes go forth happy, healthy, wise, and good men and women, to fill every position in the world.

3. If a country were made up of such homes, it would be a nation healthy and happy, noble and

good, wise and prosperous. The influence and power of girls are, therefore, enormous. *They* have more to do with success or failure, happiness or misery, than statesmen, philanthropists, and clergymen.

4. The object of this book is to help them in the acquirement of this their own most important science. Every girl who wishes to do her part towards making the world healthier, happier, wiser, and better, must study this science with a thankful sense of her own high mission.

5. The wisest man thus speaks of a good home manager: "She bringeth food from afar; she giveth meat to her household: she seeketh wool and flax, and worketh willingly with her hands; she is not afraid of snow, for her household they are clothed: she looketh well to their ways: her children rise up and call her blessed: her husband praiseth her: she will do him good, and not evil, all the days of his life."

QUESTIONS.—1. From what is "domestic" derived? From what is "economy"? The meaning of the two words together? Define "Domestic Economy". 2. Who is the rightful home manager? For what do the family depend on her? Why is domestic economy so important? 3. What would a country made up of such homes be? Whose influence is, therefore, enormous? 4. What is the object of this book? 5. What does the wisest man say of a good home manager?

2.—FOOD: WHAT IT HAS TO DO.

1. THE work of those who manage the home has to do with food and clothing, pure air and cleanliness, with health and sickness, with earning and spending and saving. First, let us consider what food has to do towards keeping the body healthy.

First, The Body must be kept warm, with a warmth