

# **A HANDBOOK OF HOME ECONOMICS**

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A Handbook of Home Economics by Etta Proctor Flagg

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**ETTA PROCTOR FLAGG**

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HOME ECONOMICS**



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OF  
HOME ECONOMICS

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## PREFACE

THE plan in this little book has been to give a simple basis for the pupil to work from, leaving the teacher free to present the lesson in her own way. The principal points to be brought out are suggested by the questions at the end of each lesson. These questions are to be answered by the pupil in the spare moments which are so often wasted in the course of an ordinary cookery period.

This course may be completed in one school year, or in two, according to the frequency of the lessons. The book is divided into two parts for the convenience of classes which devote two years to the subject.





## PART I



# A HANDBOOK OF HOME ECONOMICS

## SUGGESTIONS FOR HOUSEKEEPING

Let each pupil provide herself with two large, plain, white aprons made from cambric, long cloth, or linen; avoid lawn because it wears so short a time and rumples so easily. In addition to the aprons, every girl should have her own small hand-towel and cookery holder; the towel need not be more than eighteen inches long, and the holder should not be over five inches square.

When working in the cookery room, keep the wrists free from bracelets and the fingers free from rings; let the hair be neat and away from the face.

Before beginning the lesson see that the hands are thoroughly washed and the nails well cleaned. Keep the hand-towel fastened at the waist, ready for immediate use.

When the lesson is over, fold both apron and towel neatly and place in the locker assigned. Before leaving the class-room be sure that all utensils are in perfect order and, if possible, that your notes are all placed in your text-book.