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OFFICE OF INDIAN AFFAIRS

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OUTLINE LESSONS IN HOUSEKEEPING

INCLUDING

COOKING, LAUNDERING, DAIRYING, AND NURSING

FOR USE IN INDIAN SCHOOLS

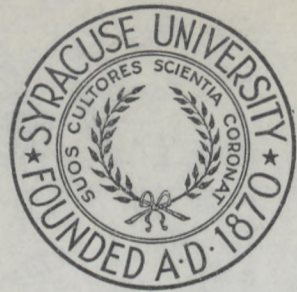


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## PREFACE.

This publication has been compiled from the results of practical experience in the work of instruction in the Indian schools. It is believed that it is a comprehensive and practical manual that will be of material assistance to the teacher, but every teacher is urged to forward suggestions in order that the manual may be improved when a second edition is issued.

One word of caution is urged as to the use of this publication. The teachers should look at it in the light of suggestions rather than as dogma from which they should never deviate, and I should not want any teachers to feel that they could not take up any phases of the subject or any methods of instruction which are not contained in this publication. Conditions vary greatly in different localities and in the same locality at different times, and the teacher must ever be alert to meet these changes. Perhaps this word of caution is unnecessary, but the experience of many school systems goes to show that it can not be too strongly emphasized.

R. G. VALENTINE, *Commissioner.*

## OUTLINE LESSONS IN HOUSEKEEPING.

### INTRODUCTION.

Matrons and teachers everywhere are asked to realize the importance of systematic instruction in the several lines of household work. Their judgment is relied upon at all times as to the fitness and appropriateness of the lesson to be given, and they may deviate from the regular course given herein, if it seems best, in order that the training may be better adapted to the needs of the pupils in the several sections of the Indian country.

Through all of these lessons instill into the minds of the young the immediate application of what they learn, to their life in the home. Inculcate habits of industry for the sake of self-improvement and skill; impress firmly the high purpose of helpfulness to self and others.

Keep a record of the progress of each pupil, leading him to realize thereby the degrees of his accomplishment from day to day. Give credit for each task where it is mastered. Teach order and neatness in the arrangement of note, account, and recipe books, and the value of system in the economy of labor.

The outline which follows, in its entirety, may not admit of adaptability to all schools at the present time, but it contains much that can be used in every school.

### REFERENCE BOOKS.

- Six Little Cooks, by Elizabeth S. Kirkland. A. C. McClurg Co.  
The Boston Cooking School Cook Book, by Fannie Merritt Farmer. Little, Brown & Co. (Book estimate.)  
How to Feed Children, by Louise E. Hogan. J. B. Lippincott Co., Philadelphia, Pa. (Important for reference in teaching the care of babies and young children.)  
Theory and Practice of Cookery, by Williams and Fisher. McMillan Co., New York. (One of the best books on cooking published.)  
Library of Home Economics, in 12 volumes. American School of Home Economics, Chicago, Ill. (This set of books is exceptional; it covers nearly every phase of home life in a practical way.)  
Laundry Work, by Juniata L. Shepperd.  
Home Economics, by Maria Parloa. The Century Co., New York.  
Home Nursing, by Eveleen Harrison. McMillan Co., New York.  
Hapgood's School Needle Work, Teacher's Edition. Ginn & Co.  
Hapgood's Sewing Primer, with Music for Little Children. Ginn & Co.  
Johnson's Progressive Lessons in Needle Work. D. C. Heath Co., Boston.  
Wing's Milk and Its Products. (Book estimate.)



## TEXT-BOOKS.

Boston School Kitchen Text-Book, by Mary J. Lincoln. Little, Brown & Co., Boston.

Domestic Science in Grammar Grades, by L. L. Wilson. McMillan Co., New York.

Bulletins of the Department of Agriculture, Washington, D. C. (Can be obtained for the asking from the Department of Agriculture.)

No. 42. Facts about milk.

No. 128. Eggs and their uses as food.

No. 112. Bread and bread making.

No. 142. Principles of nutrition and nutritive value of food.

Kirkwood's School Sewing. Practical cloth with folders. (Book estimate.)

## ESTIMATE FOR EQUIPMENT.

## INDIVIDUAL DESK SUPPLIES FOR INSTRUCTION IN COOKING.

1 alcohol stove.....	\$1.25
1 biscuit cutter.....	.05
1 bean pot.....	.15
1 cake pan.....	.10
1 cooky cutter.....	.05
1 case knife.....	.08
1 dish pan.....	.50
1 doughnut cutter.....	.05
1 enameled plate.....	.15
1 fork.....	.08
1 flour dredger.....	.10
1 ink bottle.....	.10
1 lemon squeezer.....	.10
1 measuring cup.....	.05
1 set molds, individual.....	.06
1 nutmeg grater.....	.10
1 pancake turner.....	.10
1 paring knife.....	.15
1 pepper shaker.....	.05
1 potato masher.....	.15
1 pie tin.....	.10
1 quart bowl.....	.25
1 petrie dish.....	.25
1 quart bowl cover.....	.05
1 quart kettle.....	.35
1 quart double boiler.....	.50
1 rolling pin.....	.20
1 sieve.....	.10
1 spatula.....	.30
1 scrubbing brush.....	.05
1 skillet.....	.10
1 tablespoon.....	.08
1 teaspoon.....	.04
1 tray.....	.10
1 wooden spoon.....	.05
1 wire egg beater.....	.10
1 toaster.....	.20

## KITCHEN EQUIPMENT.

1 bread mixer.....	\$2.25
1 food chopper.....	1.50
1 chopping bowl.....	.35
1 chopping knife.....	.25
1 frying basket.....	.50
1 steamer.....	.30
Total cost.....	11.39

## KITCHEN SUPPLIES FOR CLASS OF SIX.

1 blackboard, at \$3.....	\$3.00
6 bowls, pint, at 20 cents each....	1.20
6 bowls, quart, at 25 cents each....	1.50
6 bowls, chopping, at 25 cents each.....	1.50
3 bowls, butter, at 50 cents each....	1.50
1 bread mixer, at \$2.25.....	2.25
1 basket, frying, at 50 cents.....	.50
3 boilers, double, oatmeal, at 50 cents each.....	1.50
6 cups, measuring, at 10 cents each.....	.60
4 crocks, 1-gallon, at 20 cents each.....	.80
4 crocks, 2-gallon, at 30 cents each.....	1.20
4 crocks, 3-gallon, at 40 cents each.....	1.60
1 cake box, tin, at 40 cents.....	.40
3 cabinets, cooking, at \$15 each....	45.00
1 cabinet, kitchen, at \$12.....	12.00
1 churn, at \$1.....	1.00
1 corer for apples, at 10 cents.....	.10
6 cutters, biscuit and cooky, at 5 cents each.....	.30
6 knives, chopping, at 25 cents each.....	1.50

3 knives, butcher, at 15 cents each.....	\$0.45	3 strainers, small, at 5 cents each.....	\$0.15
3 kettles, enamel, large, at 50 cents each.....	1.50	2 skillets, at 15 cents each.....	.30
6 kettles, enamel, small at 40 cents each.....	2.40	1 scale, grocer's, at \$3.50.....	3.50
1 grater, large, at 20 cents.....	.20	1 steamer, at 30 cents.....	.30
6 graters, nutmeg, at 10 cents each.....	.60	1 sifter, flour, at 20 cents.....	.20
1 grinder, meat, at \$1.50.....	1.50	2 skimmers, at 5 cents each.....	.10
1 griddle, pancake, at 75 cents..	.75	1 table, kitchen, at \$2.....	2.00
1 colander, at 20 cents.....	.20	1 thermometer, at \$1.50.....	1.50
1 kettle, iron, at 60 cents.....	.60	6 turners, pancake, at 10 cents each.....	.60
1 kettle, enamel, at 75 cents.....	.75	3 toasters, at 20 cents each.....	.60
1 kettle, tea, at \$1.....	1.00	6 trays, at 10 cents each.....	.60
1 lemon squeezer, at 10 cents.....	.10	4 pitchers, enamel, 1-quart, at 40 cents each.....	1.60
3 ladles, butter, at 10 cents each.....	.30	4 pitchers, enamel, 2-quart, at 50 cents each.....	2.00
24 jars, glass fruit, 2-quart, at \$2 per dozen.....	4.00	1 waffle iron, at \$1.50.....	1.50
24 jars, glass fruit, 1-quart, at \$1.40 per dozen.....	2.80	DINING ROOM.	
3 jugs, ½-gallon, at 10 cents each..	.30	12 chairs, at \$1.50 each.....	18.00
3 jugs, 1 gallon, at 10 cents each..	.30	1 china closet, at \$12.....	12.00
1 mill, coffee, at 25 cents.....	.25	1 set dishes, at \$12.....	12.00
1 masher, potato, at 15 cents.....	.15	1 set knives and forks (steel) at \$1	1.00
6 pans, cake, at 10 cents each....	.60	1 set knives and forks (carving), at 75 cents.....	.75
3 pans, bread, at 20 cents each....	.60	1 set spoons, tea (silver), at \$3....	3.00
2 pans, bake, at 30 cents each....	.60	1 set spoons, table (silver), at \$6..	6.00
3 pans, muffin, at 50 cents each..	1.50	12 tumblers, at 10 cents each....	1.20
6 pans, stew enamel, 1-pint, at 25 cents each.....	1.50	1 table, dining, at \$10.....	10.00
3 pans, stew enamel, 2-quart, at 40 cents each.....	1.20	LAUNDRY.	
1 pan, dripping, at 75 cents.....	.75	1 boiler, wash, at 80 cents.....	.80
1 pan, finger roll, at 50 cents.....	.50	1 machine, washing, at \$6.....	6.00
6 pans, milk, at 25 cents each....	1.50	4 irons, sad, 6-pound, at 20 cents each.....	.80
3 pans, frying, at 20 cents each...	.60	4 irons, sad, 7-pound, at 25 cents each.....	1.00
2 pans, dust, at 25 cents each....	.50	4 irons, sad, 8-pound, at 30 cents each.....	1.20
6 pans, dish, at 50 cents each....	3.00	6 ironing boards, at \$1 each.....	6.00
6 pins, rolling, at 20 cents each..	1.20	6 clothes racks, at 75 cents each..	4.50
12 plates, pie, tin, at 10 cents each	1.20	6 clothes baskets, at \$1 each.....	6.00
1 pot, tea, at 50 cents.....	.50	6 ironing stands, at 10 cents each..	.60
1 pot, coffee, at 50 cents.....	.50	1 whisk broom, at 10 cents.....	.10
1 range, at \$15.....	15.00	1 stove, at \$15.....	15.00
1 refrigerator, at \$8.....	8.00	2 sleeve boards, at 50 cents each..	1.00
1 roaster, at \$1.....	1.00	3 washboards, at 40 cents each...	1.20
1 saw, meat, at 50 cents.....	.50	3 tubs, at 75 cents each.....	2.25
1 scoop, grocer's, at 15 cents.....	.15	3 wringers, at \$3.50 each.....	10.50
2 spoons, basting, at 5 cents each..	.10	2 dippers, at 10 cents each.....	.20
12 spoons, table, at 8 cents each..	.96	1 kettle, at 50 cents.....	.50
6 spoons, wooden, at 5 cents each..	.30	6 ironing sheets, at 20 cents each..	1.20
12 spoons, tea, at 4 cents each....	.48	6 holders, at 10 cents each.....	.60
1 steel, butcher's, at 25 cents.....	.25	Total.....	277.29
1 strainer, milk, at 25 cents.....	.25		
1 strainer, vegetable, at 10 cents..	.10		



## OUTLINE LESSONS.

## FIRST TERM.

## LESSON I.

Prepare note recipe and account books. Learn names and list contents of kitchen. Mark towels and dishcloths. Enter cost of each utensil in account book. In succeeding lessons keep account of cost of materials.

## LESSON II.

Ascertain cooking equipment of homes. Develop necessary equipment for good work, laying stress on use of such articles as were lacking in the homes, stove, table, cupboard, cooking utensils, garbage can, etc. Give average price of each in locality. Story: "Evolution of fire and matches."

## LESSON III.

Stove: Kind used at home and fuel used. Advantage over fire of sticks. Show construction. Explain dampers, ash pan, oven, drafts, etc. How to clean out. Build fire; heat oven. The cost. Explain alcohol stoves. Use of fuel here. Cost.

## LESSON IV.

Give out aprons, caps, napkins, soap, and scouring materials. Rules for personal cleanliness. Aprons to protect dress. Caps to protect food. Soap for dishes, towels, etc. Bath brick for zinc, steel, etc. Demonstrate use of each. Price.

## LESSON V.

Dishwashing: Directions—(1) Put water on to heat. (2) Sort, scrape, and pile dishes; (a) use for table scraps in feeding chickens and pigs; (b) care of garbage can. (3) Wash skillets and kettles. (4) Clean water, soap, and rinse waters for tableware. (5) Wash towel and dishcloth. Demonstrate the making of a cupboard from a packing box.

## LESSON VI.

Household cleanliness: Show and explain a "Dust Garden." Why cover food before sweeping. Utensils needed for sweeping and dusting. Why burn dust. Read and explain the following paragraphs from Manual on tuberculosis germs: "Where do tuberculosis germs come from?" "How do tuberculosis germs get into the body?" "How germs are killed." Reason for dusting. Length of time after sweeping. Kind of duster.

## LESSON VII.

Mothers' meeting. Demonstrate cupboard making. Kinds of dust, visible and invisible. Aids to cleanliness. Cleaning metals, silver, brass, tin, copper, aluminum, iron, etc. Prevention of dirt. Requisites for cleanliness, sunlight, and pure air. Explain and interpret previous lesson on tuberculosis. Serve refreshments.

## LESSON VIII.

Measures and measuring. Abbreviations for measures; tspn=teaspoon, etc. Show and compare weights and measures. Necessity for exactness. Drill in measuring. Food is what? Three reasons for cooking.

## LESSON IX.

Coffee and tea. Growth of coffee. Reason for roasting. Proportion to each person. Recipe. Pupils prepare. Price per pound. Tea. How grown. Recipe. Compare making with coffee making. Price. Story of "Tea ceremony in Japan" while drinking.

## LESSON X.

Cocoa. Growth. Recipes 1 and 2. Demonstration No. 2 with milk. Pupils prepare with water. Compare. Beverages to be sipped, never drunk. Reason learned later. Two ways of making lemonade. Recipe and price.

## LESSON XI.

Reports on home work on visits there. The food family. Definition of food. Five members—Do two kinds of work principally: (1) Nourish the body. (2) Heat the body. Prepare proper proportion in diet.

## LESSON XII.

Review digestive processes. Reason for thorough chewing, starchy foods. Effect of heat on starch. Raw starch indigestible. Why?

## LESSON XIII.

The digestive tract. Dining room of body. Illustrate with alimentary canal of chicken. Compare with human. Digestive process: In mouth, in stomach, in intestines.

## LESSON XIV.

Potatoes. Grate, strain, and allow starch to settle in water. Stir up the starch and cook. Boil potatoes of different sizes. Note



time required. Drain part as soon as done. Allow to soak. Compare. Recipe. Serve with butter. Why? Price.

## LESSON XVI.

Demonstrate paring thinly. Mashed potatoes. Recipe. Use of butter and milk. Pupils prepare. Baked potatoes. Kind suitable. Prepare and put in oven. Source of needed moisture. Note time required. Story of the "Potato."

## LESSON XV.

Cornstarch pudding. Taste after short cooking. Necessity for thorough cooking. Recipe. Pupils prepare. What accompaniment. Why? Cost. Make cooked laundry starch. Cause of sticking. Substitute for cornstarch.

## LESSON XVI.

Cream of wheat, vitos, or other ground cereal. Proportion to water. Time for cooking. Recipe. Pupils prepare. Accompaniment. Why? Explain use of double boiler. Recipe for oatmeal. Double boiler a necessity here. Cost. Danger in dry boiler. Prepare. Need of chewing. Why?

## LESSON XVII.

Rice. Washing. Recipe. Cost. Note time when cooked in plenty of boiling water. Cook same amount in double boiler. Compare results. Chew thoroughly.

## LESSON XVIII.

Hominy. Have soaked and partly cooked. Why soak? Time of cooking. Why longer than oatmeal? Recipe. Accompaniment. Why? Cost.

## LESSON XIX.

Batters and doughs. Definitions. Ingredients. Proportions of liquid and flour in—pour batter, drop batter, soft dough, stiff dough. Proportion of baking powder to one cup of flour. Proportion of soda to one cup of sour milk or molasses. Demonstration. Baking-powder biscuits.

## LESSON XX.

Soda and cream of tartar. Study action of. Soda in sweet milk, water, sour milk. Cream of tartar in sweet milk, water, sour milk. The two in same. Bake dough of sweet milk, soda, and flour. Note color and odor. Conclusions. Pupils make baking-powder biscuits.

## LESSON XXI.

Griddle cakes. Sour milk and soda. Sweet milk and baking powder. Recipes. Prepare. Comparative cost. Eat hot bread seldom. Sauces thickened with starch. Avoid lumping. How? Demonstrate two methods for making white sauce. Recipes. Creamed potatoes.

## LESSON XXII.

Mothers' meeting. Manual of tuberculosis: "How to avoid tuberculosis and keep well." "What to do if you have tuberculosis." "Do not spread it among others." "How to improve conditions in homes." Serve refreshments.

## LESSON XXIII.

Laundry work equipment. Ascertain home equipment. Develop use of necessary utensils—tub, boiler, bench, basket, line, pins, irons, washboard, wringer and machine, soap, starch, holders, etc. Price. Story: "Wash day in Ancient Egypt."

## LESSON XXIV.

Demonstration in washing. Family wash. Soften hard water if necessary. (1) Water on to boil. (2) Sort clothes. Why in certain order? (3) Boil white clothes. Why? Do not boil colored clothes. Why? (4) Make starch. (5) Number of rinsings. (6) Use of bluing. (7) Care in hanging.

## LESSON XXV.

Sprinkling and ironing. Demonstrate. Speak of need of ironing board for skirts. Time between two processes. Show mildew. Cause and prevention. Pupils iron plain clothes. Round holder.

## LESSON XXVI.

Linen and starched garments. Demonstrate with napkins and tablecloth, for gloss. Skirts to hang straight. Waists to set right. Pupils practice.

## LESSON XXVII.

Bedroom furnishing. Beds of animals. "Beds and bedding of Bible times." Plan for comfort, bed, mattress, pillows, sheets, pillowcases, blankets, spread, towels, etc. Windows placed how? Ascertain in home conditions. Tactfully suggest improvements.

## LESSON XXVIII.

Daily care of sleeping room. Windows open at night. Sleep out of doors better. Fresh air food for body. Need of a constant supply.



Air bedding and room daily. Sweep and dust. Burn dust. Kind of duster.

## LESSON XXIX.

Eggs. Nutrient food. Necessary in cooking. How many homes have chickens? Chicken raising suited to girls. How to save eggs for setting. Each pupil set hen and care for her. Speak of fertile eggs. Show one. One not fertile.

## LESSON XXX.

Test unfertilized eggs. Recall contents of chicken's crop and gizzard in former lesson. Develop need of lime, rock, grass, charcoal, etc. Name parts of eggs. Refuse, nutriment. Care of eggs for cooking. Experiments to tell best temperature for cooking.

## LESSON XXXI.

Poached eggs. Recipe. How to break eggs. To separate white and yolk. Serve on toast. Price of eggs. Boil hard, boil soft. How long? Feeding dry food to chickens. Need of pure water. Use of table scraps. Prevention and killing of insect pests. Care of small chicks.

## LESSON XXXII.

Uses for eggs: (1) Diet for sick. (2) Regular diets. Baked custard. Recipe. Temperature of oven. Why? Pupils prepare. Bake half. Boil half. Difference in curdling and wheying.

## LESSON XXXIII.

Eggs in doughs, use. Beating three stages. Compare with folding. Muffins. Recipe. Pupils prepare.

## LESSON XXXIV.

Food value of wheat. Different kinds of flour. How to tell good bread flour. Yeast. What it is and what it requires to grow. Stages of fermentation. Process of bread making, mixing, kneading, raising, baking. Discuss different kinds of bread, white, graham, rye, corn meal, etc. Small breads: Vienna rolls, French rolls, muffins, etc. Make graham bread.

## LESSON XXXV.

Colds. Cause. Breathing impure air. Constipation, chills, over-eating, etc. Treatment, hot baths, extra clothing, external applications for throat and chest, gargles, etc. Sirups. Give one simple home remedy for coughs, sore throat, tickling in throat, and head colds, etc.

## LESSON XXXVI.

Emergencies. Scalds, burns, cuts, sprains, frost bites, hemorrhage, and foreign bodies in eye, ear, nose, and throat. Demonstrate treatment where possible. Pupils take explicit directions in notebooks.

## SECOND TERM.

## LESSON I.

Pupils report on cooking, sanitation, and work with chickens at home during the summer. Test in cooking. Review notes and recipes.

## LESSON II.

Laundry work. A family wash. Use of bluing in hard and soft water. Demonstrate removing stains, mildew, paint, iron rust, grass, blood, ink, fruit, axle grease, tea, coffee, and cocoa. Cleaning up after washing.

## LESSON III.

Ironing. Directions for airing and folding garments. Practice work in ironing.

## LESSON IV.

Dining room. Compare its use to the work of digestive tract. Have a separate room if possible. Furnishings: Table, chairs, dishes, cutlery, linen, window shades, etc. Price of each. Use of kitchen for dining room. Setting table. Demonstrate placing utensils. Use of napkins. When first used. Politeness: serving each other. Prepare and serve simple meal. Clear table and wash dishes.

## LESSON V.

Position at table. Use of knife, fork, and spoon. Drink from cup, not saucer. Why individual dishes. Teach babies to handle utensils correctly. Serve meal to tiny girls of school. Pupils show them how to handle their utensils. All who learn should practice and teach at home.

## LESSON VI.

Screening the house. Habits of flies and mosquitoes. House fly lays one hundred and twenty eggs. Breeds in manure and dirt. Stables should be remote from house. Water, breeding place for mosquito. He may carry disease. Preventive measures: (1) Drain breeding places. (2) Introduction of small fish into breeding places. (3) Treatment of pools with kerosene. Cost of screens for doors and windows.



## LESSON VII.

Exhibit molds on bread, milk, fruit, etc. Examine closely. Explain cause. Effect of heat, dry, and moist, on bacteria. Preservative measures for vegetables and fruit. Sterilization. Demonstrate canning.

## LESSON VIII.

Tomatoes. Recipe for canning. Pupils can small jar. Label. Cost. Use for tomatoes in winter.

## LESSON IX.

Fruit, composition and food value. Uses. Rules for eating. How to prepare for use. Care of fruit, price. Stewing fruits. Apple sauce. Recipe. Prepare. Baked apples. Recipe. Prepare. Fruit. Can a small jar to be taken home. Label with name and cost. Talk about animals preparing for winter.

## LESSON X.

Jelly; demonstrate the making. Cause of thickening. Kind of fruit. Pectin most abundant in skin or core. Proportion of juice and sugar. Recipe. Cost of one glass.

## LESSON XI.

Jelly. Pupils clean and cook fruit, strain. Cook jelly. Tests, covering. Put up small jars for hospital use and exhibit. How used. Food value.

## LESSON XII.

Ketchup or chowchow. Used with meats. Recipe. Pupils prepare. Cost.

## LESSON XIII.

Dessert. Meaning of word. Kinds. Fruit best. Why? Pumpkin pie. Prepare. Cost.

## LESSON XIV.

Compare supper with breakfast. Pupils cook and serve a simple meal. One pupil brings dessert. Improvement over having whole meal on table together. Why? Wash dishes. Daughter's duty.

## LESSON XV.

Milk. A perfect food for whom? Why? Test for fat. For starch. For casein. Use of milk in cookery. Need of cow on farm. Price. Cost of feeding a cow.

## LESSON XVI.

Milk. Care of utensils and milk. Cause of souring. Uses for sour milk. Heat a portion directly over the fire without stirring. Reason it scorches easily. Taste scorched milk. Lye loosens scorched-on matter from dish. Use of double boiler in cooking milk. Scald milk to take place of cream in coffee.

## LESSON XVII.

Milk. Digestion of milk in stomach. Sip milk, never drink. Why? Curdle sweet milk with rennet. Compare with curdled sour milk. Food value of sour milk. Make sour-milk biscuits.

## LESSON XVIII.

Cottage cheese. Effect of heat on albumen. Why heat separates casein and whey? Recipe. Pupils prepare and season. Use cream and butter with it. Why? Manufacture and food value of cream cheese. Price. Cheese custard. Recipe. Prepare.

## LESSON XIX.

Butter. Why cream rises. Cause of separation in churning. Temperature. Why butter is washed. Salted. Proportion of salt. Food value of buttermilk. Demonstrate churning and salting butter. Price of cream and butter. Expensive for cooking. Compare cost of lard and butter.

## LESSON XX.

Dried fruits. The part lost in drying. Washing, soaking, and cooking. Cook a portion unsoaked. Compare with soaked, and cooked ones. Why soak? Stew prunes. Recipe. Prepare.

## LESSON XXI.

Beans. Food value. Compare dry and soaked. Cook each. Time required. What is lacking? How supplied. Bean soup. Recipe. Prepare. Serve with toast fingers.

## LESSON XXII.

Baked beans. Recipe. Prepare and put in oven. Time required in baking. Vegetables. Preparation. (1) Dried. (2) Fresh. (3) Canned. Food value. Salad vegetables. Eaten raw for mineral salts and acids. Food value of onion, celery, spinach, beets, asparagus, tomatoes, lettuce.



## LESSON XXIII.

Salad dressings, oils and acids. Boiled dressing. Recipe. Pupils prepare. Make cabbage salad. Serve with crackers.

## LESSON XXIV.

Mothers' meetings. Butter making, care of milk, etc. Refreshments.

## LESSON XXV.

Yeast. A minute plant growth. Causes of fermentation. Show fermented foodstuffs. Compare dry and compressed. Speak of keeping qualities. Conditions favorable to growth. Acetic fermentation. Make a yeast garden. Use of yeast. Make bread.

## LESSON XXVI.

Examine yeast sponge. Wheat. Composition. Separate gluten and starch. Bake gluten. Bake starch dough. Value of gluten in bread flour. Rules for telling good bread flour. Compare with pastry flour. Prices. Why we want butter with bread.

## LESSON XXVII.

Macaroni, manufacture. Food value. Kind of wheat. How to know good macaroni. Cook, noting time required. Add white sauce. Price.

## LESSON XXVIII.

Macaroni and cheese. Recipe. Prepare. Used without meat at the meal. Why? Macaroni and tomatoes. Recipe. Prepare.

## LESSON XXIX.

Bread. Set sponge. Have other sponge ready. Knead, raise, and bake. Reason for kneading. Yeast. Temperature when yeast is added. A perfect loaf. "Cause of large holes." Cause of heavy streaks. Shaping loaves. Care of bread. Price of materials.

## LESSON XXX.

Rolls. Kind of sponge. Shape a variety of rolls. Raise and bake. Notes on each kind. Compare time of baking with time required for loaves. Need of thorough baking. Cost per dozen.

## LESSON XXXI.

Methods of cooking. Broiling, roasting, baking, boiling, stewing, steaming, frying, sautéing, panboiling, braising, fricasséeing. Demonstrate the most important.

## LESSON XXXII.

Mothers' meeting. Pupils demonstrate bread making. Make bread to take home. Talk with the mothers about preparation of foods at home to be exhibited with pupils' work later.

## LESSON XXXIII.

New vegetables. Use and cookery. Value of such greens as spinach, dandelion, beet tops, etc.

## LESSON XXXIV.

Preparation of exhibit work.

## LESSON XXXV.

Food exhibit. Exhibit kitchen furnished with packing-box cupboard, homemade table, and actual necessities for cooking.

NOTE.—Give as many lessons as possible in the essentials, especially in making different kinds of bread. Serve meals to guests often for encouragement and practice.

## THIRD TERM.

## LESSON I.

Reports of summer work at home. Review rules for work. Test in cooking. Recipes from memory.

## LESSON II.

What meats used at home? How cooked? Story: "The roast pig." Reasons for cooking meat. Composition and structure. Examination of a piece cooked to strings. What connected the fibers? Effect of heat, dry and moist, on connective tissue. Contents of fiber tubes. Experiment to show action of cold water and salt on meat. Conclusions as to (1) salting before cooking; (2) washing before cooking.

## LESSON III.

Care of uncooked meat. To know good meat. To cook for soup. For stew. Compare, treatment. Choosing stew meat. Recipe. Cook each.

## LESSON IV.

Review methods of cooking. Difference in roasting and broiling. Cuts used. Prices. Cook a rib roast. Size regulates time and degree of heat. Broiling same, principle. Cook panbroiled loin steak. Price of each. Recipe. Make brown gravy in juices with each. Best part of the dish.



## LESSON V.

Study cuts of beef—side, fore, and hind quarters. Compare value of fore and hind quarters. Diagram of cuts. Cause of difference of texture.

## LESSON VI.

Demonstrate cutting up a side of beef. Reconstruct a side from cuts.

## LESSON VII.

Name cuts from cut-up side. Best use for each. Recipe for cooking flank. Prepare. Price. Nutritive value.

## LESSON VIII.

Rib roast. Cut long, cut short. Compare price and quality. Use for the bones. Recipe for Franconian potatoes. Cook with roast.

## LESSON IX.

Effect of moist cooking on bone. To choose soup meat. Making soup stock. Use for soup meat. Vegetable soup with stock. Recipe. Prepare. Price.

## LESSON X.

Boiling meat. Cuts used. Treatment. Why start in boiling water? Simmer slowly. Why?

## LESSON XI.

Tough cuts. Ways of making tender. Recipe for hamburger steak. Prepare and cook. Cook steak from top of the round.

## LESSON XII.

Use for left overs. Preparation of meat. Recipe for hash. Prepare. Minced meat on toast, prepared. Sandwiches prepared. Meat pie prepared.

## LESSON XIII.

Mothers' meeting. Demonstrate cooking of meats.

## LESSON XIV.

Need of hogs on farm. Use of scraps. Killing and care of pork. Cuts and uses. Broil ham. Recipe. Price.

## LESSON XV.

Gelatin. Manufacture. Food value. Directions for use. Lemon jelly. Prepare. Cost. Serve how?

## LESSON XVI.

Poultry. Wild and domestic. Kill after fasting. How to tell young fowl. Demonstrate picking, drawing, and cutting. White fricassee. Recipe. Prepare.

## LESSON XVII.

Prepare fowl for roasting. Old or young. Dressing. Recipe. Demonstrate trussing and stuffing. Roast. Note time. Price. Food value compared with beef.

## LESSON XVIII.

Fry young fowl or broil. Why roll in flour to fry? Pupils prepare chicken and fry. Make gravy of fat.

## LESSON XIX.

Pupils prepare and serve a dinner to guests.

## LESSON XX.

Oysters. Preparation. Oyster stew. Recipe. Food value. Pupils prepare. Scalloped oysters. Pupils prepare. Price.

## LESSON XXI.

Fish. Dry and oily. To know good fish when fresh. Fish suitable for baking. Cleaning. Recipe. Demonstrate. How to fry. Recipe. Pupils prepare. Price.

## LESSON XXII.

Broiling over coals. Fish suitable. Recipe. Demonstrate. Pupils prepare. Drawn-butter sauce. Pupils prepare. Cost of fish.

## LESSON XXIII.

Building the house beautiful. Care of babies. Daily bath. Why? Kind of soap. Care of scalp. Regularity in sleeping, in eating, in movement of bowels. Food for first two years. Need of water. New-born babies; stomach capacity, 2 tblspn. No starch first year. Why not give banana, coffee, tea, etc.?

## LESSON XXIV.

Care of body. Feet, bow legs, digestion, teeth, skin, eyes, thumb sucking. Effect of poisons, such as bad air, alcoholic drinks, cigarettes, etc. Use of separate drinking cup.



## LESSON XXV.

Babies' clothing. Develop the necessary garments. Demonstrate each with a baby if possible. Show patterns for same and give directions for making, amount of material required, cost, etc.

## LESSON XXVI.

Mothers' meeting. Care of babies. Refreshments.

## LESSON XXVII.

Food for invalids. Easy to digest. Suited to the disease. Beef broth, soft cooked eggs, milk, toast, oatmeal, gruel, etc. Recipes for those not previously given. Prepare trays to illustrate.

## LESSON XXVIII.

Fats. Where digestion of fat takes place. Why pastry and butter-soaked toast are indigestible. Cooking in fat. Best kinds of fat. To test temperature. Doughnuts. Recipe. Directions for frying. Prepare. Healthfulness of fat meat and butter.

## LESSON XXIX.

Sugar. Sources, food value. Common sense in use. Experiments to show effect of heating. Three stages in cooking—soft ball, hard ball, and crack stage. Molasses taffy. Recipe. Prepare.

## LESSON XXX.

Cakes. Two classes. Compare treatment. Proportions. Kind of flour. Manner of mixing butter cakes. Preparing pans. Baking. Plain cake. Recipe. Prepare. Cost. Points of good cake.

## LESSON XXXI.

Bake sponge cake for jelly roll. Put together with jelly. Roll up.

## LESSON XXXII.

Cake icings. Plain icing, lemon juice, powdered sugar and egg. Proportions. Cost. Boiled icing. Recipe. Demonstrate.

## LESSON XXXIII.

Cookies. Stiff cake dough. Recipe. Prepare. Directions for summer work.

## LESSON XXXIV.

Exhibit of cooking.

## TENTATIVE PROGRAM OF A WEEK'S WORK IN A BOARDING SCHOOL.

## MONDAY, A. M.

Instruction in sweeping, dusting, and putting home in order.

Doing family washing.

Special instruction in:

Washing flannel without shrinking.

Washing delicate fabrics without injury.

Washing colored goods without having colors run.

Thorough rinsing.

The making of starch and starching.

Prepare and serve dinner.

Teach pupils how to manage on a busy day. Tell what foods are easily prepared when time is limited.

## MONDAY, P. M.

Darning stockings.

Patching.

Darning table linen, etc.

Prepare and serve supper.

## TUESDAY, A. M.

Sweeping, dusting, and putting home in order.

Instruction in straining, skimming, and proper care of milk.

Ironing, including special instruction in the ironing of embroideries, laces, and delicate fabrics.

Preparing yeast for bread making.

Prepare and serve dinner.

## TUESDAY, P. M.

Cutting linen by drawing a thread to cut by.

Drawing threads for drawn work.

Hemstitching, hemming, and feather stitching.

Prepare and serve supper.

## WEDNESDAY, A. M.

Sweeping and dusting and proper care of home.

Skimming of milk; proper care of milk and churning.

Baking bread: With careful instructions as to quantity of yeast, salt, flour, and water for four loaves.

Pie and cake baking.

Prepare and serve dinner.

## WEDNESDAY, P. M.

Baking cookies, cakes, pies, or doughnuts.

Careful instructions as to the temperature of oven, length of time required for baking, etc.

Prepare and serve supper.

## THURSDAY, A. M.

Sweeping and dusting and putting home in order.

Care of milk and cream.

Preparing and serving dinner, including special instructions in preparing and cooking meats and vegetables; the proper arrangement of the table and delicacy in serving.

## THURSDAY, P. M.

Clearing the table.

Proper care of dishes and silver.

Washing and care of dish towels.

Proper care of stove, of kitchen, pantry, floor, etc.

Prepare and serve supper.



## FRIDAY, A. M.

Sweeping, dusting, and care of home.

Care of milk and cream.

Instructions in sewing in any one of the following: Hemming, hemstitching, embroidery, drawn work, cutting and making dresses, buttonholes, mending or darning.

Prepare and serve dinner.

## FRIDAY, P. M.

Instructions in plain sewing, cutting, and making dresses.

Prepare and serve supper.

## SATURDAY, A. M.

Instruction in cleaning house; the proper care of floors, woodwork, windows, rugs, furniture, and outside steps, porches, and lawn.

Prepare and serve dinner.

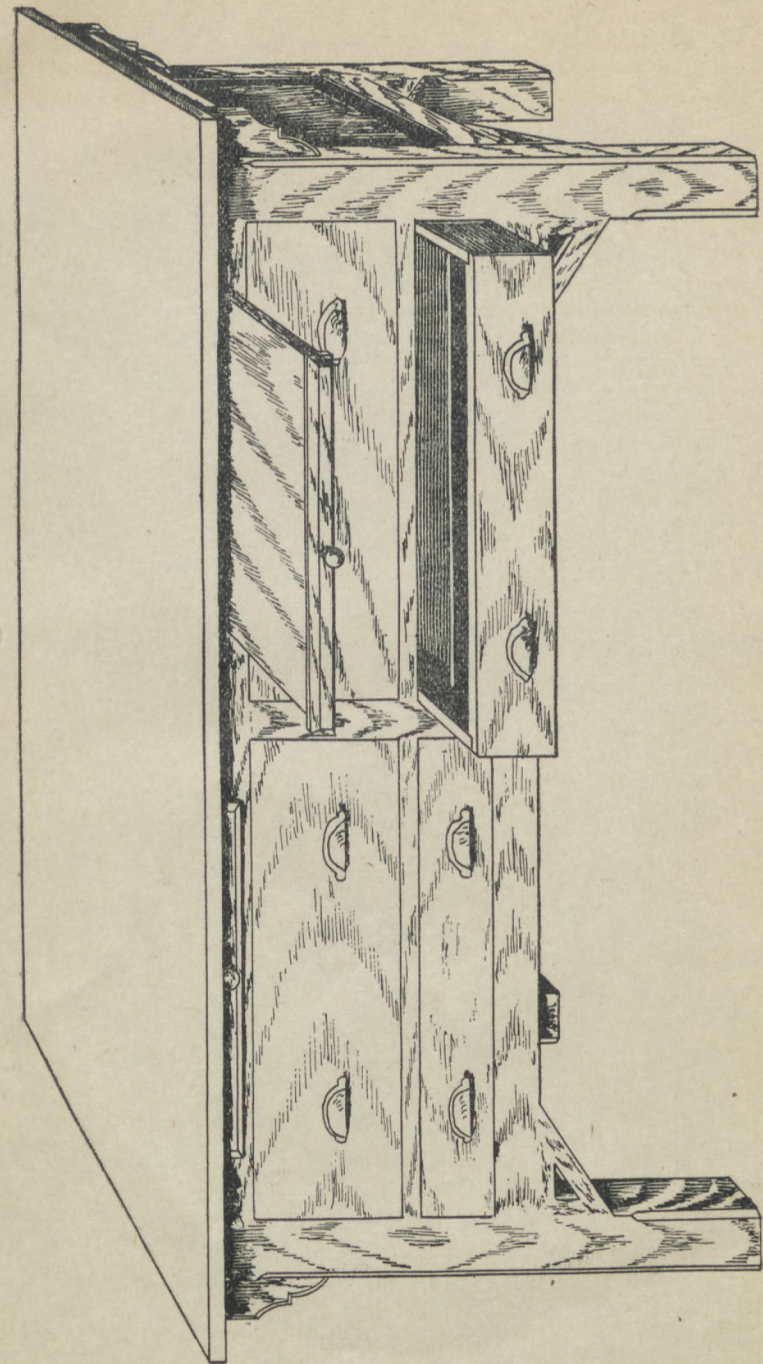
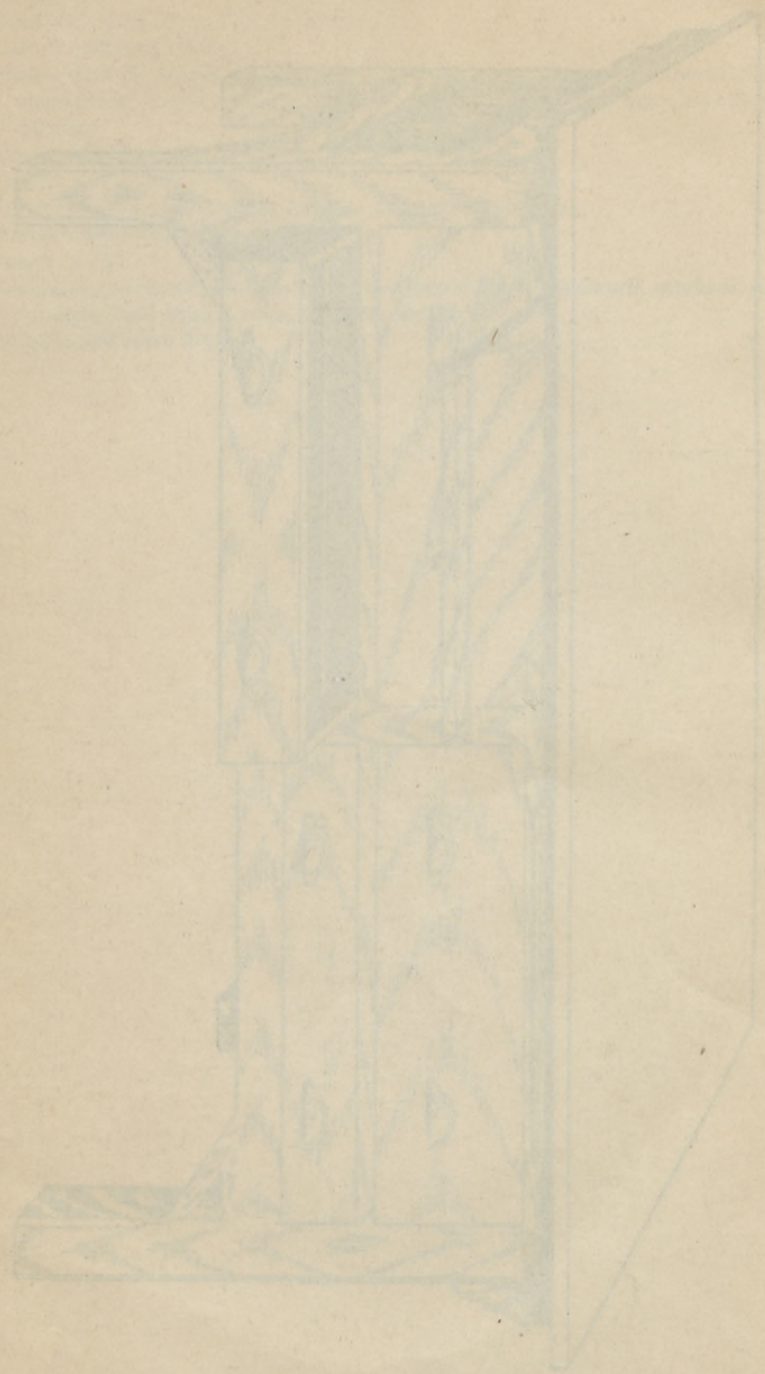


FIG. 1.—Domestic science cook table.







PHOTOMOUNT  
PAMPHLET BINDER  
PAT. NO.  
877188

*Manufactured by*  
GAYLORD BROS. Inc.  
Syracuse, N. Y.  
Stockton, Calif.



