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MC 0181 .

[Notes on home economics]

undated

BOX 1 FOLDER 4

no 1 Mother of family - at home
needs more house dresses instead of
business suit - & her street suit will
last her longer.

The actual cost of the laundry will
not vary much for her unless she does
her own. If she needs more work dresses
she can ^{not} take advantage of flannel
waists as can the business woman & teacher

no 2 Woman at home in her own
name may save in various ways
by her needle & her good taste
in utilizing the good remnants
she will find at the legitimate
stock taking sales & the little
odds & ends which accumulate.

If she gives out a great deal her clothes
will wear & soil very rapidly
in the dirty cars & streets - street sweepers
we will assume our women too
sensible to be

The attempt to save laundry bills
usually results in the accumulation

question of gloss as - cleanliness
of things, neatness, mending

of dirt on unwashable material so
that there is a limit to the
wisdom of this saving.

The best economy is shown in the
choice of material which will bear
cleansing or which one can cleanse
ones self. Time against money

~~The woman whose time is not
economically valuable to others may
use it - in saving money for
herself if she has skill~~

The wife of the man whose salary
is \$3000. may save enough on her clothing
and on that of the children to pay for
the services of a maid - not by spend-
ing her time in imitating the fashions
but by the exercise of taste & skill in
combinations which are not noticeably
out of fashion but which have durable
qualities not found in ready made
articles. She will also utilize the

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readily made where it - is really cheaper
Each woman will find her problem somewhat
different from every other - but - if she puts her
mind on it - she will find a way.

The essential thing is that she decides
upon the sum she will spend on this
department, list her needs, & buy the
~~most~~ ^{most important} ~~accessories~~ ~~to~~ first - rather than
following the whim of the moment.

This habit - once formed one can
pass the shop windows with their
tempting display of needless things
with equanimity.

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The love of personal adornment⁴ is a savage trait - utilized by the money hunter to attract his game by means of the expensive dress of his women folk. With these we have nothing to do - In this little book we are appealing to the Educated, cultivated families to whom the things of the intellect & of the soul are more than mere ~~adornment~~ material show - to whom a decent exterior life which does not exhaust the energies nor debase the higher aspirations is sufficient

A caution is perhaps needed as to a limit in what has been suggested as to the woman's own time. ^{what ~~has~~ been said} must not be understood as advocating all the days spent in sewing & embroidery, to the neglect of literature & reasonable social duties - ~~but~~ only a small part of the time is

~~not~~ required if judiciously planned.

It is probable that the feeling of independence in the care of one's self, & one's belongings is of psychological & moral value

To feel one's self well dressed is essential to self respect & moral equilibrium -

but the realization of the term depends on one's own ideals & not on the fashion plates. To be perfectly fitted, to have lines & colors becoming to one's figure & complexion, to be whole & clean & neat, and to have the clothing a part of the personality (it-looks-just-like-her is a great compliment)

this it- is to be well dressed, even if the coat & hat are 3 years old

Washing & cleansing belong to the
increased cost due to our ideals of
sanitary science - But ironing belongs
to the luxury side trampled down by
traction. It often reduces the
sanitary value - as the ironing of sheets
^{cotton & linen}
in ^{in winter} increases their conducting power &
so increases the danger of chill.
The ironing of flannels often causes
more shrinkage than the washing -

Counting the cost, setting the habit -
& then forgetting the steps so different
is the wise man
EFF (Settle self in habit & don't bother.