

THE HOME:

ITS DEVELOPMENT AND CARE.

BY

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In this age of advancement it seems hardly necessary to impress upon the people the importance and influence of the home and yet there are many that seemingly do not know, or at least conduct their homes a manner as to lead one to think they do not know of its importance.

The influence of the home upon the family and especially upon the younger members is beyond realization. "The way the twig is bent so grows the tree"- the way the child is trained in youth so he is when he becomes a man. The early training and influence of the child is what forms the foundation of his hereafter because at this time he forms his habits both good and bad. Therefore this stage of his life is the most important and his surroundings and influence should be the best at this time.

That children reflect with painful truth the standards moral and social of the people about them is shown every day. "The stream can be no purer than its source!" The child reared in an all cared for home where neglect and bad influences are found, carries the mark always.

When the woman takes it upon herself to be a home maker she should study the science of home making and the branches concerned in the art. Then the woman can keep her home in a sanitary and hygienic manner much better than could have been done without this knowledge and with an expenditure of less money and less time.

The life of the family with all that it means to the race is absolutely dependent upon the home life. Whether we live or die and how we live or die is largely determined by the household conditions. The home in its healthy action is to the family what the body and its healthy action is to the soul.

It might be said of the relation of the home life - it is life -



and life beyond that of a solitary savage could not exist without home. On the other hand, the relation of the home to social life is equally important. The home in its evolution of related industries, is the parent of the state. So the evolutionist, the family comes first in order of development of the family instincts, primarily the material that any combination of men became possible. The beginning of protecting maternity was hardly more than a dumb instinct. The hunting woman savage, still more animal than human, stirred by the cry of the rain - pelted baby slung at her back, sought some place wherein to make a nest for her young. Bare earth, the shelter of a tree or rock, might suffice for her own need - but the baby must have something better. So began the cave dwelling era, the stone age, all that marvelous story of time and generations of time. Out of the cave and the crudest kinds of homes grew, little by little, the wonder of comfort, of beauty and fitness, embodied in the best homes of today.

The home is a living organism. Its structural demands vary, but certain essentials always remain. The structure of the home must provide for the accommodation of the related beings that constitute its life and the accommodations of the activities which maintain their lives in that relation. The home must fulfill those demands which are essential to its maintainance. The industries which form our household functions vary widely in kind and also in degree. This has been true from the time when all that was done, beyond fighting, was done in the home, to the time when nothing shall remain to the home labors but the immediate personal care of the family.

The attention of woman is being more and more directed toward home making. It has been recognized by intelligent women that home making of former generations, the principles of which were founded



largely on family tradition, did not meet the conditions of the new civilization. Part of this development has been given the name of Domestic Science and a knowledge of this science intelligent women found was necessary if they would move forward with the thought of the age, if the homes of the country were to keep pace with the commercial, the mechanical and the art development of the world. Institutions added departments of domestic science, thus opening avenues to the woman to educate herself along these lines. Thus equipping herself to meet the new opportunities of life in the home and of the family by purchasing and cooking foods that increase the vigor, the working power, the capacity of enjoyment of her family, thus developing the higher standards moral, physical and mental, with no more expenditure of time, thought or money but increasing the value of each member of the household to the country and the world at large.

The result of the work of this new science of home making effects not only the sanitary and hygienic side of home life, but also the aesthetic and educational side as well. By taking advantage of the many inventions that are made it gives the housemaker leisure and it is now possible for her to exchange this leisure for education.

Let us turn now and see what a home in this day and age should be, taking first the architectural side then the furnishings and later the care of the home and the family.

Architecture should be considered not only for the outside beauty but also for structural value considered under their general plan and the relation of room to room. The full meaning and mission of sunlight for every nook and corner and following close upon it are those other necessities of the house as, heating, ventilation, water supply and drainage, are to be looked after. At once comes the demand for



at least a partial knowledge of the sciences which must work for us in each of these lines, chemistry, physiology, the laws of hygiene and sanitation - every force that must be brought to bear on the problem of living and its handling in such a manner that all may have and know the best.

As the body is the temple of the Holy Ghost to be made fair and clean and perfect for that indwelling spirit - so the home stands as the shell in which the body must do its work, hampered and hindered if imperfections have been admitted, helped and strengthened if wisdom has builded the home. This structure is a vital thing for upon it depends the development of the home. With the skeleton well arranged comes the beautiful body, then follows as naturally as in the human body - decorations, a much abused word but full of possibilities.

The first thing to be considered in building a home is location, taking into account the sanitary conditions such as drainage, the slope of the land, the kind of soil; the neighborhood, the location in relation to business, social life and also as to beauty.

The appearance of the house from the outside should be taken into account but should, unless there is to be a great deal of money expended, be as plain as possible and to spend more time and money on the interior on conveniences and constructions that add to the comforts of the family. There is a definite relation between the work of the architect and the work of the house keeper. It is the business of the architect to do what he can to make housekeeping easy. The artistic element should not be neglected but there must also be considered the question of convenience, thus giving economy of time and strength to the housekeeper. Washing dishes is a disagreeable task when carried on in the old time method but the architect can make



it easy with a roomy sink, a table on each side and plenty of hot and cold water.

The floor plan of the house has a definite relation to housekeeping requirements which is not fully appreciated. The differences between a good floor plan and a poor one may make the difference of three or four tons of coal in the heating of the house in one winter. It may influence the servant and the wages to be paid to her. Those who plan factories and mills arrange them with reference to the saving of labor. The idea in saving labor is to save money - the same is true in the house. Economical housekeeping can be most readily carried out in a compact house - this does not mean crowded or that any condition of comfort has been neglected. By avoiding waste space, such as frequently assigned to large halls and passages is merely taking away something that is not needed. Of two houses of the same cost - one may be more convenient and roomy by an avoidance of waste space and unnecessary material. When having a house built the housekeeper should see that the mouldings and interior wood work is so constructed that they will not hold dust and so that they can be easily cleaned. Deep carvings are artistic when kept clean but they are exceedingly hard to be kept clean and when filled with dust they are unhygienic.

Conviences are needed in every house by this is meant contrivances which lighten the work - such as hot and cold water in the house with pipes to carry it away. Modern laundry conveniences make it unnecessary to carry great tubs of water outside or to delay wash day on account of the weather et to bring in frozen clothes during the cold winter days. The bath room with the tub and wash stand are great conveniences doing away with the carrying of water up and down stairs.



Cold and hot water is then within reach of all the rooms. Often stationary wash stands are provided in all the chambers but this could only be in an expensive house. Other of the modern conveniences are "places to put things" - large closets in the bed rooms, well supplied with drawers, shelves and hooks, a general closet on the upper floor which is accessible from all the rooms for bedding and other articles of common use. A ventilated closet in the bath room in which soiled linen may be put without contaminating the atmosphere. There should be a place on the second floor for brooms, dust pans and dusters and the like - this saves much carrying of articles up and down stairs thus saving time and labor.

Heating and ventilation are two very important things to be considered in the home. Most small dwellings are heated with stoves, which as now arranged are not very successful. The same air is heated over and over again. Fresh air in the proper quantities is not supplied to the interior of the building. Grates are very good, in that they take large quantities of air from the room thus far they ventilate but the supply of air is irregular unless special means are provided. The air in the house in the winter time should remain at the same temperature and it should be in as pure a state as found on the outside of the building and not contaminated with any gasses of combustion. The air should be supplied with its proper equivalent of moisture at the same temperature at which we find it in the room. As it becomes unpure from natural causes there should be some means of affecting its removal.

Generally the temperature is high enough in most of the houses heated with a furnace but the air of the room is apt to be contaminated by gasses of combustion and vitiated by breathing and otherwise.



The furnaces are nothing more or less than a large stove with various radiating arrangements surrounded by an iron or brick enclosure with a supply of fresh air from the outside and with connecting pipes to the rooms above. It is important that the inner parts - the fire pot, the radiating surface etc., be thoroughly well built and gas tight to prevent the heated air from being contaminated by the fumes of combustion. The supply of outer air should be in abundance and should be so arranged that it can never be entirely cut off. The furnace should be of sufficient capacity so that means of reducing the outer air supply should not be necessary. The proper equivalent of moisture should be given to the air at the temperature at which it reaches the room.

The next thing to consider is a way to get the foul air to the outside. One way is by the use of ducts in the walls opening near the floor which draws the foul air from the room to the outside. Under all circumstances the grate is the best. Sometimes the flue may be heated by a supply of warm air from the furnace or by a steam pipe in case steam is in use in heating the house.

An adult acquires twelve hundred cubic feet of pure air each hour in order to supply the body with oxygen so that it is enabled to excrete the proper amount of carbonic acid gas in the exhaled breath. If less than this volume of fresh air be allowed for each person the health and efficiency suffer in the end. From the bodies of animals various gaseous products are exhaled which do not appear to have any considerable hygienic significance. They are very different from bacteria and dirt in the air which can be very harmful. Besides giving off gaseous excretions people who enter a room may bring there the microorganisms of disease of organic decomposition. Such causes



of disease are liable to be present in unclean and unventilated rooms hence comes the further necessity of purifying the air by laying the dust and clearing it out by moist cleaning. If fresh air or unclean dust or both of them together, much of the dust is thereby removed from the room and the impure air replaced in part at least, by more healthful air. Open doors and windows ordinarily insure air exchange of air between a room and the atmosphere outside. In the winter time much air gets in through crevices and openings. Through the walls some air enters especially where the building material is porous and when also no very impervious layer exists in or upon its substance. These natural means are the only ones used in most buildings. Artificial ventilation may be resorted to if necessary - this is an invaluable way of increasing the fresh air supply in crowded rooms and of removing the poisonous air.

In furnishing a house the plain simple furniture is the best, that which can be easily cleaned and in which the dust can not settle to a very great degree. Graceful easy curves are very pleasing to the artistic eye. All articles of furniture should be studied from many points of view as to the suitability of color, construction, ornamentation, usefulness, substantiality, suitability to the room and suitability to the pocketbook. The furniture should be of about the same grade and correspond in color and design to a more or less degree. The whole should be associated the furniture, wall coverings, draperies, floor covering and curtains and studied in all the different phases. The usefulness of the furniture should be examined, especially is this true of the kitchen furniture. If the house keeper is to do her work at the best advantage she must choose furniture that will be useful, ornamental and that which will not require a



great deal of time and strength to keep in order. In the kitchen utensils, those should be chosen that are light in weight and that are also durable. The material out of which the utensils are made should be studied and some regard must be given to the design - always selecting those that are the most advantageous.

The care of the house is a very important task, it comes after the construction and furnishing of the house. In all things there is a good and a bad way to proceed - thus in the case of taking care of the home. There is a right and a wrong way to sweep, a right and a wrong way to dust, a right and a wrong way to wash dishes and so on in every department of the household work and it is the duty of every house keeper or home maker to study in a scientific manner the different ways of proceeding with her work and to choose the one in each case that is the best.

As an illustration of the way to proceed with the work of the household let us take up the sweeping of the home. Dust is very impure and should be guarded against as much as possible. It consists of powdered organic matter which is filled with bacteria some of which are very impure and if taken into the system causes disease. Before sweeping there are certain preparations that should be made in protecting both the person doing the work and the furniture. First the sweeper should protect the hair from dust by using a dust cap or by tying a cloth about the head in such a manner as to keep the dust from the hair. The hands should be protected by the use of a pair of gloves and a damp cloth or sponge may be tied under the nostrils to keep from inhaling the dust. After protecting the body in this manner the furniture should be protected. First dust the removeable pieces of furniture and remove them to another room.



Remove the dust from the large pieces of furniture and cover them with cloths, to keep the dust from them. For these coverings unbleached muslin of a heavy quality is excellent, made to fit as nearly as possible the pieces of furniture for which they are intended - strips may be provided to tie them to the furniture. The curtains may be covered with a sack of the muslin after the dust has been removed from them. After all the furniture has been protected and the windows, walls, pictures and wood work has had the dust removed from them, the sweeping may proceed. Sweeping should be done in such a way as to remove the dust and not scatter it. The strokes should be quick and even - holding the broom in an upright position. The dust should be taken up now and then, so as not to scatter the dust that has been removed from parts of the room to the remaining parts. The corners should be well cleaned, for this purpose a small broom should be used. After the room has been thoroughly swept it should be left until sufficient time has elapsed for the dust to settle. Then the coverings may be removed from the furniture and everything in the room thoroughly dusted - remembering to remove the dust - not to scatter it. For dusting cloths soft cloths are best, such as old flannels, under clothing or cheese cloth may be used. A slightly dampened cloth is best to use on furniture to which it is not injurious. Do not use a feather duster except in extreme cases, they do not remove the dust but simply scatter it to settle again on the furniture about the room. After every thing has been thoroughly dusted and all traces of dust removed, arrange the furniture in an orderly manner.

Every house keeper should have her work arranged in a systematic manner, having a systematic way of keeping her accounts so that at the end of each day, week, month and year she can tell accurately



just how her accounts stand. An intellegent division of the income should first be made the house keeper, she should know exactly how much money she has to expend in each department of her home and govern the purchasing accordingly. A system of bookkepping is very advantageous showing the total indebtedness and credits. In this way the house keeper can know just how the accounts stand and where the income has gone.