

Cleanly Housekeeping.
By.

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Outline.

I Introduction

1. Defined.
2. Bacteria.

II Body.

1. Kitchen

1. Floors.

Care, preparation of boards, woods used, placing, care coverings.

2. Range.

1. Care of range.

3. Sink.

1. Care of sink.

4. Refrigerator.

1. Care of refrigerator.

5. Pantry.

1. A model pantry.

2. Care of pantry.

6. Windows.

1. Care of windows.

2. Dining room.

1. Floors.

1. Care of floors.

2. Cleaning in general.

3. Parlor & Front Hall.

1. General cleaning ^{and} care.

4. Bed rooms.

1. General cleaning ^{and} care.
Beds, floors, etc.

III. Conclusion

1. General.

By "cleanly housekeeping" is meant, simply, first, the total removal of all dirt, dust and breeding places of bacteria and rendering it totally sanitary in every respect, and, second - striving to keep the surroundings in such a condition. Besides the general poisonous effect of dirt and filth upon the body, it serves as food and protection for swarms of the tiny microscopic forms of life, and if care is not taken to keep the number of bacteria in check, they will soon rule the province and life cannot be sustained long. For the best growth of bacteria the following requisites are best: warmth, darkness, moisture, ^{and} filth. By guarding against these conditions, and, above all, avoiding dusty, dirty furniture and walls, they can be kept in check.

First remove dirt and dust from rooms, then throw open windows and doors, and admit all the fresh air and

sunshine that can be obtained as sunshine, in the proper amount is almost sure a preventative and means death to them. They cannot thrive in strong sunlight.

The first room to receive this care should be the kitchen, as, it is here that the bacteria blowing from walls, furniture, etc, lodge in the food we eat and immediately begin to grow and increase in numbers. It is through the food that they gain access to the body.

The following will give ~~roads~~ for cleanliness, and through this means bacteria are destroyed.

Kitchen.

Floors.

In planning, furnishing and even cleaning a house, most generally the last room to receive attention is the kitchen. Among good housekeepers, however, this is the first and most important division of the house, and will be so treated here.

In building the kitchen much attention should be given to the

floors, namely, the woods used and the manner of preparing and placing the boards, as the recognition of this important requisite is much aid to the cleanly housekeeper. In olden times in European countries, marble, clay, brick and stone floors were used, but they proved very unsatisfactory in that country, as they were constantly damp, absorbing moisture from the damp climate, making them very unhealthy. At the present time wood is used principally on account of its cheapness and because it is easily obtained and handled. In the drier parts of America, stone floors can be used with success and are recommended for their cleanliness. The use of them is kept in check by their high price, and difficulty of handling.

Next to stone floors come the inlaid unglazed tiles or cement floors. When properly finished they leave no corners or cracks for dust, insects or bacteria to lodge, and are healthful and cleanly in all respects. The one great objection to the tile floor is its great expense, making it much less widely used.

The floors most generally used and which can be obtained by all are the wood floors, and, therefore, these demand most attention.

The hard wood floors, such as, oak, ash, maple, walnut, mahogany, and cherry are best. The most satisfactory of these are the maple, which may be used in any part of the house. It is however the most expensive wood. The soft woods used are the basswood, spruce, hard pine, and white pine. With care any of these may be used. The yellow or Georgian pine quarter sawed, makes a good kitchen floor, and is more ^{widely} used than any other wood. It contains resin which keeps it from absorbing water, is relatively cheap and durable. Care must be taken in preparing it for use or it will warp and shrink, which may be said of all the soft woods.

All woods should be well seasoned and so well matched that no space is left between the boards, for the collection of dust, water, etc. A good plan is to plane the boards on both sides, which aids in preventing woods from absorbing ground moisture. In order to keep them

from shrinking and warping out of shape, making the floor uneven, have them about $\frac{1}{16}$ inch smaller underneath than above. This gives room to expand and contract and they will not warp. Each board should be $1\frac{1}{4}$ plank, tongued and grooved. This costs more than the $1\frac{1}{8}$ inch plank, but it lasts longer, making it cheaper in the end.

The kitchen floor should not be covered at all, but should be finished so they can be easily cared for and always look well. These floors may be finished in paint, oil, varnish or wax. If covering is desired linoleum is best as it is cool, wears well and is easily kept clean, and protects the floor better than other coverings. No matter how good the floor is, if not properly cared for, it soon becomes unsightly. If bare floor is used for the kitchen it is best to saturate the floor with melted paraffine and finish over this as this insures it from absorbing water and dirt. This is, however, quite expensive. Linseed oil is softened by heat and moisture and it serves as a collector of dirt and it soon darkens. Waxed floors also soften and turn dark,

spots and dulls. In case of any bare floor they should be daily swept and wiped with a damp cloth (not wet), and any indistinctness should be filled with putty. Water spots may be removed with turpentine. Iron and ink stains with oxalic acid. Use no soap in scrubbing floors. Some recommend the use of milk, but this only aids in the growth of bacteria, and does not greatly improve the looks.

Range.

Previous to the cleaning of the floor should come the care of the range. Before the fire is lighted the ashes should be removed. Then thoroughly dust all parts with a duster for this purpose, and apply the polish with a damp flannel, when dry polish with a dry cloth or brush. A very good polish is "Enameline polish," which prevents stove from rusting. This is always in a moistened form ready for use. All nickel finish should be rubbed with moistened whiting and when dry polish bright. After each meal the stove may be washed and blackened once a day only. The oven must be daily brushed out. A rubber mitten may be

worn while cleaning the stove, which saves much labor in cleaning the hands.

Sink.

Wash with good hot water and soap in a dish-pan, with brush, carefully reaching every groove. Empty the hot water into the sink and let it drain out. Fill the pan again with hot water, and give it another thorough washing and if not to be used for a while wipe dry. Flush it three times a week with boiling water (salsoda) One pint of salsoda to three gallons of water. Rinse the sink with at least two quarts of this water, letting it run down the pipe, and quickly rinse with clear, boiling water.

Refrigerator.

Wash shelves and bottom of refrigerator once a week with clear warm water, and wipe dry, if shelves are not movable. If shelves can be taken out - wash with hot soap-suds; scald - and wipe dry. Taken well aired, return to the refrigerator. Thoroughly clean all crannies. Wash ice box at least once in two weeks. Also clean waste pipe

with a brush for this purpose, or a cloth wound around a subtle whip handle. Every morning there should be a general cleaning out of this place, removing all articles of food and airing well, and putting back only such articles of food which are to be used again. Foods having strong odors should not be put here as it is some time before the odor will leave.

Pantry

The pantry is one of the most essential parts of the house and certainly needs the best of care, as, without care, it may become one of the filthiest places in the whole house. The size of the pantry should of course depend upon the size of the kitchen. It should have floors of closely joined wood and smooth hard walls, either ciled or plastered.

The shelves should be smooth and painted or oiled that nothing spilled may find lodging in cracks, or any substance be absorbed by them.

The pantry must have at least two windows, well screened, and shaded. A large strong table containing two drawers should be placed near

the window. There should also be plenty of shelves well screened and covered with sliding doors. The shelves should have a thorough cleaning and scrubbing similar to the treatment given to the interior of the refrigerator, changing all papers and coverings of shelves, and washing all dishes. A daily cleaning should be given or rather a "ridding" to keep all spoiled or soured foods from accumulating. The treatment of the floors and walls should be the same as that given the kitchen, and during sweeping of floors or walls the shelves should be tightly closed. One corner of the pantry should be reserved for the refrigerator. There should be hooks on the lower part of the wall to hang pans, moulding-board, etc, as well as a place under the shelves for kettles, etc.

Windows.

Thoroughly wash window glass with warm soap suds, rinse and wipe with soft cloth. Whiting can be used and

wiped off with a woollen cloth. Old newspapers are also good to polish windows.

Dining-Room.

Hard wood floors are also used for dining-rooms, and should not be carpeted but oiled or varnished and rugs here and there. Before clearing off the dining-room table sweep up the crumbs with a carpet sweeper. For sweeping down the walls, cover a clean new broom with a flannel bag and carefully brush down walls. When giving floor a good sweeping cover everything carefully and sweep plain floor, matting, or carpet with the grain. Clean out the corners with a smaller brush. If the floor is oiled, it should be washed in clear water and wiped dry. Tile floor may be treated this way. Linoleum and oil cloth may be washed in clear ^{warm} water and made clean. Soap should not be used as it dulls the lustre. A good general cleaning of the dining room may be as follows: -

1. Dust curtains and remove. If on rods simply lift out.
2. Remove vases of cut flowers.
3. Remove plants, dust ^{and} wash them.
4. Dust and remove articles from sideboard.
5. Dust sideboard and cover it.
6. Dust light globes, draw bags over ^{and} tip.
7. Dust chairs and remove them from the room. Dust the carved work with a ^{small} brush.
8. Dust the pictures, and cover them with a piece of cotton cloth over each. Unbleached muslin sheets are good for covering articles too large to be removed from room.
9. Remove matting and clean it.
10. Clean the windows. Small brush is used for corners of windows and sashes.
11. Paint on the window glass may be removed by a cloth dampened and dipped in baking-soda.
12. Wash windows with simply warm water, if this will suffice.

13. If windows are much soiled, soap can be used, but it is better not to do so as it is hard on the painted wood sashes. Use a little baking soda instead.
14. If simply wiping the wood work is sufficient, do so ^{and} wipe off windows. Ammonia tends to clear the glass.
15. Do not wash the windows when the sun shines hot on them, as they dry before wiping and leaves them spotted and streaked.
16. To wipe windows use a soft cloth which will absorb moisture well and leave no lint. Soft paper is good to polish glass.
17. If the floor is hard wood clean as directed above, if polished use a soft brush, if waxed use a heavy brush.
18. Polish brass door knobs - fit a piece of pasteboard to cover wood around around the surface to be polished - so no harm is done to the

woodwork.

19. Dust furniture and remove to room, carefully remove all coverings and shake outdoors. A few words may well be said here about dust cloths and dusting. Cheese cloth is the best. It is soft takes up the dust well and does not scratch the furniture. When dusting fold dust to center each time, and do not shake from window but shake out doors. When through wash it out in clear water, rinse and dry for the laundry, and take a clean one next time.

Parlor & Front Hall.

Friday is usually the day to "clean up" the parlor and hall. Remove the curtains and draperies on their rollers, take outdoors, brush well and lay aside. If they cannot be removed brush off dust as well as you can. Pin up to top and cover. Take hall and parlor rugs outdoors, brush on both sides - following the line of nap.

Remove sofa pillows, beat and brush.
 Dust all bric-a-brac, and remove. All
 upholstered furniture that can be taken
 out - dust and brush outside. If it can-
 not be removed simply brush and
 cover. Dust chairs and other re-
 movable pieces of furniture and
 take from the room. Dust pictures,
 and cover. To dust a book case, remove
 books, begin at top and dust down.
 Dust books and replace, cover all.
 Dust and cover all hall furniture.
 If rugs are too large to remove,
 dust them, roll them up and leave to one
 side. Sweep the floor and while the
 dust is settling, clean the rugs by
 wiping the surface gently with a
 sponge from clear water. Clean the
 floor as above directed. Remove the
 dust from the walls and wood-
 work with a covered broom, and clean
 windows. Carefully remove furniture
 covers and shake. Dust furniture and
 replace. If the floor is covered with
 carpet, sweep as directed, and when the
 dust settles use a clean sweeper and
 sponge same as rugs. Clean the
 carpet sweeper very often. Good

dust preventers should be used ~~over~~ carpet or bare floor. Some good ones are: - Newspapers soaked in cold water, squeezed very dry, and torn in bits, Tea leaves squeezed dry, good dry salt, and damp sawdust.

Bed Rooms Upper Hall & Stairs.

Upon leaving the bed room in the morning, place two chairs at the bedside, throw the bed clothes back over these and open windows wide. Empty, wash and scald the slop jar, and put in some sunny place to air. The room is left thus till after breakfast. To make the beds, remove the bed clothes, and if the weather permits, hang outside to air. If they cannot be placed out doors, spread out so the air will pass through them. Remove the lower sheet, and shake it outside the window. Dust the mattress which should be a wire one. It is a good idea to go over this with a damp cloth and a mixture of corrosive sublimate and water. Dust the frame work and treat the same way as the mattress. The bed should

be of iron. Bring in the bed clothes and make up the bed according to your own good judgement. All movable things are dusted and taken to another room, and door is closed. Rugs, clothing, tidies, mats and scarfs, are taken outdoors and well shaken and put on the line. Dust and cover remaining furniture. All clothes are hung in the closet.

Bare floors are used and are cleaned same as other floors. Sweep dust to the center of the room and put on dustpan. The floor may be washed in the center with a mop, but not near the sides and in the corners. Bed should be well covered during this preceding. Dust woodwork. Fold dust in dust cloths and shake out doors. Dust furniture and put in place. Shut all the bedroom doors, open hall windows, and clean upper halls and stairs. Clean the carpet with a sweeper and take up dirt on both sides with a dust pan and brush. Sponge the carpet and uncovered part with a damp cloth. Carefully dust the banisters.

In concluding, by simply running up the points carried out, would be simply to produce it over, so will simply state that if these rules be carried out each day, or even a part of them, the house will surely be kept in the best possible condition, and we will have the pleasure of living in pure, cleanly, and germ-free surroundings.