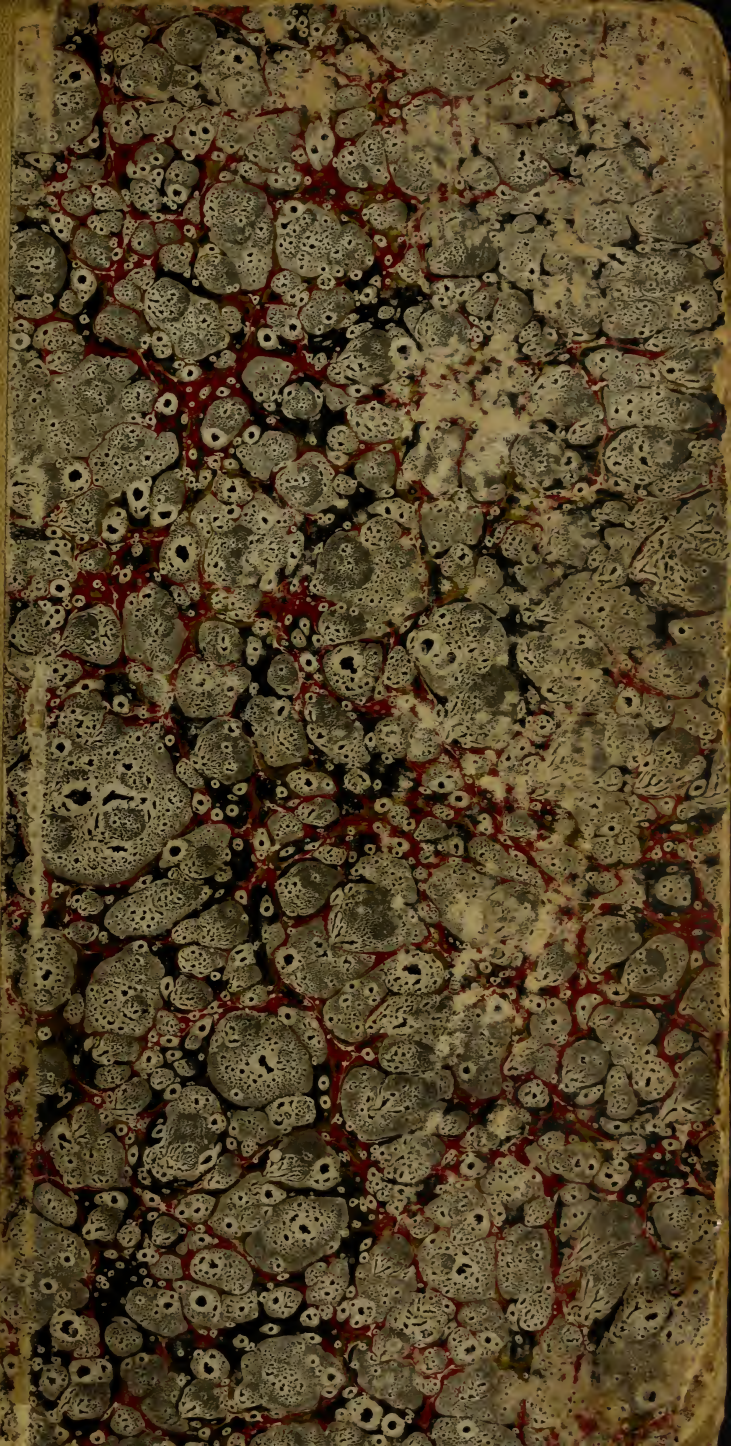


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No. 82



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University of the State of New York
Home Education Department
Albany N.Y.

Subject no.
640

Syllabus 82 Sep. 1900

HOME ECONOMICS¹

Prepared by the Lake Placid conference committee on Home economics syllabus

This syllabus, giving a suggestive outline of the present state of the subject, is expanded from a course given in 1900 by Mrs Ellen H. Richards B.S. M.A. instructor in sanitary chemistry, Massachusetts institute of technology, and Mrs Alice Peloubet Norton M.A. home economics department, Chicago institute. Only a few of the best books are referred to and enough topics for papers given to provide for local conditions and needs.

Lecture 1

HOME AND FAMILY LIFE: IDEALS AND STANDARDS

To keep the home a center of moral and intellectual progress in the face of the economic tendencies encroaching on its position the problem of the day.

Family life is unselfish devotion inspired by self-sacrificing love. Cooperation for a common aim creates a spirit of mutual helpfulness.

The significance of the family to the individuals composing it and to the nation. The physical, moral and intellectual development of its members.

Its historical development: growth from reproductive and social institution in which wife and child were alike valued for their powers of production, to a spiritual relationship in which each gives according to his power and receives according to his need. Basis of choice in primitive marriage economic utility and physiological attraction; modern basis, personal relationship.

¹ A lecture by Miss Emily Huntington, originator of the kitchen garden, on mission work and kitchen garden classes, illustrated by stereopticon, may be given in connection with this course. Lanterns are lent to registered clubs and centers by the home education department.

The growing individualism of all the members of the family; the union of all in the service of each.

Woman's past progress conditioned on the overcoming of men's passions and her education; her future progress dependent on the growth of her self-respect and her work; the result of knowledge.

Farther progress conditioned on evolution, not revolution; the family life, the development of ages, is to be spiritualized, not materialized.

The significance of a higher or more complicated adaptation is not reduced to the level of a lower or simpler one by showing that it has been evolved from the latter.—*Griggs*

The future of the race is bound up in the development of home ideals. Standards of life come before standards of living. "There is little moral consequence in the association of parents and children unless there are ideas to communicate."—*Ross. Journal of sociology, vol. 5, no. 5, 1900*

Home life distinguished from community life; the home educational rather than economic. Character building above price.

References

- American journal of sociology, v. 1-6.
 Bosanquet. Standard of life.
 Demolins. Anglo-Saxon superiority.
 Dewey. School and society.
 Earle. Home life in colonial days.
 Griggs. The new humanism.
 Patten. The development of English thought.
 Richards. Cost of living, ch. 1-2.
 Salmon. Domestic service.
 Small & Vincent. Introduction to the study of society.
 Stetson. Women and economics.
 Wright. Industrial evolution of the United States.

Topics for papers .

- 1 How can the ideals of family life be maintained under present economic and social conditions?
- 2 Is it necessary to prepare and eat food and to make and launder clothing in the house in order to retain the essentials of the home?
- 3 The family as a unit of society.
- 4 The "living" wage; definition; rises according to standards of living. Show that comforts increase and luxuries decrease efficiency.
- 5 The woman in bondage to her neighbor's opinion; how may she be set free?
- 6 The inveterate shopper; how can her ideals be elevated?

Lecture 2

THE HOUSE BEAUTIFUL: SITUATION AND ARCHITECTURE

Shelter the protection of home life. Maintains unity and privacy with sense of ownership.

The house beautiful: location, plan, grounds. Soil must be clean, dry, porous. Influence of ground water and ground air. Sunshine and pure air essential; scientific reasons for need of sunlight.

Plan of house according to needs of family; both privacy and community of interests to be provided for; individual rights respected. Labor saving, in stairs, in proximity of certain rooms; care in placing doors and windows for various reasons. Sun plan the most important requisite. "Sweetness and light" interpreted by the sanitarian means sunshine and pure air.

The detached house needs its setting of grass or shrubs or both, and flowers, if there is one to care for them; sickly, straggling flower beds are as distasteful as uncared-for children. Treatment of small grounds may relieve ugly architecture.

References

- Brown. Healthy foundations for houses.
 Clark. Building superintendence.
 Gardner. The house that Jill built.
 Grimshaw. Hints on house building.
 Osborne. Notes on the art of house planning.
 Parsons. How to plan the home grounds.
 Richards & Talbot. Home sanitation, ch. 2.

Topics for papers

- 1 House architecture; how to secure beautiful, comfortable homes.
- 2 The apartment house; its advantages and disadvantages.
- 3 The lawn; its treatment and care.
- 4 How to improve that eyesore, the small back yard.

Lecture 3

THE HOUSE BEAUTIFUL: SANITATION

Esthetic and sanitary requirements not opposed; often identical. The poorly-built, ill-equipped house neither healthful nor beautiful.

Ventilation and heating in close connection. Pure air not free in cold climates. Importance to health; methods of providing; tests.

Plumbing and drainage: general requirements are simplicity, accessibility, ventilation of system, soundness of material, tightness of joints, thorough flushing.

References

- Barré. La maison salubre.
 Billings. Ventilation and heating.
 Corfield. Dwelling houses.
 Currier. Outlines of practical hygiene.
 Egbert. Manual of hygiene and sanitation.
 Gerhard. House drainage and sanitary plumbing.
 Plunkett. Women, plumbers and doctors.

Putnam. Lectures on principles of house drainage.

Richards & Talbot. Home sanitation, ch. 3-6, 9.

Tracy. Handbook of sanitary information.

Waring. How to drain a house.

——— Principles and practice of house drainage.

——— Sanitary condition of city and country dwelling houses.

——— Sanitary drainage of houses and towns.

Topics for papers

- 1 The house plan with special reference to sanitary requirements.
- 2 An ideal system of ventilation for a modern house.
- 3 How to adapt modern principles to an old house.
- 4 Advantages and dangers of modern plumbing.

Lecture 4

THE HOUSE BEAUTIFUL: FURNISHING

Adaptation to purpose and environment. Fitness as to form, color, cleanliness and durability. Truth a fundamental element of beauty.

Simplicity tends toward healthfulness and beauty.

Overcrowding spoils effect of really good things.

Furnishings should minister to comfort or pleasure; should not make a slave of mistress or maid.

Knowledge of true values necessary.

References

Beauty in the home. 20th century club leaflets.

Church. How to furnish a home.

Cook. The house beautiful.

Dewing. Beauty in the household.

Gardner. Homes and all about them.

Garrett. Suggestions for house decoration.

Loftie. A plea for art in the house.

Lyon. Colonial furniture of New England.

Ormsbee. The house comfortable.

Salisbury. Principles of domestic taste.

Watson. Art of the house.

Wharton & Codman. Decoration of houses.

Wheeler. Household art.

Topics for papers

- 1 Hall and reception room: how to express hospitality without sacrificing family privacy and reserve.
- 2 The living room: its furniture, decoration, schemes of color.
- 3 The nursery: what it can do for the character of the child.
- 4 The dining room: influence of surroundings on digestion; special reference to cleanliness.
- 5 The sleeping room: not a sitting room; appropriate furnishing.

Lecture 5

THE HOUSE BEAUTIFUL: CLEANING AND CARE

Cleanliness is next to godliness.

Dust, indoors and out

Composed of inorganic and dead matter, and living organisms; danger chiefly from the latter. Of these "dust plants" the most important are bacteria.

Bacteria

- 1 Description and life history
Simple one-celled plants; smallest of living things and perhaps most numerous. Classified according to shape as cocci, bacilli, spirilla. Reproduction by cell division.
- 2 Methods of culture. "Dust plant" gardens
Bacteria too small to be thoroughly studied even under the microscope till methods of cultivating them were devised. Beef tea, specially prepared and stiffened with gelatin or agar-agar, serves as food and also as a prison. Bacteria planted in this grow and form "colonies" large enough to be seen and studied. A small particle of dust introduced into this medium may produce thousands of these colonies.

Dust and disease

1 Disease germs

Most bacteria harmless or even useful, but some foes to human existence. Some of these disease germs, notably those of tuberculosis, often conveyed in dust.

2 Protection of body against disease

Ciliated cells of air passages; dust filters in lungs; phagocytes or wandering cells of body.

Household applications

1 Cleanliness of food

Milk supply. Fruit and candy exposed on street for sale.

2 Care of house

a House should be finished and furnished so as to provide as few dust traps as possible. Smooth finish, rounded corners, simple ornaments desirable. Carpets vs bare floors.

b Removal of dust. Sweeping and dusting should remove and destroy dust, not merely stir it up. Results of experiments with different methods.

Municipal housekeeping

Clean streets and sidewalks; proper disposal of refuse; influence of clean houses and school-houses; moral effect of good housekeeping.

References

- Abbott. Principles of bacteriology.
 Conn. Story of germ life.
 Frankland. Our secret friends and foes.
 Huppe. Principles of bacteriology.
 Prudden. Dust and its dangers.
 — Story of the bacteria.
 Tyndall. Essays on floating matter of the air.

Topics for papers

- 1 Dust as a means for carrying disease.
- 2 Plan for furnishing a house with special reference to avoidance of dust.
- 3 Housekeeping vs home making. Is the care necessary for exquisite cleanliness conducive to the happiest home?
- 4 Some devices in house building which would simplify housekeeping.

Lecture 6

CLOTHING

Purposes: 1) protection of body from extremes of heat and cold; saving of food by preventing loss of heat essential in sedentary pursuits when digestion fails to produce sufficient heat; more clothing less food; 2) adornment; 3) satisfaction of modesty.

Hygienic clothing: even layer of air inclosed; non-conductor; per cent of air space in wool, silk, linen; kind of weave; per cent of moisture contained by each. Looseness of clothing permits evaporation and better circulation.

Style of dress dependent on climate and occupation; wide sleeves and loose trousers for warm countries, close-fitting for cold. Work calls for looser dress than leisure; ideal housework dress for women; business dress.

Esthetic qualities: becomingness; artistic outlines; softening of crude forms; toning down of color. Fashion cruel to all but a certain type. Dress may enhance beauty and render agreeable otherwise ugly forms and features.

Nothing more individual than dress; part of one's self; indicative of character. Historical development; ideals expressed in costume.

Textiles: study of as to fiber, weaving, coloring, dyeing, washing, cleansing, durability.

The function of clothing from the hygienic standpoint is to regulate heat. In its lowest terms clothing is a net to catch air, which is the best known non-conductor of heat. Even in a temperature greater than that of the body the air space prevents the penetration of heat. Clothing should be loose in summer and close-fitting in winter. The skin needs to breathe, as it were, hence air and moisture should have free but slow passage through all clothing. The products of excretion should not be retained. Rational clothing has the greatest useful effect with the least material; it does not interfere with free movement of any part, acts as a dietetic measure, lessening the quantity of food required and promoting evaporation from the skin.

Loosely woven wool is rich in air (87% air, 13% solid substance), is elastic and soft, has little contact with the skin, so that in addition to the contained air there is an isolating layer between the garment and the skin. It is also characteristic of wool not to be wet by moisture but to allow it to pass through and evaporate. Cotton over wool becomes saturated and soon gives the odor of decay.

Fine, smooth linen is dense, poor in air (42% air, 58% solid substance; when starched, no air) has close contact with the skin and so feels cooler, conducts heat away more rapidly, has little or no air between it and the skin, becomes saturated with moisture and causes the concentration of the skin waste in the smallest space near the skin. It takes 30 times as long for a given quantity of air to pass through linen as through wool tricot, hence little circulation. That cotton and linen bear washing by unskilled labor is the greatest argument for their use. Some modes of weaving may inclose as much air in a cotton or linen mesh as in wool, but the fibers lack elasticity and tend to become matted and saturated with moisture. Silk lies between wool and linen.

For protection in different temperatures it has been estimated that

- 1.7mm suffices for high summer (if of loosely woven wool)
- 3.3mm for ordinary summer weather
- 5.9mm for spring and fall
- 12.6mm for winter
- 26mm for very cold days

In a strong, cold wind an impervious layer-like skin of a fur garment prevents too rapid change of air.

To foot gear the same principles apply: skin breathing is very important, as also circulation of air, free evaporation and protection from too rapid loss of heat. Air from next the skin in stocking feet gave only one tenth the amount of carbon-dioxid found when a narrow close-fitting boot was worn. Stockings of cotton conduct heat one third faster than those of wool, the thinner, less elastic layer preventing circulation of air and holding moisture. Leather if loose and soft approaches wool in the property of not conducting heat. As it is more dense and "filled" with water or enamel it becomes like linen, a good conductor. Loss of heat by contact with cold surface depends on intimacy and area of contact.

Habit has much to do with clothing certain portions of the body, head, hands, etc. The skin becomes non-breathing to a certain extent but knees and wrists, where the arteries approach the surface, should be protected from sudden changes.

Costume—outer dress—may be quite independent of clothing, but it should not interfere by tightness, weight or impervious material with the true office of clothing.

Beauty without health is incomplete. Health can never be perfect for you so long as your eye is troubled with ugliness. . . To dress well you must possess the gift of color and be a master of form. But this is not enough; with these accomplishments you might clothe a dummy or a corpse satisfactorily but not a living human being; for there comes into the problem, with this word *living*, the element of motion. I do not mean the mere action of moving the limbs but the action of breathing, of growth and of decay, and it is here that

the laws of hygiene must be faced. We may obey them or disobey, but the measure of our obedience or disobedience will be the measure of our health or no-health.—*Godwin*

The pursuit of things fashionable, for the sole reason that they *are* fashionable, is I think not an exalted occupation, and is indeed I think a somewhat sheep-like attribute.—*Treves*

References

- Archiv für Hygiene.
 Ballin. Science of dress in theory and practice.
 Blanc. Art in ornament and dress.
 Bowman. The structure of the wool fibre.
 Brooks. Cotton.
 Ecob. The well dressed woman.
 Godwin. Dress and its relation to health and climate.
 Haweis. Art of dress.
 Robida. "Yester-year": 10 centuries of toilet.
 Steele & Adams. Beauty of form and grace of vesture.
 Treves. The dress of the period in its relation to health.
 Wilkinson. Story of the cotton plant.
 Williams. Philosophy of clothing.
 Wykoff. The silk goods of America.
 U. S. experiment stations. Cotton plant (Bulletin 33).

Topics for papers

- 1 The ideal working dress.
- 2 Street costume.
- 3 Children's clothing.
- 4 Summer clothing.
- 5 Economic clothing.
- 6 Economic costume.
- 7 The choice of fabrics.
- 8 A study of textiles.
- 9 A history of "dress goods".
- 10 The development of costume.

Lecture 7

FOOD IN RELATION TO HEALTH

The balanced ration. Object of the farmer to secure the highest efficiency of muscle or product. He has found that knowledge of the principle of feeding pays; that while his animals may *live* on what they can pick up or what is by chance given them, they attain their best development only when he understands and supplies their needs.

Balanced ration for the human race. In man there is not only the animal or muscular efficiency to consider, but the intellectual output and the enjoyment of the higher nature; hence additional need of knowledge and care.

Food the source of human energy. Metabolism in the body. Classes; costs; quantities; variation for different ages, seasons, kinds of work.

Food material often spoiled in cooking. Food material often wasted in the body as well as in the kitchen.

Food a source of pleasure but this not its only or chief use. The art of cooking the right combination of esthetic and nutritive qualities.

References

- Atwater. Methods and results of investigations on the chemistry and economy of food.
 — & Bryant. Dietary studies in Chicago.
 — & Woods. Chemical composition of American food materials.
 Bevier. Nutrition investigations in Pittsburg.
 Goss. Nutrition investigations in New Mexico.
 Hart. Diet in sickness and in health.
 Hogan. How to feed children.
 Knight. Food and its functions.
 Richards, *ed.* Rumford kitchen leaflets.
 — & Woodman. Air, water and food, ch. 8, 9.
 Thompson. Food and feeding.
 Townsend. Relation of foods to health.
 Wait. Nutrition investigations at University of Tennessee.
 Yeo. Food in health and disease.

Topics for papers

- 1 How to feed the baby.
- 2 How to feed the school girl.
- 3 How to feed the business man.
- 4 How to feed the farmer.
- 5 How to feed the grandmother.
- 6 The summer dietary; how it should differ from that of winter.
- 7 Why should I know anything about food?
- 8 How to secure good food habits in children.
- 9 How to preserve the right attitude of mind toward food.
- 10 A dietary: what it is and how it is made.

Lecture 8

SCIENCE AND ART OF COOKERY

Introduction

1 Cooking defined

Socrates's estimate of the art. Ruskin's interpretation. Scientific definition: application of heat to food materials.

2 Object of cooking

To make food safer, more digestible, palatable. The last formerly most important. Modern methods emphasize the first two.

Classification of foods

Goodfellow's chart:

Inorganic	{	<ol style="list-style-type: none"> 1 water 2 salts 	Organic	{	<ol style="list-style-type: none"> 1 nitrogenous <ol style="list-style-type: none"> a proteids b gelatinoids 2 non-nitrogenous <ol style="list-style-type: none"> a fats and oils b carbohydrates
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Effect of cooking on different food principles

- 1 Water: cooked chiefly as a medium for conveying heat; sometimes to render it safe.
- 2 Salts or mineral matter: unchanged by heat, but may be dissolved out of food by water and lost. Effect of hard and soft water on food.
- 3 Proteids: as a rule changed from soluble to insoluble and less digestible forms.
- 4 Fats: decomposed by high temperature and made less digestible.
- 5 Starch: digestibility increased by cooking. Changed partially to soluble starch and often to dextrin and sugar.

Two typical foods

1 Meat

Contains albumen and allied proteids, extractives, gelatin, fat. Effect of different degrees of heat on each must be considered to find right cooking temperature for the whole. Different methods of applying heat: boiling, baking, soup-making, etc.

2 Bread

Two classes of changes: by fermentation, by heat.

a Fermentation

Effect of yeast on gluten, the proteid of flour, not well understood. Starch changed into sugar; sugar broken up into alcohol and carbon dioxid.

b Heat

Gluten changed; part of the starch changed into dextrin, and some sugar into caramel; carbon dioxid and alcohol driven off and the ferments killed.

Cooking for safety or preservation of food

Dangers of uncooked food. Principle of canning and preserving. High temperature or long continued heat.

References

- Abel. Practical, sanitary and economic cooking.
 Child. Delicate feasting.
 Corson. Practical American cookery and household management.
 De Salis. Art of cookery.
 Dodds. Health in the household.
 Goodfellow. Dietetic value of bread.
 Jago. Textbook of the science and art of breadmaking.
 Richards & Elliott. Chemistry of cooking and cleaning.
 Thudichum. Spirit of cookery.
 Williams. Chemistry of cooking.

Topics for papers

- 1 Yeast fermentation in relation to breadmaking.
- 2 Effect on bread of different manipulations of the dough; pulling, kneading, beating, etc.
- 3 Cookery of vegetables.
- 4 Canning industry and its methods.
- 5 Cost of cooking: relative economy of gas, coal, etc.
- 6 Cookery of milk; pasteurization and sterilization.

Lecture 9

DIVISION OF THE ANNUAL INCOME

Money is spent for existence, comfort, luxury, philanthropy.

Aim should be that degree of comfort which enhances the capacity for work and enjoyment without weakening moral or physical characteristics.

Present restraint for purpose of attaining a future good an attribute of the higher nature of man.

References

- Bosanquet. Standard of life.
Damon. Wealth of households.
Dawson. Wealth of households.
Devine. Economic function of woman.
Dewson. The 20th century expense book.
Grant. Art of living.
Herrick. Liberal living upon narrow means.
Nitsch. Ten dollars enough.
Richards. Cost of living.
Smart. Distribution of the income.
Stackpole. Handbook of housekeeping for small incomes.

Topics for papers

- 1 What sections of your city offer houses or apartments for \$25 a month suitable for the young family of a student or literary or scientific man? What improvements in housing up to \$50 a month might be made?
- 2 How to clothe a family of five on \$300, \$400, \$500 a year.
- 3 A study of the markets of your city; which are the best conducted? Does it pay for the housewife to go to market herself?
- 4 Household accounts; how to make them interesting. How to buy for two.
- 5 Make out a table of fruits, vegetables and fish showing the season at which they are best in flavor and least expensive. Compare these prices with those that are highest.
- 6 How may running expenses be regulated?
- 7 The little leaks in the household purse; how to stop them.
- 8 What relation should wages bear to rent?
- 9 Does modern philanthropy take the place of the tithe for the church?
- 10 How far is it wise to sacrifice present comfort for the possible "rainy day"?

FORM FOR RECORDING HOUSEHOLD EXPENDITURE

For a typical family, two adults and three children, with income of \$1000 to \$3000

PHYSICAL LIFE (75%)					INTELLECTUAL AND EMOTIONAL LIFE (25%)				INVESTMENTS	
Rent (15%-25%)		Running expenses (10%-20%)	Clothing (10%-20%)	Food (25%)		Incidentals (5%)	Religion (5%-10%)	Education		Recreation (1%-5%)
House owned	House rented			Necessaries	Luxuries					
Interest on value	Rent	Fuel	Necessary	Raw materials	Costly foods	Gifts, Christmas, wed-	Church	Schooling for children	Athletics	Real estate
Taxes { house and land water street care	Taxes { water street care	Light	Adornment	1/3 vacation expenses counted as food	Wines	ding, birthday, etc.	Charity	Books	Theater	Stocks and bonds
	Insurance	Ice	Concessions to claims of fashion		Confectionery	Flowers		Periodicals	Concerts	Savings
Repairs	Repairs not made by owner	Wages ¹ { regular service—cook, maid, etc. occasional, e. g. putting in fuel, cleaning windows, side- walks, etc.			Food out of season	Fees to specialists <small>(largely fines for disobedience of nature's laws)</small>		Daily papers	Travel	Life insurance
Carfare to and from work	Carfare to and from work	Express and freight			Social entertainments	Physician, medicine and nurse		Pictures	2/3 vacation expenses	Furniture
		Carfares (occasional)				Dentist		Bric-à-brac	Clubs(social)	Table and bed linen
		Stationery and postage				Oculist		Instruments, music and lessons		Kitchen utensils, etc.
		Telephone				Barber, manicure, etc.		Lectures		Other personal prop- erty
		Renovation, repairs, breakage				Lawyer		Societies		
		<small>New furniture goes under investments, if added to per. and prop. Put cost here when simply making good wear and tear.</small>				Travel for health				
						Unclassified expenses				

¹ Wages average half the rent, or with children equal rent.

Lecture 10

MUNICIPAL HOUSEKEEPING

The City of Hygiea: how nearly it can be approached.

“Applied hygiene the condition *sine qua non* of the farther development of mankind”.

Clean soil: requires removal, not burial, of all refuse; cleanly collection and effectual disposal of garbage and street sweepings; efficient subsoil drainage; suitably paved streets, dustless and impervious, wide for circulation of air and admission of sunlight; no dirty back alleys.

Pure air: depends largely on clean soil; free from dust and noxious vapors; parks and promenades well supplied with vegetation. A crowd in an inclosed space, palace or hovel, defiles the air. Churches, schools, railroad waiting rooms, lecture halls, parlors used for social functions, all demand special attention.

Safe and abundant water supply: intelligent use of appliances; quick removal of used water; complete sewerage system before the introduction of public supplies; polluted soil means unsafe water.

Safe buildings: construction, plumbing, air space
City regulations; are they enforced?

Urban hygiene: inspection of markets, factories, sweat shops; density of population. Before all other social reforms stands that of healthy living.

References

- American public health association. Annual reports.
Barré. La ville salubre.
Burrage & Bailey. School sanitation and decoration.
Engineering record (files).
Municipal affairs, v. 1-3.
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Poore. Essays on rural hygiene.
Richardson. The City of Hygiea.
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Sykes. Public health problems.

Tracy. Handbook of sanitary information.

Waring. Report on final disposition of the wastes of New York
1896.

— Street cleaning.

Weber. Growth of cities. Columbia univ. studies in history,
economics and public law, v. 11.

Topics for papers

- 1 Water supply of your city; source, method of storage, distribution, material of pipes, house pipes, certified quality of water.
- 2 Sewerage system; how far extended; disposal of sewage; location of cesspools still used.
- 3 Ventilation of schoolhouses, churches and public halls.
- 4 Sanitary condition of schoolhouses.
- 5 Afternoon teas and evening receptions; how to make them enduring.
- 6 City dust; how can it be prevented?
- 7 Cremation the sanitary ideal.

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- Bosanquet, Mrs Bernard.** Standard of life. 219p. D. N. Y. 1898. Macmillan \$1.50.
- Bowman, F. H.** The structure of the wool fibre. 366p. il. O. Phil. 1885. Baird \$5.
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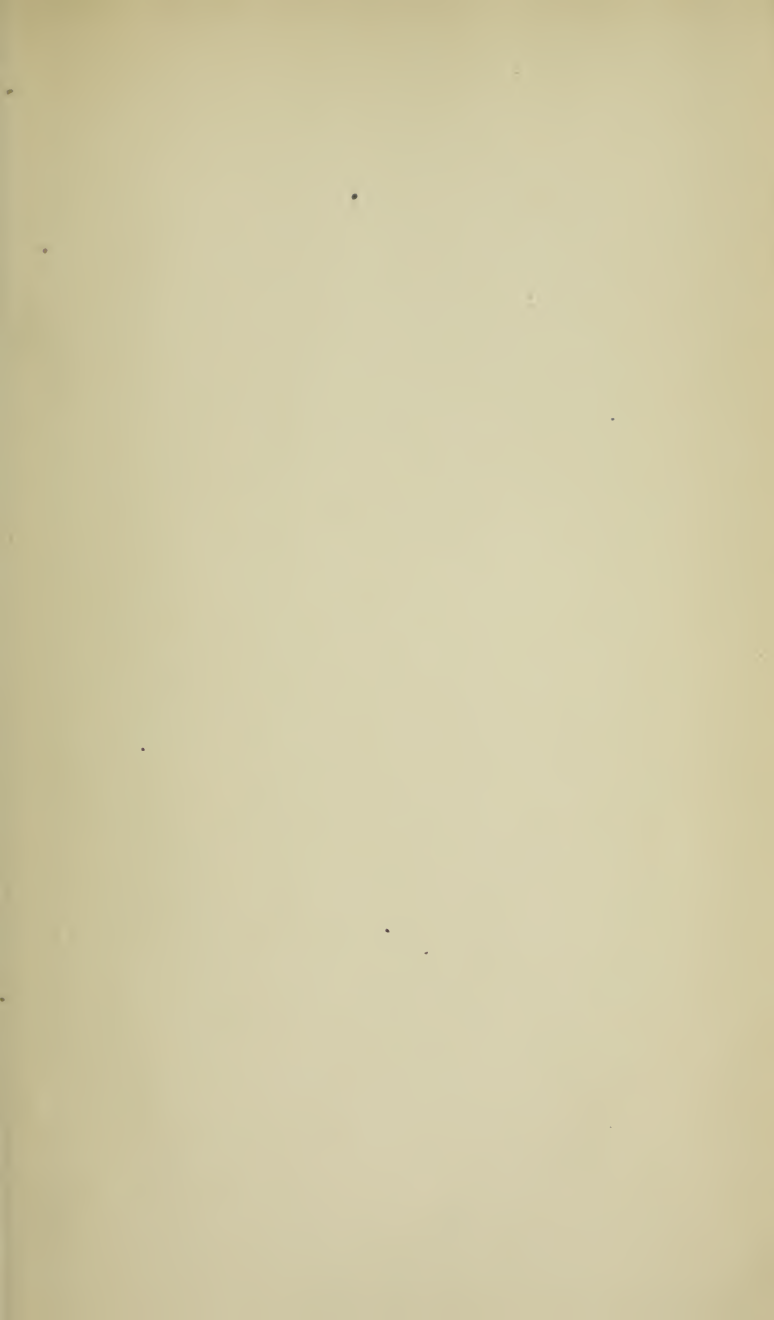
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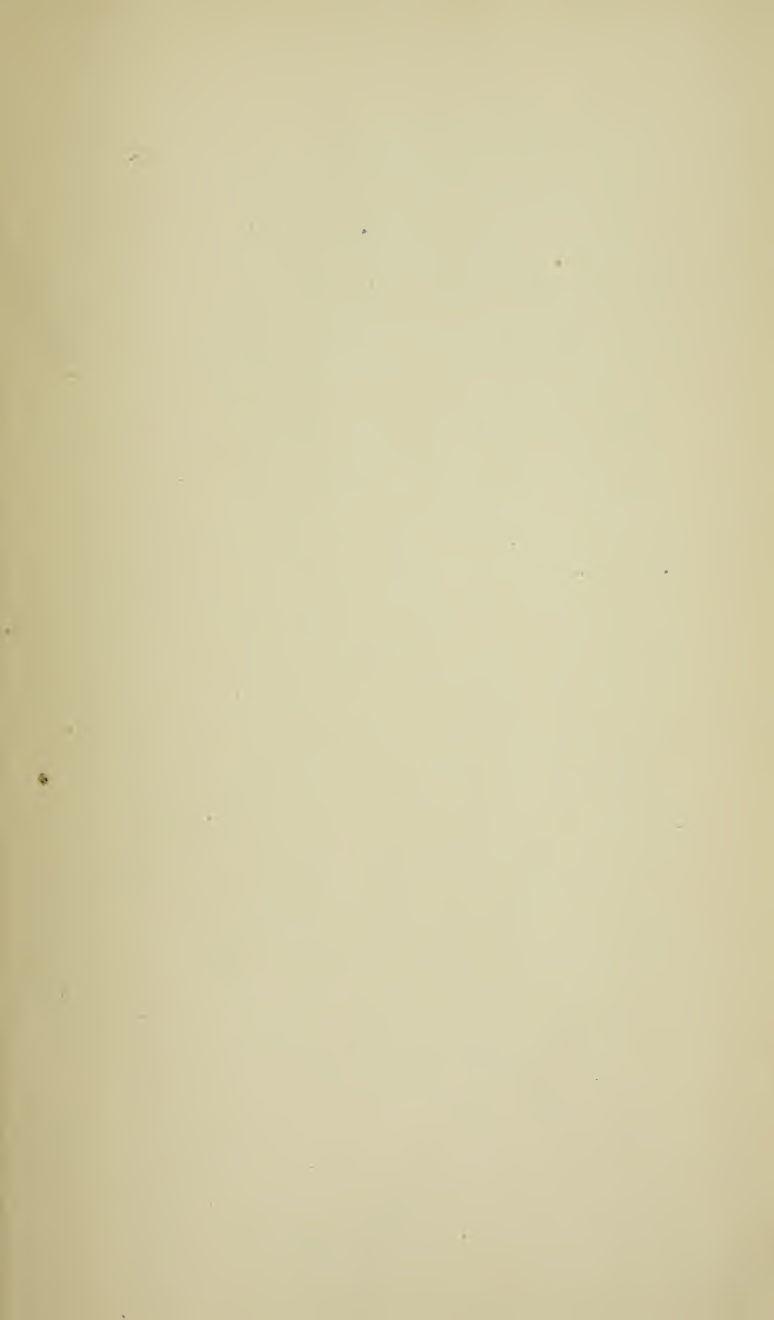




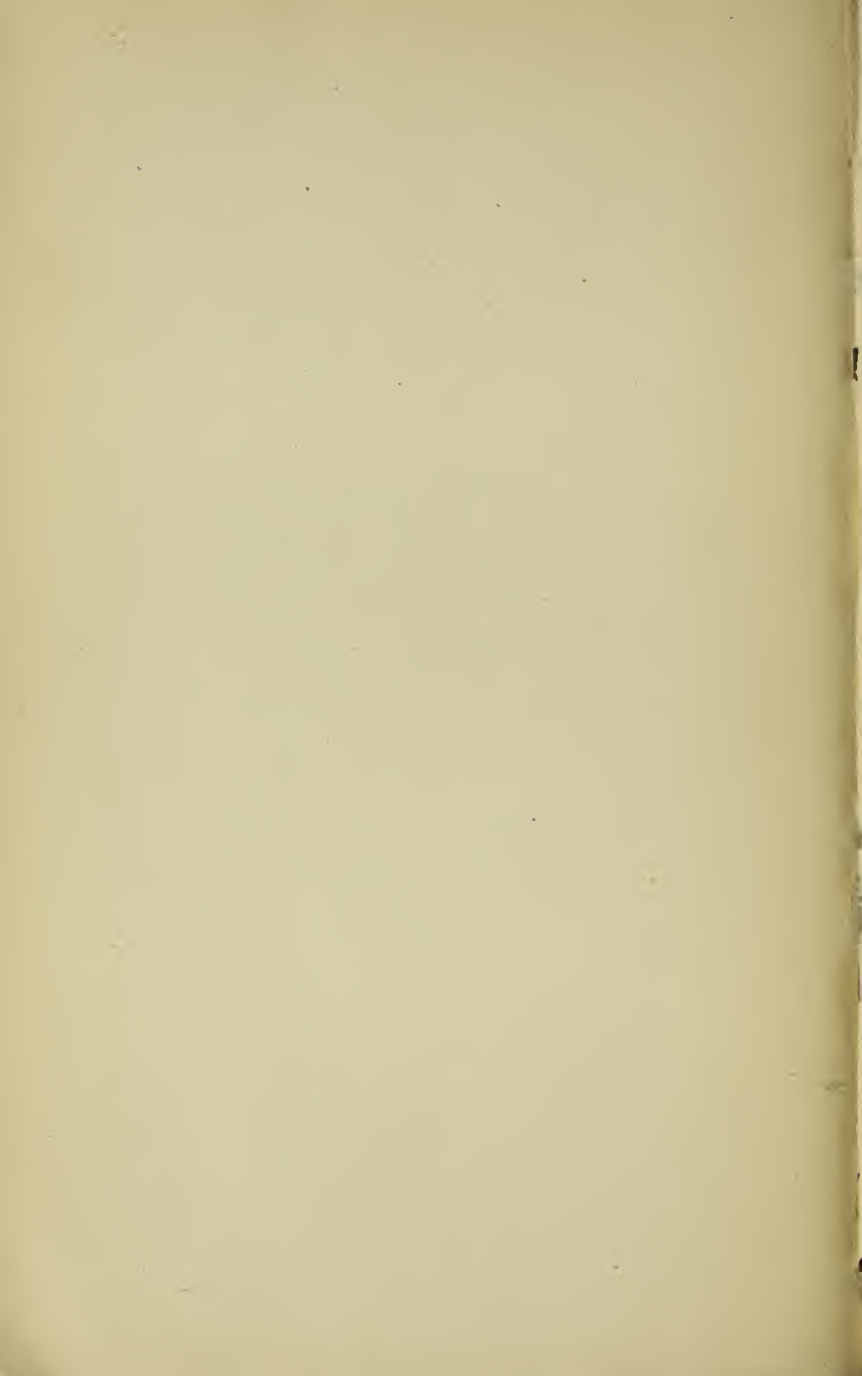


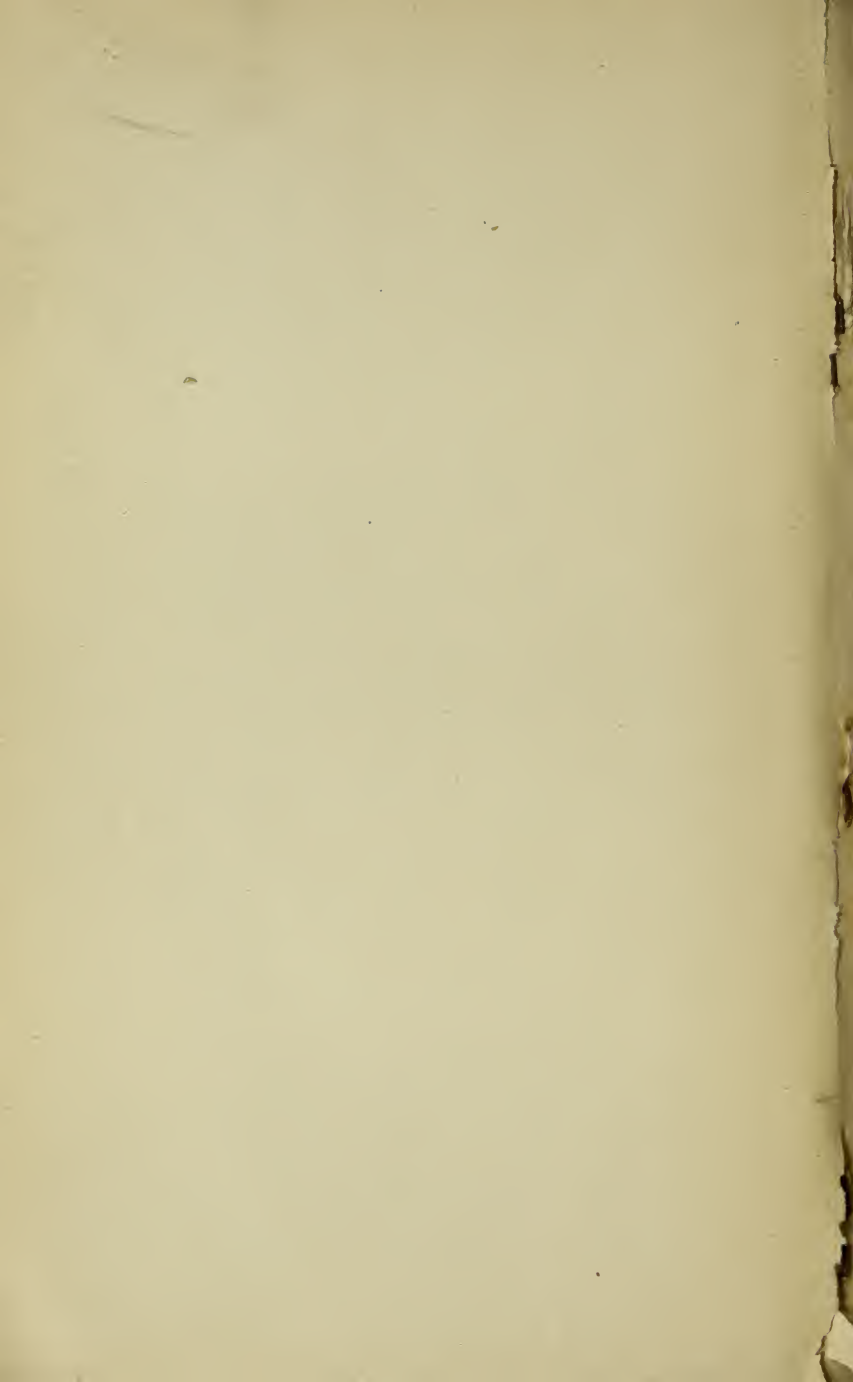












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