



Home Economics: Vintage Advice and Practical Science for the 21st-Century Household

Jennifer Mcknight Trontz

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“Housekeeping is becoming more and more a matter of science, and the laurels are bound to fall to the woman who conducts her household in a business-like way.”

Let the thrifty sensibility of yesteryear be your guide as you shop for the most economical foods, choose wall colors scientifically, clean with natural products, look your best without breaking the bank, and budget your way to frugal efficiency. In this amazing collection of clever wisdom and practical advice drawn from vintage home-economics textbooks, you’ll find everything you need to get back to basics and run a healthy and happy household. *Home Economics* covers all the categories of delightful domesticity:

- Health & Hygiene
- Cookery & Recipes
- Manners & Etiquette
- Design & Decoration
- Cleaning & Safety
- Gardening & Crafts

Rediscover the art and science of keeping house—economically!

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