



## Book Reviews

ANY BOOK reviewed or advertised in this magazine will be sent postpaid on receipt of the price by the *Cooking-School Magazine*.

THE ART OF RIGHT LIVING. By Ellen H. Richards. Price 50 cents net; postage, 4 cents. Boston: Whitcomb & Barrows.

This is a condensation of a course of lectures given at the Summer School of the South, Knoxville, Tenn. It is in the author's best style and manner, and is entirely free from scientific technicalities. The author aims in these pages to consider the factors which go to make up the efficient human being, who lives for himself, for society, and for the race. We find these factors to be nutrition, sleep, exercise, amusements, work, and environment,—all tending to health. A chief problem in life is how "to retain our acquired health, strength, and power under the conditions imposed upon us by modern progress." To the solution of this problem this book is a valuable contribution. From the moral point of view the art of right living has ever been taught and proclaimed;

but recently the physical aspect of the subject is beginning to receive due attention.

THE WORLD'S BEST PROVERBS. By George Howard Opdyke. Chicago: Laird & Lee.

Virtue and wisdom can be smuggled into a man's soul by a good-natured proverb better and deeper than to be mortised into it with a wormwood mallet and chisel.—*Josh Billings*.

Few realize the pleasure and instruction to be found in a frequent review of proverbs. Here are stored the treasures of human thought, the golden fruits of knowledge and experience. "There seems to be no occurrence in human affairs," says Disraeli, "to which some proverb may not be applied. A proverb will often cut the knot which others in vain are attempting to untie."

This is a valuable compilation. The classification is excellent. "There has been adopted an arrangement of sub-

jects that weaves the proverbs into essays, thereby giving to the work a certain degree of readableness as well as the reference value desirable in collections of this character." A convenient and useful manual, which many a person can ill afford to be without.

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ETHICS OF HOUSEHOLD ECONOMY. By E. McPherson Parsons. Price \$1 net; postage, 6 cents. Chicago: Justitia Publishing Company.

The title of this book is pretentious, and might be misleading. However, it does not claim to be a scientific work, rather a practical manual for young housewives. One might say it was written for young people with small incomes, from six to fifteen hundred a year, who are just beginning housekeeping. It shows how to economize time, strength, and money, how to live within one's means and get the best results. Each of the several short and readable chapters on the ordinary, often trivial, concerns of housekeeping is full of common sense and sound advice.

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OBJECTIVE AND SUBJECTIVE MIND. By Abby Jane Taylor. Price 35 cents net; postage, 3 cents. Chicago: Justitia Publishing Company.

The statement is made that man has two minds, which may be said to correspond to higher and lower self, of which much has been written. "Reasoning is the highest function of the natural or objective mind. In order to reason upon this plane, observation, by means of the physical senses, is first required; but the subjective mind knows by other means than the physical senses. It is the seat of intuition and emotion, and the storehouse of memory. In other words, the objective mind is the function of the physical brain, while the subjective is of the soul."

This little brochure—and it can be read in half an hour—will be acceptable to many serious persons who are interested in the trend of recent studies in psychology; for, behold! all things have become new.



## Women's Training School of St. Louis.

The prospectus, history, and membership of the Women's Training School of St. Louis for the years 1904 and 1905 is just at hand. During 1903 446 pupils attended the school, and 40 pupils were graduated from the various departments. We quote from the pages referring to the object of the school:—

“While the prime object of the school is to educate women that they may the better maintain themselves, classes are arranged in Cooking, Dressmaking, Plain Sewing, Millinery, Household Management, and Laundry Work, to accommodate any who may wish instruction, and charges made to suit financial condition of pupil.

“The rules governing the school make it possible for every woman who really wishes to receive instruction to do so.

“The Training School offers a free course of instruction, with board and room, to girls sixteen years of age and upwards who can present testimonials of good character, and who desire a thorough preparation for housework.

“The St. Louis Women's Training School is the pioneer in training women on domestic and self-supporting lines, within the bounds of the Louisiana Purchase, and, although in its twenty-second year, is in its infancy as compared to what it is proposed to make it.

“In addition to training in general, it is proposed to make it a normal school for women of the South and West.”

Miss Juliette Corson inaugurated the work in 1881, when she was engaged by the Women's Christian Association of St. Louis, who were desirous of starting a school, to give a two weeks' course of lectures. So encouraging was this venture that the association immediately appointed a board of managers and opened a school. The annual expense of maintaining the school since

1897 has been about \$6,000, and receipts from pupils about \$3,000, which leaves half the expense to be secured by the managers. This school would seem to merit the encouragement of generous donations and financial help from the women of Missouri. No better or more paying philanthropy can well be found.

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The "National Cooking School" has lately been organized at Washington, D.C. As this school is affiliated with nine "young ladies' seminaries" located in Washington and vicinity, and also commands an excellent and increasing patronage from householders, it would seem to have a promising future. Miss Mary Arline Zurhorst is principal of the school. The "trade-mark" of the school is a woman, in kitchen apron, holding a steaming dish. The steam from the dish and olive branches encircle her head, and the hem of her gown carries the inscription, "Cooking is an art, a noble science."

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Little Dot: "Oh, I just love cake. Its's awful nice."

Mamma (reprovingly): "You should not say you 'love' cake. Say 'like.' Do not say 'awful,' say 'very.' Do not say 'nice,' say 'good.' And, by the way, the word 'just' should be omitted, also the 'oh.' Now, my dear, repeat the sentence correctly."

Little Dot: "I like cake: it's very good."

Mamma: "That's better."

Little Dot (with an air of disgust): "Sounds as if I was talkin' 'bout bread."—*Good News.*