C1892A

But now and again the revolt against things which are not as they ought to be and the fierce spirit of appalled prophecy would take hold upon him and move him strongly, and at such times he launched terrible words of admonition or spoke more mildly as a dispassionate seer of

> The People's strength, the deep alluring dream
> Of truths that seethe below the truths that seem.

At other moments he took the sagacious, practical view, reminding us tersely that

> Like a sawyer's work is life:
> The present makes the flaw,
> And the only field for strife
> Is the inch before the saw.

In epigram, indeed, he excelled, and I wish it were possible to quote here some of his diamond-pointed sayings. But throughout all his moods, whether those of the lyrist pure and simple, caroling joyously; the prophet and philosopher; the wit; or the enthusiast for real human advancement, he upheld unflaggingly the ensign of idealism, as in "The Cry of The Dreamer."

> I am tired of planning and toiling
> In the crowded hives of men;
> Heart-weary of building and spoiling,
> And spoiling and building again.
> And I long for the dear old river
> Where I dreamed my youth away;
> *For a dreamer lives forever,*
> *And a toiler dies in a day.*

Yet in his poem on the "Pilgrim Fathers," delivered at the dedication of the monument to the founders of New England at Plymouth, he spoke of them as

> Dreamers who work — adventurers who pray!

He believed in having the dreamer work, after all. But he likewise believed that labor must be futile unless inspired by great and lofty idealism. His own life had been full of adventure, but he had learned that adventure was useless without prayer and a purpose. The breadth of Boyle O'Reilly's thought and the sincerity of his aim are evidenced in this poem. It was not one of his best, speaking technically, but it contained lines which will probably live after us. For example:

> They had no model; but they left us one.

And, again, these:

> No deathless pile has grown from intellect.
> Immortal things have God for architect,
> And men are but the granite he lays down.

O'Reilly's brighter side, his wit and fancy, his rude and stirring or picturesque presentation of Australian themes, cannot be touched upon here. But it has seemed worth while to point out the vital element of splendid humanity in many of his poems — the sterling democracy and fervor of liberty, tempered by far-sighted wisdom and true gentleness, that inspired him. It is seldom that we get in our poetry, nowadays, anything so genuine, so outspoken, and, above all, so true to the supremacy of idealism.

George Parsons Lathrop.

The New England Kitchen.

IN one of the most thickly populated parts of Boston there is a corner store over the door of which one reads, "New England Kitchen." On entering the place a novel sight is found. Two long, narrow, high tables, placed at right angles, answer for a counter over which food is sold. Within the inclosure made by these tables are placed a desk and a chair for the accommodation of the lady who has charge of the work done here. Along the walls there are shelves on which are placed glass jars and cooking-utensils. Farther down the room the lower shelves give place to tables, sink, boiler, etc. On the opposite side of the room some large windows and a door take about half the wall space. By the blank space are set two large steam-kettles for making soup, and a steamer for cooking vegetables. In the middle of the room there is a large gas-table on which boiling can be done. On one end of this table is a large flat vessel, partly filled with hot water, in which stew-pans filled with soup and chowder are placed to be kept hot. Large tables stand near the steam-kettles and the sink. At the upper end of the store, near the windows and doors, are two large Aladdin ovens. In other parts of the room are placed small cooking-apparatus, the fuel for which is either gas or oil; but these are not often used now. The whole room is flooded with light from the three windows and the two doors.

On descending a short flight of stairs there is found a basement of the same size as the upper room. Here there are three large Aladdin ovens in which beef stock is cooked, the two in the upper room being used for pressed and spiced meats, puddings, etc. All the meats are cut up in this room. The steam-boiler is placed here.

It was about eleven o'clock in the morning when I visited the kitchen. Said the young lady in charge: "The next two hours are the most interesting in the day. Will you sit here and watch the people come and go, or do you wish to ask me questions?"

As I wished to do both, we chatted while the work went on. Four persons were busily engaged in filling cans and pails with chowder and soup, wrapping them in some non-conducting material, and placing them in boxes or in fiber pails. These soups were to be delivered. The question of the economical delivery of the soups has not yet been settled, but that will come in time.

"We have to plan all sorts of ways to get the food hot to its destination," said the attendant. "You see those muff-boxes? They are for the teachers in the high and normal schools. Small cans are wrapped in non-conducting fiber and placed in these boxes. Of course the boxes wear out quickly, and have to be replaced, making their use expensive. Those large cans go to manufacturing establishments where women are employed, to some of the dry-goods stores, clubs, etc."

"Do you keep a man to deliver the food?" I asked.

"Our man does the greater part of it, but he could not do it all. There is a junkman across the way who delivers the school orders. Ah! here are my errand-girls. These two little girls take small orders from twelve to two o'clock. Some people are willing to pay five cents extra to have their lunches delivered, so the little girls take these small orders. Sometimes they have only one order, and sometimes four or five apiece. They each earn about eighty cents a week, which means a great deal to such poor children. It is wonderful how they improve in dress and general appearance when they have been doing the work for a few

months. They are honest and prompt in bringing back the money for the articles delivered."

Between eleven and one o'clock men, women, and children of all sorts and conditions come and go. A well-dressed gentleman takes a quart jar from his hand-bag, and has it filled. Is it for himself, or is he a doctor who is taking this nutritious and savory beef-broth to a patient? A feeble old man brings in his pail to be filled. Dainty-looking young women, who perhaps are workers in shops, or teachers, or possibly students who provide their own meals, take away in their shopping-bags soups, stews, chowders, pressed beef, and health bread. Little children, black and white, come with their pails, plates, bowls, and pitchers. Old and middle-aged women appear, some apparently prosperous, and others with the stamp of poverty and hard work fixed upon them. All the people are a most interesting study. The perfect cleanliness, the gracious manner in which customers are served, the quiet, order, neatness, and despatch with which the vast amount of work is done, are marvelous.

The reader may ask, What are the origin and aim of this New England kitchen? Is this a charity or a money-making enterprise? It is not exactly either; its object is to cultivate a taste for good, nutritious food, scientifically prepared from the cheaper food-materials. It started in the following manner. In 1888 Mr. Henry Lomb of Rochester, New York, offered two prizes, $500 and $200, for the best essays on practical sanitary and economic cooking. Seventy essays were submitted, but only one met all the conditions. This was entitled "The Five Food Principles, Illustrated by Practical Receipts."

Mrs. Ellen H. Richards of the Massachusetts Institute of Technology, a member of the committee, had been interested for many years in the scientific selection and preparation of food. It seemed to her that if such a wide-spread publication of the conditions and rewards for essays on the selection and preparation of simple foods brought such poor returns, there was great need of some work to develop the knowledge and practice of scientific cookery. This undertaking was not a light one, and many things were necessary for the success of such an experiment — costly apparatus for laboratory and kitchen experiments; a woman with a taste for, and a practical knowledge of, cooking; a scientific training; the money to defray the expense of the project.

At this point Mrs. Richards thought of the author of the prize essay, Mrs. Mary Hinman Abel. Mrs. Abel is a college graduate who had spent five years in Germany with her husband, Doctor, now Professor, Abel of Michigan University. She had absorbed enough of the scientific spirit to flavor the work. Mrs. Richards met her in New York, and found that she would give six months to the work. At the end of that time she must join her husband.

As soon as Mrs. Abel's services were secured friends of the cause pledged the financial aid. The next thing was to find the proper place in which to start the work. The store at the corner of Pleasant and Winchester streets, Boston, was leased, and for six months Mrs. Abel and Miss Bertha Estey, her valued assistant, devoted themselves to the work of developing dishes and getting the kitchen into working order. This work was so admirably done that there has been no change in the methods, although the work has been much enlarged and is still growing.

During the first six months there were perfected six standard dishes which stood the test of daily sale. They were nutritious, palatable, easily made and served, and suited to the popular taste. Others were soon added. Besides the many experiments made at the kitchen, analyses of some of the dishes were made daily or weekly at the Institute of Technology. These prices were fixed upon for the various articles: beef broth, 18 cents a quart; beef stew, vegetable, potato, and tomato soups, 12 cents; pea soup, 10 cents; fish, clam, and corn chowders, 16 cents; evaporated milk, 7 cents a half pint; pressed beef and spiced meat, 16 cents a pound; cracked wheat, oatmeal mush, corn mush, boiled white hominy, and boiled yellow hominy, 5 cents; hash, 8 cents; rice pudding, 12 cents a quart; Indian pudding, 15 cents; health bread, small loaves, 5 cents each; white bread, 5 cents a loaf.

Mrs. Abel's report covered the first six months of the work, a period which was largely experimental. When she joined her husband, her place was taken by Miss Wentworth, a cultivated young woman, graduated from Vassar College in 1879, and later a student at the Institute of Technology. The work grew to such an extent that the steam-kettles and gas-table became a necessity. The beef-broth is still cooked in the Aladdin oven, but the soups that require to be brought to the boiling temperature are made in the steam-kettles. The methods and standard of the work are kept as Mrs. Abel left them. From ninety to one hundred quarts of soup are sent out every day, and from seventy to one hundred and fifteen quarts are sold over the counter.

A particularly interesting fact came to light in the course of the conversation the day I visited the kitchen. Miss Wentworth said that on holidays and Saturdays the sale is very light, showing that the children of the greater part of the poor people are in the habit of doing much of the housework when out of school, and therefore at such times there is no need of going to the kitchen. On Mondays, too, the sales are light, a part of the Sunday dinner serving for the midday meal on Monday.

To the hard-working woman and her family the New England Kitchen is an inestimable blessing. Here on her busiest days she can get nutritious and savory food nearly as cheap as she could prepare it herself, even if she knew how. A branch of the kitchen has been established in another tenement-house region at the North End of the city. It is hoped that many such branches may be planted in various places.

But Boston is not the only city that is to be benefited by this work. Mr. Havemeyer has pledged six thousand dollars to Professor Eggleston for the establishment of a kitchen in New York. A superintendent has been engaged, and it is thought that the work will begin before the end of this year. A kitchen has just been opened in Providence, Rhode Island, and there is talk of establishing one in Buffalo, New York, as well as in several other places in various parts of the country.

I believe that the scope of the kitchens should be much larger; that, beside soups, it should be possible to prepare and sell the cheaper cuts of meat in the form of braises, and some combinations of meats and

vegetables which require long cooking, and therefore are out of the reach of the woman who must work outside of her home many days in the week. The managers of the New England Kitchen do not feel that they have reached a point where the work can go on without any addition or improvement; on the contrary, they are still experimenting slowly and carefully, and no doubt before many years pass they will have solved one of the greatest problems of the age — how the masses may be economically and well fed. When the people who to-day depend for two thirds or more of their food upon bakers' bread, pies, cake, and doughnuts, with tea or beer as a drink, are educated up to the point where they choose soups, well-cooked cereals, and good milk instead, there will be a great gain in their physical and moral condition. It is not that this country lacks the raw materials with which all the people could be well fed, but the material is ruined in the cooking. One has only to spend a little time in a few of our large institutions to see that immense quantities of food are spoiled in the unscientific methods of cooking. I think the New England Kitchen will do for good cooking what the Fleischmanns have done in the last fifteen years in this country for good bread. When they started the Vienna Bakery at the Centennial Exposition in Philadelphia they set the right example of bread-making. People acquired a taste for good bread, and demanded it, and they have been getting a better article every year. This will be the case with the people as they acquire a taste for savory, nutritious foods scientifically cooked.

Maria Parloa.

Parks and Playgrounds for Children.

THE New York Society for Parks and Playgrounds for Children was incorporated on November 18, 1890. Mr. Abram S. Hewitt is the President. Its purpose is to provide healthful recreation for the 500,000 boys and girls in this metropolis, and thereby help to counteract in New York the physical and moral degeneration which follows the crowding together of people in great cities. The movement began in an effort to open Rutgers Slip for the children of the Seventh Ward. In this division of the city are 75,000 people, most of them living in tenements, and there is not in the ward a foot of ground where children may play without interference by the police. Rutgers Slip is an open plot of ground 320 by 174 feet. For twenty years it has been covered with rubbish, and until a young man, walking summer before last through the overcrowded East Side in search of sites for possible parks, happened upon it, nobody seems to have thought of the place except as a potter's field for broken-down wagons and decrepit tinware. Through the efforts of the new society Rutgers Slip has been set aside for playground purposes by the city authorities, and the Park Board is now devising plans for improvement.

Meanwhile several ladies secured from the Astor estate permission to fit up as a playground a plot 50 by 100 feet in West Fiftieth street, near the North River. This is the first public playground in New York. At the time it was laid out Boston had 19 playgrounds, exclusive of the Common, and London had 365. New York has 5157 acres of parks for grown-up persons and children on dress-parade. It had then no spot belonging to the children.

In 1887 the legislature of the State of New York, at the request of Mayor Abram S. Hewitt, passed the "Small Parks" Act, permitting New York city to expend a million dollars yearly in acquiring land and laying out small parks in the crowded districts. The provisions of this law are not being carried out as rapidly as the promoters of the project desire, and one object of the society is to induce city officials to purchase land for new parks to the extent permitted by the statute.

In August of last year a meeting was held to advocate turning the "Old Ball Ground" and "The Green" in the southwest corner of Central Park into a public playground. This meeting started a general movement which found expression in public meetings in halls and the open air, and in parades of workingmen. At a meeting of the Park Commissioners held September 24, 1890, the matter was referred to Superintendent of Parks Samuel Parsons, and to the landscape-gardener, Mr. C. Vaux. These gentlemen, with Chief Engineer Kellogg, reported that the scheme was entirely feasible. They recommended the erection, at a cost of $50,000, of a combined playhouse and bridge over the driveway which separates the two meadows, and the expenditure of $25,000 in providing means for outdoor sports. The issue is still undecided.

On January 8 was opened the first public playground of the new society. William R. Stewart secured from the Rhinelander estate the indefinite free lease of a plot of ground 200 feet square and extending from 91st to 92d street in Second Avenue. This plot has been graded at a cost of $1000 and inclosed by a high board fence. Two young enthusiasts have been placed in charge, and the playground has been fitted up with swings, wheelbarrows, shovels, toy wagons, and seesaw boards for small children. For the older boys games like foot-ball and "pull-away" are organized, and races and other athletic exercises encouraged. The most popular diversion is a parade with drums, banners, and American flags. The first parade ended in a riot, in which one of the well-meaning but unappreciated organizers was pelted with stones; but the boys have now learned the practical value of discipline, and the parades are successful.

Individual life in New York is so active that friendships between old and young, which are common and helpful in the country, are almost unknown. Parental influence is also very slight, and this condition obtains not only among the working masses but among the pleasure-seeking classes. Children are isolated in New York. Those of the poor are constantly subject to the contaminating influences of the street without the tonic of a healthy home life. The tendency of modern living is not toward the home, but toward the street, the saloon, the school, the lecture-hall, the restaurant, the reading-room, the night classes, the vices of the dark — toward everything and every place that means aggregation. The children live in a state of imperialism while in the school-room, and lapse at once into a state of anarchy when they leave. To them law and discipline are tyranny and disobedience is freedom. The Society for Parks and Playgrounds believes that the easiest way to teach children ethics is by object-lessons, and it purposes adding a course in democracy to the