<http://www.gutenberg.org/cache/epub/10136/pg10136-images.html>

**The first extract is from The Book of Household Management, by Mrs Beeton which was published from 1859. The book was intended as a guide on how to run your house and was full or recipes and tips to guide a new wife and mother.**

3. EARLY RISING IS ONE OF THE MOST ESSENTIAL QUALITIES which enter into good Household Management, as it is not only the parent of health, but of innumerable other advantages. Indeed, when a mistress is an early riser, it is almost certain that her house will be orderly and well-managed. On the contrary, if she remain in bed till a late hour, then the domestics, who, as we have before observed, invariably partake somewhat of their mistress's character, will surely become sluggards. To self-indulgence all are more or less disposed, and it is not to be expected that servants are freer from this fault than the heads of houses. The great Lord Chatham thus gave his advice in reference to this subject:—"I would have inscribed on the curtains of your bed, and the walls of your chamber, 'If you do not rise early, you can make progress in nothing.'"

4. CLEANLINESS IS ALSO INDISPENSABLE TO HEALTH, and must be studied both in regard to the person and the house, and all that it contains. Cold or tepid baths should be employed every morning, unless, on account of illness or other circumstances, they should be deemed objectionable. The bathing of *children* will be treated of under the head of "MANAGEMENT OF CHILDREN."

5. FRUGALITY AND ECONOMY ARE HOME VIRTUES, without which no household can prosper. Dr. Johnson says: "Frugality may be termed the daughter of Prudence, the sister of Temperance, and the parent of Liberty. He that is extravagant will quickly become poor, and poverty will enforce dependence and invite corruption." The necessity of practising economy should be evident to every one, whether in the possession of an income no more than sufficient for a family's requirements, or of a large fortune, which puts financial adversity out of the question. We must always remember that it is a great merit in housekeeping to manage a little well. "He is a good waggoner," says Bishop Hall, "that can turn in a little room. To live well in abundance is the praise of the estate, not of the person. I will study more how to give a good account of my little, than how to make it more." In this there is true wisdom, and it may be added, that those who can manage a little well, are most likely to succeed in their management of larger matters. Economy and frugality must never, however, be allowed to degenerate into parsimony and meanness.

6. THE CHOICE OF ACQUAINTANCES is very important to the happiness of a mistress and her family. A gossiping acquaintance, who indulges in the scandal and ridicule of her neighbours, should be avoided as a pestilence.

<https://www.theguardian.com/food/2020/apr/23/nigel-slater-simple-store-cupboard-recipes-for-lockdown>

Text 2

**Nigel Slater's simple store-cupboard recipes for lockdown**

**Five of his favourite recipes that offer comfort and familiarity, cut down on shopping and make use of ingredients you might already have to hand**

[**Nigel Slater**](https://www.theguardian.com/profile/nigelslater)

Thu 23 Apr 2020 12.00 BST Last modified on Thu 23 Apr 2020 12.02 BST

**I**t is taking forever to do the food shopping. At first, finding a time when the queues will be at their shortest; joining the queue, suitably distancing myself from the next shopper, then, when finally inside the shop, trying to avoid getting close to others mulling over which piece of Parmesan to buy. And then, I start all over again at the next shop.

To reduce my trips to the absolute minimum (I’ve been taking lockdown very seriously) I have been raiding my own [store-cupboard](https://www.theguardian.com/food/2020/apr/18/lockdown-larder-the-best-store-cupboard-recipes-for-cheap-easy-meals) at home and hunkering down on the carbs I have in store. I have probably eaten more beans, pasta and rice during lockdown than I did in the whole of last year. But that has been a good thing, reminding myself of dishes I may not have cooked in a while; stuff that might initially feel a little unseasonal, yet is strangely just what I need in times such as these. Much-loved recipes, cheap ingredients and food that offers a sense of comfort and familiarity.

I have dug out a number of archive recipes that have fitted in quite neatly with this new way of life. All rely very much on what is in the cupboard, with a few bits and bobs from the shops: a butternut squash cooked on the hob with butter beans and thyme; some crisp cakes of chickpeas and spinach (the greens came in my veg box but I could have used frozen); onions with miso butter that we ate with rice and a cheddar and potato mash that we’ve tucked into with sausages, and on another occasion, with asparagus.

I can’t find plain flour for love nor money, so I have been baking apples with marmalade and the dregs of the sherry bottle instead, and yesterday made a version where I mashed the apples after cooking and stirred them into whipped cream to make a version of fruit fool. I may be in lockdown, but that doesn’t mean I’m going to do without pudding.

