The 4-H's of Housekeeping

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The following conversation was overheard the other day in the town of—well, whatever the town you live in may be:

"Mrs. B., don't see how you do it! You are with a family of six, doing all your own work, with no more hours in your day than I have in mine, yet at the end of the day you look as if all you had been doing was sitting on a cool porch drinking ice cold lemonade. It does seem to me that if you have some secret formula for this result you owe it to your poor ignorant sister-women to bring it into the light of day!"

"Why, Mrs. C., I'm afraid you are unnecessarily excited. I'm sure I lead only a normal existence and as to secrets—my husband says that no matter how 'close' a woman may be, a secret is one thing she cannot keep. I just work along, using my knowledge of the three 'R's' of housekeeping and the end of the day finds me refreshed and ready to face another.

"There, now, I knew you had something up your sleeve that you were keeping from the rest of us. Who ever heard of the three 'R's' of housekeeping?"

"Now, pray what might they be?"

"Oh, the three 'R's'—why they are three keys I discovered in my reading and studying that unlock the door to the fullest life for homemakers like you and me, and it takes all three of them to unlock the one door. I call them Responsibility, Relaxation-Recreation. Now that you see, you can best tell me by bringing me over and showing me how you do it in your kitchen."

"I have always imagined the kitchen to be the heart of the home, and I believe that the woman who is really doing a good job in the kitchen will be able to explain it to you."

"I'll have to do something and do it right after lunch. I lie down and actually sleep for half an hour, then, before dinner, whenever I possibly can, I take another 15 minute period of relaxation either lying down or in my rocker, before the family comes in to eat so that I can be cheerful and ready to meet whatever situation may arise. It is really economy of time and happiness to do this religiously every day and I find that I do have time for it, too, since my work is carefully planned.

"Then must I standardize everything before taking my rest periods?"

"I should say not! Rest first and you'll find your work far easier and that you can accomplish more."

"I don't know—I'd be willing to try it if I thought it would put me where you are, but, you know, it seems almost lazy to really sleep or sit and do nothing on a busy day."

"My dear, that is a most mistaken idea that you have of rest, for the woman who gets over it the better for us and for our families. Now about my third 'R'—Recreation. That has been a lot of fun, for I've never had time for any before and I've certainly been missing about half my life. I had nearly forgotten how to play."

"Play? My goodness, don't you get enough exercise working? I'm so tired out at the end of a day that the very thought of play makes me groan!"

"Yes, I get plenty of exercise at my work, but almost all of it is mental relaxation, physical stimulation or that exhilaration that come from real play.

"We women are in the house so much doing the same round of tasks that we forget what real fresh air smells like and that we have any muscles besides those 'everyday' ones that we stretched just so far every time. Why, I have more endurance, vitality and real enthusiasm since I started playing again that I ever had in a life time of just housework. My recreation often consists of just games with the children, or it may be a game of tennis with my husband, or I've taken up hiking which is great housework."

"I plan to take a 15 minute rest about the middle of the morning or a little past, as duties permit. I usually sit in a comfortable chair and I like to get away from my work, put my head on the bank of the chair, I think about nothing at all if possible and if not, I force the 'work' thoughts out of my mind and concentrate on something interesting and different. It may be a good book or play I enjoyed or some happy incident, past or future.

"Or, I'll do something and do it right after lunch. I lie down and actually sleep for half an hour, then, before dinner, whenever I possibly can, I take another 15 minute period of relaxation either lying down or in my rocker, before the family comes in to eat so that I can be cheerful and ready to meet whatever situation may arise. It is really economy of time and happiness to do this religiously every day and I find that I do have time for it, too, since my work is carefully planned.

("Continued on page 11")

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**The 4-H's of Housekeeping**

_by Dorothy Cook_

**30 Min. Lunch**

**20 Min. Lunch**

**45 Min. Dinner**

- Toasted Cheese
- Sandwiches ... 15 min.
- Buttered String Beans ... 5 min.
- Ranch Dressing
- Canned Peaches 5 min.

- Cottage Cheese ... 5 min.
- Lettuce Salad and French Dressing
- Madeira or quantity 5 min.
- Salted Crackers
- Grapeseed Juice

**What Meal Would You Prepare if You Had Only 30 Minutes—One Iowa Homemaker Uses These.**

- "I carefully plan or 'schedule' my days and weeks now and it is certainly surprising to find that I can accomplish the amount on the top of the broken line and all of the time. That is probably because I first standardized all my tasks."

- "Well, it's just like a game—outwitting your work—and I get more pleasure and satisfaction out of those minutes I win from my work for myself and my family when playing this game! The way I do it is to figure out some new method that will cut down the time and energy required for each task, then I use this improved method for a few times, comparing it with the old one. (You see, if I didn't I couldn't tell what the results really were, for a new way is always a bit awkward at first.) This plan finally reduces the task to an absolute minimum of time and energy, which means that I've won in my game of 'outwitting my work'."

- "I've found it a great help to work out some of my recipes and menus this way, too—so that when my time is limited and I want a 10 minute dessert to prepare or a 30 minute menu—I go to my recipe file and pick out something suitable labeled '10 minute dishes' or 30 minute menus'. This, you see, relieves me of all worry as to how much time I may spend making it. It certainly gives one a comfortable feeling to know just how long it will take to do a given piece of work."

- "Mrs. C. sighed, "I should think so! My! housekeeping sounds interesting the way you do it! But don't you ever get tired?"

- "Of course, but I discovered, too, that there is a difference between 'fatigue' and 'over fatigue'. 'Fatigue' is just the normal result of work, while 'over fatigue' is a danger signal that comes when you are tired out, but not visually so, and almost too far over to avoid the crash. I found that I could do much better work, accomplish more and in the end retain my good disposition if I included several regular relaxation periods in my daily program.

- "Oh, yes, I do that too. I often sit down and pick up some fancy work..."

- "But, Mrs. C., those muscles you use in doing the 'pick up' work aren't having a chance to know a rest? I used to 'relax' that way too, but since I have been really relaxing I can see that I never before knew what it meant."

- "How often, and for how long a time? I am really very much interested."
What Shall We Teach and Wherewithal Shall We Be Clothed?
(Continued from page 1)
tical value must the fire be too scatter
been begun—not finished by the style show and a way is open to the next prob
lem. “How can I keep within my share of the family income?” The style show has opened interesting questions of color har
mony; of various angles of suitability; of the effect of careful grooming. In other words, if the teacher has done her part skillfully, her class should be at the point where they are ready and eager to go ahead.
The style show is one device for bring
ing them to that place. Whether we use that one or whether we start from another angle, let’s get away from cut and dried courses. Let’s be human and develop our home economics courses out of live, human situations.
The 4-H’s of Housekeeping
(Continued from page 4)
some books that I’ve always wanted to read and never have had time for, or by

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tain to meet with a cheerful reception. Among the most interesting are those Coats with the new back fullness, handsomely trimmed in rich fur collars and bands down the side. Fox and squirrel have been used liberally.

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Silk Hose
Lingerie

Shipley Pedersen Co.
—Opposite Sheldon-Munn Hotel—

DOMINANT in the modes for this fall and winter are the Frocks marked with the new high collars. Other noteworthy innovations are the bolero effect and pleated front, with the wide leather belts. These come in all the variety of wools and the new autumnal color tones.

New Gloves
Silk Hose
Lingerie

Shipley Pedersen Co.
—Opposite Sheldon-Munn Hotel—

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