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Lillian Shaben
Iowa State College

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How to Be Happy Without Oak Floors

By LILLIAN SHABEN

Were you ever obliged to move into an old dilapidated house and simply "make the best of things"? If you ever were, you have not yet forgotten the floors. If you were renting the house, your landlord probably thought the floors "good enough", and if the house were your own, you may not have decided that the old building was hardly worth the expense of new oak floors with oak at \$150 per M. Your problem then, was to treat the old floors in such a way as to make them attractive, and above all, easily cleaned.

That very problem confronted my sister and me last summer. Father decided that new floors would be impractical because of the unusually high price of lumber, and mother said, "You girls do whatever you like. Go ahead." So we started in.

Having experimented on a floor two years before with the best of success, we decided to give this floor a similar treatment. This consisted of cleaning, painting, and filling the cracks; then paint the floor, staining and waxing it.

Cleaning cracks is the least attractive part of the whole process. It is also the hardest part. An old, thin-

bladed paring knife, and a stiff goose feather are the best tools to use. The knife cleans the cracks fairly well, and the goose quill brushes out the last bit of dust. It is important to get the cracks very clean, because a layer of crack-filler put on over a crack full of dust will soon crumble, and the whole floor will be spoiled.

When the cracks are clean, they are ready to be painted. Very little paint is needed for this. A pint of left-over wall or floor paint will do very well for a large floor. A small stiff-bristled mullage brush works best in crack painting.

After the cracks are painted and dry, they are ready to be filled with putty. An old knife or a spatula that has been broken off about three inches from the handle is best for this. Work the putty solidly into the crack with the knife blade. You will be surprised to find how much putty a crack can hold, and how long it takes to fill a crack! It develops back bone, wrist, patience, and blisters, so wear old gloves.

We wadded exactly seventeen and one half pounds of putty into that one bedroom floor, but the result was worth the effort. Some people fill cracks with a commercial crack filler

without painting the cracks first. They are thus saved the labor of painting, but the expensive filler you use at thirty-five cents per pound wears no better than putty at ten cents a pound. This I found by experiment two years ago. We were buying crack filler for a floor and the druggist suggested that we try painting the cracks and using putty instead of crack filler. We did this for part of the floor, and the putty and commercial crack filler have worn equally well for two years. One of our neighbors used putty for crack filler on unpainted cracks, but after one year, the putty crumbled and fell out. Whether this was due to having the cracks unpainted, or to poorly cleaned cracks, I do not know. At any rate, I can vouch for well cleaned, painted cracks that are solidly packed with putty.

When all the cracks have been puttyed and allowed to dry, the coat of "ground color" paint may be applied. This paint is not the color of dirt, as its name implies, but is a light buff. It isn't the ordinary type of floor paint that wears well and should not be allowed to stand long before applying the final coat of stain.

The stain is a floor varnish stained

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Busy Mother, Read This!

By FRANCES THOMAS

Busy Mother, save your eyes, your stitches and your time by reading this article!

Miss Edna Armstrong, who has a degree from the State University at Iowa City, and who is now employed in the Iowa State College Nursery School, has just completed a study of "Motor Control in Young Children as Applied to Dressing." Her conclusions will be of great benefit to many busy mothers and seamstresses who make many children's clothes.

Miss Armstrong made a comparison of the various fasteners used on children's clothing, studying buttonholes and loops especially. To run the experiment, she made six brightly colored jackets fastened with various sizes of buttons and buttonholes, both horizontal and vertical, and loop fasteners. These fastenings were located



Playtime at the Nursery School

both on the sides and fronts of the jackets.

The 30 children in the nursery school were subjects to the experiment. Each child tried on the jacket and was observed and timed as he fastened it. At the end of the experiment, Miss Armstrong concluded several things.

She observed that in general the children had less trouble with any fastener if it were slightly below the waistline and toward the front. In the fasteners on the front of the garments, no one button seemed easier than another and the loops (composed of bias tape stitched flat) did not seem more difficult than either vertical or horizontal buttonholes. On the side fasteners the larger buttons seemed easier for the children to manage, and here too, the loops seemed just as easy to fasten.

Thus Miss Armstrong concluded that the wise mother would save countless hours of labor formerly spent in making buttonholes, by now placing loop fasteners on her kiddies' clothes. Her little tots will fasten them just as easily and quickly and she will save time and labor for other things.

Some Fish Geography

By SYLVIA PEDERSEN

AFTER Nicholas Appert's invention of canning saved sailors from the scourge of scurvy by providing them with garden foods and fresh meats, the sea returned the compliment by sending deep-sea dainties to people who live far inland. Today there are thirty-five varieties of fish products canned, and the housewife finds at least as many more ways of using them.

People of every race live in the United States, and they have brought their liking for their native foods with them. Consequently we have "finnan haddie," French Caviar, sardines, and anchovies from the Mediterranean chiefly as appetizers in various recipes for hors d'oeuvres. But much of the fish labelled "imported" comes from under the jurisdiction of Canada, with which country the United States has a friendly agreement about fisheries. Canned haddock, cod, herring, mackerel, sardines, shad, and shell fish are largely east coast industries; salmon and tuna fish are canned chiefly on the west coast.

In all fish lore the sardine has the most curious history. Guigilo Trenton, an Italian, began preserving pilchard minnows on the island of Sardinia about 1850. He called them "sardines." France, Spain and Italy began to put up these minnows too, and small sprats as well. In Norway they can mussa and sild fish and call them sardines. In Maine and in Japan the fish used are small herring; in California, a species of pilchard, and in other countries various kinds of small fish. It will be seen that there is no such fish as a sardine. As a matter of fact the kind of fish canned as sardines does not matter much; the quality depends on the way they are canned. They must be handled with great care. The little fish are so delicate that the general procedure is to behead, clean and wash them, fry them in deep fat, drain, pack them carefully in flat tins, and fill the tins with olive oil.

Oysters, so often the housewife's stand-by for a cocktail, soup, or scallop, are put up chiefly in Maryland, down the Atlantic coast to Florida and around the Gulf of Mexico. Along the north Atlantic coast they were once abundant, but now must be artificially cultivated, and fresh oysters bring such good prices in eastern cities that it does not pay to can them.

Who has not tasted, and asked for clam chowder? Three kinds of clams are packed, the hard and soft clams of the Atlantic coast, and a Pacific coast species, the razor clam.

Shrimps, crabs, and lobsters make the foundation for some of the inland housewife's most attractive and nutritious salads. Shrimps are canned chiefly in states bordering on the Gulf of Mexico where they are abundant. Only the tail is eaten. Canned crabs come mostly from the Norfolk and Virginia coast and from Japan where crabs are plentiful and the people

work for small wages to can them. Lobsters are caught in traps or pots along the North Atlantic coast, and brought alive to the cannery, boiled for about thirty minutes, and their meat taken from the shell in as large pieces as possible.

Only a beginning has been made along the sea coasts of America in preparing and canning anchovies, although these beautiful, small fish, blue-brown and silvery white, are abundant along our coasts. The Mediterranean is famous for anchovies, the industry of picking and spicing them being mainly carried on near its shores. Anchovies are an ancient appetizer. They were a favorite at Roman banquets in early times.

Caviar, the famous Russian tidbit, recently become familiar in American stores and markets, was originally made from roe of sturgeon, but now excellent caviar, made from the roe of salmon, codfish, herring, or white fish, can be bought at lower prices.

The tuna is a splendid game of the mackerel species which was not used for canning until 1903. In that year A. P. Halfhill, a sardine canner, near San Pedro, faced financial ruin because of the failure of the sardine run. So he turned to tuna fish, finding a means of preserving them by a special steam process. Canned with fine salad oil, the tuna attained so great a popularity that it now stands third in the value of all our tinned sea foods. Its flesh resembles chicken. It is often called "chicken of the sea" and is served many times in place of meat. Creamed on toast, or in salads it always finds enthusiastic favor.

Salmon is a story by itself. Most of the world's salmon is put up near the mouths of four of the longest salmon rivers: The Yukon, the Columbia, the Frazer, and the Copper. Canned salmon is used baked, in soups, cold in salads and sandwiches, fried in hors d'oeuvres, and in many other ways. Like some other sea fish, it contains iodine, so necessary to the inland dweller, and in food value as well as popularity ranks first among sea foods.

It would be hard to find a housewife who does not keep at least a few cans of the food on her shelves.

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the color of different woods. I used walnut stain. This applied over the buff ground color gave a pleasant, medium brown. The varnish is rather heavy to spread out evenly, and so I found it a good plan to paint two or three boards the full length of the room instead of painting several boards for two or three feet at a time.

A final application of wax makes the floor easy to care for as a waxed floor can be easily cleaned every day with

a dustless mop. The finished product is particularly clean and attractive looking and well worth the time spent upon it. The total cost of finishing this 18 x 23 foot floor was:

17½ lb. putty @ 10c	\$1.75
2½ qt. ground color paint @ \$1.25	3.13
2¼ qt. stain @ 1.50	5.63
Wax	1.35

Total\$10.86

A thin coat of wax applied about twice a year to the worn spots, will keep the floors in good condition.

We were so well pleased with this floor that we treated the stairway to the same process, and put rubber mats on the steps. As a result, the stairway looks well and it can be cleaned without raising a cloud of dust on sweeping day.

The kitchen floor was a special problem. In some places the boards were worn thin, and here and there were knots in the boards that refused to be worn down to a level with the rest of the floor. These knots were cut off with an old plane. Layers of newspapers judiciously arranged gave the floor a fairly even surface and we covered the whole with linoleum. The linoleum in turn, received a coat of natural color floor varnish and the whole kitchen looked transformed.

The largest item of cost in treating floors this way, is the labor expended. It would be a rather lonely task for one person, but two can have a rare time working together, and in the winter when the "men folks" haven't anything to do, every floor in the house could be transformed in two weeks.

Homemaking and Professions

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interests between husband and wife is gone. Unless she has kept up with the world, she finds herself with no vital interest and very little in common with her husband. It is at this time that so many women realize that no one needs them. They are too old to make a new place in the professional world and their job of child raising is over. To me, this is the greatest argument for a homemaker to keep up her professional career, for she has twenty or more years of her life to live after her real job of child raising is finished.

As A Man Thinketh

If you think you are beaten, you are!
If you think you dare not, you don't!
If you'd like to win but you think you can't,

It's almost certain you won't!
If you think you'll lose, you've lost!
For out in the world we find
Success begins with a fellow's will—
It's all in the state of mind.
Life's battles don't always go to the
strongest or fastest man!
But soon or late, the man who wins
Is the one who thinks he can.

—Author unknown.

Life is not a goblet to be drained; it is a measure to be filled."