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An Inventory of Skill for the Honest Housewife

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I was visiting in a home not long ago where there was a tiny three year old girl. At luncheon this little tot gravely asked to be served with the creamed onions before she was served with other food. Being rather surprised, I asked her if she was particularly fond of creamed onions. "No," she replied wrinkling up her small nose, "I don't like them at all, but if I eat them now, I can eat the good things after." She had been trained to eat the foods that were good for her. Her choice was, not to make a scene when she was served with foods which she disliked, but to eat them first and then enjoy the dishes she really liked.

The more we learn about nutrition, the more we find that a varied diet is the best diet for a normal person. If children choose their own diet, if mother gives them always the foods that they like best, they are going to have a restricted diet. A child who refuses to eat certain things is not only cheating his own physical well being but is laying up embarrassment for his mother and himself later on. You all know the finicky child. You have all witnessed his mother's embarrassment when she takes him visiting, and he refuses to eat the food which the hostess set running order.

To make this inventory of skill, one must be ruthless in conscientious and pitilessly critical of one's own self—frank to the last interrogation point. A premium must be laid on the smallest, most personal items since they affect, either directly or indirectly, the whole family. It might not be cut down—at least a little. Care.

Comfortable or you will excuse yourself for it than anywhere else in the household. Of course one must be well dressed but in these days it does not mean the everlasting watch of the little leaks. More money can dribble out of the family purse into clothing, with less to show for it than anywhere else in the household. Of course one must be well dressed but in these days it does not mean the everlasting watch of the little leaks.

Settle yourself in an easy chair with the following questionnaire and a blunt, black pencil. Make yourself physically comfortable or you will excurse yourself on the grounds that you are too tired to care.

DO YOU:

Save the paraffin from your jelly jars to use? Keep all flours and cereals in mouse proof containers?

Weigh your meat on accurate scales when it comes from the butcher? Serve no larger portions than can be eaten, especially to the children?

Know the art of making hash so the family asks for more?

Use all you buy before it spoils?

Know that souring does not spoil the food value of milk?

Buy only seasonal fruits?

Know your state regulations on foods and weight requirements?

Ever visit your dairy to see where your milk is coming from?

Decrease your meat bills by using macaroni, egg and cheese?

Make your own syrup for waffles and pancakes?

Serve expensive, low-valued breakfast foods instead of cooked cereals?

Buy your own bread, cakes and cookies?

Plan meals which are so nourishing that the family are filled up without their stomachs being overloaded?

Apportion your grocery allowance so as to get the most food value for the least money?

More money can dribble out of the family purse into clothing, with less to show for it than anywhere else in the household. Of course one must be well dressed but in these days it does not mean the everlasting watch of the little leaks.

An Inventory of Skill for the Honest Homewife

By ELIZABETH STORM

I' AN HONEST" confession is good for the soul, then the same sort of a confession is equally good for the pocket book. In these days of nip and tuck to make both ends meet, a little examination into ones methods of household management and daily expenditures of time and money will not come amiss.

To make this inventory of skill, one must be ruthless in conscientious and pitilessly critical of one's own self—frank to the last interrogation point. A premium must be laid on the smallest, most personal items since they affect, either directly or indirectly, the whole family. Since the grocery bill is one of the biggest financial bears with which the housewife has to struggle, take him to task first and see if his diet of dollar bills might not be cut down—at least a little. Settle yourself in an easy chair with the following questionnaire and a blunt, black pencil. Make yourself physically comfortable or you will excurse yourself on the grounds that you are too tired to care.

DO YOU:

Save your soap by weight?

Hang your sheets with the ends up by strong washing powders?

Have moth proof bags for coats, suits and pancakes?

Know how to remove all kinds of spots and stains from all kinds of fabrics?

Do you mend fifty-two weeks in a year?

Look at the material in a garment before the style?

Wash your silk stockings after each time you wear them?

Know how to darn serge with a thread of the fabric?

Place your shoes on trees after each time you wear them?

Save the paraffin from your jelly jars to use? Serve no larger portions than can be eaten, especially to the children?

Sun and air your woolen clothing frequently?

Fasten the ends of your thread to the spools when thru sewing?

Have moth proof bags for coats, suits and pancakes?

Know how to dye faded out dresses?

Have a dollars dress form made to fit yourself?

Know how to use a foundation pattern and make it fit?

Wear cotton stockings at home?

Have proof containers?

Protect your comforters at the top by Sun and air your woolen clothing frequently?

Know how to do small pieces of dry cleaning yourself?

Wear your own hand lotions?

Know how to determine cotton in linen and wool?

Have you ever visited your dairy to see where your milk is coming from?

Watch the advertisements of sales and then buy only what you really need?

Know that your extra spare bedroom might do better service as a nursery?

Buy your household supplies in quantities and thereby get them at a reduction?

Burn fifty cents worth of gasoline because you didn't make a memorandum for the first trip to town?

Use every bit of available floor space to the best advantage?

Know that your extra spare bedroom might do better service as a nursery?

Buy your household supplies in quantities and thereby get them at a reduction?

Burn fifty cents worth of gasoline because you didn't make a memorandum for the first trip to town?

Use every bit of available floor space to the best advantage?

Know that your extra spare bedroom might do better service as a nursery?

Have a cleaning closet holding all of the truly labor-saving devices and cleaning agents?

Know how to read gas, water and cleaning agents?

Know how to remove all kinds of spots and stains from all kinds of fabrics?

Use Turkish towels instead of huck to reduce your ironing?

Shrink all goods before making up and at the same time set the color in gingham?

Hang your sheets with the ends up by strong washing powders?

Have you ever visited your dairy to see where your milk is coming from?

Begin to use your own bread, cakes and cookies?

Plan meals which are so nourishing that the family are filled up without their stomachs being overloaded?

Apportion your grocery allowance so as to get the most food value for the least money?

More money can dribble out of the family purse into clothing, with less to show for it than anywhere else in the household. Of course one must be well dressed but in these days it does not mean the everlasting watch of the little leaks.

This spoiled child, if continually pampered will meet with difficulty when he goes away to school. When he leaves the parental food to go to a home of his own he will take his pampered tastes along with him and automatically start his children in his own footsteps. Many boys in the army, who had been "pampered children" in their own homes, learned to eat certain wholesome foods which they had never eaten at home, and they were far better off for having done so.

To save oneself and ones children from future embarrassment and to give boys and girls a foundation stone for physical, mental and moral health, give them a varied diet of the right kind of foods.

(Continued on page twelve)
DO YOU:

Work with or for your family? (There's a difference.)

Sing at your work?

Love your family and friends because of their peculiarities and not in spite of them? (There's a difference there, too.)

Appear your very best in your home?

Appreciate yourself when you look well and govern yourself accordingly?

Have an ideal for which the whole family strives?

Polish your house shoes and keep your house dresses mended and neat?

Make a point of being punctual?

Want to own your own home?

Make the most of what you have in the mean time?

Have vigorous health and maintain a high health standard for the family?

Do your housework with the fewest steps and the least exertion?

Train your children to appreciate their responsibility in their home and to shoulder their share of the work?

Keep posted on the development of household economics?

Attend the Women's club or P. T. A.? (Or bridge parties?)

Boost all civic improvement in your town?

By now your questionnaire may be pretty badly mussed up but don't be discouraged. These leaks in purse and happiness are small and can be stopped with a bit of time and effort. By sitting in a comfortable chair to note the liabilities of the family business, you are rested and ready to take up the next task with energy. You feel as if you could put it across in a short time and be ready for the next most urgent thing whether it be a pot roast for dinner or a story for Bobbs. (Continued from page 3)

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