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When Pencil and Pad Run a Home . . .

By Fannie Gannon, Ext.

System Spells Happiness

HAVE you ever, while you are chasing madly around trying to get done all the big and little things which homemaking demands of you in one short 24 hours, wondered a bit sceptically where all the talk of the modern woman's leisure hours ever got started? And have you ever thought, when you were simply "swamped" by those things you forgot to do yesterday crowding out the things you just have to do today—that you wished someone would make you a schedule to live by and list that day's duties and engagements each morning before your eyes? So have we all. And the biggest step that the homemaker has taken today is to drop her hectic rush for a few minutes each day and interestedly and carefully study her job and the doing thereof.

Lack of time, fatigue, pressure of house work and monotony are the four chief factors which make housekeeping a burden. These suggest some of the more complex phases of management in the home, but along with them there are serious problems of disorder, lack of family cooperation, tasks unfinished or left undone resulting in "getting behind" with work and lack of definite goals as indicated by the "puttery" days which are the torment of homemakers.

The pencil and pad habit is helping women. To make the best use of it, keep one pad in a convenient place in the kitchen, another upstairs and perhaps another in the front of the house. This device offers opportunity to jot down a market order, a purchase to be made in the way of some repair for house or clothing, a list of odd jobs to be done in the future, a plan or a message for someone. Anything thought of is written down at the time, hence the necessity of pads in different places in the house, for if one waits to go to the desk or kitchen, the idea will be forgotten.

A HOUSEHOLD file may be used. This homemade arrangement is a copy of the usual recipe file where classified information, which may be needed in a hurry, is placed. It is one of the best known time and energy savers.

Women have always liked a certain day for the washing and another for the ironing. Why not try sitting down with pencil and paper and making a chart of the next week? This procedure is helpful. Write in one column all such weekly tasks as washing, ironing, mending, etc. In another place all the tasks certain to come each day such as meals, dishwashing, bed making, etc. In another column the extra jobs peculiar to the season or needs, such as canning, gardening and sewing. Then lastly make the

column stating the times you expect to be away from home or any entertaining you plan to do. Now draw off seven columns



representing the seven days of the week. Jot down the daily tasks for each. Then place the weekly tasks in the days where they seem to fit best unless the extra jobs of the week or entertaining or going away from home may interfere this particular week. In that case the weekly tasks must be moved to other days.

Scrutinize the days to see if more work has been planned than there are hours in which to do it. Women often fail to realize how long tasks take and consequently crowd the day too full. Neither do they make allowances for the inevitable

Cottage Cheese Custard-- Here's How . . .

ARE you sighing, "What on earth can I have for luncheon today that is different?" If so, why not give your family a real surprise by serving a cottage cheese custard, or cottage cheese sandwiches?

Cottage cheese may be made at home by the following simple method: Pour over clabber milk an equal amount of boiling water. Turn the mixture into a cheese cloth bag and let hang until the whey has drained, but no longer. The curds should then be broken with a fork and moistened with cream or melted butter, and seasoned to taste. For each pound of cottage cheese desired, one quart of milk should be used. The cheese may be served plain, or made into a number appetizing dishes.

Cottage cheese custard makes a good dessert for an otherwise light meal. To make it, beat three eggs thoroughly, add one pint of milk, one pound of cottage cheese, one-half teaspoon of salt, one teaspoon of cinnamon, one-fourth cupful of brown sugar and one cupful of stoned dates or raisins. Turn into a well-oiled baking dish and bake in a moderate oven until set.

Pineapple and cottage cheese salad is certain to be a favorite with any family. To make it, mix chopped pineapple and cottage cheese in the proportion of about

interruptions. A good plan and family cooperation will prevent many of these interruptions, yet there are sure to be some. Rest periods in the day should also be planned.

With this system, women have accomplished more at the end of a week and feel physically fit because they avoided over-doing on some days and did not lose time on others while trying to recuperate from over-fatigue. They say they find few tasks left undone. They carefully weighed the value of tasks before deciding to do them. In other words, they found their duties to be divided among those that must be done, those that may be done, with no serious harm if they were not, and those that must not be done now, hence they are non-essential, or merely time-wasters which cause that "getting behind" feeling.

A WELL thought out plan of work for a week, especially if it has been written down, keeps one from having constantly to make new decisions. Thinking things over and constantly making decisions is nerve-racking business. Jotting things down prevents the carrying of a mass of detail in one's mind. Housekeepers become tired through forcing themselves to remember numbers of things. They stop to do tasks at the wrong time because they may forget.

Every business must run on some sort of schedule to succeed. Housekeepers have been afraid of that word because they have not made the best use of it. A well thought out plan relieves one of worry. It gives one freedom from that uncertain tied-down feeling. It contributes to promptness. It increases a respect for one's job because it awakens more interest and prevents drudgery. One begins to watch for wasted motion, to increase one's personal efficiency. Whenever one thinks more, there is a tendency to increased interest.

A well thought out plan covering at least a week is the fundamental principle of system in house work.

three-fourths cottage cheese to one-fourth pineapple. Arrange on lettuce leaves and pour over it the following dressing:

Heat one-third cupful pineapple juice and the juice of one lemon or orange. Beat two eggs, add half cupful of sugar and pour over this mixture the hot juice. Cook in a double boiler until it thickens, but no longer. When cool dilute with cream.

Chopped olives, nuts or raisins may be added to the plain cottage cheese to give variety. Any of these mixtures may be spread between slices of bread to make delicious sandwiches.