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THE IMPORTANT JOB OF HOMEMAKING

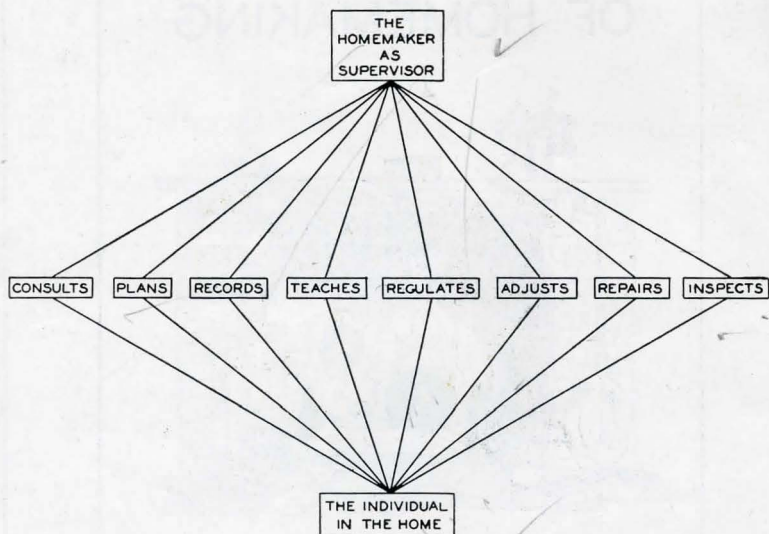


This is the true nature of home—it is the place of peace; the shelter, not only from all injury, but from all terror, doubt, and division. In so far as it is not this, it is not home; . . . it is then only a part of that outer world which you have roofed over, and lighted fire in.

—Ruskin

THE UNIVERSITY OF NEBRASKA
AGRICULTURAL COLLEGE EXTENSION
SERVICE AND UNITED STATES
DEPARTMENT OF AGRICULTURE COOPERATING
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THE BALANCED SPHERE



<u>CONSULTS</u>	WITH INDIVIDUALS IN THE HOME
<u>PLANS</u>	ORDER OF WORK, THE WHAT, THE HOW, THE WHERE, AND WHEN WITH THE FAMILY
<u>RECORDS</u>	EXPENDITURES AND PLANS FINANCES WITH THE FAMILY
<u>TEACHES</u>	CHARACTER, MENTAL DEVELOPMENT, HEALTH, AND SKILL
<u>REGULATES</u>	ACTIVITIES OF HOME
<u>ADJUSTS</u>	FAMILY LIFE AND RELATIONSHIP WITH COMMUNITY
<u>REPAIRS</u>	EQUIPMENT TO PREVENT DELAY
<u>INSPECTS</u>	MAINTAINS QUALITY OF FAMILY LIFE

The Important Job of Homemaking

"The mission of the ideal woman is to make the whole world homelike."

FRANCES E. WILLARD.

The Homemaker as a Builder

THE homemaker's job concerns all, both young and old. A right foundation for life is important and we build on that foundation a layer today and a layer tomorrow. The homemaker is the architect and the builder of her home. She may do the job of building the home life very poorly, but it must be done in some fashion or other. All kinds of building material surround her. Some of it is cheap and flimsy stuff, some strong and durable, some beautifully ornamented and of noble design. But usually there is a tendency to take the brick that is nearest because that is the easiest thing to do, rather than make the effort necessary to get the exquisitely carved stone lying a little farther away. It is necessary to consider the structure as a whole so that it may be complete. Consequently when the evening shadows of life fall, the homemaker finds that she has built a stately edifice, and not a shack that threatens to tumble about her ears any moment.

A home is long in building. After all the sticks, stone, and lumber are in place, after all the furnishings are in place, and all the decorating done, after it is equipped with necessary tools, then the homemaker begins to build a home.

"Laughter goes far to uphold the beams and clear the mists from the windows."

"Patience, tolerance, and compromise make flexible the walls and roof."

"Pity and compassion oil the hinges of the doors into the world."

"Joy makes little paths running blithely around the house and in and out of doors and windows in unexpected places."

"Tears and sorrow weight the pillars of the house, plumbing the foundations and molding closer a whole."

"Yes, that is true and something more;
You'll find wherever you roam,
That marble floors and gilded walls
Can never make a home.

"But every house where love abides
And Friendship is a guest
Is surely home, and home-sweet home;
For there the heart can rest."

The Beauty of Home Work

An important factor in the subject of the job of homemaking is the importance of knowing "how to live", how to enjoy working, how to

"Efficient housekeeping is the beginning of good citizenship."

—MARTHA VAN RENSSELAER

have good health, and how to play. No work in which man engages on earth can give more satisfaction, more complete joy, than that experienced by the mother who has brought up her family in a happy, well ordered home, and sent them out into the world trained to deal with its problems in the spirit of service.

All human work possesses a certain amount of routine or work that must be performed over and over again in the same manner. Even the artist who paints must clean his brushes and his palette, and even his studio. If he cannot afford an assistant he does it himself. Yet one never hears of the artist going around complaining about the drudgery of cleaning his equipment. All work must have its routine, but the worker must plan to keep the routine in the background, as does the artist.

The essential thing for all is to learn to love their work, to see the joy of doing it, and to make work their servant, instead of their master. This can be done by the homemaker as well as by the physician. We always find what we look for in life; it is at our very door knocking for entrance.

Homemaking is a bigger job than just kitchen work. Buying food, preparing meals, cleaning the house, and keeping clothes in order are important parts, but not the whole of it by any means. At the close of day millions of people turn their footsteps homeward. Home must be a most important place. Every trolley, every subway express, thousands of crowding motor cars, children from school, farmers with their teams are all bound for home. What awaits them there? What do we expect of this home? Are some disappointed in what they find there? Do they go reluctantly because they have no better place to go?

The home to some has come to mean the open door to cheer, affection, and tranquillity. It offers quiet when one wants it—moments for concentration, regaining poise, for catching up the loose ends of the day, and for laying out the next day's program. It can't be done between complaints from the kitchen and searching for lost galoshes, hats, ties, and other things which seem to disappear frequently about the household. Tempting food, attractively served, pleasant conversation, peace, relaxation, and undisturbed rest at night, provide to the breadwinner energy for the next day's work.

Home to the average man means a haven after struggle, a relief from tension—in other words a place where a man can be himself without fear of criticism or dissension. In being himself he may come home crabbed, discouraged, or perhaps joyful from the day's work. His disposition will vary with the job, his temperament, and his mood. One might call his demands selfish or unthoughtful, but perhaps they are necessary for the smooth running of the household's economic engine. The other person's work might at times appear easier and more interesting to the home-

"Home to me is religion. Therefore, it is the highest and deepest thing in the world, for God surrounds it."

maker. Those who work away from home might have interesting contacts, variety in work, and rewards for success. However, competition and business details are a strain. Daily contacts are not always happy but require patience and tact.

Farm life, where there is a great deal to do and where it seems as if woman's work is never done, has its problems. The farmer who has spent all day in the field, which may have been one of nature's best or one of dust and heat, may come home with different moods. The farm homemaker must in turn meet this mood, just as her cousin in town must. The homemaker's most important task often comes at the end of the day when the family assembles together. Keeping peace and happiness at the sacrifice of other things may be important in order to make the home a pleasant place to which to return.

The job of homemaking may be like that of the invaluable partner to an executive. Understanding this, the homemaker will begin to see her job as a real job, with all the responsibilities and limitations that go with it. There may be long hours and routine duties; they may be monotonous but that need not overcome the homemaker. She can work toward an executive position in her home and get away from the idea that she must be only the nursemaid, the dish washer, cook, laundress, and housemaid.

Much of the work in the home is made necessary by the number of persons in it who require personal service. How much personal service should the homemaker be required to give? How much should each member habitually assume? Is it fair that the homemaker should be the one to gather up the clothes belonging to members of the family, and hang them up or put them in the laundry bag when the others are perfectly strong, able-bodied persons? Is it fair that she should go through the house every morning putting back in their places the newspapers, magazines, books, hats, and gloves, or mittens thrown down wherever some adult or child left them? Is it not reasonable that neither mother nor any member of the family should render to any able-bodied adult or child old enough to care for himself any personal service which he could reasonably perform for himself?

Let the whole family take part in organizing the work of the home and suggesting more efficient methods of getting work done. Each member of the family must cooperate so that no one person in the home feels that he or she has all of the responsibility and all of the work to do. The job of homemaking does not belong entirely to the woman of the household. Home is man's sphere as well as hers. When the children arrive it becomes their sphere. Some one has said, "It is an institution builded by love and mutual needs, created to protect and comfort the family. Home is a haven, a sanctuary, a place for renewal of life, love and all that is eternal in the heart of man; it is the soul of civilization, the essence of

"Home is a haven. Therefore it is the safest place in the world, for God protects it."

sweetness, of abiding faith." It's an executive job, this business of keeping house, bringing up children, and being a successful wife and worthwhile member of your community.

X Homemaking is the finest job in the world. Waste of energy is the cause of drudgery and the best way to make work interesting is to study it. Share the problems and joys of homemaking with every member of the family. Let them be a part not only of results but the process and make it interesting. Then the homemaker becomes the executive of the home which she is building.

The Farm Homemaker's Opportunity

A homemaker tells the following story, "One day in a store, I met an old classmate who remarked, 'I suppose you have done as I have—married a farmer—and about all one does is to work hard and make lots of butter.' While riding home with Mr. ——— I kept thinking it over. I knew that I did work hard and that I made good butter, but it made me indignant to think that this was the measure of my life, and that of every farmer's wife. We both decided that we would do something, but what, we did not know. We took out our old school books and together we studied during that winter when there was nothing else to do. Our study at home soon led us to reach out into the neighborhood to gather the young people into a reading club. Our lives were enriched, we learned true values, and I had no time for melancholy. I forgot that pans were pans and pots were pots and thought how very natural and beautiful home work was and that homemaking included much of importance beyond the scouring of these pots and pans."

Della Thompson Lutes, in her book, "A Home of Your Own," writes: "The farm woman has opportunity to be both a contributor and a producer. She can and does become a partner in the business of the home; raises poultry, vegetables, fruit, calves, sheep, keeps the books, renders accounts. Moreover, there is greater effort being made to establish her as a trained business partner in marriage. The government is looking to her education and development: bulletins are written for her; extension and demonstration agents come to her door to teach her how and what to do in order that she may become both a producing and a contributing factor in her home. Her opportunities are great and her advantages over her city sister are greater. Her life is full of accomplishment and riches. She has, always, at her hand those priceless favors for which women of wealth pay out thousands of dollars—fresh air, sunlight, visitors of wood and field. When she lifts her eyes it is not to meet a wall of brick between herself and the sky. When she sits for a few brief minutes between tasks to catch her breath her thoughts may turn to wide and gracious acres. When her children leave their door, she does not follow them with quak-

"Home is love. Therefore, it is the greatest thing in the world, for God is love."

ing heart lest some Juggernaut of speed run them down. She knows who lives in the next house and cares. And if she is a sensible woman, and knows how to manage her time and her work, she is strong and healthy, sane and sound at heart. Hers is a rounded life, well formed and beautiful. She shares her husband's days to the full and is one with him in the partnership of married life."

The Homemaker's Responsibility

Get discussion

(As a homemaker, what is your job?

What are your responsibilities?

What do you do that takes your time and energy?

What responsibilities may the family share?

2 members on these subjects.

These questions were asked of the county chairmen who attended home demonstration conferences held in different parts of the state. Usually the first answer given would be, "Oh, I cook and prepare the meals for the family." As they discussed what they did in feeding the family, besides the cooking, they decided to call the heading for that part of the work "Food and Nutrition" rather than "Cooking."

In thinking about the homemaker's responsibilities for food and nutrition, they said there was the planning, preparing, and serving of well-balanced meals. A good number of the women also had to prepare lunches. Then there was the canning, drying, pickling, and the jelly making to do. Other women suggested that they have to give time and thought to refrigeration and also to butchering. The storage and care of food take time and thought.

Homemakers have a big responsibility in the purchasing of foods and in the use of left-overs so there will be no waste. In most homes the training of the family to have good food habits and to be courteous and interesting at the table are important factors for the homemaker.

The list of food and nutrition responsibilities also included the food problems which arise when there is sickness in the family or when there is company. No doubt there are other food and nutrition responsibilities, but these were the ones suggested in the short time given to the discussion on foods.

The women were then asked what else they did and nearly always the answer would be "Keep the house clean." This was then discussed and they decided the best way to list it would be to classify the work as daily, weekly, and seasonal cleaning. Methods of cleaning were discussed, for some homemakers do their cleaning more easily than others. Each homemaker has a responsibility to study her methods and to learn how to improve them. Homemakers need to study their equipment and supplies to be sure that what they have serves the purpose as well as it should.

"Control the material things about you and make physical and social forces do your bidding so that you may find time and energy to make life beautiful, gracious, and worth while."—GRACE RICHARDS.

Next came a discussion of laundry, and the different phases of that home responsibility were listed. The following outline contains the responsibilities as they were suggested by the county chairmen. No two lists were the same and no two had the same sequence. These lists were suggested within a short time and no previous study was given to analyzing the job of a homemaker.

The lists from the eight conferences were typed and then given to the students in the Extension Methods class consisting of ten girls who were studying to become county home demonstration agents. The girls in the class combined them into a list similar to the one which follows.

You would enjoy this circular more if you would take a pencil and paper, before reading any farther, and make a list of your homemaking responsibilities if you have not already done so. No doubt you who are reading this circular will think of additional responsibilities which homemakers have. After the following list has been studied, check the ones which are included in your job as a homemaker. Think of the things that the individual members of the family might do to help with the important job of homemaking.

HOMEMAKING RESPONSIBILITIES

I Family Relationships and Child Training

- A Progressive attitude
- B Adult and parent education
- C Family councils
- D Happy home atmosphere
 - 1 Teach and practice every day courtesies
 - 2 Family cooperation in work and play
 - 3 Mutual confidence
 - 4 Keep and develop family affection
 - 5 Privacy
 - 6 Table conversation
 - 7 Recreation
 - 8 Music
 - 9 Evenings at home

E Personality and character development

- 1 Honesty
- 2 Responsibility
- 3 Self-reliance
- 4 Respect for rights of others
- 5 Cooperation
- 6 Confidence
- 7 Obedience
- 8 Patience
- 9 Appreciation

F Development of individual responsibilities in:

- 1 Choice of associates

- 2 Sympathetic understanding and interest in people
- 3 Practice of Golden Rule
- 4 Appreciating beauty and nature
- 5 Use of time and money
- 6 Care of personal belongings
- 7 Care of body and mind
- 8 Sex education

G Others in Home

- 1 Relationships
- 2 Hired help, influence on family

II Family Economics

- A Plans for spending of money
- B Record of home expenses
- C Knowledge of business affairs
- D Intelligent buying for the home
- E Marketing

III The House—Furnishing a beautiful home means as much to domestic happiness as a well-cooked meal.

A Household management

- 1 Time-work schedule
- 2 Household engineering
 - a Methods
 - b Labor-saving devices
 - c Selection, care, and repair of equipment
 - d Upkeep of house and improvements

3 Cleaning

- a Daily
- b Weekly
- c Seasonal

B Home beautification

- 1 Interior beautification—selection, color, and arrangement
- 2 Exterior beautification
 - a Arrangement of farmstead
 - b Landscape
 - 1 Front yard
 - 2 Back yard
 - c Garden
- 3 Roadside

XIV Foods and Nutrition

A Management of food

- 1 Planning well-balanced meals
- 2 Purchasing
- 3 Storage
- 4 Serving
- 5 Dish washing
- 6 Use of left-overs

B Preservation of food

- 1 Canning
- 2 Drying
- 3 Pickling
- 4 Jelly making
- 5 Refrigeration
- 6 Butchering

C Lunch baskets

D Food for sick

E Company meals

F Develop good meal-time habits

- 1 Healthful eating habits
- 2 Etiquette
- 3 Conversation

XV Textiles and Clothing

A Planning

B Selection and purchase

C Construction

- 1 Use of patterns
- 2 Remodeling
- 3 Dyeing
- 4 Shrinking

D Care

- 1 Cleaning
- 2 Pressing
- 3 Repair
- 4 Storage

E Equipment and supplies

F Laundering

- 1 Methods
 - a Stain removal
 - b Setting colors
 - c Washing
 - 1 Hand
 - 2 Machine

2 Ironing

- 3 Selection and use of equipment and supplies

4 Soap making

5 Use of water softeners

XVI Education

A Secular education

- 1 Create an interest in:
 - a Education
 - b Literature
 - c Music
 - d Art
 - e Travel
- 2 Develop talents
- 3 Social contacts with cultured people
- 4 Open-mindedness
- 5 Cooperate with teachers
- 6 Courtesies
- 7 Be members of organizations
 - a Project clubs
 - b Others

8 Plan for education of children

9 Preparation for homemaking

B Religious education

- 1 Develop a Christian personality
- 2 Make use of religious agencies, such as worship services, Sunday School, young peoples' organizations, etc.
- 3 Practice stewardship
- 4 Religious training in the home
 - a Bible reading
 - b Prayer
 - c Grace at meals
 - d Religious songs

VII Recreation

A Individual recreation

- 1 Hobbies
- 2 Reading
- 3 Vacations
- 4 Radio
- 5 Wise use of leisure time
- 6 Nature study
- 7 Handicraft

B Family recreation

- 1 Play space and equipment
- 2 Reading
- 3 Music
- 4 Picnics
- 5 Games

C Community recreation

- 1 Play space and equipment
- 2 Music
- 3 Picnics
- 4 Dramatics
- 5 Parties
- 6 Games
- 7 Clubs and organizations
- 8 Commercial entertainments

VIII Homemaker Herself

- A Keep fit
 - 1 Physically
 - a Health
 - b Appearance
 - 2 Mentally
 - 3 Spiritually
- B Develop pleasing personality by:
 - 1 Self-control
 - 2 Humor
 - 3 Poise
 - 4 Tact
 - 5 Open-mindedness
 - 6 Appreciations
 - 7 Radiating happiness
 - 8 Hospitality
 - 9 Sympathetic understanding
- C Keep right mental attitude
- D Practice Golden Rule

IX Health

- A Develop health habits
 - 1 Physical
 - a Food habits
 - b Cleanliness
 - c Exercise
 - d Relaxation
 - e Sleep
 - d Regular physical examination
 - 2 Mental
 - 3 Spiritual
- B Create healthful environment
 - 1 Sanitation
 - 2 Lighting
 - 3 Ventilation
 - 4 Heating
- C Care of sick
- D First aid

X Community and Civic Responsibilities

- A Participation in community life
- B Neighborliness and sociability
- C Community cooperation
- D Respect for others
- E Help in community organizations
 - 1 P. T. A.
 - 2 Project clubs
 - 3 Women's clubs
 - 4 Farm organizations
 - 5 Social clubs
 - 6 Lodges, etc.
- F Leadership in community affairs
- G Church and school activities

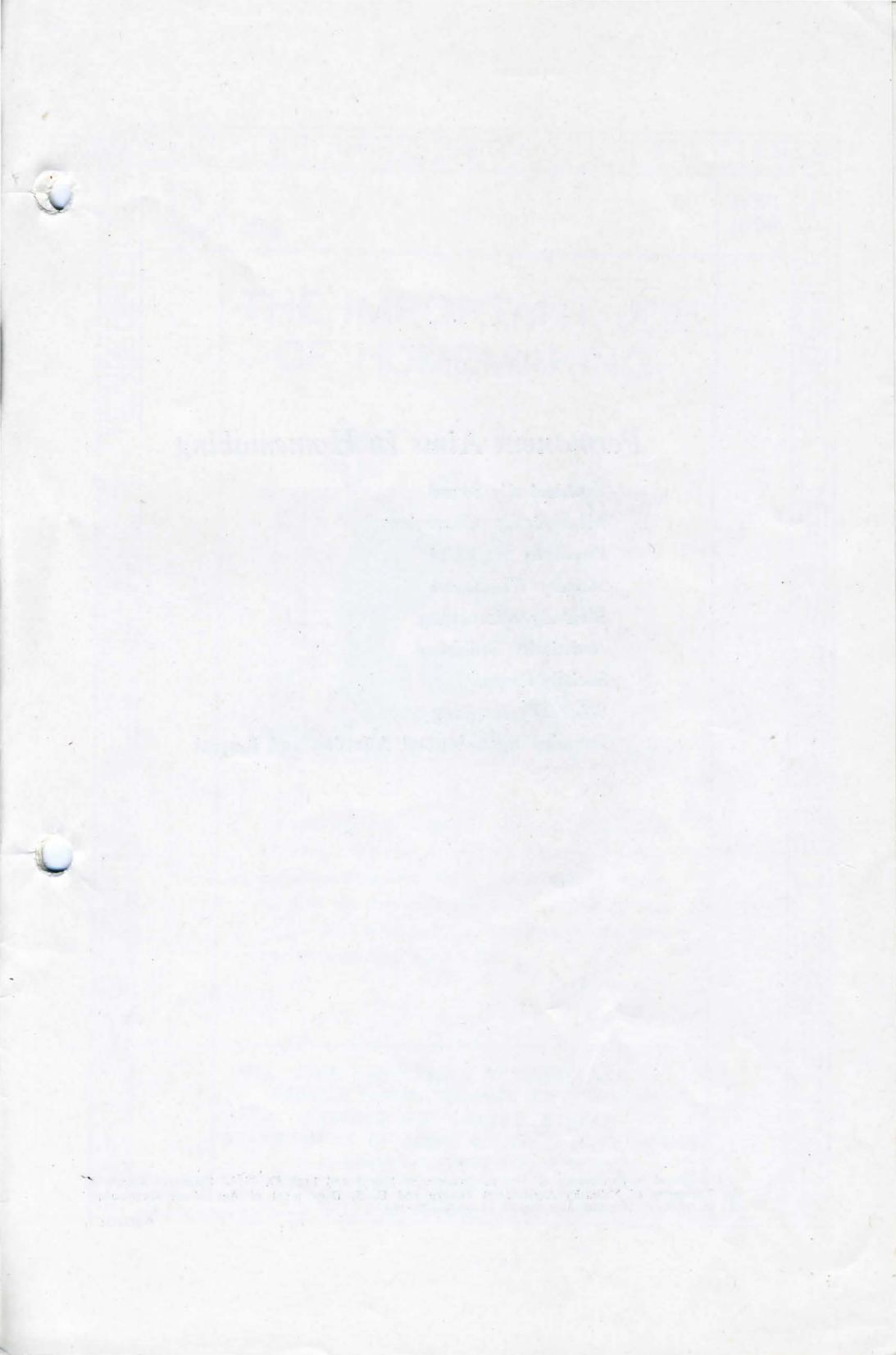
H Recreation

- I Organizing and sponsoring youth clubs such as 4-H Clubs, Camp Fire, etc.
- J Supporting civic projects
 - 1 Library
 - 2 Recreation
 - 3 Community betterment projects
 - a Beautification
 - b Health and sanitation
- K Civic responsibilities
 - 1 Know and obey laws
 - 2 Know lawmakers and officers
 - 3 Know property rights
 - 4 Temperance education
 - 5 Intelligent voting

XI Outdoor Activities

- A Gardening
 - 1 Planning
 - 2 Equipment
 - a Selection
 - b Care
 - c Storage
 - 3 Preparation
 - 4 Care
 - a Cultivation
 - b Weed control
 - c Pest control
 - d Moisture control
 - 5 Utilization
 - a Harvest
 - b Storage
 - c Preservation
 - d Marketing
 - 6 Small fruit
- B Dairy
 - 1 Equipment and supplies
 - a Purchase
 - b Upkeep
 - 2 Sanitation
 - 3 Management
 - a Production of quality products
 - b Handling
 - c Storage
 - d Marketing
- C Poultry
 - 1 Equipment and housing—care
 - 2 Management—selection and care
 - 3 Marketing

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Permanent Aims In Homemaking

Economically Sound

Mechanically Convenient

Physically Healthful

Morally Wholesome

Mentally Stimulating

Artistically Satisfying

Socially Responsible

Spiritually Inspiring

Founded upon Mutual Affection and Respect