

Let's Go Homemaking!



LET'S GO HOME MAKING

Managing Your Home or Do Your Own Thing

This series of lessons has been designed for young marrieds. It is hoped they will help you as you plan improving management of your home through your own resources. "Do your own thing" means you best know your resources -- *time, money, energy, talent, skills, etc.* How you work with these can help you in managing your home to carry out your plans and to meet your goals. The information is divided into lessons:

-*Focus on You*
-*Occupation: Homemaker*
-*Where Does the Money Go?*
-*What's in a Home?*
-*The Art of Homemaking*

This series of lessons may be studied at home by yourself, with your husband, or with friends--in other words, do them at your "best time." It is suggested you complete one a week and return your lesson sheet with any questions or comments. The home economist at your University Extension Center will read your return, answer your questions, and perhaps suggest further references if you so indicate. She will be interested in knowing other subjects for which you would like additional information or study programs.

LESSON I - FOCUS ON YOU

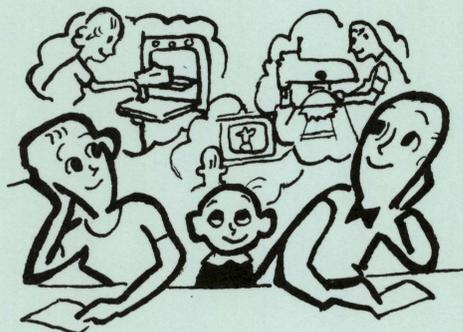
As "Mrs. Homemaker" you are faced with many decisions -- about yourself, your relationship to others, and about things. Occasionally we need to stop and take a look at who we are. This idea goes along with the current expression, "*stop the world, I want to get off!*" The booklet (C891) FOCUS ON YOU will give you the opportunity to think objectively about yourself and your resources and how they do contribute to your homemaking activities. This booklet will be yours, so mark it as you please. You may want to make columns for your husband to use--or you may prefer to ask for another booklet for him.

On page 8, you may have individual goals as well as family and home goals. Is there a correlation of these you have written?

Pages 9 and 10 will give you an opportunity to pin-point the resources at your disposal. This is a particularly good topic to discuss with others and to learn how they've made the "*maximum from the minimum.*" This often leads us to thinking of ways we can improve.*

Management and decision making are two words we find people often like to avoid discussing. Do you feel more comfortable about them after reading these pages? You may have been surprised "*how daily*" these words are in your actual day to day life.

The following lessons will go into more detail on your management of resources. Now you are beginning to see the reason for the title, "Do Your Own Thing." Fortunately, there is no mold into which all couples, all homes, all families, or all individuals will fit. Each must make his own mold to reach desired goals. Page 14 is the most important part of this booklet -- it is yours alone -- *make it meaningful.*



*If you should have a copy of FOCUS ON YOU that was one of the first printing you will see a mistake in numbering of pages. If page 11 is a new chapter, "*Focus on Your Management Practices,*" it should be page 12. Page 12 should be page 11.

"Focus on You" - Reading References

Smacka, Carolyn. "An Organized Housewife Speaks Out." McCall's,
December, 1968, p. R2.

Evens, Mary. "How Little Love Means." Redbook, September, 1968,
p. 65+.

Bracken, Peg. "Pass Go, Collect \$200." Family Circle, October,
1968, p. 12+.

Wohlberg, Lynn. "Why I Like Feeling Trapped." Redbook, September,
1969, p. 15.

Blum, Sam. "What Would Really Make You Happy?" Redbook, January,
1969, p. 49+.

LESSON II - *Occupation-Homemaker*

Today's happiest--and easiest--housekeeping is achieved only when you combine the theory of the best present-day practices with the application of your best creative intelligence. Homemaking is recognized as housekeeping and as a means toward a goal--which may not be the bright and spotless home which pleases the eye, but the contribution it makes to the family's well being. This is done by providing a pleasant, orderly, gracious place to work and live.

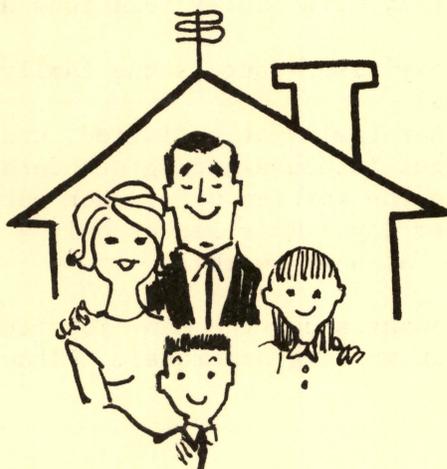
No two women do the same task exactly the same way; no two households are run in exactly the same manner. But even though your work methods cannot be standardized, your willingness to work on new jobs and to look at old ones critically can often mean a great deal to you. Efficiency is great--but you want more than that!

"I'm just a housewife." Ever hear that phrase? Did it make your blood pressure take a momentary blast-off? When asked whom he considered the most admired persons of his time Bernard Baruch replied, "The housewife is the most important person: she holds the world together." Homemaking does make many demands on you, and you probably have days you think the world won't hold together. But when you consider all the faces you now have--daughter, friend, wife, mother, learner, and doer, plus the few moments each day being just you-----you can't help but boost your ego a few notches for the many days you successfully fill these roles.

How many people are you? How much are you worth? How many dollars and hours are you contributing to the home through your homemaking? Do a little pencil pushing on those questions and you can see how valuable your home management practices have become to help reach your family goals. Did you forget any of these jobs?

Secretary-Treasurer
Chief Chef
Purchasing Agent
Laundress
Gardener
Chauffeur
Governess
Seamstress

Hostess
Nurse
Counselor
Food Processor
Home Engineer
Community Member
House Keeper
Companion



OCCUPATION: *Homemaker + Job*

Skyrocketing living costs as well as woman's need to put all of her abilities to their best use mean that more and more women are seeking employment outside the home. Eight out of ten American women work for pay at some time in their lives. About 1/3 of the working force is composed of women, and about 58% are married. Each family has to make its own decision weighing the advantages and disadvantages and discussing how these relate to their own values and goals.

Why Do Women Want Jobs Outside the Home? The reasons are many and may include one or more of these:

-economic necessity - This may be short term (student-husband) or long-term (husband's income and family goals don't match in today's high cost of living).
-sense of accomplishment and self realization--half of all women marry shortly after 20, have the last child before 26, and are ready to look for work in their early 30's. Many women want to invest this time so as to feel needed and to make their contribution. The new homemaker may be bored or may have had a very satisfying job prior to her marriage. Too, she and her husband may want to accumulate some saving toward their new home.
-provide extras - This may range from luxuries to unexpected expenses.
-"Everybody's doing it" - The homemaker may feel left out, if she has many friends who have outside-the-home employment.
-service motivation - the homemaker may have special skills or abilities that she sees are needed in her community.
-fringe benefits - security, credit unions, insurance, etc.

There are new situations to cope with that you will want to take into account if you are considering a job outside the home, such as:

-will it pay - this takes some questioning and more "pencil pushing." The worksheet enclosed will help you think of some of the \$\$ and ¢¢ items.
-who will care for the children? - not just day to day routine, but appointments, illnesses, lessons, etc.
-how does the husband feel about his wife working?
-can she cope satisfactorily with family relations after a day of work?
-the standard of living may rise - but is the family prepared if the second income ceases?
-will the homemaker and her family be satisfied, understanding, and cooperative of changes in housekeeping standards? Lack of time is a big problem to the working wife. Her outside job may take 9 to 12 hours of her day. This leaves only 4 to 7 hours a day to take care of the "at home" work.

In this lesson we've thought about the many jobs and roles of the "at-home" homemaker and of the working homemaker. Either presents many

opportunities of making the best with what you are working with--or of managing your home so you can still have time for yourself and your family.

Our Time

It sometimes is helpful to check on time use and see if there are alternatives you would like to try in your allocation of time.

Time, an intangible resource, is available in equal amounts to everyone. For most young homemakers the days are filled with so many activities priorities must be set. Some of these activities are so interesting time seems to fly--while others frequently lead to boredom and frustration. The ability to manage time is equally important for either of these situations. The busy homemaker, after evaluating the various demands on her time may (1) eliminate some of the less significant activities or (2) increase her skill in performing routine tasks.

Written schedules are not essential for satisfactory management of time--but they do seem to help to get a good picture for examination. Experiment with a written plan. The form used for a time schedule is a matter of personal choice. If you can prepare a plan at the beginning of the week, you will be better able to balance your responsibilities among the various days. Remember special events need to be considered long before they occur. Since no one can anticipate all interruptions and impromptu demands, allow for them!

Your plan can be as simple as--

Daily

Weekly

Seasonal

or

With a scratch pad mark a sheet for each day--then put 24 squares on it--for each of the hours (this is 168 hours a week). Don't forget to include everything--sleeping, eating, school and/or work, travel-time, shopping, cooking cleaning, reading, church and community activities, phone time, recreation, etc. Are there possibilities for change?

12 MIDNIGHT	4	8	12 NOON	4	8
1	5	9	1	5	9
2	6	10	2	6	10
3	7	11	3	7	11 PM

Is There A Better Way? is an enclosed bulletin that reviews the management process. Does the summary on the last page give you an idea for changing some of your work?

The next lesson will deal more specifically with money and its management.

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WORKSHEET FOR ESTIMATING WIFE'S NET INCOME FROM EMPLOYMENT

Gross Income. \$ _____

Expenses:

- 1. Income taxes (Federal, State, & Local) \$ _____
- 2. Social Security Tax. _____
- 3. Contributions to other retirement plans. _____
- 4. Meals and snacks at work _____
- 5. Transportation to and from work. _____
- 6. Care of children _____
- 7. Transportation on job (not reimbursed) _____
- 8. Special work clothing (include care) _____
- 9. Dues to unions, employee clubs, professional and business, etc. _____
- 10. Professional and business publications _____
- 11. Professional and business meetings, conventions. _____
- 12. Educational expense related to employment. _____
- 13. Tools or licenses required for the job _____
- 14. Gifts, flowers, etc. for fellow employees. _____
- 15. Parties, special meals with fellow employees _____
- 16. Extra spent for general-wear clothing and care _____
- 17. Extra spent for personal care. _____
- 18. Extra spent for paid help for house. _____
- 19. Other. _____

Total _____

Net Income (gross income minus total expenses). \$ _____

LESSON II *Occupation: Homemaker* - References

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Friedman, Betty. The Feminine Mystique. Dell Publishing Co. Inc.
(Dell #2498).

_____. "The American Woman, 1968." Together, July, 1968,
pp. 32+.

Hartman, Sylvia. "Should Wives Work?" McCall's, February, 1969, pp. 57+.

Combs, Ann G. "Ode to a Neglected Dustcloth." Redbook, February, 1969,
pp. 14+.

_____. "Is Mom an Under-Achiever?" Farm Journal, February,
1969, pp. 102.

Wilk, Max. Help! Help! Help! Macmillan Co., 1963.

Start, Clarissa. Never Underestimate the Little Woman.

THE UNIVERSITY OF CHICAGO

PHYSICS DEPARTMENT

PHYS 440

PROBLEMS IN QUANTUM MECHANICS

PROBLEM SET 1

1. A particle of mass m is confined to a one-dimensional infinite potential well of width L . The potential is zero for $0 < x < L$ and infinite elsewhere. The wave function $\psi(x)$ must satisfy the boundary conditions $\psi(0) = \psi(L) = 0$. The stationary wave functions are given by $\psi_n(x) = \sqrt{\frac{2}{L}} \sin\left(\frac{n\pi x}{L}\right)$ for $n = 1, 2, 3, \dots$. The corresponding energy eigenvalues are $E_n = \frac{n^2 \pi^2 \hbar^2}{2mL^2}$.

2. Consider a particle in a one-dimensional potential $V(x) = \frac{1}{2}kx^2$. The ground state wave function is $\psi_0(x) = \left(\frac{m\omega}{\pi\hbar}\right)^{1/4} e^{-\frac{m\omega x^2}{2\hbar}}$ and the energy is $E_0 = \frac{1}{2}\hbar\omega$.

3. A particle of mass m is in a one-dimensional potential $V(x) = \frac{1}{2}kx^2$. The wave function $\psi(x)$ is given by $\psi(x) = A e^{-\alpha|x|}$ for $x > 0$ and $\psi(x) = A e^{-\alpha|x|}$ for $x < 0$. The constant α is determined by the Schrödinger equation and is $\alpha = \sqrt{\frac{2mV_0}{\hbar^2}}$.

4. A particle of mass m is in a one-dimensional potential $V(x) = \frac{1}{2}kx^2$. The wave function $\psi(x)$ is given by $\psi(x) = A e^{-\alpha|x|}$ for $x > 0$ and $\psi(x) = A e^{-\alpha|x|}$ for $x < 0$. The constant α is determined by the Schrödinger equation and is $\alpha = \sqrt{\frac{2mV_0}{\hbar^2}}$.

5. A particle of mass m is in a one-dimensional potential $V(x) = \frac{1}{2}kx^2$. The wave function $\psi(x)$ is given by $\psi(x) = A e^{-\alpha|x|}$ for $x > 0$ and $\psi(x) = A e^{-\alpha|x|}$ for $x < 0$. The constant α is determined by the Schrödinger equation and is $\alpha = \sqrt{\frac{2mV_0}{\hbar^2}}$.

LESSON II - *Occupation - Homemaker* (Return Sheet)

1) I found this lesson helpful in what ways?

2) This lesson was not particularly useful for me because --

3) I find _____ is my hardest homemaking task
because _____

However, I particularly enjoy _____

4) I would like additional information about _____

Name--

Address--

Phone--

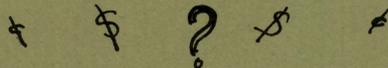
LESSON III - *Where Does the Money Go?*

Who's Affluent? Not Us!



"We are likely to manage money with the same success that we manage all the other relationships of life. If we are careless in our work and personal habits, we are likely to be careless with money. If we lack personal discipline and self-control, we will find it difficult to spend money wisely. Management of money, therefore, is but one phase of learning how to manage one's life."

(from Your Home Can Be Christian, by Donald Maynard. Abingdon Press, 1952, p. 89)



Regardless of age, sex, or years of marriage the above quotation pretty well sets the stage for a glimpse into the study of managing our money. This topic is frequently found as a cause of marital and personal problems. You will find your library and current publications full of good information that may prove helpful as you consider this area of home management.

Why is money management included in this series of lessons? By now you are familiar with the terms--goals, values, decisions, resources, and management--so, you can see how each of these has a direct bearing on your family financial planning.

The attitude you have toward money management is significant--and may be more important than the mechanics involved. And, it is easy to get bogged down by the mechanics. You are developing an understanding of your family income along with your financial obligations--your attitude as an individual who is part of a family is developing too--because of the goals and values that you are building into your lives. What are the goals you hope to achieve through use of your money? Recall some recent experiences in your marriage in handling money. What values were shown in these experiences? Did they contribute to your family goals by reflecting your family's values?

Very few families feel they have all the money they need or can use. Thus, the tremendous interest in money management shown by all ages of people. The word "affluent" is in very common use in literature--and, yet, few people feel they are affluent when we talk with them about their family finances. One is not always satisfied with his own money management, but others are seldom satisfied with other people's spending patterns either. This often quoted example tells this story rather well! "If a man runs after money, he's money mad; if he keeps it, he's a miser; if he spends it, he's a playboy; if he doesn't get it, he's a ne'er-do-well; if he gets it without working he's a parasite; if he doesn't try to get it, he lacks ambition; and if he accumulates after a lifetime of hard work, he's a fool who never got anything out of life."

Initially, you must decide what goals are to be achieved through use of your family money. Then you are ready to plan your spending--the word "budget" has become unpopular--but this plan is a budget. You can feel better about a budget if you remember it is a plan; it must be flexible; and it is an estimate. A written budget will give you a basis for evaluating your finances both before and after purchases. Anticipated income and expenses are both part of a budget.

A budget is worthless if you have no method of knowing how accurate your estimates were. So, you then come to record keeping--this can be simple or more involved--depending on your interest and skill. You may not want to be a "record-keeper" forever--but a period of time is needed, to see if your budget needs revamping, and to give you a \$ and ¢ picture of your general spending pattern over a year. (Ex: Do all the insurance policies come due the same month, do family gifts take a big hole out of a particular month, do dues, books or magazines show a pattern of expenditure, etc.?) Your budget and records can give you a picture of distribution of your money. Does it show what you want in relation to your goals?

Do you, the homemaker, know as much as you should about your family finances? In the case of illness of your husband could you assume the leadership in checking on insurance, compensation, the banking, etc.? This is why the word family is so frequently connected with finances and money management. Each partner must decide what his role will be in conducting family finances in a cooperative and productive manner.

Planning together on money management may help to avoid some of these frequently heard "marriage money problems":

-impluse buying
-lack of communication and discussion of individual needs
-lack of knowledge of "where did that money go"
-lack of "keeping books" up to date
-not enough money for vacation, and for "fun" things

You will think of others!

As you consider your money management, don't forget your non-money income in your plans. This is made up of goods and services available from sources other than purchases, and is important in your complete analysis. Most authorities put these in four categories:

- (1) pay for service in the form of consumer goods--fringe benefits of a job would be one example.
- (2) service from consumer goods you own--such as your home, furnishings, or car.
- (3) goods and/or services paid for from public funds--libraries, parks, protective measures, etc.
- (4) production of goods or services by family members for benefit of the family--yard work, sewing, care of home, repairs, etc.

Two bulletins are enclosed with this lesson. "Are You A Sharp Shopper?" is a general one to assist you in taking stock of your shopping habits as they relate to your financial planning. "A Guide to Budgeting for the Young Couple" contains not only pertinent information, but some good worksheets you may enjoy trying.

REFERENCES

Books

Fitzsimmons and White. Management For You. J.B. Lippincott Co., New York, 1964.

Schoenfeld and Natella. The Consumer and His Dollars. Oceana Publications, Inc., New York, 1966.

Starr, Mary C. Management for Better Living. D.C. Health Co., Boston, 1968.

Thal and Holcombe. Your Family and Its Money. Houghton Mifflin Co., Boston, 1968.

Goodyear and Klohe. Managing for Effective Living. Wiley and Sons, Inc., New York, 1965.

_____. Consumers All. U.S. Government Printing Office, Washington, D.C., 1965.

Nickell and Dorsey, Management in Family Living (4th ed.). John Wiley and Sons, New York, 1967.

Articles

Feeley, Mary. "How Much Credit Can You Afford?" American Home, Oct., 1968, p. 20+.

Cohen, Martin. "What Every Wife Should Know About Money." Redbook, Sept., 1968, p. 70+.

Lobsenz and Blackburn, "The Hidden Meanings of Money in Marriage." Ladies Home Journal, July, 1969, p. 34+.

Lindbery, Peter. "Could most wives take over the family finances?" Better Homes and Gardens, Feb, 1970.

Lesson III "Where Does the Money Go?" (Return Sheet)

1. We found this lesson helpful in these ways -

2. We found this lesson did not meet our needs because -

3. We would like further information on family finances on these specific topics -

4. Prior to this lesson we had established a record keeping system.
Yes _____ No _____

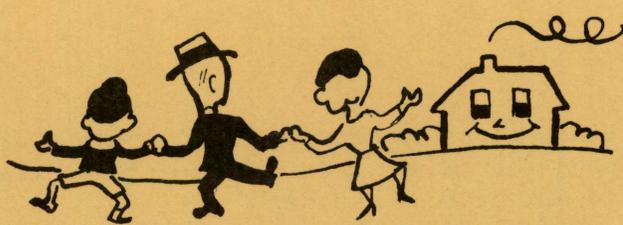
5. We plan to improve our management of family finances in these ways -

Name -

Address -

Phone -

Lesson IV "What's in a Home?"



In this lesson we will take a glimpse at these things about a home: housing choices, some costs related to the home, and having an inventory of your investment in home furnishings.

Perhaps you are beginning to wonder as you scanned the first paragraph -- how does this relate to this series? Once again, values and goals loom big on this scene! The values and goals you have related and involved with housing are more complex than any other material source. Here are a few of the reasons this is so --

-It provides the physical environment for the family
-It is a fixed cost over an extended period of time
-It is a choice you have to live with for a time
-It is probably the largest single investment you will make
-It must meet both your long and short term goals

Think of an older couple you have known for some length of time. As you think of their living pattern you realize how their values and needs have changed from time to time since their marriage to now when they are once again a two-person family.

Housing and its furnishings vary from family to family, related to the values they put on this aspect of life. You have probably already observed this with the values you and your husband have brought to your marriage. To one of you a dining room may be very important, while the other partner doesn't see much need for it, but would rather have the money invested in a hobby room or den. Even though circumstances often decree a furnished apartment or mobile home for the newly weds, there are certain advantages. It gives the couple an opportunity to unify their values on housing and furnishings, it meets the needs of their mobility, it gives time to decide on a neighborhood they would enjoy, it gives time to save for a down payment for housing and its furnishings, and often the time is needed before there is available housing to meet their needs.

Basically the housing dollar should provide areas and furnishings for these three things--*rest, recreation, and work*. Few people can afford everything they want in housing. Most couples do want reasonable privacy, comfort, health and safety, facilities for leisure time activities, convenient and accessible stores, a "good" address, congenial neighbors, churches, adequate protection, etc. What would you add or delete from these things? The more you can plan how you do want to live, the more likely you are to make a better decision of living space to rent, buy, or build.

The previous lesson and its work with your finances is a basis for your housing choice, too. Since working through your financial plan, you have a realistic idea of how much you can afford for housing,

furnishings, and equipment plus a picture of when you can afford to spend your money. At this point you might like to study the enclosure, "To Own or Rent a Home."

Housing Costs

Most authorities generally state that housing costs generally range from 1/8 to 1/3 of the net family income, depending on the age of the family, income and values placed on housing. Some recent studies have indicated that housing costs range from about \$9 to \$20 or more per square foot of enclosed space. This latter represents initial cost only.

Changing Times is a recent article (March, 1969, p. 25) stated that ". . . to set up housekeeping in an unfurnished one-bedroom apartment you'll spend around \$1600 just to establish a moderately comfortable home. Add a few extras to make life more livable and the figure will jump to \$2000." Many couples bring furnishings of their own to their first home, plus a nice group of wedding gifts, and perhaps some hand-me-downs they enjoy restoring. These would help this \$1600 figure! Even so it's amazing the amount you spend the first month or so of marriage at the super market, hardware, and department stores for some truly necessary items. And, if you have been married a while, you already know that frequent additions and replacements are needed. Some weeks, everything seems to "go or break" at once.

A long-time plan for buying your home furnishings will aid toward lasting satisfaction from the dollars you spend. What would be included in this long time plan? It should include a record of:

- items you have
- items to be discarded
- items to be improved
- items to be added
- room color schemes
- a scale plan for furniture arrangement

Plans and records of this type--along with your financial plans can help in preventing impulse buying, and help you plan to take advantage of sales.

You may be wondering how much a couple just starting to accumulate home furnishings can safely plan to invest in furnishings. You remember from the last lesson 5% was suggested yearly. (p. 5, Budgeting Guide) If a house is being purchased at the same time or the monthly rent rate is high, amounts might be altered. One calculation sometimes used is related to the cost of the house. In this method, 25 to 30% is recommended. This again shows the value of the plan suggested, so needs can be weighed and distributed over the years.

Inventory

It is sometimes surprising how much we have invested in the home. If you've talked with someone who has lost their home and furnishings they have probably mentioned the difficulty in remembering their property items. A concise listing is invaluable in making claims. Too, it helps you plan your insurance program. Lastly, it is encouraging to see what you have been able to accumulate and the assets you have.

The enclosed booklet, "*Our Household Inventory*" is designed to assist you in making a written list of your property. Notice on page 2, the big letters indicating the need to keep another copy in a safe place other than the home. This is a good item to put in your safe deposit box--but keep the information up to date. Each year when you are working on income tax might be a good time to update this record.

This lesson is another phase of managing the home--and you can see now how it relates to your previous lessons on: *the homemaker and her various jobs, use of resources, values and goals, and family finances.*

Lesson IV "What's in a Home?" (Return Sheet)

1. We would like additional information on
_____ Housing Site Selection
_____ Choices in Housing
_____ Buying a Home
_____ House Planning
_____ Housing Construction and/or remodeling
_____ Other

2. We did make an inventory of our furnishings.
Yes _____ No _____
We feel this inventory is a good idea _____, not worth while _____,
because _____

3. This lesson would be more helpful to us if _____

_____.

Name -

Address -

Phone -

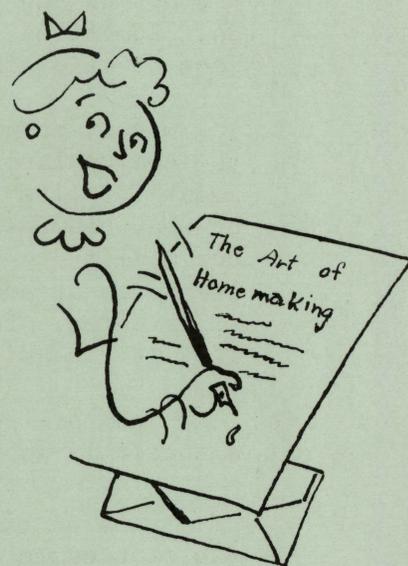
Lesson V "The Art of Homemaking"

This series of lessons has been just a "teaser" for a number of subject matter areas. Hopefully, you've found some things to meet your needs or have gained a knowledge of additional resources you can turn to for your interests. On the days when things seem to be going just right you really feel like an accomplished artist with your homemaking. On those occasional "other days" you know there must be an art to homemaking, to make you willing to stick with it and try for better achievements. The enclosed story "The Singing House" gives some food for thought on home-making values. As you read it, you'll likely find yourself substituting names of women you know! You might add another bit to the story and show there can be a happy medium.

In the McCall's August 1968 issue was a poem by Jean Carpenter Mergard that is certainly a part of this topic!

TIME CHECK

Every purpose under heaven has a season,
A time wherein its action is expressed.
This fact alone gives any wife full reason
For doing what her heart reveals is best.
There is a time to love, to be forgiving,
A time to pout, to take a stubborn stand,
A time to be an expert sleuth at sieving
Pure motives from black evidence at hand.
There is a time to act, be up and doing;
A time for leaning weakly on her spouse;
A time to notice when a gray gloom is brewing;
A time to sprinkle cheer about the house.
A woman, wise, can keep her own stock climbing,
With each thing in its proper season's place,
Provided she is quick enough in timing
To read the forecast on her husband's face.



Included in this lesson is a list of magazine articles--some are fun and some are serious. But most of them relate to some "thorns" that the author discusses in the role of homemakers.

Do we, in our "busy-ness," run through all the many jobs to be done at such a pace that we forget some of the important things? A number of years ago the O'Cedar Corporation in an article, "Homemaking Defined" said some of these pertinent things--

"What is it that makes a home? Not the ceiling, walls and floors, though these shut out the cold and the night. Not the furnishings and decoration, though they help to give the house personality, warmth, and comfort. No, none of the things the house contains make it a home, for these may be lost and replaced by others without affecting the home itself. For a home is more,

far more, than the sum of all its parts. . . . Yes, homekeeping is housekeeping recognized as a means toward a goal which is not the bright and spotless home which pleases the eye, but the contribution it makes to the family's well being by providing a pleasant, orderly, gracious place to work and live."

This does not imply that cleaning, polishing and preserving are neither important nor necessary. Without them, life would soon become a mass scattered, cluttered confusion. It does imply that in the process of getting them all done it is easy to lose sight of the reason for which they are done.

The beauty of life can become lost or misplaced. Few of us can be skillful seamstresses, expert chefs, spotless housekeepers, well-read conversationalists, untiring organization and charity-drive workers, and understanding wives and mothers all at the same time. There simply are not enough hours. And, yet, this is exactly what we often try to do. Sometimes, to the extent that all the wonderful and challenging jobs of maintaining a home and family bog down into tedious drudgery.

Every passing moment can be brightened if we see the beauty of the commonplace things around us. This is awareness. Seeing the beauty of life is a highly personal matter. It depends very little on what happens to us and around us. It is determined much more by our ability to look beyond what we see and know from experience. The pressures of adult life may seem to lessen the opportunity for these experiences. But awareness can be encouraged, learned, and increased. Too, it can quickly wither, like an unused muscle, if we choose.

What are some things that you do or see every day that give you a specially good feeling?

What particular items in your home are your prized possessions? (Is it because of who gave it to you, its cost, its beauty in color or design, or because it helps you recall a very special event or just what?)

Now that you've thought this through, do you see how this relates to your goals, values, and resources of homemaking?

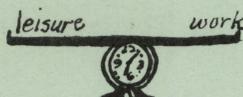
At one time the Extension Division had a set of slides illustrating finding beauty in homemaking--color close ups were made of these everyday items that showed the beauty of their color and/or design. These were the subjects:

- ... Soap bubbles in a glass
- ... Onions bubbling in a pot of soup
- ... Magnifying glass held over a basket of bean sprouts
- ... Spider web
- ... Slice of green pepper
- ... An autumn outdoor scene

Think of these as you go about your homemaking--what would you add?

Creativity is a much used word today--but you can practice it so much in your homemaking and have so much fun and pleasure doing it! Creativity and awareness can bring new grace to your possessions as you try combining them with each other and fitting them to their surroundings. It is not enough to accumulate things and pack them away. The pleasure of possessions lies in their use. They can add to development of a sense of beauty for each family member. For what we see around us each day can heighten the awareness that beauty is not the showy, glittery object, but the quiet, simple form or color of an object. And, as related to family finances, this type of creativity can cost nothing or can be a regular part of the budget, depending upon your resources.

The use of leisure time is part of home management and part of the Art of Homemaking. Most young homemakers are on a tight time schedule with few minutes to call their own. But, how very necessary it is to plan some "my-time" each day to maintain your peace of mind! Work is important--it's vital to everyone. It can be satisfying and even fun. But, work should never be regarded as the only important or consuming thing in life. A combination and balance of work and leisure are needed for a healthy and happy person. Tension is very much present in the life of the "70's citizen"--so creative use of leisure time is almost a necessity. The enclosed bulletin on "*Creative Use of Free-Choice Time*," may be of interest as you think of your individual and family use of these few precious moments.



In this packaged program for your home use we have attempted to help you" 1) know yourself; 2) have a questioning attitude toward your homemaker roles; 3) show ways to experiment in the use of your resources; 4) learn sources of information; and 5) evaluate home-making tasks in light of desired goals.

Lete Bane in writing "*An Aim for the Homemaker*" in the early 1900's has pretty much summed up the aims for the homemakers of the 1970's--

*"To have the home
Economically sound,
Mechanically convenient,
Physically healthful,
Morally wholesome,
Mentally stimulating,
Artistically satisfying,
Socially responsible,
Spiritually inspiring,
Founded upon mutual affection and respect."*

How do these thoughts from the early 1900's tie in with your resolutions to keep before you as you search for excellence?

Articles of Interest

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- Cobb, Hubbard. "Dear Reader." American Home, Sept., 1968, p. 4.
- Wylie, Philip. "Just Thinking." Ladies Home Journal, Nov., 1963.
- Herman, Andrea. "Are You a No-It-All Mother?" Together, Oct., 1969, p. 44.
- Hickman, Geneva. "Advice to New Wives from a Used One." Redbook, _____,
1969, p. 97+.
- Tupper, Margo. "Has Anybody Seen My Hammer?" Good Housekeeping, _____,
1969, p. 48.
- Hochstein, Rollie. "My Husband, the String-saver." Good Housekeeping,
Aug., 1968, p. 44+.
- Alcaro, Marion W. "My Children Keep Me So Tied Down--Thank God."
Woman's Day, _____, 1969, p. 8.
- McNally, Dorothy. "Whatever Happened to Dorothy?" Redbook, Sept.,
1968, p. 16.
- Diller, Phyllis. "Don't Count Your Theories Before Your Kids Are Born."
Family Circle.
- Shyer, Marlene F. "Just What the Doctor Ordered." Good Housekeeping,
October, 1968, p. 97.

Books

- Lindberg, Anne Morrow. Gift From the Sea. Pantheon Books, Inc., N.Y.,
1955.

Lesson V "The Art of Homemaking" (Return Sheet)

Do you feel better qualified to practice the art of homemaking after these series of lessons? -- Are you satisfied with the immediate goals you have set for yourself? -- Do you feel you are a more tolerant person? -- and above all -- Do you know what things are important to you as an individual and as a member of a team or a family?

There are bound to be ups and downs in this business of homemaking, so develop a sense of humor along with your serious resolutions and hope for the best!

This "at-home" study has been designed for the Modern Mrs. who prefers not to or cannot attend lessons in person. Your suggestions and comments for revision will be appreciated.

1. Which lesson proved most helpful and why?
2. Which lesson was least helpful and why?
3. Do you like this method of learning and why?
4. What could make the series more useful and pertinent?
5. Would you be interested in additional "at-home" study programs?
If so, what subject(s) would you like?

Do you want to be notified of other educational programs related to homemaking offered by your local University Extension Center?

Yes _____ No _____

Name -

Address -

Phone -

