

How to Run Your Home in Less Time

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with Theodore Irwin

DESPITE the laborsaving devices constantly being invented, three out of five women consider "lack of time" their biggest home-front problem, a recent government survey revealed.

How can a harassed homemaker find practical ways to s-t-r-e-t-c-h time? To tackle the knotty question, a pilot program we called "Homemaking Short Cuts for the Working Woman" was launched last November in Washington under the joint auspices of the American Home Economics Association and the National Association of Home Builders. Hundreds of women jammed the National Housing Center to hear our experts tell them how to make more efficient use of minutes and hours. Now similar programs are being set up in other cities.

Leading home economists have devised many practical timesaving tips, all thoroughly tested. From the vast reservoir of such homemaking short cuts, I have selected these as being especially effective.

Equipping Your Home. When buying new house furnishings, consider the color or finish in relation to upkeep. Dark rugs and furniture show dust and finger marks much more than light and medium tones do.

In a two-story house, a second vacuum cleaner and ironing board on the upper floor will reduce steps, save time.

Buy sheets with fitted corners to cut down on motions in making the average bed. If you have a variety of bed sizes, pick different patterns or colors for double-bed and single-bed sheets.

By installing air conditioning, you shorten dusting and cleaning chores. Wall-to-wall carpeting reduces floor-care time.

House Care. Time yourself on cleaning jobs and know which can be done within a certain period. For example, when you have five minutes to spare while waiting for dinner to cook, you can do a five-minute job such as removing crumbs from your toaster and polishing it.

Have a portable container for often-used cleaning supplies and keep it ready to be carried to any area.

Dovetail your tasks. For instance, do mending or ironing while cooking or while watching your child do his homework.

Discard or store nonessential kitchen utensils. It's a waste of time trying to keep cluttered drawers and cabinets in order.



ILLUSTRATION BY JOHN ALLEN

Harried housewives, here are homemaking short cuts devised and tested by experts

Let the clothes dryer fluff and remove dust from shag rugs, chenille items, bed and sofa pillows. Tumble draperies for a few minutes in the dryer to dust and freshen them. Most fabrics will not need pressing if you remove them from the dryer and hang them immediately.

Food Preparation. Make once, serve twice. When preparing stews, casseroles, or meat loaf, double or triple the quantities. Serve part and freeze the rest for later use.

Have a cooking day occasionally. Prepare items that keep well in containers for quick use when removed from the freezer.

The mess that is not made never has to be cleaned up. To prevent boil-overs, cook most fresh vegetables with $\frac{1}{2}$ - $\frac{3}{4}$ inch of water in a covered saucepan (this also conserves food values). Start cooking bacon, chops, or hamburgers at low or medium heat to keep spatters to a minimum. Trim fat before broiling meat.

Take advantage of fix-ahead desserts. Many, such as puddings and gelatins, can be prepared in the morning or the night before.

Wrap hamburgers, bacon, chops, steaks, and sliced meat so they can be taken out of the freezer in the desired portions.

If you intend to serve orange juice from a frozen concentrate, take the can out of the freezer the night before and put it in the refrigerator. It will be easy to mix the next morning.

Care of Clothes and Linens. Provide sorting boxes or bins labeled "White," "Dark," "Delicate," "Heavily Soiled," and "Need Mending." A load or two from the fullest bin may be washed while some other job is being performed.

Group articles together which should be ironed at the same temperature.

When possible, remove clothes from the line or dryer while damp and iron immediately.

Shopping. Use your telephone as a preshopping aid rather than going from store to store to locate needed items. When feasible, buy by phone. Also, use manufacturers' brochures to get product information before going out to buy.

Arrange your shopping lists according to the location of stores on your trip. Organize your grocery list to follow the arrangement of departments in the supermarket.

If storage space permits, buy in quantity such things as paper tissues, laundry supplies, bottled goods, canned and packaged foods.

If several members of your family wear about the same size, buy a different brand of socks and underwear for each. This simplifies sorting without using name tags.

Establish a contact with a food store which makes home deliveries. In emergencies, you may find the timesaving well worth the extra cost.

To make homemaking simple, our home economists find the keynote to be "Plan ahead, buy ahead, make ahead."

The short cuts suggested here may mean giving up some old habits, but the rewards in added leisure can be deeply satisfying.

COVER:

The two cover men are John F. Kennedy (inset) as he looked as a young Navy officer during World War II, and Cliff Robertson, the actor who portrays him in the film, "PT 109." See page 12.

Family
Weekly

July 14, 1963

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133 N. Michigan Ave., Chicago 1, Ill.

Address all communications about editorial features to
Family Weekly, 60 E. 36th St., New York 22, N. Y.

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