

## U.S. TEACHES WOMEN HOW TO SAVE MINUTES

Department of Agriculture Starts Out to Help Over-Worked Wives.

### MAKES FARM SURVEY

By FREDERICK J. HASKIN, WASHINGTON, July 30.—Teaching women to save steps is one of the most difficult and important jobs being tackled by the state's relatives service of the department of agriculture.

The woman who makes only one unnecessary trip a day—say a journey outdoors to a woodbox that might be close at hand—takes probably 100 steps. That means 36,500 unnecessary steps in a year, or more than six miles.

Of course, everybody wastes more energy than that.

These figures merely show how it counts up.

Year after year, women, especially those on farms, go on mechanically using badly arranged kitchens, cooking with inefficient ovens, carrying tubs and buckets. It is taken for granted that tractors or anything to advance the real business interests of the establishment should be purchased.

But we still scarcely realize that a half hour a day saved by the cook is just as much a matter of dollars and cents as the same time saved by a paid employee.

While the laboring man is demanding a six-hour day and a five-day week, the average country housewife puts in a thirteen-hour day in the summer and a ten-hour day in the winter, and Sunday is almost as strenuous as any other day for her.

Practically all of her thirteen-hour day is spent in actual labor—some of it in managing two or three jobs at once.

A survey of typical farming counties of thirty-three northern and western states showed that as a rule the women not only cook, but do the sewing, churning, washing and cleaning, and some help with the live stock and in the fields as well.

Only 18 per cent reported that they ever take a vacation.

With such an intensive domestic program the rule in the country, and with more housewives doing their own work in the city, it is easy to see how tremendously important it is for women to save steps.

The extension workers of the department of agriculture figure that the housewife should try to cut down her working day to ten hours as a goal.

She could leave eight hours for her to read, visit and spend time with her husband and children.

The eight-hour day, it is explained, can be approached by saving every unnecessary step.

It means planning and organization.

WOMEN STAND TOO MUCH.

One way in which women are prodigal of their energies is that they stand too much.

When the cook stands before a work table it is apparently a slight effort to walk across the floor a dozen times to get a knife or some ingredient.

It should be as cool as possible.

The broiler should be kept in a definite place, preferably behind the wall.

Then it does not have to be hunted for or carried around.

In their travels around the country the agents find that the old proverb, "A place for everything, and everything in its place," is more quoted than practiced.

A great many housekeepers have their kitchens fitted out with a single set of shelves where everything used in their cooking is dumped, with more or less pretense at order.

An improvement on this system is to have separate shelves for cooking equipment, ingredients and cleaning materials.

With more energy is saved for a better use if the different shelves are near the place where they are needed.

Thus a shelf close to the stove would hold things needed in the process of cooking, such as seasoning, flour, fat, salt and pepper shakers.

The government investigators find that not one woman in a thousand keeps more than one set of salt and pepper shakers in her kitchen.

Women's possible shelves should be high enough so that stooping is unnecessary.

This is most desirable as regards shelves where heavy equipment is kept.

This does not exactly save steps, but it helps in conserving energy, for every time she stoops the housekeeper has to lift the weight of the upper part of her body on each stoop.

The excellent exercise in moderation, but most women get quite enough of it without their equipment making it a part of the kitchen routine.

TEA WAGON SAVES STEPS.

A really potent step-saving device is the wheel trap called the tea wagon which is in present use.

The rolling tray, if economy demands it, be made at home out of some wood and a set of casters.

This is possible, because the trap top, which is made of a thin container for the family plates, and there is a drawer below that for the silver.

A shelf below that and the top are used to hold the food.

The tray again comes into use when the meal is cleared away.

The extension agents say they have often seen women wipe one or two dishes and then walk twenty feet to put them away and come back to do two more, and so on throughout the dishwashing for a family.

A rolling tray has only two limitations.

It is not needed in a very small apartment, and it can not be used where there are steps between the dining room and kitchen.

But this is the one place in the house where it is most important that steps should not be.

The department of agriculture feels so strongly on this matter that it suggests that when steps have to be mounted in transporting food they should, if possible, be removed.

It is admitted that this is not always practicable, but in many cases the expense would be well worth the result.

Not only do stairs draw on the energies of the housewife, but in such a position they are unusually dangerous.

A surprisingly large number of people are killed or injured yearly by falls on stairways, and where steaming hot food and glass are carried the danger of a step is increased.

KITCHEN

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### HOROSCOPE

"The stars incline, but do not compel."

SATURDAY, JULY 31.

Astrologers read this as a most unfortunate day, since the planets are a powerful trio of adverse stars—Neptune, Venus and Uranus are in evil place.

Under this rule what is most important is likely to be thwarted, the seers declare.

The contemplation of the weaknesses of humanity, especially those manifested in individuals, is likely to have a bad effect on the public mind, making for pessimism and discontent.

Labor has the forecast of great benefits through some fortuitous circumstances.

Astrologers read for the autumn a better outlook so far as peaceful conditions are concerned. They forecast a big flurry in Washington, but nothing that will be disastrous in all financial affairs.

A division between women that separates them into two distinct types will be apparent at the next few years pass, the seers declare. The economically independent and those who are not will be widely apart and idleness will be a disadvantage.

Washington, D. C., is subject to forces making it a center of the finer things of life as well as the capital of the nation.

Chicago will have an autumn in which many events of importance to the west take place, but the most remarkable happenings will be quite unforeseen.

Southwesterly will be more than usually popular at this season and one whose prophecies appear to come true will gain much fame.

Persons whose birthdate is in will have a year of rather surprising experiences that may be turned to great advantages.

Children born on this day are likely to be strong and healthy, and will be capable of attaining great success in life.

The subjects of Leo usually have a strong body and commanding presence.—Copy-right, 1920.

kitchen into which his whole small flat could be neatly packed.

Enormous kitchens were regularly built when help was plentiful and a number of persons had to work in one room.

Nearly all old houses have such kitchens, and one is occasionally constructed by some one with the ill-founded idea that it is cooler.

Any degree of coolness thus gained is more than offset by the longer distance to travel, though it is held that a large kitchen is not really any more comfortable than a compact and well-ventilated one.

Every phase of housework that is systematized results in the saving of time and labor.

This has been proved again and again by actual demonstration.

So long as lawless elements control politics, the nation's federal policy, but all treason may be and ought to be filled with consuming ardor for the redemption of the state from the grasp of the spoilers.

The people must be the champions of the glorious cause of re-establishing constitutional representative government.

Indifference to their duty as representatives of the people has kept the state in bondage to an unholy alliance of political greed.

The militant spirit of crusaders is needed today.

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Use of a fireless cooker means that the cook does not have to keep adding water, or watch out that the meal does not burn.

Teaching the children to put away their toys and help regularly with light work, so that the mother is saved from a little of this routine.

Women as a whole are just beginning to realize these things.

Domestic labor is a problem that has been given up by many housewives as hopeless, and they are turning in to do all their work.

At the same time, women's clubs, politics and achievements of women to cut down the time spent in housework.

It seems that at last a motive has been supplied that is powerful enough to make women give serious thought to reducing housework to its lowest terms.

Ironing can be managed from a stool of the proper height.

And in connection with ironing the extension agent suggests that a special laundry room is a great convenience and step saver.

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### CALLS SESSION BEST COMEDY

(Continued From Page One.)

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She had sued for libel, claiming that her name had been coupled with a picture of two women, sitting in a railway carriage with their dresses drawn above their knees.

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