

FOR AND About You

DEAR HARRIETT: I've been married for about a year now, and it seems I just live to work—on the job, in my home—work all the time. I love to have a neat home and I try to keep it this way, but with a full-time job in an office, it seems like I never have a chance to relax without feeling guilty because I'm neglecting something around the house. Can you give me some suggestions as to how I can take a short-cut in household chores?—**TIED**

Dear Tired: Working full-time and trying to keep up with household chores can really tire you out. But there are a few things you can do to relieve the pressure, both physically and mentally.

Let's start with systems. Have order and system in all of your household chores. A lot of time is lost and frustration occurs when you're in a rush and can't find some object.

In your kitchen, arrange things so that they're conveniently within reach—seldom-used things toward the back, frequently-used things toward the front. Keep your cooking utensils in a cabinet near your range; your everyday dishes near the sink; your silverware sectioned off in a drawer and separate from spatulas, knives, etc.

If when cooking, you burn food, put the utensil to soak as soon as possible so that you don't have to spend time scouring it later. Keep together all the spices that you use regularly—separated from the others so that you don't have to fumble around for them.

Have an order in which to arrange your foodstuffs. Also, remember to teach it

to your husband so that he won't misplace things and annoy you trying to find them. He'll probably appreciate knowing exactly where to find what he wants, too.

Make out your menus for a week in advance (this is something you can do on your lunch break). Shop for a week at a time and always have at least one extra of the essential things, like soap, sugar, salt, canned milk, etc.

Clean, trim, season and freeze the meat you plan to have at the time you buy it. Don't buy meat and clean it, one item at a time, as you use it. If your meat is seasoned before freezing, you don't necessarily have to wait for thawing. Also, clean as many fresh vegetables as possible and put them in plastic bags—then when you want to cook them, all you have to do is put in the seasoning.

Try cooking for two days at a time—in the evenings. In this way, you can just heat up most of your meat when you arrive home from work.

When you do the dishes, rinse in very warm water.

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stack, cover with a dish towel and let them drip dry. Try sitting down while you iron. Put on some records, watch television, or talk to a friend to take away from the routine. The job won't seem quite as hard or as long.

If you pick up and put away things as you finish with them, you'll have less work and in the course of a day, your home will always look presentable.

I'm sure there are many other short cuts to household chores that you readers know—"Tired" and I would

love receiving them. How about it?

Mr. William Travers, Cleveland, Ohio: Thank you. Your letter was greatly appreciated.

M. M. OGrady, New York, N.Y.: I'll keep your mental problem confidential. Send your address.

J. Scammin, New York, N.Y.: You'll find them at the following address: 102 West 116th Street, New York, N.Y.

Something on your mind? Write and let me know about it.

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