

# Found—Thirty-five Hours a Week

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VERY often the most vital influences in our lives come in the unexpected moments. The other day, I picked up a copy of our college alumni magazines expecting to scan its pages for news of old friends. I was caught instead by an article which I had reread twice and which has been subconsciously in my mind ever since. It was the reprint of a Commencement address given by Dorothy Canfield Fisher to the Graduating class at Kansas University last spring.

She points out that almost overnight our nation has jumped from adolescence to adulthood, and that the pioneering virtues which were so necessary to the citizens of a generation or two ago must be supplanted by qualities needed by an entirely new civilization.

There is no place which has been more revolutionized by the new prosperity and new inventions than the home. Much of the "Home" of pioneer days has gone—perhaps too much. Certainly we are not justified in turning many of our home responsibilities over to outside agencies and equipping our homes with high-priced labor saving machinery for the rest of the tasks if we are not using the time thus saved in a conservative way to develop what Mrs. Fisher calls, "the depth and fineness of the nature of each individual."

## The New Leisure—Fact or Fancy

It is hard for us women to realize that we do have leisure. When we count the number of things we do each day, it seems that leisure is a far-fetched term when applied to any active homemaker. We know that we have been freed from many of the tasks which our mothers and grandmothers performed. We no longer spin and weave, we no longer dip candles. Most of us have stopped cleaning lamps and churning. What are we doing with the time saved? We all insist that we are busier than ever in spite of having been freed from those tasks. And we are busy.

Several interesting studies have been made in the last year or two concerning woman's use of her time. The U. S. Bureau of Home Economics has found that "even in this day of ready-made clothing, canned foods, washing machines and nursery schools, the average time spent in homemaking tasks was 51 hours a week. Only one-sixth of the women spent less than 42 hours a week in their homemaking while over one-third were clearly over-worked, spending over 56 hours a week. Compared with the work-

ing hours in modern industry, this is a full-time job."

But even if it is a full-time job from the standpoint of industry, we still have many hours left. If we sleep eight hours a day we have 112 hours left to use during the week. Now if we were to spend 60 hours a week working and that is more than the majority of us do spend, we still have 52 hours left. Of course, some of this will be spent in meals, but even the very overworked do have 35 hours or more to use each week for leisure time pursuits.

## Planning the Work and Working the Plan

More time may be released by simple living, labor savers, proper arrangement of equipment, things kept in their proper place, family cooperation, and a definite plan of work.

There is need for thinking through our activities both in homemaking and in leisure and determining their real value to us.

We have a popular misconception that leisure must mean either folding our hands and doing nothing or else engaging in some form of amusement. There is a place for folding our hands and relaxing. It is like the rests in the music score. These rests, while having no music in themselves add much to the charm of the music. Let us not slur over the rests.

We do need some amusement too. But we do not need too much of it.

Mrs. Fisher says: "We know that all the deeper and finer life of a country, most of what makes a nation worth the space it occupies on the globe, depends not upon the comfort and ease but upon the depth and fineness of nature of each individual in it. We honestly thought that we could fool away the leisure hours of our maturity that ought to have held hard athletically strenuous mental training, in childish playing with grown-up's toys like golf and buying clothes and playing bridge and scurrying there and back in automobiles, and yet somehow our nation would not be puerile and shallow-minded.

"Amusements are mere toys. They can never do more than amuse. They can no more fill up the empty places in a growing human soul and mind, than chocolate drops can nourish a growing child.

"Our fathers led a lean and dyspeptic though vigorous life on the limited diet of the meat of hard continuous work. We have not enough of that absorbing hand-labor to fill our lives but we have not known how to add to our national diet anything more than the sugar candy of

very light amusements. We have grown fat on it, but flabby."

There are various ways of using our leisure time. One scarcely knows whether to include remunerative employment outside the home as a leisure time activity. Very often there is a dire necessity in it. And as more and more of the household tasks are taken from the home, if we are to maintain our present standard of living, it seems to me more and more women are going to be forced to aid financially in making family life possible.

But that is not the leisure time use that I am writing about to-day. It is a problem for economics.

We want to make the most of our leisure as Scott says, "First by getting health and keeping it; second, by getting a mind and using it."

There should be a place for physical recreation in our programs. We all need some actual physical play. Heart trouble, abdominal disorders and obesity are serious handicaps which would be very largely done away with if we give sufficient thought to our physical requirements. Although we women get much walking while doing our daily household tasks, we do need definite exercises which tone up the whole system.

## Picnics for All

We need picnics, social gatherings, travel and sports that the whole family can join in. When we are gone, we don't want our children to miss us because they can't find anyone who will spend the long hours as family servants that we did. We want to be missed because we have been real pals to our children and have entered heartily into their good times.

Leisure time used in this way will do much to solve many of the perplexing problems which are facing home and society today.

Then we should use a part of our leisure for intellectual improvement. Even if the mending has to wait, every one of us should spend some time each day reading. The world has been progressing so rapidly that we women who have been busy rearing our families for the last few years need to get up-to-date. It is a pathetic sight, but all too common, to find a mother whose children have outgrown her. She has slaved for them, putting in hours of drudgery in baking for them, and mending for them, watching over them in their illnesses, spending countless hours in doing for them the things which only a mother knows about, but she has failed to keep up with their

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New York City. She writes that "After spending an interesting summer in Home Service with the Fremont Gas Company in Nebraska, I came to New York to work in the Consolidated Gas Co. It is my good fortune to be working under the direction of an Iowa State College graduate, formerly Jane Wagner. Mary Merrick is also with the company and we have many delightful chats.

"My work is in the testing kitchen, preparing the recipe sheets which are used in the lecture demonstrations and in the display restaurants of the various branch offices.

"It has seemed quite easy to make adjustments here in the city and I'm enjoying it a great deal."

Louise Lansdorf, '29, was married to Paul Geering of Seersbayea, Dutch East Indies, Jan. 11. The ceremony took place at Toronto, Canada, where Miss Lansdorf has been working as assistant to Dr. C. H. Best, professor of physiology at the University of Toronto. They are now on their honeymoon thru England, Holland, Switzerland, and South Africa. Their home will be in Java.

Hattie (Raybourne) Morse, '73, died at her home in Denver, Jan. 31. The following is a tribute from Rev. George Gilmore, pastor of the Unitarian Church, Denver: "In her life and spirit, she was a woman of deep good-will, kindness, and wide generosity. Her voice, her smile, the grasp of her hand—all gave sign of it."

Violet E. Pammel, '17, manager of the Chilton Club at Boston, expects to spend the summer in the Maine woods.

**Veishea News**

With May Fete scenario and committees, open house manager, and parade float manager chosen for the ninth annual Veishea three-day exposition to be held May 8, 9, and 10, the Home Economics Division is rounding out its portion of the yearly program of "Iowa State at work and at play."

"The King That Never Laughed," with Velve Vincent and Marion Orchard Shell as co-authors, was selected as the best scenario submitted in this year's competition. The identity of the May Queen chosen at the W. S. G. A. election will not be disclosed until the presentation of the May Fete. Marguarite Wherry is general manager of the May Fete and Rosemary Koeberle and Erma Whannel are managers of home economics open house and parade floats, respectively.

"Robin Hood," Veishea night show, is a departure from the usual night show in that it is a professionally-written production and will be the first musical dramatic show ever presented on the campus. More than one hundred persons have participated in tryouts, seeking leads and parts.

Four cups will be offered in the student vodvil feature of Veishea in place of the usual three. Men's and women's organizations will be entered each in its respective group whereas formerly they were in a single group.

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growing interests. Now that they are grown, she is figuratively pushed back into the corner. They still accept her services but she has no share in their real life and interests.

Far too many of us think that while it is necessary for every one (as Mrs. Fisher puts it) to know how to drive a car, that only freeks and highbrows read history or poetry—and we say with utter shamelessness that we don't know enough music to enjoy a symphony concert and never read anything but stories and newspapers.

We don't have to go to college to get these things. I was surprised at the list of agencies offering adult educational opportunities suggested at the Adult Education Section of the Country Life Conference. There are correspondence courses, libraries (Iowa has 160 public libraries) Women's Clubs, Farm Bureau programs, Extension Work for both the University and Iowa State College, Chautauqua, and Lyceum programs accessible to all. Have you gone over the prospectus for the year's study program of the Iowa Federation of Women's Clubs? It is one example of the comprehensive and extensive service available to those who want to study.

I am not trying to dictate the way you should use your leisure time. I am not trying to write that the way I use my leisure time is the only way. But I do want to say most emphatically that if, as Mrs. Fisher says: "All the deeper and finer life of our country, most of what makes a nation worth the space it occupies on the globe, depends not upon the comfort and ease but upon the depth and fineness of the nature of each individual in it." It is time that we are taking stock of the twenty-four hours a day which we have to spend and make the most of them. Wonderful civilizations of the past, such as that of Rome, have failed because of the wrong use of leisure and with the new pleasures and luxuries possible today, our own is at stake. What we are ourselves is what our nation is.

The woman's cause is man's. They rise or sink together; dwarfed, or god-like, zond or free; if she be small, slight-natured, miserable, how shall men grow? —Tennyson.

It is good to have money, and the things money can buy, but it's good, too, to check up once in a while to make sure you haven't lost the things that money can't buy. —George Horace Lorimer

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