

# THE IOWA HOMEMAKER

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## Should Women Combine Homemaking and Professions?

Most certainly not! Now that is an emphatic statement to thrust at you, but I do so want to make it emphatic and I may as well start with the first sentence so you won't run away before you get my point.

I don't know as I can sit here and write down any firsts, seconds and thirds as to why they should not combine homemaking and professions, but perhaps I can convey my ideas to you in just a general chat. How would you like to be a little tike coming home from kindergarten in the middle of the afternoon, very hungry and cross if you don't get something to eat right away, and then find no mamma to meet you with open arms? I can remember 'way back when I was in just such a situation. No, my mother was not a professional woman, but she was a very busy woman and whenever she was gone when I came home from school, I had the emptiest feeling inside of me. I can still remember it. And this is my point. If a mother is in a profession she is not home to meet her kiddies (if she has any) when they come home from school. They miss something great and wonderful in their little lives and it is almost too sad to dwell upon.

And, of course, this brings up that other issue that we cannot avoid. When a woman is a professional woman, she does not always desire to have a family. If she does not, she is avoiding her greatest duty and profession in this world of ours. Woman's real profession is homemaking and she cannot be a real homemaker without children. Yes, it is possible to combine homemaking and professions, but let us look at the results of such a combination.

In the first place, woman is so seldom physically able to do two tasks and do them both well. We know, and the men will have to admit, that women are capable of doing any task they set themselves to from a mental standpoint. However, if a woman does combine the two professions, one of them will have to suffer. We would rather women would do one task and do it well than to do two and do them only half way.

How many men like to have an independent woman for a wife? Ask them how they feel about it. A man gloats

This is the third of a series of controversial articles appearing in the HOMEMAKER. Do you like them? Let us have your suggestions for further topics for discussion that would particularly interest you. These articles are published anonymously in order to insure a freer expression of opinion.

over the very fact that he can support and buy nice things for the woman he loves. And this all makes for a happier home. Women can bring what they wish into the home. She can make her job as homemaker as intellectual a job as there is anywhere. She must do this. But in order to do this, she must devote more of her time to it than a mere one-fourth—that time when her other duties are not busying her. No, homemaking is a profession in itself and women must treat it as such.

Every professional woman, when she marries, comes face to face with the question, "Should women combine homemaking and professions?" Since I have been doing this for the past ten years, I know it is possible. Whether it is wise, depends upon many things which the individual must consider.

There are many things which must be considered in making such a decision. First, is the woman herself strong enough to carry the double burden? For it is a double burden under the present organization of society. Men, even the most considerate, do not yet realize that when their wives are carrying full-time jobs that there are many places where they could assume more responsibility for the details of the home which take much time and energy.

Second, is the woman who carries on a profession and manages a home giving her best to both? That depends again upon the woman and her ability as an organizer. It also depends upon the profession. I firmly believe that a professional woman is a better home-

maker—other things being equal—for she is forced to pick out the essential things as her contribution to the home and leave the nerve-racking and back-breaking details to hired help. She does not meet her husband and children at their homecoming with the many petty annoyances of the day, for she has bigger interests than a fallen cake or a broken dish.

The business woman feels that her home is a sanctuary and when her husband comes home tired out, she is happy to stay at home and enjoy quiet pleasures, for she, too, has had contact with the world during the day and enjoys the quiet and peace of her own home. This is not true of the average homemaker. Her day has been spent in the home and her idea of recreation is to get out into the social world. Generally, her husband prefers staying at home, so that a compromise is necessary. Whoever does the compromising is not especially happy.

Last, and perhaps the most important, is her relation to her family. If a woman continues in her profession after marrying, there is always the likelihood of her putting off her maternal duties. I believe that in the first year of married life the professional woman would enjoy a vacation from her professional duties. This is more apt to be the time when a real home is established. When conditions are such that the home is an apartment, the average woman does not have enough to do to use up the energy she has been used to expending and she becomes discontented.

Many people contend that a professional woman neglects her children. I have made many observations and I am firmly convinced that the professional woman gives more of her self and her time to her family than does the home woman who belongs to clubs and has a social career to keep up.

Perhaps the most important reason of all why women should keep up their professions is the question of growth. A man in his business life keeps growing, while a woman in her home, unless she has many outside interests, gets into a rut. This does not seem to be noticeable while the children are small, but at the period when the children leave home the only common

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## Some Fish Geography

By SYLVIA PEDERSEN

**A**FTER Nicholas Appert's invention of canning saved sailors from the scourge of scurvy by providing them with garden foods and fresh meats, the sea returned the compliment by sending deep-sea dainties to people who live far inland. Today there are thirty-five varieties of fish products canned, and the housewife finds at least as many more ways of using them.

People of every race live in the United States, and they have brought their liking for their native foods with them. Consequently we have "finnan haddie," French Caviar, sardines, and anchovies from the Mediterranean chiefly as appetizers in various recipes for hors d'oeuvres. But much of the fish labelled "imported" comes from under the jurisdiction of Canada, with which country the United States has a friendly agreement about fisheries. Canned haddock, cod, herring, mackerel, sardines, shad, and shell fish are largely east coast industries; salmon and tuna fish are canned chiefly on the west coast.

In all fish lore the sardine has the most curious history. Guigilo Trenton, an Italian, began preserving pilchard minnows on the island of Sardinia about 1850. He called them "sardines." France, Spain and Italy began to put up these minnows too, and small sprats as well. In Norway they can mussa and sild fish and call them sardines. In Maine and in Japan the fish used are small herring; in California, a species of pilchard, and in other countries various kinds of small fish. It will be seen that there is no such fish as a sardine. As a matter of fact the kind of fish canned as sardines does not matter much; the quality depends on the way they are canned. They must be handled with great care. The little fish are so delicate that the general procedure is to behead, clean and wash them, fry them in deep fat, drain, pack them carefully in flat tins, and fill the tins with olive oil.

Oysters, so often the housewife's stand-by for a cocktail, soup, or scallop, are put up chiefly in Maryland, down the Atlantic coast to Florida and around the Gulf of Mexico. Along the north Atlantic coast they were once abundant, but now must be artificially cultivated, and fresh oysters bring such good prices in eastern cities that it does not pay to can them.

Who has not tasted, and asked for clam chowder? Three kinds of clams are packed, the hard and soft clams of the Atlantic coast, and a Pacific coast species, the razor clam.

Shrimps, crabs, and lobsters make the foundation for some of the inland housewife's most attractive and nutritious salads. Shrimps are canned chiefly in states bordering on the Gulf of Mexico where they are abundant. Only the tail is eaten. Canned crabs come mostly from the Norfolk and Virginia coast and from Japan where crabs are plentiful and the people

work for small wages to can them. Lobsters are caught in traps or pots along the North Atlantic coast, and brought alive to the cannery, boiled for about thirty minutes, and their meat taken from the shell in as large pieces as possible.

Only a beginning has been made along the sea coasts of America in preparing and canning anchovies, although these beautiful, small fish, blue-brown and silvery white, are abundant along our coasts. The Mediterranean is famous for anchovies, the industry of picking and spicing them being mainly carried on near its shores. Anchovies are an ancient appetizer. They were a favorite at Roman banquets in early times.

Caviar, the famous Russian tidbit, recently become familiar in American stores and markets, was originally made from roe of sturgeon, but now excellent caviar, made from the roe of salmon, codfish, herring, or white fish, can be bought at lower prices.

The tuna is a splendid game of the mackerel species which was not used for canning until 1903. In that year A. P. Halfhill, a sardine canner, near San Pedro, faced financial ruin because of the failure of the sardine run. So he turned to tuna fish, finding a means of preserving them by a special steam process. Canned with fine salad oil, the tuna attained so great a popularity that it now stands third in the value of all our tinned sea foods. Its flesh resembles chicken. It is often called "chicken of the sea" and is served many times in place of meat. Creamed on toast, or in salads it always finds enthusiastic favor.

Salmon is a story by itself. Most of the world's salmon is put up near the mouths of four of the longest salmon rivers: The Yukon, the Columbia, the Frazer, and the Copper. Canned salmon is used baked, in soups, cold in salads and sandwiches, fried in hors d'oeuvres, and in many other ways. Like some other sea fish, it contains iodine, so necessary to the inland dweller, and in food value as well as popularity ranks first among sea foods.

It would be hard to find a housewife who does not keep at least a few cans of the food on her shelves.

### How to Be Happy Without Oak Floors

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the color of different woods. I used walnut stain. This applied over the buff ground color gave a pleasant, medium brown. The varnish is rather heavy to spread out evenly, and so I found it a good plan to paint two or three boards the full length of the room instead of painting several boards for two or three feet at a time.

A final application of wax makes the floor easy to care for as a waxed floor can be easily cleaned every day with

a dustless mop. The finished product is particularly clean and attractive looking and well worth the time spent upon it. The total cost of finishing this 18 x 23 foot floor was:

17½ lb. putty @ 10c .....	\$1.75
2½ qt. ground color paint @ \$1.25	3.13
2¼ qt. stain @ 1.50 .....	5.63
Wax .....	1.35

Total .....\$10.86

A thin coat of wax applied about twice a year to the worn spots, will keep the floors in good condition.

We were so well pleased with this floor that we treated the stairway to the same process, and put rubber mats on the steps. As a result, the stairway looks well and it can be cleaned without raising a cloud of dust on sweeping day.

The kitchen floor was a special problem. In some places the boards were worn thin, and here and there were knots in the boards that refused to be worn down to a level with the rest of the floor. These knots were cut off with an old plane. Layers of newspapers judiciously arranged gave the floor a fairly even surface and we covered the whole with linoleum. The linoleum in turn, received a coat of natural color floor varnish and the whole kitchen looked transformed.

The largest item of cost in treating floors this way, is the labor expended. It would be a rather lonely task for one person, but two can have a rare time working together, and in the winter when the "men folks" haven't anything to do, every floor in the house could be transformed in two weeks.

### Homemaking and Professions

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interests between husband and wife is gone. Unless she has kept up with the world, she finds herself with no vital interest and very little in common with her husband. It is at this time that so many women realize that no one needs them. They are too old to make a new place in the professional world and their job of child raising is over. To me, this is the greatest argument for a homemaker to keep up her professional career, for she has twenty or more years of her life to live after her real job of child raising is finished.

### As A Man Thinketh

If you think you are beaten, you are!  
If you think you dare not, you don't!  
If you'd like to win but you think you can't,

It's almost certain you won't!  
If you think you'll lose, you've lost!  
For out in the world we find  
Success begins with a fellow's will—  
It's all in the state of mind.  
Life's battles don't always go to the  
strongest or fastest man!  
But soon or late, the man who wins  
Is the one who thinks he can.

—Author unknown.

Life is not a goblet to be drained; it is a measure to be filled."