

Home economist advises

Delegate your tasks and share the household load

By LORRAINE MCCLISH

A home economist who hates housework says she has better things to do than iron and all the food she prepares for the oven is wrapped in aluminum foil because cleaning that appliance is a chore she simply chooses not to do.

Helen Hatton, a former editor for McCall's magazine and now director for Ajax Household Clinic, stopped in the Detroit area this week on her barnstorming tour to help women get it all together juggling a job, children and the upkeep of a house.

The key words in her philosophy are cooperation and organization.

"Treat housekeeping like a paying job," she said. "If you don't have one now you'll have one in 10 years (look at the personnel statistics if you don't be-

**'Treat housework professionally by problem solving for your individual family's needs. Drudge work is unprofessional. Going that route is going backwards.'**

—Helen Hatton

lieve me) and then you won't have time to clean the closets. So get organized now."

Her advice to women is to set themselves up as chairmen of the board and start delegating the household tasks.

Because of built-in conditioning which leads women to believe they are still scrubbers of the floor, they are working 70 hours a week compared to 40 for a man.

"THAT ATTITUDE is passe. That's

being suckered into following rules somebody made decades ago. Treat housework professionally by problem solving for your family's needs," she said.

"Drudge work is unprofessional. Going that route is going backwards."

For singles and new brides, as well as women with families, and or jobs, she opts for a you-help-me-paint and I'll-help-you-garden trade off.

"The work goes faster. It becomes a

social event and generally ends up with a party instead of a chore that is one of the household cleaning pits," she said.

"The point is that everybody helps. Two heads are better than one and so is two bodies better than one. Spring cleaning is old hat. Get the house clean and keep it that way and it will stay that way if every job is delegated and each person knows his or her responsibility."

AS DIRECTOR of the clinic the home economist's job is to help homemakers with techniques for the fastest, easiest way to do drudge and nuisance cleaning jobs. She teaches simple repair jobs, how to remove stains from anything, the best way to do laundry, how to manage time or how to plan a room to fit a particular family's need.

A manual spelling out some of these time and energy savers can be received free by writing to Ajax Household Clinic, P.O. Box 473, Lenox Hill Station, New York, N.Y. 10021.

"If you have a special problem, write to us," she said. With a staff of secretary-researchers, she answers every request personally.

"If we don't know the answer, we'll research it out for you. We're working on one now on how to clean a slate fireplace that's not in our manual, or any place that we know. But we'll find it. We encourage correspondence with the people we reach.

"We want them to send us their own ways of getting things done as well as their problems so the clinic will provide an exchange of ideas," she said.

MS. HATTON'S trip across the country is sponsored by Colgate-Palmolive Company (Ajax is a division of Colgate) and is meant as a consumer service rather than a promotion.

She gives testimony to this when she told how to remove a particular stain. She used the word detergent. She did not use the name of a specific product.



Helen Hatton shares hints and know-how for fast and efficient ways of keeping up a house and offers a manual with a host of time and energy savers for the price of a stamp from Ajax Household Clinic.

She stresses how to save both money and energy. She can rewire a lamp to install a dimmer switch to save money. She can change a washer on a faucet and demonstrate the use of snake in a drain to avoid a plumbing bill.

She can remove spots from carpets or take out wine and wax from a table cloth. She knows how to cope with rings on furniture and marble.

But the key to the entire keeping-up-the-household juggling act is in establishing priorities.

"Know what is important to you. Read the instructions on the label. It's amazing how much waste comes from not knowing what you're working with when you use a product. Or how much energy is lost because you are not getting the full benefits from your appliances.

Swimming is for exercise, for fun and for taking off the bulge in Farmington Y

Farmington Area Y swimming classes get under way next week with a listing that includes sessions for all ages and all areas of expertise.

The Y philosophy starts with those from six months of age getting the youngsters accustomed and familiar with the water, and includes special instructions for the "frisky cats."

One unique aspect of the Y program this time around is the utilization of backyard pools.

Carol Green, aquatic director, says 15 pools will be used in the Farmington, Farmington Hills, Novi and West Bloomfield areas which offers families the opportunity to improve their swimming skills in their own neighborhood.

Trained Y instructors travel to the pools and give expert instruction to the pool owners' family and neighborhood residents.

"It is an excellent way to take advantage of the summer weather," Ms. Green said. "Six lessons are guaranteed in one two-week session."

THE Y ALSO offers one- and two-week sessions in the new Olympic-size indoor pool, in the new Y facility, 28100 Farmington Road.

There are four basic programs offered.

The preschool program allows parents and children, from 6 months to 3 years, to learn basic swimming skills and water safety together.

Tadpoles are for children from 3-5, which is a water experience to be enjoyed without their parents.

The progressive swim program, for children from 6 years and up is designed to ensure personal safety, endurance and some new stroke skills.

Adults take advantage of the swim program designed for their own particular needs and skills. There is a program for the "frisky cats" and others with interim expertise up to advanced



Instructor Mary Clappison guides one of her "tadpoles" in the Y's program offered to the 3- to 5-year-old set.

swimmers.

Swinnastics is designed for swimmers and non-swimmers who want a fun way to work off the excess bulge while keeping cool in the hot summer months.

"There are more than 100 classes to choose from," Ms. Green said. "What better time than summer to begin this lifetime sport."

Brochures will be sent upon request by calling the Y, 553-4020.



'The shot heard 'round the world'

E'nai B'rith Women Join Detroit Metropolitan March of Dimes volunteers June 12-15 in the Detroit Plaza for "The Shot Heard 'round the World," a conference commemorating the 15th anniversary of the Salk vaccine. Actress Jane Wyatt is flanked by two E'nai B'rith women in the celebration, Janet Gubkin, (left) of Southfield, and Barba-

ra Zonder of Farmington Hills. The actress is one of a host of celebrities in town to recruit volunteers for the 1980 March of Dimes National Volunteer Leadership Conference. The conference is held once every four years and draws about 1,200 notables from the science and medical world across the country.

# echo park school

Learning at Echo Park means small classes where individual needs are easily met, and children are accepted at their own level of development; where they are encouraged to be curious and creative in an atmosphere of freedom within a certain structure. Echo Park means a rich natural environment with special grounds, well equipped playground and where nature and science will still be an important part of our curriculum. We are happy to announce our present staff is moving with us to the new location.

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