

# Housework too much for you?

Is housework running your life? Then maybe the job is bigger than it ought to be.

Anne Field, extension family resource management specialist at Michigan State University, suggests you stop a minute, sit down and take a good, hard look at housework. Be especially suspicious of the way you've always done things, she advises, and look for ways to cut out or cut down the chores you have to do.

One way to approach the problem.

Dr. Field says, is to divide chores into three categories: jobs you must do, jobs you ought to do and jobs that can be let go.

Divide the "have-to" chores among family members according to their likes and dislikes as much as possible.

"Someone who doesn't hate washing windows will probably do a much better job washing windows than someone who would rather do anything else," Dr. Field comments.

"HAVE-TO" jobs that no one likes

should be parceled out fairly among family members.

Some chores—ironing sheets and children's playclothes, for instance—can probably be eliminated without greatly affecting your family's quality of life, she points out.

You may reduce the amount of time you must spend on other chores by doing them less often: lowering your standards a bit—after all, must the kitchen floor be clean enough to eat from—or using labor-saving devices

and strategies to cut down the work load.

Laundry can be less time-consuming, for example, if you buy clothes and linens that need little or no ironing and have no special washing or drying requirements. "Hand wash only," "hang to dry" and "dry clean only" tags on a garment mean extra care, and that means extra time.

THE AIM of saving time from housework is, of course, to have time for something else.

"Think of your time as a fresh apple pie," Dr. Field suggests. "Even before you cut it, your job, home, family and other commitments account for a lot of the pieces. It isn't selfish to save a piece for yourself."

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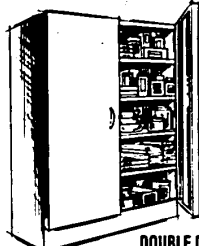


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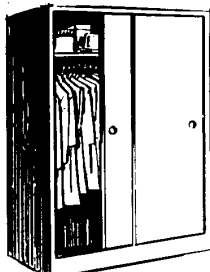


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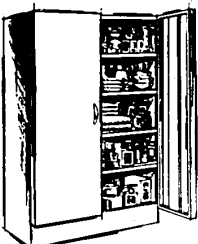


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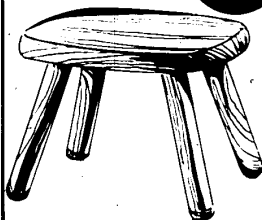
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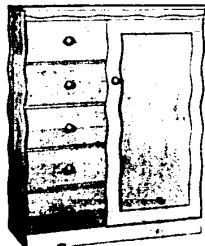
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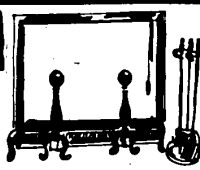
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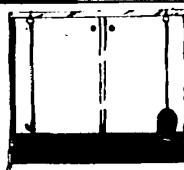
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