

Says Women Waste Too Much Energy On Household Jobs

By HELEN BRUNSON
Special Writer For The Birmingham Eccentric

Want to know why you're tired?
"Woman fritters away her energy," says Dr. Peter Steincrohn, New England physician, writing about the parade of tired women who pass through his office. "She drives a tack with a sledge hammer, when she might use thumb pressure."
And Dr. Walter Alvarez, famed Mayo clinician, agrees: "Women make a mess of their lives. They blow ten dollars worth of energy on a ten-cent problem."
In what ways do the good doctors believe we women waste effort?

DR. STEINCROHN THINKS that woman shoots too much energy on organizational work outside the home. He says that if you've already done a good job for your church or club, and want to quit, the girls keep you right on working, through flattery or other devices. Club work is usually easier to get into than it is to get out of.
Another way, he says, is too much telephone visiting. Time gets away, the work isn't done, and hubby comes home for dinner before dinner's even started.

Still another way woman puts herself on the frazzled list is by long hours of shopping. She goes down town with a list a mile long, tromps through the big stores in high heels, without rest or refreshment—all the while feeling pressed for time. Then general fatigue set in.

AND WHAT ABOUT THE WAY we do our housework? Most women could use a little Time-and-Motion Study around the house. A man wouldn't think of wasting effort the way his wife does. He'd throw out any antiquated equipment and get new, tune up every machine and gadget to top efficiency, eliminate lost motion. In other words he'd run the job efficiently—the way he has to run his business, or lose money.
True, there is no machine that will diaper a baby, satisfy the whims of a two-year-old or put a meal on the table. But there are methods of work that will make our heads save our heels.

First we might ask ourselves a few questions: Are the knives sharp? Do we sit down to iron, to pare vegetables, to roll out pastry? Do we use both hands to put away dishes, to dust (with mitts)?

COMMON SENSE tells us: Never take things down to the basement without bringing something up. Keep the ironing board set up in basement or utility room; the sewing machine in a handy corner ready for action on a torn shirt or ripped coveralls.

Never do work twice—put the thumb tacks or scissors back in place immediately after using them instead of laying them down and having to pick them up again later. The list of work savers is endless if we put our minds to it.
And there is another factor. We shouldn't WORRY about the whole day's work at once. Do each task as it comes, forgetting all the others at the time.

Like a sign in our neighborhood shop says, "A job isn't work until you start worrying about it."

How wonderfully precious it is for a man and a woman to join hands and just not find happiness along life's byways: If just for their sakes, and faith their daily bread, they are destined to be rich, never reckoned by tax collectors.

PEOPLE'S COLUMN

'Dollars Not Dimes' For Battle With Polio

To the Editor:
May I say something before the porch lights go on tonight, lighting the way of mothers in their march for polio, to all who are thinking of contributing, that whatever they contribute will be the best money they ever spent in their lives, whether by insurance or otherwise.

Three years ago, in the summer of 1949, I received mail circulars from commercial insurance companies, soliciting polio insurance. Although I had three children about to graduate from college, I confidently threw the circulars in the trash basket, comfortably thinking, "Thank God, my children are past the stage where I need worry about that." (Worry about it I always had when they were small.)

The following Christmas my son came home with a "grippe". He was doctored without improvement.

ON JANUARY 4 he was taken to the hospital where the dreadful diagnosis "Polio" was pronounced. He had to be moved immediately out of that hospital where infectious diseases could not be kept. After keeping three children in college for nearly four years the family exchequer was low. The ambulance fee for moving my son to another hospital was \$40, and I faced a wall of black despair. "What insurance we do to?" I need not have worried. From the moment that the diagnosis was made, the whatever insurance my husband's group insurance policy for family sickness amounted to, which would have been only a drop in the bucket.

MY SON WAS IN the hospital for a year. Everything was done for him that the latest research could recommend. We were not even compelled to ask for help, nor to admit that we were faced with financial ruin.

We went voluntarily later, to the administrators and explained our financial status—after they had completely taken over—and expressed our desire to make up in future years the terrific debt we owed them.

No commercial insurance policy could have done all that this organization did. Previous to this we had sent in our pitiful dimes. To the March of Dimes, because of the staggering burden the Foundation has been carrying for people like us.

MORE THAN the insurance it provides for afflicted families it is carrying on the research which will have good reason to hope will ultimately conquer the crippling effects of this terrible disease.

May I say again that every cent you or yours can rake or scrape together tonight will be the best money you ever spent—you never know—you or yours may be next.

If the returns are not sufficient the succor afforded by this unusual organization may become curtailed.

Please do not let that happen! Please turn on your porch lights

The Birmingham Eccentric

Consumers Power Forecasts 10,000 New Customers

More than \$5,700,000 will be invested in its Southeast division in 1953 by Consumers Power Co., J. J. Brown, president and general manager, said today.

Major gas projects as outlined by Brown reveal the company anticipates adding more than 10,000 new gas customers in the division this year.

The Southeast division serves Royal Oak, Birmingham, Pontiac, Mt. Clemens, East Detroit and adjacent cities of Wayne, Livonia, Plymouth and Northville, and many smaller communities in Oakland, Macomb, Western Wayne and county areas.

Brown said the company will install more than 75 miles of new gas mains to reach the anticipated 10,000 new customers, and that it will investigate system improvements to more than 130 miles of existing mains.

IN ADDITION, seven new gas regulator stations will be installed in the gas supply lines to help maintain delivery pressures in the expanded gas distribution system. "The company's program for its Southeast division is necessitated by the continuing growth of the area and the growing demands for gas service," Brown said.

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MRS. THOMAS A. GRIFFITH MRS. D. G. MANLEY
Roll Call captains check lists prior to drive

CH Roll Call Captains Set Kick-Off Meetings

More than \$3,000 has already been contributed to the 1953 Community House Roll Call, according to Lyman J. Craig, Jr., co-chairman of the 1953 drive. The entire amount has been received as a result of the pre-Roll Call mail requests.

Craig, in charge of collections from the city's various business houses, announced that the drive would officially get under way on Feb. 16, continuing through March 2. The goal, he added, is \$40,000.

"Early donations live most gratifying," Craig said. "If they continue at the same rate there should be no question of reaching our goal."

The eight business area captains will have their kick-off luncheon next Thursday at the Community House. Section captains for the house-to-house solicitations will have their luncheon on Feb. 10.

Mrs. George A. Weinhold, co-chairman with Craig, is in charge of this group, with assistance from Mrs. George A. Maxted, co-chairman with Craig, is in charge of this group, with assistance from Mrs. George A. Maxted. In listing the captains, Mrs. Weinhold said two more would be selected as soon as possible. Already signed up are:

- SECTION 1, Mrs. Harry S. Stark, Jr., Mrs. L. E. Olstead, Mrs. N. L. Mudd, Mrs. W. M. Milligan, Mrs. Burley Laurimore, Mrs. Keith McKenney, Mrs. Martin L. Buzel and Mrs. Thomas Griffith.
- SECTION 2, Mrs. E. L. Barger, Mrs. P. R. Fry, Mrs. E. L. Barger, Mrs. Robert Caldwell and Mrs. Howard Liverance.
- SECTION 3, Mrs. Carl Binkle, Mrs. Harvey Swift, Mrs. Richard Straight, Mrs. Earl Kuhl and Mrs. W. N. Hass.
- SECTION 4, Mrs. Robert Ploof, Mrs. Clarence Kraft, Mrs. H. Fairchild

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