

# How to Avoid Cleaning Day Blues

By CLEO SYMONS  
Special Writer

I just dote on cleaning day! Last year, when I got the wrong impression, I hasten to explain that it's not because I am unable to lift my thoughts above the dishpan or tear my hands away from the scrubbing brush.

I admit that I share the satisfaction of the average housewife in being able to see daylight out of the windows or finding a clean fork with which to prick the breakfast sausages. Even rediscov- ering the pattern on the kitchen linoleum can cheer me no end.

And when I whiff the ozone-freshness of a newly-laundered sheet or admire the sheen of a well-rubbed tabletop, the associa- tion between cleanliness and the state of one's soul is not lost on me.

**BUT NONE** of this is the real reason. It's very simple though—cleaning day is when I get caught up with my reading!

That's not as far-fetched as one might suppose.

It begins at the breakfast table. As soon as the bread winner has left to win our daily bread and before I dress for the day (sure I get breakfast in robe and slippers just like everybody else) there is my newspaper clipping to do.

**OVER** A second cup of coffee. I cut out the household hints and new recipes I'm going to try some- time, the editorials and interesting feature stories I will add to the cupboardful which I will have to burn one day.

And because an instructor once told me "a skimmer is never, never, educated," I apply myself to the news story I only glanced at last night.

Having devoured the daily, I have to find out who's doing what in suburban politics, what the current situation is with the Lathrup sewer system and give "Once Over Lightly" more than a once-over-lightly.

**EVENTUALLY** I gravitate to the latest Book-of-the-Month on my night table when I move on to do the bedrooms. That is usually good for at least an hour. Unless I am unable to resist finishing the serial in "Good Housekeeping" which I started last week when I "cleaned" in there.

When—and if—I do succeed in tearing myself away, there is a case of books in the hall badly in need of dusting. There I steal time enough to reread enchanting bits of such old favorites as "Hawaii", "Gone With The Wind", "The Sea Around Us," or "The Secretape Letters." Now there's a book!

**BY AND BY** I reach the living-room. Here the fancy leather bound

volumes of Les Miserables, Keats and Edna St. Vincent Millay are displayed, but not for the purpose of impressing visitors. I'll let you in on a secret—I read poetry. (Of course I've learned to keep it dark since I notice the funny looks I get when I mention it).

Here, too, are the latest maga- zines, filled with the delightful and inviting stories and articles which I can never keep up with. While arranging and sorting out the issues I've saved for my daugh- ter (she's an addict too), I drool over the swish party clothes and Christmas goodies. I also manage to get through the Audubon story of Chicago, a windy, wonderful crowd.

**WITH THE "Post"** in one hand and the vacuum sweeper in the other, I describe vague areas across the carpet. This way I polish off the concluding chapter of the excit- ing Harpers Book Prize story, "Sand Pebbles," before I tackle my sanctum, the library-dim.

This small room is truly a king- sized mess! A cheerful hodge- podge of books, family photo- graphs, bird pictures, mementos, a spare TV, radio, typewriter, a deskful of unanswered correspond- ence, Christmas cards, dog-eared manuscripts, a table overflowing with reference books, old "Writers Digests" and magazines, envelopes stuffed with clippings, African violets—you name it.

**THE CLOCK** tells me it is too late to try to bring order out of this chaos to-day. So, recalling the look on my doctor's face as he watched the column of mercury on his little contraption on my last visit, I decide to obey orders.

Sweeping off a stack of maga- zines and mending, I stretch out on the couch—with a book, naturally. With this wealth of material, a typewriter and ream of paper at hand—who knows? I might just get an idea.

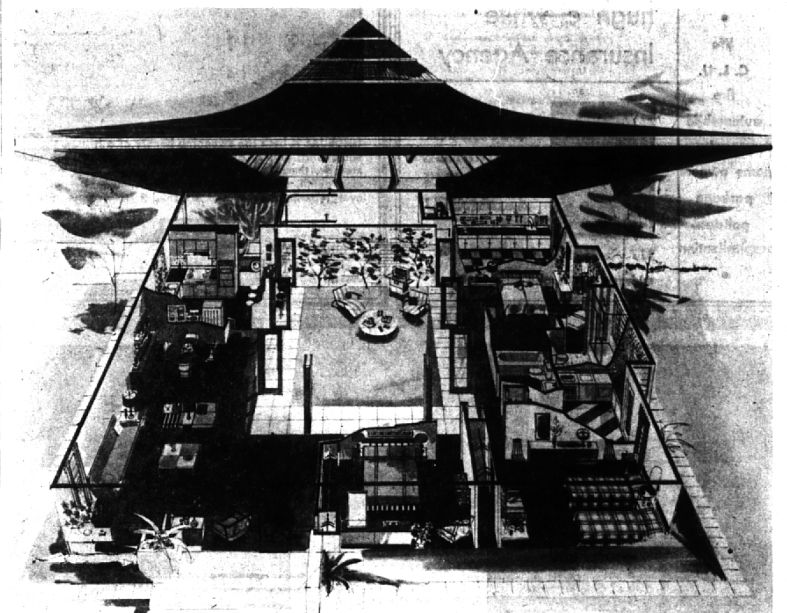
A thousand pardons, you mothers of teen-aged daughters. I wouldn't recommend my system for every- one. I wouldn't for the world want to subvert the snail's-paced little dears with this kind of heresy.

**ACTUALLY**, I do try to keep our home on the safe side of bubonic plague and the seven year itch. But I've taken a leaf out of Scarlett's book of rules—so many unpleasant chores can safely be postponed until "tomorrow."

If anyone sees those rolls of lint, dull furniture and round corners, it serves 'em right. He (or she) had no business looking there in the first place.

Meanwhile, against the dreadful day when I might no longer be able to make out the printed page, I'm storing up these magical words to sustain me.

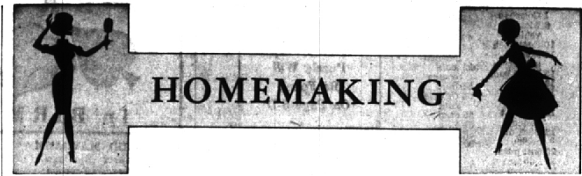
Now you know why I really have a ball on cleaning day.



## A 'House of Care-Free Living'

A dramatic view of Popular Mechanic's "House of Care-Free Living" uncovers many ideas and products designed for easy living. Central atrium, an old Roman idea, lets in the sky so owner can have garden or private spot of sunny,

relaxed living right in the heart of the house. Erb-Restrick Lumber Co., 425 S. Eton, Birmingham, is official "Idea Project Center" for Popular Mechanics.



## Care in Planning Menu Keeps Family Fit and Trim

With the spotlight these days focused sharply on physical fitness, the care and feeding of the American family become increasingly important.

Hand in hand with the stress on eat well, exercise more, feel better, goes the more practical problem on how best to attain these goals.

One refreshing note injecting itself into not only family feeding, but all aspects of family living is fun. How often food and fun join together in our thoughts and plans. Dinner parties, birthdays, holiday gatherings, luncheons, barbecues and even refreshment time at meet- ings, contribute to our most festive and pleasant moments.

**BESIDES** THOSE special occasions we all enjoy, mealtime at home offers daily opportunities for family fun.

Planning menus for fitness with a festive wink presents few prob- lems these days. The U.S. govern- ment recommends certain daily

nutrients for everyone. These in- clude protein for growth, minerals and vitamins for keeping the body functioning properly and fats and carbohydrates for energy.

Fortunately, each group of nutri- tional necessities offers so many choices the clever homemaker has no trouble planning meals of varied interest.

**THE IMPORTANT** meat group, for instance, offers not only red meats, poultry and fish, but a favorite of all youngsters up to the age of 100, peanut butter.

In the bakery department, we find a tempting array of cake and pies supplementing breads and cereals.

Daily fruit and vegetable re- quirements may be met by any one of a variety of favorites from cit- rus fruits to cantaloup and cab- bages.

Dairy products offer endless

possibilities for making any meal a happy experience; chocolate milk always rates a round of ap- plause from the youngsters while ice cream turns the plainest of fare into a festive festu.

**IN ADDITION** to keeping a weathered eye on family eating habits during the holidays, the one in charge must keep a close watch on the family social sched- ule.

It's easy to get over tired, and it's hard to get caught up once you've fallen behind. Too many parties in close order break down some of the necessary elements for family fitness, particularly at a time when eating habits, all-im- portant exercise, and rest and relaxation may drop to a minimum.

The holidays offer endless op- portunities for festivities and fam- ily fun. Be sure you enjoy them to the fullest by carefully plan- ning meals and social activities around a program of equal time for rest and relaxation.

### Turkey Loaf

- 2 eggs
- 1/2 cup liquid
- 2 1/2 cups fresh bread crumbs
- 1 tablespoon minced onion
- 1 1/2 teaspoon salt
- 1 1/2 teaspoons poultry seasoning
- 1/2 teaspoon Tabasco
- 1/4 teaspoon thyme
- 3 cups finely chopped cooled tur- key
- 1/2 cup cooked or cooled green peas
- 1/4 cup diced pimiento

**BEAT EGGS** in large mixing bowl.

Stir in liquid, bread crumbs, onions and seasonings. Add turkey, peas and pimiento and toss gently until thoroughly mixed.

Turn into greased one and one-half quart loaf pan or form into loaf in shallow baking pan. Bake in moderately hot oven (375° F.), 45 to 55 minutes or until firm in center.

Loosen edges of loaf from pan with spatula and unmold on serv- ing platter or lift from baking pan to platter with broad spatula. Garnish with turkey cut-outs made of pimiento.



Food and Fun for Fitness



**LUCKY YOU!** (OWNER CALIFORNIA BOUND). IMMEDIATE POSSESSION.

Three bedrooms, large living room, separate dining room, recreation room, and screened porch. Carpeting and draperies. Walk to school and shops. 2 car garage. \$19,900.



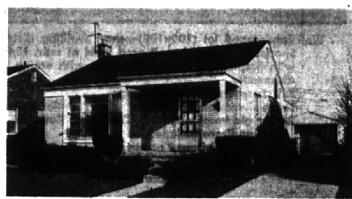
**SPANKING NEW PAINT JOB—INSIDE AND OUT**

3 Bedrooms, plus 2nd. floor den or sewing room, separate dining room, fireplace in living room, car- peting and attic fan. Basement floor tiled. Fenced yard. \$16,500.



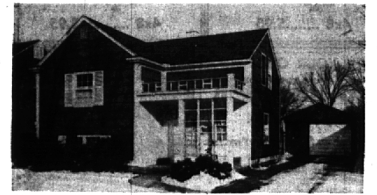
**SOMETHING SPECIAL HERE!** 22 FOOT FAMILY ROOM.

Three bedrooms, carpeting and draperies. Heated porch and fireplace in living room. \$17,900.



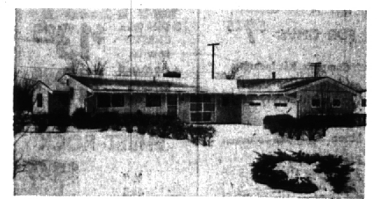
**"SKATING TODAY"—WALK TO ETON PARK RINK**

Cleaner than new. Three bedroom ranch with fully tiled basement. Exceptional kitchen. Carpeting. Fenced yard with patio. \$16,900.



**IT'S FULL OF SURPRISES!**

Tri-Level (with RED SHAKES)—Beamed ceiling in liv- ing room—Sunken dining room. Three bedrooms, carpeting and fenced back yard. Children walk to most activities—Mom can walk to town. \$17,900.



**SMALL PRICE FOR LOTS OF LIVING!**

Family room, fireplace in paneled wall in 29 foot living room, large screened porch, 2 FULL BATHS. Built-in stove and oven. Carpeting is new, and drap- eries included. at \$22,500.

# Weir, Manuel & Snyder, Inc.

298 South Woodward  
Birmingham, Michigan Realtors

Phones: Birmingham 644-6300  
From Detroit 566-2323