

*A Few Vintage  
Homemaking  
Tips & Hints*



*for today's home*

*By Kemi Quinn*

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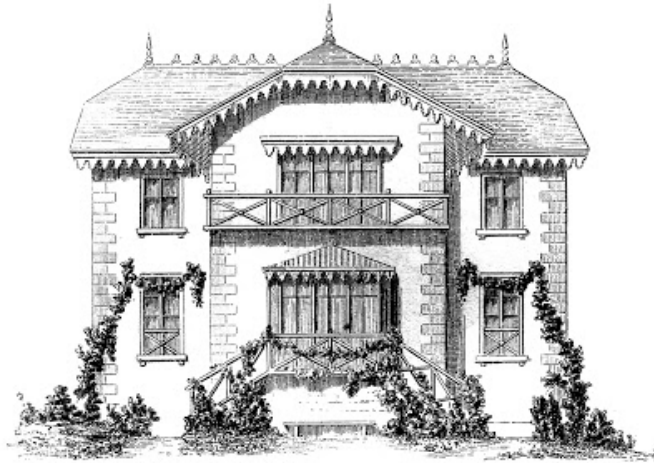
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## ***The Happy Home***

*It is just as possible to keep a calm house as a clean house, a cheerful house as an orderly house, a happy home as a furnished house, if the heads set themselves to do so.*

*~Home Dissertations*



***Ode to the happy home!*** It's more than just clean surfaces and well made meals. It's a joyful place of peace where one comes to rest their weary head after a day abroad.

All you do to provide a happy home may seem to go unnoticed but if it were not provided I am sure it would be missed!

What can you do to provide a happy home for your family?

Great weary workers at the end of the day with a smile? Leave the pressing questions of the day until a time when rest has been achieved and hunger and thirst satisfied.

Say, "Welcome Home", instead of "Did you remember...?" the next time a loved one comes home.

## ***The Household Notebook***

*One of the easiest ways to record the work schedule is in Household alphabetically arranged household notebook where also be kept the addresses and telephone numbers of those supply goods and services an inventory of things stored in boxes and and bits of information on management and methods gleaned from and books Additional information to be entered in the notebook may be on small slips of paper and put in a pocket on the back cover until a time for recording them is at hand.*

*~Farmers' Bulletin, Issues 1826-1850*

Aha! The **Household Notebook** is a thing of vintage notoriety! This idea, created long before we were born, has taken on new meaning and a generated a new following.

### ***Why?***

Because a Household Notebook gets things done. Keeping all the wheres and hows of the running of your household means details are not missed and things don't get left undone.

From cleaning schedules to menu plans, from daily routines, ideas for a rainy day. Keep it all in one pretty place. Your Household Notebook.

Start yours today!

## ***Menu Planning***

*When Meals are planned, they should be arranged for the whole day at least.*

*~Elementary Home Economics*



Dinner is the last meal of the day and also a time when families can get together and discuss their day. It is also a hectic meal for busy moms who are just getting off of work or who have been busy with other activities all day.

If this applies to you or you know a busy mom, here are some menu planning tips to help make dinner meals easier and even fun!

1. **Be in the Know:** This is one of the most important planning tips for meals. Know what you are going to eat throughout the week. This means less chance that you will stop off at the closest fast food joint for a convenient, but unhealthy, and possibly indigestion inducing meal. Decide on the last day of the previous week (for example Saturday) what the menu will be for the following week. Create your shopping list from the list of ingredients needed to avoid buying what you don't need at the grocery store.

2. **Look for bargains.** Coupons are always nice but be sure to also read advertising circulars to find out what is going on sale. If one ingredient is a common denominator in many meals, consider buying in bulk to save money. Common staples like milk, eggs, bread and sugar can be bought in bulk as well. Some stores will have double or triple coupon days when you can save even more.

3. **Get new recipes online.** After a while your family will get tired of chicken and rice every Thursday. You can get into a menu rut sometimes. It can be comfortable but it's actually good for you to switch it up. Use the Internet to search for new and exciting recipes. Learn to put a twist on old recipes for a new taste.

4. **Have a leftover night.** Pick up this tip from savvy moms. After preparing meals for five or six days, there is bound to be some left over food marinating the fridge or hopefully freezer. Designate one night to be leftover night and let everyone mix and match for dinner. Another option is to mix it up and make soup. Only do this if you're confident the flavors will go together well. It saves you from having to throw away any food.

5. **Cook your meals in advance.** After deciding on a menu plan for the week, go ahead and fix as much of as many meals as you can. If you have a helpful family choose a day when the entire family can help like Saturday morning or Sunday afternoon. Each person can take one meal and fix it for the following week. Once everything has cooled, store it in sealed containers or casserole dishes to be frozen until the night it is needed.

6. **Do prep work in advance.** Of course all of your meals can't be cooked at once. Some foods just taste better when you prepare them fresh. Such as stir fries. For these kinds of recipes, do as much prep work in advance as you can. Enlist your kids to help chop (give them the kitchen shears instead) vegetables, dice cooked meat and mix together dry ingredients. The night of the meal, all that is needed is to add the ingredients to the wok and stir.

Menu Planning is a wonderful time saver. Make the most of it.

## ***Cleaning Up***

*Putting away work after cleaning is as much a part of good housekeeping as the cleaning itself.*

*~The Home and It's Management*



### ***How important is it to clean up after ourselves!***

We take extra care to teach this golden rule to our children at home but do we follow this same advice?

Half you cleaning for the day could be done if you would remember to put things back when you are done with them!

Did you know that much of the mess in your home is likely self inflicted? Do you set things down with a quiet promise that you'll get to them later? Instead of adding extra work for yourself later or letting the clutter accumulate, put things where they belong the first time.

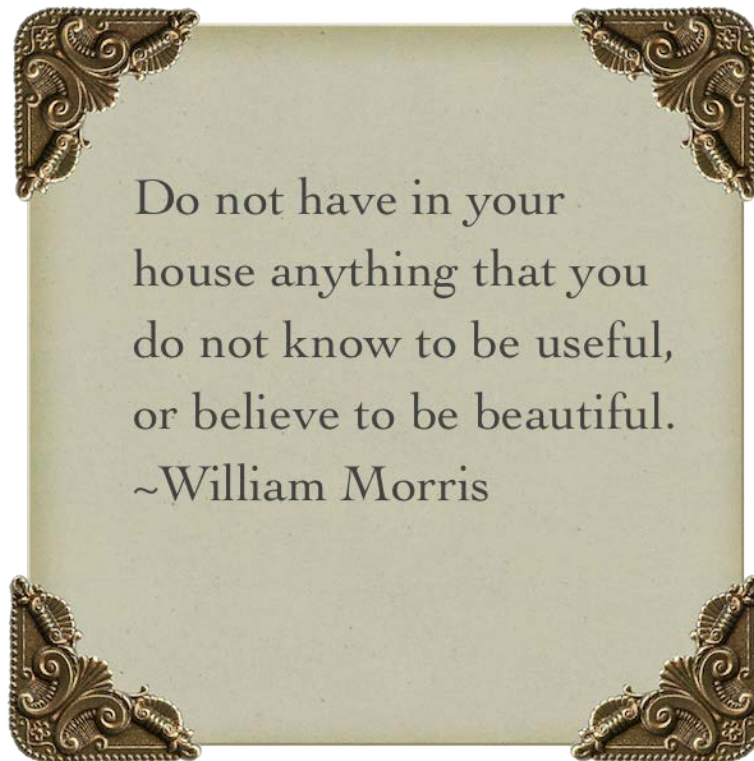
### ***Tips for Keeping Up with the Cleaning the Home***

- Wash up your tea dishes and put them away after your afternoon tea.
- Put your bed back to rights after arising each morning.
- Put all your cosmetics back in their place when you are done with your morning ablutions each day.



- Assign each room in your home a day for cleaning. While straightening is done every day, the deep cleaning shouldn't need more than one time a week. And if you're getting help from your family then they can each tackle a room also.

*Make an extra effort today to put things away as soon as you are done with them.*



## ***Your Health***

*The basis for all efficiency in work,  
whether in industry or the home,  
is health and controlled vitality.*

*~Household Engineering*

My final vintage tip is for your health. How true is this above quote! We do our best when we feel our best. I know this to be very true for me. As much as we can we should do what we can to feel our best

As I get older and my body seems to have more aches and pains I'm discovering that eating healthy, some form of exercise, and getting rest are very beneficial to giving me the energy I need to make it through each day.

Here are some tips for living healthier.

**Include lots of raw foods in your diet.** Start to eat raw fruits and vegetables at every meal and for snacks, and you will greatly increase the amount of beneficial vitamins and minerals in your diet. You may also come to find you crave them more. At least I did.

**Get plenty of exercise.** Exercise has the strangest side effect of giving you more energy. If all you can do is walk that's okay. Walking is the best exercise. It will help you lose weight, and keep fit.

**Drink water.** It's so good for you.

**Work to eliminate stress as much as possible.** Stress takes a serious toll on our bodies, contributing to some serious health problems. Do what you can to eliminate stressful situations and find a moment to relax each day.

Maintaining good health isn't about taking medication for every ailment. It's about working to avoid the need for such drastic measures. By taking care of our bodies and carefully monitoring what goes into them, we can reduce our risk for disease and live a happier, healthier life.

## Want More? Here Are Some Resources:

### The Household Notebook

[Free Printables](#) for your Household Notebook.

[Well Kept Digital Planners](#) peppered with Vintage wisdom and graced with old time graphics.

### Menu Planning

[Saving Dinner:](#) My favorite resource for delish healthy menus year round.

### Cleaning Up

[The Clean Report:](#) This is my go to site for cleaning supplies. I buy refills for cleaning supplies about once a year. That's it!

[Clean and In Good Order:](#) This is my cleaning package for a tidy home. Vintage tidbits throughout.

### To Your Health

[Trim Healthy Mama:](#) This book is a lifestyle change. If you need to revamp your whole way of eating, find new energy and even lose weight I recommend it.