

## המחברת של פייגי, אימם של יוסי וזי [אחותו]

לפני מספר שנים יוסי הביא מחברת מקורית, עם טקסט, ציורים ותמונות מודבקות. יוסי קרא לה "מחברת מתכונים". המחברת נראית כמו רישום של שיעורי כלכלת בית [השערה]. זי, אחותו של יוסי, מאשרת שזו מחברת של אימם – פייגי.

### תוכן המחברת

במחברת 24 דפים

#### **עמ' 1-16:**

כותרת דף השער: COOKERY, ?, ? , 1937  
שעורים מהתאריכים 25.1.1937 עד 9.8.1938 + שיעור נוסף ללא תאריך

#### **עמ' 17-23:**

כותרת דף השער: Pecies First Term 1937  
שעורים מהתאריכים 8.3.1937 עד 23.3.1937

#### **עמ' 24:**

שעור 10: 9.8.1938  
עמדה כלפי השחורים בדרום אפריקה [ההסבר של יוסי]

המחברת נסרקה בארכיון ויוסי לקח את המקור לביתו.

רשמה: צילה  
18.10.2024



COOKERY  
*Domestic Science*  
1937.



General Home Management

1. A housewife is responsible for all household duties.

These duties enclose the following:-

- a. Cooking of food.
- b. Cleaning the home.
- c. Managing servants.
- d. Expenditure in home.
- e. Keeping accounts.
- f. Care of clothes.
- g. Home nursing.



Cleaning.

2. Average proportion for Deciding Income.

Rent  $\frac{2}{20}$  of income

Clothing  $\frac{2}{20}$  .. ..

Food and Fuel  $\frac{10}{20}$

Repairs, Amusements etc.  $\frac{1}{20}$

Reserve fund  $\frac{3}{20}$

Use of keeping accounts

- 1. Expenses can be regulated and extravagance prevented.
- 2. Various prices may be compared.
- 3. Tradesman's errors can be prevented.
- 4. Immediate knowledge of one's finances.

### 8. Position of the Rooms.

Have kitchen and pantry on cool side of the house and living and bedrooms must be on the sunny & bright side of the house.

9. Heating The sun is the natural heatgiver in a home and in warm countries fires are only used for cooking.

10. Heating (artificial) Open fires in grates, oil & electric heaters also hotwater pipes.

### 11. Water & Light supply.

Water from reservoirs, tanks, wells & springs.

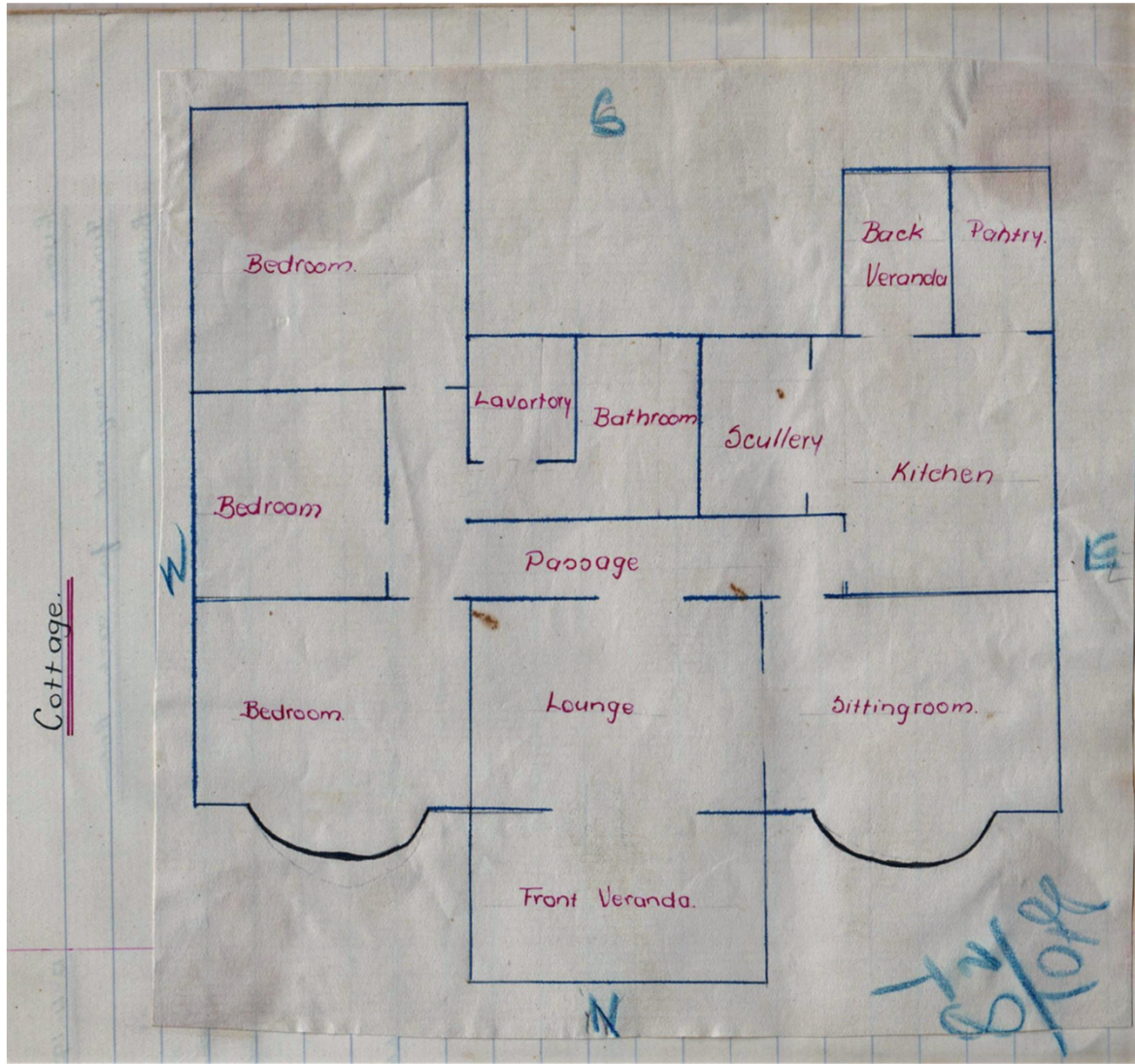
Light electric light, lamps, candles etc.

### 12. Drainage & Ventilation

Drainage. By the word drainage we understand the carrying away of dirty water by underground drains to any waste ground.

#### Ventilation.

Is the art of keeping the air in a home pure by letting in fresh air & letting out impure air without causing a draught. Open windows chimneys & doors are ventilators. Ventilators are often built into the walls.



Lesson 3

12-4-1937.

Furniture required for each room.

Bedroom

1 Bed, 1 chest of drawers, 2 wardrobes (1 ladies & 1 gents),  
2 chairs (one easy), 1 small table, wash stand if  
necessary.

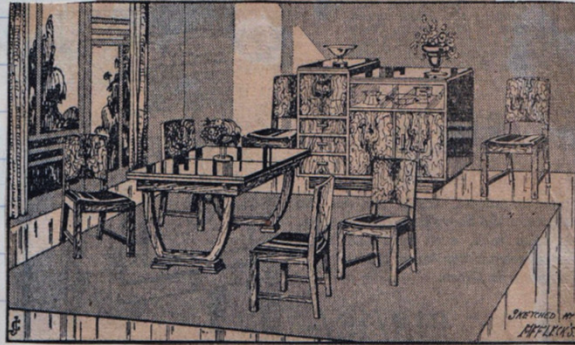


**BEDROOM**

Dining Room.

1 sideboard, 1 dining table, one book or china cup  
board, chairs, Dining wagon.

A TYPICAL DINING-ROOM



Lounge,

1 table, 2 two easy chairs, some small tables, 1 piano  
, bookcase, 1 pouffe.

(Picture on other side)

Planning a House.

In planning a house consider

1. Aspect or Facing.

In South Africa a house facing North is most desirable.

2. Position of Rooms.

a. Bedrooms.

These should all have a window on the east side <sup>so</sup> (of) that the benefit of the early morning sun can always be felt. The ideal position for sleeping porches is the east side of the house.

b. Kitchen.

The kitchen should always be on the coolest side of the house. The South East corner is very suitable.

c. Pantry.

This room should always face right away from the sun. The south East side is desirable.

d. Bathroom.

If possible the bathroom window should be on the eastside - away from the afternoon sun.

e. (~~Breakfast Room~~) Dining Room.

West facing quite permissible as the sun is overhead for the midday meal, and has set before the



evening meal.

f. (~~Dining Room.~~) Breakfast Room.

This is used only in the mornings so a North West corner of the house is quite suitable.

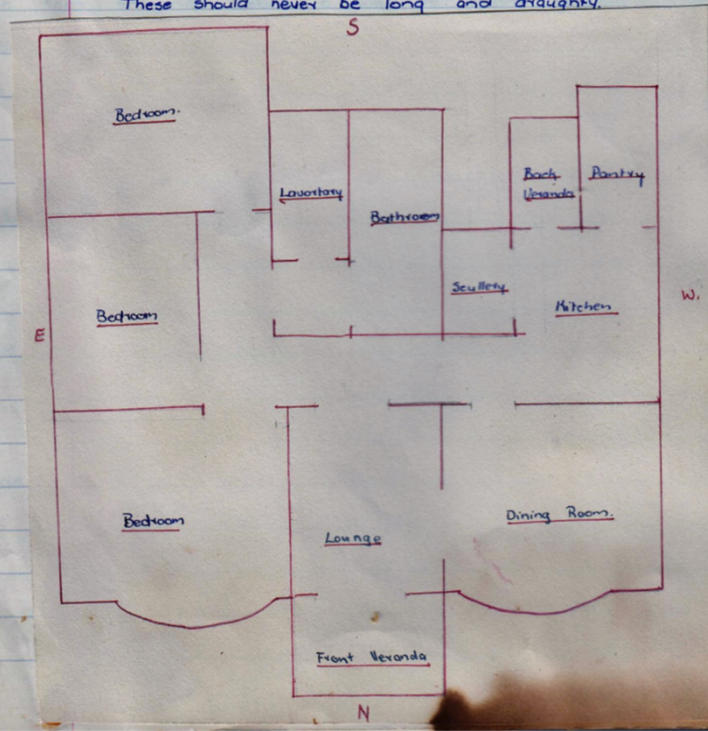
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g. Lounge.

North facing in the centre of the house is the usual position for the room.

h. Passages.

These should never be long and draughty.



Furnishing the House.

In furnishing a house one of the chief considerations is the treatment of the background, i.e. Walls, window decorations, floors, carpets etc. The best furniture can be made to look quite out of place if the background is not suitable. The style of the furnishing would depend on the amount of income size of house etc.

I Background.

1. A perfectly plain wall painted or distempered is more effective than a figured wallpaper. Plain wallpaper with a small frieze is sometimes effective in a lounge.
2. In a small house a light shade of any colour for the walls will give the effect of spaciousness.
3. In a big room, small carpets to break up floor space, short curtains and pelmets will make the room look smaller.

II Furniture.

- (a) Personal taste will decide whether the style of furniture is to be antique or modern.
- (b) A carefully thought out background will give a pleasing effect for both.
- (c) The advantage of modern furniture is that it is much easier to keep clean than old

carved furniture.

d. Cheap furniture does not last long and it is therefore not worth while. Good furniture lasts a long time.

#### Bedrooms.

(a). The background and furnishing of a bedroom reflect the character & personality of the person who lives there.

(b). The furniture need not be of polished wood but may be painted to tone in with the background.



### Dining Rooms.

- (a). This room should be finished & arranged very simply.  
The chairs used should always be quiet & restful. A large window with light curtains to ensure plenty of light and good ventilation necessary.
- (b). Besides the table & chairs it is most convenient to have a sideboard or sidetable for serving etc.



Dining rooms.

(Another example of a Diningroom at back of Lounge)

Lesson 9

9-8-1938.

Organisation of Housework.

Daily work.

1. Sweep all the rooms, dust, polish and shake or sweep mats and carpets.
2. Strip beds, air bedding and hang towels out to dry.
3. Polish floors and attend to flowers cushions to the bath and taps.
4. The stove should be cleaned every night from the plates downward and the chimney cleaned when necessary.
5. The lavatory should be flushed and scrubbed with a special brush, water and disinfectant (Lysol, Jeyes fluid.)

Arrangements of Servants daily work.

1. Make out a timetable of servants daily work and hang it up in the kitchen.
2. Gardening, polishing of knives and cleaning of windows must be arranged for the afternoons.
3. The kitchen, diningroom and stoep should be done before breakfast.
4. Arrange for the whole house to be cleaned daily and for each room to be thoroughly

cleaned on  
 If only or  
 do all the

I SHAKE SOME  
 WINDOLENE ON TO A  
 SOFT CLOTH...

APPLY LIGHTLY TO  
 WINDOW—NO HARD  
 RUBBING IS NECESSARY

... ALLOW A  
 MOMENT TO  
 DRY, THEN I GIVE  
 A QUICK POLISH  
 WITH DRY  
 DUSTER

the mistress should  
 ing of beds.




Lesson 11

Date

Cleaning, choice and care of footwear:

1. Kind of footwear

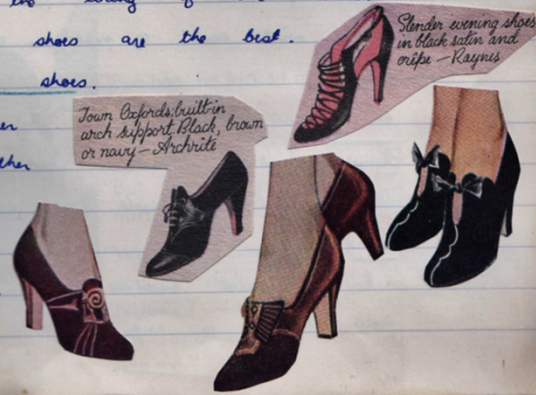
1. Glace kid which is the hide of goat or kid
2. Calfskin suede which is the leather done on the wrong side.
3. Bullock skin
4. Patent leather which is enamelled and finished shoes are either (a) handmade or (b) machinemade.

7. Choice

1. Consider the money at your disposal
2. Suitability (town or countrywear).
3. Size to fit your foot.
4. Heel (high, Cuban, or low).
5. Consider the lining of the shoe.
6. Handsewn shoes are the best.

Kinds of shoes.

1. Glace leather
2. Willow leather
3. Canvas
4. Suede
5. Buck skin
6. Patent.



7. Reptile, crocodile, lizard etc.

8. Satin

9. Crepe de Chine.

### Cleaning of shoes.

#### Canvas.

1. Brush off dust and mud. Rub over with wet blanket and dry in the sun.
2. For dry cleaning use white or colored bagoff.

#### Buff skin

Clean with melonian; or with white brush and when dry rub off with bagoff.

#### Patent leather

1. Dust well and clean with either linseed oil, milk, salad oil and rub with dry cloth.
2. Never use shoe polish as it cracks patent leather.

#### Crocodile & snake skin

Clean with cream eg. melonian and rub with dry cloth.

#### Suede.

Remove dust and brush with a wire or rubber brush, especially made for suede,

#### Lizard

Buy a special mixture sold for the purpose  
Satin brocade & crepe de chine



Clean with petrol and dry in the shade. Methylated spirits may be used. Brocade shoes are cleaned first with methylated spirits and then rubbed with powdered magesia which is left on for a few days and then brushed off.

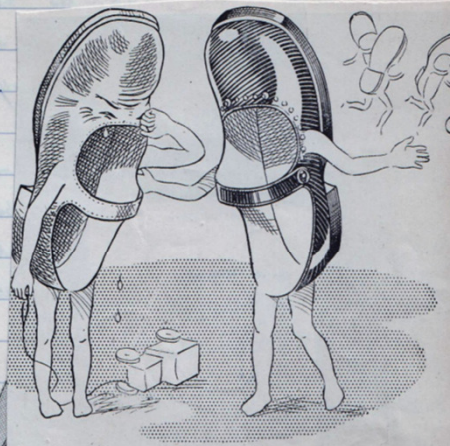
Leather

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A1

These are cleaned different colours. eg.

N.B.

Banana skins on shoes.



"Boo-hoo, he kicked me."

"Don't cry, you'll soon feel better."

"But I'm always getting hurt."

"Well, ask Mummy to give you a daily dose of NUGGET — that'll make you sturdy and strong — like me."



RECIPES

FIRST

TERM

1937

Carbonyl

Fato cond.

Lesson 1

8-3-1937

Food and its work in our bodies

1. Food is taken into our bodies for the following reasons.
  - a. To Build up and repair body tissues
  - b. To supply heat which changes into energy
2. Food is divided into five classes called Food principles

Mineral Salts  
are found in  
fruit



Water is found in wells, rivers, lakes etc

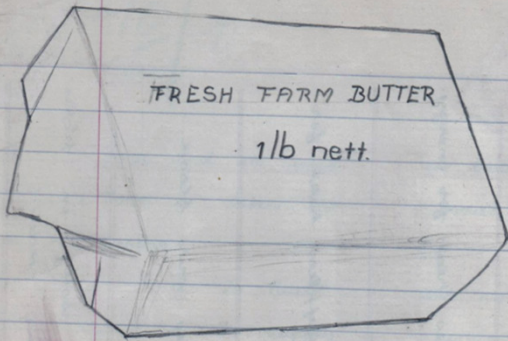
Proteins are  
found in eggs

CLASSES OF FOODS

<u>Name</u>	<u>Where found</u>	<u>Work in body</u>
<u>Protein</u>	milk, meat, eggs, nuts cheese, bananas,	a very necessary food as it builds up the body tissues.
<u>Carbohydrates</u>	milk, starchy and su- gary foods.	Supplies heat for energy.
<u>Fats and Oils</u>	milk, nuts, olives, meat cheese, cream, butter,	also supplies heat for energy.
<u>Mineral Salts</u>	milk, fish, fruit and vegetables	Purifies our blood
<u>Water.</u>	milk, most foods and in wells springs etc.	Keeps body in proper working order.

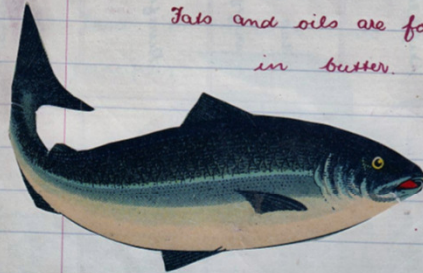


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Carbohydrates are found in cereals.

Fats and oils are found in butter.



Mineral salts are in Fish

sool



Mineral salts and Roughage.

1. Mineral salts and acids are found in the following foods.  
milk.  
fresh fruit and vegetables.

2. Their work.

They purify blood and prevent a disease called Scurvy.

3. Roughage comes <sup>entirely</sup> from the vegetable kingdom and is usually <sup>in</sup> ~~and~~ the form of Cellulose.

4. Cellulose is a indigestible Carbohydrate found in the veins of leaf vegetables, skins of fruit and vegetables and in the husks of cereals.

Its work.

1. Prevents constipation as it helps the process of excretion.



Cellulose is found in the skins of fruit.



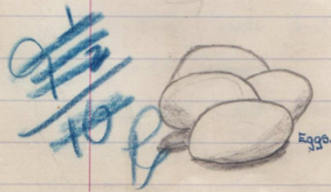
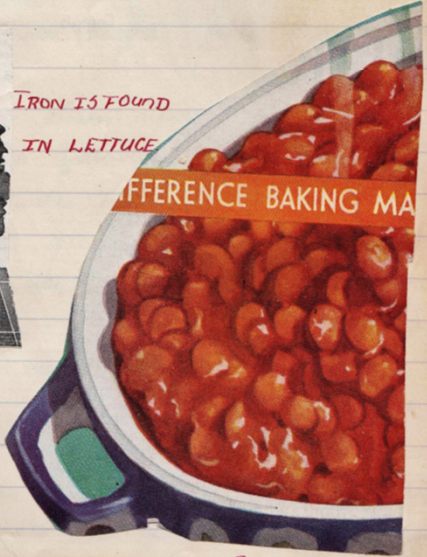
Mineral Salts & Acids.

Name	Where found	Work in body
<u>Lime salts.</u>	milk, cheese, green parts of plants.	Builds up teeth and bone.
<u>Soda Salts.</u>	Meat & common salt.	Builds up body cells.
<u>Phosphorus.</u>	cream, milk, cheese, whole meal bread, lettuce, spinach, eggs.	Builds up teeth and bone and is a nerve tonic.
<u>Potash</u>	Vegetables especially potatoes.	Builds up body cells.
<u>Iron</u>	Lettuce, Spinach, apples, egg yolk	For the blood.
<u>Iodine</u>	Fish and iodised salt.	For the thyroid gland.





IRON IS FOUND  
IN LETTUCE



Beans



Lesson 10

9-8-1938.

Servants and Pass Laws

White Servants

Advantages

1. They are often good minded, law-abiding and good to children.
2. They are cleaner than natives and references are fairly easily obtained.

Disadvantages

1. Expenses as high wages are demanded.
2. They require separate rooms, must have meals with the family and get some food.
3. They require regular holidays and more time off than natives.
4. They are liable to upset natives.

Native Servants

Advantages

1. Very strong and accustomed to hot climates.
2. They are easily obtained.
3. Cost little to feed.
4. They do their own washing.
5. They can work in and outside the house.

Disadvantages

1. Often dirty in their habits and on their body.
2. Some only speak their language.
3. They are usually dishonest.
4. Native girls often leave without notice, especially when well-trained and offered higher wages.