

Home Economics

Household Skills

Becoming a daughter with purpose

By: Amy Maryon

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Of course, I would appreciate an acknowledgment but it is unnecessary. I operate under the honor system and hope my readers do as well.

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From the author:

A symmetrical education in today's world is rare. Many girls have gone out to educate themselves to the highest degrees. They are proficient at speaking in other languages, have spent numerous hours practicing musical talent, and have educated themselves in books to a higher degree. Those are all fine things to attain, but how many hours are actually spent learning and improving upon the skills that will get them through life the most?

How does a young woman go about educating herself in the daily tasks of life? The best way to learn is to start at the beginning, learn the basics, and from there build upon each foundation.

This course is designed to be completed in 36 weeks. It will cover everything to know how to effectively run a household. It begins with decluttering, organizing, and cleaning the home, moves to effectively managing your personal affairs, and then ends with hands on skills in the kitchen. Each week you will also be challenged to improve upon character qualities in your life. Gaining outward skills are a great thing to do but what types of qualities are on the inside is what is going to gain you eternal value.

*A wise woman (man) will hear and increase learning,
And a woman (man) of understanding will attain wise counsel,*

Proverbs 1:5

How to use this book.....

This book is intended to be used weekly for an entire year's worth of schooling. You can go through it however you like. This is only my suggestion based upon how I wrote it:

- On Monday begin by reading the devotional.
 - Seek the Lord in how you are to respond to it.
 - Memorize the character quality definition
 - Write any notes to remember about what you read.
 - Apply any practical parts to your life
 - Continue working on improving this character quality this week.
- On Tuesday read through the entire chapter, stopping at "this week's wrap up."
 - Make notes of what you are to do this week. For example: declutter room, clean room, write a letter, etc.
 - Divide up each task evenly to be done throughout the next 3 days
- On Wednesday begin your hands on tasks. Refer back to the book if necessary.
- Continue through the rest of the week, diligently keeping on your tasks until completed.
- On Friday, read "this week's wrap up" and check off items completed.
 - Define the character quality definition from memory.
 - Write any notes needing improvement.
 - Have your teacher evaluate your progress for the week and make notes for you to improve upon.

Week 1 Daughters of Devotion

Devotional

Definition of Devotion: having a strong love and loyalty to God the creator.

What do you think is the best way to get to know someone? Hopefully you answered....by spending time with them. Do you know that the best way to have a good relationship with God is by spending time with Him each day? Sounds simple enough right? How would you feel if you knew that your friends deliberately ignored your texts or messages? Would you be able to turn to them in times of need and encouragement? Would you feel betrayed or used if the only times they talked to you was when they needed something? If the Lord is supposed to be number one in our lives, we should be placing a big priority on the amount of time that we spend with Him. We shouldn't ignore his "texts and messages." How true it is that so many of us get wrapped up in our own busyness of life that we forget to take the time each day to spend with the One who will help guide our steps effectively every day.

You should work on making it a priority now in your young life to establish a quiet time with the Lord each day. The better you are to work on instilling habits while you are young, you are more likely to carry them out as you grow older. Make it a point to spend some time reading scripture, praying, and then journaling about what God speaks to you.

I know that there are times in your life, when it gets busy or this looks more like a "chore" than an opportunity to get to know Him. Every time you open your Bible you should expect and anticipate getting to know more about God.

Opportunities will come to those that desire them.

Those that don't look for them, usually miss them. Expect that God will speak to you during your quiet time. Look for a time and establish it now. Don't think that when you are older you will take the time for God. God wants to use you now as a young person. He has so many great things planned for your life, if you just think

that He can't use you until you are older, you will be missing out on some great opportunities.

Make Jesus a priority in your life. Don't just turn to Him when you think about it, or when things go bad. Make prayer and reading His word a daily habit. These should become things that are naturally a part of your life and that you enjoy doing. Remember that you don't have to pray with big words and fancy language. God wants to hear you in plain everyday language. Just as you would talk with your father or friend, talking with God is the same way. Talk to Him and turn to Him with all of your concerns and problems. Be reminded to thank Him for the things He has blessed you with. Our old pastor encouraged us to speak out five things we were thankful for each day. It is a good reminder that everyday things are really a blessing from the Lord and we should not take them for granted.

Practical application:

I encourage you to start a prayer journal. After reading a certain scripture, start writing out what it means to you. Write out a letter of praise, thanksgiving, any doubts, fears, or problems that you want to hand over to the Lord. You can even write down the five things you are thankful for each day. Keep this going every day. As you grow and mature in the Lord, these will serve as beautiful reminder of your quiet times with Him.

An easy suggestion is to find a Bible plan that reads the Bible in one year's time. Simple, and easy. It is about keeping yourself consistent and devoted on a regular basis.

Thoughts to remember: _____

Cleaning your room

This week we are focusing on being devoted. A good place to begin being devoted is by maintaining a clean bedroom. I know the whole persona of "I am a teen, I am going to have a messy room like the rest of the world," may seem cool, but in reality it only creates chaos in your life. How many times do you go looking for that outfit or that thing and can't seem to find it? It is best to learn how to keep a room that is clean and orderly.

This week you will be learning how to declutter, organize, and clean your room.

Declutter

You will need the following for this task:

- a box for donating
- a trash bag for garbage
- a basket for items that go elsewhere in the home
- a wet rag for wiping out the insides of things

Almost everyone owns too many things, unless you are a minimalist. But even a minimalist can acquire too much and will need to weed out every once in a while. Before you begin you will need a clean workspace to work at in your bedroom. I recommend using your bed as your work zone.

Start with an article of furniture like a night stand. Begin by emptying out all of the drawers and shelves and putting the items onto your bed. Next, start looking through and grabbing the trash items and throwing them away. Don't keep things that are broken, or of no value. If you find things that go in other areas of the home like paper clips, books, or items you borrowed, put them in the basket to go elsewhere. Look at your items and decide if you no longer have use for them. A good way to tell is if you haven't done anything with it for over a year. After you have sorted through your pile, wipe out the inside of your drawer to remove any dust or dirt. You can then begin by organizing and placing your items back inside.

You are going to move in a clockwise pattern as you work your way around your room decluttering and organizing. If your bed is next, start by removing

everything that is underneath it. Do the same process that you did for cleaning out the nightstand.

Let's start on your dresser. Remove all items off the top of your dresser. Put miscellaneous hair ties back in the bathroom. Find a place for your makeup, in a bathroom, or in a container all neat together. Go through and throw out old makeup. If your nail polish is chunky—pitch it. Most makeup only lasts about a year. Anything after that, it is time to go.

If you have any hair brushes, remove hair out of the bristles and throw it into the trash. You should once a month soak these in a sink filled with hot, soapy water. You can rinse them with some rubbing alcohol to sterilize them. Let them sit out and dry before using again.

If you don't have to have an item out, put it away. You want to have things looking neat and clean. When the top of your dresser is clean, begin by going through your drawers.

Take each drawer and dump it on your bed. Go through all of your clothing, throw out any ripped, stained or too small items. If you have some that need repairs, set them in a separate pile. Make a note to repair them. If you haven't worn the item in a year, donate it. Keep only what you like to wear and feel comfortable in. Wipe out the insides of your drawers before putting items back into them. Fold each item and place them back in the drawers neatly.

For bookshelves take all of the items off. Go through the books and decide which ones you want to keep and which ones to donate. Wipe off the shelves and place all the books back on the shelves. Put them back in some sort of order. Sort them according to the types of books. If you have school books, put those together. Fiction books, put them together. Place them all vertical on the shelf. This creates a taller, more organized looking shelf. Any CD's or DVD's go through and decide if you want to keep them out. If you have them on your music player and don't need them out, put them away in a box under your bed or in the closet.

You have probably moved around most of your room, keep going until it is done and then we move on to the biggest, probably the messiest----your closet!

Take everything out of your closet. Use your rag and wipe out the inside corners and any shelves to remove cobwebs and dust. If you have carpet, vacuum the corners and cracks.

Now go through the clothing. Throw out old, ripped, and stained clothing. Anything that is too small, put it in the donate box. If you have any that needs repairing, put it in the pile to be mended. Then start sorting the different types of clothing that you have in piles. Put all your t-shirts, your long sleeve shirts, any button up shirts, and any dresses, into separate piles. This will help you to have some order in your closet. It will also help you to see if you have one too many of something 😊. Put them back in your closet. Put the items that you don't frequently use towards the back. This can be dress coats, nicer dresses for special occasions, or out of season clothing. Then put your clothing in a pattern. I like to do tank style shirts, t shirts, long sleeve shirts, dress shirts, and dresses, in that order. I also take it one step further and within my t-shirts, I sort them according to color. This helps give you an organized look to your wardrobe. It will also help you determine which types of items that you need when you do have to go shopping for clothing.

If you keep your shoes in your closet, depending upon how many of shoes you own, you can either neatly set them out on the bottom or purchase a shoe rack. These are fairly inexpensive at the store and holds many pairs of shoes.

Use the top of your closet to hold seasonal items such as gloves, hats, scarves, etc. You can get inexpensive boxes or baskets to hold these items.

Depending upon how cluttered your room is, this may take you a few hours or a few days. Just keep at it. Go through all of your room, and don't stop until you are finished. The key to being a daughter of devotion, is being devoted to complete your tasks. Organization is an important character trait to have as you go about your life. Whether you will be working outside of the home or if you will be working in the home. Organization is key to complete success.

Cleaning

You have decluttered, and organized, now it is time to clean. Get out some basic cleaning supplies:

- Vacuum
- Wood cleaner---with a rag and bucket (if necessary)
- Window cleaner and rag
- Broom---for cleaning spider webs off ceiling
- Bucket with all purpose cleaner and water for wiping walls, heating vents, etc and a rag

1. **Removing cobwebs.** Start by taking your broom and going around all of the corners of your ceiling and removing any cobwebs that may be hanging.
2. **Wiping walls.** Grab your bucket with all purpose cleaner and begin wiping the walls of your bedroom. Start at the top and move down. That way, if any drips occur, you can wipe it as you are moving down.
3. **Overhead fans.** Carefully wipe each individual blade with water and cleaner. These are probably really dirty.
4. **Window treatments.** If you have curtains, take them down and wash them. Hang them up wet and tug down on them as they are drying. If you have blinds, you can take them down and wash them in a bathroom---it takes some time, but you only have to do this once per year. Or you might choose to hose them off outside. Wipe each one individually.
5. **Windows.** Use your cleaner and clean the windows. When you are finished, take and wipe anything else like mirrors, computer screens, TV screens, and phone screens.
6. **Miscellaneous things.** Don't forget to wipe window sills, heating vents, light switches, door knobs, and closet handles.
7. **Flat surfaces.** Anything that you didn't wipe off already, wipe. Pay attention to all of the edges and sides.
8. **Floors.** Give your room a thorough vacuuming. Move in a pattern. Start on one side and vacuum every area. If you need to move furniture, do that. Get

underneath the dressers and nightstands. Take the hose and vacuum underneath bed. Concentrate on all of the cracks and corners. Continue moving until you have finished the entire surface of the floor.

9. **Wash bedding.** Remove all of your bedding and wash it. If you are able to hang it outside, let it air dry. There is something about climbing into bed and enjoying the smell of lined, dried sheets.
10. **Air out your room.** If it is cold, open your windows and shut your bedroom door. Let your room air out for 15 minutes or longer.
11. **Make your bed.** Tuck in the sheets and blankets at the foot of your bed. Have your comforter lay evenly on all sides of your bed.

To finish up your room, take your trash bag and throw it away. Immediately go and return all of the items that are to be placed elsewhere in your home. Don't just set it down somewhere, put it all away. Put away all of your cleaning tools where they belong. Rinse out the bucket if needed. Take your donate box and set it by the door to take with you as you leave the home next time.

How to vacuum

Vacuuming is about thoroughly doing the entire floor of carpet. It is easy to skip around the edges or underneath objects, because you do not see them. What can happen is that you may notice a darker line around the edge of your room. That is dirt that has accumulated and usually it is where the edge of your vacuum reaches. The best way to get rid of that is by getting your crevice/edge tool and attach it to your vacuum. Go around the entire corners of your room. Move in a clockwise pattern. Remember to go underneath furniture that cannot be moved. After you have done the edges, start on the surface of the floor. Move in a left to right, back to front pattern. You need to go over the carpet more than one time to make sure that all of the dirt has been picked up. Do it slowly, to give the machine time to suck up the dirt. If you notice that it is leaving some pieces behind, check to make sure that your vacuum doesn't need cleaning out. It is pointless to continue vacuuming if it isn't picking up all of the dirt. Stop, and take the time to clean it out. Work your way out of your door.

Then you can stand back and enjoy a freshly vacuumed carpet. It may only last for a few seconds, but for a moment you can enjoy.

Art of writing letters

For many of you, you may have never really got to experience how personal and wonderful it is to receive an actual letter in the mail. With technology it seems silly to mail a letter when you can just text or email people. But there is something about walking out to your mailbox and discovering that someone has taken the time to send you a handwritten letter in the mail. It's a feeling of gratitude. That someone took the time and thought of you.

Reasons why you should write a handwritten letter:

- **Personal**---they contain your effort, your handwriting, and your thoughts.
- **Effort**---it takes more effort to choose the supplies needed to write a letter. It is more effort to write out words, compared to typing.
- **Cost efficient**---you can pick up a package of stationary or cards and send out a multiple number of letters. This is cheaper in comparison to sending a one-time gift to someone.
- **Enjoyed over and over**--- If you have sent a letter of encouragement to someone, the recipient is able to reread what you said and be encouraged over and over.
- **Speaking positive**----In conversations and text messages where emotions can run high, when choosing to write out our words, it forces us to be careful in choosing what to say. It helps us consider what we are putting down and rechecking to make sure our words mean what we intend.
- **Consideration**----it shows friends that you are taking the time to show them that you care and that they were on your mind. It leaves an open door for someone to respond back if they need someone to turn to.

Do you see all the benefits to writing a letter? I want you to keep a list of people that you can send encouragement to once or twice per month. These can be your friends that you don't get to see often, leaders at your church, or another woman that encourages you often, etc. Take the time and ask God to put into your mind

someone whom you can encourage. He will give you ideas of people whom you can bless.

Take the time and find some pretty stationary. You can choose paper or even a pack of note cards. I like to begin writing on a card and then inserting some pieces of stationary that I finish the letter on.

Begin your letter with some sort of encouraging scripture you have been reading. Explain how God spoke to you through that scripture. Go through and encourage them by thanking them for what they do for you. You can share what is going on in your life. Keep it positive. If they are going through a struggle, don't let it be about you---keep it to encouragement and about them. Don't ask a lot of questions--no pressure to respond. You want this to be a blessing, not something you demand in return. Yes, it would be great if they responded, and hopefully they will, but don't make pressure to expect it.

If you want to go the extra mile, include something small in the card.

It can be as simple as:

- a tea bag
- a pressed flower
- some stickers or balloons—for a younger person
- something you printed off the internet
- a recipe you tried
- scripture cards

Know that everyone enjoys receiving mail. Continue this year by being devoted to sending out letters a few times per month to people. Make it part of your routine. Hopefully, it will come full circle and you will enjoy the benefits by having someone write back to you.

This week's wrap up on DEVOTION:

- Taking the time for *God*
- Declutter and organize your room
- Clean your room
- Learn how to vacuum
- Write a letter
- Personal evaluation---write down things needing improvement

Definition of devotion: _____

Notes to remember: _____

Teacher evaluation week 1

- Can the student define the definition for the character quality by memory?
- Has the student been able to explain to you, how they can effectively put into practice the character quality taught? For example: how they can apply it to their life, things they need to change, etc.
- The week's hands on lesson was it done thoroughly?
- Did they clean up after they were finished with the task, returning items to their proper place?
- Did they practice any safety rules necessary for completion?
- Did they display a positive attitude while working through the tasks?
- Is there anything that the student should do differently next time?
- Did the student learn anything new from the lesson?
- Should the student do further practice in this area to improve upon it?
- Read through any work that was required to be written out and review for suggestions.
- Read through the wrap up section to inquire if they completed each section and if there is some advice you can offer based on their notes to remember.

On a scale of 1-10 how would you, the teacher rate how the student performed(1 being unsatisfactory and 10 being excellence):

1 2 3 4 5 6 7 8 9 10

Ask the student on a scale of 1-10 how they felt they performed:

1 2 3 4 5 6 7 8 9 10

Any suggestions or notes for the student: _____

Signature of teacher _____