

# Homeheading 10 of 13

#0801

Study given by Helen Frazee

I want to talk to you today about homeheading as a God given career for women. A career takes preparation, and we think of it as a highly skilled occupation. Homeheading fits the picture. I want to paint a picture for you today of the homeheading responsibilities of women.

First, she must have the ability to run an organized household. Which means, most of all and first of all, meals and worship on time. There's a reference in Vol. 4, page 412:

“[We must have] regular hours for rising, for prayer, for meals, and for retirement” Testimonies for the Church, Vol. 4, page 412.

I speak of those as four pegs to hang the bell on. A regular time to get up, a regular time for prayer, a regular time for meals, and a regular time to go to bed. If you have those four things regular in your home, all the other work will fit in around those four pegs.

Probably it's the place of the husband, the leader of the home, to say when we should have worship and meals, but it is your responsibility as the mother in the home to see that everybody gets there on time, to get your own children there and to help your students to get there.

But, back of having a regular home, you must have a regular life yourself. You will have to learn how to have regularity in these four things before you can be a very effective teacher to others.

Now, how can you teach others? When a student comes into your home that is all mixed up in their day, goes to bed late, gets up late, late to meals, what do you do? First of all, have some worship studies on it. Help them to see what God says. This reference I've given from Testimonies for the Church, Vol. 4, page 412, would be a good one to study. There is a very fine reference in Evangelism, page 651, which speaks of burning the midnight oil, special instruction to young people who like to stay up late. And then, of course, you'll want to use Psalm 127:1-2 about not getting up early and staying up late, the foolishness of cutting your sleep short at both ends.

As with your own children, the way to teach is not by nagging; but first of all by instructions in worship, and then followed up later with personal visits and prayers with some particular girl who fails to get to bed on time.

To run a home in an organized, regular way is one of the important duties of a homehead.

The next thing I think of is to be able to cook tasty and nutritious meals. Now, notice the two words that I used, tasty and nutritious. Some people can do one and some people can do the other, but to be an efficient homehead you must be able to do both. If your whole wheat bread is heavy and soggy, you need to learn how to make good, light, dry bread. That really isn't nutritious, and it isn't very tasty.

Sister White said that if she was 40 years old and didn't know how to cook, she would go to some good cook and learn. So if some of these things are missing in your education for this career of homeheading, go to someone on the place that makes good, light, dry bread and learn how.

A meal like this might be very nutritious: raw carrots, raw potatoes, a head of lettuce, and some peanut butter, but it wouldn't be very tasty, would it, just put onto the table like that? So set a pretty table. Don't put pots and pans and jars and boxes of food on the table. Arrange the table prettily. This will add greatly to the tastiness of the food.

Now, here are two sides of one coin: Don't make a lot of sweets to win the favor of your students. But, deal gently with new students who come into your home. Most people who come into our homes, many of them at least, come from homes with meals very much on the sweet side of things. And you may need to make a few extra fruit pies, some date-filled cookies to take the place of the chocolate chip ones.

If your own family has learned not to depend so much on the canned nutmeats, you might need to go back to using a few of those when a new student comes in until they get used to perhaps a little simpler, more economical diet.

That brings me to the matter of economy. I mention it third because to have nutritious meals and tasty meals must come first. That doesn't mean they have to be expensive, but they must be nutritious, and they can be made tasty.

I had an experience some years ago up at Hillside. By the way, some of you may be interested that Hillside was our first training home, and my husband and I headed up a little group there at Hillside in the concept of the training homes that we have now. Before that time we all lived in one big home which was of course wasn't really a training home. But the smaller home groups as we now have began at Hillside.

My helper in the kitchen was also my husband's secretary, and sometimes she and I would get so busy that we would run in just the last minute and put something on for dinner. We were on a little different budget system in those days. I'm thankful we learned a better way now. You could run into debt, and we did. We were \$60.00 in debt, and that was terrible to us because we didn't have very much money to spend. In those days, I suppose that would be the equivalent to \$150.00 in debt today. I don't know exactly how it compared, but it looked enormous to us.

We told the family that we were in debt, and that we were going to make some special efforts to get out of this debt. Well, it took a little more time. My little helper and I had to sit down and plan more of our meals.

After a few days the young men in our home said, "Well, we hope that you go in debt again if this is the kind of meals you produce."

The meals were really better. They didn't come out of a can. They took a little more time and a little more thought, but we had better meals, so the boys seemed to think in our home.

After that experience I came to this simple conclusion on economy. Anything that comes out of a can or box cost more than the plain food produced from the farm or the garden, or at least that comes to us not in a can or a box. But we should buy good fruit and good vegetables. It's not economy, it isn't healthful to buy food that is partly decayed or that isn't in good condition. One of the greatest ways to economize is to use our own garden products. Raise them and use them.

In order to pass on this information of how to run a home in a regular, organized way, how to cook good, tasty meals, you must be a teacher. You may say, "Well, I'm not a teacher." Well, if you know how to make bread, and you're willing for some girl to stand and watch you and ask questions, you can learn to be a teacher.

Tell them what you're doing. That's all that teaching is, just telling what you are doing. Tell as many reasons as you know. If you don't know all the reasons, just say so. Perhaps they can find the reasons why you do certain things in your cooking that you haven't stopped to figure the reasons for. But remember that a part of this career of homeheading is to be a teacher, a teacher in everything that you do.

The third point is that a homehead must be a nurse, not an RN or LPN, necessarily. I'm not either, but I have surely done a lot of nursing in my home. One of the important parts of your nursing work in the home is to teach prevention, how to prevent colds, flu, indigestion. These are probably three of the main diseases you'll have to deal with in your home besides minor first aid problems.

Teach the students to reason from cause to effect. Help them to realize that if they have come down with a cold there is a cause. Help them to think through what brought it on. Perhaps it was the extra sugar they got over the weekend as they went to visit a friend, or was it lack of exercise, or have they been getting enough sleep? What about their water drinking? Did they sit in a draft when they were hot and perspiring?

Then after the flu or a cold has been contracted, you need to know how to give simple home treatments. Fomentations are good. I have learned a simpler treatment that can be used, that the student can be taught to do himself, and is very effective, very derivative and very simple to give. It's the hot half bath. I was taught this about 45 years ago, and I have been using it ever since on everyone from tiny babies to older people.

Sit in a tub of hot water, half full, until there is a copious perspiration flow. Of course during this time the head must be kept cool with a cold cloth, head and neck. Then finish this off with a cold rub or a cold shower. Then bed rest for a little awhile after the treatment. This is a very simple, derivative treatment that can be taught to your students, and they can take themselves, unless, of course, there's an elevation of temperature.

Another very important thing that you must teach your girls is that their monthly discomfort can be relieved by exercise and warm stockings and underwear. It didn't take very long to say that sentence, but I think this is one of the hardest lessons to teach our young women. And I guess our older women too, exercise, the importance of exercise. It's good for everything, but it is very important that young women learn to exercise.

We had a girl who lived at Oak Cabin. She had a great deal of trouble every month. But she decided on this matter of exercise that she would walk to work and to school. So twice a day Mary walked from Oak Cabin to the sanitarium or from Oak Cabin to Haskell Hall. And it was just known around the place, you didn't pick up Mary. She just wouldn't take a ride. She completely cured herself of cramps. And I recommend this as a great aid to your students.

Then the matter of warm stockings and warm underwear: This must be taught by precept and example. You yourself must learn to solve the problem of keeping your legs warm. And then teach your girls how to do it.

We're very fortunate in this day and time that the custom of wearing pants has come in, and we can adapt it to our use very conveniently. There's nothing more comfortable than to be able to put on all the stockings of whatever thickness or color they are, and then put a pair of neat looking pants over this, and then the dress over that. We're dressed modestly and warmly. It's a great privilege to be living in a time when it is so easy to dress the legs properly.

Now, my fourth point is that the homehead must know how to work in the garden, know how or learn how. It's better if you know how, but if you do not, you'll have to learn. And it doesn't hurt to learn along with your students. If you don't like to work in the garden, work out there until you do. Ask the Lord to give you a love for garden work. And take your students out with you.

Take your students for a walk out into nature for the enjoyment of it, and to help them learn the blessings of exercise by going with you.

As I was looking over some pictures and memories of the past the other day, I came across a little booklet that one of my girls back through the years had gotten out for my birthday. And this particular article was written by Roby-Ann. Roby-Ann happened to be one of my girls at two different times. I had her as an early teenager and then later here as a student.

And speaking of her homehead (which happened to be me at the time) she said, "This friend of mine will take, in many of the problems that arise, on a walk in

nature, the schoolroom of learning for those under the direction of the heavenly Teacher. Here amidst such surroundings answers are found to these problems and a closer fellowship with God, and with the one who led you to Him.”

I appreciated reading again that little eulogy to a homehead. And I thought you would enjoy sharing it.

The next point for this discussion of a career of homeheading, is that a homehead must be a counselor—A counselor on Christian standards. And as Roby Ann suggested, one of the best places to do this counseling is out on a walk. All our students come with so many questions. After they have been at Wildwood for a while they have questions like: “Why is courting not allowed among students? Don’t you ever have ball games? What’s wrong with soft rock? Don’t you ever have plays or skits? How should I dress?”

You may feel overwhelmed with some of these questions. Do you know all the answers? Do you know where the answers are in the books? Can you find them?

As I have instructed my Bible workers many times in the past don’t be afraid to become a Bible worker just because you do not know all the answers. If your Bible student asks a question that you do not know the answer to, all you need to say is, “Let’s look this up this week. You see what you can find, and I’ll see what I can find.” That gives you a whole week to go to someone that knows the answer and get the answer.

So do the same with your students. They don’t need to think that you know everything. That wouldn’t be so, of course. And they need to have the experience of looking themselves. But look together. You hunt, and let them to hunt and find the answers.

Our sixth point is, you need to be able to lead out in some type of missionary work. You may not be qualified to do everything that all your students are doing. You may not have the talent or the interest in every type of missionary work. And it isn’t absolutely necessary that you can lead out with all of your students. But be doing something along missionary lines, and find someone that can work with you.

In fact, if you’re following instruction that Elder Frazee has been giving in this class, you will ask the Lord to send you someone that can unite with you. And to unite in missionary work is one of the best ways to give the training God wants you to give in your home.

Naturally, I feel like every woman ought to be a Bible worker because I have found such blessings through many years of Bible work, and I do think that more women could do it if they would just put forth the effort to do it. It is a simple work, and yet it takes dedication and some instruction.

You know we have classes that can help us. And some of you new ones here, the classes I would particularly recommend that you take in connection with

what we're studying today in this matter of being a Bible worker, we around the year are having a Bible training class going in which you can learn to give simple, short Bible studies. We're just completing a class in home treatments, and I hope that class can go around the year. I think every woman on this campus should have an opportunity of learning how to give these simple treatments in the home as Sister Moyer is teaching them. Then of course, you will want to go to the classes or listen to the tapes of the classes that have to do with the principles of reform, such as the Beautiful Way and the Christian Home classes, to get the answers on the various standards.

Now my seventh point is last, but possibly because I want you to remember it the best I have put it last. And it's number seven, the perfect number. You must lead your students to a life with Jesus, to a fellowship with Jesus, and to an experience of having daily communion with Him in their devotions.

Well, I suppose as we come to the end of this study you're saying, "Who is sufficient for these things?" That's a good way to feel. After almost 45 years in one of these homes, I still would feel, "Who is sufficient for these things?" There are new problems that arise with your students every day, new experiences where you must yourself know Jesus so well that you can look to Him in every emergency; and where even though you feel very inefficient to cope with all of these situations, you can say:

"I can do all things through Christ which strengthens me"  
Philippians 4:13.

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