

The Time Traveler's Diet

If the food did not exist
in its current form in 1950,
it is most likely a less
nutritious, **if not toxic**,
food / energy source for you.

Holy Spirit says

The Time Traveler's Diet

Before



After



The Time Traveler's Diet



2400 calories cut to 1400



weekly weight check



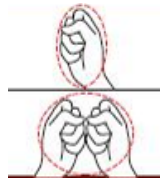
exercises

Vegies

3
Servings

- 2 cups leafy greens = 1 serving
- 1 cup raw or cooked = 1 serving

1 fist = 1 serving
2 fists = 1 serving
of leafy greens

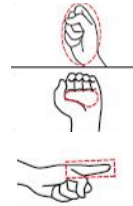


Dairy

3
Servings

- ¼ cup shredded cheese
- 3 dice cubes hard cheese
- 1 slice cheese
- ½ cup cottage cheese
- 1 cup yogurt
- 1 cup milk

1 fist = 1 cup
half palm = ½ cup
index fingers = 1.5 oz



Grains

6 oz

- 1 slice of bread = 1 oz
- 1 cup cereal = 1 oz
- ½ cup pasta, cooked = 1 oz

1 fist = 1 cup
half palm = ½ cup
full hand = 1 slice
bread

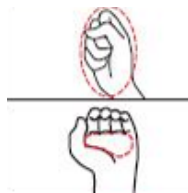


Fruits

2
Servings

- 1 small pc of fruit (apple)
- ½ cup raw (grapes, berries)
- ½ cup canned, in juice
- 8 oz fruit juice

1 fist = 1 cup
half palm = ½ cup

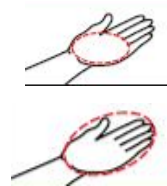


Protein

6 oz

- 3 oz beef, pork, chicken
- 2 TBS peanut butter = 1 oz
- 1 egg = ~ 2 oz
- 1 slice of bacon = 1 oz

palm hand = 3 oz
full hand = 6 oz

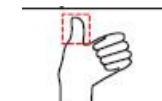


Fats, Oils

6 tsp

- butter
- oil
- mayonnaise

thumbnail = 1 tsp
full thumb = 2 TBS














How Much Whole Grain is Enough?

Experts recommend eating six servings of grain per day, at least three of which are whole grain.

A serving* of grain is any of the following: one slice of bread; a half cup of cooked oatmeal, pasta or rice; an ounce of crackers; or a cup of dry cold cereal. These pictures show how easy and delicious it can be to get three or more servings of whole grain each day.

 <p>1 cup oatmeal 2 servings of whole grain</p>	 <p>a sandwich 2 servings of whole grain</p>	 <p>½ cup brown rice 1 serving of whole grain</p>
 <p>1 whole wheat English muffin 2 servings whole grain</p>	 <p>3 cups popcorn 1 serving of whole grain</p>	 <p>1 cup 50% whole grain pasta 1 serving of whole grain</p>
 <p>1 cup whole grain cereal 1 serving of whole grain</p>	 <p>½ round whole wheat pita 1 serving whole grain</p>	 <p>1 cup cooked quinoa 2 servings of whole grain</p>

* a serving of grain is also sometimes called an “ounce equivalent” because it equals about the amount of food that weighs an ounce.

Future Sheila is in charge of the Time Traveler's Diet

The Time Traveler's Diet

It's interesting how many elements there were to the meals. Portion sizes were smaller those days but they did eat more items with each meal.

It seems like now we want one-pot meals or at least only a couple of items for each meal. I tend to make a main dish, side, and veggies but from what I have seen from friends this is even more than a lot of people now. Dessert was included in each meal but most are fruit based which I feel like is something we can learn from.

There are a few of these dishes that I hope to try and recreate. I will be sure to share them here if I do. The fish with golden rice cakes is one that sounds very interesting to me.

Trying recipes from past decades is so much fun and I can't wait to try some of these. If you have some I need to try share in the comments below.

Be sure to subscribe below to learn when I share new posts and get my free meal planning ebook. And [follow on Facebook](#) for even more 1950s fun.

The Time Traveler's Diet

*SMALL SERVING MEAT IS 2-3 OUNCES; MEDIUM, 4 OUNCES; LARGE, 6 OUNCES. FISH, FOWL, CHEESE OR EGGS MAY BE SUBSTITUTED FOR MEAT.

www.theapronrevolution.com



20 TO 29

CITY HOUSEWIFE AND WORKING WOMAN

2100 CALORIES

Breakfast 1 serving fruit
Cereal or 1 slice toast with jelly, jam or marmalade
2 eggs
Coffee with milk

Lunch Small fruit juice with cracker
Small serving meat* or salad of hard-boiled egg, 1 slice meat, 3 small sardines, cheese, leafy greens
1 slice bread**
1 pat butter
Small serving ice cream
1 cookie
Coffee or tea with milk

Afternoon 1 glass milk

Dinner Clear soup
Small serving meat*
Potato, rice or starchy beans
Lettuce and tomato salad with dressing
1 slice bread
1 pat butter
1 serving fruit with milk
Coffee or tea with milk

Bedtime 1 teaspoon peanut butter on 1 slice bread

SUBURBAN HOUSEWIFE—2300 CALORIES

Add small portion ice cream with syrup or cookie



30 TO 49

CITY HOUSEWIFE AND WORKING WOMAN

1800 CALORIES

Breakfast 1 serving fruit
Cereal or 1 slice toast
1 boiled or poached egg
Coffee

Midmorning 1 glass milk

Lunch Medium serving meat*
Small potato, rice or starchy beans
1 green or yellow vegetable
1 green or yellow vegetable
Leafy mixed green salad, no dressing
1 slice bread
Sliced fruit
Tea or coffee

Afternoon Crackers with small amount American cheese
Tea or coffee

Dinner Tomato juice
Large serving meat*
Small potato, rice or starchy beans
Lettuce and tomato salad, no dressing
1 slice bread
1 serving fruit
Slice plain cake—no icing
Coffee with milk

Bedtime 1 glass milk

SUBURBAN HOUSEWIFE—2100 CALORIES

Add ice cream sundae without whipped cream or small slice cake with ice cream and teaspoon chocolate syrup



50 AND OVER

CITY HOUSEWIFE AND WORKING WOMAN

1600 CALORIES

Breakfast 1 serving fruit
Cereal or 1 slice toast
Boiled egg or slice crisp bacon
½ glass milk
Coffee or tea

Lunch Consommé
Small serving meat*
Lettuce and tomato salad, no dressing
1 slice bread**
1 serving fruit

Afternoon ½ glass milk

Dinner Medium to large serving meat,* trim fat
Potato, rice or starchy beans
1 green or yellow vegetable
1 slice bread
Fruit pie, single crust
Tea or coffee

Bedtime 1 glass milk with soda crackers

SUBURBAN HOUSEWIFE—1800 CALORIES

Add 1 serving ice cream or cream cheese on soda cracker

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The Time Traveler's Diet

Want to eat like people in the 1950s?

Meal planning has been important for generations but what each generation has eaten has changed a lot over the years. It can be very interesting to take a look at what past generations ate.

I was looking through a Good Housekeeping magazine from January 1952 and they had a very interesting article with a dinner menu for a couple of weeks.

They said it was good for those wanting thrifty meals that were easy to prepare. Clearly, homemakers were looking for similar things for meal planning to what we look for now.

I thought I'd share a week's worth of the meals shared to give us a look at what they would have been eating in the early 1950s. I have also provided links for a couple of recipes that I could find.

It's interesting how many elements there were to the meals. Portion sizes were smaller those days but they did eat more items with each meal.

It seems like now we want one-pot meals or at least only a couple of items for each meal. I tend to make a main dish, side, and veggies but from what I have seen from friends this is even more than a lot of people now. Dessert was included in each meal but most are fruit based which I feel like is something we can learn from.

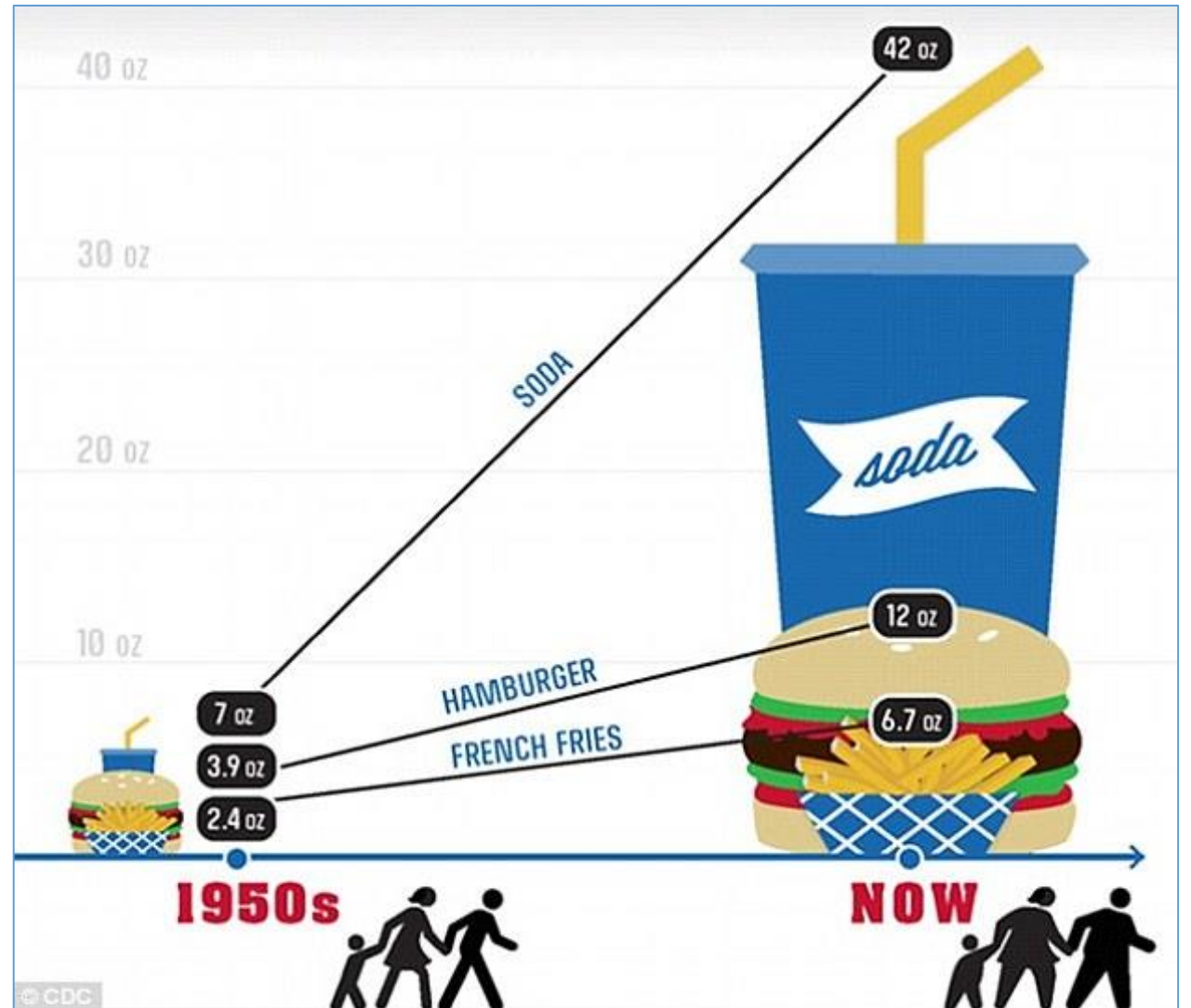
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The Time Traveler's Diet

Serving Sizes Then and Now

Food or beverage	1950's portion	2003 portion
French fries	2.4 ounces	up to 7.1 ounces
Fountain soda	7.0 ounces	12 to 64 ounces
Hamburger patty	1.6 ounces	up to 8.0 ounces
Hamburger sandwich	3.9 ounces	4.4 to 12.6 ounces
Muffin	3.0 ounces	6.5 ounces
Pasta serving	1.5 cups	3.0 cups
Chocolate bar	1 ounce	2.6 to 8 ounces



Guide To Good Eating

USE DAILY...

DAIRY FOODS

3 TO 4 GLASSES MILK—CHILDREN
4 OR MORE GLASSES—TEENAGERS
2 OR MORE GLASSES—ADULTS

CHEESE, ICE CREAM AND OTHER MILK-MADE FOODS CAN SUPPLY PART OF THE MILK

MEAT GROUP

2 OR MORE SERVINGS

MEATS, FISH, POULTRY, EGGS, OR CHEESE—WITH DRY BEANS, PEAS, NUTS AS ALTERNATES

VEGETABLES AND FRUITS

4 OR MORE SERVINGS

INCLUDE DARK GREEN OR YELLOW VEGETABLES; CITRUS FRUIT OR TOMATOES

BREADS AND CEREALS

4 OR MORE SERVINGS

ENRICHED OR WHOLE-GRAIN ADDED MILK IMPROVES NUTRITIONAL VALUES

This is the foundation for a good diet. Use more of these and other foods as needed for growth, for activity, and for desirable weight.

50sDiet.com

For Health...eat some food from each group...every day!

GROUP ONE
GREEN AND YELLOW VEGETABLES...
some raw—some cooked, frozen or canned

GROUP TWO
ORANGES, TOMATOES, GRAPEFRUIT...
or raw cabbage or salad greens

GROUP THREE
POTATOES AND OTHER VEGETABLES AND FRUITS
raw, dried, cooked, frozen or canned

GROUP FOUR
MILK AND MILK PRODUCTS...
fluid, evaporated, dried milk, or cheese

GROUP FIVE
MEAT, POULTRY, FISH, OR EGGS...
or dried beans, peas, nuts, or peanut butter

GROUP SIX
BREAD, FLOUR, AND CEREALS...
Natural whole grain—or enriched or refined

GROUP SEVEN
BUTTER AND FORTIFIED MARGARINE
(with added Vitamin A)

**U.S. NEEDS US STRONG
EAT THE BASIC 7 EVERY DAY**

U. S. GOVERNMENT CHART

IN ADDITION TO THE BASIC 7...
EAT ANY OTHER FOODS YOU WANT

U. S. DEPARTMENT OF AGRICULTURE

FAMILY FOOD GUIDE

some choices for thrifty families

MILK GROUP
some for everyone

MILK, DRY MILK, EVAPORATED MILK, CHEESE

MEAT GROUP
2 or more servings

LIVER, MEAT, POULTRY, FISH, BEANS, DRY BEANS, EGGS

VEGETABLE - FRUIT GROUP
4 or more servings

Dark Green, Deep Yellow, Citrus and Tomatoes, others

BREAD - CEREAL GROUP
4 or more servings

RICE, READY TO EAT CEREAL, FLOUR ENRICHED, BREAD, MACARONI, OATS

everyday eat foods from each group
EAT OTHER FOODS AS NEEDED TO ROUND OUT MEALS

U. S. DEPARTMENT OF AGRICULTURE • Consumer and Marketing Service • Agricultural Research Service • July 1966

CBMS 23

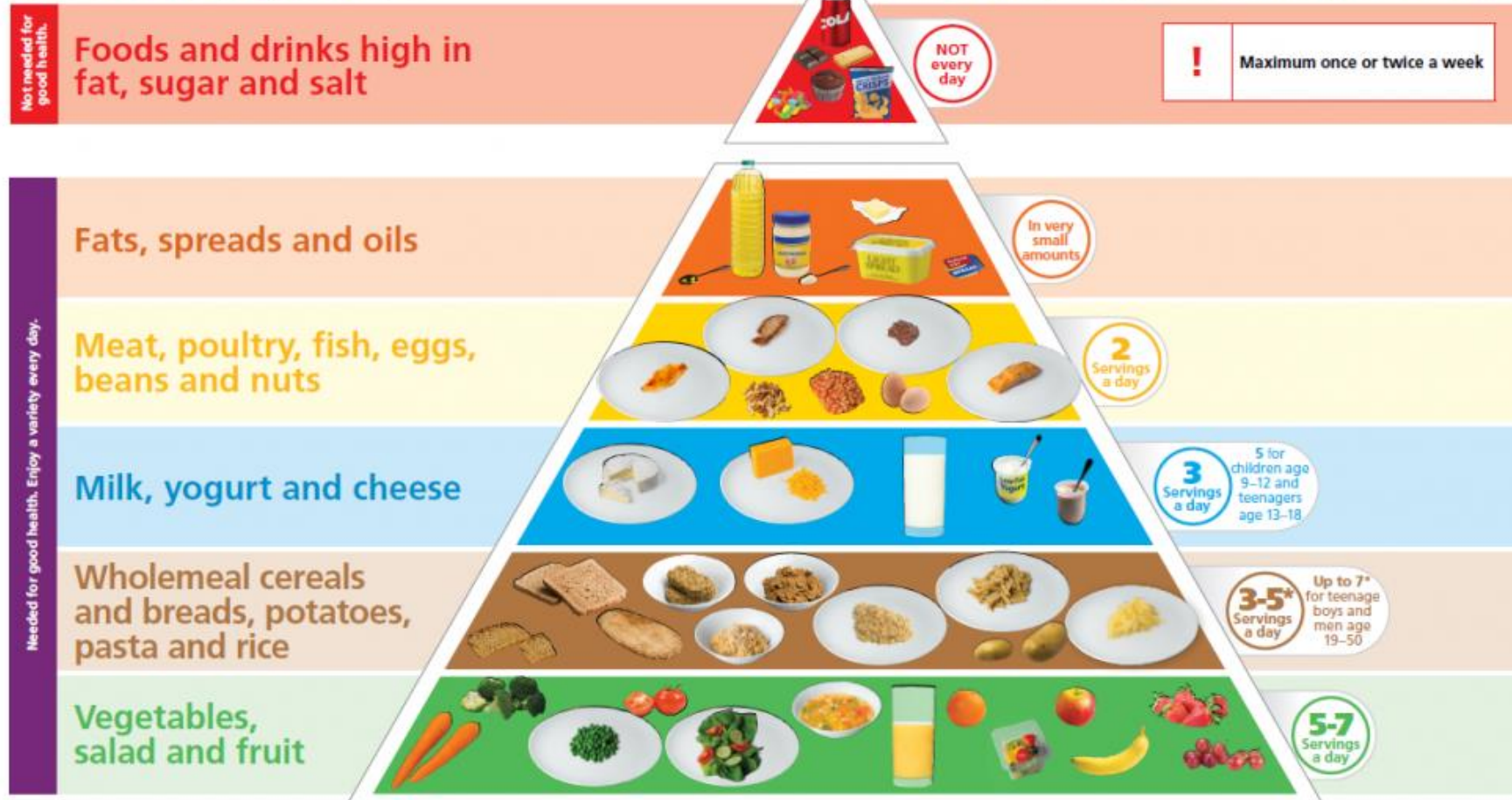
Healthy Food for Life

www.healthyireland.ie



The **Food Pyramid**

For adults, teenagers and children aged five and over



Not needed for good health.

Foods and drinks high in fat, sugar and salt

NOT every day

! Maximum once or twice a week

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils

In very small amounts

Meat, poultry, fish, eggs, beans and nuts

2 Servings a day

Milk, yogurt and cheese

3 Servings a day
5 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice

3-5* Servings a day
Up to 7* for teenage boys and men age 19-50

Vegetables, salad and fruit

5-7 Servings a day

*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
	3-4	4	4-5	3-4		3	3-4	3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day – water is best

Get Active!
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

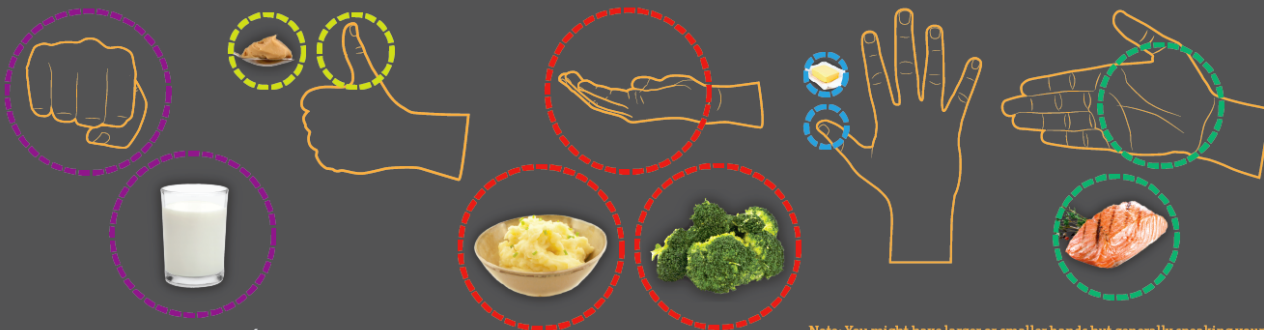
Your fist equals about 1 cup of milk or raw vegetables.

Your thumb equals about 2 tablespoons of peanut butter or salad dressing.

Your cupped palm equals about 1/2 cup of cooked fruit, vegetables, beans, or starch.

Your thumbnail equals about one teaspoon of butter or margarine.

Your open palm equals about 3 ounces of cooked meat, fish, or poultry.



Note: You might have larger or smaller hands but generally speaking your hand size is relative to your body size and, as a result, your portion needs.

Handy YOUR GUIDE TO PORTION SIZES

Serving-Size Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Dairy: Milk, Yogurt, Cheese			
Cheese (string cheese)		Pointer finger	1½ ounces
Milk and yogurt (glass of milk)		One fist	1 cup
Vegetables			
Carrots		One fist	1 cup
Kale		Two fists	2 cups
Fruits			
Apple		One fist	1 medium
Peaches		One fist	1 cup
Grains: Breads, Cereals, Pasta			
Cereal (bowl of cereal)		One fist	1 cup
Noodles, rice, oatmeal (bowl of shredded wheat)		Handful	½ cup
Slice of whole-wheat bread		Flat hand	1 slice
Protein: Meat, Beans, Nuts			
Chicken, beef, fish, pork (chicken breast)		Palm	3 ounces
Peanut butter (spoon of peanut butter)		Thumb	1 tablespoon

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FAMILY FOOD GUIDE

some choices for thrifty families



MILK GROUP some for everyone



NEW 1964

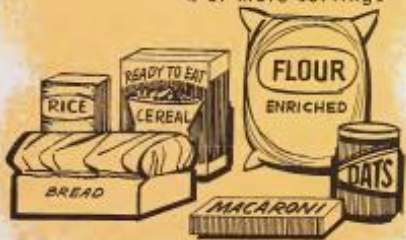
MEAT GROUP 2 or more servings



VEGETABLE - FRUIT GROUP 4 or more servings



BREAD - CEREAL GROUP 4 or more servings



WHOLE GRAIN OR ENRICHED

everyday eat foods from each group

EAT OTHER FOODS AS NEEDED TO ROUND OUT MEALS

U.S. DEPARTMENT OF AGRICULTURE • Consumer and Marketing Service • Agricultural Research Service • July 1966

The Time Traveler's Diet

Menu Suggestions

Starchy foods - eight to ten portions a day

One portion:

One slice of bread
Half a baked potato
Half a pitta bread
Half a scone
Two small boiled potatoes

Meat and fish and protein - two to three portions a day

One portion:

Lean meat - the size of a deck of cards (75g cooked)
Fish - the size of a cheque book (75g oily fish or 150g white fish)
Eggs - two boiled eggs
Baked Beans - five tablespoons or half a can

Dairy - three portions a day

One portion:

Milk - 200ml
Hard cheese - size of a match box (30g)
Yogurt - 150ml or a small pot

Fruit and Vegetables - at least five portions a day

One Portion:

Medium fruit - one apple, pear or orange etc
Small fruit- Two kiwis, plums, satsumas or clementines etc
Salad leaves - about a dessert bowl full
Vegetables- three heaped tablespoons of carrots, pea, broccoli etc

The Time Traveler's Diet

Menu Suggestions

dinner

Meatballs with Spaghetti
Whole Carrots or Green Beans
Chilled Relishes or Mixed Greens with Garlic Dressing
Winter Ambrosia or Pineapple Sherbet

New England Boiled Dinner
Carrots, Potatoes, Onions, Cabbage (cooked with corned beef) or Turnips and Beets may be added
Apple-Raisin Salad or Molded Cranberry Salad
Lemon Meringue Pie or Maple Cup Custard

Tuna Bake with Cheese Swirls
Glazed Carrots or Buttered Green Beans
Tomato Aspic or Bouquet Salad Bowl
Emerald Isle Fluff or Lemon-Coconut Squares

Pork 'n' Apple Pie
Buttered Shredded Cabbage or Cauliflower
Chef's Salad Bowl or Celery-Apple Salad
Cottage Pudding with Lemon Sauce or Chocolate Bread Pudding

Rolled Rib Beef Roast
Browned Potatoes or Whipped Potatoes
Succotash or Broccoli with Hollandaise Sauce
Gold Coast Salad or Cranberry Salad Squares
Pumpkin Chiffon Pie or Date Pudding with Whipped Cream
Watermelon Pickles or Bouillon

Grilled Minute Steaks
Hash-brown Potatoes or French-Fried Potatoes
Buttered Corn or Wax Beans with Bacon Bits
Perfection Salad or Tossed Green Salad
Ambrosia or Walnut Gingerbread
Chili Sauce or Toasted Buns

Baked Pork Chops
Whipped Potatoes and Gravy or Corn Stuffing
Parsnips or Green Beans
Prune and Apricot Salad or Spiced Pears
Brownies a la Mode or Baked Apples
Relishes or Grape Juice

Here are several "lunch" suggestions:

Creamed-egg Casserole
Green Beans with Bacon or Spinach with Mushrooms
Circles of Head Lettuce, Russian Dressing, and French Bread or Waldorf Salad and Hard Rolls
Cherry Puff or Broiled Grapefruit

Creamed Dried Beef on Baked Potato
Pickled Beets or Brussel Sprouts
Tossed Green Salad or Citrus Salad
Applesauce Cake or Whole Apricots and Cookies

Spanish-rice Skillet
Buttered Asparagus Tips or Spinach with Mushrooms
Chef's Salad Bowl and Biscuits or Orange and Grapefruit Sections on Watercress and Relishes
Date Pin Wheels or Chinese Chews

Chicken a la King
Potato Chips and Fresh Buttered Peas or Corn Coblots
Pear Halves with Softened Cream Cheese and Cloverleaf Rolls or Tomato Slices on Lettuce with French Dressing and Biscuits
Orange Cake or Red Raspberry Fluff

Cheeseburgers
Potato Chips or French-fried Onions
Kidney-bean Salad, Dill Pickles Slices, Celery and Carrot Sticks or Tossed Green Salad and Cocoa
Banana Split or Fresh Fruit

Fluffy Tomato Omelet
Fresh Peas or Broccoli with Lemon Butter Sauce
Pineapple-Cottage Cheese Salad with French Dressing and Bread Sticks or Sunshine Salad, Celery Curls, Ripe Olives
Crispette Squares or Coconut-Banana Rolls

lunchbox ideas

Deviled Ham and Pickle in Bun
Iced Tea
Potato Chips
Celery and Olives
Brownies or Pear Halves

Egg Salad in Coney Buns
Milk or Coffee
Whole Tomato
Grapes or Sponge Cake Bars

Vegetable Soup
Chocolate Milk
Crackers
Cottage Cheese, Tomato Wedges
Date Pin Wheels or Apple Wedges

Baked Beans
Cream Cheese Sandwiches on Brown Bread
Milk or Coffee
Chopped Vegetable Salad
Canned Peach Halves

Corned Beef Sandwich on Rye Bread
Cocoa
Mustard Pickles, Celery Hearts, Carrot Sticks
Baked Custard

Fried Chicken
Bread and Butter Sandwich
Mixed Vegetable Juice
Tomato Slices, Cucumber Sticks
Chocolate Cupcake

Baked Ham Sandwich on Whole Wheat Bread
Milk or Coffee
Potato Salad
Plums or Pecan Crispies

HOMEMAKERS CREED

Of The Home Legion

I Believe

homemaking is a noble and challenging career.

I Believe

homemaking is an art requiring many different skills.

I Believe

homemaking requires the best of my efforts, my abilities, and my thinking.

I Believe

home reflects the spirit of the homemaker.

I Believe

home should be a place of peace, joy and contentment.

I Believe

no task is too humble that contributes to the cleanliness, the order, the health, the well being of the household.

I Believe

a homemaker must be true to the highest ideals of love, loyalty, service and religion.

I Believe

home must be an influence for good in the neighborhood, the community, the country.

*This is to certify that
is a member of the Home Legion dedicated to Good Homemaking
for a Better World.*

General Mills, Inc.

Betty Crocker

No wonder they were so slim in the Fifties! Forget jogging and the gym... Alice Smellie discovers the fastest way to burn 2,600 calories: Live like it's 1952!

It is 6am and I am on my hands and knees brushing ashes from the fireplace into a dustpan, panting with exertion. I have already burnt almost 100 calories and I haven't even had breakfast yet. This is the start of my day as a Fifties housewife.

Why have I burdened myself with such drudgery? Despite the early hour, it is rapidly becoming clear to me why women were so much slimmer 60 years ago.

In the Diamond Jubilee year and with the London Olympics upon us, national pride may be at an all-time high, but so is our weight – and our increasing girth over the past few decades is less of a reason to cheer from the rooftops.

According to the National Sizing Survey, in 1950 the average woman's vital statistics were 36, 24, 35. She was a size 12 and weighed around 9st 12lb. These days Ms Average weighs 11st and has become a considerably rounder 38, 34, 40. The average UK dress size is now 16.

In 1966, when records of obesity began, only 1.2 per cent of men and 1.8 per cent of women had a BMI of more than 30, meaning they were classed as obese and so at higher risk of a host of illnesses, from diabetes to heart disease and cancers.

And now? A study published last week found that 90,000 lives are lost every year through inactivity; 63 per cent of us do no exercise. Statistics from the Department of Health show 62 per cent of adults are overweight – with a BMI of more than 25 – or obese.

Yet many experts believe we eat less: the National Food Survey of 1952 states that on average women consumed nearly 2,500 calories a day.

By 2000 this figure had dropped to 1,750. It's estimated that we now consume 1,500 to 2000 calories a day. So where are we going wrong?

Perhaps a clue can be found in a survey published earlier this year by over-50s group Saga, which showed that a housewife in the Fifties burnt about 1,000 calories every day going about her tasks, compared with just 560 calories now.

'Today's women have to set aside time in their busy schedules for exercise,' says Saga's director-general, Dr Ros Altmann. 'But this is just fire-fighting. In the Fifties, lack of technology meant a lot of daily physical activity was a necessity.'

With this in mind, I set about leading the gadget-free life of a Fifties housewife for a day to see if there really is a startling contrast with my everyday life. Using the latest in pedometer technology, a Nike+ FuelBand, I can measure how many calories I burn and how far I walk.

Link: <https://www.dailymail.co.uk/femail/article-2176971/1950s-housewives-kept-slim-burning-calories-housework.html>

I consider myself to be moderately active. I have children aged four, six and seven and I work from home. After doing the school run, I tidy the house and then work in my study until I pick up the children at 3.30pm. I also jog two or three times a week.

Lunch tends to be grabbed in haste – baked beans on toast or a tuna sandwich, with frequent recourse to the biscuit tin.

Admittedly, I have a cleaner who comes once a week, but otherwise I rely on modern technology to help me out: I have a car, a cordless Dyson that is so high-tech you can virtually stand still and vacuum a whole room, and the washing machine and tumble dryer are on constantly.

Wearing my FuelBand on a normal day, I am surprised to discover I walk 9,552 steps – a little less than four miles – and this burns 671 calories. It seems a lot.

The 2008 Health Survey for England showed that, on average, Britons were sedentary for six or more hours every day, and almost half of that time was spent watching television.

Bake, wash, sweep, mop: Just reading my to-do list is tiring

Only six per cent of men and four per cent of women met the Government's recommendations for activity – 30 minutes of moderate or vigorous exercise five days a week.

I calculate that I spend more than five hours sitting. I take more than 12,000 steps on a day when I go for a jog – but only burn 100 calories more than normal.

As my guide for my experiment, I use a housekeeping manual that was a bestseller in the early Fifties – How To Run Your Home Without Help by Kay Smallshaw. My grandmother was a housewife on the Isle of Man in the Fifties, and I also ask her for advice.

It appears women then relied much more on hard graft. In 1952, just 33 per cent of homes had a washing machine and only 15 per cent had a fridge. Vacuum cleaners had been invented but were not yet prevalent.

My day is divided into three main parts. First, the daily tidying – making the beds, dusting and sweeping. This should take up to two hours, according to Smallshaw. Next is shopping, preparing food and clearing up – three to four hours a day.

Finally, each day ought to have a special task: washing on Monday, baking on Wednesday, and so on. Again, I should earmark two to three hours for these. I'm exhausted simply reading this list – I calculate I'm about to spend between seven and nine hours on the move.

But it's important to consider the psychology of the age. 'Cleanliness was a mark of respectability,' points out Dr Liz Yardley, a lecturer in sociology at Birmingham City University. 'Sitting down was only acceptable in the evening.'

After grudgingly cleaning the fireplace – my grandmother's suggestion – I rouse my children and offer them porridge for breakfast rather than their customary Cheerios. I eat this as well, instead of my usual toast and Marmite.

We leave home 30 minutes earlier than usual to get to school.

In the early Fifties, only three million households owned a car: six per cent of the population. I want us to walk but we live eight miles away from the school, so as a compromise I park a mile from the gates and we go on foot the rest of the way, getting to school just in time.

The children skip along narrow pavements as cars whizz past. I'm terrified they're going to fall into the road. But it's unquestionably better for us than parking just yards from the playground.

The NHS recommends we should walk 10,000 steps a day and yet the average person manages only between 3,000 and 4,000.

'There is good evidence supporting the notion that the more you walk, the better your health,' says Dr Peter Scarborough, Senior Researcher in Public Health at Oxford University.

My day's walking has barely started. Even if you were lucky enough to own a fridge in the Fifties, it wouldn't hold much, and most food had to be bought on a daily basis. So, I'm off to the shops.

At the butcher's, I buy lamb chops for lunch, a loaf of bread from the baker's and asparagus at the greengrocer's (OK, Waitrose).

It's just 9am and I've already walked almost two-and-a-half miles and burnt 300 calories. On a normal day, I would have burnt only 146 by now.

Back at home, it's time to start tidying. Rather than dashing around the bedrooms flicking back duvets and whizzing the Dyson about, I go upstairs with a carpet sweeper (to emulate the effort needed with a cumbersome Fifties vacuum cleaner), a duster, a cloth for wiping down the bathrooms, Vim, furniture polish and a brush to reach those awkward corners.

By 10am, I have walked more than three miles – including running up and down the stairs putting things away – and burnt 80 calories more. My arms ache from pushing the carpet sweeper.

I finish with the kitchen. Rather than vacuuming the floor – my default activity for crumbs – I sweep it thoroughly and then clean it with a mop.

At 12.45pm, I already feel exhausted but am still pleased to note I have used 687 calories and walked 9,416 steps. That's nearly all of my usual day's walking in just one morning.

But I don't have time to sit down – there's lunch to prepare.

Sixty years ago, many husbands would come home for a meal. As luck would have it, mine is working from home today: and he is enchanted by my temporary role.

Normally I might throw a bowl of tomato soup at him (not literally) – but not today. I've cooked the lamb chops with a jacket potato and seasonal vegetables.

I estimate this is about 700 calories, which is less than baked beans on buttered toast with cheese. I can tell my husband rather wishes I really was a Fifties housewife.

Before I pick up the children, I have to tackle the laundry, though all I want to do is browse Facebook.

I am forced to do the washing at the sink. I also put tea towels and dishcloths in a pan of boiling water on the stove.

I only have one basketful to get through, yet it takes me an hour as each sopping-wet item has to be rinsed, wrung out and then hung outside.

However, when I've finished I am pleased to note that I have now burnt off more than 800 calories.

Experts agree that snacking is a factor behind our girth today. 'Statistics point to us consuming the same or fewer calories compared with in the Fifties, but they don't take into account food eaten outside the house,' says Dr Scarborough. 'I think we are consuming a lot more than these surveys suggest.'

Often, en route to picking up the children, I might munch a bar of chocolate or a packet of crisps. But I'm still full from lunch. 'We had proper meals, so we didn't need snacks,' points out my grandmother. 'And ladies never ate in the street.'

Usually, when I get home from the afternoon school run, I sit down and check my emails while the children play outside.

Instead, today I bake a cake with my youngest and then eat tea with the children as I'm so hungry. This is probably about 700 calories.

I also consume two large slices of the cake we made, before doing the washing-up. By the time the children are in bed at 7.30pm, I've burnt 1,318 calories and walked seven-and-a-half miles.

The minimum amount of energy the body needs to function is known as the basal metabolic rate, and using a calculator on sainsburysdiets.co.uk I work out I require 1,298 calories a day before factoring in any energy needed for physical activity.

The average woman expends 700 more calories on top of this in daily activities. Theoretically, calories consumed above this total are unnecessary and are stored as fat.

Due to my activity as a Fifties housewife, I could consume more than 2,600 calories a day without putting on an ounce.

As a bonus, I sleep excellently. 'Our current environment is obesogenic [fat-making],' says Professor David Haslam of the National Obesity Forum. 'We are so technically advanced that we barely need to move.'

'In 1952, we were still emerging from the effects of two wars and had rationing. Although we had the National Grid and homes had electricity, central heating was still in the future.'

'Now, most of us don't even have to shiver to keep warm in winter.'

This is all very well, but I wouldn't say I'm quite a convert – I would have to give up work to sustain such a time-consuming lifestyle. And as for living without central heating...

A REAL 1950S HOUSEWIFE CLEANING SCHEDULE

Link: <https://retrohousewifegoesgreen.com/1950s-cleaning-schedule/>

Step back in time with this authentic 1950s housewife cleaning schedule, offering a nostalgic glimpse into the daily routines that kept households sparkling. Explore the structured elegance of mid-century homemaking and discover timeless cleaning insights that resonate even in modern times.

The time women spent cleaning is one of the reasons many think women were so **much thinner in the 1950s**. They spent a lot of hours on their feet every day, cleaning and doing other housework.

Trying out a 1950s housewife cleaning schedule can help you get your house in amazing shape and burn a few extra calories. You may not want to do all of these things every day but try adding some of these to your daily cleaning schedule and see what you think.

It can be a really fun experiment to do for a week or so. If you track your steps you could track how much they increase while following this routine. If you do try this you should comment below with your results, I'd love to hear about it.

“Cleanliness was a mark of respectability. Sitting down was only acceptable in the evening.” – Dr. Liz Yardley, a lecturer in sociology at Birmingham City University.

1950S HOUSEWIFE CLEANING SCHEDULE

This list is adapted from a cleaning schedule shared by [Jen but Never Jenn](#). Be sure to check out her fun [1950s housewife series](#). This is also just a fun list from the time. It was from a 1950s book so just like we don't all follow the routines suggested in today's books this wouldn't have been what EVERY 1950s housewife did, it would be an ideal that was promoted to them.

1. Throw back the covers and let your bed air out. ([Read why this is important](#))
2. Open up the blinds and windows.
3. After breakfast clean up the kitchen and eating area.
4. Gather a basket for tidying. As you tidy the home, pick up items that don't belong in that room and add them to your basket. When you enter a new room place the items from the basket that belong in that room where they go.
5. Straighten up the living areas, pick up clutter, lightly dust, straighten pillows, and water plants.
6. Make the beds.
7. Tidy the bedroom, including a light dusting.
8. Hang up any clothes that may be about or ensure dirty ones are in the hamper.
9. Do a light tidying of the bathroom including removing and replacing used towels, refilling toilet paper and soap (as needed), and cleaning the sink area including soap dishes.
10. Wipe down kitchen work surfaces and inside the fridge and discard any old food.
11. Dispose of garbage from around the home.
12. Rinse dishcloths and hang them to dry.

13. Sweep or mop the kitchen floor.
14. Handle weekly chores that need to be done that day. (See examples below)
15. Set the table for dinner.
16. Arrange the living room for evening enjoyment with the family.
17. Do a quick sweep of the floors and ensure the entranceways are clear.
18. Clean up the eating areas after dinner and ensure all dishes are washed.
19. Set the table for breakfast.

Don't forget a lot of 1950s housewives didn't have dishwashers, many didn't have dryers, and overall there were so many fewer time-saving devices. Many were starting to gain popularity but still weren't in the budget for a lot of households.

ONCE A WEEK CHORES

- Use metal polish on bathroom fixtures.
- Clean and disinfect all kitchen appliances.
- Scald and disinfect bread boxes, garbage pails, and bins.
- Replace flowers with fresh bouquets.
- Laundry (including bedding).
- Vacuuming and mopping.

There were many other chores that had to be taken care of monthly and seasonally. Just like now what chores needed to be done varied depending on the home and family situations.

HOW TO LINE DRY CLOTHES AND WHY YOU SHOULD

Link: <https://retrohousewifegoesgreen.com/benefits-of-line-drying/>

There are many benefits to line drying your clothes but if you've never done it you may not be sure **how to line dry clothes**. These tips will have you drying your clothes the right way in no time.

When I was a kid we moved out to the country to a home on 40 beautiful wooded acres. I spent so many hours walking through our woods, paddle boating on the pond, riding my bike, and playing with our dogs. It made for a lovely childhood.

Shortly after moving there, my dad put up a **clothesline**. It was my first experience using one. Soon I found I loved the chore of hanging the clothes on the line. It was relaxing and the clothes smelled amazing when you brought them back in. Plus it was an easy chore that could be done outside, my favorite place to be.

When I got married I moved back into town. I dreamt of having a clothesline again but we never got around to putting one in. That all changed when we bought a new house. The home was built in the early 1960s and still had the **t-posts for a clothesline**. Before we even closed on the house I was dreaming of hanging clothes on the line again.

Having a clothesline again has been great. There are so many benefits to line drying clothing. It's really sad that it's something so few do anymore, at least in the U.S. Don't get me wrong I still love that I have an electric dryer but there are just so many benefits to line drying clothes that I'd rather rarely use it.

10 BENEFITS OF LINE DRYING

1. **It saves money.** In the U.S., it costs approximately \$0.45 to **dry a load of laundry in an electric dryer**. I do about 5 loads of laundry a week, during some seasonal cleaning even more. That's more than \$117.
2. **It whitens your whites.** The sun is one of the best ways to naturally bleach your whites. This will help save you even more money and helps keep harsh chemicals off of your clothes.
3. **It's a good form of exercise.** Putting your clothes in the dryer from the washer takes little effort. However, carrying a basket of clothes out to your line and putting them on the line can help get you moving and the arms up and down movement can help get your heart working a bit more.
4. **Say goodbye to static cling and dryer sheets.** Drying your clothes on a line gets rid of the need for dryer sheets helping reduce even more harsh chemicals on your clothes and saving you even more money. Dryer sheets are full of harsh chemicals and build-up on your clothes, especially towels. When you ditch the dryer sheets you may find your towels are fluffier and dry a lot better. That's because that build-up is making your towels less effective.
5. **Great smelling clothes without harsh chemicals.** When I get a new-to-me vintage clothing item it always spends at least a day outside. The fresh air really does wonders for reducing any odors it may have. The same is true for all of your clothing.

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6. **Your clothes will last longer.** Line drying is far more gentle on your clothes. It also will prevent your clothes from shrinking. This is yet another benefit that will save you money.
7. **Fewer Wrinkles.** I'm not a big fan of ironing or steaming and since I wear a lot of cotton skirts and dresses I can end up doing a lot of both. Line drying reduces wrinkles naturally. I still have to do some ironing/steaming but a lot less.
8. **It's better for the environment.** With all the ways it helps you reduce harsh chemical use and the energy saves it can really help reduce your environmental impact. It's just another example of how being environmentally friendly also saves you money.
9. It gets you outside. More time outside has been shown to provide all kinds of **health benefits** from weight loss, to increased vitamin d levels (which helps keep you from getting sick as often and is important for bone health), improved brain function, less depression, better vision and so much more.
10. **Better mental health.** Many people report that line drying clothes is relaxing. I know this is true for me. I haven't found any studies on what about this activity makes it relaxing, it's likely a combination of things. Whatever it is, more and more of us are dealing with chronic stress and the many health problems that can come with that so any stress relief is a good thing.

THE BEST SPRING CLEANING TIPS FROM 1950S HOUSEWIVES

Link: <https://retrohousewifegoesgreen.com/spring-cleaning-tips-from-50s-housewives/>

When looking for the best spring cleaning tips we need to look no further than 1950s housewives. They have some amazing tips that still work today for the modern homemaker.

I collect [vintage homemaking magazines](#). I find them interesting to look through and sometimes you will find some helpful hints we have forgotten. You also will find a lot of advice that will make you laugh or even cringe.

I was reading through [Better Homes and Gardens](#) from April 1951 and found an article with some spring cleaning tips. I thought I'd share these with you as well as some others I've found. Newer isn't always better, we can gain a lot of wisdom from 1950s housewives.

You'll find lots of spring cleaning checklists on Pinterest and around now tips will start being shared but the truth is most aren't doing a big spring clean anymore. It seems many don't find it important now or just don't think they have the time.

This is one of these things I think we are missing out on by dismissing vintage ways of doing things. Homemakers of the past were cleaning far more than we do now but still found spring cleaning to be important.

As far as not enough time goes we are less busy than we think. We spend between [20-32 hours on media each week](#) on average. If we cut that in half that would give us a lot of time to put into spring cleaning.

One thing about cleaning like 1950s housewives is you burn more calories. Housewives in the 1950s burned about 1,000 calories every day doing her daily tasks, compared to just 560 calories now. Think of the treat you could eat with that 440 calories! Or how much more weight you could lose without going to the gym.

While a lot of those extra burned calories are due to the lack of modern equipment that makes household tasks easier and quicker, some are because women cleaned more in general.

It would seem the biggest spring cleaning tip from 1950s housewives is to do a spring cleaning. Don't just print off some spring cleaning checklists, actually, do it. Create a [stop doing list](#) and find some time to put into a good spring cleaning, your home and waistline will thank you.

Once you are ready to do some spring cleaning you may need a few helpful spring cleaning tips, especially if you are new to spring cleaning.

SPRING CLEANING TIPS FROM 1950S HOUSEWIVES

WINDOWS AND GLASS

Collect your supplies in a cleaning caddy so you can easily carry them from window to window. Window cleaner and lintless cloths save your elbow grease.

When cleaning the outside of the window use lengthwise strokes and inside use crosswise. Then if there are spots you missed you know which side it's on.

Avoid washing windows in direct sunlight, the glass may dry too fast and streak.

WALLS

Dust frequently to prevent more difficult cleaning. A wall brush attached to your vacuum's extension wand can help you reach more easily. Be sure to take down pictures and clean behind them to prevent dark outlines.

Use a protective wax on window sills to make dusting easier and quicker.

When washing walls start from the bottom to prevent streaks from water running down the soiled surface. Test your cleaning method on an inconspicuous spot first, if you are unsure how to clean your walls.

FURNITURE

For water rings, rub a little liquid cleaning and polishing wax on the spot. If the ring doesn't disappear put a dry cloth over it and press lightly with a warm, not hot, iron. Repeat until the ring is gone.

A pair of white cotton mitts will double your dusting speed. Be sure to wash your mitts often.

Furniture polish or wax brings out the beauty of your furniture. Pour a little on a clean cloth and rub it into the surface. Then polish lightly with a dry lint-free cloth.

OTHER

If your books smell musty, sprinkle baking soda on the pages and allow time to air out.

When storing shoes and boots for the season, cover them with old pairs of socks. This will prevent dust and scuffing.

Use shampoo to pretreat grease stains before putting them in the washer.

If you really want to clean like a 1950s housewife be sure to wear a [comfortable house dress](#) and a cute but practical [apron](#). I actually really recommend this. A light cotton dress will keep you cool and personally, I find them more comfortable than shorts or yoga pants. And an apron will keep your clothes protected.

Another thing I love to do when cleaning is put on a vintage record. Music is a great way to stay motivated while cleaning and if you want to clean like 1950s housewives a vintage record is the way to go! If you don't have a [record player](#) you can check out my [Born in the Wrong Decade playlist](#) on Spotify.

CLEANING SUPPLIES

You can find a cleaning caddy, lint-free cloths, and many of the other supplies I mentioned in this post at [Grove Collaborative](#). It's one of my favorite places to get cleaning supplies.

If you have never ordered from there can get a [free 4-piece cleaning kit](#). It includes my favorite Mrs. Meyers all-purpose spray and dish soap.

DECIDE ON YOUR SPRING CLEANING TASKS

Different homes will need to focus on different tasks. That's why it's so hard to follow the premade spring cleaning lists you find on the internet. They can have a lot of tasks that you don't need to do and also exclude some that are important in your home.

Some tasks you'll want to consider adding include-

1. Go through your clothing. Donate things you no longer want, put away winter clothing, and check clothing for stains and things that need to be mended.
2. While your dressers and closets are empty give them a good clean.
3. Wash and store winter bedding and blankets.

4. Clean rugs.
5. Clean window coverings.
6. Clean walls.
7. Wash and wax woodwork.
8. Polish metal around the house, like faucets and doorknobs.
9. Clean lampshades.
10. Clean ceiling fans and light fixtures. Replace bulbs if needed as well.
11. Steam clean carpets if needed.
12. Clean upholstery.
13. Clean out the fireplace.
14. Clean out cupboards and cabinets. Don't forget to pay attention to what needs to be replaced.
15. Wash windows and screens, and fix any holes in screens.
16. Clean and defrost the freezer.
17. Deep clean appliances like oven, washing machine, dishwasher, and any others in need.
18. Clean out the dryer vent.

This is just a list to get you started. It's also a good idea to take a walk around your home and take note of tasks that are in need of being done.