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LIVING IN THE NEW HOUSES

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LIVING IN THE NEW HOUSES

Illustrated by Gerald Montplaisir

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FOREWORD

This booklet has been prepared for Phase IV of the Adult Education Program, Rental Housing Project, to give factual information on living in the new rental houses.

It is experimental and therefore subject to revision.

D. W. Simpson
Assistant Director
Education Branch

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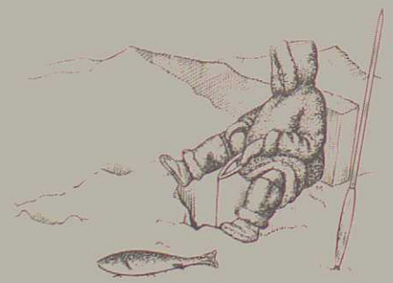
A clean orderly kitchen.

THE KITCHEN

Keeping the kitchen clean is covered in the booklet "Household Equipment".

See Contents in "Household Equipment" for cleaning the stove, cleaning the sink and other pieces of kitchen equipment.

A real find at any time.



Fishing through the ice.

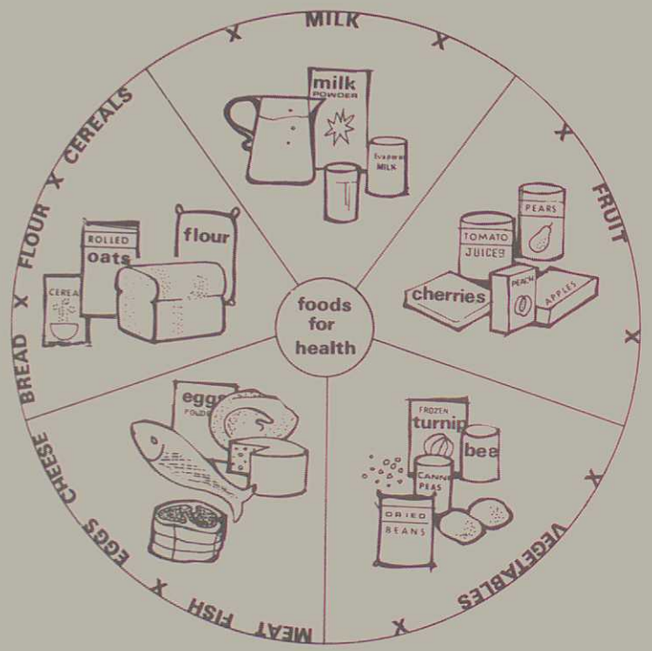
FOODS FOR HEALTH

Native northerners used to eat a great deal of fresh meat and raw fish which kept them healthy and strong.

Now these people are getting less food from the land and buying more store food.

You should know how to choose and prepare good nourishing meals for your family using both land and store foods.

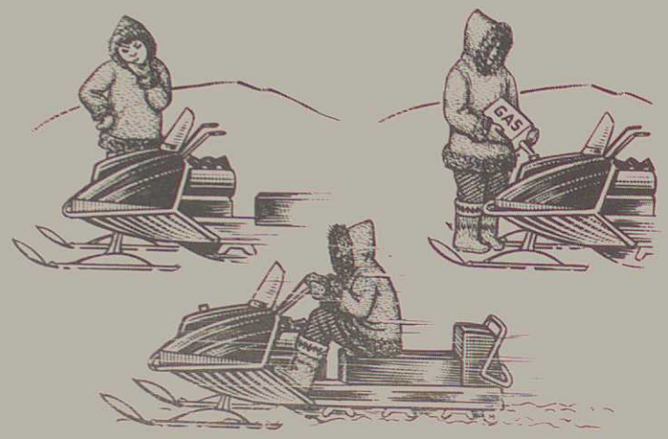
Canada's Food Guide



Eat food from each section daily

FOODS FOR HEALTH CHART

Try to eat some foods from each section every day. You should know why different types of foods are necessary for health in order to choose wisely.



Skidoos need fuel to work.

WHY THE BODY NEEDS FOOD

The body is like an engine. It needs fuel to work. Fuel for the body is found in the foods we eat. Engines need oil to keep them running smoothly; our bodies need certain food to keep them working well. Engines cannot repair worn-out parts. Our bodies can use the food we eat to repair worn-out body tissue.

Good food helps children to grow in size and feel well. Well children do better at school.

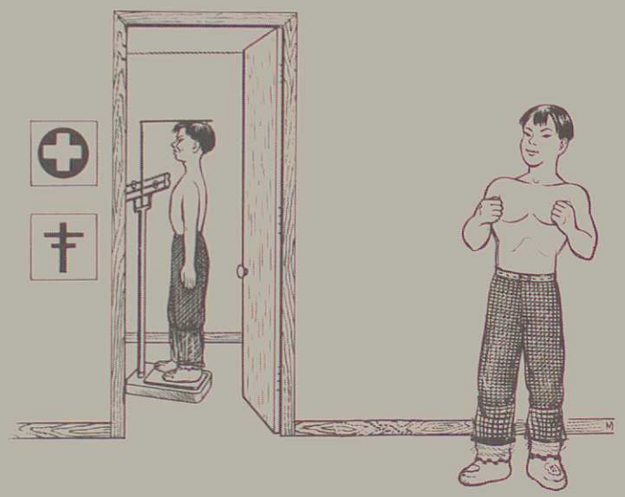
Bodies need fuel too!

WHY THE BODY NEEDS FOOD

Different foods contain different food substances. Meat and fish contain different food substances than fruit and vegetables.

Some foods such as seal meat contain most of the food substances that our bodies need to keep us healthy.

Avoid eating too many cookies and candy. These contain only a few of the food substances your body needs.



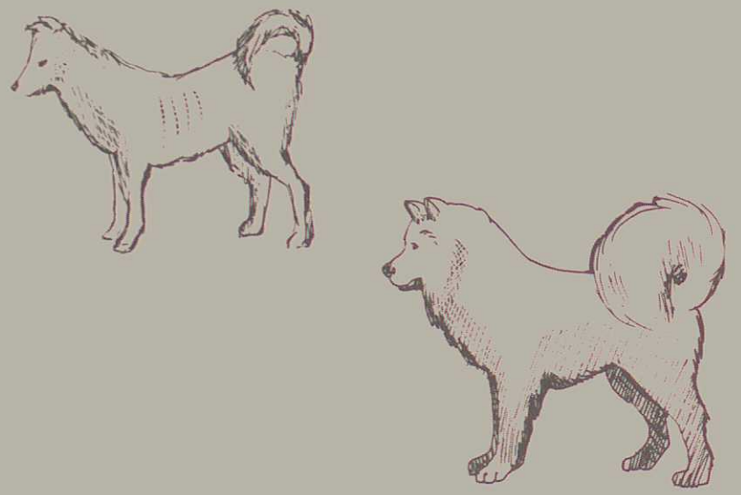
Good foods build strong bodies!

WHY THE BODY NEEDS FOOD

If people eat only one food such as bannock or chocolate bars every day they will get sick.

In some parts of the world, people cannot get enough milk to drink and meat to eat, and their bones are not strong.

Eating only tea and bannock will not make strong healthy people. They need other foods like meat, milk, fish and berries.



Good food made one dog larger and healthier

WHY THE BODY NEEDS FOOD

If you use store food you must know what foods contain the most food substances.

Cookies bought at the store may keep you from being hungry but the cookies will not keep you as healthy as meat from animals.

It is important to eat a number of different foods if you are entirely dependent on store food.

If you choose foods from each of the groups in Canada's Food Guide every day, your body will get all the food substances it needs. See the guide on page 4.

Getting food ready.

FOOD PREPARATION

Food preparation is a very important part of good housekeeping.

Here are some of the things you should know:

- How to use Canada's Food Guide. See page 4.
- How to choose foods that will make your family strong and healthy.
- How to buy good food and save money.

Shopping for food.

FOOD PREPARATION

You should know:

- How to plan meals and shop wisely.
- Why cleanliness is important when handling food.
- How to make water safe for drinking.
- How to store food and keep left-over food.
- How to add variety to meals.

Garbage ready for pick-up.

FOOD PREPARATION

You should know:

How to wash dishes. See Household Equipment booklet.

How to clean the sink and counter top. See Household Equipment booklet.

How to clean the storage cupboards. See Household Equipment booklet.

What to do with garbage and slop water.

Wash hands before preparing food.

WORKING WITH FOOD

Cleanliness is very important when you are working with food. There are germs so small that they cannot be seen floating in the air and on people's hands. Germs may cause sickness if they get into the body or into food that people will be eating.

Wash hands well with soap and water before preparing or working with food.

Clean food

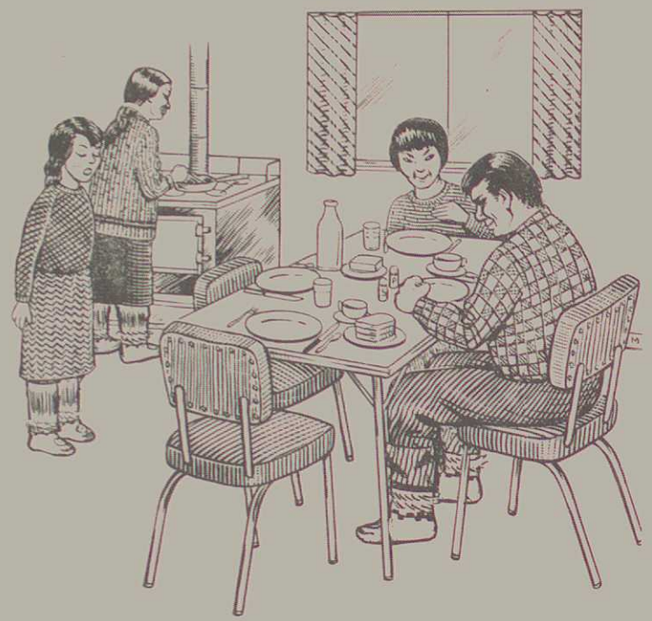
WORKING WITH FOOD

Cook food well. This will kill germs that may cause disease.

Store foods in clean covered containers in a clean place.

Frozen foods such as meat and fish must not be thawed and refrozen. Keep covered to prevent dirt from the air settling on the food.

By doing these things you will help to keep your family healthy.



Beginning the day right.

MEAL TIME

Now that more northern native people are working regular hours at jobs about the settlement and children are going to school, you might find it helpful to set special times for eating meals.

These should be times that are convenient for you. They may be:

In the morning before the members of the family go to work or to school (Breakfast).

At mid-day if the children come home from school for lunch.

After the day's work around 6 p.m. or whatever time is best for you and your family. (Dinner).

Cleaning the table before mealtime.

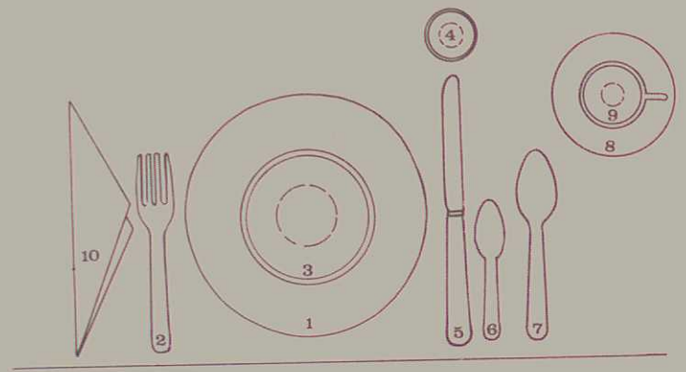
MEAL TIME

Getting things ready

Wash and dry the table before setting it for meals. This will keep it clean and help prevent sickness in the family.

Most people enjoy sitting down at a table to eat food.

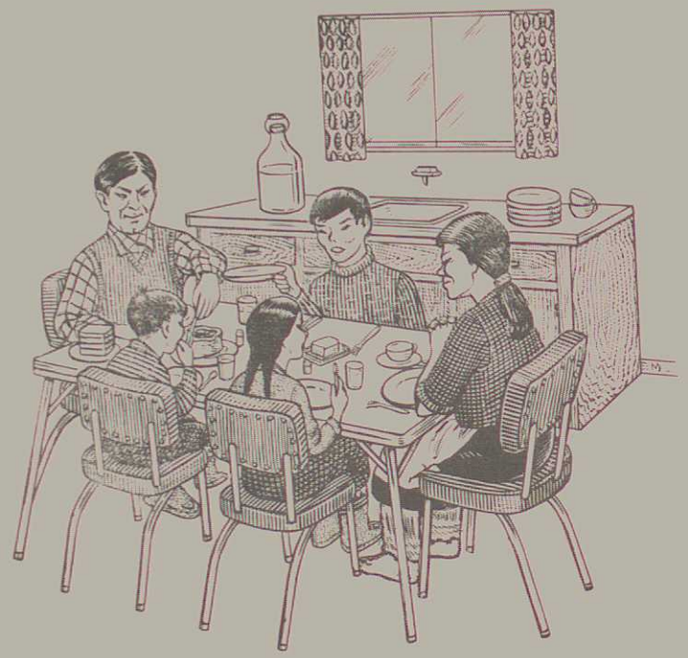
If you do not do this now, try setting a place at the table for each person in your family. They may enjoy having a special place where they always sit.



A place setting

A SUGGESTED PLAN FOR SETTING EACH PERSON'S PLACE

1. Small plate
2. Fork
3. Bowl
4. Tumbler
5. Knife
6. Teaspoon
7. Tablespoon
8. Saucer
9. Cup
10. Serviette



Mealtime is family time.

SERVING A MEAL TO THE FAMILY

Try to have everyone in the family sit down together to eat meals. This will give you more time for doing other work around the house, and you will be able to see if everyone is eating the food you have prepared.

Set a time for meals and let the family know you will be expecting them at that time.

Clean safe water.

THE BODY NEEDS WATER

Water helps:

To keep body temperature normal.

To keep body fluids such as the blood thin enough to flow through the body.

To keep all parts of the body healthy.

To rid the body of waste materials in urine and in other ways such as through the pores of the skin.

Keep water clean by covering it

SAFE DRINKING WATER

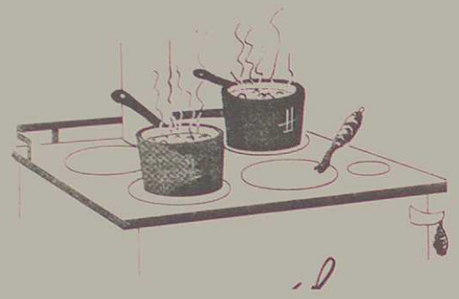
Drinking impure water can cause sickness. Make certain that the water you drink is safe water.

Find out from the Housing Association Council director or Area Administrator if the water that is delivered to your house is safe to drink. Keep the water covered so that germs and dirt from the air cannot get into it.

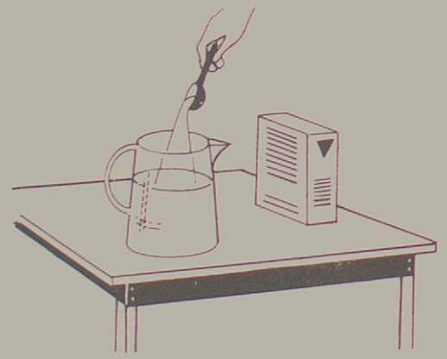
Keep water clean and safe by washing hands before pouring drinking water

SAFE DRINKING WATER

In most settlements the water from the water supply lake has been made safe for drinking. However, dirty hands and dirty pails can make even the safest water unsafe for drinking.



Boiling makes water safe to drink



Add chemicals to purify water

HOW TO MAKE WATER SAFE TO DRINK

1. Boil water for 10 minutes to kill the germs. Pour it into clean covered containers and keep in a cool place.

OR

2. Add a chemical to the water for drinking to kill the germs. Chemicals for making water safe to drink may be bought at a store or obtained from the local hospital or nursing station.

Visiting friends

Sewing a fur garment

THE LIVING ROOM

The living room is the place

Where the family gets together.

Where the family eats its meals, unless there is a separate kitchen.

Where the family visits with its friends.

Where mother sews or mends clothes.

Where seal meat is cut up if there is no separate kitchen.

Putting things away.

THE LIVING ROOM IS THE PLACE

Where the family's things are kept on shelves or in closets in the larger houses. Such things as a radio, a clock, books and magazines are kept in the living room.

A tidy cupboard

A tidy room

CLEANING THE LIVING ROOM

Daily Cleaning

Pick up clothes lying around and hang them up.

Do general tidying by putting things back into their places.

Mop the floor to collect dirt or dust. Put dirt in the garbage pail.

Clean windows.

A clean stove.

CLEANING THE LIVING ROOM

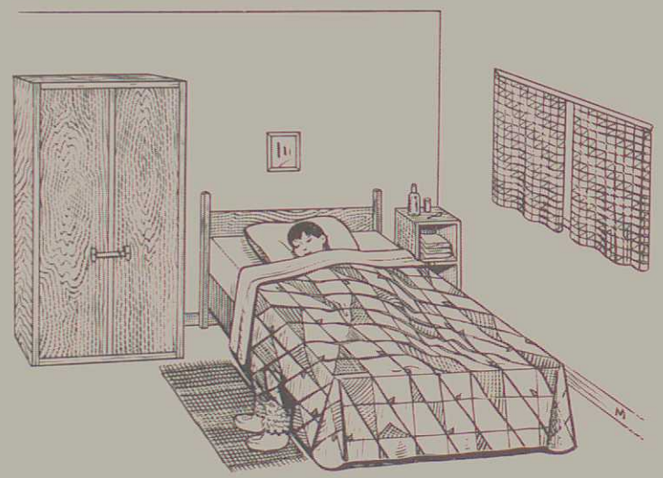
Weekly Cleaning

Clean the inside of the windows when not too frosty outside. To do this wipe off with a damp sponge or cloth and a small amount of detergent. Polish dry with a clean dry cloth or piece of newspaper. Dust the window ledge.

Clean the stove and heater or furnace by dusting with a clean dry cloth. See booklet on "The Stove, The Heater or Furnace".

Dust the floor with a dust mop or broom with the bristles covered with cloth. Wipe dirty spots with a damp sponge.

You may need to wash and wax the floor every month. See Household Equipment booklet.



Sick persons need plenty of rest.

BEDROOMS

Families are better rested and healthier if there are separate bedrooms for sleeping.

A person who is ill with a disease should be kept by himself to prevent spreading the disease to the rest of the family.

For storing clothes and personal belongings, you may want to build storage closets in each bedroom.

Children need more sleep than adults.

Children need a place to study.

CHILDREN NEED SEPARATE BEDROOMS FROM THEIR PARENTS

School children need a place to do homework. A warm bedroom is a good place. As children become better educated they must spend more time reading and studying.

Children need more sleep than adults. They must go to bed early to get enough sleep to be healthy and to be rested for school the next day. Children should sleep in a bedroom of their own if possible.

Making the beds

BEDROOMS

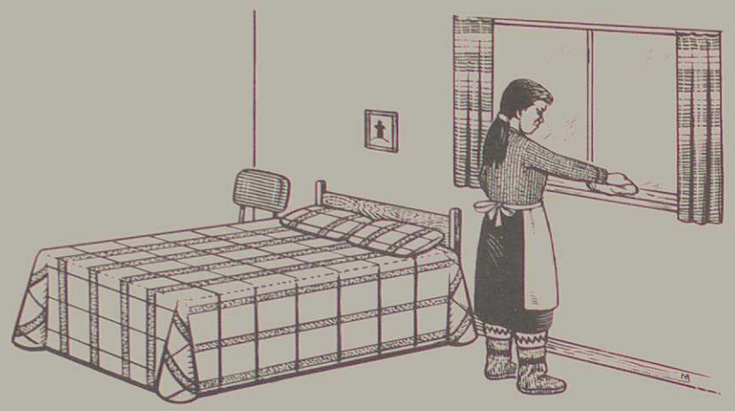
Daily Cleaning

Children can be taught to look after their own bedrooms.

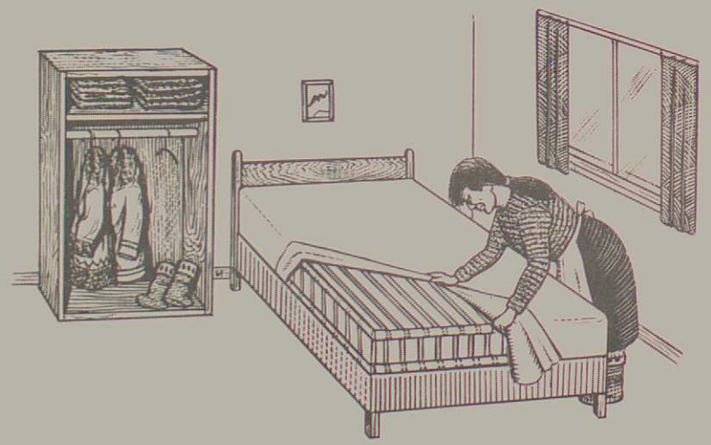
Beds should be made each morning after getting up. Straighten sheets and blankets on the bed. If the top sheet is folded over the top edge of the blanket, the sheet protects the blanket from becoming soiled.

If bedrolls are used, straighten them on the bed and leave them open to air.

Put things away in their proper places. Hang up clothes on hangers in the wardrobe or hang up on wall hooks.



Dusting the window.



Clean sheets for the bed.

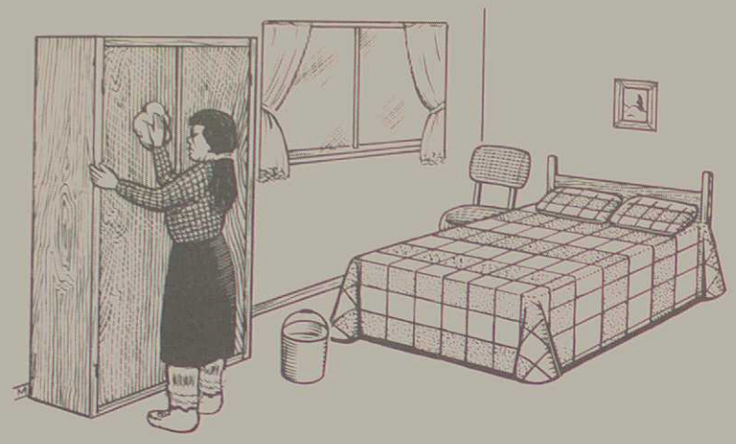
BEDROOMS

Weekly Cleaning

Dust and tidy the wardrobe if there is one. Dust the window sill.

Change the sheets on the bed and make the bed. See "Household Equipment" booklet.
If you have enough water, wash sheets at least every two weeks. Slightly soiled sheets are easier to get clean.

Mop the floor. Dust the furniture.



Wiping off finger marks.

Waxing the floor.

BEDROOMS

Weekly Cleaning

Using a damp sponge, remove finger marks and other marks on painted walls.

Wash and wax the floor if it needs cleaning. See instructions in "Household Equipment" booklet. Bedroom floors should need special cleaning only about once every two months. To even the work load, plan on doing the living room at one time and the bedrooms at different times. For example, the living room floor may need cleaning every month. Plan to do a different bedroom floor every two weeks.

A clean tidy bathroom.

THE BATHROOM

Daily Cleaning

The bathroom needs daily care to keep it clean and sanitary. When using the toilet, try to keep the area around the toilet and the floor clean.

Make a practice of washing your hands after using the toilet.

How to clean the toilet. See booklet on "Household Equipment".

How to clean the wash basin and how to make a wash stand are covered in "Household Equipment" booklet.

Keep a pitcher of water on a stand near the wash basin. This should be refilled each morning if possible.

Towels for each person in the family.

THE BATHROOM

Daily Cleaning

Tidy towels on towel rack.

Wipe out the soap dish with a damp cloth and wipe dry. Wipe soiled spots on the floor with a damp sponge.

Replenish toilet tissue if needed.

Replenish soap on soap tray if needed.

Tidy the toothbrush rack. There should be a separate toothbrush for each member of the family.

Cleaning the bathroom

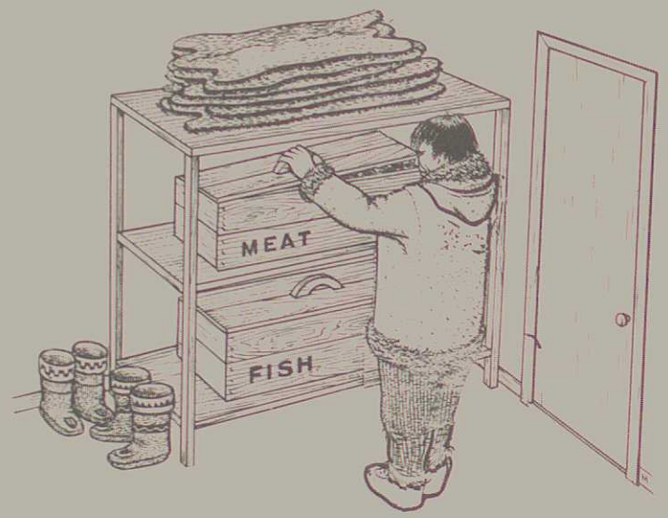
THE BATHROOM

Weekly Cleaning

If the bathroom gets daily care there will be very little extra cleaning to do. Each person in the family should feel responsible for leaving the bathroom clean and tidy after using.

Wipe the inside of the window and the window sill.

If the family is tidy and careful in using the bathroom, the floor should need washing and waxing only once a month. See instructions for washing and waxing the linoleum floor in the Household Equipment booklet.



Using the cold porch.

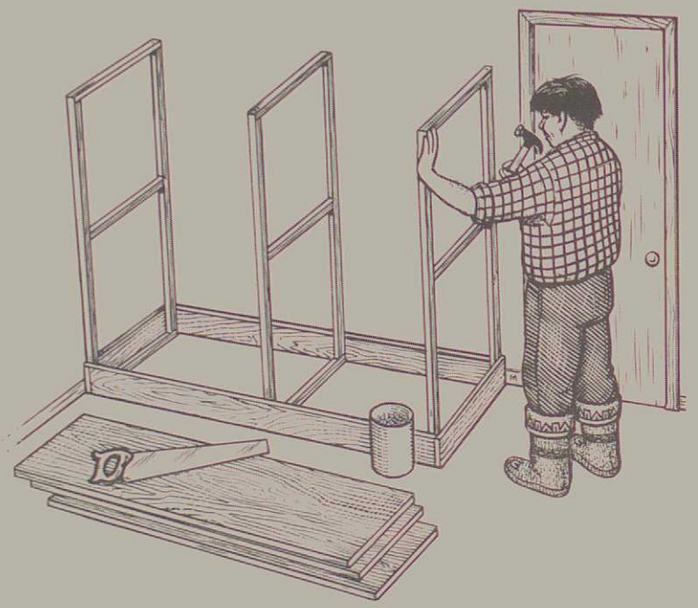
THE COLD PORCH

A cold porch is useful in these ways:

It provides a cold place to keep food such as meat or fish if there is no refrigerator.

It saves fuel by helping to keep the house warm. If you keep all doors closed, wind and cold cannot blow into the house.

It provides a place to shake snow from clothing and boots. Outside clothes may be hung here. Overshoes could be left here. This helps to keep the house cleaner and tidier. It also eliminates the danger of falling on linoleum floors as the bottom of overshoes may be wet and slippery.



Improving the cold porch.

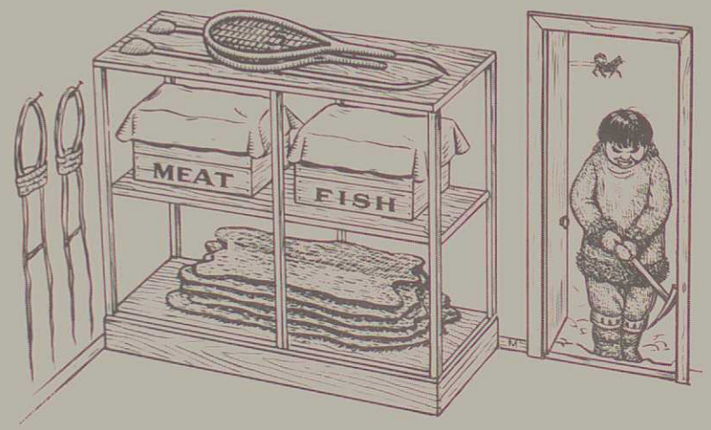
THE COLD PORCH

How you can improve your cold porch

Build shelves for storage if none are provided. Ask the Housing Association Council director if you may do this.

Keep frozen meat and fish on one shelf. Keep these covered to prevent dirt from the air settling on the food. Keep fur pelts on another shelf.

Fasten hooks to the wall on which to hang dog harness and other things.



Chipping the ice and snow away.

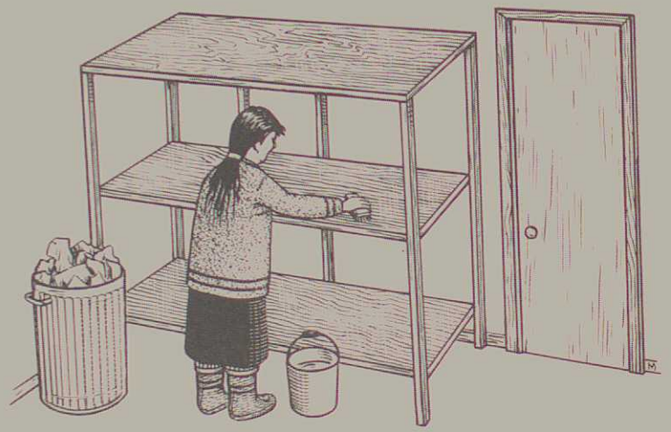
THE COLD PORCH

Daily Cleaning

Keep different articles in separate places. Food should be all on one shelf and fur pelts on another.

Equipment supplies should be kept in another part.

Keep doorways cleared of ice and snow so doors can be kept closed. This saves fuel oil.



Summer is clean-up time.

THE COLD PORCH

Special Cleaning

The cold porch should be thoroughly cleaned once a year. The best time to do this is in the summer. Remove all food, furs and equipment from the cold porch.

Trash can be put in a box to be hauled away with the garbage.

Scrub storage shelves with a brush and warm soapy water. Rinse with warm water and a cloth or sponge. Let dry.

Wipe inside and outside of windows with a damp cloth and detergent. Wipe dry.

Keeping the house in good condition.

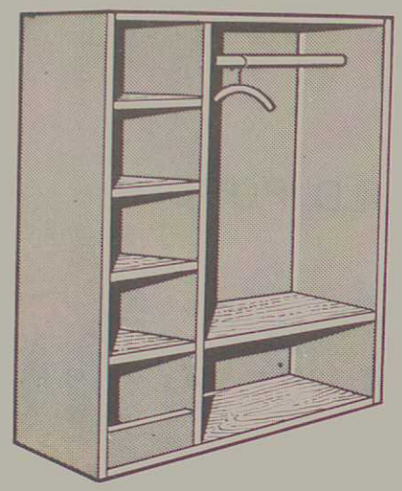
THE COLD PORCH

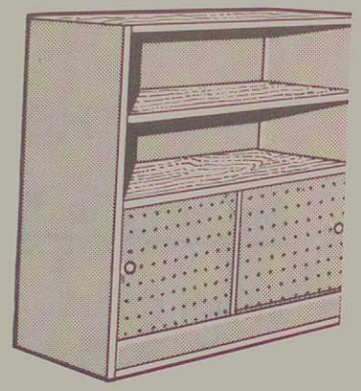
Special Cleaning

Wash floors in the same way as the shelves.

Fix locks and latches on doors if repairs are needed.

Air the cold porch well and let shelves and floor dry before putting things back in their places.





Suggestions for storage cupboards.

STORAGE

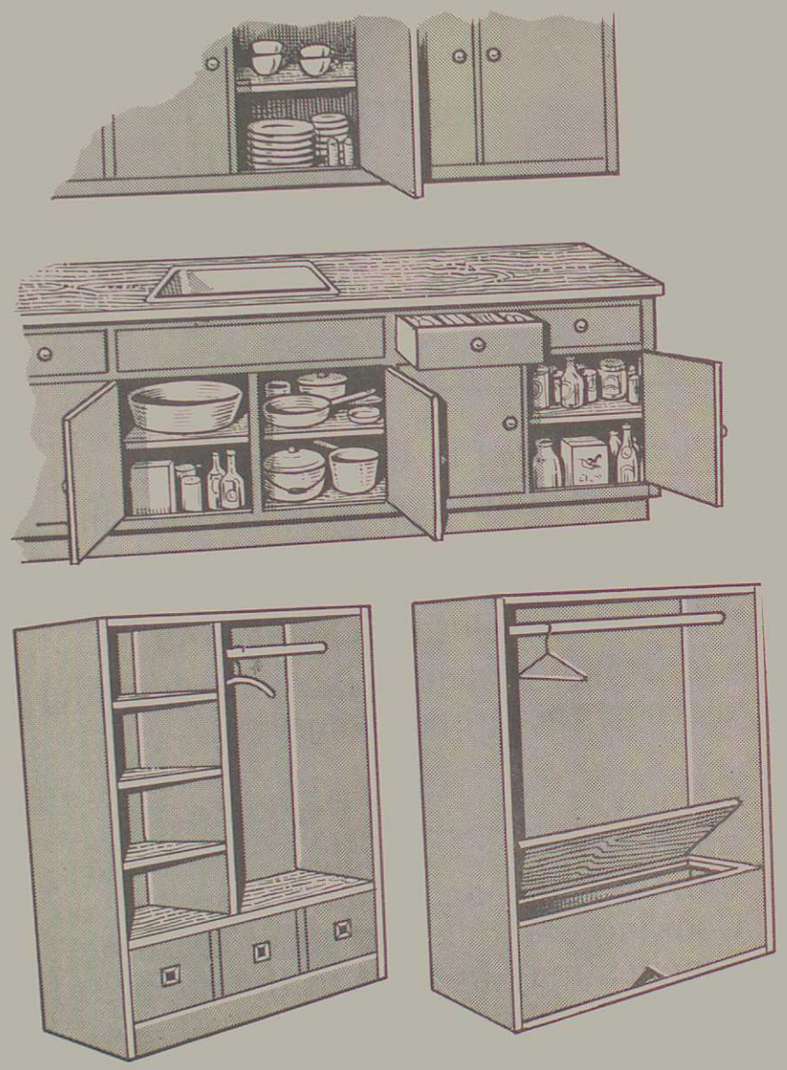
Storage provides places for everything. Houses with good storage are safer to live in.

Kinds of Storage

Open shelves in the living room, bedroom, bathroom and cold porch provide places for putting things.

Rods in the clothes closets and wardrobes provide places for hanging clothes and other things.

Closed-in shelves in the kitchen provide places for dishes and foods like flour, sugar, coffee or tea. Cooking utensils and some cleaning supplies may be kept in the cupboards.



A place for everything.

STORAGE

Kinds of Storage

Drawers in the kitchen provide a place for storing knives, forks, spoons and other small things.

Wardrobes for bedrooms or the living room provide storage space for clothes and other things. Wardrobes may have rods, shelves and drawers.

Hooks on bedroom or living room walls provide a place for hanging parkas or clothes if there is no wardrobe or clothes closet.

Fun at home.

STORAGE

Storage for Children's Playthings

Play space is important for small children. There will be more indoor play space for children in the new 3-bedroom houses.

Let children play in a safe warm place in the house.

Teach children to put their playthings away when they are finished with them. Get a paper carton from the store for this purpose or make a box from scrap lumber.

NOTES

DATE DUE SLIP

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