

*Volume I*

# *A Mother's Companion*

For a Happy Home



*A Full Year of Lessons Plans for Mothers  
in Beauty, Etiquette, Homekeeping, and More!*

Renee Metzler

*Preface*

*I Am,  
I Can,*

*I Ought,  
I Will.*



Charlotte Mason

OLDFASHIONEDEDUCATION.ORG

© 2024 by Renee Metzler

Printed in the United States of America

# Contents

LESSONS	PAGE
How to Use . . . . .	5

## Section One:

### Homekeeping, Beauty, Etiquette, Art, and More

Term I Booklist & Weekly Schedule . . . . .	7
1. Week 1 . . . . .	8
2. Week 2 . . . . .	9
3. Week 3 . . . . .	10
4. Week 4 . . . . .	11
5. Week 5 . . . . .	12
6. Week 6 . . . . .	13
7. Week 7 . . . . .	14
8. Week 8 . . . . .	15
9. Week 9 . . . . .	16
10. Week 10 . . . . .	17
11. Week 11 . . . . .	18
12. Week 12 . . . . .	19

## Section Two:

### Homekeeping, Beauty, Etiquette, Music, and More

Term I Booklist & Weekly Schedule . . . . .	21
13. Week 13 . . . . .	22
14. Week 14 . . . . .	23

15. Week 15 . . . . .	24
16. Week 16 . . . . .	25
17. Week 17 . . . . .	26
18. Week 18 . . . . .	27
19. Week 19 . . . . .	28
20. Week 20 . . . . .	29
21. Week 21 . . . . .	30
22. Week 22 . . . . .	31
23. Week 23 . . . . .	32
24. Week 24 . . . . .	33

**Section Three:**

**Homekeeping, Beauty, Etiquette, Ballet, and More**

Term I Booklist & Weekly Schedule . . . . .	35
25. Week 25 . . . . .	36
26. Week 26 . . . . .	37
27. Week 27 . . . . .	38
28. Week 28 . . . . .	39
29. Week 29 . . . . .	40
30. Week 30 . . . . .	41
31. Week 31 . . . . .	42
32. Week 32 . . . . .	43
33. Week 33 . . . . .	44
34. Week 34 . . . . .	45
35. Week 35 . . . . .	46
36. Week 36 . . . . .	47

# How to Use

Enjoy a 60-minute lesson each day (4 days per week) to finish in one year. Designed to work with our family together program of study! Now, we have a wonderful plan in place just for mothers! Just open this handbook to the daily lesson and you will enjoy „

✓ **Personal Devotions** - Scripture, Devotional, more 2 times each week.

✓ **Physical Fitness** - Complete a doable workout 2 -3 times each week.

✓ **Homekeeping** - Habits for a happy home with doable tasks each day.

✓ **Beauty Lessons** - Beauty diet and lessons in 10 minutes each week.

✓ **Etiquette Lessons** - Etiquette lessons for home each week.

✓ **Mother Culture/Reading** - Be introduced to great authors through our favorite collection of 10-minute readings.

✓ **Enrichment Rotation** - Enjoy enriching activities including art study, music study, ballet and more, plus an option to sew your own vintage color coordinated wardrobe!

Before you begin, you will need to purchase a few supplies on each Term's Booklist. Many of the books are available to read for free online at *Oldfashionededucation.org*.

*Autumn*

*Children  
should  
have the  
best of  
their  
Mothers.*

Charlotte Mason



OLDFASHIONEDEDUCATION.ORG

# Term 1

## Term 1 Book List

### Personal Devotions

- *King James Bible\**
- *Streams in the Dessert Devotional\**
- *Beacon Lights of History, Volume 1\**

### Enrichments (for Home and Heart)

- *Exercise Video* of choice **or** *Walking Outdoors*
- *My Family Meal Planner Light*
- *Secrets of Charm* by Powers and Miller\*
- *The Bride's Encyclopedia\** **and** *"George, Your Wife's a Great Cook!"(optional)\**
- *The Pocket University, Volume 1\**

### Term 1 Resources to Purchase

- 2 Notebooks of choice (*Book of Mottoes* and composition notebook)
- Sewing Supplies of choice
- Art Study: Sketch Pad & Drawing Pencil **or** Coloring Book & Colored Pencils

## Weekly Schedule

DAY 1	DAY 2	DAY 3	DAY 4
<b>Personal Devotions</b> (15–20 min.)	<b>Physical Fitness</b> (15–20 min.)	<b>Personal Devotions</b> (15–20 min.)	<b>Physical Fitness</b> (15–20 min.)
<b>Homekeeping</b> (30 min.)	<b>Homekeeping</b> (30 min.)	<b>Homekeeping</b> (30 min.)	<b>Homekeeping</b> (30 min.)
<b>Beauty Lesson</b> (10-15 min.)	<b>Etiquette Lesson</b> (10-15 min.)	<b>Mother Culture</b> (10-15 min.)	<b>Art Study+</b> (10+ min.)

\*Available for free online

# Week 1



Term 1 Begins!  
(Weeks 1-12)



**New!** – Start doing all your dishes and shine your sink and counters until they sparkle!

\*We will begin scheduling recipes from *My Family Meal Planner Light*. It includes 4 Easy Weeknight Meals, plus grocery list. We recommend this book, but you can easily adapt with your own recipes or from a different source.

## Lesson 1

### You will need:

- *King James Bible* and *Streams in the Dessert*
- *MyFitnessPal.com* and *Beauty Diet (See Appendix)*
- Personal Devotions:** Spend time praying and reading Genesis 1, plus today's devotional from *Streams in the Dessert* for 15-20 minutes.
- Homekeeping:** Do all the dishes and shine your sink and counters until they sparkle, plus prep for dinner: *Week 1.1 - Crunchy Ranch Chicken*.\*
- Beauty:** Begin your *Beauty Diet* and track daily on *MyFitnessPal.com*.

## Lesson 2

### You will need:

- *Exercise Video* of choice
- *The Bride's Encyclopedia* and *Notebook*
- Physical Fitness:** Walk outdoors or workout for 15-20 minutes.
- Homekeeping:** Do all the dishes and shine your sink and counters until they sparkle, plus prep for dinner: *Week 1.2 – Rotini Beef Stroganoff*.
- Etiquette:** Read *The Bride's Encyclopedia*, Introduction, "Your Happiness in Marriage." Write a short narration of this in your *Notebook*.

## Lesson 3

### You will need:

- *Streams in the Dessert* and *Beacon Lights of History, Volume 1*
- *The Pocket University*
- Personal Devotions:** Spend time praying and reading *Streams in the Dessert*, plus *Beacon Lights of History, Volume 1, Ch. 1* for 15-20 minutes.
- Homekeeping:** Do all the dishes and shine your sink and counters until they sparkle, plus prep for dinner: *Week 1.3 – Lemon Chicken*.
- Reading:** Read from *The Pocket University, Volume 1* for 10 minutes.

## Lesson 4

### You will need:

- *Sewing Supplies* of choice
- Physical Fitness:** Walk outdoors for 15-20 minutes.
- Homekeeping:** Do all the dishes and shine your sink and counters until they sparkle, plus prep for dinner: *Week 1.4 – Tuna Broccoli Bake*.
- Enrichment:** Begin a sewing project of choice or our color coordinated vintage wardrobe project for this month - *Basic Jacket* in gray linen.