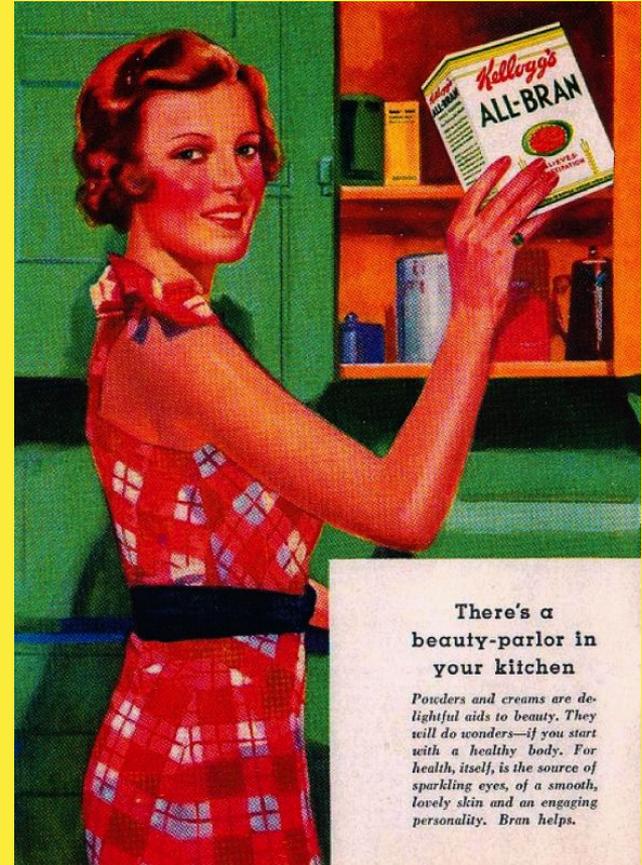


Key Ingredients

Kitchen and Women's Domestic Roles
Throughout the Centuries

What Will This Exhibit Explore?



Key Ingredients explores the personal narratives of six California throughout the centuries to demonstrate how the domestic roles of women have changed from the Ohlone to the present day.

- The task of acquiring, preserving, and preparing food has changed throughout time, but one constant has been the role of women as the primary cooks and caretakers in home life.
- Today, many households contain two working parents who share domestic duties, although statistics show that women still do the bulk of food shopping, cooking, cleaning, and child care.



Questions to Ask

- What did we learn about the women's lives?
- Are their lives easy?
- Are their lives hard?
- What type of domestic chores did they speak about?
- Are things they do similar to our lives today?
- Are things different than our lives today?
- Can you compare and contrast two different women's lives?
- What do you think women's (and men's) domestic chores will be like in the future?

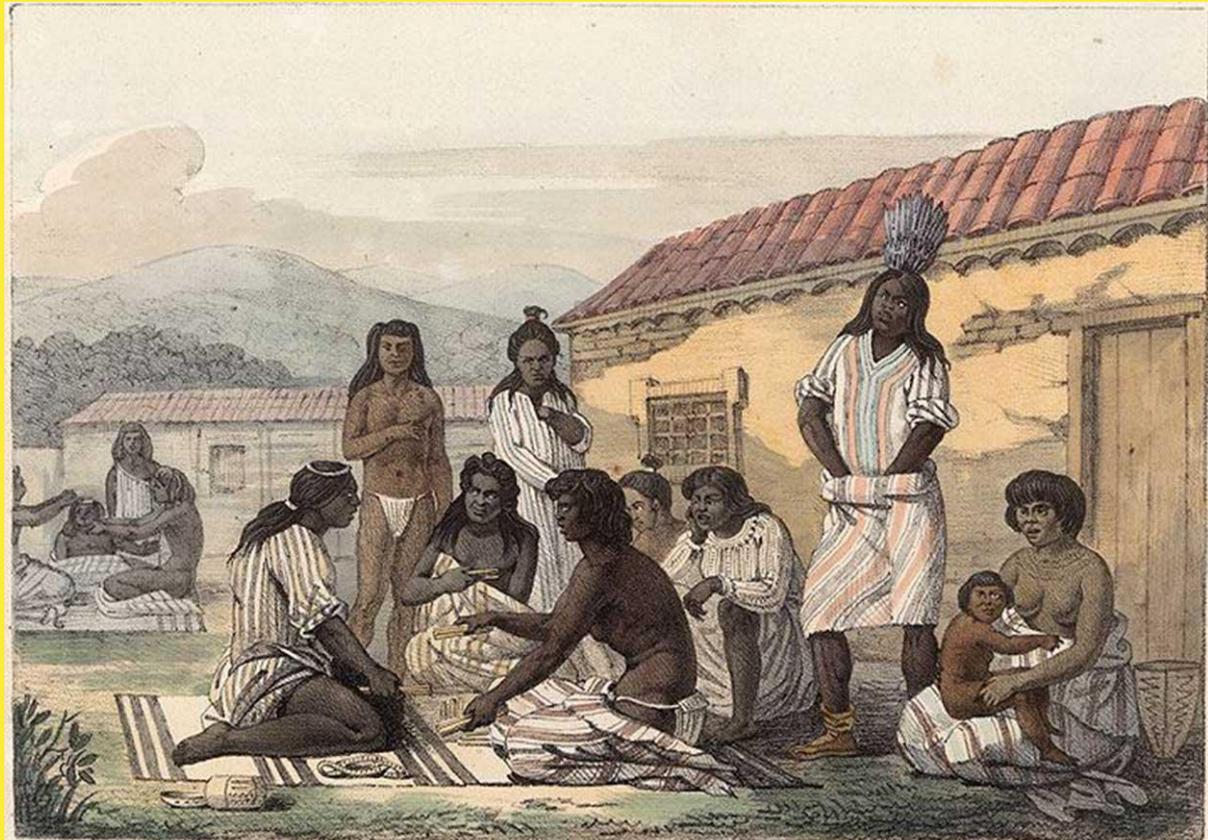
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Meet Zilaname

We live with the land: working, singing, preparing, and sharing.

Today, we gather acorns. We work together to share with all our people. I teach my daughter how to live with the land. We use what we need and store our harvest for winter. The acorn harvest is a time to sing and teach the young ones how to make the acorn mush. My daughter learns the songs to grind the acorns and songs to prepare the meal. After our meal we will all dance and offer gifts for a successful hunt for the men. Tomorrow when the men leave, I will keep the fire lit until they return.



par N. Choris d'après Choris

Lith. de Langlumé, de V. Allouye N. 6

Les Habitans de Californie.

Louis Choris painting of Ohlone people, Public Domain



Zilaname's Life

1



Depiction of Pruristac, a Ramaytush village in what is now Pacifica, by Amy Hosa & Linda Yamane, 2019.SMCHA 2019.43.1 San Mateo County Historical Association

2



Painting of Ohlone women by Louis Choris, public domain

3



Wikiup: Pubic domain

4



Mortar & pestle, public domain

1: Village Life

2: Ohlone women

3: Ohlone Hut

4: Ohlone Grinding
Stones

5: Ohlone Tribal map

5



Tribal Map, public domain

Meet Anna

I work all day: cooking,
cleaning, washing, and ranching.

Mi ranchito is quiet. I wake before el gallo cries out and I stir the coals to bring back last night's fire. I have to keep the fire lit all day. It is the thread that sews my daily and weekly routines together. Cook, clean, laundry, children. Day in and day out, I teach mi hija, Teresa, what she needs to know. I wake her early. Teresa must milk the vaca, then churn it to make butter and cheese. I will grind corn with the metate for tortillas and cook frijoles de olla. After the morning meal, the men will work the ranch and Teresa and I spend most of el dia at the adobe, washing laundry. I put guisado in the pot to cook for supper while we wash. Mañana, we will planchar la ropa and I will teach Teresa how to prepare the jerky from the vacas masacrada to keep for winter. I hope to go with my husband to sell the beef in San José. Mi esposo is from Missouri and his Spanish is not strong. Sometimes he needs me to communicate with our neighbors for him. I trust Teresa to keep the fire going while I'm gone



Anna's Life

1



3



Credit: Tim Abramowitz / E+ / Getty Images:
<https://blog.lib.uiowa.edu/eng/spend-a-day-as-a-pioneer/>

- 1: 1860s farmhouse
- 2: 1860s outdoor cooking
- 3: 1860s pioneer kitchen
- 4: 1860s laundry
- 5: 1858 San Jose

2



<https://texasbeyondhistory.net/kids/forts/images/cook.htm>

4



<https://bchistoricalociety.com/2019/08/06/butler-county-historical-society-presents-all-in-a-days-work-in-the-home/>

5



Meet Maria

New world and new inventions
provide me the time to care for my
family.

I am used to hard work and a daily routine. That's how it was back in Portugal. But here our lives here are so blessed and our routine is filled with opportunity. Every Monday the iceman comes. Mama and Papa would never imagine a house with an icebox to keep our meat and cheese fresh! Today, after sending my husband and the kids to our orchard, I walk to the Farmer's Union for a few groceries and send off my Sears order. A new dress pattern for my daughter, Rose, and kitchen tools for me. The meat grinder will save me so much time! I wonder what gossip I'll hear today at the shop. I do have to hurry home do the laundry. I should have kept Rose home from picking cots to help me. Tomorrow she can iron while I can fruit to preserve for winter. Tonight we'll have leftovers from Sunday's dinner. I need to make sure we have enough coals to heat the stove. Someday maybe we'll get gas and I won't have to build a fire every time I cook.



Maria's Life

1

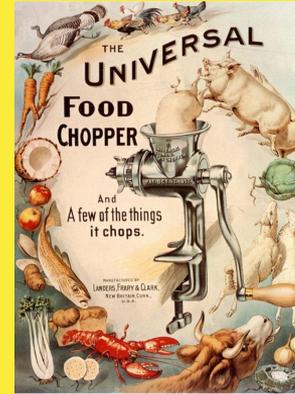


3



<http://networthyblog.com/posts/convince-me-not-to-buy-new-washer-dryer>

5



1: Maria's Kitchen
2: Family Orchard
3: Laundry Machine
4: Family Cutting apricots
5: Advertisement for kitchen tool
6: Inside of general store.

2



4



6



Meet Margaret

Hard times made easier through electric appliances and ready-made food.

I am so tired from cutting cots for 8 hours, but I am lucky to have work. As it says in Better Home and Gardens Magazine, a good housewife doesn't complain. Times are tough now. So many people are out of work; even my little Robert and Diana are spending the summer picking cots on the Yerkovich's orchard to help out. After work, I'll stop by Field's Market. Thankfully, today is payday. I need some Kellogg's Cornflakes, fruit, vegetables, and that new sliced "Wonder" bread. The slices fit perfectly in my electric toaster. Once home, I need to start the laundry and make sure my house is clean before my husband comes home from the cannery. I think we can eat last night's ham, some canned beans, and the Jell-O that set in the fridge. Maybe next week, after payday, we can eat out. What a treat it would be to try the new Chinese restaurant on Campbell Ave. A rest from cooking would so nice.



Margaret's Life

1



3



5



- 1: Margaret's Kitchen
- 2: Cannery workers like Margaret
- 3: Laundry
- 4: Depression food line for people out of work.
- 5: Advertisement for women to be better housewives.
- 6: Advertisement for women to buy canned milk for their children.

2



4



Unemployed men outside a soup kitchen/https://en.wikipedia.org/wiki/Soup_kitchen

6



Meet Barbara

A single, working mom, I rely on modern conveniences to do it all.

After the divorce, I am mother, father, breadwinner, cook, and cleaner. Can I do it all? Most days I think I can. Before I leave for work, I put Campbell's Cream of Mushroom Soup and some chicken in the crockpot for dinner. I give my children, Michael and Sally, the house key for afterschool, and leave Tang and after school snacks in Tupperware on the counter. If there is time after work I should stop by Safeway to grab some more Folger's coffee and Apple Jacks. Tonight, I need to wash Sally's softball uniform and mend Michael's pants. He is always ripping them skateboarding. This weekend it is just me. The kids will be at their dad's. I can cheat on my Weight Watchers with a little Hungry Man dinner in the microwave and watch the inspiring Julia Child on the TV.



Barbara's Life

- 1: Barbara's kitchen
- 2: Barbara as a single mom
- 3: Keys for Barbara's kids to get in their house.
- 4: Snacks in tupperware
- 5: Crockpot Advertisement
- 6: Hungry-man TV Dinner

1



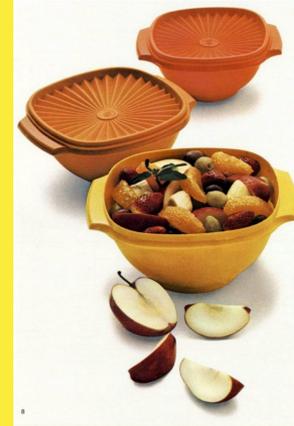
3



2



4



5



6



<https://www.dailymail.co.uk/femail/article-1364014/Motherhood-better-70s-80s-according-pressure-working-mums.html>

<https://clickamericana.com/topics/food-drink/vintage-tupperware-plastic-containers>

Meet Sara

Apps and the Internet provide assistance. David shares the chores, but I still don't feel as if I have enough time!

I manage my team at work. I manage my family at home. And, Siri and Alexa manage me. "Alexa, start the coffee." "Siri, what is the schedule for today?" 8am: Drop Andrew and Madison at school. 8:30am: Take my husband to Cal Train. 10am: project meeting. 3pm: Andrew has soccer. 4:30pm: Madison has dance practice. 6pm: Pick-up the kids. When I get home, my husband is heating up dinner: rotisserie chicken and vegetables from Wholefoods. After dinner, he heads to the gym and I do the dishes. I wish I could have Alexa and Siri clean the house for me or help the kids with their homework. I know I do so much but I always feel guilty, like I never get quite enough done, don't serve the healthiest meals, or spend enough time with my family. Ok, tonight I'll look on Pinterest for recipes and this weekend we can have a family dinner. Maybe, make pizza from scratch. Time to use that fancy new oven we built on the patio. Or, my husband can grill. He loves cooking over an open flame.



Sara's Life

1



3



<https://www.mytechneeds.com/smart-office-or-home/>

- 1: Sara's Kitchen
- 2: Sara's Family on using different devices
- 3: Sara's Smart Home
- 4: Sara's Social Media
- 5: Whole Foods Bag
- 6: Sara's outdoor oven

2



<https://familyapp.com/screen-time-boundaries-family/>

4



6



<https://www.hunker.com/13709866/you-too-can-have-an-outdoor-kitchen>

5

