

Years ago I stumbled across a copy of *The Liberated Woman's Songbook* in a used bookstore and couldn't put it down. Its cover alone was provocative, whimsical, and very 70's. In its pages I found songs that have strengthened women's movements throughout history, from the 1800's to the 1970's. It's unbelievable how much these stories resonate today.

To reimagine these songs, I modernized some of the lyrics and collaborated with my old friend and producer Josh Kaufman to refresh the music. A lot of these tunes were written to hymns or popular songs of the day, and many without much variation. As Josh put it " Many of these songs were already powerful in message but musically were never meant to travel beyond the picket line."

I hope you take these songs and help them fly...Sing them! Play them! Help to spread their message of freedom and equity and hope. As the great folk singer, publisher and activist Sis Cunningham said, "songs are, and have been for centuries, right out there in front. Go back through history and you will find that the singing movements were the ones which brought about notable social changes: reforms, revolutions, at any rate some sort of improvement in the human condition."

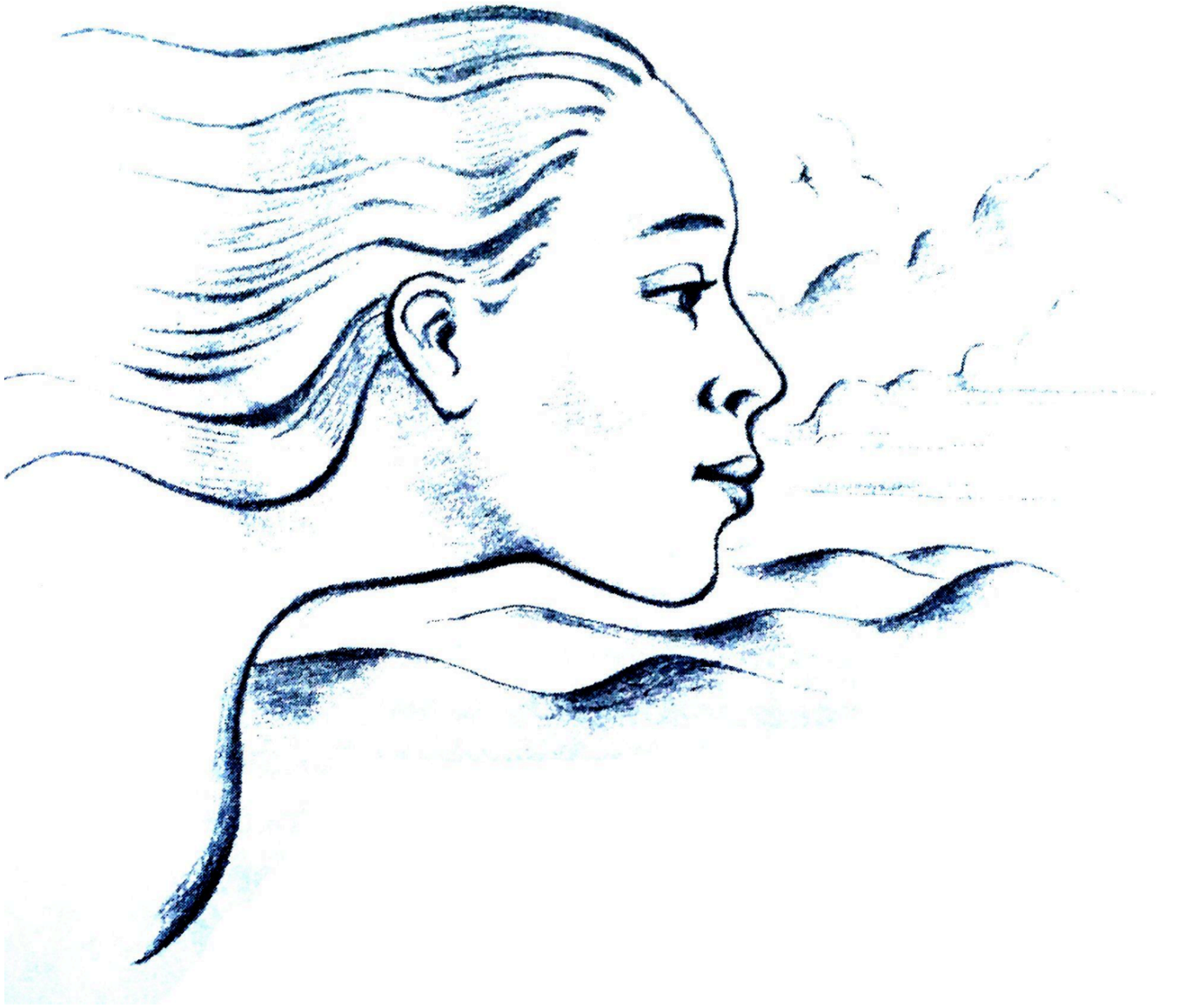
I'd like to thank Jerry Silverman for putting together this collection of songs fifty years ago. Here are a few songs from *The Liberated Woman's Songbook*.

Yours in hope and in song,

**dawn**







## One Hundred Years (1852)

Fanny Gage was a writer, feminist and abolitionist who organized one of the first women's conventions in Akron, OH in 1851. Gage penned the lyrics to "One Hundred Years Hence" hoping for a better future, and they still ring very true nearly 200 years later.

**Am**                      **G/Am**  
In 100 years what a change will be made

**Am**                      **G/Am**  
In politics, morals, religion and trade

**C**    **D**  
In leaders who teeter and tip-toe the line

**Am**                      **G/Am**  
Things will improve in 100 years time

Our laws then will be uncompulsory rules  
Our prisons converted to national schools  
We'll laugh at temptation with all knowing tears  
That's how we will find it in 100 years

**C**    **G**    **Am**  
Oooooohhh Ahhh

All cheating and fraud will be laid on the shelf  
We'll neither get drunk nor be bound up in self  
We'll all be good neighbors and get along fine  
Just as we should in one hundred years time

Instead of grandstanding to satisfy wrong  
We'll join in the chorus and sing freedom's song  
Convention will then be a dull exercise  
Our votes will all count in 100 years time

Oooooohhh Ahhh

Woman, man's partner, man's equal shall stand  
While beauty and harmony govern the land  
To think for yourself will not be out of line  
The world will be smart in one hundred years time

Oppression and war will be heard of no more  
No blood of a slave will imprint on our shore  
And if the millennium's not smoke and mirrors  
We'll be better people in 100 years

Oooooohhh Ahhh  
Oooooohhh Ahhh

## The Housewife's Lament (1866)

These lyrics were discovered in the diary of Mrs. Sara A. Price of Ottawa, Illinois. She had seven children and outlived them all; her sons were all killed in the Civil War.

**E** **C#m**  
One day I was walking, I heard some complaining  
**B/D#** **A/C#**  
I saw an old woman the picture of gloom  
**E** **C#m**  
She looked at the mud on her doorstep (was raining)  
**B/D#** **A/C#**  
And this was her song as she wielded her broom

There's too many hours we spend getting ready  
Days of our lives spent ironing a shirt  
There's nothing that pays back time wasted already  
Nothing that lasts but trouble and dirt

**E** **C#m** **G#m** **B** **A**  
Oh, Life is a toil, love is a trouble  
**E** **C#m** **G#m** **B** **A**  
Beauty will fade and prices will double  
**E** **C#m** **G#m** **B** **A**  
Pleasures will wane, riches will flee  
**E** **C#m** **B/D#** **A/C#**  
Nothing is as I wish it would be



In March it's so muddy and slush in December  
The mid-summer breezes are loaded with dust  
In fall the leaves litter and clutter September  
The wall paper rots and the faucets all rust

There are worms on the cherries and slugs on the roses  
Ants in the sugar and mice in the pies  
The spiders wreak havoc right under our noses  
The roaches disgust me and God damn those flies  
God damn those flies

Oh, Life is a toil, love is a trouble  
Beauty will fade and prices will double  
Pleasures will wane, riches will flee  
Nothing is as I wish it would be ...

Last night in my dreams I was stranded forever  
On a rock in the midst of the sea  
My one chance of life was a ceaseless endeavor  
To sweep off the waves as they swept over me

But I wasn't dreaming, just rudely awakened  
I see that it's helpless, my fate to avert  
She lay down her broom, she folded her apron  
She lay down and died and was buried in dirt

Oh, Life is a toil, love is a trouble  
Beauty will fade and prices will double  
Pleasures will wane, riches will flee  
Nothing is as I wish it would be

Nothing is as I wish it would be  
Nothing is as I wish it would be





## Keep Woman in Her Sphere (1882)

This song was originally sung to the tune of "Auld Lang Syne" at a time in history when traditional expectations about a woman's "proper place" began to change. Women campaigned for suffrage for nearly 100 years but wouldn't win the right to vote until 1920.

**D**                      **A/C#**                      **G**

I have a neighbor, one of those not very hard to find

**D**                      **A/C#**                      **G**  
Who sees the world in black and white, won't ever change their mind

**D**                      **A/C#**                      **G**

I asked him about women's rights, his answer was severe

**D**                      **A/C#**                      **G**  
"My mind on that is all made up, dear..."

**D A/C# Bm G**  
Keep woman                      in her sphere."

I saw a man in ragged clothes who stumbled from the bar  
He drank down every cent he earned and left his wife to starve

I asked him "Shouldn't woman vote?" He answered with a sneer  
"I've taught my wife to know her place here...  
Keep woman in her sphere  
Keep woman in her sphere."

I met an earnest, thoughtful man not many days ago  
Who pondered deep all human law the honest truth to know

**Em7**    **F#m**

I asked him "What of woman's cause?" His answer came sincere

**D**                      **A/C#**                      **G**  
"Her rights are just the same as mine, it's clear...."

**D A/C# Bm G**  
Let woman choose her sphere  
Let woman choose her sphere  
Let woman choose her sphere  
Let woman choose her sphere  
Choose her sphere."



WALK-OVER WALK-OVER WALK-OVER WALK-OVER



WALK-OVER

WALK-OVER

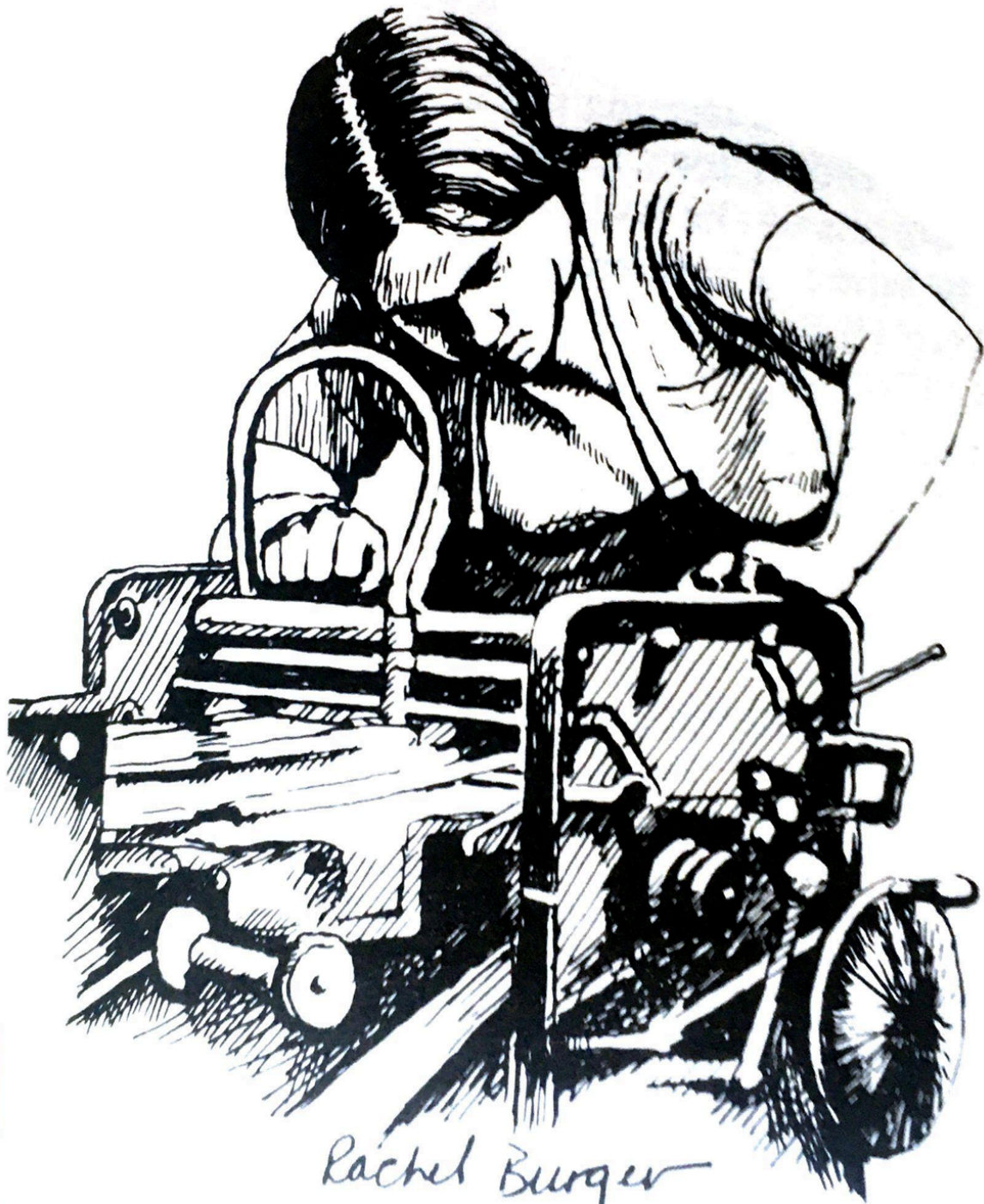
WALK-OVER

WALK-OVER

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WALK-OVER





## Bread And Roses (1912)

On New Year's Day, 1912, thousands of textile workers in Lowell, MA retaliated against pay cuts with a complete walk-out. Union leader Rose Schneiderman delivered a speech to the strikers that inspired this poem by James Oppenheim "Bread and Roses."

### Capo 1

**G**

As we go marching, marching

**D**

In the beauty of the day

**D**

A million darkened kitchens

**Am7** **D**

A thousand mill lofts grey

**Am7**

Are touched with all the radiance

**Am7** **D**

That a sudden sun discloses

**Am7**

For the people hear us singing

**C** **D** **G**

Bread and roses, bread and roses

As we go marching, marching

We battle too for men

For they are women's children

And we mother them again

Our lives shall not be sweated

From birth until life closes

Hearts starve as well as bodies

Give us bread, but give us roses

**Em**

As we go marching, marching

**D**

Unnumbered women dead

**D**

Go crying through our singing

**Am7** **D**

Their ancient cry for bread

**Am7**

Small art and love and beauty

**D**

Their drudging spirits knew

**Am7**

Yes, it is bread we fight for

**C** **D** **G**

But we fight for roses too

**G**

As we go marching, marching

**D**

We're standing proud and tall

**D**

The rising of the women

**Am7** **D**

Means the rising of us all

**Am7**

No more, the drudge and idler

**Am7** **D**

Ten that toil where one reposes

**Am7**

But a sharing of life's glories

**C** **D** **G**

Bread and Roses, Bread and Roses

**Am7**

Hearts starve as well as bodies

**C** **D** **G**

Give us bread but give us roses

**C** **D** **G**

Bread and Roses, Bread and Roses



## **Mill Mother's Lament (1929)**

Ella Mae Wiggins was a mill worker, mother, songwriter and union activist who lost her life fighting for workers rights in the Loray Textile Mills Strike in Gastonia, NC in 1929. Mourners sang this song of hers at her funeral. Her tombstone reads "She was killed carrying the torch of social justice."

### **start acapella on C# (song in A major)**

We leave our homes in the morning  
We kiss our kids goodbye  
While we work for the bosses  
our children scream and cry

And when we draw our money  
Our grocery bills to pay  
Not a cent to spend on clothing  
Nothing to lay away

### **F#m**

And on that very evening

**D**

Our little son will say

**E**

"I need some shoes, Mama

**A**

And so does sister May"

Oh how it grieves the heart of a mother  
You everyone must know  
We can't buy for our children  
Our wages are too low

It is for our children  
That are to us so dear  
But the bosses do not care for us,  
nor them at all, it's clear

But understand, workers  
Our union they do fear  
Let's stand together, workers  
And have a union here



Rachel Berger



## Cotton Mill Girls (1930)

Women mill workers suffered difficult conditions and huge risks to their own health. They were constantly breathing in cotton dust that often led to "brown lung" disease. Many were injured or killed on the job when their fingers, limbs, clothing or hair got stuck in the machinery.

**C** **F**  
It's hard times Cotton Mill Girls

**C** **G7**  
It's hard times Cotton Mill Girls

**C** **F**  
It's hard times Cotton Mill Girls

**C** **G7** **C**  
It's hard times everywhere

**C** **F**  
I've worked in the cotton mill all my life

**C** **G7**  
I ain't got nothing but a Barlow knife

**C** **F**  
It's hard times Cotton Mill Girls

**C** **G7** **C**  
It's hard times everywhere

It's hard times Cotton Mill Girls  
It's hard times Cotton Mill Girls  
It's hard times Cotton Mill Girls  
It's hard time everywhere

In 1915 we heard it said  
"Move to the country and get ahead"  
It's hard times, Cotton Mill Girls  
It's hard times everywhere

Us kids worked twelve hours a day  
For fourteen cents of measly pay  
It's hard times Cotton Mill Girls  
It's hard times everywhere

It's hard times Cotton Mill Girls  
It's hard times Cotton Mill Girls  
It's hard times Cotton Mill Girls  
It's hard times everywhere

When I die, don't bury me at all  
Just hang me up on the spinning room wall  
Pickle my bones in alcohol  
It's hard times everywhere

It's hard times Cotton Mill Girls  
It's hard times Cotton Mill Girls  
It's hard times Cotton Mill Girls  
It's hard times everywhere

It's hard times Cotton Mill Girls  
It's hard times Cotton Mill Girls  
It's hard times Cotton Mill Girls  
It's hard times everywhere  
It's hard times everywhere



## Which Side Are You On? (1931)

In the spring of 1931 in "Bloody" Harlan County, KY, miners were on strike fighting for a living wage and two important women's voices emerged singing in protest. This version combines Florence Reece's lyrics from "Which Side Are You On" with Aunt Molly Jackson's "I am a Union Woman." There's no evidence that these two women ever crossed paths, yet they simultaneously wrote pro-union lyrics to the same melody, adapted from an old hymn.

**Am** **Em** **Am**  
Come all of you good workers, good news to you I'll tell  
**Em** **Am** **G** **Am**  
Of how the good old union has come in here to dwell  
**Am** **G** **Am** **Am** **Em** **Am**  
Which side are you on? Which side are you on?

I am a union woman, just as brave as I can be  
I do not like the bosses and the bosses don't like me  
Join the CIO Come join the CIO

And when I joined the union I'll stick with the union  
They called me Rooshian Red If I don't end up dead  
Join the CIO Which side are you on?  
Come join the CIO Which side?

This the worst time on Earth that I have ever saw  
To get killed out by gun thugs and framed up by the law  
Join the CIO Which side are you on?  
Join the CIO Which side?

**F** **C/G**  
We are many thousand strong and I am glad to say  
**F** **Em7**  
We are getting stronger and stronger everyday  
**Am** **G** **Am** **Am** **Em** **Am**  
Which Side Are you on? Which Side are you on?  
**Am** **G** **Am** **Am** **Em** **Am**  
Which Side Are you on? Which Side are you on?

My daddy was a miner, now he's in the air and sun  
He'll be with you, workers, 'til every battle's won  
Which Side are you on? Which Side are you on?

The bosses ride big fine horses, while we walk in the mud  
Their banner is the dollar sign while ours is striped with blood.

Which Side Are you on? Which Side Are you on? Join the CIO  
Which Side Are you on? Which Side Are you on? Join the CIO  
Which Side Are you on? Which Side Are you on?

## **There was an Old Woman Who Swallowed A Lie (1970)**

On Feb 14th, 1970 author and scholar Meredith Tax sent these lyrics to her socialist-feminist collective, "Bread and Roses." Presented as a valentine, printed on pink paper and accompanied by Tax's playful illustrations, this is her spin on a classic children's song. Pete Seeger recorded a version of this in 1974.

### **Capo @ 1**

**C** **C/G** **C** **C/G**  
There was a young woman who swallowed a lie  
**C** **C/G** **C** **C/G**  
We all know why she swallowed that lie  
**C**  
Perhaps she'll die

**C** **C/G** **C** **C/G**  
There was a young woman who swallowed a rule  
**C** **C/G** **C** **C/G**  
"Live to serve men," she learned it in school  
**F** **G**  
She swallowed the rule to hold up the lie  
**C** **Bm** **Am** **G** **F** **G**  
We all know why she swallowed that lie  
**C**  
Perhaps she'll die

There was a young woman who swallowed some fluff  
Lipstick and candy and powder and puff  
She swallowed the fluff to sweeten the rule  
She swallowed the rule to hold up the lie  
We all know why she swallowed that lie  
Perhaps she'll die.

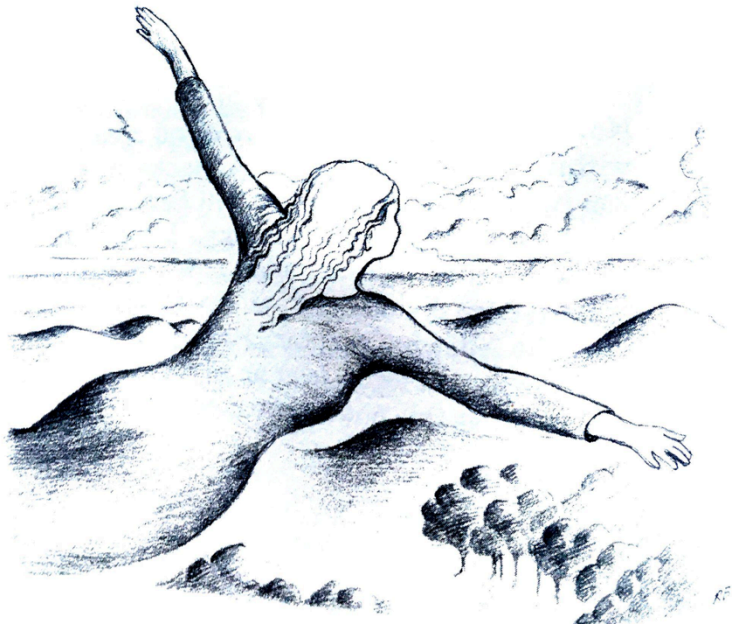
There was a young woman who swallowed a line,  
"I like 'em dumb, baby, you suit me fine."  
She swallowed the line to tie up the fluff,  
She swallowed the fluff to sweeten the rule,  
She swallowed the rule to hold up the lie,  
We all know why she swallowed that lie,  
Perhaps she'll die.

There was a young woman who swallowed a pill,  
Might have said "no", but she hadn't the will.  
She swallowed the pill to go with the line,

She swallowed the line to tie up the fluff,  
She swallowed the fluff to sweeten the rule,  
She swallowed the rule to hold up the lie,  
We all know why she swallowed that lie,  
Perhaps she'll die.

There was a young woman who swallowed a ring,  
Looked like a princess and felt like a thing.  
She swallowed the ring to make up for the pill,  
She swallowed the pill to go with the line,  
She swallowed the line to tie up the fluff,  
She swallowed the fluff to sweeten the rule,  
She swallowed the rule to hold up the lie,  
We all know why she swallowed that lie,  
Perhaps she'll die.

One day this young woman woke up and she said  
"I've swallowed so much, I wish I were dead!"  
She ran to her sisters, it wasn't too late  
To liberate, regurgitate.  
She threw up the ring, She threw up the pill  
She threw up the pill and she threw up the line,  
Threw up the line, she threw up the fluff  
She threw up the fluff and she threw up the rule,  
"Live to serve men," she learned it in school.  
And last of all, she threw up the lie,  
Now she knows why she swallowed the lie  
She will not die  
**SHE WILL NOT DIE!!!**





WELCOME  
TO THE  
MISS AMERICA  
CATTLE  
AUCTION



CHUCK  
RIB  
LOIN  
RUMP  
SHANK  
SHOULDER  
RIB  
LOIN  
RUMP  
SHANK  
SHOULDER

## **Liberation, Now! (1970)**

On August 26, 1970, N.O.W. (National Organization for Women) sponsored the Women's Strike for Equality, celebrating the 50th Anniversary of the passing of the 19th Amendment. Over 20,000 American women showed up to demand full social, economic, and political equality. This song was written for the occasion by Betty Friedan (author of *The Feminine Mystique*) and Jacquelyn Reinach, a composer and children's author.

**D**            **A**    **F#m**    **Bm**  
Liberation, now. Liberation, now.

**G**            **D**                    **A**  
We're breaking out of our cage of ruffles and rage  
**A7**            **D**  
Liberation, now.

**G**  
Femininity, what's femininity?  
**Bm**  
Masculinity, what's masculinity?  
**A**                    **G Bm A**  
It's humanity that we both share

Liberation, now. Liberation, now.  
It's time we spell our own names, we're people not "dames"  
Liberation, now.

Opportunity, opportunity  
And equality, full equality  
Are the property of everyone

Liberation, now. Liberation, now.  
We're more than mothers and wives with second-hand lives  
Liberation, now.

When a woman's free, when a woman's free  
Then a man is free, and the world is free  
Free to make love not war

Liberation, now. Liberation, now.  
It's time for woman and man to walk hand in hand  
Liberation, now.  
Liberation, now!

## Featuring

**Dawn Landes** on vocals, guitar, organ • **Josh Kaufman** on guitars, keys, drums, bass, mandolin, vibes, percussion et al! • **JT Bates** on drums • **Annie Nero** on upright bass • **James Felice** on accordion (8) • **Matt Douglas** on horns and flutes (10) • **Oliver Hill** on strings (3) • **Emily Frantz** on vocals (6) and fiddle (9) • **Kanene Pipkin** on vocals (9) • **Rissi Palmer** on vocals (11) • **Lizzy Ross** on vocals (11) • **Charly Lowry** on vocals (7,11) • **Annie Nero** on vocals (2,3,5,8)

Produced by **Josh Kaufman** • Reimagined by **Dawn Landes & Josh Kaufman** • Recorded at **Little Pink** (NY) & **The Garage** (NC) • Mixed and Mastered by D. **James Goodwin** • Design by **Nathan Golub** • Cover Photo by **Shervin Lainez** • Interior Photos by **Heather Evans Smith** • Costumes by **Playmakers Rep** • Songbook layout by **Emma Skurnick** • Illustrations by **Rachel Mason Burger**

### Some things to check out!

#### BOOKS

Color me Flo by Florence Kennedy (memoir) • Fifty Years of Ms. • Florynce Flo Kennedy: The Life of a Black Feminist Radical by Sherie M. Randolph (UNC) • Here's to the Women by Hilda E Wenner & Elizabeth Freilicher (songbook) • My Life on the Road by Gloria Steinem (memoir) • Monster by Robin Morgan (poetry) • Our Bodies Our Selves, a book by and for women by the Boston Women's Health Collective • Sisterhood is Powerful by Robin Morgan (collection of feminist essays) • Sojourner Truth by Nell Irvin Painter

#### ARTICLES, SPEECHES, etc

Toni Morrison "What The Black Woman Thinks about Women's Lib" NY Times Aug 22, 1971 • Conversation between Gloria Steinem & Sheri Randolph (Flo) at Shomburg 2016 • Gloria on Flo, Ms Magazine 2011 • Tedx 2011 Gloria Steinem & Salamishah Tillet • Gloria Steinem's Commencement Address to Smith College May 31, 1971

#### FILM/TV

The Glorias (2020) Film on Amazon • Mrs. America (2020) TV Mini-Series on Hulu • I Am Woman (2019) Film on Netflix • She's Beautiful When She's Angry (2014) on Youtube • You Gave Me A Song (2019) documentary on Alice Gerrard • Year of the Woman (1973) by Sandra Hochman on Youtube

#### MUSIC

I made a Spotify playlist titled "Liberated Women"  
Search under Dawn Landes artist page

