

Iowa State Home Economics Association

Miss Regina J Friant, President.

Olive Morris, Treasurer.

Miss Amy Stover, Vice-President.

Genevieve Callahan, Publicity.

Miss Wilcox, Secretary.

The International Committee

Eda Lord Murphy Demarest, Chairman of International Committee of the American Home Economics Association has written us a letter telling of the work of her committee. Her letter follows.

"International Committee is one of the standing committees of the American Home Economics Association, and as such has its place with such committees as the Richards Memorial Fund Trustees, Legislative, Research, and Publicity.

Mrs. Alice Peloubet Norton was the first chairman and began the good work of stimulating interest in International Home Economics throughout the association. She was, as you know, our first representative at Constantinople College, and to her we owe the obligation of gratitude for beginning the work on firm foundations. She had carried the burden of committee work for several years and recently asked to be relieved of the chairmanship. As you can see by the personnel of the newly appointed committee, it is a strong one, due to the fact that all of the members have actively participated in International work, and what is more important, they all have the international point of view.

Just a week or two ago we were able to have a meeting because Miss Milam, of Oregon, was to be in Washington, Miss Rose of Cornell, also was coming, Dr. Stanley is there and Miss Reeves and I went down. At that time we made plans, and they involve every Home Economics worker (including of course Student-workers). We proceeded on the assumption that every one is interested in the International phases of our "Cause." And so we hope to be able to disseminate facts about the work which is going on all over the world.

I am judging by myself, and I think I am a fair sample of the many students who have, for years, wished to know just where, and by whom, and in what way, Homemaking Education is being done in other lands.

We hope, sometime to have a real study made in a scientific way, of the actual status of Home Economics, but meanwhile we do know a good deal, and we certainly know enough to make us thrilled to belong to a profession which has sent many an "ambassador" to the ends of the earth. And we wish to find out how many women from other countries are coming to America to observe our methods and whether much of it is useful to them when they go to their homes.

I can't begin in this letter to tell you even what I know and I myself have seen of Home Economics in

GREETINGS FROM THE NEW OFFICERS

To the members of the Iowa Home Economics Association I wish to extend the greetings of your new officers. We are beginning our work this year fully conscious of the responsibilities we have assumed. Our desire is to serve in the building up of the association to such a place that its influence will be an important factor in guiding and shaping Home Economics policies in the state; that its help will reach all teachers of Home Economics in the state; that it will bring teacher and homemaker together on common problems. To accomplish this the organization must be strengthened.

During the past year the membership was the largest in the history of the organization. This is a splendid record, but our membership must be increased still further if we are to accomplish our aims. Fifteen student clubs are affiliated with the association this year. With the affiliation of these comes a very definite responsibility. A plan by which the members of these clubs can become a part of the association must be devised. The future Home Economics Association of the state is to be found in the Home Economics Clubs of today. Six district meetings were held during the past year. These meetings represent a mere beginning. The members of the Association realize that these must be strengthened. It is possible to attain the aims set up, this to be accomplished by the help and cooperation of every member of the association.

With best wishes,

Miss Regina Friant,

President State H. E. Assn.

Turkey and Greece, or Bulgaria or Japan or China or India. But it has been the most fascinating experience to see how many of the ideals for which women are working the world over are essentially the same.

The committee felt that we ought really to concentrate our efforts as much as possible, in order to be effective. And so we have chosen four or five of the leading colleges for women

where Home Economics is either established or going to be.

The names are as follows: Constantinople College for Women, Turkey; Isabella Thoburn, Lucknow, India; Yenching College, Peking, China; and Kobe College in Japan and also The Women's University, Tokyo, Japan, where they hope before long to establish a department similar to the one which Miss Milan and Miss Mills began at Yenching College.

The Committee wants the names and addresses of all the Student clubs and Womens clubs who are interested and who wish to find out ways to help. We have compiled a list of all kinds of things which clubs or individuals can do, ranging from the sending of a subscription to the Journal of Home Economics to the raising of scholarships for the fine young women who are properly equipped to come to America and prepare themselves to be leaders in their own countries.

I have not yet mentioned the things which we hope in time to do. Of course we want to cooperate with all the other organizations who are doing International work, the list is too long to give but includes, The American Library Association. The General Federation of Womens Clubs, the Mission Boards, the Y. W. C. A. and many others who have a great deal of valuable experience to share. We hope to arrange for the translation of some of the material prepared by the Bureau of Home Economics, and also to establish exchange of material. One of the immediate and most practical of the plans is to collect used or new books that would be inspiring and helpful to teachers who may have been away from America several years. There is no end to the things which we might do, but it is very easy to "take it all out in talking" and postpone the day of "doing."

I could write at length of Miss Stiltz who is now at Constantinople, of Miss Tuck who is living and teaching in a Turkish Normal School (at the request of the Turkish Gov't of Miss Florence Justin who has been for several years at Isabella Thoburn and of your own Miss Sarah Field at Kobe College, and Miss Mills at Yenching. All of these and many many others in less conspicuous places and in the most humble and beautiful ways are teaching women to understand their own profession, and are, in every case fitting their teaching to the conditions which they find in each country. Nobody knows how much common sense this requires, as well as fine training, and nobody, who has not lived for a time in another country, can quite ap-

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Bargain Hunting in Persia

CHARLES A. HOFFMAN, M. S., an instructor in Physics and Chemistry in the American College of Teheran, Teheran, Persia, has only been in Persia about four months, but already he has spent some of his leisure time in learning what he could about Persian fabrics and wares. In a letter he has written something of his luck in picking up Persian textiles.

"So far I have invested only about twenty-five dollars in materials, and those, other than rugs. I believe that I have gotten twenty-five dollars worth of education out of it too, for I always question everyone I can about the origin and worth of anything I see. Of course, we can't believe a fourth of what the clever salesman tells us, but some of it is true and all of it is interesting.

"Cotton prints are plentiful. You can get almost any variety, style or amount at about a dollar a square yard. Many of those available have been used and are perhaps five to twenty years old. You can have them made to order if you know about what size and pattern you want. The new ones can sometimes be bought for as little as sixty-five cents a square yard if you know how to bargain or happen to find a dealer who thinks that he has to sell at once.

"There is no fixed price for anything. The dealer asks two or three prices and then comes down little by little as he has to. If one expects to buy anything costing over fifty dollars it is quite the custom to visit the dealer five or six times and haggle over the price for a week or two before an agreement is reached. The dealer serves tea and chats with you on your first visit about anything but the price. The second visit will find him inclined to suggest a price, and so on and on, until at last an agreement is reached. There is no rush about anything here in Persia and for an American used to efficient business methods, this waste of time seems unnecessary.

"The inlay work is wonderful. It costs from five to ten cents per square inch, which doesn't sound like much but soon counts up when one figures out the price of an inlay box. I can get almost any amount at that price as it is made right here in the city. Most of it is on boxes from 2x3x6 inches to 5x8x15 inches in size with the inlaid work on the top and four sides.

"Handiwork of all kinds is available and all that is necessary is to know what one wants. There are clever machine imitations, but they can all be told by examining the back of the fabric minutely. Very beautiful patterns are worked out in gold thread on black, grey or red backgrounds. The cloth is thick and the thread is as large around as a pin. This is called Resht work. Some pieces are partly done by machine and this of course makes them cheaper. The price of the real hand-

work is two to four dollars per square foot of surface covered solid with handwork, depending on the design and amount of surface left vacant for the ground color to show through.

"The other handwork that you will see has not had so much Russian influence as this Resht work and is more distinctly Persian. Some pieces are from fifty to a hundred years old. Most of them are the pear design worked out in various sizes, shapes and colors, often on a background of cloth made of silver-wound thread. Some of these are worth twenty-five to thirty dollars per square foot and others may be had for a fifth of that or less. The Kashmere that I have seen is the pear design in red and a touch of green almost completely covering a dark blue background. Often the pieces have silver work fringes. This Kashmere costs from three to ten dollars per square foot. A very similar pattern made partly by machine and of cotton may be had for thirty to ninety cents per square foot. The same designs worked out in silk cost from one to three times as much as the ones worked in wool.

"Then there is Kerman work, made of a wool woven in a twill weave. Very intricate designs are worked out in bright colored yarns. In this real handwork there are many more or less apparent errors which stamp it is the real thing. Machines do not make mistakes like those made with a needle.

"There is a kind of coarse silk shawl worn by the Zoroastrian women that is a dark dull brick-brown or red with light spots one-fourth inch in diameter so arranged as to make a simple design. The dyeing is done a bit at a time by hand. A shawl that is three by ten feet in size costs about five dollars and a half.

"Solid brass and silver vessels with hand wrought designs or set with turquoise and rubies are also available if one has the money. Rugs of every kind are here, but of course some varieties are more abundant than others.

"This is a shopper's paradise, and all the more one if one has the time and energy to expend in haggling and bargaining with the dealers and salesmen. They expect to be talked down to some extent, but I have found that it takes a person with more time than I have at my disposal to take a week off to haggle and bargain and come home with a fabulous treasure."

Books on Physical Education

Miss Winifred R. Tilden, head of the department of physical education for women at Iowa State College, suggests the following books for the home economics teacher who also teaches physical education:

(1) "Physical Education for Elementary Schools," published by I. S. T. C., Extension Service, Cedar Falls, Iowa. This book emphasizes games and athletics, rhythm, posture, marching, natural gymnastics and stunts. It

contains music for folk dances and programs for recreation periods, both in the rural and town schools.

(2) "Physical Education for Elementary Schools," by Lydia Clark, published by Benjamin H. Sanborn and Company of Chicago, New York and Boston. This book presents in detail physical training, games and folk dancing for each grade from the first through the eighth.

(3) "The Text-Book of Gymnastics," by K. A. Knudsen, published by J. B. Lippincott Company, Philadelphia. This text-book takes up general athletics and special athletics for each part of the body; athletics for different ages, from small children to adults. I consider it an especially fine reference book for teachers since it contains illustrations of muscles used in the various exercises.

(4) "Education Through Physical Education," by Agnes R. Wayman, published by Lea and Febiger, Philadelphia. Such topics as work for girls and women in leadership; general information on conducting meets; departmental organization; programs, information hygiene; physical activities; gymnastic program; individual work; dancing, sports and games; competition; conduct of games and meets are discussed in detail. This is an excellent text-book for teachers who are organizing Physical Education or for directors of recreation programs, either for playgrounds or public schools.

International Committee

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preciate how much adaptability it takes to adjust ones teaching to new conditions.

Now I simply must study!! For I am doing some graduate work in New York University and the reputation of Iowa State College is at stake!! I am doing it principally to fit myself better for the work of this committee which calls for a great deal more knowledge and judgment and vision than I have.

Thank you so much for letting me tell these things in so informal a way. I do hope you will correct the errors that I commit with this machine and forgive me for not putting it all in the form of an article as it deserves to be put.

Very truly (and affectionately) yours,

Eda Lord Murphy.

Miss Jessie Manship of Le Grand, Iowa, a junior member of last year, visited the campus during Homecoming. Jessie is assistant principal of the Beaman Consolidated School of Beaman, Iowa. After one or two years of teaching experience, she expects to return to Iowa State College to complete the work for her degree.