

## Plan Your Christmas Unit . . .

SOME Christmas units are little more than time fillers, another type is a seasonal class exercise, while others are full of the true Christmas spirit and rank high as worthwhile teaching devices. Which will yours be this year?

Working with the local Social Service Committee offers many desirable possibilities.

One class made over old clothing into warm and attractive garments for needy children at Christmas time. The ages, measurements and physical descriptions of the children were provided by the Social Director. Splicing, pressing, mending and other practical problems in clothing renovation and care were entered upon with greater enthusiasm and with higher ideals of finished products than such problems often receive. One girl became so interested in the future wearer of "her dress" that she brought a gay handkerchief to tuck in a pocket. Another girl insisted upon buying from her allowance, a new red belt for the dress she was making over.

SCHOOL lunch may be a Christmas unit if there are school children who are financially unable to have a noon meal.

The following material taken from a current issue of Home Economics News offers many valuable suggestions for worthwhile Christmas units.

"Since units of child development have been included in the school curriculum, many teachers are finding that the few weeks preceding the Christmas holidays may be devoted to one phase of this subject. Child care, like almost every other subject in home economics, has several phases or aspects. The selecting of stories, games, and toys for children of various ages might be considered one phase of the child-development work.

"EVERY high school girl will be giving a Christmas gift of some kind to some child. This child may be her own brother or sister, a niece or nephew, a cousin, or a neighbor child. There exists, then, the problem of selecting suitable gifts for a definite child of specified age. The consideration of each pupil's problem in class furnishes the opportunity to study the selection of stories, games, and toys for children of different ages.

"The stores are full of gifts at this time of year and, therefore, it is easy to obtain a wealth of material for judgment problems. This, in itself, makes the problem interesting to the high school girl and the fact that she can carry it through to completion, actually purchasing the gift, makes it still more interesting."<sup>1</sup>

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### Iowa State Home Economics Association

Association Officers: Lulu E. Smith, University of Iowa, Iowa City, President; Mrs. Josephine Arquist Bakke, Extension Service, Iowa State College, Ames, Vice-President; Mrs. James Dwyer, Callanan Jr. High School, Des Moines, Secretary; Marguerite Herr, Roosevelt High School, Cedar Rapids, Treasurer; Mate Giddings, University of Iowa, Councilor; Ellen Pennell, Meredith Publications, Des Moines, Publicity; Lulu Tregoning, Extension Service, Iowa State College, Ames, Membership; Frances Zuill, University of Iowa, Iowa City, Legislation and Program of Work; Mary Farris, Supervisor of Vocational Homemaking, Des Moines, Program Chairman; Grace Powers Hudson, Iowa State College, Ames, Student Clubs; Elizabeth A. Stewart, Simpson College, Indianola, Nominating; Marcia Turner, Iowa State College, Ames, News Gatherer.

Edited by ELSIE WILSON

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"In food units many teachers have recognized their opportunity to help pupils see that the Christmas dinner should be planned not as an elaborate meal but rather with greater consideration than ever to the health needs of the group in this time of excitement and extra work. They show how time and money may be saved in shopping, in preparing simple attractive dishes and in planning meals suited to the adults of the family which can be easily adapted to the needs of the children. They show how the table can be made attractive without adding appreciably to the expense and they stress means of showing the spirit of hospitality and good cheer at the family table.

"TEACHERS with vision have given strong units in the selection of gifts suited to different members of the family and to friends with varying interests and needs. Through it all, wise teachers are stressing the spirit of giving as more important than the cost of the gift. The practice by some people of sending cards with nothing more than an engraved name shows the opportunity offered for teaching that a personal message or a letter often gives a much greater joy to the receiver than the most elaborate card or the most expensive gift. Can we not give to our young people a real appreciation of the joy in giving pleasure to others rather than the questionable attitude of 'exchanging gifts'?

"The art of wrapping gifts inexpensively and yet attractively and of packing gifts so they will ship well and yet make a beautiful box can be taught, as well as means of making the Christmas tree beautiful without being gaudy or expensive."<sup>2</sup>

The Christmas unit can be a means of teaching some of the most beautiful things in home and community life. Let us endeavor to have all class work at this time truly educational.

<sup>1</sup> Miller, Cora B. The Christmas Unit, Home Economics News, December, 1930, p. 128.

<sup>2</sup> Coon, Beulah I., The Christmas Unit, Home Economics News, December, 1930, p. 129-30.

### Iowa State Is Hostess

By Carmen Hensel

The Home Economics Club convention for affiliated high school and college clubs was held at Iowa State, October 31. There were 115 people registered at the convention, with about 30 of this number for Iowa State College Club. Radcliffe High School Club had the largest visiting delegation at the convention and also the best club exhibit.

The Convention went officially into session in the morning of October 31, at nine o'clock when the registration of the delegates began. The guests were entertained for an hour on tours of the Home Economics Building where they visited class rooms and were told of the work carried on by the various departments.

THE first assembly of the convention featured a talk by Miss Rosalie Rathbone, head of the Textiles and Clothing Department, who demonstrated "Dressing As an Art." Dean Genevieve Fisher officially welcomed the delegates to Iowa State College and told of the early college women and the beginnings of Home Economics as a college course. Mrs. Josephine Arquist Bakke, vice-president of the Iowa State Home Economics Association, presided at the meeting.

The luncheon at the Memorial Union was another of the high spots of the day. Introduction of the candidates for State Officers, who had been nominated the night before by the executive council, was part of the program. The announcement of the clubs having a 100 percent representation at the convention, and the clubs receiving honorable mention for exhibits was made.

After the luncheon Phi Upsilon Omicron, honorary scholastic and professional Home Economics fraternity, was hostess at an exhibit of china, silver, and linen.

Frances Emmons, state club president, presided at the general business meeting. The new officers for the year are Phoebe Benson, University of Iowa, president; Florence Cowie, Iowa State Teachers' College, vice-president; Edrie Adams, Belle Plaine High School, secretary and treasurer; Grace Greenfield, University of Iowa, chairman of program committee; Mabel Stromster, University of

(Continued on page 12)



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## The Business of Play

(Continued from page 7)

with industry and transportation, such as trucks, cranes, boats and trains.

The climax of absurdity in playthings is the toy that does all the work while the child does nothing. This does not

mean that all mechanical toys are banned. Consider, for instance, the electric train.

A child old enough to run this may use it as a basis of very constructive play. But the younger child will find more real enjoyment in a set of brightly painted wooden trains.

Educators stress the importance of supplying children of all ages with such raw materials as modeling clay, paints, crayons, scissors, tools, erector sets and art and craft material.

Blocks stand at the head of the list of desirable materials for young children; not tiny blocks, but, if possible, big, solid, wooden blocks.

In choosing other forms of constructive material, educators urge us to be sure they are suited to the child's age and capacity.

In buying games and puzzles, especially for the older child, the toy departments offer all kinds of interesting material. Most of the boxed games are suitable if correctly chosen on the basis of age and capacity. For little children, animal rubber stamp sets are interesting, so are jig-saw puzzles, provided they have large parts and are fairly easy yet not too simple for the child to put together.

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## Cheese Is a Change

(Continued from page 6)

cheeses are used chiefly for sandwiches and salads.

In many cases in using cheese in our menus we find it necessary to soften the cheese. This must be done at a low temperature. When it is heated at a high temperature the fat and protein separate. The fat goes to the top and the cheese becomes tough, gummy and indigestible due to the evaporation of water. To avoid this the cheese should be cut up in small pieces so that it will heat quickly. Cheese and milk blend at a comparatively low temperature (42 degrees). This is the temperature at which the fat melts, and if heated to a higher temperature it will decompose.

## Iowa State Is Hostess

(Continued from page 8)

Iowa, chairman of publicity; and Ella Gertrude McMullen, Iowa State College, chairman of membership.

The remainder of the afternoon was taken up with talks by some of the Iowa State Home Economics faculty on the opportunities in their respective fields, and by round table discussions of the high school and college club problems.

A tea, held in the Institutional Tea Room, closed the convention late in the afternoon.