

Iowa State Home Economics Association

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Conducted by **MARCIA E. TURNER**

Home Economics on the Sixty Minute Basis

QUESTION: I am trying to secure some information regarding home economics on the sixty minute basis—can it be done and how? Can you tell me if this schedule is being used to any extent in your state, and is there a tendency toward this length period for home economics to correspond with the supervised study periods in other classes?

ANSWER: I do not regard it as the best arrangement, by any means, but it can be done successfully, and is being done, I believe, in this state to a considerable extent in junior high school classes. The way we do in our schools is to develop a problem on one day, the class doing experimental work or reference study, and making all preparation for the "doing" problem or laboratory work for the next day.

The following day the class goes immediately to work and that gives ample time for checking results and summarizing as well as leaving time for careful assignment of the next problem. All this works well when a problem is of sufficient scope to require two hours to complete. However, an entire period of discussion is often too long and whenever possible we introduce some activity. When that cannot be done without "dragging it in," seemingly, we often have a short period for intermission or for physical exercise.

Sometimes preliminary work can be done on the next days' work, I find that time does not drag in any case even though they may become physically tired. We use the problem method of teaching which takes longer to do well anyway, and when girls are kept busy unravelling mental knots they are not likely to lose interest.

Occasionally an entire problem can be completed in one period and of course many problems do not require a laboratory period. I have always



Everybody Ready

for the National Home Economics Meeting at Des Moines, June 25-29.

seriously objected to the old method of having a stated day a week for "theory" and in the 60 minute period makes it imperative that the teacher handle "theory" just when a class is ready for it, and use it in solving the problem at hand.

National Meeting

THE summer vacation has begun for most of you. Assuming you left your department in good order and your inventory in the hands of your superintendent and all the other little things completed, now is the time to close your book of the year. Drop off all of the worries and tendencies toward self condemnation for past mistakes, and give yourself opportunity to relax and accept some genuine recreation during the summer months.

Recreation does not necessarily mean absence from all work. In fact after you have rested a while from those last strenuous weeks, you will be likely to welcome some sort of occupation.

Anything that will bring renewed physical and mental vigor and inspiration for next year is good and doubtless many of you are looking forward to a period of summer study. Whether you do that or whether you are planning a trip or staying at home, one

thing each Iowa Home Economics teacher owes herself and her profession is the setting aside of the week of June 25 to 29 for attendance at the American Home Economics Association meeting at Des Moines.

If ever during the year just ended you have felt that you are pegging away alone in one little groove; if ever you have doubted the quality of your work; and if ever you have questioned whether you were actually in touch with the big program of home economics—then this is your big opportunity to look beyond your own particular universe and lay hold on the larger vision which the national meeting will put before you. Moreover, you will gain a sense of pride in your profession and a feeling of solidarity which only affiliation with and support of your national organization can give.

Notes from High School Departments

There are many fine pieces of work being done in the home economics departments of our Iowa high schools. Josephine McMullen, State supervisor of vocational home economics, says so, and she has had good opportunity to observe during her first visits over the state this spring. Here are a few examples she mentioned:

At Denison, Mildred Toop's department has the large attic of the junior high school, made into an apartment where the home economics students get very practical experience in the study of home making. This spring as a part of the Crawford county Better Homes program, the classes in related art made and exhibited posters featuring all phases of home making. The foods classes made a study of kitchens and worked out a kitchen score card which they used later upon the invitation of five Dennison homemakers in scoring five kitchens. These kitchens ranged in size from a large, old fashioned kitchen to the small apartment kitchenette, and the class had

opportunity to make comparison of the ease of efficiency of working in them.

At Mingo, Mrs. Pettitt has, during her three years there, increased the home economics course from one year to four years. In one of her classes nine girls furnished their own rooms, refinishing furniture, making curtains and manufacturing dressing tables from orange crates.

Bessie Dinsmore at Allerton has developed a very fine course in home nursing and child care.

In one school the foods class has made uniform blue checked aprons with each girl's initials done in cross stitch on her pocket. In that school no one says "Somebody's been wearing my apron."

Rural Life Conference

Illinois drew the National Rural Life Conference this year. This is to be held in Urbana, Ill., June 18-22. This organization was first sponsored by Theodore Roosevelt. All groups interested in rural life will be represented. Mrs. Ellsworth Richardson will officially represent the women and girls of the Iowa Farm Bureau. It is hoped that some method may be worked out whereby the college campus girls and the active 4-H clubs may be represented by one of their own members.

Parents' Part in Girls' Clubs

Success in any line depends upon the helpful cooperation of many, many people. Successful girls' clubs in like manner depends not only on the membership nor on its local leaders, nor the county agent, nor the Extension Service, but in large measure upon the parents' attitude toward the clubs. In communities where the parents give them enthusiastic support, good clubs will always be found. Many parents are making great effort to make club work better in their townships. They are needed in this girls' movement.

Home economics students in the Ames High School assisted this year in the "Better Homes House" project, sponsored by the Applied Art Department of Iowa State College. The high school class furnished a girl's room, as a project in related art. Home economics students were not the only ones concerned in the "Better Homes House". A committee of Boy Scouts assisted the college classes in interior house design by advice in furnishing a boy's room from a boy's standpoint.



Lita Bane

Lita Bane, president of the National American Home Economics Association since 1926, and assistant professor of Home Economics at the University of Wisconsin, was born on a farm in central Illinois. She received her elementary education in a one-room country school, and attended the Pontiac Township High School at Pontiac, Illinois.

Her chief interest was mathematics, but at the suggestion of the high school principal, who was a friend of the family, both she and her sister decided to take what was spoken of as "this new subject of home economics."

Miss Bane received her B. S. degree from the University of Illinois when Miss Isabel Bevier was head of the department. She was in charge of the Household Arts Department in the Y. W. C. A. in Omaha, Neb., for the two years after her graduation. For the following two years she acted as instructor and assistant professor at Washington State College, Pullman, Washington. In 1918, Miss Bane went to the University of Illinois as assistant state leader of Home Economics extension work, but she was released for one quarter the next year to complete her work on her M. S. degree at the University of Chicago.

Miss Bane served as executive secretary of the American Home Economics Association during the two years 1923-25, during the first year paying official visits in 31 states and four

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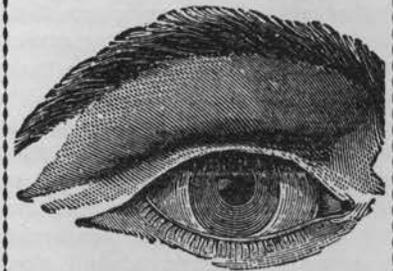
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tains a nursery, and the interior house design laboratory and had an apartment of four rooms furnished, were open to visitors. The three different types of home furnishing projects were part of the Home Economics Open House during Veishea.

Health, child care, spiritual and intellectual growth, the wise use of leisure, the development of fine appreciations and the enjoyment of a simple home which contains the elements of comfort and beauty, may in one project be unified.

Lita Bane

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provinces of Canada. At this time she assisted in formulating organization policies, and represented the American Home Economics Association in the Women's Joint Congressional Committee.

As the first recipient of the Ellen H. Richards fellowship awarded, Miss Bane the following year, 1925-26, studied at the University of Chicago and Columbia University. At present she is teaching primarily a training course for extension workers and household administrative courses dealing with economic and social aspects of home economics at the University of Wisconsin.

Miss Bane is a member of Gamma Phi Beta, social sorority, Omicron Nu and Phi Upsilon Omicron, national honorary home economics sororities, and Kappa Delta Pi, honorary educational fraternity.

Hubby: There is sand^d in this pie.

Wife: Well, what else would you expect to find in a desert?

—W. U. Dirge.

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Simple Table Service for the Home

(Continued from page 2)

but cook it so that the family will want to eat it. It does not require elaborate methods to prepare simple, attractive and wholesome food. The morale of the family is raised when good, well selected meals are carefully served.

Service—The kind of menu planned will determine the service, in part at least. The housewife should adopt a service that will make it unnecessary for her to leave the table during the meal, except for just a moment or two.

A serving table or a table to her right, can hold extra dishes and silver, and when possible, the dessert, in order that she may stay seated. The food should be served at the table by the man of the family; a pitcher of water and the bread may be placed near some other member of the family, so there will not be any necessity for anyone to rise until it is time to remove the soiled dishes, before the dessert is served. The dessert may or may not be served at the table. If it is of the kind that can be placed on the serving table before serving the meal, then it can easily be placed in front of each person, or passed. A tea-wagon is most helpful to the woman who has no help in serving. This can be wheeled in with the extra dishes, silver, and food, and be taken out with the soiled dishes.

A woman tired with preparing an elaborate meal and serving it does not make an interesting table companion for either the family, or guests, if there are any.

Simple food well selected in regard to body needs, for each member of the family, wholesomely and appetizingly prepared, served attractively on a clean, well arranged table, will do much to build up a good and happy home life.

What the Warm Day Waffle Will Wear

(Continued from page 5)

- 1½ cups flour
- ¾ tsp. ginger
- ¼ tsp. soda
- 1 tsp. baking powder
- ½ cup melted butter

Beat eggs until light, add sugar, melted butter, molasses, sour milk and dry ingredients which have been sifted together twice. Beat until smooth and bake on waffle iron. Serve with sliced

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