

THE IOWA HOMEMAKER

"A Magazine for Homemakers From a Homemaker's School"

Published monthly during the school year by the home economics students of Iowa State College, Ames, Iowa. Price \$1.00 per year. Advertising rates on application. Entered as second-class matter at the postoffice, Ames, Iowa

VOL. XI

DECEMBER, 1931, AMES, IOWA

NO. 6

New England Bears a Leader . . .

By Jean Guthrie

And Women Are Led to Knowledge

NEW ENGLAND, 80 years ago, was a country where Puritan farmers fought to scrape a living from hard, rocky soil; where women, bound by the conventions of centuries, were little more than chattels of men; where higher education for women was unheard of, and where pitifully little was known of disease and its causes and practically nothing of the food needs of the body.

Into such a setting was born Ellen Swallow, who later became Ellen H. Richards, the founder of the home economics movement in America.

Ellen was a tomboy, and therefore a great trial to her mother, who thought that a woman's place was not only in the home, but inside the house. Ellen helped in the farm work, drove cattle, pitched hay and made garden. Her one big sorrow was that her mother would not let her milk the cows, lest it make her hands big and unbeautiful.

But Ellen was also a little wizard in housework. At 10 she hemstitched dainty little doll sheets. At 13 she won prizes at the county fair for the most beautifully embroidered handkerchief and for the best loaf of bread.

When Ellen was 16 the family moved to Westford that she might attend the academy there. While attending school, Ellen helped keep house. She had a passion for her home, and ironed, cooked, sewed, washed, laid carpets and papered walls with equal enthusiasm and efficiency. Every spare minute she spent in reading—romance and science being equally popular with her.

For a short time after her graduation, Ellen worked in her father's store, where she learned much about human nature, which later stood her in good stead. The store was a general one, and Ellen had to sell tobacco, which she hated. At one time three men purchased tobacco and drew up around the store stove to smoke. Miss Ellen breezed up and requested that they leave. When asked why she sold

them tobacco if she didn't expect them to smoke it, she replied, "I sell you molasses, but I don't expect you to stay and cook it up in the store."

For a little while Ellen taught school, and in teaching came gradually to realize that people were spending their money

she really didn't care what she had on her back.

Ellen's comments on classes at Vassar are enlightening. At one place she writes, "The only trouble is, they won't let me study enough. They are afraid we will break down. The reputation of the college is at stake and it is a big question whether girls can get a college degree without injuring their health." Her most frequent complaint was of "poky old lecturers" who talked to the girls.

Typical of Vassar in those days was Ellen's description of the slang poster upon which the names of the girls were posted. A penny fine was imposed for every slang word or "bad word, such as 'goodness'." When enough pennies had been collected the girls had a treat. Such a thing in these days would surely result in indigestion.

Upon graduation from Vassar, Ellen wished to continue her work yet farther, but women were barred from higher education. She was finally admitted, as a special privilege, to the Institute of Technology, Boston—the first woman to enter a strictly scientific school in America.

Soon after her entrance, Miss Swallow was asked to help in an analysis of drinking water and soon became an expert analyst, examining thousands of samples free of charge in towns in which she later lectured. Some years after her entrance, she became an instructor in sanitary chemistry in the institute.

But Miss Swallow was not yet content. Wishing other women to have scientific training, she went to the Women's Educational Society in Boston and explained her troubles. Because of this move, money was raised and a women's laboratory was erected in connection with the institute. In this laboratory Miss Swallow taught eight years without pay, and contributed about \$1,000 of her meager earnings to its support. At 33 years of age she married Prof. Robert H. Richards, head of

(Continued on page 16)



for food which didn't nourish them and were living in houses which were neither beautiful nor healthful. There seemed to be no one in those days who knew enough to bring help to America's homemakers. Because she felt this great need, Ellen could not rest without more education, and at twenty-three entered Vassar Female College, opened two years before, bringing with her \$300 and a determination to learn something there with which she could help women to know how to live.

Ellen's expenses for her first year were \$515, \$400 of which were for tuition and board. Tutoring helped her complete her first year and carried her completely through her second year. Clothes were one of her smallest concerns. She once said that she was having such a wonderful time putting things in her head that

SMITH JEWELRY STORE

For all that is good in
JEWELRY
Expert Watch Repairing
212 Main St.

**ALWAYS
AHEAD
IN STYLE**

"Your chum wears our shoes"

Why not you?
\$2.95 to \$4.95

ECONOMY SHOE STORE
314 Main Ames

**BATES
BAKING COMPANY
BUTTER-NUT BREAD**

Insist on Quality
Bread Is Your Best Food—
Eat More of It
Full Line of Bakery Goods
Wholesale and Retail

Independent Bakery—Self-Owned
Phone 206
409 Duff Ave. Ames, Iowa

**YOUR XMAS
GIFT PROBLEMS**

will vanish when you see our
1931 electrical merchandise.

**MUNN
ELECTRIC CO.**

311 Main St. Hotel Building

**Try Our Plumbing
and Heating Repair
Service**

Oil Burners
Green Colonial Furnaces
A. B. C. Washers and Ironers

**PALMER
PLUMBING CO.**

108 Hayward Ave. Phone 1091

Whatever Miss T. Eats

(Continued from page 3)

toward international friendship, as the more recent books on foreign countries and their customs are sympathetic, intelligent, unbiased pictures. Lucy Fitch Perkins' Twin Books are most popular.

There are books of poetry, there are books about the Bible, humorous books, books of romance. If you are unable to tell which are good and which are poor, catalogues and lists may be procured through your public library, which not only list the best books, but list them according to grade and subject.

If your gift is chosen with regard to the child's individual tastes and age, and with regard to the illustrators and compilers, it is sure to be a good one and one that will be enjoyed and cherished.

**New England Bears a
Leader**

(Continued from page 1)

the department of mining engineering in the institute. The next year women were admitted to the institute on a par with men, the women's laboratory was torn down, and Mrs. Richards continued teaching in the institute.

At this time the first correspondence school in America was opened. Mrs. Richards was given charge of the department of stones and minerals. Through letters of rural women she discovered that there was an appalling amount of needless sickness among American women, and moved by this she wrote a tract on health, which was sent out to thousands of women. Following this, Mrs. Richards wrote much on food adulteration, cost of cleanliness, cost of living and cost of food. Much of her time was spent in lecturing. She originated the idea of the school lunch. At the World's Fair in 1893 she set up a model kitchen, where she served daily lunches, giving with each the food nutrients it contained and the value of these foods to the body.

In 1899, when she was 57 years old, Mrs. Richards helped to found the Lake Placid Home Economics Conference, which we know now as the Home Economics Association, and which before her death had begun to publish the Journal of Home Economics.

Ellen H. Richards died in 1911, at the age of 68, one of the most dearly loved women in America. Before her death Mrs. Richards made this prophecy: "The woman of the future will choose the household for her profession, not because she sees no other means of making a living, not because it is a traditional heritage, but because she will there find the means to give her best strength and skill and knowledge to mankind."

**Paris
Styles
at
Your
Prices**

MODERN designing skill and craftsmanship have brought the last word in modishness—styles from the latest Paris salons—within the reach of every pocketbook. You will find afternoon and evening frocks on Paris models in our inexpensive dress department, in large variety.

The Utica
Des Moines