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# A Bill of Rights for the Child

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# A New Book on "Meal Planning and Table Service"

By FLORENCE E. BUSSE, Professor of Home Economics

"DO YOU know that Miss Bailey's book is off the press?" was an enthusiastic query a few days ago. Those who knew Miss Bailey personally were sure that her enthusiasm would reflect in the pages of her book; others were anxious for a bound copy of the lectures and work offered in her classes.

Miss Bailey came to the home economics division four years ago with a broad experience and training and during each quarter of her work she analyzed the methods which she used. Her laboratory was made into an experimental course in table service. Her book gives the results of these analyses.

Home economics teachers are not unified in their methods of service. One school fosters one plan, another has opposing methods. Miss Bailey has made an effort to bring these conflicting views together by analyzing the fundamental processes and establishing basic rules. These pages will offer a challenge to these instructors in meal service. The teacher must answer the "why" of her methods.

Instructions are concisely given. One



BETH BAILEY McLEAN

housewife remarked, "I do not have to hunt thru a mass of unrelated material before I find the fact I want."

Each of the six chapters is interesting

and useful. The "Word to the Host," and "Lest We Forget" are especially commendable.

"The Choice of Equipment for the Dining Room" gives the essential facts but is somewhat brief. The detailed outline of a representative menu is given and the plan for service is outlined with utmost care and leaves no doubt in the mind of the reader as to the exact plan to follow. The new bride serving her first dinner can follow the directions easily. The illustrations are attractive and the drawings of the set tables are especially good.

The homemaker will welcome this book because she can learn table service thru careful reading. She should be able to plan good meals from the principles suggested and enlarged. The home economics teacher will want it because it will help her in her decisions of what really is the best method of service.

It is a book we have long needed in the home economics field, one that will teach the average American housewife how to plan her meals and to serve those meals with ease and charm.

# A Bill of Rights for the Child

By LULU R. LANCASTER, Assistant Professor of Home Economics

ARE YOU acquainted with the Twentieth Century Child? Can you describe his physical, mental and social characteristics and promises? Can you foretell the future in terms of the present? Ellen Key has said that this is a century of the child. A Boston physician doing research work and child welfare says that there is no neglected age of childhood any more, altho he does admit that our interest in the pre-school child is greater than our knowledge of what ought to be done. Have we done all that we can for childhood? Are the above statements actually true? Are you willing to place Uncle Sam's child beside the children of other countries? Is our splendid commonwealth spending the right proportion of wealth in conserving childhood?

What does childhood say on this matter? "Four and one-half million of us, or three-fourths of us are malnourished; five million of us have defective eyes; one million of us have defective hearing; one million of us have tuberculosis; one-fourth million of us are handicapped by organic heart trouble; one-fifth million of us are mentally defective; five million of us have diseased tonsils or glandular defects; and four million of us have weak spines or defective joints. We do not know how many of us are really well."

As adults does not that indictment make us squirm a bit? But we say, shrugging our shoulders and attempting to dislodge the load, "No doubt the other countries are just as bad." But are they? Take the one item of infant mortality; our rate is higher than France, England, the Netherlands, Switzerland, Finland,

Scotland, Denmark, Ireland, Australia, Sweden, Norway, and New Zealand. The last named has an infant mortality rate of sixty-two deaths per thousand, while United States has an infant mortality rate of one hundred and twenty-four per thousand.

That condemnation should be a challenge to every adult, child lover or not. All grown folks are parents of all childhood. All grown folks are making their contributions to future generations whether they will it or not, either a negative or positive contribution, it is being done.

Why do we have so large a proportion of our children handicapped? What is the matter with the twentieth century parent? Perhaps it is because he does not take the trouble to frame the Bill of Rights for Childhood—and if he did, what would he include? He must first realize what healthy childhood means?

Childhood contends that its first right is to be well-born. By that it means that it has a right to two parents who have sane minds and sound bodies, and grandparents and great-grandparents who can point with pride to a clean bill of health, mental as well as physical. Childhood does not want a heritage of sick body or sick mind which will make the life race doubly difficult. What parent should be allowed to give a child a brain or a body which only partially functions? The number of feeble-minded children alone is enough to make one shudder—one who is interested in a future of splendid Americans.

Also, childhood contends that it has a right to that kind of environment which

will allow, and further assist it to grow normally from infancy thru adolescence. That, of course, includes a long list of needs. It means adequate shelter. Adequate shelter does not only mean a place in which to eat and sleep, a place to go to at night, and a place to go from at other times. Young America is being continually blamed for its preference for living away from home. Do you suppose the young American would live on the streets if he had a home that was as interesting to him as the streets are, or if he felt as free in there as he does on the streets? Better homes for children shall mean less trouble for the court officers, a decided advancement in the reorganization of family life. One corner in every home where a child could call his own might be a controlling factor in winning him back to his home. Adequate shelter means a decent degree of comfort, it means sanitation that will prevent unnecessary sickness, and it also means such provisions as will make possible a child contentment in his home.

Childhood says that it should also have the right to proper food, that which will maintain and promote proper growth. Despite the fact that small children in our schools are talking glibly about vitamins and calories, and that the reading public is being continually faced with foods which advertisers say contain iron, vitamins, our children are not properly fed. If ignorance is the cause of the failure we must do more educating. If it is indifference, it is inexcusable. Nor can we expect our children to eat the food which we as adults refuse. Of course, Johnny refuses spinach when

father says, "I don't like that green stuff, give me meat and potatoes." Father may be Johnny's pattern. The father job means many more responsibilities than buying the food and shelter. Perhaps Johnny would have had red cheeks, a clear skin, hard muscles and straight legs if both of the parents had been on the job.

The right environment also means that childhood has enough sleep to sustain a nervous system upon which the coming years will probably add a greater strain. Enough sleep will not permit the day to be extended into the night. Count the children at the next night moving picture show you go to, and see how many parents are attending to their jobs. Yes, but you say that is the only time the parents get any recreation. They will be so much better for this change. Right there is the place where some wise evaluating should be done. Did childhood will to be a thing of reality? Parenthood will it—therefore it is parenthood's responsibility. Too often adults confuse child life and manhood. Parenthood's standards for itself cannot

be imposed upon childhood—loss of sleep for the adult can be adjusted, but loss of sleep and rest in childhood leave a long list of direful results. Our schools are already too full of nervous, restless, poorly balanced children. Childhood is not going to rest properly unless parenthood sees that it does.

Not to be forgotten in this bill of rights is the place in which childhood may play—healthy outdoor play where young life may have full sway, and grown-ups may recede into oblivion; a place that is childhood's own domain, where nervous energy has legitimate outlet and where initiative and ingenuity can be stimulated.

A bill of rights is too long for full detail. The order is a large one for parents. But the larger the order, the bigger the challenge. It cannot be concluded until childhood has a chance to say it has a right to be socially-minded, a right to know its place in the community. Whose fault is it if Johnny usurps the attention of an entire group; or that if Mary cries at every denial of her demands; whose fault is it if some chil-

dren are avoided as if they were a pest? Who allowed such conduct to be learned? Who is responsible for the disagreeable egoist—could it be possible it is the doting parent? Who is responsible for the child who takes things not his own—could it be that he found that was the only way his wants could be supplied? Johnny cannot find his place in his group—such a process needs long carefully directed influences. The parent needs a keen insight into the meaning of life to do this part of his job.

The man who has proven that he knows what conservation is, Herbert Hoover, says, "If we could grapple with this whole situation for one generation our public health, our economic efficiency, the moral sanity and stability of our people would advance three generations in one," and I should like to add: we might reduce malnutrition and correct faulty defects, and leave to posterity a well balanced race. What are we as adults going to promise the future as our contribution in human material?

## Shrubs as a Garden Background

By JUANITA BEARD, '23

TO HAVE a flower garden from early spring until frost is the wish of many homemakers and yet this result is difficult to achieve when one has only the gaudily colored seed catalog as a guide. To gain the desired effects of color, form and texture, one must have advice from those who are acquainted with all the characteristics of plants.

For a small home garden the best and

most lasting effects are obtained by planting the perennials against a background of flowering shrubs.

Let us consider the shrubs which are grouped into five different classes: those which are most suitable for heavy masses, such as the outside frame of the garden; those which are especially fitted for covering slopes; those which, because of their somewhat herbaceous ap-

pearance, may be used in the borders among the perennials and annuals; and finally those which, because of their beauty of form and color, can be placed as accents in the garden.

(Note: All the plants listed here are hardy in Iowa.)

It is not difficult in a long border to have something in flower thru most of the season, but it requires more skill to plan that this shall be no spasmodic patchwork, but a regular sequence of color thruout the border. Broad masses should always be planted rather than single specimens. Plants with fine foliage, small evergreens and gray-leaved plants are always useful as they give value to gayer plants. Most of these plants are the well-known, thoroly tested kinds which will grow in any average soil and will combine well in their color effects and habits of growth.

Shrubs for Massing			
Common Name	Scientific Name	Time of Bloom	Height
Service-berry or Shad-bush	Amelanchier canadensis	May	15-30'
Morrow's Honeysuckle	Lonicera Morrowi	May-June	4-6'
Common Lilac	Syringa vulgaris	May	8-12'
Mock orange	Philadelphus coronarius	May-June	8-10'
Arrow-wood	Viburnum dentatum	May-June	8-10'
Japanese Snowball	Viburnum tomentosum	June	6-8'
Pearl Bush	Exochorda grandiflora	April-May	8-12'
Shrubs for Slopes (Vine-like)			
Golden Bell	Forsythia Fortuneii suspensa	April	4-5'
Bittersweet	Celastrus scandens		15-20'
Matrimony Vine	Lycium chinense		30-50'
Shrubs for Hedges			
Spirea Van Houttii		May	4-6'
Regel's Privet	Ligustrum Ibotia		
	Regelianum	June-July	5-8'
Buckthorn	Rhamnus cathartica	June-July	5-8'
Japanese Quince	Cydonia Japonica	March-April	3-5'
Russian Olive	Eleagnus angustifolia	June	10-30'
Rose of Sharon	Hibiscus syriacus	Aug.-Sept.	6-10'
Shrubs for Flower Border			
Sweet Pepper Bush	Clethra alnifolia	July-Sept.	4-5'
Dwarf Deutzia	Deutzia gracilis	May-June	3'
Spirea bumalada Anthony Waterer		July-Sept.	2'
Butterfly Bush	Buddlei variabilis	July-Oct.	3-8'
For Individual Accents			
Thunberg's Barberry	Berberis Thunbergii	April-May	3-6'
Cork-barked Euonymous	Euonymous alatus	May-June	5-8'
White Kerria	Rhodotypos kerriodes	May-June	4-5'
Snowberry	Symphoricarpos racemosus	July-Aug.	2-6'
Hydrangea arborescens		June-Aug.	4-6'

Anemone japonica—Japanese Windflower.

Aquilegia hybrida—Columbine.

Aster (in variety)—Hardy Aster.

Boltonia asteroides—Aster-like Boltonia.

Chrysanthemum (in variety)—Hardy Chrysanthemum.

Delphinium belladonna—Everblooming Larkspur.

Dicentra spectabilis—Bleeding Heart.

Gaillardia aristata—Blanket Flower.

Helleborus niger—Christmas Rose.

Hemerocallis (in variety)—Day Lily.

Iris germanica—German Iris.

Iris kaempferi—Japanese Iris.

Paeonia albiflora sinensis—Chinese Peony.

Phlox paniculata—Garden Phlox.

Rudbeckia maxima—Cone-flower.

Viola cornuta hybrida—Horned Violet.

Dianthus plumarius—Scotch Pink.

In addition to these, there are some

perennials which require but little space

and will lend touches of color to the

(Continued on page 21)