To the High School Girls of Iowa

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HIGH SCHOOL commencement day is drawing very near, and in a few short months the summer will be over and you will be packing your trunk for College—magic word! What does it conjure up in your imagination? You have been thinking of it for a long time. Planning where you are to go, what you will do when you get there. Well, College is all that you have hoped and dreamed for, and more, provided you bring with you the golden key which is labeled, "Put the best of yourself into whatever you undertake", for the real satisfactions and joys of college do not come without work.

About September 20th you will find every train passing through Ames dropping off happy, eager girls, upper classmen and freshmen, about 1200 in all, hurrying in for registration day and the opportunity to start afresh or for the first time, as the case may be, their college work.

Iowa State College is a busy place. There is no chance for lazy folks, for we play hard when we play and we work with a will while we are at it. Most of us take our college life seriously as the big chance to spend four years—four very precious years—often procured at great sacrifice on the part of dear ones at home, or at great personal effort on our part, in fitting oneself to do well that which we want most to do when we are thrown upon our own resources and life challenges us to do our bit.

What one wants to be and what one wants to do at college are big, serious questions, and that is why we are eager to help you in making these decisions. We have "Big Sisters" who, as soon as you arrive, are ready and willing to initiate you into some of the mysteries of freshman life on the campus, and kindly faculty advisers who are ready to help you decide some of the troublesome questions about courses of study.

The great majority of the freshmen girls at Iowa State College take Home Economics, although there are a few who do go into the other divisions—Industrial Science and Agriculture—with only an occasional one in Engineering.

The Dean of Home Economics Division meets every freshman girl personally before she registers for her course, but because there are so many of you—about 500 freshmen—it is impossible to tell you all the things at that time that one would like to have you know about Home Economics. Therefore, I am taking this opportunity to send you a special message so that before you come to us you may know something of what the Home Economics Division has to offer every young woman who comes to Iowa State College.

Our institution recognizes that today every woman must first of all go out from college an intelligent citizen. She must go out with an ability to earn her living either through work in her own home or in some wage-earning occupation outside of the home; and she must get education which will enable her to enjoy her leisure—to enjoy the personal satisfactions which come from taste for fine, beautiful things in life.

The Home Economics Division strives to do these things for our young women, for its first aim is the development of fine American women who can cope successfully with the demands that life makes upon them.

Ever broadening fields of activity for women have not only greatly increased the number of women coming to college, but have also expanded the curriculum offered. Today, the aim of the instruction in the Home Economics Division is to prepare for the vocation of homemaking as well as for that group of vocations outside of the home for which home economics offers fundamental training. These include vocational teachers of homemaking, dietitians in institutions, cafeteria and teatoom managers, home economics journalists, research workers in foods and nutrition, directors of recreation and

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play, designers of costumes and house furnishings and public health workers.

The great group of our students are interested in the vocation of homemaking, for the majority do expect to make homes of their own and they do recognize the importance of adequate training for this vital occupation.

A course of study which satisfactorily prepares a woman for the responsibilities of homemaking must train her to meet the varied demands made by this complex occupation. In times gone by, our chief concern was the teaching of cooking and sewing. However, as soon as we began to study the variety of the duties performed by the homemaker, we found not only that certain much-needed training was sadly neglected, but even omitted. We were squarely face with our young women the problems which they must meet as homemakers in Iowa, and build our training around such important responsibilities of the care and training of children, the provision of the right kind of social life for the family, the maintenance of the family “morale”, the wise expenditure of money, the intelligent management of time and effort, and the underlying sciences and principles of the supporting subjects—English, sociology and economics, psychology of childhood and adolescence, the biological and physical sciences, art, history, and citizenship—for no woman can today intelligently manage a home who does not know both the technique of the vocation, and the underlying sciences and arts upon which it is built.

The homemaking courses offered group themselves around the three main functions of the home—the maintenance of the health of all members of the family; the maintenance of sound economic standards in the home; and the maintenance of fine social relations for each individual and for the family as a group. The maintenance of health is developed thru the cooperation of all departments, particularly Physical Education, Foods and Nutrition, and Textiles and Clothing. “Health—better and more abundant health for every woman on the campus”, is our slogan, and effort is made to see that students not only learn, but practice good health habits through the application of the principles enunciated in the technical courses.

Economic standards are taught through, but particularly in this aspect of homemaking stressed thru the keeping of the student’s own clothing budgets, in the clothing economics course, in marketing courses, and in the applied art work where the problems of the house furnishing class is to build and furnish, at modest cost, a small bungalow which will meet our standards of convenience, simplicity and good taste. By such courses the students are brought to appreciate the value of money, to understand some of the fundamental problems of living costs and are made more intelligent buyers and consumers.

The third important function, that of creating and preserving the right kind of social relations within the home, are more difficult to teach, yet emphasis is placed upon the importance of the social and spiritual aspect of home life and of beauty in relation to everyday home problems. Practical application is made in the home management houses in the applied sociology and psychology and in the related art courses, as well as in our study of recreation and wise use of leisure.

The Child Care and Training work gives opportunity for very serious study of the problems which must face parents in wisely directing their children. Contact with pre-school children is given to the seniors both thru observation and thru work with children in our Home Management houses and in the child laboratory classes.

As a culmination of the homemaking work, each senior spends a period of six weeks in one of our Home Management houses. Two houses have been taken over for this purpose, and hero the students carry on, under homelike conditions, the routine tasks of the home as well as the handling of the social and financial problems of a family. This experience gives opportunity to test out the worth of their previous training, and gives an unusual chance to handle, under wise direction, some of the more difficult management problems of the home.

Next to homemaking, the vocation for which the greatest number of our students prepare is teaching. The department of Teacher Training has grown...
greatly during the past five years, particularly since the recognition of vocational education by the state and federal vocational education acts. Excellent training is offered in methods, and our teachers are in demand whenever good vocational courses in homemaking are desired.

Since the passage of the Physical Education bill, more of our young women will also qualify as directors of recreation and playground work, for the number of students electing advanced work in Physical Education is ever increasing.

There are ample chances for the girl who wants to follow other vocations. Agriculture and Home Economics offer training in a variety of farm activities which might well be developed in connection with the farm home or which might even be followed as an independent occupation. The women's home magazines are increasing their demand for Home Economics graduates who are also trained in journalism. Our own Iowa Homemaker is a fine challenge to the girl with journalistic tastes, and provides just the kind of training which will help you to find employment in this chosen field.

The large business concerns of the country are appreciating the services of educational directors, and so we find that large concerns and retail stores of many kinds are employing trained Home Economics women on their staffs.

Cafeteria and lunch room managers are gaining experience and training in our Institutional Administration department. The Campus Lunch Room provides educational facilities which may be supplemented by wider experience if the student is interested in other aspects of Institutional Management.

In addition to the work of the Division of Home Economics, each student has her chance to participate in interesting college activities so planned that they supplement and round out each girl's experience, the whole making four years of busy, happy, college life-four years you will always look back upon with gratification and appreciation. I covet the experience for you!

Picnic Preparation

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pared paraffine paper to keep food fresh. But no matter whether you choose paner or tin, or aluminum, be sure that your case is kept well stocked. If you cannot find salt and pepper shakers with extra closed tops, try placing a small round piece of waxed paper over the shaker and then screwing the cap on. Let the paper extend well over the edges. Another hint—save your small bottles and jars as well as the waxed cardboard cases in which pickles and cottage cheese are sold. They are valuable when you wish to carry your materials and make your salads and sandwiches fresh at meal time.

Picnic menus may be as varied as those served at home. Perhaps you like to get away from the conventional and so roast corn and potatoes in the ashes. If you have been fishing, trout is good rolled in wet paper and cooked in the ashes. But fried fish is better. Clean and wash the fish, remove fins, rub well with salt, and roll the fish in a mixture of flour, salt and pepper. Then fry in plenty of smoking hot fat. While you are indulging your call to nature in campfire cook-