1924

Homemaker as Citizen

The Iowa Homemaker

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Home Economics Association Backs Legislation

The American Home Economics Association held its seventeenth annual meeting in Buffalo June 30th to July 3rd as affiliate of the New York State Home Economics Association.

It is the practice of this organization to sponsor each year special legislative problems, backing up these measures with its support.

The legislative committee this year recommended the following for the consideration of the state associations:

1. That state home economics associations continue their active support of the home economics amendment to the Smith-Hughes Act and make their goal its passage at the next session of Congress. Your chairman believes this can be done if every state legislative chairman will enlist the support of her state representative.

2. That this Association do all in its power to secure increased appropriations for the Bureau of Home Economics; that state legislative chairmen make it their business to acquaint their congressmen with the financial needs of the bureau before October ($80,000 increase needed); and that copy of this recommendation be sent to President Coolidge and General Lord, director of the budget.

3. That the legislative committee be directed to make a study of the needs of the several states for funds to conduct research in home economics, either rewrite the Smoot bill or write a new bill covering these needs, and if possible secure its introduction at the next session of Congress.

4. That we endorse the principle of a United States Department of Education which shall make a study of research problems in education and give such help to states as they may need in developing their educational programs.

5. That we push the ratification of the Child Labor amendment by the 48 states.

Since the last annual meeting two measures endorsed by the American Home Economics Association have been passed by Congress—The Child Labor Amendment and the Bill for a Federal Prison for Women.

The Honest Merchandise Bill had a hearing at which Mrs. Mary Schneck Woolman represented this association.

Jean Hamilton.
June Humphrey, Detroit, New York.
Blanche Ingersoll, New York City.
Neta Knowles, Iowa State College.
Belle Lowe, Washington, D. C.
Ruth M. Lindquist, Iowa State College.
Gertrude Lynn, Extension Service, Iowa State College.
Agnes McCarthy, Duluth, Minnesota.
Jane S. McNeill, Washington, D. C.
Anna E. Richardson, Iowa State College.
Mary Schellenberger, E. Lansing, Michigan.
Grace Schermerhorn, New York City.
Mary M. Tucker, Amherst, Massachusetts.
Edna E. Walls, New York City.
Bertha Wellington, Grand Haven, Michigan.
Louise Wood, State Supervisor, Home Economics, Oregon.

Health Conference Sets Standards

The Health Education Conference held at the Massachusetts Institute of Technology June 22-28, at the invitation of the American Child Health Association, was attended by a representative group of men and women interested in the problems of health and in the training of teachers for health education. Miss Mlay of the Extension Service and Miss Richardson represented Iowa State College at the conference.

The following is a summary of some of the principles developed and points emphasized at this conference.

The purposes of a School Health Program are:

1. To Develop Health Habits.
2. To Impart Health Knowledge.
3. To Achieve Physical Health and the best possible Development.
4. To Create a Health Attitude.

Some of the Tests Suggested as Measures of the Results of Health Education are the following:

1. Health Habit Questions.
2. Recognition Tests.
3. Immunization Record for Smallpox and Diphtheria.
5. Correction of Individual Physical Defects.
6. Throat Physical Examination (doctor's rating of child).
8. Sanitation Score Cards of School Buildings:
   (a) Construction
   (b) Use
   (c) Conditions in Room

Educators are urged to use such definite measures of the value of the health program as are available, to appreciate the limitations of those measurements which are not definite, and at the same time, the importance of the effect of health education upon attitude and school morale.

Guiding Principles for the Gradation of Subject Matter.

A. The chief emphasis should be on personal health in kindergarten to grade six.
B. The chief emphasis should be on community health and socially healthful behavior in grades seven, eight and nine.

The dominating factor in health instruction through these years should be provision of scientific information applied to health problems—supplied thru the coordinated efforts of such specialized departments as may exist in High Schools as: botany, zoology, biology, physiology, bacteriology, chemistry and physics, as well as the social sciences, and home economics.

It was further agreed that:

A. Health Education activities should be purposeful, i.e., they should develop permanent values for the children. (self-control, self-direction, self-improvement).
B. Activities should be of value to children as children.
C. Activities should provide for the free expression of child nature.

It was decided that the Home Economics Specialist bears a direct relation to the General Health Program because in addition to teaching the technical of her subject, she may demonstrate in the home setting, the application to daily living of scientific principles underlying health.

The Training of Teachers for Health Education.

A. Adequate development in health for the student teacher is imperative because of its effect upon her happiness and teaching efficiency, and because of the necessity of a high standard of personal health if she is to develop health standards among her pupils and meet her opportunities for leadership in the community.

B. A successful health program in the teacher training centers demands cooperation of each department in the institution or program. Student health cannot be developed thru the activity of a single department. Departments giving courses of instruction which bear upon the subject matter of health or the methods of teaching health, must coordinate their work as to provide the student with a well rounded information basis and the educational technique for making her knowledge effective in her school room.

C. A study of the problem of administering the health program in a teacher training institution or in teacher training courses demonstrates that the basic responsibility rests upon the administrative head of such an institution or program. He best can organize the requisite machinery and secure the necessary cooperation and coordination among different departments with promptness and effectiveness. He has, therefore, demonstrated that the success of the program (Continued on page 18)

THE IOWA HOMEMAKER

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accompanied with toast strips on which grated cheese has been melted.

For variety from "butter nut" or "Mother's" or "Everybody's" emergency biscuits are quickly and easily prepared by mixing quickly two cups flour, four teaspoons baking powder, one teaspoon salt, four tablespoons fat and two thirds cup milk. Drop from a spoon on a greased baking sheet or bake in muffin tins.

Most salads may be quickly prepared if mayonnaise is kept on hand.

Desserts no doubt present the greatest difficulty with regard to preparation at home, but no matter how good the food from the bake shop on the corner or the brand of canned fruit kept by the grocer across the street there comes a time when one longs for "homemade" dessert. At such a time take home oranges from the grocer and make a plain cake which can cool while the dinner course is being eaten. Then make a shortcake of it with the sliced oranges and top with powdered sugar. A good plain cake recipe is,

\[
\begin{align*}
\text{1 1/2 C fat, 1 1/2 C sugar, 1/3 C cream, 1/2 C flour, 1 1/2 tsp baking powder, }& \\
\text{1 egg, 1/4 tsp salt, }& \\
\text{1/2 C milk or orange juice. Flavor with }& \\
\text{vanilla.} &
\end{align*}
\]

A very delicious frosting, which can be used to top Lorna Doone cookies, or between two graham crackers for creme sandwiches, may be made in seven minutes. One egg white unbeaten, 3 tablespoons cold water and seven eighths cup granulated sugar are placed in the top of a double boiler over boiling water and beaten with a dover beater for seven minutes.

Successful Cake Baking

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grain of the sugar; second a thorough mixing of the ingredients.

Water may usually be substituted as the liquid for milk.

Heat the knife before cutting warm bread or cake.

If paper has been used to line the tin and then sticks, it may be easily removed by brushing chilled water over the paper. Flour lightly dredged over a loaf of cake before icing it prevents the spreading and running off of the latter.

Cake should be nearly, if not quite cold, before being iced.

The use of a pastry tube may add considerably to the appearance of an otherwise commonplace cake. Complete pastry tube outfits may be secured for a very reasonable sum.

A little experimentation and icing are all that are necessary to develop skill in the use of the pastry tube.

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gram depends upon the administrator's appreciation of the problems involved.

CONFERENCE A SUCCESS

The Home Economics Vocational Homemaking Conference held at Iowa State College, July 14-18 called together about seventy-five school teachers of home economics to consider methods of introducing some recent developments in home economics subject matter. Under the guidance of Dr. Florence Brown Sherbon, director of the Kansas Bureau of Child Research and Dr. J. E. Evans, professor of Psychology at Iowa State College, the work of the conference cen-
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tered on the subject of child care. Another prominent feature of the week was the daily discussion period with Professor W. H. Lancelot, Professor of Vocational Education at Iowa State College on "The Basis of Good Teaching." "Problems in Related Science" and "Problems in Related Art" were handled respectively by Dr. R. E. Buchanan, Dean of the Graduate School and Mrs. Irma Camp Graff, instructor in Applied Art. Miss Florence E. Busse, Professor of Foods and Nutrition spoke on "The Nutrition Program in the Public Schools," and Miss Regina J. Friant, director of graduate research in Home Economics, Vocational Education, conducted a discussion period on home projects. Miss Winifred Tilden, Professor of Physical Education told of the courses offered in her department for the training of Camp Fire guardians.

Home Economics at The Fair

Iowa State College, and especially our Home Economics Division, had a great part in the 70th anniversary of the Iowa State Fair held August 20th to 29th. The Home Economics movie taken last spring on our campus was shown every morning at nine o'clock in the Women and Children's Building. Many interesting lectures and discussions were also given in this building under the leadership of Miss Neale S. Knowles, State Home Demonstration Agent. The different departments of Home Economics exhibited their special lines of work under the grandstand. The department of Foods and Nutrition drew a large crowd with their scales. Charts were posted to indicate how much each should weigh for his special height, and everyone, from grandfather to five-year-old Jimmy, was interested to know if he came up to standard. Next to this booth the Physical Education department had their charts showing the results of good and bad posture. The Textiles and Clothing department worked in colors and materials for each type of individual—the blonde, brunette, and intermediate. Suggestions and helpful hints were given in regard to each type. The Homemakers' Unit displayed some of the bakery and sewing made in their courses. Those in charge discussed the work that is being done and suggested how and where to obtain information about their department. The editor of the Homemaker had charge of the Camps Publications' booth and we know that she kept our Homemaker to the front. Over five hundred sample copies of our magazine were distributed to interested Iowa homemakers. Now—just watch us grow!

MANAGES TEA ROOM
Keo (Anderson) Minert, '05, has been managing the Maples Tea Room during the summer. This fall she will take up graduate work and instruct in the home economics division.

DOING BOYS' AND GIRLS' CLUB WORK
Dryden Quist, '24, has been in Council Bluffs this summer doing Boys' and Girls Club work. There are 850 enrolled. She works directly with the girls in cooking, sewing and home decoration.

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