Homemaker as Citizen - Iowa Child Welfare Research Station

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Recommended Citation
Crain, Agnes (1924) "Homemaker as Citizen - Iowa Child Welfare Research Station," The Iowa Homemaker: Vol. 4 : No. 11 , Article 8. Available at: http://lib.dr.iastate.edu/homemaker/vol4/iss11/8
O F APPROXIMATELY one million children in the state of Iowa, approximately one million are mentally or physically defective and the remaining nine hundred thousand are the so-called "normal group." How do we know this latter group are really normal? If we use as our standard the fact that Iowa can produce, is each child developing according to his maximum ability? Are special mental and physical defects being removed? What are the methods used to develop Iowa's children? How may we conserve the good qualities of each child and improve them?

It was in answer to these questions, and to contribute directly to the upbuilding and development of the so-called normal child, that the Research Station was established, as a part of the State University, at Iowa City. The two principal functions of the station are: to serve to discover the basic principles of development, which can be applied to making better boys and girls all over the state of Iowa, and to serve as a laboratory for the examination of children of exceptional ability or genius.

Formerly society has spent its energy toward trying to raise the sub-normal child to normal; now the normal child will receive a little more attention in order that he may develop to the height of his capacity. To assist in this study, each child is considered as having six ages: (1) A chronological age, which denotes the temporal span of life in months and years; (2) a physiological age, which denotes the stages of physical growth and maturity; (3) a mental age, denotive of the cognitive powers of the instinct; (4) a pedagogical age, denotive of the rate and position in school; (5) a social age, which denotes the degree to which the child adapts and adjusts to his social conditions; (6) a moral and religious age, denotive of well defined ideas of moral judgments, conduct and religious awakening.

In a normal child, each age is developing at its maximum, so the chronological, physiological, mental, pedagogical, social and moral ages nicely balance each other. Since this is the definition of a normal child, this is the aim toward which the Iowa Child Research Station is working.

This work is divided into various departments, each of which is under a national leader in that type of work. Dr. Bird T. Baldwin has charge of the research in physiology and is doing particular work in the relation of physical growth to mental development; he is also head of the Research Station. Dr. Amy Louise Daniels is the research professor in nutrition. Dr. Phineas Wescott Whiting is working with the eugenics department, and Dr. Charles Emil Seashore is doing valuable work in psychology. A number of associates, research assistants, as well as graduate student assistants, nurses and secretaries are adding considerably to the work now in progress.

The work of the station is divided under three heads: the investigation, the dissemination and the training. The investigation includes work in the departments of psychology, anthropology, nutrition, sociology, eugenics, corrective speech, bibliographies on3 the correlating or co-ordinating laboratories. The dissemination is carried out through research publications, state services and university extension, while the training consists of graduate seminars, research work and methods and technique.

The work of the psychology department includes experimental laboratory studies and field studies on mental and motor development, for the purpose of assembling data for the establishing of development norms. Special attention is given to the fundamentals of learning, and the development of motor coordination. An answer to many questions in this field is to be expected from the study of the social and emotional life, which is now being made.

The examination of infants under two years of age is providing data for the building up of a scale for the measurement of mental development at the earliest ages. Another group—the junior primary grade child—affords interesting subjects for experiment.

The anthropometry department determines how children grow. From the examination of thousands of children all over the United States, a height-weight table has been compiled, which is being used by many child health agencies. Other tables for the girth of chest, breathing capacity, width of shoulders and others are being worked out now, which are of especial importance in the formulation of growth norms for the pre-school age child.

R-X ray is a method of investigating the bones and joints of the body. Since the growth of these bones is an adequate measure of the general physical development of the child, much use can be made of the study of X ray for diagnostic purposes. The teeth are another subject of X-ray study. Cumulative studies on the border line of psychology and anthropometry, for example, the relation of physical development and mental maturity.

The division of nutrition, working with the College of Medicine, is making contributions to the theory and technique of preventing malnutrition and stimulating growth in the pre-school age child. Rats and guinea pigs are the subjects of carefully planned experiments with certain diets, where they find that changes in weight, general appearance, size and activity are the first indications of the inadequacy of milk food which has been confidently recommended by uneducated folk.

The use of anti-neuritic vitamin found in fresh fruit and vegetables, is being emphasized as a method of preventing under-eye trouble in children, and the dietetic control of toxemia in the conduct of this laboratory is being recommended for the child who has grown tired of other forms of vegetables. Orange juice, prune juice and other fruit juices are also special recommendations.

The sociology division studies the social, civic and economic environment of the child in order to determine how desirable social qualities may be developed in the child. Iowa Child Welfare laws have been studied and compared with those of other states, with the hope that social agencies relating to social conditions and their affect on the quality of parenthood in Iowa are of special significance. 1. the study of migration into and out of Iowa; 2. the propagation rate in Iowa. These show the danger to the future stock of the state, resulting from the migration rate west and to the cities, and from the tendency of the better educated class to have fewer children than have the less desirable element of the population. The division of eugenics and genetics deals with the conditions affecting the child's being "well-born." The relative importance of heredity and environment is studied with insects which may be bred rapidly. An investigation of the influences producing identical twins, the inheritance of defective traits, or of social traits, or the relative place of muscular, mental ability, are other interesting subjects of research in this department.

The pre-school age laboratory is conducted by the Iowa Research Station for experimental work with children from two to four years of age. It was established in 1921. The aim is: it affords an opportunity for study of the child under conditioned conditions and also an opportunity for little children to become adjusted to normal group environment with other conditions remaining as near normal as possible. A special room has been built and equipped for this laboratory.

If children come at 9 o'clock and remain until 10:30, when the older ones arrive. They are occupied with singing, games, stories, nature talks, classroom work on some social project. Physical and mental examinations are given frequently. The effect of the group has much to do with establishing desirable standards in the first step in independence for some children—they learn to put on their wraps, to cooperate and begin the many complex duties which the adult is called on to perform many times a day.

The junior primary aids the pre-school age work. During the early part of the year there is much hand work as weaving and the group discussion takes the place of the teacher. The latter half of the year includes number work and reading in connection with certain projects so that it becomes an all dominating interest. A lunch is served the groups at ten o'clock through which they learn the setting and serving of the table.

Altho this is only the beginning of school training for the normal pre-school age child, other schools are coming, which will do much toward giving the normal child the best opportunities possible.

Co-operative investigations are being made with other departments of the university and with scientists in all parts of the country. The Medicine and Dentary Colleges cooperated in the study of children entering school the Children's (Continued on page 18)
LOST COPIES

If your copies of the Iowa Homemaker are failing to arrive, please notify Edythe Morgan, Circulation Manager, Iowa Homemaker, Ames, Iowa, at once, so that the difficulty may be located and the matter attended to. We are most anxious to avoid errors in this line and will appreciate your assistance in telling us of any omissions.

THINK YOUR OWN THOUGHTS

A trait common to most of us is our desire to have our problems solved for us in a cut and dried fashion one which will require no undue or unusual thought on our part, but which will leave us a ready-made decision, with the thinking already done for us.

Something definite, which we can apply to our own case, is what we are looking for in the articles we read, in the talks we listen to and in the sermons we hear on Sundays. We want actualities, not theories. A certain amount of knowledge-in-a-nutshell is a desirable thing and necessary, but what sort of mental exercise can it afford?

Education, by some, is considered much the same as a series of cups being filled from a large pitcher—all the cup need do is stand ready to accept its share. The facts obtained in education need not be practical—indeed, education should be cultural rather than useful!

But, to return to our first statement—that we are more than ready to accept a decision made for us, an instance may be cited: In a discussion group not long ago, under the leadership of a most intelligent man, various questions were put to him for direct answer and when the man replied that it would be impossible for him to give statements which could be followed explicitly, but rather he could make suggestions which were to be applied, the people were dissatisfied. They were unwilling to try out suggestions to determine the best for themselves, but expected him to give them rules which would fit their cases; because of his brilliance, he was expected to make decisions for all of them.

The true value of education of any type, whether short or prolonged, is to train for thought, rather than to assist in the acquiring of facts, useful or useless, which may be cataloged in the head—and left there.

The Farm and Home Week which has just passed illustrated the opportunity of starting thinking in the right direction. In one week no one could acquire enough facts to help her for another year, but each one could get the inspiration for a better home and better methods of work and with that ideal before her think out her own plans for its accomplishment.

Let's apply those facts which we have acquired to practical situations and let them work for us awhile!

WEIGHING VALUES

"Each one has a right to live her own life"—so we believe, at least in our own case—altho secretly we probably think that our idea of the way to live that life is the ideal one.

No one is anxious to have the ideas of some one else thrust upon her. If she would rather have a new hat, after several years of the old one, than some sort of new cleaning equipment, then she is not very pleased to have some one remark, "That woman is so shiftless. She would rather look nice than save herself a little work," or "They spend all of their money on their backs, and never improve their home." She does not care to be told that she is not progressive because she hasn't done the many things which one could get the inspiration for a better home and with that ideal before her think out her own plans for its accomplishment.

It is undeniably true that we do spend money and that we spend it for the things we like most, but that is only another case where we weigh values in order to determine the articles which will give us the most pleasure for our money, and certainly such action is not to be condemned.

It is the aim of the Iowa Homemaker not to force on to resisting readers ideas of some one else, but to offer helpful suggestions whose relative values may be weighed and applied wherever practical.

If we can accomplish that ideal we shall feel that our magazine does not live in vain.

NO BABY IN THE HOUSE

No baby in the house, I know
"Tis far too nice and clean.
No toys by careless fingers strewn,
Upon the floors are seen.
No finger marks are on the panes,
No scratches on the chairs;
No wooden men set up in rows,
Or marshalled off in pairs;
No little stockings to be darned,
Or ragged at the toes;
No pile of mending to be done,
Made up of baby clothes;
No little troubles to be soothed,
No little hands to fold;
No grimy fingers to be washed,
No stories to be told;
No tender kisses to be given
No nicknames, "Do·e" and "Mouse";
No merry frolics after tea;
No baby in the house!

—Clara Dolliver.
Books on the Principles of Color

Would you please recommend several good books on principles of color in dress, giving name and address of book company?

Answering your letter in regard to color in dress, I should suggest, the following:

Picken, Mary Brooks—"Secrets of Distinctive Dress." Woman's Institute, Scranton, Pa.


Soda in Pancakes

What percent of soda is required to give pancakes the desired lightness?

In ordinary household practices in making pancakes, from 1 5-10 to 2 per cent of soda is required to give the pancakes the desired lightness. Of this amount 1 per cent can be used with sour milk. The rest must be added with phosphate of acid substance in form of baking powder. If the buttermilk in your formula neutralizes the 1 per cent of soda, I should think you would need phosphate and additional soda to make the amount of soda at least 1 5-10 per cent. As to the particular kind of phosphate, I cannot say, where it might be purchased.

Vitamin Content of Oranges

Will you kindly give me the vitamin content of oranges and orange products? Could you give me results on experimental work?

Oranges contain all three vitamins as follows:
Orange (pulp or peel)
A—Presence of vitamin
B—50% or more of foodstuff required in diet when used as only source of vitamin
C—Foodstuff of highest activity.

Dr. Agness Fay Mugan, of the Household Science Department, University of California, Berkeley, Cali., has tested orange oil and orange peel for its vitamin content, and one of her students made a study of the value of milk and orange juice (both fresh and bottled) as a mid-morning lunch for children. She will be glad to send you reprints of this. Ask for reprints of "Vitamin A in Some Citrus Fruit Products," and a "Comparison of the Value of Milk and Oranges as Supplementary Lunch for Underweight Children."

Dinner Knives

What kind of dinner knives shall I buy?

The selection of a pattern for silver will be determined largely by your own personal taste and the size of your purse. There are as many splendid patterns in the plated ware as in the sterling. Many housewives prefer the dessert size in dinner knives to the regular dinner size, since one set must serve for all meals. For very hard service the flat handled is perhaps most desirable. The hollow handled, however, is much more attractive and gives excellent service. Since knives are really used for the cutting of meats many housewives are now purchasing the stainless steel plate. This gives an excellent cutting edge and is as attractive as the silver.

Alteration of Children's Clothing

During Veishea week last spring I was very much interested in the Exhibit of Children's Clothing suggestions and particularly a schedule of pattern alterations. We are having for our Farm Bureau women a series of special lessons on children's clothing and I would greatly appreciate any suggestions that I might receive.

Alteration of Children's Clothing:
1. Select pattern of different types—kimono, raglan, set-in sleeves for certain age.
2. Make alterations necessary for certain child.
3. Use altered pattern as basis of pattern design.
   a. Variations may be secured by changing neck lines, collar and cuffs, pockets, openings, hem lines, use of braids and binding, stitchery, different materials, different color harmonies and textures.
   b. Indicate on pattern necessary changes or add additional pieces to pattern.
   c. Adapt pattern to different types of figures and interpret different materials for different personalities.

Home and Baby Management

Would it be possible for you to send me material about experimental school short course in house and baby management?

The following is a list of bulletins which you may secure on the above subject:
No. 4 Merrill-Palmer School of Home-making. Fourth annual report 1923.
No. 16 A Nursery School Experiment. Bulletin No. 11.
No. 13 Experimental Schools. Bulletin No. 10.
No. 14 Experimental Schools. Bulletin No. 5.
No. 12 Experimental Schools. Bulletin No. 4.
No. 11 Bulletin of the State University of Iowa.

Pre-School Laboratory
Why Use Milk—Ely McCormick Memorial, Chicago.

Measurements for Children's Clothing

Would you kindly tell me where I can secure a Table of Measurements for Children's Clothing, something which will give average measurements of sleeve lengths, waist bands, etc., for different age children?

Such information has not as yet been compiled. It may be secured by making a study of different commercial patterns of the same type for a certain age, if such a study seems necessary.

Patterns should be altered for the individual and can be easily adjusted from time to time as the child grows.

Large Quantity Cookery

Will you kindly give me the names of several books which I may use in the preparation of large quantities of food?

In our institutional work we have found two books of recipes that are very valuable:
"Recipes and Menus for Fifty" by Frances L Smith, Whitcomb and Barrows, publishers.

The recipes in both these books are economical and thoroughly satisfactory.
THE IOWA HOMEMAKER

Who's There and Where

BY PEARL HARRIS

Mortar Board Alumnae Here

Several alumnae members of Mortar Board were on the campus February 7 for the installation ceremonies of National Mortar Board, which then entered an Agricultural college for the first time. Among the girls who were here for initiation were: Ann Hopkins, who is supply teacher in the Des Moines Public Schools; Pauline May, who is teaching at Alden, Iowa; Marie Van Cleve, teaching at Shenandoah; Ethel Hasbrouck, who has been in Detroit but is now teaching in Burlington; Ada Herrig, who has been dietitian in Iowa Lutheran Hospital at Des Moines but is now at home in Perry; Maida Heiner, who is teaching at Lowden; Eleanor Pearson, who is teaching at Ottumwa; Nita Comstock Beece, who is living in Cincinnati, Iowa; Esther Pond, who is teaching at Plainview, Nebr.; Clair Yuncelas, of Webster City; and Graia Thorne, who is teaching at Colo.

Dean Anna Richardson who was a member of the local group at the University of Texas which has recently been granted a charter of Mortar Board was also initiated with the local group here. Miss Busse of the home economics faculty was also initiated at this time.

Marion Jacklin '23 of Des Moines and C. L. Benner '23 were married early in November. Mr. Benner previously was a member of the agricultural economics faculty and is at present employed at the Institute of Economics, Jackson Place, Wash.

Mable Campbell '10, who is with the federal board of vocational education, has charge of home economics education in the western half of the United States. She spent the holidays in Ames with her parents. On Jan. 16, she was initiated into Omicron Nu.

The death of Lydia Brown Hipps '00 occurred at Shanghai, China, on Dec. 29. She taught music in China and later taught at Oberlin previous to her marriage to Prof. J. R. Hips, dean of the Baptist School of Religious Education at Shanghai.

Word has been received of the marriage of Edna Beebe '24 to Mr. T. E. Cherry of Woodbine, Iowa, on February 1. They will be at home after March first at Logan, Iowa, where Mr. Cherry, who is county engineer, has his headquarters.

Lola Placeway Bennett '95 was married to Beverend Pearson, a Presbyterian minister of Orange, California, on December 8, 1924.

Mary Hastings, who graduated at the end of the fall quarter is teaching Home Economics at Waterville.

At Muscatine last September occurred the marriage of Ruth Hook '24 of Stratford, Iowa, and Charles Everett '24 of Moline, Illinois. The marriage was kept secret until the holidays. Mrs. Everett is teaching in the consolidated school at Dike and Mr. Everett is with the John Deere Plow Company of Moline.

Iva Brandt '05 of the Home Economics faculty, who is on a year's leave of absence, spent some time during the holidays in Philadelphia doing special research work. She is now working for her master's degree at the Prince school which is connected with Simmons college in Boston.

Elsa Lord Murphy '22 is soon to leave Constantiople where she has been doing work in home economics. Her engagement has been announced to Benjamin Garrison Demarest, a lawyer of New York and Montclair, New Jersey.

Estella Buffington '16, who took her master of science degree from Ann Arbor, is laboratory technician at Lyric Inn hospital, Stuyvesant Square and Second Ave., New York City.

Te Faith Furman Renner Ex '24 and Kenneth M. Renner '21 was born a baby boy on November 26. Mr. Renner is an instructor in Dairy Husbandry at the Kansas State College.

Edna Fry '15 is now in charge of the Sunflower Tea Room in Syracuse, N. Y. Miss Fry has had this position for two and one half years and finds the East very much to her liking.

Walter W. Howell '24 and Berdina Ruth Fotsch, Ex '26 were married at Davenport, Iowa, on Dec. 24. They are at home at 1646 E. 13th Ave., Denver.

Florence J. Pettlinger '07, who is in the subscription department of Life at New York City, reports an Ames alumni dinner and get-together meeting there.

Bertha Wellington is working with the Extension Department in Michigan. At present she is teaching twenty nutrition classes for mothers in the state.

Helen Gilmore, who took her student dietitian training at Mt. Sinai Hospital, New York City, is staying on as assistant dietitian for another year.

On June 29 occurred the marriage of Joy Lewis '24 and J. D. Hayes '22. They are now living on a farm near Toledo, Iowa.

Marie Young '16 is now superintendent of home economics and in charge of the school cafeteria at Muskegon, Michigan.

The Fred B. Smith Meetings

At the annual religious meetings Friday morning, which Mr. Smith spoke on "Fundamental Education." In this address he urged all students to stick by college no matter how hard the task seemed to be.

"Moral Robbery," "Is America a Great Nation," and the "Fruits of Religion" were the topics of his other addresses, which he delivered to large crowds of students, faculty, and Ames people. Several luncheons were held for the speaker during his stay at Ames, among them being a student luncheon Saturday noon. Mr. Smith's time between meetings was open to students and groups of students who wished conferences with him.

Millie Kalsem '20 is dietitian at the Iowa Methodist Hospital in Des Moines. Miss Busse introduced her recently to the sophomores at technical lecture where she spoke for a short time about her work.

Louise Stratbucker '15, who has been in the Old World, has now returned to the States and is residing at 113 Crescent Ave., Louisville, Ky.

Helen Haug '18, who is now teaching for the third consecutive year at Caledonia, Minnesota, was a campus visitor during the holidays.

On January 5 at St. Luke's Hospital, a son was born to Mr. and Mrs. L. A. Spangler of Chicago. Mrs. Spangler was Dorothy Dodds '18.

Elizabeth L. Deacon was married on August 30 to W. A. Sellers and is now living at 32 E. Walnut Lane, Germantown, Pennsylvania.

Lois G. Stephens '20 has charge of the cafeteria of the Mountain States Telephone and Telegraph Company at 1421 Champa, Denver.

Lottie Ward Wangert '15 announces the birth of Marilyn Ruth on Thanksgiving morning. She is now residing at Las Vegas, Nevada.

Gladys Dodge '21 is in dietitian at the Cottage Hospital at Santa Barbara, California.

Olla V. Johnson '16 is a professor of Home Economics at Illinois Wesleyan.

Louise Buchanan '15 is teaching at Central High School in Omaha.
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TRUEBLOOD'S
"Campustown"

"TEN DOLLARS A WEEK AND TIPS"
By Harriet Cookingham

The Department of Institutional Administration at State College, believes in the combination of theory and practice. Therefore, the girls who have had the theory and are interested in the management of cafeterias, tea rooms, and other institutions, are encouraged to gain practical experience along these lines during summer vacation.

An idea of the kind of experience gained by the girls can be given by the following descriptions of places where they have worked.

The "Dolled," a hotel of the better class, located at Kilborn, Wisconsin, has been a popular place with Iowa State College girls. This is a small hotel accommodating only about fifty guests, but catering to the wealthy class of people. It is at a summer resort with the patronage mostly foreign people, and the rates are correspondingly high, the rooms renting for $6, $7 and $8 a day. The dining room service is very formal, elaborate and expensive. Breakfast and two dinners are served each day. Breakfast is always served in four courses, and a typical menu consists of grapefruit, cereal, bacon and eggs, wheat cakes and coffee. At noon, the menu is soup or cocktail, followed by the meat course, generally a wild meat, the salad and dessert. For the evening meal, the menu is soup or cocktail, steak, two vegetables, salad, ice cream and cake. The use of finger bowls is given an air of formality and elegance to the service.

The waitresses employed here are all college girls, and they are treated in a friendly manner by the guests of the hotel. They work between seven and eight hours a day and receive their room and board and eight dollars a week—besides their tips which often run as high as five dollars a day. The girls dress in blue dresses with white aprons during the week, with white dresses on Sundays.

Another hotel, which is nearer home for most Iowa girls, is the Knight Templar Hotel at Templar Park, Lake Okoboji. This hotel, the menu shows, is only for Knight Templars, but is always a busy place. It is practically a new hotel, and a very pleasant place to work. The service being very informal, the hours are naturally short. The dining room is conducted with the family or home style. Dinner is served at noon and supper at night. At each of these meals, when the guests are seated at her table, the waitress takes her tray to the kitchen, tells the servers how many guests she has, and the platters are filled for her. All she has to do is to place the platters on the tables, then take their drink orders. The girls work from one to two hours each meal, and are paid ten dollars a week, and board and room. They are also tipped quite generously, and are invited to all entertainments put on by the guests. Their dress is a white apron with black belt.

One place where many girls enjoy going is Estes. Many Ames girls have been there, and find the work interesting and also helpful. One girl had the opportunity to go to Grand Lake, in the Rocky Mountain National Park. This lodge is situated high 'n the mountains and is a very pleasant place to spend the summer. The lodge is not always full, so the girls have considerable time for trips into the mountains and for hikes. The dining room service is somewhat different here. All plates are served in the kitchen, and dinner is served at noon and supper at night. Besides board and room, the girls receive one dollar a day, and their tips average between eight and ten dollars a week. The girls wear black dresses with white collars and cuffs and white aprons and caps. The working day here was eight hours, which kept them quite busy. The dessert girl's work was all done in the kitchen, and as she did not receive tips, she was paid $8 a week. All girls agree this is a very pleasant place to work and that the most refined class of people patronize the Inn.

An idea of the value and the quality of the work done by our girls is shown by the following extract from a letter from the owner of a tea room in the west where five of our girls in institutional worked: "I am very much pleased to be able to get such nice girls with so little effort on my part. My patrons remarked to me so often, 'You have such unusual girls; they are delightful.'

The majority of the girls have gone to work with the idea of making their expenses and having a good vacation, but as a general rule, have come back with enough money from tips to pay their fees during the fall term, besides having had an enjoyable vacation.

On January 5th a new order of things began when Mrs. Nellie Taylor Ross, widow of the late executive of Wyoming was sworn into the office of governor of Wyoming, as the first woman governor of the union. Mrs. Ross was first chosen at a special election to complete the unexpired term of her husband and re-elected in November for another term. Due to these circumstances Mrs. Ross requested that the inauguration services be very simple.

"BOTULISM"
Will you please tell me how to protect one's self against "Botulism"?

If the following instructions are followed there will be no need to fear "Botulism" or other poisoning from canned food.

Destroy all food showing any sign of spoilage. Take no chances.

Under no circumstances eat, taste canned asparagus, corn, string beans, peas or spinach before boiling.

Boil for five minutes the vegetables listed above before eating, even though there be no sign of spoilage.

While at the conference, Miss Richardson acted as chairman of a committee to study the status of research in home economics. On this committee with her was the National Research Director of the New York experiment station and Dr. Louise Stanley, chief of the home economics bureau of the Washington agriculture department.
Can You Win One For Ames

IT'S YOU, who graduated from one of the Home Economics courses, we are addressing. Some bright, capable high school girl of your acquaintance is debating the question of what kind of a college education to get and where to get it.

Undoubtedly, your judgment and influence would go a long way in helping her to settle this question and she would welcome whatever you might say to her about the instruction offered to women at Iowa State College.

Tell her about the Home Economics courses offered at Iowa State and how they help women to prepare themselves for their life and work, opening up many splendid opportunities. These courses were high grade when you were a student at Iowa State; they have been continually improved with the general advance in education.

If this high school girl wants catalogs or booklets, the Registrar will send them on request.

IOWA STATE COLLEGE
AMES
ST. PATRICK STORIES

By Mable Blom

A great deal of uncertainty exists about St. Patrick, patron of Ireland, whose festival on March seventeenth is celebrated by Irishmen wherever they may be. It is not even known whether March seventeenth is the date of his birth or of his death, although it is sometimes said to be both. The year and place of his nativity are matters of dispute. Indeed, so many conflicting traditions have been woven into his story that it is now generally agreed that there were two or more St. Patricks who have been combined into one.

The most popular of the legends regarding St. Patrick is that which gives him credit for driving all the snakes and similar vermin out of Ireland. Not only has it maintained its vitality better than many a sober truth could have done, but it has been strengthened and improved by successive generations of story-tellers. The shamrock is said to be worn by the Irish, upon the anniversary of this saint, for the reason that when the Saint preached the gospel to the pagan Irish, he illustrated his doctrine of the Trinity by showing them a three-leaved grass, which operated to their conviction, was the shamrock and was worn ever afterwards upon the Saint's anniversary to commemorate the event.

It is impossible to say when the seventeenth of March in each year began to be set apart as St. Patrick's day and observed as a popular holiday of Ireland, but whatever may have started it, there can be no doubt that the day is a national holiday in Ireland and is observed with much enthusiasm by others besides those people from the country of the "wearin' of the green."

HOME ECONOMICS IN DENMARK

By Kathern Ayres

Imagine a country where there are no girls' clubs studying such problems as canning, sewing, home decoration, or poultry raising. Then remember that in America, right in the state of Iowa, 636 enthusiastic girls, representing clubs all over the state, and their 145 club leaders met at Iowa State College during the holidays and enjoyed a week's short course program.

Denmark is interested in the organization of extension work in America and has sent a representative here to study the status of home economics education. Miss Ulla Christensen, a home economics teacher of Denmark, spent about ten days on the campus and made trips to visit several girls' club meetings to see how they were conducted.

"In Denmark our home economics education is very different from what it is here," said Miss Christensen. "We have no state colleges or any four year college courses which give home economics training. All of this type of education there, is given in private schools. There are about 30 of these private home economics schools throughout the country where girls may go and take the six months course, which is to give the training for a practical homemaker. In each of these schools there are from twenty-five to fifty young women who are planning to have homes of their own. Very few of the great mass of girls there receive any home economics training because these private schools are only for the privileged classes. The Danish government feels that this lack might be supplied by Girl's club work. It seems strange that the county agent work in agriculture has been carried out since 1850. But the women's clubs have not been established until recently and the girls have not been organized at all."

Teachers of home economics in these private schools of Denmark are trained in two institutions, one in Copenhagen and one at Soro. After completing the secondary school which is the same as our high school, a girl in order to go to take the home economics teacher training course must have spent one year on a farm doing the practical things of the home. Then she goes to one of these schools for two years and takes only home economics subjects. The system there is very similar to our home management houses where the girls to live there for two years and take nothing but home economics subjects. These two schools together graduate about 50 teachers each year.

While Miss Christensen was in Ames she received a message from the Norwegian and Swedish governments, asking her to submit a report to them upon the completion of her studies in America. She has already visited the southern states and in Nebraska, where she observed the home demonstration work and here at Iowa State College she has studied particularly the girl's club work.

Her itinerary is scheduled from the Washington department of agriculture. She is now visiting the eastern states. Before returning to Europe she will take some work at Columbia university. "In traveling from one place to another in America the distances seem so great," said Miss Christensen. "From my home in Vordingburg it is a one hour's ride to Sweden, a five hour's ride to Berlin, 30 hours to Paris and only 24 hours to England."

Miss Christensen has a fellowship from the Rockefeller foundation, which is an international education board that provides for an interchange of students between other countries and America. After I have finished my visit here, I have four reports to make, two in Danish and two in English, to the Rockefeller foundation, United States department of agriculture, Danish board of education and the Danish agricultural bureau," said Miss Christensen.

Minnesota League of Women Voters is giving the public its 1925 legislative program thru the radio broadcasting station WCCO. Prominent league women give the addresses.

"Ames has more home economics graduate students than any other land grant college," said Dr. Anna E. Richardson, when she returned from the Land Grant College association conference held in Washington D. C., last November. "Ames compares very favorably in the amount of research work done in home economics."

There are 52 land grant colleges represented in the association. There is one land grant college in each state except Montana and there is one in Porto Rico and one in Hawaii. R. A. Pearson, president of Iowa State College, has been president of the association for the past year.
HOME ECONOMICS CLUB REPORT

The Home Economics Club of Iowa State College during the last four years has accomplished the following in a fundamental way:

- Iowa State College Memorial Union $400
- Iowa Homemaker $300
- Mrs. Welch Fund $200
- Constant H. Knapp, Treasurer, to be invested as a memorial in new Home Economics Building $500

October of this year (given to Mr. Herman Knapp, Treasurer, to be invested as a memorial in new Home Economics Building) $700

PROGRESS IN HOME PROJECT WORK

Here are a few facts to show how Home Demonstration Work in Iowa has grown during the last few years.

In 1922, only 25 counties were doing home project work; in 1923, 46 counties; 1924, 95 counties; and this year 99 counties are doing definite home project work.

This increased success is due to a definite plan of organization. When the work started, it lacked the definite plan. We went to this small group, to that group, or that individual for anything from dress form demonstration to chicken culling. Thus the method was almost impossible to find out how far the work was going after the demonstration. With the definite state plan, we now have, we are able to get definite results of our work.

As you all know, our State Plan for Farm Bureau work provides for a President, Vice-President, Secretary, Treasurer, and Public Relations in each township. The Vice-President, being a woman, becomes the Township project leader for the women. Her committee is made up of a cooperating from each school district, and a publicity chairman. At the present time there are 1250 townships with this definite type of organization. They in turn work with the County Organization. This County organization is made up of the county project leader, more commonly known as the County Chairman, and the County Project Committee, made up of five farm women and the County Club Committee.

We must give the Extension Service a great deal of credit for helping to establish this definite organization. The State Committee of Farm Women have also helped with this. We know the farm women have a much broader vision of the home project work than they had in the beginning or they could not have given us the following reasons or objects of Home Demonstration Agent work.

The objects of the work are:

1. To discover and develop unsuspected talents in the community.
2. To place community interests above personal interests.
3. To develop leadership.
4. To broaden the vision of the people.
5. To foster sociability.
6. To make farm homes more efficient, comfortable, and more richly furnished.
7. To develop agriculture.
8. To develop the spirit of service.
9. To build strong township and county organizations.

Some counties are better able to develop these reasons for home project work than the aid of a Home Demonstration Agent. Those counties have an agent who is especially trained not only in Home Economics, but in organization work. She can devote her whole time to the work, while in counties where all depends on the county chairman, it is impossible for her to spend so much time, as she has her duties to consider. In the Home Demonstration Agent counties, it is necessary to have and do a great many more things to develop the Home Project Work. We have our work carried on thruout the year. It does not stop at the close of the six months training school. We are able to have the fine cooperation of other organizations in the county. We have our Township and County Achievement Days at the close of our year's work.

The farm women's Camp has been another big feature of the Home Demonstration Agent work. Just talk to some of the women who attended Camp Brewer if you wish to know how successful the Camp was.

Besides what I have already mentioned, it is possible to have various kinds of contests, such as essay, poster, musical memory and health. Last year 2000 local leaders in the state reported work done. This year there were 13,000 leaders reporting with half of them coming from the 17 Home Demonstration Agent Counties.

Many of you have asked me how to go about it to get a Home Demonstration Agent. I have tried very hard to help those who ask.

However, I think that Mrs. Lott put it all in a nutshell when she told us at Junior Short course.

"If you have something you want, you'll never get it by keeping still, it's the wheel that squeaks that gets the grease."

(Outline of talk given at the State Farm Bureau meeting January 14 by Fern Lippincott, Home Demonstration Agent in Linn county and president of Iowa Home Demonstration Agent Association.)

TESTS FOR CANS BEFORE OPENING

Tin Cans:

Both ends should be flat or curved slightly inward. Neither end should bulge or snap back when pressed.

All seams should be tight and clean, with no trace of leaks.

Glass Jars:

The cover, if metal, should be firm and flat or curved slightly inward. There should be no sign of leakage around the rubber ring or glass.

The contents should appear sound, normal in color, and the liquid free from unusual cloudiness.
THE DAY'S BUSINESS AT CLARKE'S

BY ETOLA STARK

The time in the morning when a city store is opening its doors for business, the small town merchant has been in his store for almost two hours, and feels that his morning's work is well underway. He has fired up his big stove, swept out the debris remaining from the previous day, and has nothing to do but put away from counters and show cases the resulting disarray. Meanwhile, he has sold "Old Man" Dobson a "chaw of tobacco," the blacksmith's little girl, a loaf of bread, and Mr. Newly-wed some coal oil—he's probably cooking his own breakfast. He has gone to the village postoffice and brought back his quota of the "eight o'clock mail." Having read everything of interest in the new wholesale catalogues, he is now ready to take care of the day's customers.

The first to enter the store is Mrs. Snook and her ten-year-old son. It will soon be winter, and Darwin MUST have new underwear. So Mr. Clark takes down all the boxes from the underwear shelves, and Mrs. Snook carefully examines each kind, finally holding up a suit of "problem" in front of them embarrassed offspring, to be sure of the size. Darwin's little girl friend comes tripping in just at this time for some candy, and he would be impossible to picture with the horrified face of the youth without having seen it. Finally, after dividing Helen's penny's worth of candy into a sack each for her and her two sisters, Mr. Clark returns to the drygoods counter, and Mrs. Snook now says, "I guess I won't take one. I like buy 'em a lot cheaper at Montgomery Ward's." And the poor storekeeper's argument for the better quality of his garment avails him nothing.

Likewise, when Mary-Alice Howard comes in, she says, "Oh, Mr. Clark, you have such a small selection of gingham. I guess I'll drive miles over to Leon to buy one, or else send to 'National' for it." And Mr. Clark rather pitifully replaces his few bolts of goods and says he is sorry not to be able to carry a larger stock.

But now he must hurry to the back door to unload a car that has just driven up there. He cheerfully greets the farmer and his wife, and takes their case of eggs and basket of butter, their coal oil can and vinegar jug, and probably a parcel or two for exchanging. He is sorry upon opening the egg case, to see that Mrs. Bryant has taken out her fine, large eggs and shipped them directly to a produce company which sorts the eggs and pays her a fancy price for her "firsts," while for the remainder, he must pay her the price of average eggs. Her nice looking yellow butter will not all go into one tray, so he cuts the roll in two pieces, and, to his dismay, finds the beautiful yellow butter only molded over the outside of the roll. The center is a rancid mass of pale yellow fat which he cannot retail out, and so it must be dumped into the bucket and shipped at a very low price. There was once a time when he even found the center of the roll to contain a large white rock, to give added weight.

Mrs. Bryant is now ready to do her "trading," but Mrs. or Miss Clark are down town by this time, and so they follow the huge country lady to the front part of the store, and endeavor to supply her wants in the dry goods line. She begins by purchasing gingham for an apron for her Mary, and of course picks the largest plaid and the most brilliant color. Poor little Mary's red hair will contrast painfully with the brilliant red of those aprons. Next, this mother of seven must have cloth to make shirts for her boys. She establishes no names for materials, but bravely demands "shirtin'." She may even buy a little pique, to make Baby a new coat, she says, however, she calls it "shirting," and Miss Clark, knowing that she would be offended, dares not correct her. Hannah, her oldest, is learning to tat, so Mrs. Bryant may buy some "corrupted, crinkly cotton," meaning variegated, of course.

Having supplied the children's wants, Mrs. Bryant decides to buy herself a corset. She is so large that it takes an over size to fit her, consequently, the price must be a little higher; but when many grades can be handled, there may be cheaper corsets bought, so when Mrs. Bryant sends back the corset next week, Mr. Clark knows that she has taken it home temporarily to measure her size before ordering one from Sears' Roebuck. When Mrs. Bryant leaves town the storekeeper and his family breathe sighs of relief and merriment, "Aren't we glad they're not all like that."

Next, a young lady comes breezing in, with the remark, "Oh, Mr. Clark, I ordered this umbrella from Phillipsborn and it just doesn't please me at all. I wonder if I couldn't leave it here with your stock and if you sell it for me, maybe I'll buy one of yours." Yes, maybe she will, but maybe in the meantime she will order another too. But Mr. Clark says, "Yes, Gladys, leave it here, and I'll sell it for you if I get a chance."

Now the town's pride (or disgrace) in the form of a well-dressed young Romeo comes in search of a pair of "seven triple A, oxfords." "Oh, yes, I can wear them that narrow." But Mr. Clark can only show him work shoes, comfort shoes, and a few pairs of medium priced dress shoes. Romeo goes out muttering, "Such a town, can't buy nothin'."

The village dressmaker is the next customer, and she has sampled lace to be matched. The entire contents of the lace show-case are dragged forth, and the one she is at last located. She probably buys all of a third of a yard. But the storekeeper doesn't mind, for she is very cheerful and usually brings in a tit-bit of gossip which he may pass on to eager ears.

But in the afternoon, Mrs. Clark is fill, so Mr. Clark obtains the assistance (7) of the only available young lady in the town. She arrives in her full glory of gaudy dress, gun, and grand make-up. She knows nothing of the stock; is more interested in the young gentlemen customers than in making correct changes which can neither add nor multiply, tho she is a graduate of the G. H. S. She knows she stands no chance of losing her job, because practically all young people of the town are either married or "gone off to store." She takes her work very seriously, pro-cure in the eyes of many of the townspeople.

So the day passes, with the delightful, enthusiastic attitude of a country merchant, bringing a contact with the broader world outside the village, and preventing the merchant's complete surrender to the habits and train of thought of the villagers.
ART SCHOLARSHIP WON BY MISS JACOBSON

Irene Shaben

If you had walked across the campus on one of a few days last fall, you would have been curious to know who the woman was, working at her easel. Pretty spots on the campus those days invited Miss Amanda Jacobson out to use her brush. Looking at her easel you might have seen a picture of the trees near Lake La Verne or some attractive spot full of fall colors, for Miss Jacobson, besides being a teacher in the applied arts department, is also a landscape artist.

A little idea of Miss Jacobson's success in painting is gained from the distinction which she won while at the Broadmoor Art Academy last summer. She was awarded first landscape scholarship. While the monetary value of this scholarship is not high, it carries with it a great deal of honor because the exhibition included pictures by many well-known American artists who were studying there at the same time. Miss Jacobson studied at this school under Dr. Berger Sandzen from the first of July until her return to Ames for the fall quarter of school, and she plans to return to Boulder to study under Robert Reid also.

Miss Jacobson came to Iowa State last year from Paris where she had been studying interior decoration. She was assistant director of art at the Kent State Normal School of Kent, Ohio, previous to that. She received her bachelor's and master's degrees from Columbia University, and has studied at many schools, among them the Minneapolis Art Institute, the Chicago Art Institute and the Handicraft Guild now of the University of Minnesota.

That Miss Jacobson has been a very busy person is certainly indicated by what she has done with her summers. The past one was spent at Boulder, Colorado, at the Broadmoor Art Academy from which she won the scholarship; five summers at the Art Student's League, Woodstock, New York, studying under John Carlson and Frank Chase, and one summer sketching in Denmark.

American Home Economics Association Program

Summarized Aim of Work for 1924-1925

To increase membership to 10,000 with every member a subscriber to the Journal of Home Economics.

To stimulate the participation of home economists in better health movement, especially the child health program in the public schools.

To enlist the interest of trained home economists in professional homemaking and commercial fields and to encourage the development of student clubs.

To study child care and management as a fundamental part of training for homemaking and parenthood with special emphasis on the contributions of modern physiology, psychology and sociology to child training and family relationships.

To give publicity to the aims and ideals of homemaking education.

To work actively for an enlarged program of home economics research.

To urge the inclusion, in the budget of the United States Department of Agriculture, of an appropriation for the Bureau of Home Economics commensurate with the importance of its work.

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for Service—Quality
Iowa Child Welfare Research Station

(Continued from page 9)

Hospital has aided in the nutrition investigations. Superior children have received some extensive research by the department of anthropometry. The rural child is one of the most recent studies.

The station offers exceptional opportunities for those who wish to do research work toward degrees in the study and progress of children. Special courses are given to groups of nurses, teachers and social workers on various phases of child welfare work.

Altho the station was organized for laboratory work, the people in charge feel that others interested should know about their findings, too, so the result of much of their work is published in pamphlet form. The Iowa Child Welfare Research Station, University of Iowa, Extension Division, is the address to which persons wishing to secure these bulletins may write. The charge is very slight for most of these and some of them are furnished free.

In their effort to cooperate with the other child research work which is being carried on throughout the state, the work of State Services has been organized. This affords the following services: free psychological examination to all normal and superior children whose development it is desired to have recorded from year to year; evaluation of special abilities; assistance in "problem cases" of behavior; aid in solving cases of promotion; measurement and determination of the physical status of any children who may be brought in; assistance in the feeding of babies all over the state. The station works with the departments of the university and will examine children and recommend them for free clinical work if the parents are unable to pay for such services.

Altho the station is in need of department of heredity, pre-natal care, preventive medicine, the work of the other departments is getting on a well organized basis and these will come. This will all result, it is hoped, in offering to the normal child a greater opportunity to develop to the most of his ability and thus improve the status of childhood as a whole.

Farm and Home Week Pays

(Continued from page 2)

the equipment in the laboratories, and to attend demonstrations given by students in different courses.

The reactions of women attending the Course were very favorable. Mrs. Baker of Nevada said that she always came, and that the meetings were a great help to her. She has had three children who became Ames students, and she always comes to the campus as often as she can.

Mrs. C. M. Woods, of Ames said, "I think the greatest help of the Short Course is in the light which it is shedding on life. The contacts with other people, and the exchange of experiences is one of the most valuable things we can hope to have."

Miss Elizabeth Wilson, of the research department of Montgomery Ward & company thinks the Course is of great value to the women. "We find that the educational movement is raising the standards