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With the Iowa State Home Economics Association

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With the Iowa State Home Economics Association

Report of the Normal Training Committee

MISS LOUIS ADLER, Cedar Falls

The purpose of the Normal Training Committee, as stated in the by-laws of the Iowa State Home Economics Association, is, "To keep the Association in touch with the Normal Training Schools of the state and find out in what ways this Association may be of assistance to those special teachers."

In order to get broader ideas, the committee sought to find out what other state Home Economics Associations were doing along this line, but so far as we have been able to find out, no other Association has such a committee, and thus we derived little help from outside sources.

Our next step was to get in touch with the Normal Training critics, who intimately deal with the majority of the girls who expect to teach in the rural schools after leaving high school, and through their experience, get ideas as to how the Association could best serve.

For this reason a questionnaire was sent to fifty Normal Training High Schools in various parts of the state, both in cities and smaller towns. This is only a small portion of the Normal Training High Schools, as there are 185 in the state, but at the time there was but a small fund available to defray expenses, and the committee felt this would at least furnish a small foundation to begin with. Up to date only twenty replies have been received, however.

In response to our first question, "Does the Normal Training Critic devote any time to adapting Home Economics information to the needs of the rural teacher?" we received the following replies:

Five-"No."
Fourteen-"Yes."

One-"Domestic Science teacher gives instruction in connection with methods in Domestic Science."

Our second question, "Do you think the rural school teacher has need for such information?" was answered as follows:

Eighteen-"Yes."
Two-Blank.

To our third question, "Would it be practical for the teacher of Home Economics to give a certain number of lessons in methods in methods?":

Seventeen replied-"Yes."
Two-"No" or "Doubtful."

and in one school this was being done now.

It was suggested in the various replies that from five to twelve such lessons be given.

Our fourth statement, "Suggest other ways of helping," in most cases was left blank, but eight mentioned the hot school lunch.

As a fifth question, "Are there any extension workers who might help?"

uggestions as to what extent Home Economics might be taught in rural schools by the teacher and what might be left to the club worker.

Since there is an abundance of excellent free literature, the committee has been considering making a bibliography of such material which might be helpful to the rural school teacher, but as this necessarily would involve some expenditure, the committee wishes to suggest that interest on the part of the members of the Home Economics Association as to whether it should continue its work along this line, and also solicits any other suggestions for carrying on.

A LETTER FROM ASSUIT, EGYPT

Miss Joanna Hansen, head of Applied Art has received a very interesting letter from Thelma Pearson who is with the Presley Memorial Institute in the American Mission at Assiut, Egypt. An excerpt from her letter follows.

"It is said that the Mediterranean divides the East from the West. Time and invention can not change it. If you have ever landed in Port Said you would know that IT is East and what is more important you realize that you are the West. Everything is so different. People try to converse with you in every language except the one you speak. The men wear flying galabias and turbans of brilliant colors. The women wear dark colored habras. Many of the women are veiled. Yes, you realize you are the West when you put forth all your mental powers and even then are unable to count the money in your own purse.

Going through the gate to the city after we had spent the morning at the quarantine and custom offices, a little street urchin yelled out to us, "Yankee Doodle." It was a glorious welcome!

We were invited to spend the week end in Cairo and had the opportunity to visit the Great Pyramid by moonlight. The first night we were in Egypt, I cannot describe my impressions. Charles Warner in his "My Winter on the Nile," says "Pyramids are nothing but piles of stone and shabby piles at that—standing there to astonish people." Yes, they are piles of shabby stones but think of the golden history they represent. I have since made my second visit to the Pyramids and Sphinx at Gizeh (Gizéh).

A fort night ago I stayed in Cairo attending the exhibit which is held annually. The cotton display was exceedingly interesting. I also went to the museum and spent much time of course on Tutankhamen's things. The mummy case of solid gold, decorated with brilliant... Continued on page 12
Economical and Attractive Christmas Gifts

By GERTRUDE BROWN

THERE'S a rumor floating around that Iowa farmers, hence Iowa farmers' wives, are hard up—ever hear it? And the worst trouble is that Christmas, good, old, generous Christmas, is fast approaching, while the skinny family pocketbook lies a race toward flatness and each other.

That is generosly with her supply of nuts this season, yet they are still quite expensive on the market. The little folks will find it a pleasant pastime to spend a few evenings crack­ning nuts and picking out the meats if they can be rewarded with an occasional pan of nut fudge or some popcorn balls. Enamal an empty baking powder can or some such tin container which you find in your cupboard with some gay color, letter on your Christ­mas greeting or paint some small design, fill it can with nuts and meats and you have a gift that you might send to anyone.

Country gardens are so extensive that most country folks raise their own popcorn. Not so in the city. Pop­corn is one of those luxuries which must be purchased, and which often proves a luxury indeed when one-half or three-fourths of the kernels refuse to pop. If you've tried your corn and know that it's good, why not shell some and send it to a family in which there are several small children? "T'would be attractive in one of those small covered oatmeal boxes, or in an enam­eled or lacquered coffee can.

You might pack an artistically ar­ranged box of homemade candy—thick pieces of creamy fudge so full of nuts that they will scarcely stay in, but­ter­scotch with all the butter one needs—the boys will lick their chops and wish for another Christmas. So will the girls even thought they do groan over the calories and faithfully re­promise themselves that they "will start dieting next week, honest they will."

Every housewife is famous for her own particular spiced crab apple or sweet apple pickles, her strawberry jam or peach conserve, her sausage or canned beef. These would need special packing to keep them from breaking. Tuck in a pat of real country butter and decorate the box with pine cones, bittersweet or sprig of red berries.

Won't you enjoy getting these Christ­mas gifts ready? No sitting up until the wee hours of the morning doing fine handiwork which leaves you with a headache and burning eyes. Instead, the whole family can help and make the long winter evenings just before Christmas into veritable parties for everyone concerned.

A LETTER FROM EGYPT

(Continued from page 10)

Colored enamel has been placed in an enclosure of glass. The body of King Tut is in this case. One of the pupils said that it is the King's (Funis) de­sire that Tut's body should not be re­moved from the mummy case. His bed was made of two tall wooden lions which were covered with "gold leaf." I have never seen so many graceful lines carried out in one piece of furniture as in his "kiddy" chair. It is made of dark wood and would be the right size for a child five years old. It was cunning. I refused to attempt sketching it. Such a line up of canes, mummified food and won­derful alabaster carvings. Doesn't it seem strange to us that he took with him lovely alabaster vases filled with medicines and food when he left this world of ours?

A touch told me that King Tut Ankh Amen's tomb is closed again and plans are now being made to open the next, which is believed to be the last.

I had the opportunity of taking a trip up country. It included Luxor and Kamak temples, Valleys of Kings and Queens, Temple of Rameses, Colosse of Memnon, Edfu Temple, Aswan, quary and dam, Temple of Philae, Elephantine island, Becharen camp and Temple of Cournah. Visiting in Luxor gave me an undescribable thrill. Egypt is the land of the ages. I thoroughly enjoy it.

I shall be more than happy to wel­come you to Egypt. Please let me know when I may expect you.

Very sincerely yours,

Thelma H. Pearson.