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Marcia Turner
Iowa State College

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Home Economics Training In Choice of Life Mate

By MARCIA TURNER

The State Association page of the Homemaker should serve as a conference ground for home economics teachers and an exchange of mutually helpful ideas as well as a page for official announcements in regard to the state organization. The article in this issue bears on a question of especial concern to home economics teachers—the teaching of social relationships. How are you planning to handle this part of your homemaking course this year? Won’t you give the rest of us the benefit of your ideas by sending in problems and teaching devices you have used successfully for such teaching?

The causes of unhappy marriages," says the Mere Man, "are mainly the incompatibility of personalities, ideals, attitudes and interests of the contracting parties," and personal traits, ideals, etc., he believes are, as a rule, "traits too deeply rooted in heredity and in early training to be radically altered in adult life." His solution, therefore, is to teach young people "to choose their life mates with a view to the similarity of the vital factors mentioned above."

Can we develop in our boys and girls the skill or ability to choose their life mates intelligently? Some attempts are being made in that direction.

The West Des Moines High School Character Conference of high school students reported in the Vocational Education Survey, November, 1926, lists, among others, the following topics for discussion:

1. What is your idea of a good time?
2. What attributes of a girl make her attractive to boys?
3. What attributes of a boy make him attractive to girls?
4. What kind of friendships are of most value to high school boys and girls?
5. What is the difference between popularity and respect?
6. In a short unit course in family relationships for high schools developed by Anna Brack and Mrs. Alee Greene at Stout Institute, one section is devoted to "The Girl and Marriage."

The following topics for study and discussion include:

1. Things a girl should expect in the man she marries (good health, companionship, good habits, definite means of income, etc.).
2. Things to guard against (difference in race; fundamental difference in religion; too much difference in wealth, education and age; too early marriages; infatuation mistaken for love).
3. The double standard.
4. Marriage license—physical examination.
5. Elopement.
6. Divorce.
7. Mutual responsibilities of married life (establishing a new home; personality and habit readjustment; rearing of children).

Another course called "The Girl and Society," from the Beloit (Wis.) Voc-
New Bulletins

Seven new home economics bulletins have been published recently by the Extension Service of Iowa State College. They are on various subjects and prove helpful to all those interested in food and clothing.

"Salads and their Preparation," written by Lillie Swanson, is an article dealing with salads, their preparation and service. Salad combinations of vegetables, fruit and meat, cheese and eggs, are discussed and certain rules are set down. Ten tested recipes for salad dressings are included.

Another bulletin is "Sandwiches," by Lillie Swanson. One might think of this as being useful only in the summer months, but Miss Swanson gives some good ideas for winter sandwiches which might be used in school lunches. Suggestions are made for fancy sandwiches for parties. Besides these recipes, the bulletin contains fourteen secrets of successful sandwiches.

Dessert is becoming more and more necessary in every meal. If we do not have it we are not satisfied. In the bulletin, "Wholesome Deserts," by Ellen L. Pennel, we learn how to choose simple desserts which are easily prepared, palatable, attractive and nutritious.

We are constantly trying to save time and effort for the housewife and Mrs. Ruth Cossna Morgan, in the bulletin called "One Dish Meals," helps us to do this. These one dish meals are inexpensive, satisfactory and palatable. The recipes suggest many attractive ways in which left-overs might be used.

More attention should be paid to the diet of the school child, since it is at this time the child's food habits are determined. In the bulletin, "Diet for the School Child," by Margaret M. Baker and Marion Deyoe Sweetman, we find a summary of the requirements in a child's diet. A chart shows the ages of the children and the respective amounts of food necessary for growth. It discusses digestion, factors which influence digestion, and the place of nutrition in preventing and curing disease. A number of recipes for the sick are included.

The bulletin, "Our Market Basket," by Lloyd V. Church, serves as a connecting link between what we should eat and what we buy. It discusses what foods should go into our market baskets. Tables showing how fruit and vegetable products are graded and how they are sold in the market are given.

Two home economics bulletins, "Foods for Special Occasions," by Dorothy Taylor, and "Bread and Crown Coverings and Finishes," by Allie M. Smith, have been reprinted. These bulletins may be secured by writing to the Extension Service of Iowa State College, Ames—Mildred Gieske.

Naomi Gray, '24, who has been teaching Home Economics at Rippey, plans to start work for her masters degree in the fall.

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