

1927

Iowa State Home Economics Association

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Recommended Citation

Turner, Marcia E. (1927) "Iowa State Home Economics Association," *The Iowa Homemaker*: Vol. 7 : No. 7 , Article 10.
Available at: <http://lib.dr.iastate.edu/homemaker/vol7/iss7/10>

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Iowa State Home Economics Association

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Conducted by MARCIA E. TURNER

Objective Devices for Teaching Home Economics

"The Use of Objective Devices in Teaching Foods to Ninth Grade Girls" is the subject for a study made by Miss Margaret Louise Martens and submitted as a thesis for the degree of Master of Science in Home Economics at Iowa State College last summer.

Miss Martens discovered through observation of classes and by some reference reading that most home economics teachers when they go so far as to use illustrative material at all in teaching, do so in a more or less sketchy way, without much forethought or design.

In order to prove the educational value of direct observation, Miss Martens collected illustrative material from magazines, commercial firms, state extension departments and government publications and used them in connection with a foods course she was teaching in one of the student teaching centers of the home economics education department. She describes as her objectives in the use of such material, "creating a feeling of need; setting up standards; acquiring appreciation; gaining mastery of information."

As a means of developing the first objective, i. e. creating a feeling of need, it is suggested that pictures from advertisements or commercial posters, portraying the value, for example, of milk in the diet, be displayed about the room several days before the subject is to be taken up for study. When the time is ripe, a discussion of the posters will bring out facts regarding milk as a food, and further interest and more information may be secured by reading one of the health stories put out by the National Dairy Council or Child Health Association. Miss Martens suggests as a means for further objective study, observation of the mid-morning lunch for mal-nourished children, in order to discover characteristics which distinguish the mal-nourished child from the normal child: "The real child itself, in need of a proper diet, cannot fail to impress the ninth grade girl with the need for study of the nourishing value of food to the body." Reference list for the bulletin board, for additional study include:

Dakin—First Nutrition Letter; The American Girl, Health and Beauty Products—National Dairy Council; Lyman—Vitamins—Ohio State University, Agricul. Col. Ext. Service Bul. 54; My



Health Book—Amer Child Health Assoc.; Winchell—Food Facts.

The objective of "setting up standards" for food products was carried out by use of magazine pictures and by products prepared in advance by the teacher, and the noting of distinguishing features, followed by scoring of products on the basis of points determined.

The lesson on "acquiring appreciation", the third objective, is based on attractive table service, and again the bulletin board is used for preliminary display of pictures showing attractive-ly set tables.

Devices used in teaching the lessons include the necessary linen, silver and dishes and later, simple decorations to add charm to a correctly set table. These last are to be brought by girls in the class if possible, and experiments made, with accompanying reference study, to decide upon suitable and pleasing effects in table setting and service.

The fourth objective, "acquiring information" is developed by means of such objective material as educational charts, booklets and sample packages of commercial food materials, all designed to discover information concerning source, production and manufacture of foods.

In her conclusion, Miss Martens states: "The value of illustrative material depends largely upon two conditions—the part it may have in giving a clear understanding of the subject matter to be taught, and the wise use of the material itself. Whatever material is selected, it should have a definite purpose to fulfill in the lesson, such as developing and establishing a principle. It also has value in creating interest in new subject matter."

Sources of illustrative and reference materials for use in food study include charts, posters and booklets from meat packing companies, Bureau of Home Economics, California fruit concern, Postum Cereal Co., National Dairy Council and many other firms offering widely advertised products.

Food exhibits and sample food materials may be similarly obtained from manufacturing firms, as a study of the advertised sections of popular magazines will reveal. These same illustrated advertisements furnish a source of pictures for study. Several companies now offer excellent recipe files for small sums. Good reference material may be obtained from most state extension departments.

And so, a few cents or less, and time to write a few letters will bring abundant objective teaching material to the ambitious teacher. More time devoted to the analysis of her own objectives and to careful planning of lessons to be taught will tell the other half of the story.

The National Meeting

Further announcements with regard to the June meeting in Des Moines of the National Home Economics Association, will be made in the February issue. Committees are busy with interesting plans which can be reported at present only as "in progress."

For Your Book Shelf

"On Being a Girl" by Jessie E. Gibson, Dean, North Central High School, Spokane, Washington, Macmillan Company.

The book is a good answer to the question you have been asking yourself for a long time, "How can I make the teaching of social relationships function in the lives of girls?" The author's own experience in handling group discussions and problems concerning the girl, her community, her family and friends and her personal problems is interestingly told and best of all it brings "down to earth" a subject which has appeared difficult to organize for classroom teaching. It is a book for teachers and is not intended to be put into the hands of students.

From the State News Gatherer

Do you enjoy reading "News from the Field" in the Journal of Home Economics? Won't you send in to your State news gatherer, Marcia E. Turner, Iowa State College, short accounts of interesting things being done in your department—the sort of news you like to read about someone else's department? Remember you don't have to go to the trouble nor take the time to write a full account of your pet project. The shorter it is the better for this purpose, and you can do it while

you are thinking about it. Let's make Iowa Association news so interesting that more people will subscribe for the Journal just to read it!

Friends, this is your page, devoted to the interests of your State Association, whether you happen to be homemaker, teacher, member of a profession allied to homemaking or student club member. Isn't there some subject you would like to have discussed on the Association page? Do you have suggestions for making the page more worth while for all of us? Then sit down and write the editor of the page about it, won't you, before you forget it again.

The New Home Economics Pins

This announcement has been received from our national office:

"American Home Economics Association and Student Club Pins, which the committee on seal and pin was authorized to provide, may now be purchased from the executive secretary, Miss Alice Edwards, 617 Mills Building, Washington, D. C. The same design is used on both—the Betty lamp in a circular borders similar to that used on the cover of the Journal. The pin for Association members is rolled gold with the words 'American Home Economics Association' in a band of dark blue enamel and sells for \$1.50. The one intended for the use of student clubs is in bronze with the lamp and lettering in good relief and sells for seventy-five cents."

Only members of Student Clubs affiliated with the American Home Economics Association and their advisors are entitled to wear the Student Club Pin.

Initials can be engraved on the back of the pin at an additional cost of five cents per letter. Two weeks will be required to fill orders where initials are to be engraved.

Are You Making a Success of Your Job?

"The greatest success usually comes from following your natural bent", writes H. Adele Howe, head of Employers and Executives Exchange of Boston, in an article, "Finding Your Right Work in the Adult World" in The Christian Science Monitor. "You will accomplish the most for the common good and achieve the greatest happiness for yourself. You have been given talents to improve. Study yourself till you discover what they are. There is a right place for you. Study occupations till you find it. Determine your goal and see that you have the incentive to make you work for it.

"Then if you are governed by right motives nothing can prevent your success."

DEAN INGE:

"Gratitude is just as much a virtue which we are bound to practice as honesty or kindness."

Begging Your Pardon

The "Installation Service For Student Clubs" published on this page in the November issue should have been credited to Miss Hazel McKibben of the Home Economics Education Department, Iowa State College, who wrote and used it in her student club while she was teaching in Oskaloosa High School. The service as presented by a group of Oskaloosa high school girls at the State meeting was under Miss McKibben's direction.

Acid Milk in Infant Feeding

(Continued from page 1)

Twenty-five babies were given milk containing lemon juice and in no instance did a change from nonacidified milk lead to a refusal of the food or to digestive disturbances.

Many were fed milk mixtures containing lemon or orange juice for periods of 3 to 6 months without the occurrence of any signs or symptoms making it advisable to change the formula.

Faber preferred the addition of HCl acid to cow's milk because it is "the physiological acid and more suitable for enzyme action." There are, however, several disadvantages. It has a sour taste and a heavy flocculation of casein causes refusal by some infants. In 30 cases that he fed on HCl acid milk, he found that there was an increased tolerance to fat, and that the diarrhea cleared up rapidly.

He worked out two principles: 50 c.c. of 0.1 normal HCl acid to 100 c.c. of milk was rather sour and was often refused. He found that 25 c.c. of 0.1 normal HCl acid to 100 c.c. of milk gave satisfactory results.

Faber says that the transition to unsoured milk is more accurately accomplished with HCl acid soured milk, since the amount of HCl acid may be reduced slowly, and rapid reduction is not successful.

The advantages of vinegar milk in preference to other acid milk are that it is cheap, one cent per pint above the cost of milk, it is easily available and is a safe article for the kitchen. The milk is sterilized by boiling; vinegar, of 5 to 6 percent acetic acid, is added in the proportion of 1 to 15; Karo corn syrup in a 50 percent solution is added in proportion of one ounce to one pint of vinegar milk. The resulting acidity falls within the range of optimum digestion. The clinical results on 40 infants fed on this formula were said to be excellent.

SUMMARY

1. Acid added to cow's milk decreases the buffer action of the milk.
2. Acid increases gastric activity, thereby bringing gastric activity within the range of peptic digestion.
3. Types of acid milk used—and clinical results:
 - a. HCl acid milk to date is the least popular.
 - b. Vinegar and lemon juice milk

both produce good results, but have not been extensively used.

c. Lemon juice milk has the advantage of containing antiscorbutic vitamin.

d. Lactic acid milk is preferred because its use is well established by successful clinical results over many years. It is readily prepared, cheap and can be tolerated by infants for a long period of time.

4. Presence of acid permits toleration of a liberal supply of fat.
5. Lactic acid milk is an excellent substitute for breast milk in infant feeding, since it is more easily digested by many infants than is sweet milk.
6. Infants on acid milk formula rarely develop diarrhea or vomiting.

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A Noise that Annoys

(Continued from page 3)

speech. Talking too loudly and too fast is further indication of our modern tendency to speed up and arrive with bells on.

Less noise and rattle and jar—more quiet and calm and the listening ear which separates peace from tumult! To so live and move that one may add not one drum's beat to the clamor and unrest about him. To so walk that he may serve instead in calming stormy waters. No richer gift could one ask!

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