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Iowa State Home Economics Association

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Iowa State Home Economics Association

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Indianola, Iowa

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Ames, Iowa

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Iowa City, Iowa

Conducted by MARCIA E. TURNER

Officers of Iowa Home Economics Association

President—Vera L. Mintle, Simpson College, Indianola.

Vice-President—Fannie Gannon, Extension, Service, Iowa State College.

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Treasurer—Elsie Wilson, Iowa State College.

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Membership—Iva Brandt, Iowa State College.

Nomination—Marie Van Cleve, Shenandoah.

Publicity—Kathern Ayers, Peoples Popular Monthly, Des Moines.

Special Committees

Student Clubs—Mrs. Delno Hall, East High, Des Moines.

Normal Training—Mrs. May Larson, Council Bluffs.

Homemaker—Mrs. Wayne Jones, Wick, Iowa.

Program of work—Mrs. Helen Wagner, Des Moines.

Chairman of Local Arrangement for Nat'l Meeting—Regina Frint, Iowa State College.

Organization—Miss Anna Leggett, Iowa State Teachers College, Cedar Falls.

News Gatherer for Journal of H. Ec. and Iowa Homemaker—Marcia E. Turner, Iowa State College.

New Uses for Paper Napkins

By Elsie Wilson

Many times the Home Economics teacher is thrilled by the apparent enthusiasm with which the students in her foods classes set up standards for the appearance and sanitation of their foods laboratory and of themselves in that laboratory.

The girls "decide" to always wear aprons and caps. Yet, after a few days, Mary forgets her apron and



Jane decides she is more comfortable without her starched cap band for it has to be fastened pretty tight if it is to stay in place, or if not tight, its tendency to slip distract's Jane's thoughts from the work at hand, and refixing the cap is not much of an improvement over pushing the hair back—the original reason for the cap. Even a cap band with elastic is less satisfactory after frequent launderings

One group of girls working in School Lunch tried using folded paper napkins. Two napkins were overlapped and then folded up cornerwise and the folded edge folded up again as desired to make the band with a triangular piece extending up in front.

The crepe weave of the paper is elastic enough to make the cap stay comfortably in place.

Napkins, if purchased by lots of 100 are extremely inexpensive. Many home economics laboratories include these napkins in part of their regular equipment (supplies).

No time is spent in making caps, in washing and ironing them, in hunting them when forgotten, or in sewing new ones when lost. They are so inexpensive as to be easily replaced when soiled.

A Good Question for Home Economics Teachers

"The chief part of a man's affections, his worship, or his recreation should not be found in his daily work"—Dr. Richard C. Cabot.

The Annual Meeting in Des Moines

June 26 to 29

The January Bulletin of the American Home Economics Association reports plans for the twenty-first annual meeting of the Association progressing satisfactorily. Regina J. Friant, past president of the association is chairman of local arrangements. Fort Des Moines Hotel will be headquarters and all sessions will be held there or in near by hotels except the two open to the public which will be in the auditorium of the Women's City Club. It is expected to have Judge Florence Allen of Cleveland for the speaker at the public meeting Wednesday evening. While the program is only tentative so far, we may be sure that other speakers of genuine distinction will be on the program. The program committee is composed of Miss Frances Zuill of Iowa State University, for State councillor, Miss Lita Bane, National President, Miss Alice Edwards, Executive Secretary and Miss Helen Atwater, editor of the Journal of Home Economics. Quoting from the bulletin: "This placing of responsibility on the officers is in line with the practice of many national associations and intended to strengthen the program by bringing to its formation the accumulated experience of past years and a thorough knowledge of association policy."

The visit to Ames will be on the afternoon and evening of Friday. Meeting of committees, visits about the campus and especially Home Economics Hall, the Nursery and the Home Management Houses will occupy the afternoon, with dinner on the campus at night.

Are you planning to attend your district association meeting this spring?

Department of Student Clubs NEWS LETTER FOR STUDENT CLUBS

The first of the News Letters for Iowa Home Economics Student Clubs, edited by Mrs. Delno C. Hall, appeared in January, full of interest throughout and well calculated to inspire incentive on the part of student club members. The news letter will go out to affiliated student clubs once a month and material for it should reach the editor not later than the 15th of each month. (Mrs. D. E. Hall, East High School, Des Moines.) In her greeting to clubs, Mrs. Hall writes:

"Your work is a noble one and offers you many opportunities not afforded to other school clubs. Your club possesses a responsibility that carries a real challenge—are you making it a real worth while organization? What club has greater opportunity to provide efficient training in social graciousness, companionship and citizenship? May your efforts continue and be rewarded by making the organization of Student Clubs of Iowa one of the strongest in our United States of America in 1928."

DISTRICT CONFERENCES

The district conferences of the Iowa Home Economics Association will be held early in the spring. It is hoped that the student clubs may have a representation and part in each of these meetings. Write for suggestions.

NATIONAL HOME ECONOMICS ASSOCIATION

The National Home Economics Association will hold its annual meeting in Des Moines, June, 1928. The student club section has meetings every session—student representatives attend from all over the United States. Plan to send a representative from your club without fail. Request has come to Mrs. Hall from the chairman on local arrangements for pages and ushers from the student club groups for every session. This is a big responsibility; can we do the job?

For Your Book Shelf

Food Study Manual, by Ada Kennedy, Peoria, Illinois; The Manual Arts Press, 1927, pp. 76.

This food study manual is designed for use by foods and homemaking classes in junior high schools. The material has been gathered from many places during the author's experience as a teacher and supervisor. The sub-

ject matter of the manual is organized on the meal basis. This book is not a text or reference book. It is made up of foundation recipes.

—Zoe O'Leary.

A Girl's Problems in Home Economics, by Trilling and Williams; J. B. Lippincott Company, Philadelphia, 1926, pp. 314.

This book is written as a text for beginning courses in clothing and care of the house, though it would prove a valuable reference book for the teacher's own use.

The subject matter has been organized around problems which a girl of this age might be meeting in the home or which would quite naturally challenge her interest and ability. For the teacher using the problem method of teaching this text offers many suggestions.

Other outstanding features of the book are many simple, well chosen illustrations, numerous objective test questions as a means of checking the pupil's understanding of processes, suggestions for home practice work and the suggestions for teaching good citizenship and social relationships in the class and home.

The title of the book may be misleading as there has been no attempt to cover the field of home economics. The authors have limited the contents to clothing, its selection, care, repair and construction, and to the selection, arrangement, cleaning and care of furnishings for the girl's own room.

—Pauline Drollinger.

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

This book, dealing with the problems of the girl in her community, with her family and friends, as well as her own personal problems, is an excellent source of material for the teaching of family and community relationships. The author's own method of directing the study of these problems in discussion groups of high school girls has been presented in a concrete way that will be helpful to teachers who have hitherto found difficulty in fully grasping the subject of social relationships and bringing it "down to earth."

As to the development of the course the preface gives the key thus: "High school girls then have helped to make this course, and whatever merit it possesses lies in the fact that it is an

outgrowth of their own experience and not a superimposed thing which someone thought they ought to have."

The Way to Join the Association

Because information is frequently requested as to how to join the American Home Economics Association, the following statement is made in the Bulletin of the American Home Economics Association:

"A person residing in a state where there is a state home economics association should join the American Home Economics Association through her state association. The membership dues should be sent to her state treasurer or secretary.

A person residing in a state where there is a state association may become a member at-large by the payment of \$2.00 a year to the American Home Economics Association, 617 Mills Building, Washington." Iowa and National dues are \$2.00. An additional 75c will bring the IOWA HOMEMAKER.

Charles G. Ray

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