

1928

Iowa State Home Economics Association

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Iowa State Home Economics Association

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Conducted by MARCIA E. TURNER

Greetings From Our President

The spot light of public attention has been turned on the home during the past few years because of an awakened social consciousness.

Many things that are not satisfactory seem to be revealed if we are to judge from current publications. Our divorce records, too, seem to reflect many cases of unsatisfactory home life.

To be a homemaker today, therefore, seems to present unusual problems. To the trained homemaker, society has a right to look for the answer to some of the questions precipitated by the present situation.

What factors make for successful homemaking? What training should future homemakers have better to insure success? What should be retained from the old type of homemaking? What factors are essential? Which can be dispensed with? How best can the homemaker adjust herself to the new demands of our complex industrial life and yet reserve the essential functions of the home?

The home economist in her own home has an unusual opportunity to serve as a student of family problems and to bring to bear on their solution her specialized training.

Life for the trained homemaker today can surely not be dull or uninteresting.

Courage to her! She has in her hands the experience and the training to give specialized help in solving significant and far reaching social problems.

(Signed) Lita Bane,
President of the
American Home Economics
Association.

What One Homemaker Group Is Doing

The Indianola Federated Women's Clubs was reorganized last fall into divisions in order to accommodate the increasing membership. Such divi-



sions as civics, dramatics, home economics and music were organized, each choosing its own form of organization and program of study. The work this year has progressed remarkably in every division over the previous form of organization. The aims and purposes of this changing to divisions was to secure better cooperation of members, to gain greater interest, to accomplish more worthwhile things and lastly, to meet the needs of the members.

The home economics division of the Woman's Club has the largest membership. More than 50 have signified their desire to belong to this division.

The work of the home economics division has been managed by a general committee composed of a chairman and three other members. A group of officers chosen by the division acts with the general committee to draft a course of study and to select a chairman for each meeting.

The meetings are held either at the city library or at members' homes on the second Wednesday of each month. A committee has charge, composed of the selected chairman and six or eight members. Every member acts on a committee for some month during the year and thus everyone takes part. Owing to reorganization this year, only six monthly meetings will be held.

During the year thus far, the meetings have been both interesting and instructive. The plan of study has been carried out in topical form as follows:

December—Step saving devices for the kitchen.

January—Furniture; its arrangement and care.

February—Interior decoration of homes.

March—Style show and tea.

April—A demonstration (the subject to be selected by the committee in charge).

May—Business meeting and election of officers.

(Signed) M. Grace Sowerwine.

Books for Homemakers

Elizabeth Storm Ferguson

Mark Twain is said to have named all his lectures "Cosmos" that he might be free to talk about anything he pleased! A similar system seems equally good for the reviewer of books for homemakers for there seems to be no end to the variety of books which attract the present day homemaker. Her interests run from pickles to politics, from rompers to college curricula.

Every homemaker has her hobbies as well as her special problems, so one list of books would not necessarily interest all women. The following reviews are of books which have been of special interest and value to me the past year.

Two books on child care which helped me are, "Child Guidance," by Blanton and Blanton, and "A Practical Psychology of Babyhood," by Jessie C. Fenton.

"Child Guidance" answers many questions and answers them very definitely. The young mother is often confused by authors' terms for she cannot tell when her wee one ceases to be an infant and becomes a baby or when he outgrows babyhood and becomes a child. The Drs. Blanton are very specific in many instances, telling, among other things, at what age children should be taken on long motor trips and how many toys are "enough" for one Christmas.

Two chapters in "Child Guidance" which impressed me were the one on "The Child's Calendar," and the other, "The Mysteries." The former deals with the importance of sticking to the

day's routine with the children, regardless of holidays, house guests and other changes. The latter discusses the child's questions of death as well as the origin of life.

Mrs. Fenton, who wrote "A Practical Psychology of Babyhood," is a mother as well as a psychologist. She has translated much scientific psychological material into very practical language for the young mother (alho grandmothers find the book valuable, too). The book deals with the mental development and mental hygiene of the first two years of life in its dozen chapters. The final chapter takes up the development of the child as a total personality and gives in detail what may be expected of the child at three, six, nine, twelve, eighteen months and two years.

This is indeed a handbook for the mother who wants to understand her child. Having studied such a book, she cannot fail to grasp the great importance of the influences surrounding the first years of life.

In a recent survey made among mothers, it was found that finicky food habits was the leading problem in bringing up children. New mothers are walking blindly into this same difficulty every day. Dr. Charles Anderson Aldrich has pointed the way out and what is more, has placed sign posts all along the way so no mother need become hopelessly lost in the vicious circle of no appetite, bad disposition; bad disposition, no appetite, if she but reads, in time, his book, "Cultivating the Child's Appetite."

Dr. Aldrich convinces the reader that an appetite is an end in itself and something to be worked for until attained and something to be guarded more carefully than precious stones once it is attained. He discusses the physiological as well as the psychological aspects of gaining and keeping an appetite, explaining fully the folly of forced feedings, lurching between meals, coaxing, petting and countless other tactics which the parents of the appetite-less child are wont to employ. Dr. Aldrich has a few things to say about the new questionable practice of trying to keep children "up to weight."

This book has been priceless in our home for the joy it brought to our baby's meal times, not to mention the peace which came to the rest of the family! I cannot recommend this book too strongly to the mothers who are coping with finicky food habits. I also recommend it to the mother of

the child who already has a good appetite that she may learn to respect that good appetite and save herself and the child the long, slow process of going backward and starting over again.

What mother does not carry in the secret places in her heart the hope that her child will be musical? Unless the mother is a very modern musician herself, she has a rather vague idea of what she wants her child to do and be. "What Music Will Do for You," most delightful and fascinating books by Harriet A. Seymour, is one of the which has come my way in a long time. The book tells just what the title suggests, what music will do for you or anyone else who feels the need of music in their life. For the mother who has children ready for music lessons there are many thoughts for further consideration: age to begin, music teachers, choice of instruments and others.

Stretching the family budget to cover the greatest possible territory is not the least of the homemaker's problems. "Your Money's Worth," by Stuart Chase and F. J. Schlink, is both enlightening and entertaining. The authors take Alice, the ultimate consumer, thru the Wonderland of modern advertising and selling methods, where she tries to buy a dollar's worth of value with the one hundred cents she carries in her hand. The book makes many suggestions for a system of standards, which, eventually, would reward both Alice and the business man. There are few practical suggestions for immediate use, but the book is splendid food for thought for the thrifty homemaker.

Should the homemaker wonder if the furniture is grouped in social units or her costume of good design or how to arrange an artistic window display for her club, she would do well to read "Art in Every Day Life," by Goldstein. Never before have I happened upon a book on art which was so practical and usable for the homemaker of moderate or less than moderate means. No phase of everyday life is missing in the many chapters devoted to the application of art principles.

"Home Flower Growing," by E. C. Volz, has answered endless questions for me this year. It is the kind of a book that one reads in the winter and uses in the summer. The book is profusely illustrated and well indexed, both essential to the busy homemaker who plans and cares for her own

flower garden. The final chapter deals with "Flowers and the Community," discussing garden club organization and flower shows.

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Makers of crests, jeweled fraternity pins, guards, pledge pins and buttons, rings, medals, trophies.

We are listing below a few pins we make for Iowa State College.

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Delta Beta Charms
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