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All About Bulletins...

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All About Bulletins . . .  
By Elsie Wilson

A S LONG as there have been classes in Home Economics, and as long as bulletins have been published, there has been no doubt a question concerning the place of bulletins in public school teaching.

Whenever the subject of bulletins comes up there are always such questions as:

1. What shall I do with the bulletins sent out by commercial firms?
2. Which bulletins can be used by the pupils as reference materials?
3. How should bulletins be used if they are to be most effective?

Each teacher of home economics has economic problems whether it is a "year of depression" or not. For that reason, she is eager to use the free materials that come her way and to secure more materials either free or at nominal sum as possible. It is primarily for the assistance of those teachers who desire additional teaching materials that an exhibit of bulletin materials has been prepared by the Iowa State Home Economics Association and is now available for examination by teachers in attendance at the state and district Home Economics meetings.

Bulletin materials that have been definitely prepared as a part of practical and educational service to homemakers may be of much value in the classroom. If properly used they fill an important place as reference materials for Home Economics or Homemaking courses. A carefully selected list, provided in time for the most pertinent use, and adequately used, is well worth expenditures of time and effort or of money in securing them.

Evaluation of Bulletin

In choosing bulletin materials all possible uses should be carefully considered. Uses that can be justified satisfactorily may be as follows:

1. For teacher information and stimulation. Information that is accurate and reliable is one means of keeping up-to-date.
   a. Results of recent studies and investigations often appear in pamphlet or magazine form before being printed more permanently.
   b. The popular form of the contents of some bulletins may be suggestive of problems or of interesting external connections to classroom material.

2. For the illustrative materials they provide.

Nearly all bulletins are illustrated. Some are illustrated profusely; others are illustrated occasionally. Some illustrations may contribute little to the contents of the bulletin. If, however, the bulletins are used largely for the illustrations they contain, the illustrations should be carefully evaluated. The same standard for judging the probable value of illustrations may be used as are suggested by Miss Jeanie C. Roundtree in an article entitled "Illustrative Material for the Teaching of Foods and Nutrition" in the Journal of Home Economics, September, 1931, 55:558.

3. For pupil references.
   a. To gain new information.
   b. To verify personal or class opinion.
   c. To provide more than one source of information on a subject or problem.

If the students are to be given the most adequate training they will have to have opportunity to develop resourcefulness and independence in solving everyday problems as they are to be met outside of the classroom. Verifying class as well as personal opinion by the printed word of an authority will help to check judgment and should establish better habits of thinking. Comparing two or more references on the same subject not only verifies or disputes class conclusions but leads to an evaluation of the printed article which is invaluable to the potential homemaker. Only to the degree that the students are able to find sources of information for specific problems and are able to interpret and evaluate the printed page, whether it is an advertisement of a household commodity, directions for combining ingredients or preparation of some experimental investigation, or new discoveries in home practices, can be said to be adequately trained to meet everyday home problems. Because successful teaching involves the development of judgment ability and habits of good thinking it is highly desirable that a variety of reference materials be provided.

The average home receives a variety of printed matter, the daily paper, household magazines, and advertising pamphlets. For that reason alone, it would seem highly desirable to use magazine articles, bulletins and pamphlets as well as the more familiar and reference books. In fact it is the former that are more nearly approximate home conditions.

Care and Storage of Bulletin Materials

Due to the great variation in the size and shape of bulletin materials care and storage that will facilitate ease of handling during use, and that will prolong life during their period of usefulness becomes quite a problem. Some teachers (Continued on page 15)

Keep Milk in the Menu . . .

By Thelma Carlson

IN VARYING our diets we often substitute rice for potatoes, eggs for meat, or tomatoes for fresh fruit, but we find that milk is one of the foods for which there seems to be no substitute. We sometimes find it hard to get in the required pint of milk for adults and the quart for children each day.

This is especially true when there are young-ups in the family, who do not like to drink milk. They sometimes feel that they do not like the flavor, or the milk does not agree with them, so we must give them their required amount in their food.

One of the first things to try for them is milk drinks. Sometimes a dash of cinnamon or nutmeg will change the flavor enough for them to like the milk. They might even consider milk good to which vanilla or maple flavoring has been added. Sirups such as chocolate or caramel, which are made and stored, can be added to the milk as desired.

Then there are the breakfast drinks such as cocoa and chocolate. One cup of cocoa or chocolate which has one-half cup of milk gives the adult one-fourth of his day's requirement.

Egg nogs and malted milks may be served with the meal. They are also refreshing between meals. Buttermilk is a milk drink which is liked by some people.

Serving soup at one of the meals adds at least one cup of milk for each serving. One may have tomato, pea, corn, potato, spinach—in fact there are so many cream soups that one is sure to find one that the person likes.

In creaming vegetables, there is usually at least one-fourth of a cup of milk in each serving. Desserts such as custards or jellied or a cup may be added as much as two-thirds cup of milk to the diet. Sometimes we may even let cottage cheese take the place of part of our milk.

When the menu for the day contains cocoa for breakfast, soup or a milk drink for lunch and a creamed vegetable for dinner, the day's requirement has been taken care of—or yet room is left for variations that will not make the meals monotonous from day to day.
Look to Your Canapes . . .

By Margaret Bruechert

Cheese and olive canapes: Prepared bread is spread with a paste made by mixing equal quantities of cream cheese and chopped stuffed olives, and garnished with a quarter-inch border of the chopped olives and a star of red pepper or pickled beet.

Peanut canapes: Toasted bread is spread with cream cheese moistened with:

YOU KNOW
Typewritten Work Makes a Better Impression

YOU CAN BUY

<table>
<thead>
<tr>
<th>A New</th>
<th>Royal</th>
<th>For As</th>
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<tr>
<td>Portable</td>
<td>Underwood</td>
<td>Little As</td>
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<tr>
<td>Typewriter</td>
<td>Remington</td>
<td>$5.00 per Month</td>
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</tbody>
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CAN YOU AFFORD TO BE WITHOUT ONE?

College Book Store

"On The Campus"

Why Not Turn Over a New Leaf?
Make your Union a place of entertainment for yourself during the winter quarter.

Enjoy after-class dancing, radio programs, lounges, grill and Great Hall.

Every Student Is a Member of Memorial Union
used
textbooks

Sell your used text books now and use your credit cards next quarter. They are always good.

Student Supply Store
West Ames

Ties
Pumps
T-Straps

Women who seek elegance and refinement choose "Grace-Arch" Shoes. They have narrow heels, snug fitting arch and come AAA to D.

608 Walnut
PANSORS
TWO SHOPS
8th and Locust

It Would Be a Woman (Continued from page 1) times, take double precautions.
3. Become familiar with traffic laws and regulations in your city.
4. Always be on the alert. If you are.
   not sure of what the other driver intends to do, give him a wide berth. You may have
   the right of way, but it won't help you if you are dead.
5. Get plenty of experience in close traffic, and drive often.
6. At times when you are not driving, try to anticipate any trouble which might occur, and plan the best method of action.

Dr. Lauer's experiments have been made with a mechanical device which closely resembles an automobile, except
that it has no wheel, and will not go.

The drivers are subjected, nevertheless, to a much more complete test than would be possible when actually driving, and a complete record is made of all their reactions.

And Dr. Lauer adds a final rule for women. Do not expect too much courtesy on the part of men! Men drivers, we are sorry to say, forget their chivalry and their parlor ethics on the road.

A Place for Books

Have you ever noticed that in all truly interesting homes—homes that impress you, there is always a place for books?

This does not mean a separate library, however. There are many ways to include books in the furnishings of a home both to give an added touch of color as well as to convey an element of culture. In this day and age of installment buying, anyone can have the conventional suite of furniture, rug, drapes, and radio. But books give a personal touch to the interior.

A fireplace arrangement with built-in bookshelves is an attractive feature, especially if the books are arranged according to art principles considering color, size and balance as well as the subject matter of the volume. Built-in shelves on either side of a window with a built-in window seat and a deluge of comfortable pillows makes up the end of one very lovely informal living room, although built-in book shelves can be made to fit any odd nook or cranny in a room without necessarily occupying so much space.

A round Duncan Phyfe table that has a place all around it below the edge for books is a novel way of utilizing space by combining bookcase and table into one article of furniture. One or all of the shelves in the top of a secretary may be devoted to books which really is a very appropriate place them. Hinging book shelves, suspended over a Spinet desk or a table, are sometimes just the necessary needed.
All About Bulletins
(Continued from page 12)
have a cupboard space with narrow shelves in which the material relating to one unit, or one topic in a unit may be stored. Some have made filing cases for bulletins that are of the same general size. Others have mounted or collected in a notebook or portfolio form all the materials pertaining to one subject.
A storage plan that permits ease of access and ease of handling, that invites use and that does not involve an unnecessary amount of rewriting and other labor after use promotes a freer and more rational use of such reference materials.

Here Are the Answers
31. Twelve to sixty courses, each dish constituting a course.
32. Sceicotash.
33. A standard soup of the French.
34. Hungary.
35. A pudding made of whole grains, cooked in milk, sweetened and spiced.
36. Baked beans and brown bread.
37. Unleavened bread eaten at the Passover.
38. Biscuits.
39. Small herring-like fishes found in the Mediterranean Sea.
40. A rich biscuit dough to which fruit has been added. It is baked and served as a pudding with sauce.
42. Flower buds of a prickly shrub cultivated in Europe. They are pickled and used in sauces.
43. Pot au Feu is a French clear soup.
44. France.
45. The cross is symbolic of the cross to which Jesus was nailed.
46. Placing on the table all the dishes of a service, and then taking them away again in order to carve or serve them.
47. Hard, spicy cookies, made especially for the holiday season in Germany.
48. Sour cabbage.
49. Crumpets and muffins.

Conservative Conservatories
(Continued from page 2)
cause of unhealthy conditions caused by over-watering, overfeeding or insects. The old soil should always be removed, the roots loosened, and the plant watered and kept in a cool, shady place until root action begins.
Plants may be propagated by cuttings or grown from seed. Stem cuttings from the upper parts of healthy plants are generally used and they grow best in coarse sand, properly drained, but still kept moist. This can be accomplished by placing the cuttings in a flower-pot, with the drainage-hole corked, inside a large pot filled with water. It is more difficult to grow plants from seed, but this may be done quite satisfactorily in a light, warm room with a south window, early in the spring.
Plants need special care in our homes in the winter. Have you wondered why they shed their leaves and why their buds do not open? Dry atmosphere is usually responsible. Increasing the humidity by vaporizing water over the radiator, or by spraying the plants on sunny days

Conservative Conservatories
(Continued from page 5)

winter's night. Waffles, oyster stew, or chill con carne are always welcome. Then a dessert that's not too heavy; fruit or sherbet is best. You know, it's not good for us to eat too much rich food at night; and plum pudding after waffles or chill would be likely to give indigestion to your guests.
A good midnight supper for after an evening of bridge is:

Waffles
Hot Chocolate
Sausages
Fruit Sherbet
Hard Candies
Christmas Cookies
Nuts

Then let the stroke of twelve usher out the old year—usher in the new. You and your guests will be ready.

Account Books Tell Them
(Continued from page 4)
it made them all more conscious of their responsibility as family members to spend carefully and wisely.
The ninth-grade clothing course includes a unit in budgeting. The account books will then serve another purpose and that is they will be a background for their clothing budget.
As well as being worthwhile this is an exceedingly interesting project for the girls, parents, and teachers.

NEWEST WINTER STYLES
IN WALK-OVER SHOES
and Rollins Hose
TRUEBLOOD'S
SMART SHOES
Campustown

Stephenson's
Opposite Campus
Where the finest fabrics come from

For the Winter Quarter
New fabrics for sewing classes.
New uniforms for cooking classes.
And a complete, un-to-the-minute stock of dry goods.