

1943

## Home Economist Plans For Her Country's Future

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# Home Economist Plans

## *For Her Co*

*Thelma Estevez, fellowship student from Uruguay, tells of home economics in her country*

A SINCERE interest in home economics and a desire to gain further knowledge in that field brought me to Iowa State on a fellowship a year ago. Since I've been here my dream to develop home economics in my little country has been growing. There is a great need for trained teachers to understand their native land, its background and problems.

To train the type of home economics teachers needed in Uruguay, someone is needed who has a knowledge of the field and who thoroughly understands the problems her students will face. I have come to Iowa State for this knowledge so that I may be able to aid in home economics training at home. I will probably be the first Uruguayan sponsor of teacher training.

I was teaching home economics at Crandon Institute in Montevideo, Uruguay, before I came here. My school followed the government curriculum but



*Miss Estevez plans to return to Uruguay and extend the program of home economics by educating teachers and homemakers*

taught English. I left in September, which was the middle of my first year's teaching, because our school year starts in March.

Crandon Institute is a Methodist missionary school. It carries a full home economics program, the only complete one in the country. Uruguay is only 72,000 square miles in area, or slightly larger than the state of Missouri, with a population of 3 million. Home economics as such does not exist in our schools. It is given some consideration in a biology and hygiene course in the last year of high school.

After graduating from high school I took a primary training course which enabled me to teach second grade at Crandon. Because I wanted more home economics training I decided to do college work at the

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Institute. It was about two years later that I started teaching home economics in the high school. Before I had completed a school year a fellowship was offered me from Iowa State, through Miss Genevieve Fisher's acquaintance with the head of our home economics department.

After some deliberation it was decided that my major at Iowa State should be home economics education. Because I shall not be qualified for an advanced degree in June when I leave I am classified as a special student and am enrolled in courses that will be the most useful to me in Uruguay.

The common problems that exist among Uruguayan people differ somewhat from the problems of the people in the United States. Different low cost diets must be planned because foods which are expensive in this country cost less at home. For instance, the everyday meal of a low-income family is a dish called *puchero* and consists of meat, beans and vegetables. Meat is inexpensive because Uruguay is a cattle-raising country. Potatoes, carrots and celery also are low in cost. Dried beans are not expensive and there are several kinds to be used. In the country where the land is divided into large estates it is not uncommon for the people living on these estates to kill a cow or sheep, roast it on the open fire and serve it for a meal. The amount of food which we eat at a meal is different because we eat four times a day. Breakfast is at 7:30 or 8 and usually consists of milk with coffee, toast or bread and sometimes fruit. At 12:30 or 1 dinner is served. At 5 or 6, tea is customary with cake or toast, sandwiches or French pastry. We have supper about 10 o'clock in the evening.

Nutrition is not the only problem in Uruguayan home economics. We face a period when few servants or little mechanical assistance will be available. Uruguayan women will have to learn to make the most of their time and energy. Dressmakers will not be plentiful so women will make their own clothes. Home economics education will be more important than many people either here or in Uruguay realize. Through programs of training in every aspect of the home Uruguayan women will become better homemakers and more efficient citizens of their country.



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