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Echoes from State Home Economics Convention

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By KATHERINE GOEPINGER

THE 100% HOME
By Juliet Lita Bane.

Economically sound.
Mechanically convenient.
Physically healthful.
Morally wholesome.
Mentally stimulating.
Artistically satisfying.
Socially responsible.
Spiritually inspiring.

Founded upon mutual affection and respect.

3. Plan balanced and nourishing menus.
4. Have the pupils criticize each others meals.
5. Keep an account of meals and see that they come up to standard requirements.
6. Make activity chart with time to be devoted to each thing daily.
7. Post a height and weight chart.
8. Work out calorie requirements according to activities.
9. Write slogans and choose the best.

Time Schedule for Daily Household Duties

Mrs. Elisie White Douglas, Northwood, Iowa.

Mrs. Elisie White Douglas, an Iowa home maker, told of her experience in doing her work with the aid of a time schedule. Mrs. Douglas lives on a 40-acre farm at Northwood, Iowa, with her husband and six-year-old son Robert. They do all of their own work, which includes the usual manifold duties that go along with farm life.

By the use of a time schedule Mrs. Douglas has been able to disprove that disheartening old saying, "A man works from sun to sun, but a woman's work is never done." Besides the necessary daily household work, she is able to keep her mending basket empty, her garden innocent of weeds, and better still, to have time to read and play.

But Mrs. Douglas keeps a firm hand on her schedule, and does not let it manage her instead. For example, if she wants to forget all about it for a day and go to town with her husband, she does so.

"Without vision we perish," said Miss Knowles in comment, and what is a time schedule but foresight?" 

Nutrition Course As Related to Home Making

Mrs. Casper Schenck, Des Moines, Iowa.

Mrs. Schenck'a talk was based on her own personal experience and showed how a knowledge of nutrition can be made to function in the rearing of children. She had been a teacher of dietetics in a college before her marriage and naturally was interested to try out her "theories" on her own children. As a result of correct feeding and observance of other health habits her first child took second prize in the state baby contest, the second one, the first prize, and the third one the sweepstakes prize.

"You say the race moves forward on the feet of its children," and these feet must be guided by well-trained parents.

It is hoped that the home makers section of the association may in the future contribute its share toward the training of women for parenthood.

Dominant Objectives in Art Education Today as Related to Home Economics

C. Valentine Kirby, State Director of Art Education at Harrisburg, Pa.

"Art is an ultimate attainment to make work complete. Everyone has sim- plicity, sincerity and satisfaction. People are both producers and consumers of art and everyone has a desire for art to some degree.

"The aesthetic reaction that we get from things which are satisfying is brought about by:

"1. Fitness to the intended purpose.
"2. Order (secured through unity, balance and harmony).
"3. Simplicity.
"4. Good, sincere workmanship.
"5. Satisfaction resulting from these principles, grown out of work and recreation.

"The best color harmonies are those selected from nature. Here we find that the plainer colors cover the largest areas and bright spots here and there constitute the center of interest.

"Our nation is ignorant of the opportunities for American boys and girls in art. Why cannot they, instead of foreigners, become the designers for American-made goods? We are interested more than we can realize in salesmanship, as well as all phases of art manufacture. Especially are we interested in the quality of manufacture. A handful of worthless clay may become a flower pot that is sold for five or ten cents; yet in the hands of a skillful workman or artist, it may become a priceless object in a museum."

The Value of the Home Economics Association

Lita Bane, Secretary American Home Economics Association, Washington, D. C.

"The value of the state association lies in general gain through exchange of helpful ideas; it gives an opportunity for expression of opinions; gives the public a better understanding of home economics and educates the public. This education should improve our skill, add to our knowledge, enlarge our appreciations, give training in power to think and judge in theoretical and practical work, bring about social contacts and ideas to fit us to live with our fellow men and furnish a stimulus for creative work."

Miss Florence Busse's address on the subject, "Specific Helps on Every Day Teaching Problems." will be printed in full in the January number.—Editor.