

1957

## A Day In A Coed's Life - 1878

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Equipment and procedures used in this 1905 foods laboratory were far different than those of today. Note the electric light bulbs overhead. These were a great improvement over the days of 1872 when Mary B. Welch, wife of President Welch, started the first classes in Domestic Economy. Cooking then was done on a Charter Oak Stove; no gas or electrical appliances were available.

# A Day In A Coed's Life

Dear Folks,

I JUST RETURNED from working in the bakery. As I've told you before in my letters all of the domestic economy students work two and one-half hours every day in the dining room, the kitchen, laundry or the bakery. This week I am helping five other ladies with the baking. Today we made apple pies for tomorrow and baked bread for the evening meal. Mother, you would really die to see the amounts of food the young men do eat. In fact, members of the faculty have had a special table set aside for those who are noticed eating far too much or wasting food.

You will be glad to know that my bed ticking is filled with new straw and my bed slats seem strong enough. It doesn't make a bed as comfortable as your feather beds, though. One of the young men studying agriculture filled the ticking for me and dragged it up to my room on the fourth floor of Old Main. There are 225 students living in this building now. Iowa State certainly is growing, and the faculty expects even more students next year. I don't know where they will rest their heads!

Thank you for sending the colored plates from Gody's Ladies Book for me to put up in my room. They make much more attractive decoration than do the pictures of Lincoln or Grant which some of the girls have. The package arrived yesterday on the "Black Maria," a combination passenger and delivery covered wagon which goes to Ames twice a week.

I have been working hard recently on an essay assigned by Mrs. Welch, the domestic economy in-

structor. Its title is "Slovenliness a Sin" and I must do much library reading before composing it. We now have a text called "Manual of Domestic Economy" which Mrs. Welch wrote for her junior students. It is said to be the only textbook on our subject so we read it quite carefully. The library has grown to 4,500 volumes now, but we need many more references for our work.

Campus life is most stimulating and inspiring. Chapel is held every day after classes and on Sundays. Of course, we are required to go, but there is little complaining about this rule. Besides attention to religious aspects we take part in many "activities," as they are called by some. The most dominant of these is the literary society of which I am a new member. We receive training in writing, speaking and polite manners. There also is the Cliolian society especially for the ladies on campus.

I guess I haven't mentioned all of the courses I am taking this term, some of which I shall continue next term. I have dairying, geology, psychology, history, German, commercial law and domestic economy. Recently I have been trying, with some success, to finish my studying in the daylight because the naphtha lights are so hard on my eyes at night. But there is talk that electric lights will be installed within a few years.

There is another sign of progress on the campus now, for a telephone has been connected for talking between the president's office and the physics laboratory.

My friend, Martha, just stopped by to remind me that it is dinner time. Love to all of the family.

Carol



by *Carolyn McIntyre*

*Experimental Foods Junior*

Ada Harrington, 1905, also studied the cooking of meats and vegetables, cakes, puddings and breads in foods laboratory. This picture might have been taken in what was the forerunner of our modern meal planning course. Lab periods in the early years of Domestic Economy were held in the morning. Students were given the menu for a meal they were to prepare and the work was divided among them. The results were served on the tables of the producers in the common college dining room.

-1878

A sewing laboratory in Margaret Hall Annex, which was originally old North Hall. On the left is Sadie Ellis, 1898. Home Economics was then called Domestic Economy and work was offered in sewing, cooking, hygiene, dressmaking and home dairying or domestic chemistry.



Research in household equipment opened a new field of home economics about 1926. Before that, lab work in laundry was done in the regular laundry and the students were required not only to do their own linen, but some of the general laundry as well.

