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### Normal Bulletin, November, 1911

State Normal and Industrial School for Women (Harrisonburg, Va.)

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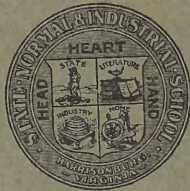
VOL. III

NOVEMBER, 1911

No. 4

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# The Normal Bulletin



STATE NORMAL AND INDUSTRIAL SCHOOL  
HARRISONBURG, VA.

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DEPARTMENT OF HOUSEHOLD ARTS

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Suggestions for Girls of the School Leagues  
of Virginia.







The State Normal and Industrial School at Harrisonburg will publish from time to time bulletins on special topics which it is hoped will be of assistance to the schools throughout the State. This number has been prepared by Miss S. Frances Sale, Head of the Department of Household Arts, at the suggestion of Mr. J. H. Binford, Executive Secretary of the Co-operative Education Association of Virginia, and is intended for use by the girls of the School Clubs organized by the Co-operative Education Association.

The organization of these clubs is an important step in educational progress in the State. Through them the school life of the boys and girls may be brought into real contact with their home life, and the result must be good for both the school and the home. The suggestions contained in this bulletin are made in the belief that, if carried out by the girls of our School Clubs, they will awaken an interest in a subject of great importance to Virginia homes.

Copies of this pamphlet may be obtained from Mr. J. H. Binford, Executive Secretary of the Co-operative Education Association, State Capitol, Richmond, Virginia, or from the State Normal and Industrial School, Harrisonburg, Virginia.

JULIAN A. BURRUSS, President.

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#### THE NORMAL BULLETIN

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Copies of any number of the Bulletin will be mailed without charge to any address upon application to the President of the school.



## Suggestions for Girls' School Clubs

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It should be the pride of every girl's heart to be able to cook and sew well. Whoever will try, whether she wins a prize or not, will be more than repaid for her effort and will be ready to try again the next year. A young girl should not expect to equal her mother in bread-making at the first attempt; but this can be acquired by earnest and patient effort. She will undoubtedly win in the end.

It is said of a man that he is willing to, and does, take time to fit himself for his lifework. Let it be as truthfully said of the girls that they are as willing to prepare themselves for household duties. Only as they become interested can we hope for good results. So it is the purpose of this bulletin to arouse interest that may lead to a more thorough study of the improvement of our homes.

### COOKING

#### Measures

All measures are made level. Flour must be sifted before measuring. With a spoon fill the cup, then with a knife scrape off the extra amount. If sugar is coarse, roll with a rolling pin and sift, as coarse sugar makes coarse grained cake.

#### Table of Measures and Weights

4 c. flour.....	1 lb.
2 c. sugar.....	1 lb.
2 c. butter or lard, (packed).....	1 lb.
16 tbsp. ....	1 c.
2 tbsp. butter.....	1 oz.
4 tbsp. flour.....	1 oz.

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*\*c. means cup; tsp. means teaspoon; tbsp. means tablespoon.*



## BREAD MAKING

It is best to have one crock kept for bread mixing. When bacteria have worked into a crock, the bread is ropy and sticky. Scald the crock well before each use.

Only a good grade of flour should be used.

Potatoes furnish a good medium for the yeast to work in. They give a moister bread. Milk bread dries more quickly than bread made with water. Sugar is ready food for yeast, supplying the immediate demands of the yeast plant while some of the starch is being changed into sugar for its food; consequently sugar hastens the growth of yeast. Bread containing shortening has the best grain, though shortening and salt check rising. Since salt is necessary in bread, it may be added with the last flour if a sponge is set. It is desirable to set a sponge if for any reason you are doubtful of the quality of the yeast.

Bread must be kneaded well. Kneading stretches the gluten found in flour and distributes equally through the bread the carbon dioxide formed from the growth of the yeast. Experiment by kneading one loaf only three minutes and another loaf half-an-hour. Some think a bread-mixer does not stretch the gluten as well as hand-kneading.

To test the oven, a piece of white paper should become a golden brown in six minutes.

Bread to be exhibited should be cooked the day before it is to be sent to the fair.

Excellent bread is pleasing to the sense of smell as well as to that of taste, and it does not have the slightest disagreeable odor.

In good bread the crumb is light but does not crumble when cut; nor does it dry out too quickly. There should be no large holes.

As a rule the bread should be nearly white,—at least there should be a uniformity of color.

The crumb should be well baked to the center, with no suggestion of doughiness in streaks or otherwise. The



crust should be of a rich brown color. It should have a pleasing, nutty, flavor and should be neither too hard nor too soft.

If compressed yeast (Fleischmann's) is used, the bread need not stand over night. The more yeast used, the less time required for rising; but too much yeast makes the bread taste and smell yeasty.

If the bread is ready for baking before the oven is ready, set it in a cold place to retard the rising. Sometimes it is best to work the bread over so that it may rise again; otherwise it will sour. Freezing prevents the growth of the yeast plant but does not kill it. Intense heat kills yeast plants. In cold weather the crock containing the dough may be set into a pan of warm—not hot—water.

When it is necessary or desirable to cut warm fresh bread or cake, heat the knife and slice while the knife blade is hot. Several heatings may be necessary.

#### Recipe for White Bread

6 to 7 c. flour  
1 c. milk (heated)  
1 c. water (cold)  
2 tbsp. lard  
2 tbsp. sugar  
 $\frac{1}{2}$  cake compressed yeast  
1 tbsp. salt

*Mixing:* Scald the milk; sift and measure the flour; put the salt, sugar, and lard into a crock and pour the hot milk upon it. Add the cold water, then the yeast mixed smoothly with 2 tbsp. luke warm water. Having stirred all together, stir in enough flour to make a drop-batter. Beat this batter until it is full of bubbles. (This may be set to rise as a sponge if preferred). Then beat in gradually more flour—enough to make a rather soft dough. When too stiff to beat, rub a little flour on the moulding-board and turn the dough out. Dust a little flour on the dough and on your hands. Fold the edge of the dough



farthest away from you towards the center of the mass, immediately pressing the dough down with a gentle rolling motion of the palms of the hands. Turn the dough around as you knead; continue to do this, turning the dough and flouring your hands, the board, and the dough, to prevent sticking. Should it stick to the board, scrape it free with a dull knife and flour the board anew. Knead the dough until it does not stick to your hands or to the board, is smooth on the surface, feels spongy and elastic, and rises quickly after being pressed by the hand. Care must be taken not to work in too much flour, as the dough must be soft and smooth.

Replace the dough into the crock; brush the top with warm water; cover the crock with several thicknesses of cloth (never a closely fitting top); set it near the stove or in a pan of warm water, turning another pan lightly over the top.

When the dough has risen to twice its original bulk, lift it out and put it on the board. This time knead well, using as little flour as possible. (Putting a tiny bit of lard on the hands is better than using flour). Holding the dough in the left hand, hack with a knife so as to examine the inside to see if there are any large holes in the dough. When thoroughly worked, put into a well greased pan and let it stand in a warm place, covered with a thick clean cloth, until it has again doubled in bulk. When the bread is nearly risen, test the oven. A loaf  $9\frac{1}{2}$  inches long and  $5\frac{1}{2}$  inches wide across the top should bake from 40 to 50 minutes. The first fifteen minutes the loaf should finish rising and begin to brown slightly. The heat should be kept uniform from 15 to 20 minutes longer. Baste with sweet milk, using as a mop a twist of clean paper or cloth. Then reduce the heat the last half of baking. Turn the pan around in the oven if the bread rises unevenly.

When the bread is done, rub the top of the loaf with



sweet milk, or with a little butter, to give a smooth, glossy appearance. Set the loaf across the top of the pan to cool, so that the air can circulate around the loaf. When cold, put it into a perfectly sweet and clean tin bread-box or stone crock.

### Butter Cake

Before beginning to mix a cake, collect all of the materials and necessary utensils, grease the pan, cut and put in plain, clean paper, and grease this paper. See that the oven is sure to be ready for the cake as soon as it is put into the pan. The flour should be sifted at least three times,—once before it is measured. The sugar should be fine granulated. Sift it to remove coarse grains and lumps. Remember once more that coarse sugar makes a coarse grained cake.

When creaming the butter and sugar, continue until the sugar is dissolved. If the butter is cold and hard, warm the bowl slightly; but by all means do not allow the butter to melt, as this prevents it from creaming nicely. The eggs must be thoroughly beaten. A wire egg-beater should be at hand in every kitchen. It costs only five or ten cents and saves much valuable time.

Only the best materials should be used in cake-making: fresh eggs, good butter, fine granulated sugar, a good grade of flour.

In filling the pans, distribute the batter well into the corners and sides of the pan, leaving a slight depression in the center; this gives an even cake when baked. Wipe off every particle of batter from the edges of the pan.

### Recipe for Butter Cake

1 c. butter	4 c. flour
2 c. sugar	4 tsp. baking powder
4 eggs	1 tsp. vanilla
1 c. sweet milk	

Cream the butter and sugar thoroughly and add the well beaten eggs. Mix. Add the vanilla and at the same



time  $\frac{1}{3}$  of the milk and  $\frac{1}{3}$  of the flour. Beat well. Add another  $\frac{1}{3}$  of the milk and  $\frac{1}{3}$  of the flour. Beat well. Into the last  $\frac{1}{3}$  of the flour sift the baking powder and beat well into the batter with the last portion of milk. A pinch of salt added brings out the flavor of the cake better. The consistency is a matter of experience. Batter should drop from a spoon.

This may be baked in shallow cake pans and be put together with different frostings or fillings, from which the cake takes its name.

The baking is a critical part of cake-making. Often a well-mixed cake is spoiled in the baking. Usually a slow, moderate heat, gradually increasing, is best. For loaf cake, an oven that will turn a piece of writing paper light brown in five minutes is right. For layer cake it should be hotter; a three minute oven is right. Divide the time of baking into four parts:

1. Cake begins to rise.
2. Cake continues rising and begins to brown.
3. Cake finishes browning.
4. Cake shrinks from pan and finishes baking.

Watch the cake carefully, but do not shake the oven.

The cake may be tested by inserting a straw. If the straw comes out clean and dry, the cake is done. Or hold the cake near the ear; as long as sputtering or ticking noise is heard, the cake is not done.

A good cake is smooth on top and even golden brown all over. It should round up slightly in the middle, but not sink from the edges and rise sharply with a crack on top. The inside of a loaf should be slightly moist, but not sticky, and of a fine, even grain, with no heavy streaks.

Cracking on top is due either to too much flour or to too hot an oven. Hole under bottom is due to too hot an oven.

Coarse texture is due to too coarse sugar, too slow an oven, or too little beating.



Heaviness is due to too coarse sugar, too hot an oven at first, jarring the cake, or insufficient baking.

### Boiled Frosting

2 c. sugar	2 tsp. vanilla, <i>or</i>
$\frac{1}{2}$ c. boiling water	1 tbsp. lemon juice
2 whites of eggs	$\frac{1}{4}$ tsp. cream of tartar

Put sugar, cream of tartar, and water in a sauce pan; stir until sugar is dissolved, heat gradually to boiling point, and boil without stirring until syrup will thread when dropped from tip of spoon. (It is best to wash down the sides of the saucepan with a wet cloth just after the syrup begins to boil.) Pour syrup gradually on beaten whites of eggs, beating the mixture constantly. Continue beating until of right consistency to spread. Add flavoring, and pour over cake, spreading evenly with a long knife. If not beaten long enough, frosting will run; if too long, it will not be smooth. Frosting that becomes rough and stiff may be made smooth by adding a little of the unbeaten white of egg. This dries quickly and does not make the frosting too soft, as water is apt to do. This frosting is soft inside, and has a glossy surface. For chocolate frosting, melt two squares of Walter Baker's Chocolate in a saucepan over boiling water; beat this into boiled frosting just before spreading on cake.

### Fudge

2 c. granulated sugar
$\frac{2}{3}$ c. thin cream or milk
1 tbsp. butter (2 tbsp. if milk is used)
2 small squares of chocolate
1 tbsp. vanilla

Cook sugar, chocolate, butter, cream or milk, not allowing it to boil until all the sugar has dissolved. Do not stir after it begins to boil, except to prevent sticking to bottom of kettle. When a few drops will remain in shape when put into cold water and can then be made into a ball, the candy is done. Use fresh water for each test. Set saucepan in a cold place, or into a pan of cold water, and



leave it without stirring until the candy is thoroughly cold. This requires an hour or longer according to the quantity. When cold, add vanilla; beat until it begins to stiffen and begins to look a little grayish. Pour on a greased or moistened pan or dish. Cut into blocks before it gets too hard. Fudge is best kept in a tin box. There is no danger of the candy's getting too cold, and the success depends on its being cold before it is beaten. Should the candy turn to sugar, add  $\frac{1}{4}$  to  $\frac{1}{2}$  c. water and cook again. It is best to pour the candy on the bottom of the pan rather than into it, as it is easier to slip a knife under the candy to remove it from the pan.

*Cocoanut Creams* may be made by the above recipe by omitting the chocolate and adding shredded cocoanut when the syrup gets cold. If freshly ground cocoanut is used, it must be added before removing the candy from the fire, as the oil in the cocoanut causes the syrup to be too thin and soft. After it has been beaten, the candy may be turned out on a pan and cut into squares; or it may be dropped by spoonfuls on the pan. Pink fruit coloring may be added just before dropping, if desired.

When making candy, if the milk happens to be somewhat sour, add a pinch of soda before the milk is heated.

## SEWING

A great many people can do "fancy-work" and like it very much. It is well to be able to do this, but no girl should feel satisfied to spend all of her spare time embroidering. She should learn to do good "plain sewing" as well. The girl who can make her own clothes can have just twice as many as she can if she has to pay to have them made. Learn to do the plain sewing well; then you will have no trouble in learning the stitches used for decorative purposes.

Every girl who helps with the housework needs an apron to protect her dress; so we furnish a guide for making a cooking apron.



### Cooking Apron

White lawn or barred muslin makes the neatest apron.

Cut two lengths of yard wide material three inches longer than your skirt, and divide one width in half, lengthwise. If  $\frac{3}{4}$  yd. wide material is used, three lengths three inches longer than skirt will be required. Trim off all selvages, to prevent drawing when material shrinks. Take off a four-inch strip of goods from each of the three widths, for a belt and two straps.

Sew the three widths into two seams (on right side of goods), stitch three running stiches and one back stitch. Trim these seams closely,  $\frac{1}{8}$  inch deep, then turn to wrong side and sew again with same stitch. Hem half-inch down the two sides. Turn a three-inch hem, using a measure; baste this across the bottom, and then hem it. Fold apron in half, and at top of fold cut off one inch, sloping up to top of side hem to prevent wrinkling at the belt.

Mark off the skirt into fourths. Measure length of belt and put a notch about three inches from each end to mark where the skirt is to come. Divide this space for the skirt into fourths. Gather the skirt, using double thread; pin each fourth to the corresponding notch in the belt. Baste, and then sew with a back stick, each fourth of the skirt into its fourth of the belt. Turn the belt down; baste and hem down to cover the back-stitching described above. Ends of the belt must be whipped (over handed) down and around the ends and finished with a button and a buttonhole.

Measure for the bib across the chest, deducting the width of the strap on each side. The usual width is 6 or 7 inches. The length of the bib is 7 or 8 inches, plus two inches for a hem.

Hem the bib two inches across the top and then put it into the straps at the side just as if they were bindings. Fold the bib through the middle, trim off  $\frac{3}{4}$  inch from end



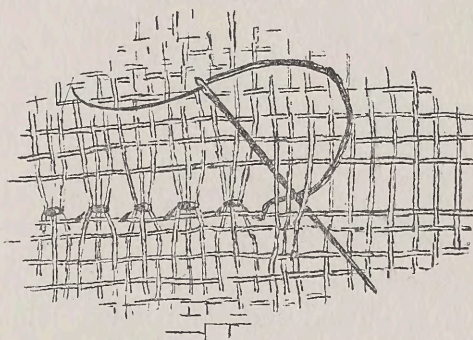
of strap on outside, sloping to center of bib. This prevents bulging of straps. The straps cross in the back and button to buttons placed about three inches from ends of belt. Whip the straps on the turned-in edges the whole length of the strap and across the ends. Gather across bottom of bib—not across the straps. Split top of belt. Pin middle of belt to middle of bib. Scatter gathers about three inches on each side of middle of bib; baste; stitch with the back-stitch. Turn in top of belt and hem (whip) all across.

Pockets 8 x 8 inches in size, either square or with corners rounded at the bottom, have  $1\frac{1}{2}$  inch hem at the top and are hemmed down to apron after being basted in place.

When measuring for quantity of goods needed, allow one-quarter yard extra for bib and pocket.

Press apron, but do not wash before exhibiting it.

### Hemstitching



Since hemstitching may be used for so many neat and attractive articles, both for use in the home and for clothing, it seems advisable to give a few suggestions here.

There are several ways of making the stitch. Select the one that holds the threads apart strongly so that they will not run back together when the article is laundered. Each stitch should be distinctly wedge-shaped.

After determining the width of the hem, draw three,



four, or five threads across the article to be hemstitched. (The number of threads drawn may be determined by the coarseness of the materials. Ordinary lawn should rarely have over three; Indian head, four or five.) Print and baste the hem carefully in place.

Use fine thread the length of your arm. Begin at right-hand end of hem, as for hemming. Do not use knot in thread. Insert needle so that the end of thread will be caught under stitches in hem. Begin hemstitching by inserting the needle under the number of threads desired in each stitch (usually the same as the number of threads drawn from hem). Draw the thread through. Insert needle again around the same threads, this time letting it come through edge of hem beside the last thread. Draw thread closely, but not tightly enough to draw the material. Continue each stitch as above. When corners are turned, as in a handkerchief, there will be double threads across the corners. More care is necessary here, as more threads must be taken up at one time. Hemstitching is the usual basis for all drawn work. When double hemstitching is desired, hemstitch the other side of the drawn threads just as you did the hemmed side.

### SUGGESTIONS FOR COMPOSITIONS

Often people who live in the country and in small towns do their own work; hence they do not find an opportunity for reading good literature, visiting, and improving their surroundings as they should. How can this needed time be found? The girls would do well to make a closer study of the conditions and write papers giving the best means or methods to be adopted in the home in order to enable the home-maker to get the real enjoyment from life that should be hers.

Another paper may be written on *The House Fly*. Give the life-habits of the fly, the latest theory of the diseases and dangers arising from them, and give suggestions for getting rid of the fly.

A third paper may be written on *Personal Hygiene*, including proper care of the teeth, hair, skin, nails, etc. This topic may also include clothing suitable for each season of the year.



