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State Normal School for Women at Harrisonburg (Harrisonburg, Va.)

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SUPPLEMENT TO THE NORMAL BULLETIN, VOL. VIII, NO. 4, MAY, 1916

STATE NORMAL SCHOOL

HARRISONBURG, VIRGINIA



Special Announcement
of the
Department of Household Arts

AUGUST, 1916

Session begins September 20, 1916.

Faculty in Household Arts

S. FRANCES SALE, B. S. *Household Arts Education, Head of the Department*

Graduate, State Normal School, Athens, Georgia; B. S. in Household Arts, Teachers College, Columbia University.

JAMES C. JOHNSTON. *Household Science*

Student, Columbian University, Georgetown College, and Johns Hopkins University.

RUSSELL B. SHRIVER. *Dressmaking, Millinery, Costume Design, House Furnishing*

Student in various establishments in Paris and America.

FRANCES I. MACKEY. *Manual Arts*

Graduate, State Normal School, Harrisonburg, Virginia; student, Columbia University (summer.)

PEARL POWERS MOODY, B. S. *Foods and Cookery, Textiles*

Graduate, State Normal School, Florence, Alabama; student, University of Alabama; B. S. in Household Arts, George Peabody College for Teachers.

HANNAH B. CORBETT, B. S. *Institutional Management, Institutional Cookery and Catering*

Student, Arizona State Normal Schools; B. S. in Household Arts, Teachers College, Columbia University.

GERTRUDE BUTTON, B. S. *Household Management, Extension Work in Household Arts*

B. S. in Home Economics, Cornell University.

For names of other members of the school faculty, see the annual catalog.

General Statement

At the opening of this State Normal School seven years ago few people in Virginia were interested in Household Arts Education. Since then this institution has built up an excellent department, with a large faculty of specialists, large laboratory facilities, and a large number of students specializing in this work. During the past year about one-third of the total number of students of this school have pursued special courses in this department.

The school has sent out young women from this department to take charge of such work in other normal schools, in colleges, in district agricultural high schools and other high schools, in elementary schools, in rural schools, and as supervisors and demonstration workers in a number of counties and cities.

Graduates in this department have received full credit for their work upon entrance to such high-grade institutions as Columbia University, Cornell University, and Peabody College.

Recently considerable demand has come for trained household and institution workers, such as dietitians, directors of dining-rooms, managers of lunch-rooms, institutional housekeepers, matrons, etc. To meet this demand the school has added instruction in institutional management, institutional cookery and catering. To meet also the increased demand for community workers and demonstration agents, the school has added instruction in extension and demonstration methods, in supervision, in bacteriology for the home, household sanitation, and photography.

Aims of the Department

The purposes of the several programs of work offered in the Household Arts Department may be stated as follows:

1. To prepare special teachers of domestic science, domestic art, and industrial (including manual) arts, for all classes of schools.
2. To prepare supervisors of these special subjects, demonstration agents, and community workers.
3. To train for the vocations of the household and institutional work, such as professional housekeepers, dietitians, managers of dining-rooms and lunch-rooms, matrons, Y. W. C. A. workers, etc.; and for the millinery and dressmaking trades.

4. To give instruction in elementary cooking, sewing, and housekeeping to students preparing for regular grade teaching, or for home work.

Courses Offered

In accordance with the above aims, the department has outlined a number of programs of work, as follows:

Course V, a two-year course for four-year high school graduates, specializing on the side of domestic science, the chief emphasis being put upon foods and cookery, and housekeeping. Students taking this course may specialize in institutional work rather than in homework if they are looking forward to such positions.

Course VI, a two-year course for four-year high school graduates, specializing on the side of domestic art, the chief emphasis being put upon textiles and clothing, and home construction, decoration and furnishing.

Course VIII, a three-year course open to three-year high school graduates, but strongly recommended to four-year high school graduates instead of the two-year courses as it is so much more complete and includes all of the work of the two two-year courses together with some additional work. It is especially planned to prepare supervisors and demonstration agents.

Course IX, a one-year course open to any young woman prepared to profit by the work, and intended to prepare for trade work in millinery, as assistants or managers of millinery establishments.

Course X, a one-year course open to any young woman prepared to profit by the work, and intended to prepare for trade work in dressmaking, as assistants or managers of dressmaking establishments.

Course XII, which makes provision for part-time programs in subjects selected by students wishing to prepare for some special line of practical work and not desiring to take a full program leading to a certificate, such as work in their own homes, preparation for a hospital course in trained nursing, or special teaching and supervision in one or more such subjects.

Department Equipment

The following rooms have been set aside for use by this department of the school:

Sewing and Textiles Laboratory
Dressmaking and Millinery Laboratory
Cooking Laboratory
Dietetics Laboratory
Household Chemistry Laboratory
Household Physics Laboratory
Photographic Laboratory
Manual Arts Laboratory
Laundry Laboratory
Lecture Room
Store-rooms

A Housekeeping Apartment—three connecting rooms, providing for a home kitchen, dining-room, and bed-room, with laboratory facilities for housework and home-nursing.

Conference Room and Office—with a special collection of departmental reference books.

Locker Room

All of these rooms are equipped for the special purposes to which they are assigned. The school library includes a large collection of books and magazines on household arts subjects. All other parts of the school plant are available for the work of the department as needed.

The school dining department has been installed in its new hall and service building, and the kitchen, food preparation rooms, pantries, dishwashing room, and storerooms, together with the commodious dining-hall, are now available for laboratory purposes in the courses in institutional management.

The public schools of the city and county near the school are used for observation and practise-teaching purposes. Students have many opportunities for teaching their special subjects under real school conditions, both in graded schools of all grades and in ungraded rural schools. Opportunities are also afforded for gaining experience in supervision, in demonstration, and in other forms of extension and community work.

The Rockingham Memorial Hospital, located on property adjoining the school grounds, and affiliated with the school, offers an opportunity to get instruction in home-nursing given by expert professional nurses. This school gives no course designed to train professional nurses, but its courses in the Household Arts Department offer an excellent basis for such a course in the Rockingham Memorial Hospital or other hospitals.

V. Household Arts Course

SCIENCE GROUP

(A two-year course, specializing in Domestic Science.)

Junior Year

Entrance Requirements: The completion of four years of high school work, as follows: English 4 units, Mathematics 2 units, History 2 units, Science 1 unit, and other credits 7 units, making a total of 16 units. Applicants falling short not more than two units in "other credits" or one-half unit in English will be admitted conditionally. Entrance may also be had by examination if desired.

PROGRAM OF CLASSES	I	II	III
Education 41-42—Educational Psychology	5	5	0
English 51—Practical Composition	3	0	0
History 41—Industrial History	0	3	0
Household Arts 41-42-43—Sewing and Textiles	4	4	4
Household Arts 44-45-46—Housework; Home Nursing	0	2	4
Household Arts 47-48—Cooking	0	4	4
Household Arts 50—Methods and Observation	0	0	3
Manual Arts 34-35-36—Elementary Drawing	2	2	2
Manual Arts 47-48-49—Rural Handwork	4	4	4
Natural Science 41—Physiology and Hygiene	5	0	0
Natural Science 44-45-46—Inorganic and Analytical Chemistry	7	7	7
Rural Arts 53—School Gardening	0	0	4
<i>Total Number of Periods</i>	30	31	32

Leads to: The Senior Year of either *two-year* course in Household Arts. If the student who has completed the above program of work cannot remain longer in the school, she may be given a Junior State Normal Certificate, entitling her to teach in any elementary school.

Note—Graduates of four-year high schools who find it possible to do so are advised to take the full *three-year* course in Household and Industrial Arts as it gives a much better all-around training in these special branches. This is especially advisable if the student is looking forward to work as a *supervisor*.

Senior Year

PROGRAM OF CLASSES	I	II	III
Education 61-62-63—History and Philosophy of Education	2	2	2
Education 67-68-69—Educational Conference	1	1	1
History 43—Rural Sociology	0	0	3
Household Arts 57-58-59—Advanced Cooking or Household Arts 81-82-83—Institutional Cookery and Catering	4	4	4
Household Arts 60—Practise Teaching or Household Arts 84-85-86—Institutional Management..	4	4	4
Household Arts 63-64—Laundering	2	2	0
Household Arts 65—Household Management	0	0	2

PROGRAM OF CLASSES	I	II	III
Household Arts 66—Nutrition	4	0	0
Household Arts 67-68—Dietetics	0	4	4
Household Arts 69-70—Theory and Practise	3	3	0
Household Arts 80—Extension Methods	0	0	4
Natural Science 51—Bacteriology for the Home	4	0	0
Natural Science 52—Household Sanitation.....	0	4	0
Natural Science 57-58-59—Household Chemistry.....	6	6	6
<i>Total Number of Periods</i>	30	30	30

Leads to: Diploma, and a State Normal School Certificate entitling the holder to teach in any high or elementary school.

VI. Household Arts Course ARTS GROUP

(A two-year course, specializing in Domestic Art)

Junior Year

Same as Junior Year for Science Group—see preceding page.

PROGRAM OF CLASSES	I	II	III
Education 61-62-63—History and Philosophy of Education	2	2	2
Education 67-68-69—Educational Conference	1	1	1
History 43—Rural Sociology	0	0	3
Household Arts 51-52-53—Art Needlework	2	2	2
Household Arts 54-55-56—Advanced Textiles	2	2	2
Household Arts 60—Practise Teaching	4	4	4
Household Arts 61-62—House Planning, Construction, Decoration, Furnishing	4	4	0
Household Arts 63-64-65—Laundering; Household Management	2	2	2
Household Arts 69-70—Theory and Practise	3	3	0
Household Arts 71-72-73—Millinery	2	2	2
Household Arts 74-75-76—Dressmaking	6	6	6
Household Arts 77-78-79—Costume Design	4	4	4
Household Arts 80—Extension Methods	0	0	4
<i>Total Number of Periods</i>	32	32	32

Leads to: Diploma and a State Normal School Certificate entitling the holder to teach in any high or elementary school.

VIII. Household-Industrial Arts Course For Supervisors

(A three-year course, combining Domestic Science, Domestic Art, and Manual Arts.)

Sophomore Year

Entrance Requirements: The completion of three years of high school work, the *minimum* credits for which must be as follows: English 2 1-2 units, Mathematics 2 units, History 2 units, Science 1 unit,

and other credits 3 1-2 units, making a total of 11 units. Four-year high school graduates are advised to take this three-year course if they desire the best all-around preparation for this special work, or if they are looking forward to becoming supervisors of these branches. Entrance may also be had by examination if desired.

PROGRAM OF CLASSES	I	II	III
Education 41-42—Educational Psychology	5	5	0
English 41-42-43—Rhetoric and Composition, Literature	5	5	5
History 43—Rural Sociology	0	0	3
Household Arts 41-42-43—Sewing and Textiles	4	4	4
Household Arts 47-48—Cooking	4	4	0
Manual Arts 34-35-36—Elementary Drawing	2	2	2
Manual Arts 47-48-49—Rural Handwork	4	4	4
Natural Science 44-45-46—Inorganic and Analytical Chemistry	7	7	7
Rural Arts 53—School Gardening	0	0	4
<i>Total Number of Periods</i>	31	31	29

Leads to: The Junior Year of this course. If the student who has completed the above program of work cannot remain longer in the school, she may be given a First Grade High School Certificate, under the regulations of the State Board of Education, entitling her to teach in any elementary school.

Junior Year

PROGRAM OF CLASSES	I	II	III
History 41—Industrial History	0	3	0
Household Arts 44-45-46—Housework; Nursing	2	2	2
Household Arts 50—Methods and Observation	0	0	3
Household Arts 51-52-53—Art Needlework	2	2	2
Household Arts 57-58-59—Advanced Cooking or Household Arts 81-82-83—Institutional Cookery and Catering	4	4	4
Household Arts 63-64—Laundering	2	2	0
Household Arts 65—Household Management	0	0	2
Manual Arts 41-42—Primary Handwork	0	2	2
Manual Arts 51-52-53—Advanced Handwork	2	2	2
Manual Arts 54-55-56—Drawing for Grammar Grades	2	2	2
Manual Arts 59—Applied Design	0	0	4
Natural Science 41—Physiology and Hygiene	5	0	0
Natural Science 51—Bacteriology for the Home	4	0	0
Natural Science 52—Household Sanitation	0	4	0
Natural Science 57-58-59—Household Chemistry	6	6	6
Rural Arts 54-55—Agriculture	4	4	0
Rural Arts 56—Poultry-raising and Bee-culture	0	0	4
<i>Total Number of Periods</i>	33	33	33

Leads to: The Senior Year of this course. If the student who has completed the above program of work cannot remain longer in the school, she may be given a Junior State Normal Certificate, entitling her to teach in any elementary school.

Senior Year

PROGRAM OF CLASSES	I	II	III
Education 61-62-63—History and Philosophy of Education	2	2	2
Education 67-68-69—Educational Conference	1	1	1
Household Arts 54-55-56—Advanced Textiles	2	2	2
Household Arts 60—Practise Teaching or Household Arts 84-85-86—Institutional Management ..	4	4	4
Household Arts 61-62—House Planning, Construction, Decoration, Furnishing	4	4	0
Household Arts 66-67-68—Nutrition; Dietetics	4	4	4
Household Arts 69-70—Theory and Practise	3	3	0
Household Arts 71-72-73—Millinery	2	2	2
Household Arts 74-75-76—Dressmaking	6	6	6
Household Arts 77-78-79—Costume Design	4	4	4
Household Arts 80—Extension Methods	0	0	4
Household Arts 90—Special Problems in Supervision ..	0	0	3
<i>Total Number of Periods</i>	32	32	32

Leads to: Diploma, and a State Normal School Certificate, entitling the holder to teach in any high or elementary school.

IX. Household Arts Course—Millinery*

(A one-year course)

Entrance Requirements: A sufficient maturity and definiteness of purpose to profit by the work of the course, together with the ability to do simple plain sewing.

PROGRAM OF CLASSES	I	II	III
Household Arts 51-52-53—Art Needlework	2	2	2
Household Arts 54-55-56—Advanced Textiles	2	2	2
Household Arts 77-78-79—Costume Design	4	4	4
Household Arts 91-92-93—Trade Millinery	25	25	25
<i>Total Number of Periods</i>	33	33	33

Leads to: Certificate of Proficiency (in Millinery.)

Note: Students who desire to teach household arts subjects should take one of the two-year or the three three-year courses in Household Arts, as this one-year program is intended for the preparation of specialists in millinery.

X. Household Arts Course—Dressmaking

(A one-year course)

Entrance Requirements: A sufficient maturity and definiteness of purpose to profit by the work of the course, together with a fair ability to do plain hand and machine sewing.

PROGRAM OF CLASSES	I	II	III
Household Arts 51-52-53—Art Needlework	2	2	2
Household Arts 54-55-56—Advanced Textiles	2	2	2
Household Arts 77-78-79—Costume Design	4	4	4
Household Arts 94-95-96—Trade Dressmaking	25	25	25
<i>Total Number of Periods</i>	33	33	33

Leads to: Certificate of Proficiency (in Dressmaking.)

Note: Students who desire to teach household arts subjects should take one of the two-year or three-year courses in Household Arts, as this one-year program is intended for the preparation of specialists in dressmaking.

XII. Part-Time Courses

Entrance Requirements: A sufficient maturity and definiteness of purpose to profit by the work chosen; sufficient preparation to enter these particular classes; and reasons satisfactory to the faculty for not taking one of the regular programs.

PROGRAM OF CLASSES

The class or classes to be taken must be selected with the approval of the Registrar. They may extend thru one or more quarters.

Students desiring to take a short course for preparation for home-making will be permitted to choose such subjects as they may prefer to take.

Teachers of experience desiring to take a one-year course for preparation for special work or supervisory positions will be permitted to make selections along the line in which they are interested.

Lead to: No certificate; but the record of work satisfactorily completed will be kept for future use in case the student should later decide to follow a regular course. A written statement of work successfully performed will be given to students, at any time, upon request.

New Courses for 1916-17

For a description of the courses included in the above outlines reference should be made to the annual catalog. Since the catalog was published the following have been added:

In the Department of Household Arts

61. HOUSE PLANNING, CONSTRUCTION, AND DECORATION.—*1st quarter; 4 periods per week.*—Mr. Shriver.

In this course attention will be given to the home site, the arrangement of rooms, stairways, closets, etc., materials and methods of construction, and decoration as it affects the exterior of the house and enters into the structural features of it. Floor plans will be made by the students, and specifications worked out.

62. HOME FURNISHING.—*2d quarter; 4 periods per week.*—Mr. Shriver.

This course will consider the decoration and furnishing of the interior of the home. Designs will be made for floor and wall coverings, draperies, and the furniture for the various rooms. Period furniture will receive some attention. Houses of various periods, locations, and cost will be considered.

66. NUTRITION.—*1st quarter; 4 periods per week.*—Mrs. Moody.

This is an elementary course in the principles of nutrition designed to serve as an introduction to the study of dietetics.

80. EXTENSION METHODS.—*3d quarter; 4 periods per week.*—Miss Button.

In this course a study will be made of various methods of extension work in home economics, demonstrations, club work, conferences, teachers' institutes, farmers' meetings, mothers' meetings, childrens' organizations, etc. Students will be taught how to prepare lectures, organize material for exhibits, give demonstrations, form organizations, and take part in various community activities.

81-82-83. INSTITUTIONAL COOKERY AND CATERING.—*1st, 2d, and 3d quarters; 4 periods per week.*—Miss Corbett.

This course is intended for students interested in the work of institutions, of school lunch rooms, tea-rooms, and catering establishments, or in any position requiring the preparation and serving of food in comparatively large quantities. The course will be very practical and will include the preparation and serving of refreshments at such functions as teas and buffet luncheons, as well as the planning and supervision of cooking and serving for institutional purposes. The school dining-hall, kitchen, and pantries will be the laboratory for the course, and students will be given actual experience in connection with them, being assigned to certain duties therein from time to time working under the direction of the instructor, directing the servants and witnessing the performance of the various parts of the work.

84-85-86. INSTITUTIONAL MANAGEMENT.—*1st, 2d, and 3d quarters; 4 periods per week.*—Miss Corbett.

The practical management of institutions, as the school dining-hall, dormitory, and institutional home, with a consideration of the employment and organization of servants, the equipment and its upkeep, business direction, purchasing of supplies, keeping of accounts, etc., will indicate the character of this course. Students will be given actual experience as in course 81-82-83.

90. SPECIAL PROBLEMS IN SUPERVISION.—*3d quarter; 3 periods per week.*—Miss Button, in co-operation with Miss Sale.

Attention will be given to problems connected with the introduction of home economics work in a community, the organization of courses under varying conditions, the installing of equipment, securing of supplies, planning of exhibits, etc.

In the Department of Natural Science

51. BACTERIOLOGY FOR THE HOME.—*1st quarter; 4 periods per week.*—Miss Button.

An elementary course in applied bacteriology, dealing with bacteria, molds, yeasts, and other micro-organisms, such as affect most closely every-day life. Particular attention will be given to milk and its products.

52. HOUSEHOLD SANITATION.—*2d quarter; 4 periods per week.*—Miss Button.

The bacteriological problems of personal and public hygiene and sanitation will be studied in an elementary way with special reference to the home and its surroundings. Water, ice, milk, vegetables, and other uncooked foods; the sources and modes of infection; the transmission of disease by flies, mosquitoes and other carriers, will be included in the course. The rural home and its surroundings will receive particular attention.

60. PHOTOGRAPHY.—(*Time to be arranged.*)—Mr. Devier, in co-operation with Mr. Johnston.

This course will be thoroly practical and will include a study of the principles of photography, the construction of cameras, preparation for picture-taking and the making of exposures, the developing, printing, mounting, and enlarging of photographs.

Courses Offered in Other Departments

Besides the courses referred to in this Bulletin as given in connection with the Department of Household Arts, the school offers all of the usual normal school courses, as follows:

Course I (a), a two-year academic course for two-year high school graduates, leading to any of the other courses.

Course I (b), a one-year academic course for three-year high school graduates, leading to any of the other courses.

Course II, a two-year professional course for four-year high school graduates, leading to teaching in kindergartens and primary grades.

Course III, a two-year professional course for four-year high school graduates, leading to teaching in the grammar grades.

Course IV, a two-year professional course for four-year high school graduates, leading to teaching in the high school and permitting specialization in various high school subjects.

All of these courses lead to State Teachers' Certificates under the regulations of the State Board of Education.

For further information as to courses, expenses of students, scholarships, etc., see the annual catalog, a copy of which will be mailed promptly to any address upon request. All applications should be addressed to

JULIAN A. BURRUSS, *President*,
Normal Station, Harrisonburg, Va.