

terbrim, in which he says, "Be not fashion's slaves." He goes on to say that the secret of bad dressing throughout the whole world is that women thoughtlessly wear what is said to be the mode, without ever inquiring whether it is becoming or suitable. He says, "One of the best dressed women in all Paris, perhaps the very best among them, buys but three toilets a year; but these are perfect in taste, in fit, and in materials. Then, too, she knows to a nicety how to put on her dresses, how to add just what is wanted in the way of a corsage knot of blossoms, a piece of real old lace, or a suitable jewel." There is real distinction in being supremely well dressed.

How is one to go about cultivating good taste? Worth says, "Good taste is as subtle as genius and the way to cultivate it is to foster the critical habit as regards one's own appearance. One must not forget one's defects and at the same time one can congratulate one's self that the good points will cover up the effect of the bad ones. The reason the French woman is so well dressed is that she is immensely critical. She has discriminating common sense.

Ruskin said, "Right dress is, therefore, that which is fit for the station in life and the work to be done in it, and which is graceful, becoming, lasting, healthful, and easy; on occasion splendid, always as beautiful as possible."

It is to be hoped that when America comes into her own in the art world, American women will contribute their share through their beautiful costumes.

EDNA G. GLEASON

V

HOME ECONOMICS NOTES

The Virginia Home Economics Association held its annual meeting in Richmond at Thanksgiving, with Miss Helen Ward presiding.

Dr. David Snedden, of Teachers College made a very interesting talk on The Future of Home Economics. He sees Homemaking taught to groups of girls by the cottage plan, practically all home project work, with helpers in the form of printed matter. This work will be done under the supervision of Home Economics teachers who must promote self help by working out a series of simple concrete tasks which are well graded. Dr. Snedden stated that teachers must give up the idea that Homemaking can be taught out

of a book; there must be participation in productive work.

Dr. Snedden said that the standard for Home Economics teachers must be high. In reply to the question, "What should be the minimum amount of training for this work?" he said, "At least three years; if possible, four."

Mrs. Ora Hart Avery told something of the scope of Home Economics in Virginia. Everybody was interested in what the Junior Leagues are doing. Watch for the Peptomist.

Miss Cary A. Lyford told in a very interesting way what was being done at Hampton Institute in Teacher Training.

Mrs. W. D. Gresham, Supervisor of Negro Education, told of some splendid work which is being done in Home Economics in the state.

Miss Mary Brown has not changed her hobby; it is Health and Home Economics.

An interesting paper was read by Miss Katherine Dennis on Institutional Management at Close Range.

Miss Fanny Lou Gill of William and Mary College told of the life and work of Miss Edith Bear, former supervisor of Home Economics in Virginia and head of the Home Economics department at William and Mary for two years. A committee was appointed to draw up resolutions.

The Business Meeting of the Home Economics Association was held Friday afternoon. After hearing the report of the committees, officers for the coming year were elected. The constitution presented by the committee was adopted. A motion to have Virginia Home Economics Association become a part of the Virginia Society for Vocational Education was lost.

COOKERY COURSES FOR MEN

Pennsylvania State College is planning to repeat this fall the courses for men which were given last spring. There is a course in buying and menu making, designed especially to meet the needs of the men who are acting as stewards for the various college clubs; and there is a class in actual cookery, where the men study elementary food principles and apply them, ending their work with a dinner for their friends. This course developed some technical skill, but in addition it gave an appreciation of the work involved in meal serving. After the dinner one man said, "Six men, five hours each—thirty hours, one dinner—and one woman does it!"

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FINDS PIGMENT IN FOOD

The following clipping taken from a New York paper will be of interest to students of nutrition:

Philadelphia, Oct. 18.—Pigment which plays an important part in the normal development of the eye, ear and brain is largely a product of food, Dr. Percy H. Fridenberg of New York declared today in an address at the twenty-sixth annual meeting of the American Academy of Ophthalmology and Otolaryngology.

Such things as butter, oranges, spinach and other highly colored foods contain a substance which prevents certain deficiency diseases, among which are rickets and scurvy, he said, adding:

"Mothers' milk is best protection for all these deficiency diseases. There are secretions in the body called 'hormones' which act like vitamins and add substantially to such process as normal growth, weight and reaction to disease."

Professor J. van der Hoeve of Leyden, Holland, told of investigations in connection with the lack of pigment in the eye and the excess of pigment in the visual parts of the eye, both often congenital and leading to blindness, and with similar pigment distribution in the ear leading to deafness.

VI

ENTERTAINMENTS SUITABLE
FOR HIGH SCHOOLS

[Teachers in the field are quick to make use of published lesson plans, of lists of references informing them of devices, books, and other materials valuable in their work. THE VIRGINIA TEACHER has noted the cordial response made to the lists of questions and other helps prepared by Dr. John W. Wayland for use in the teaching of Wayland's *A History of Virginia for Boys and Girls*; to the excellent and comprehensive tabulations of aids to home economics teachers published in February, 1921; and to *Som: Aids in Physical Education*, published in March, 1921.

In later issues of THE VIRGINIA TEACHER are to be published reference lists and aids helpful to the teacher of English, drawing,

geography, history, music, nature study and science, arithmetic, and hygiene. These aids will include bibliographies of useful books on method; addresses of commercial firms from whom devices, apparatus, etc., may be obtained; addresses and prices of appropriate professional periodicals.

These compilations were initiated by seniors in Education 22 and Education 201, during the spring quarter of 1921. Three sources of information were drawn upon by the student committees. Each committee consulted available material in the library, interviewed the critic teachers of the training school for suggestions and helps, and finally submitted the assembled material to the normal school instructor in whose field the subject lay.

Herewith are presented suggestions and helps gathered by Misses Gladys Hopkins and Katherine Willson, which have been revised and extended by Miss Ruth S. Hudson, instructor in public speaking and dramatic coach.]

PLAYS

a. Indoor Plays:

1. Pot of Broth. A comedy in one act by W. B. Yeats. Two males, one female; costumes modern; clever lines; interesting plot. Price 35 cents.
2. The Revolt. A comedy in one act by Ellis Parker Butler. Eight females; costumes modern. This play has been very successfully given by high schools. Its bright clever lines keep you laughing throughout the entire play. Price 30 cents.
3. America Passes By. A play in one act by H. Andrews. Two males, two females; costumes modern; good character drawing and strong dramatic interest; plays thirty minutes. Price 25 cents.
4. The Copper Pot. A play in two scenes by F. Healy. Eight males, five females; costumes oriental; plays thirty minutes. A laughable picture of eastern life, cleverly written; easily produced. Price 35 cents.
5. Miss Molly. A comedy in two acts by Elizabeth Gale. Three males, five females; plays one hour; costumes modern; full of fun, easy to produce. Price 35 cents.
6. The Elopement of Ellen. A comedy in three acts by M. J. Warren. Four males, three females; costumes modern; lines good; well suited to amateurs; plays two hours. Price 35 cents.
7. Scrap of Paper. A comedy in three acts by J. P. Simpson. Six males, six females; plays full evening; costumes modern. A play high in tone, sprightly in movement, interesting in story and