

IV

HOME ECONOMICS AIDS

The progressive teacher of home economics can not limit herself to the use of one of the available textbooks written upon her subject nor to her own college notebook, helpful as either may be, if she would keep abreast of the times. She must, on the contrary, avail herself of the wealth of new reference material issued daily in pamphlet, magazine, or newspaper form. Home Economics educators began to realize a few years ago that many more homes could be reached and helped if the knowledge they were imparting through the classroom could be popularized and sent broadcast throughout the country in the various periodicals. Discretion must be used, it is true, in the choice and selection of such material; but the student soon learns what is authentic and what is not, and is able to collect much valuable source material.

The Federal Government is able to put out the information obtained by a number of expert research workers in bulletin form at a nominal cost. These bulletins should be in the hands of every high school student. The agricultural extension departments of most states contribute much valuable information for their own localities, although many of these bulletins are applicable to other sections of the country as well. No teacher of home economics should fail to have access to a few of the best technical journals and magazines. She may increase this number by taking one or two herself and adding others to the list of library periodicals.

Much investigation has been made of late in regard to the textbooks used in home economics subjects. Probably in no other phase of work is it so hard to find a suitable text as in the ever changing subjects relating to the home. As civilization progresses, as the standards of the community rise, so the methods of teaching must be revised to meet these changing conditions.

The teacher will find it necessary to select that text which seems most fitted to the age of her pupils and then adapt it to the needs of the community. If wisely used as supplementary work an up-to-date recipe book may be placed in the hands of a high school student to very good advantage. It will relieve the necessity of much dictation which steals the time from the regular recitation period; and it will give the student a knowledge of a reliable source for future reference.

The book adopted by the State Textbook Commission of Virginia as a text in foods and cookery is *Elements of Theory and Practise of Cookery*, by Williams and Fisher, and for textiles and clothing, *Shelter and Clothing, Parts I and II*, by Kinne and Cooley.

Each home economics teacher should bend every effort to build up her reference library with the latest and most approved books and periodicals and keep these in constant use. We are, therefore, glad to recommend a small list of books which the Home Economics Department of the State Normal School at Harrisonburg has found reliable and of great value as reference material.

SELECT BIBLIOGRAPHY OF HOME ECONOMICS TEXTS

TEXTBOOKS FOR HIGH SCHOOLS

Preferred Texts are Starred

Title of Book	Author	Publisher	Date	Price
*1. Food and Home Cooking Carlotta Greer Allyn and Bacon	1920	
2. Domestic Science Principles and Application Pearl L. Bailey Webb Pub. Co, Minn.	1914	
3. The Science of Home-Making Pirie Scott, Foresman & Co.	1915	.90
4. A Laboratory Manual of Foods and Cookery Matteson and Newlands Macmillan	1916	\$1.50
5. Food Study Wellman Little, Brown & Co.	1917	\$1.00
6. A Textbook of Domestic Science Campbell Macmillan	1913	.90
7. Foods and Household Management Kinne and Cooley Macmillan	1914	\$1.10
8. Shelter and Clothing Kinne and Cooley Macmillan	1913	\$1.10

TEXTBOOKS FOR GRADES

Title of Book	Author	Publisher	Date	Price
*1. Household Arts for Home and School. 2 Vol.....	Cooley and Spohr.....	Macmillan	1919	\$1.50
2. Food and the Family.....	Kinne and Cooley.....	Macmillan	1917	.85
3. Food and Health.....	Kinne and Cooley.....	Macmillan	1916	.65
4. Elements of Theory and Practice	Williams and Fisher.....	Macmillan		\$1.00

NUTRITION FOR HIGH SCHOOLS

Title of Book	Author	Publisher	Date	Price
*1. Feeding the Family	Rose	Macmillan	1916	\$2.10
*2. The American Home Diet ..	McCollum and Simmonds..	Frederick C. Mathews..	1920	\$3.65
3. The Care and Feeding of Children	Holt	Co. Detroit		
4. Chemistry of Food and Nutrition	Appleton	1915	.75
*5. Dietetics for High School ..	Sherman	Macmillan	1918	\$2.00
6. Diet in Health & Disease ..	Willard and Gillett.....	Macmillan	1921	
	Freedenwald and Ruhbah..	Saunders		

TABLE SERVICE

Title of Book	Author	Publisher	Date	Price
*1. The Up-to-date Waitress ..	Hill	Little, Brown	1914	\$1.50
*2. Expert Waitress	Springstead	Harpers	1912	\$1.00
*3. Table Service.....	Allen	Little, Brown	1915	
4. Serving and Waiting	Marchant			
5. The Hostess of Today.....	Linda Hull Larned.....			
6. Etiquette of the Table.....	Manhattan Agri. College..	Manhattan Agric. College		.15

COOK BOOKS

Title of Book	Author	Publisher	Date	Price
*1. Boston Cooking School..		
Cook Book	Farmer	Little, Brown & Co..	1916	\$2.00
*2. Practical Cooking and Serving	Hill	Doubleday, Page.....		\$1.89
3. Cooking for Two	Hill	Little, Brown & Co..		\$1.50

TEXTILES AND CLOTHING

Title of Book	Author	Publisher	Date	Price
*1. Shelter and Clothing	Kinne and Cooley.....	Macmillan	1913	\$1.10
*2. Clothing for Women.....	Baldt	Lippincott	1917	\$2.20
*3. Dressmaking	Fales	Scribner	1917	
*4. Story of Cotton Plant....		
*5. Household Arts for Home and School	Cooley and Spohr.....	Appleton	1915	.50
*6. Textiles	Woolman and McGowan..	Macmillan	1919	\$1.50
7. Two Centuries of Costume in America.....	Earle	Macmillan	1913	
8. Home Millinery Lessons..	Tobey	Lippincott		
*9. Clothing and Health.....	Kinne and Cooley.....	Macmillan	1916	
*10. School Needlework	Hapgood	Ginn & Co.		

HOME NURSING

Title of Book	Author	Publisher	Date	Price
*1. Modern Methods in Nursing	Sanders	W. B. Saunders, Phil..	1919	
*2. Home Nurses' Hand Book of Practical Nursing.....	Aiken	W. B. Saunders, Phil..		
3. Practical Nursing	Maxwell and Pope.....	Putnam	1914	\$2.00
*4. Prevention of Disease.....	Winslow	Saunders	1916	\$1.75
5. Red Cross Textbooks.....		
6. Elementary Hygiene and Home Care of the Sick..	Delano	Blackiston	1913	\$1.75
7. Diet in Health & Disease ..	A. F. Porter.....	A. F. Porter	1920	
8. Food and Cooking for the Sick and Convalescent....	Farmer	Little, Brown & Co..	1912	\$1.60
9. Human Mechanism	Hough and Sedgwick.....	Ginn & Co.....	1906	\$2.00
*10. Home and Community Hygiene	Broadhurst	Lippincott	1918	\$2.00
11. Home Nursing, Virginia Health Bulletin, No. 10..	State Department of Health	Richmond	1920	.10

HOUSEHOLD MANAGEMENT

Title of Book	Author	Publisher	Date	Price
*1. Housewifery	Balderston	Lippincott	1919	\$2.00
*2. Business of the Household ..	Taber	Lippincott	1918	\$2.00
*3. A Manual of Homemaking ..	Van Rensselaer, Rose and Cannon	Macmillan	1919	\$2.25
4. The Efficient Kitchen	Child	McBride, Noth	1914	\$1.25
5. Care of a House.....	Clark	Macmillan	1912	\$1.50
6. Household Engineering.....	Frederick	Whitcomb & Barrows..	1919	\$2.00
7. Market and Household Manual	Donham	Whitcomb & Barrows..	1917	\$1.75
8. Increasing Home Efficiency	Bruire	Macmillan	1912	\$1.50
9. A Family Expense Account. Including Problems of Investment and Expenditure	Brookman	Heath	1914	
10. Home Economics	Parloa	Century	1910	\$1.50

REFERENCE BOOKS FOR FOODS AND COOKERY

Title of Book	Author	Publisher	Date	Price
1. Food Products	Sherman	Macmillan	1914	\$2.25
2. The Apple Book	Commercial Club	Winchester, Va.		
3. Successful Canning and Preserving	Ola Powell	Lippincott	1917	\$2.00
4. Principles of Food Preparation	Chambers	Whitcomb & Barrows		\$1.00
5. The Food Problem	Kellogg and Taylor	Macmillan	1917	\$1.25
6. Source Chemistry and Use of Food Products	Bailey	P. Blakiston, Phil.	1914	\$1.60
7. Food and the War	U.S. Food Administration	Houghton Mifflin80
8. Everyday Foods in War Time	Rose	Macmillan	1918	\$1.00

HOUSEHOLD FURNISHING

Title of Book	Author	Publisher	Date	Price
*1. Interior Decoration for the Small Home	Rolfe	Macmillan	1917	\$1.25
2. The Practical Book of Period Furniture	McClure and Eberlein	Lippincott		
3. Interior Decoration	Parsons	Doubleday, Page	1915	\$3.00
4. Theory and Practice of Teaching Art	Dow	Teachers College, N. Y.	1912	\$1.50
5. The Practical Book of Interior Decoration	Eberlein, McClure Holloway	Lippincott		
6. Color Schemes for the Home and Model Interiors	H. Frohne and B. Jackson	Lippincott		

MAGAZINES AND PERIODICALS

1. Journal of Home Economics, 1211 Cathedral St., Baltimore, Maryland..... Price \$2.00
2. Good Housekeeping, 119 West 40th Street, New York City..... Price \$3.00
3. American Cookery Magazine, Pub. by Boston Cooking School Magazine, Bos. Price \$1.50
4. Mother and Child, American Hygiene Association, Baltimore, Maryland
5. The Manual Training Magazine, Manual Arts Press, Peoria, Illinois..... Price \$1.25
6. Ladies Home Journal, Curtis Publishing Company, Philadelphia, Pa. Price \$1.50
7. Woman's Home Companion, Crowell Publishing Company, New York..... Price \$1.50
8. House and Garden, McBride and Nash Company Price \$3.00
9. House Beautiful, 3 Park Street, Boston, Mass. Price \$2.50
10. The Delineator, Butterick Publishing Company, New York..... Price \$1.50
11. Country Life, Doubleday Page and Company, New York..... Price \$5.00
12. Vogue, Conde Nast, 19 West 44 Street, New York City..... Price \$5.00
13. The Elite, 71 Suffolk Street, New York City
14. Bon Ton, Taylor Publishing Company, 16 West 39 Street, New York..... Price \$3.50
15. Teachers College (Record and Bulletins), Teachers College, Columbia Uni., New York
16. The Cornell Reading Course, Cornell University, Ithaca, New York
17. University of Illinois, Bulletins, Urbana, Illinois.
18. Iowa Agricultural College, Bulletins, Ames, Iowa
19. The Housekeeping Experiment Station, 28 Hoyt Street, Stamford, Conn.
20. The Forecast Magazine, Forecast Publishing Co., 6 East 39th Street, New York

GOVERNMENT PUBLICATIONS

Order from the Superintendent of Documents, Government Printing Office, Washington, D. C. or from various departments.

FEDERAL BOARD FOR VOCATIONAL ED.

Bulletins on vocational homemaking, Washington, D. C.

DEPARTMENT OF AGRICULTURE

Place name on mailing list for monthly Publications

Farmers Bulletins

Agricultural Experimental Bulletins

Health, Disease and Sanitation Bulletins
Publications of States Relation Service,
A. C. True

Publications of Office of Home Economics,
the States Relation Service, C. F.
Langworthy, Chief.

DEPARTMENT OF INTERIOR

Division of Home Economics, Bureau of
Education, Mrs. Henrietta Calvin, Director
Home Ed. Bureau, Bureau of Ed., Reading
Courses for Parents

Bureau of Mines, Saving Fuel in a House
Sanitation and other Publications of in-
terest.

HISTORY AND DEVELOPMENT OF HOME ECONOMICS

1. Education for the Home, Andrews, Part I, II, III, IV; Bureau of Ed. Washington, D. C.
2. History of Home Ec. Movement, Bevier & Voker, Whitecomb & Barrows Price \$.75
3. Syllabus of Home Economics, Am. Home Ec. Asso., 1211 Cathedral St., Baltimore, Md.

EXHIBITS

Meat Charts-----	{ E. C. Bridgman-----86 Warren St. New York
	{ Armour & Co.-----Chicago
	{ Wilson Company-----Chicago
Cereal Exhibit-----	Postum Cereal Co.-----Battle Creek, Mich.
Vanilla Bean Exhibit-----	J. Burnett and Co.-----Boston, Mass.
Baking Powder Exhibits-----	Royal Baking Powder Co.-----135 William St., New York
Spice Exhibit-----	Stickney & Poor Spice Co.-----Boston, Mass.
Laundry Pamphlets-----	Proctor & Gamble-----Cincinnati, Ohio
Flour Exhibit-----	Washburn-Crosby-----Minneapolis, Minn.
Cocoa and Chocolate-----	Huyler & Co.-----64 Irving Place, Boston
Corn Products Exhibit-----	Corn Product Refining Co.-----New York
Health Literature-----	Child Health Org. of America-----156 Fifth Ave., New York

METHODS OF TEACHING HOME ECONOMICS

Teaching Home Economics, Cooley, Winchell-----	Macmillan, 1919
Spohr, Marshall-----	

EQUIPMENT

The problem of equipment is a difficult one when placed in the hands of an experienced home economics teacher, in a regular laboratory; but what can the one-teacher school do? The teacher very possibly has no training for this field of work, but many of her children never have an opportunity to go further and the influence of such work is so far-reaching that, despite the already overcrowded curriculum, and lack of space and equipment, much may be done if the work is centered around the hot lunch. The theoretical work could be given in connection with history, geography, arithmetic, or a reading lesson, and a corner of the cloak room, or even a part of the teacher's platform could be used for a kitchenette. If a kitchen cabinet and a two or three-burner oil stove with a portable oven could be secured all the necessary equipment could be easily cared for. But a large drygoods box, or a few shelves and a table top, hinged to the wall so it may be dropped when not in use, may serve very well to start with. A home-made fireless cooker would also be a valuable piece of equipment. The supplies, which will probably be very eagerly contributed by the patrons of the school, should be kept in glass jars (fruit jars do nicely) or tin cans. A tin can, painted white and labeled, presents a very attractive and sanitary appearance. The necessary cooking utensils depend entirely upon the number of children and the locality. If the teacher does most of the work as demonstration and just one hot dish is prepared each day, it will require much

less equipment, but if the older girls work in groups, they must have a sufficient number of quantity sized utensils to prepare and serve the foods efficiently.

The necessary towels, dish clothes, cleaning cloths, holders, and aprons may be furnished by each student, made in her sewing classes and kept as her own personal property at the end of the year, if they can not be purchased by the school.

The preparation and serving of the hot lunch is one of the best ways to introduce courses in home-making into the rural school and, if the work is carefully organized and administered, it may be the means of improving the physical condition of the children as well as serving real educational purposes.

EQUIPMENT FOR HOME ECONOMICS

When considering desks, write to

Federal Equipment Co., Carlisle, Pa.
 Kewaunee Mfg. Co., Kewaunee, Wisconsin.
 E. H. Sheldon Co., Muskegan, Michigan.
 C. Christansen, 2219 Grand Ave., Chicago.
 R. A. Fife Corporation, 70 Fifth Ave.
 New York, N. Y.
 Leonard Peterson & Co., 1234-48 Fullerton
 Avenue, Chicago, Illinois.

It is possible to have a local carpenter make a satisfactory table. This can frequently be done at less expense than purchasing the above finished desks. When space must be economized an inexpensive double table (students working from each side) can be made to accommodate ten students. The following dimensions have proven fairly satisfactory for children in elementary grades—length, 11 ft; height, 30 inches; width, 34 inches; burners 7 inches above top in one row down center of table.

Shelf— 8 inches below top, closed by board hinged at shelf, with buttons on edge of top. This board divided into two sections, each 5½ feet long, hangs down below shelf while class is at work.

Good finish for top of desks—

Uni-varnish, Murphy Varnish Co., Newark, N. J. One gallon covers 125 square feet with one coat; four coats are needed. This is excellent in appearance, easily cleaned, is not affected by water nor a reasonable amount of heat, lasts very well.

A good gas-burner for top of desks—

Vulcan 943, made by W. M. Crane Co., Philadelphia, Pa.

An excellent alcohol stove—

For use on top of desk is made by Dangler Stove Co., Cleveland, Ohio.

For suggestions for arrangement of desks, see "Equipment for Domestic Science Laboratories," Kinne; also, *Home Economics Journal*, May 1920.

How to keep a floor of a laboratory in good condition is a vexing problem. One means which has proved fairly satisfactory is to start with a reasonably smooth floor, stain with medium flat walnut stain, follow with three coats of floor varnish and wax on top of varnish. Watch wear and re-wax where greatest wear shows once or twice a year. A floor treated thus, looks and wears well.

The following list of equipment for home-making departments in Virginia High Schools has been compiled by Miss Edith Baer, former supervisor of Home Economics in this state:

SUGGESTED LIST OF EQUIPMENT FOR HOME-
MAKING DEPARTMENTS
VIRGINIA HIGH SCHOOLS
FOR TWELVE STUDENTS

Where two numbers are given, it is possible to accomplish the work with the smaller number of utensils, if group work is done.

Desk Equipment

- 6-12 shallow layer cake tins (11 in.)
- 6 tablespoons
- 6-12 teaspoons
- 3- 6 case knives and forks
- 3- 6 paring knives
- 12 spatulas (5 in.)
- 2- 4 small wooden spoons
- 4- 6 measuring cups (one-half pint)
- 1- 2 egg beaters
- 1- 2 bowl strainers (medium sized when for group)
- 12 double boilers (1 pt.)
- 1- 2 saucepans with lids (1 pt.)
- 2- 4 small frying pans
- 6 earthenware custard cups
- 2- 6 earthenware bowls (1 pt.)

- 1- 2 salt boxes
- 1- 2 pepper boxes
- 2- 4 dishpans
- 1- 2 nickel towel rods
- 1- 2 vegetable brushes
- 1- 4 scrubbing brushes

Sink Equipment

- 1 sink with drain-boards (enamel preferred)
- 1 sink strainer
- 1 towel rack
- 1 soap shaker
- 1 soap dish
- 1 garbage pail
- 1 hand basin

Fuel Equipment

- 1 coal range
- 2 three or four burner oil stoves with portable oven } for rural districts
- or
- individual gas burners } for cities
- 1 gas stove
- 1 coal range
- 1 coal and wood box
- 1 coal shovel
- 1 oil can
- 1 stove brush
- 1 dust pan
- 1 tea-kettle and inset
- 1 match holder

Supplies Equipment

- 1 bread box
- 6 glass jars (2 qts.)
- 6 glass jars (1 qt.)
- 6 small jelly tumblers for spices, etc.
- 1 medium pitcher
- 4 medium bowls (10 in.)
- 3 plates
- 2 platters
- 1 butter jar
- 1 flour firkin
- 1 sugar firkin

Utensil Closet

- 1 double boiler (2 qts.)
- 1 double boiler (1 qt.)
- 2-4 saucepans with lids (2 qts.)
- 1-2 saucepans with lids (1 qt.)
- 1 soup kettle (8 qts.)
- 1 iron frying pan (10 in.)
- 1 wooden bowl
- 1 chopping knife
- 2-3 rolling pins
- 1 bread mixer (Universal)
- 1 coffee pot
- 1 tea-pot
- 1 scotch bowl and basket
- 1 grater
- 1 onion grater
- 1 nutmeg grater
- 12 small pie pans
- 3 large pie pans
- 3 layer cake pans
- 2 sets muffin pans

- 1 loaf cake pan
- 2 baking sheets (Russia iron)
- 1 sponge cake pan
- 1 cork screw
- 1 apple corer
- 1 potato ricer
- 1 potato masher (wire)
- 1 potato masher (wooden)
- 1 ice pick
- 1 set Christy knives
- 1 can opener
- 1 carving knife and fork
- 1 knife sharpener
- 1 spatula (6 in.)
- 1 pair scissors
- 1 bread board and knife
- 2 lemon reamers
- 2-4-6 biscuit cutters
- 2 cookie cutters
- 1 doughnut cutter
- 1 cake turner
- 1 griddle
- 1 waffle iron
- 3 cake coolers
- 1 colander
- 1 trivet
- 1 large basting spoon
- 1 flour dredger
- 1 sugar dredger
- 1 quart measure
- 3 knitting needles for testing vegetables, cake, etc.
- 1 dover egg beater
- 2 pastry boards (if not on desks)
- 1 ice cream freezer
- 1 casserole or baking dish
- 1 tea strainer
- 1 coffee strainer
- 3 asbestos mats
- 1 roasting pan

Cleaning Equipment

- 1 fibre pail
- 1 wet mop
- 1 floor brush
- 1 broom
- 1 dust pan and brush
- floor cloth
- dusters
- scrubbing brush

Kitchen Furniture

- 6 cooking tables (2 students each)
- 12 stools
- blackboard
- clock
- 2 cupboards for supplies
- supply table

Laundry Equipment

- 2 sets wooden tubs
- 1 set irons
- 1 ironing board and table
- 1 ironing blanket and sheet
- 1 boiler
- sauce pan, etc., for starch
- 1 wringer

Dining-room Furniture

- 1 table
- 6 or eight chairs
- 1 serving table
- closet for china

Recommended for less expensive equipment but not required.

Sewing-room Furniture

- 2 or more tables with foot rest (3 by 8 ft. and 36 inches high)
- 1 Singer sewing machine for every 6 students at least.
- 1 long mirror
- closet for supplies
- lockers for students' supplies
- 12 chairs
- blackboard

China and Silver

- 6 tumblers
- 1 water pitcher
- 1 sugar and creamer
- 1 covered vegetable dish
- 6 coffee cups and saucers
- 6 teacups and saucers
- 2 medium sized platters
- 2 open vegetable dishes
- 1 salad bowl
- 2 salt shakers
- 6 dinner plates
- 12 breakfast plates
- 6 bread and butter plates
- 6 soup plates
- 12 fruit saucers
- 2 serving trays
- 12 knives and forks
- 12 teaspoons
- 6 tablespoons
- 6 fruit knives

Linen

- 12 glass towels
- 12 coarse towels
- 12 small scrubbing cloths
- 12 dish cloths
- 2 floor cloths
- 2 oven cloths
- 1 silence cloth
- 1 table cloth
- 12 napkins
- 12 plate doilies
- 12 finger bowl doilies
- 12 tumbler doilies
- 1 centerpiece
- 1 lunch cloth
- 12 napkins

} desired but could be
borrowed in need

No provision has been made for the teaching of home-nursing and the care of the bedroom, but a room in the neighborhood of the school may be secured by the instructor for this work.