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 Practice 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

<table>
<thead>
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<th>Author</th>
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<tr>
<td>1. Food and Home Cooking</td>
<td>Carlotta Greer</td>
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<td>5. Food Study</td>
<td>Wellman</td>
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<td>6. A Textbook of Domestic Science</td>
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<tr>
<td>7. Foods and Household Management</td>
<td>Kinne and Cooley</td>
<td>Macmillan</td>
<td>1914</td>
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<td>8. Shelter and Clothing</td>
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## Textbooks for Grades

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<tr>
<td>1. Household Arts for Home and School, 2 Vol.</td>
<td>Cooley and Spohr</td>
<td>Macmillan</td>
<td>1919</td>
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<td>2. Food and the Family</td>
<td>Kinne and Cooley</td>
<td>Macmillan</td>
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<td>3. Food and Health</td>
<td>Kinne and Cooley</td>
<td>Macmillan</td>
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<tr>
<td>4. Elements of Theory and Practice</td>
<td>Williams and Fisher</td>
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<td>5. Feeding the Family</td>
<td>Rose</td>
<td>Macmillan</td>
<td>1916</td>
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<td>6. The American Home Diet</td>
<td>McCollum and Simmonds</td>
<td>Frederick C. Mathews, Co. Detroit</td>
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<td>7. The Care and Feeding of Children</td>
<td>Holt</td>
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<td>8. Chemistry of Food and Nutrition</td>
<td>Sherman</td>
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<td>9. Dietetics for High School</td>
<td>Willard and Gillett</td>
<td>Macmillan</td>
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<td>10. Diet in Health &amp; Disease</td>
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## Nutrition for High Schools

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<td>1. TheUp-to-date Waitress</td>
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<td>2. Expert Waitress</td>
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<td>3. The Service of Today</td>
<td>Allen</td>
<td>Little, Brown</td>
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<td>4. Serving and Waiting</td>
<td>Marchant</td>
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<td>5. The Hostess of Today</td>
<td>Linda Hull Larned</td>
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<td>6. Etiquette of the Table</td>
<td>Manhattan Agric. College</td>
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## Table Service

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<td>1. Boston Cooking School</td>
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<td>2. Practical Cooking and Servicing</td>
<td>Hill</td>
<td>Doubleday, Page</td>
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<td>3. Cooking for Two</td>
<td>Hill</td>
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## Cook Books

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<tr>
<td>1. Shelter and Clothing</td>
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<td>Scribner</td>
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<td>3. Dressmaking</td>
<td>Pyles</td>
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<td>4. Story of Cotton Plant</td>
<td>Cooley and Spohr</td>
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<td>5. Textiles</td>
<td>Woolman and McGowan</td>
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<td>6. Two Centuries of Costume in America</td>
<td>Earle</td>
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<td>7. Home Millinery Lessons</td>
<td>Tobey</td>
<td>Lippincott</td>
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<td>8. School Needlework</td>
<td>Hapgood</td>
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## House Nursing

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<td>1. Modern Methods in Nursing</td>
<td>Sanders</td>
<td>W. B. Saunders, Phil.</td>
<td>1919</td>
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<td>2. Home Nurse's Handbook of Practical Nursing</td>
<td>Aiken</td>
<td>W. B. Saunders, Phil.</td>
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<td>3. Practical Nursing</td>
<td>Maxwell and Pope</td>
<td>Putnam</td>
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<td>4. Prevention of Disease</td>
<td>Winlow</td>
<td>Saunders</td>
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<td>5. Red Cross Textbooks</td>
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<td>6. Food and Hygiene and Home Care of the Sick</td>
<td>Delano</td>
<td>Blackiston</td>
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<td>7. Diet in Health &amp; Disease</td>
<td>A. F. Porter</td>
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<td>8. Food and Cooking for the Sick and Convalescent</td>
<td>Farmer</td>
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<td>9. Human Mechanism</td>
<td>Hough and Sedgwick</td>
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<td>10. Home and Community Hygiene</td>
<td>Broadhurst</td>
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<td>11. Home Nursing, Virginia</td>
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## Household Management

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<tr>
<td>1. Housewives' Hand Book of Practical Nursing</td>
<td>Balderston</td>
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<td>2. Business of the Household</td>
<td>Taber</td>
<td>Lippincott</td>
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<td>3. A Manual of Homemaking</td>
<td>Van Rensselaar, Rose and</td>
<td>Macmillan</td>
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<td>4. The Efficient Kitchen</td>
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<td>McBride, Noth</td>
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<td>5. Care of a House</td>
<td>Clark</td>
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<td>6. Household Engineering</td>
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<td>Whitcomb &amp; Barrows.</td>
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<td>Donham</td>
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<td>8. Increasing Home Efficiency</td>
<td>Bruier</td>
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<td>9. A Family Expense Account, Including Problems of Investment and Expenditure</td>
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<td>10. Home Economics</td>
<td>Brookman</td>
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<td>11. Housekeeping, Virginia</td>
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## Textiles and Clothing

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## REFERENCE BOOKS FOR FOODS AND COOKERY

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<td>1. Food Products</td>
<td>Sherman</td>
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<td>3. Successful Canning and</td>
<td>Ola Powell</td>
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<td>5. The Food Problem</td>
<td>Kellogg and Taylor</td>
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<td>6. Source, Chemistry, and Use</td>
<td>Bailey</td>
<td>P. Blakiston, Phil.</td>
<td>1914</td>
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<td>7. Food and the War</td>
<td>U.S. Food Administration</td>
<td>Houghton Mifflin</td>
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<td>8. Everyday Foods in War</td>
<td>Rose</td>
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## HOUSEHOLD FURNISHING

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<tr>
<td>1. Interior Decoration for the Small Home</td>
<td>Rolfe</td>
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<td>2. The Practical Book of Period Furniture</td>
<td>McClure and Eberlein</td>
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<td>3. Interior Decoration</td>
<td>Parsons</td>
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<td>4. Theory and Practice of Teaching Art</td>
<td>Dow</td>
<td>Teachers College, N. Y.</td>
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<td>5. The Practical Book of Interior Decoration</td>
<td>Eberlein, McClure Holloway</td>
<td>Lippincott</td>
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</table>

## 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
8. House and Garden, McBride and Nash Company. Price $3.00
9. House Beautiful, 3 Park Street, Boston, Mass. Price $2.50
12. Vogue, Conde Nat., 19 West 44 Street, New York City. Price $5.00
13. The Elite, 71 Suffolk Street, New York City.
15. Teachers College (Record and Bulletins), Teachers College, Columbia Uni., New York.
19. The Housekeeping Experiment Station, 28 Hoyt Street, Stamford, Conn.

## GOVERNMENT PUBLICATIONS


### FEDERAL BOARD FOR VOCATIONAL ED.

- Bulletins on vocational homemaking.
- Washington, D. C.

### DEPARTMENT OF AGRICULTURE

- Farmers Bulletins
- Agricultural Experimental Bulletins

### DEPARTMENT OF INTERIOR

- Division of Home Economics, Bureau of Education, Mrs. Henrietta Calvin, Director.

### HISTORY AND DEVELOPMENT OF HOME ECONOMICS

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

C. Christansen, 2219 Grand Ave., Chicago.
R. A. Fife Corporation, 70 Fifth Ave., New York, N. Y.

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—

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 homemaking 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 (half-pint size)
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
2-3 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

or

Individual gas burners
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 pall
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
1 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
1 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
1 closet for supplies
1 lockers for student’s 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 clothes
12 dish clothes
2 floor cloths
2 oven clothes
1 silence cloth
1 table cloth
12 napkins
12 plate doilies
12 finger bowl doilies
12 tumbler doilies
1 centerpiece
12 place doilies
12 napkins

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.