



WALDO HALL

Home Economics

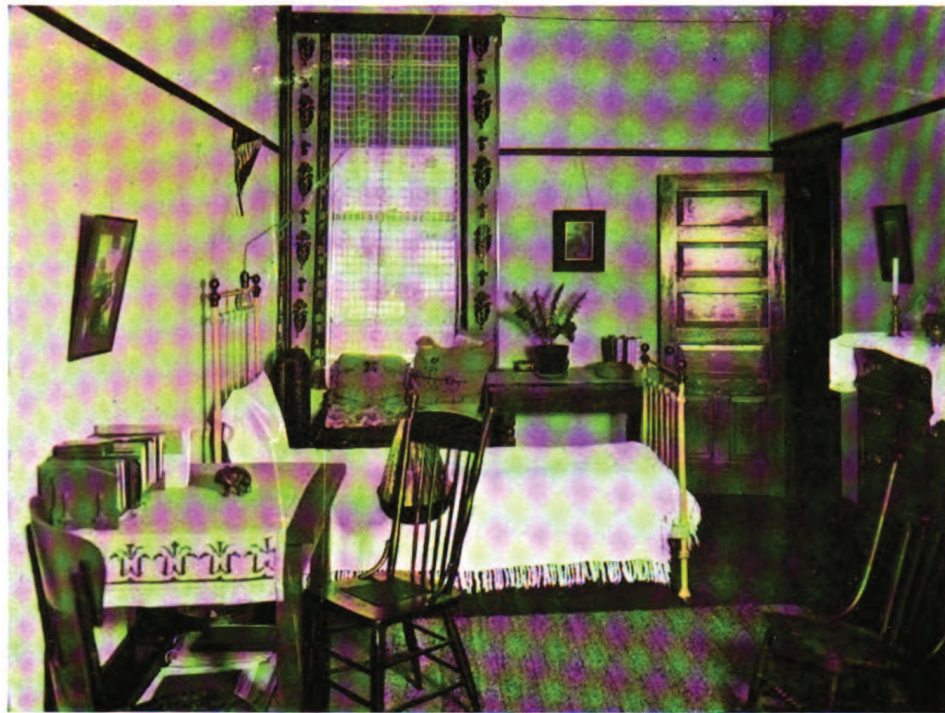


FVERY young woman who expects to become the head of a household should prepare herself with the knowledge which will enable her to meet the manifold problems which confront every housewife. So also should the girl who intends to train others for this great profession be trained in the science of home making. All this training is provided in the courses in Home Economics, where every phase of home life is touched upon.

The girl who can make excellent bread, and knows the comparative values of different kinds of food; who can plan the sort of meal best suited to the nourishment of the growing child and the invalid; who can tell where the different cuts of meat are found, and who knows something of what they should cost; who understands home sanitation, the planning and decoration of the house, and the making of her own dresses and hats, surely finds herself in a position to meet more readily and easily her daily problems.



DOMESTIC SCIENCE LABORATORIES. LEARNING BY DOING



A STUDENT'S ROOM IN WALDO HALL

The courses in Home Economics are designed not only to fit young women to be home makers, but to be reliant, capable women wherever their life work may be. While they are well grounded in the sciences pertaining to the particular subjects studied, they are at the same time made to see that the training most to be desired is that which develops simultaneously body, mind, and spirit.

In the elementary courses in Household Science a thorough study is made of the chemistry of foods, the principles involved in cookery, and the proper cooking and care of foods. In the advanced classes, emphasis is laid on the making of menus, cooking and serving of meals for daily use and for social occasions. Attention is given to the care and arrangement of the dining room, laying the table and serving. Work in the department of bacteriology prepares the student to understand the bacterial action in milk and bread, cheeses, vinegar and fruit and how to control these changes to advantage.



CLASS IN COOKING

Economic expenditures for household purposes are given careful attention. Practical problems in buying food stuffs are assigned to the young women and they are made responsible for preparing meals at certain fixed prices. Independent problems of planning menus for family meals and their preparation and serving in the home kitchen and dining room are assigned to the more advanced students.

The courses in Household Art are intended to give the student a thorough knowledge of the principles of construction of household linens and clothing. A thorough study of the development of the textile industries gives her an appreciation of material, a sympathy for textile workers and a feeling of her responsibility in the choice of textile fabrics.

As the work progresses from the making of household linens, undergarments, shirt waists, skirts, woolen and silk gowns, tailored suits, millinery, repairing and caring for clothing, planning and furnishing of homes, the girl realizes her growth in power and ability to meet those problems that naturally come to every womanly woman.



THINGS WHICH MAKE THE HOME ATTRACTIVE

There is the earnest desire in the department to give the girl high ideals and standards to stimulate her toward the development of the highest type of woman of which she is capable.

The courses given in this department deal with the home from every standpoint. The fact that the home is the most precious development of our civilization, the nursery of all the virtues, is constantly emphasized. It is realized fully that the girls, the future mothers of the home, hold the key to its happiness. Upon their ideals, their ambitions, depend very largely the character of the future men and women. Upon their management and care of the homes rest the comfort and happiness of the family, and upon their guidance depend the life and success of their children. Upon their intelligent action in times of emergency, the recognition of common diseases and a knowledge of the proper remedy, as well as care in convalescence, depends life itself. Thus home-making is dignified by being intimately associated with the future welfare of the commonwealth.



THE DRESSMAKERS

Woman's education in many schools has been limited to the cultural and disciplinary subjects. With this training she has been forced to meet the vital affairs of her life poorly equipped to cope with them. The aim of this department is to train women for the profession of home-making, the dignity of the profession demanding that the training shall be as extended and as thorough as that required in law or medicine.

Whatever may be the temporary ambition of the girls in our schools and colleges as to an independent existence after graduation, both history and reason forbid that we should ignore their final destiny—that of the future home-makers of our nation.



REDUCING THE COST OF LIVING