

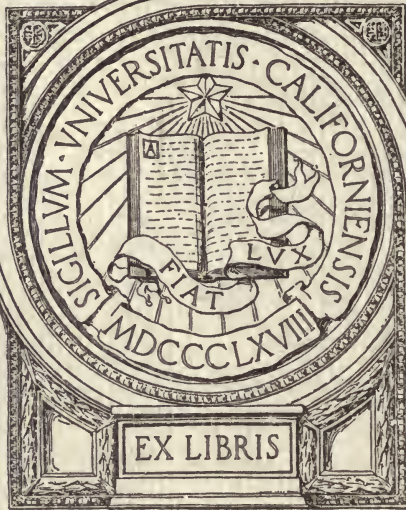
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HOME ECONOMICS

A BIBLIOGRAPHY FOR HIGH SCHOOLS

PREPARED BY
THE DEPARTMENT OF HOME ECONOMICS
OF THE

STATE COLLEGE
OF WASHINGTON

PUBLISHED BY THE STATE COLLEGE OF WASHINGTON
PULLMAN 1913 WASHINGTON

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A NOTE FROM THE STATE SUPERINTENDENT OF
PUBLIC INSTRUCTION

The bibliography of Home Economics prepared by the department of Home Economics of the State College of Washington for the use of high schools of the state will be of definite service in unifying the instruction in this new field. I am glad to recommend it to superintendents, to principals, and to teachers of the subject.

JOSEPHINE PRESTON.

FOREWORD

Courses in Home Economics are as yet so new that the work lacks organization and unity. Few books have been written for use as texts in any division of the subject; and none have been prepared specially for class work of a definite grade, and covering a definite division of the subject matter. But, notwithstanding the lack of text books, certain well-defined subdivisions of the whole field are pretty generally accepted, and courses designed to correspond thereto are being taught in our high schools and colleges as parts of the general course in Home Economics. These sub-divisions are: (1) Nutrition, including courses in the Science of Nutrition, in Foods and Cookery, and in Dietetics; (2) Textiles, involving a study of the textile fibres, of clothing, of house furnishing and equipment; (3) Sanitation, dealing with the principles of personal and public hygiene, and the practices of sanitary cleanness; (4) Home Management, involving a consideration of the function and responsibility of the home-maker; the distribution of the family income; the purchasing of supplies; the planning and serving of meals, the cost bearing a definite relation to the family income; the importance, the methods, the cost of sanitary cleanness; home care of the sick, etc., etc. To this extent there is organization,—that is, there is pretty general agreement as to the above sub-heads of the whole subject matter; but there is very little agreement as to the content or method of the separate courses taught under these similar titles.

In the teaching of the older subjects of the curriculum, the organization is that of good text books; and uniformity of content is attained through the use of the same or similar texts. With Home Economics, reference books must, for the present, take the place of accepted text books. If organization and somewhat of uniformity of content and instruction are to be attained in this field also, they must come through the use of the same or similar sources of subject matter. Hence, lists of reference books, suitable for the use of high school or of

college students, carefully classified and annotated, would seem to be a first step in this direction.

The following lists (I—VI) have been prepared by the department of Home Economics of the State College of Washington for the use of the high schools of the state. The classification is according to the grouping already discussed: Food and Nutrition; Textiles, Clothing, and House Furnishing; Sanitation; Home Management. Each list (I—IV) includes books suggested for the use of students, and for teachers. Books marked * are suggested for students of the first and second years; books marked † for students in the third or fourth year of the high school, to be used largely as text books. List V suggests books for supplementary reading; List VI, Government Publications available for free distribution. To these lists is added an outline for a high school course in Home Economics as recommended by this department.

JOSEPHINE T. BERRY

Professor of Nutrition and Head
of the Department of Home Economics

AGNES HOUSTON CRAIG

Professor of Textiles

LOUISE McDANELL

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Foods and Cookery

LIST I

Foods and Nutrition

FOR STUDENTS

- ***THE WORLD'S COMMERCIAL PRODUCTS.** Freeman and Chandler. 1908. 384 pp. Ginn. \$3.00.

This book is devoted largely to a consideration of the world's food products—their production, manufacture, and distribution. It is well written, well and profusely illustrated, and contains much material essential to a study of foods, and not obtainable from any other single source. Invaluable for the high school, it is also a most interesting book for home reading—for both old and young.

- ***HUMAN FOODS.** Harry Snyder. 1908. 355 pp. Macmillan, \$1.25.

A good popular book considering the subject of foods from the chemical side. It is non-technical in phraseology, and may be used as a text by pupils who have not had chemistry. Recommended for use in the first years of the high school, and for home study.

Contents: General composition of foods, changes in cookery, classes of foods, baking powders, condiments, beverages, the digestibility of foods, comparative cost and value, water, effect of household sanitation and storage, instructions for laboratory work.

- MILK AND ITS PRODUCTS.** H. H. Wing. 1908. 287 pp. Macmillan. \$1.50.

This is an excellent and reliable book, treating of the topics: milk, marketing, churning, butter, cheese, by-products of the dairy. The best source of material on butter and cheese-making available and suitable for high school classes. Valuable for home reading.

- THE STORY OF A GRAIN OF WHEAT.** W. C. Edgar. 1903. 191 pp. Appleton. \$1.00.

The chapters on the history of wheat and on the milling of it will be found of value as supplementing the material given in Freeman and Chandler's World's Commercial Products. Recommended for high school students and for home reading.

- ***THE HUMAN MECHANISM.** Hough and Sedgwick. 1906. 552 pp. Ginn. \$2.00.

A simple but comprehensive treatment of physiology, hygiene, and sanitation, which places the emphasis upon

function rather than upon structure. Interesting and readable, an excellent text for high school classes or for home study.

***BACTERIA, YEASTS, AND MOLDS IN THE HOME. H. W. Conn.**
1912. 285 pp. Ginn. \$1.00.

Thoroughly trustworthy, containing the essential principles of household bacteriology and hygiene. Recommended for all classes in the high school and for home study. The appendix contains directions for laboratory work that may be carried on with inexpensive apparatus.

†THE PRINCIPLES OF HUMAN NUTRITION. W. H. Jordan.
1912. 443 pp. Macmillan. \$1.75.

One of the most recent books. More advanced than Snyder's Human Foods. Recommended for the use of the classes in foods and cookery in the fourth year of the high school.

Contents: Part I. The plant as the source of human sustenance, the chemical elements and compounds involved in human nutrition, digestion, assimilation, the functions of foods and the laws of nutrition.

Part II. Practical dietetics, food economics, nutrition of the child, commercial foods, food preparation, sanitation, and preservation.

†THE CARE AND FEEDING OF CHILDREN. L. E. Holt, M. D.
1909. 188 pp. Appleton. \$0.75.

"A catechism for the use of mothers and children's nurses." This little book was written by one of the greatest authorities on children's diseases. It is the very best simple but scientific treatment of the subject, and is admirably suited for use in high school classes. The book considers the general care of children, infant feeding, diet for older children, and has a chapter headed Miscellaneous, which includes much useful information upon subjects of importance to the health and well-being of children.

THE CARE OF CHILDREN. A. C. Cotton, M. D. 1906. 199 pp.
American School of Home Economics, 506 West Sixty-ninth Street, Chicago. \$1.50.

An excellent book by a prominent physician, written in popular style. It will supplement the book by Holt. Recommended for high school students, mothers, and others interested in the proper care of children.

THE FUELS OF THE HOUSEHOLD, Their Origin, Composition, and Uses. **Marian White**. 1909. 96 pp. Whitcomb and Barrows. \$0.75.

An excellent little book, considering the solid, liquid, and gaseous fuels, and electricity, with a chapter on the economy of fuels. Of interest to teachers, students, and housekeepers.

LESSONS IN COOKING THROUGH PREPARATION OF MEALS. **Robinson and Hammell**. 1912. 452 pp. American School of Home Economics, Chicago. \$1.50.

The plan of the book is in part new—menus for one week of each month are given, together with the corresponding recipes. The novel feature consists of careful directions for the plan of the work involved in the preparation of each meal. Very suggestive for students and young housekeepers.

THE BOSTON COOKING SCHOOL COOK BOOK. **F. M. Farmer**. 1906. 603 pp. Little, Brown. \$2.00.

Good recipes, explicit directions easy to follow.

PRACTICAL COOKING AND SERVING. **J. M. Hill**. 1905. 712 pp. Doubleday, Page. \$2.00.

“A complete manual of how to select, prepare, and serve foods.” One of the best of the larger cook books.

CAMP COOKERY. **Horace Kephart**. 1911. 145 pp. Outing Publishing Co. \$0.70.

This book considers camp equipment and provisions, and gives many good recipes.

FOR TEACHERS

FOOD AND THE PRINCIPLES OF DIETETICS. **R. Hutchison**. 1910. 555 pp. Wood. \$3.00.

A large book, excellent for teachers, and not beyond the grasp of high school students.

THE THEORY AND PRACTICE OF INFANT FEEDING. **H. D. Chapin, A. M., M. D.** 1909. 344 pp. Wood. \$2.25.

An excellent book, with material to supplement that given in Holt's *The Care and Feeding of Children*. It gives the scientific basis upon which the practices of infant feeding depend.

Contents:

Part I.—The Underlying Principles of Nutrition.

Part II.—Raw Food Materials.

Part III.—Practical Feeding.

Part IV—Growth and Development of Infants.

Recommended for teachers and for parents who desire a comprehensive treatment of the subject.

THE CHEMISTRY OF FOOD AND NUTRITION. H. C. Sherman.

1911. 341 pp. Macmillan. \$1.50.

This book is recent, accurate, thorough, by far the most valuable single volume on the subject to be found in English. It does, however, presuppose some knowledge of chemistry and physiology. It treats of digestion, metabolism, food requirements, dietary standards, and inorganic food-stuffs. References to other authorities are given at the end of each chapter.

SANITARY AND APPLIED CHEMISTRY. E. S. H. Bailey. 1906.

332 pp. Macmillan. \$1.40.

This book was a pioneer in the field. Though the classification is not that now accepted, the book contains considerable valuable material relating to the problems of sanitation and the chemistry of food, which may be used to supplement Snyder's Human Foods with high school students who have a knowledge of elementary chemistry.

NUTRITIONAL PHYSIOLOGY. Percy Goldthwait Stiles. 1912.

263 pp. Saunders. \$1.25.

A new book of convenient size, containing much material heretofore available only in the larger reference books.

SELECTION AND PREPARATION OF FOOD. Laboratory Guide.

Bevier and Van Meter. 1910. 86 pp. Whitcomb and Barrows. \$0.75.

Suggestive for laboratory method.

HOUSEHOLD CHEMISTRY. H. T. Vulte. 1910. 189 pp. Pub-

lished by the author, 525 West 120th St., New York City. \$1.25.

A small laboratory manual dealing with fuels, water, sugars, proteins, flours, baking powders.

HOUSEHOLD SCIENCE AND ARTS, for Elementary Schools.

Josephine Morris. 1913. 227 pp. American Book Co. \$0.60.

Under this title is outlined a two-year course in cookery for the grammar school. The book contains some good illustrations, suggestions for the care of the house,

especially the kitchen, and many good recipes. The science material, however, is inaccurate in statement and unreliable. Allowance being made for this fact, the book will be of service in the seventh and eighth grades.

OUTLINES OF INDUSTRIAL CHEMISTRY. F. H. Thorp. 1908.

602 pp. Macmillan. \$4.00.

This is a technical treatise dealing with those manufactures which involve chemical processes. Since many of the products are used in and about the home, reliable information concerning them is important to the teacher and student of Home Economics, as, for instance, fuels, water, salt, soda, oils and fats, soap, glycerine, starch, dextrin and glucose, cane sugar, vinegar. This book, though technical, has been used to supplement the regular high school course in chemistry, and with excellent results.

LIST II

Textiles, Clothing, and House Furnishing

FOR STUDENTS

†TEXTILES. W. H. Dooley. 1910. 245 pp. Heath. \$1.00.

An elementary book, including a study of the textile fibres and fabrics. Excellent for high school classes or for home study.

*HOUSEHOLD TEXTILES. Charlotte M. Gibbs. 1912. 233 pp. Whitcomb and Barrows. \$1.25.

A book which considers the subject of textiles from the standpoint of the consumer. It endeavors to give an understanding of the textile market and to aid in the selection and use of textile fabrics.

Contents: Early development of the textile arts, spinning and weaving, classification of fibres, cotton, wool, silk, linen, bleaching and dyeing, adulterations and buying, hygiene of clothing materials, design and color in textile fabrics, labor conditions and efforts to improve them, the arts and crafts movement, laboratory tests for textile fibres.

THE DETERMINATION OF COTTON AND LINEN. Alois Herzog. Translated by Ellen A. Beers. 1910. 35 pp. Technical Education Bulletin, No. 7. Teachers College, Columbia University, New York City. \$0.25.

*SCHOOL NEEDLEWORK. Olive C. Hapgood. 244 pp. Ginn. \$0.50. Brief and clearly suggestive in matters of plain sewing.

†PRINCIPLES OF HOME DECORATION. C. Wheeler. 1903. 227 pp. Doubleday, Page. \$1.80.

Elementary principles of decoration clearly stated. Good chapters on color.

†FURNISHING A MODEST HOME. F. H. Daniels. 1908. 114 pp. Davis Press, Worcester, Mass. \$1.00.

An excellent little book, well illustrated, suggestive for the average home.

THE HOUSE, Its Plan, Decoration, and Care. Isabel Bevier. 1906. 216 pp. American School of Home Economics, Chicago. \$1.50.

FOR TEACHERS

TEXTILE FIBRES. **J. M. Matthews.** 1907. 438 pp. Wiley. \$4.00.

Authority on fibres, chemical and microscopic problems. Extensive and technical, but necessary to the teacher who plans to deal with chemical and microscopic tests in textile study.

METHODS OF TEXTILE CHEMISTRY. **Frederick Dannerth.** 1908. 146 pp. Wiley. \$2.00.

Valuable as a laboratory guide.

TEXTILE FIBRES OF COMMERCE. **William Hannan.** 1902. 228 pp. Chas. Griffin and Co., Ltd., London. \$3.00.

Practical treatment of industrial fibres. Good illustrations and adequate treatment of groups of fibres used in various manufactures.

ART IN NEEDLE-WORK. **L. F. Day.** 1907. 267 pp. B. T. Batsford, London. 5s.

Good selection of decorative stitches with suggestive illustrations for design and detail of work.

COLOR PROBLEMS. **E. N. Vanderpoel.** 1902. 137 pp. 117 colored plates. Longmans. \$5.00.

Brief, clear, and practical treatment of subject. Appropriate and extensive illustrations. Valuable book for use in connection with color in decoration and clothing.

A SEWING COURSE. **M. S. Woolman.** 1908. 133 pp. F. A. Fernald, Buffalo, N. Y. \$1.50.

Suggestive for teachers.

DISTINCTIVE HOMES OF MODERATE COST. Edited by **Henry H. Saylor.** 1911. 175 pp. McBride, Winston. \$2.50.

Small country houses. Economical building with attention given to detail. Fully illustrated and full of suggestion.

SUCCESSFUL HOUSES AND HOW TO BUILD THEM. **C. E. White, Jr.** 1912. 520 pp. Macmillan. \$2.00.

LIST III

Sanitation

FOR STUDENTS

THE HUMAN MECHANISM. Hough and Sedgwick. (See Food and Nutrition.)

BACTERIA, YEASTS, AND MOLDS IN THE HOME. H. W. Conn. (See Food and Nutrition.)

PRINCIPLES OF SANITARY SCIENCE AND THE PUBLIC HEALTH, with Special Reference to the Causation and Prevention of Infectious Diseases. W. T. Sedgwick. 1903. 362 pp. Macmillan. \$3.00.

This book admirably supplements the less extensive treatments of the subjects of hygiene and sanitation to be found in the books by LeBosquet and by Hough and Sedgwick (the same Dr. Sedgwick). A very valuable book for all persons interested in improving the health of the community.

THE HEALTHFUL FARMHOUSE. Helen Dodd. 1906. 69 pp. Whitcomb and Barrows. \$0.60.

An excellent little book which ought to be in the hands of every dweller in the country.

Contents: The kitchen, shed, cellar, ventilation, dining room, living room, bedrooms, halls.

THE SANITATION OF A COUNTRY HOUSE. H. B. Bashore, M. D. 1905. 98 pp. Wiley. \$1.00.

This book describes the dangers from present unsanitary conditions in the country, and suggests means of correcting these conditions. It is an admirable supplement to Dodd's Healthful Farmhouse, in that it considers particularly, external conditions—water-supply, waste, and surroundings. It has also a chapter on the summer camp.

THE COST OF CLEANNESS. E. H. Richards. 1908. 104 pp. Wiley. \$1.00.

A small book that puts a familiar subject in striking form, and will provoke thought upon the part of the reader. It should be read by high school students, and is recommended to all persons interested in improving living conditions.

Contents: The clean house, personal cleanliness, the clean city, the cost of uncleanness, the way to future cleanness.

FOR TEACHERS

CIVICS AND HEALTH. W. H. Allen. 1909. 403 pp. Ginn. \$1.25.

A very valuable, thought-provoking book, emphasizing the right of all people to healthful surroundings.

THE FARMSTEAD. I. P. Roberts. 1907. 345 pp. Macmillan. \$1.50.

A comprehensive book dealing with rural conditions. It considers farm houses, yards, barns, outbuildings, and fields. Very valuable.

HOUSEHOLD BACTERIOLOGY. Buchanan. 1913. 485 pp. Macmillan, \$2.25.

This book is written for students of Home Economics. It is a valuable contribution to this field of applied science. In the same manner in which the fundamentals of bacteriology are taught and applied specifically to the field of medicine and of sanitary science, the author includes in this book a thorough treatment of the principles of the pure science, a discussion of fermentations and of such portions of medical, sanitary and dairy bacteriology as have bearing upon the problems of food preparation and preservation, and the conservation of health.

LIST IV

Home Management

FOR STUDENTS

- †HOUSEHOLD MANAGEMENT. **B. M. Terrill.** 1906. 206 pp.
American School of Home Economics, Chicago. \$1.50.

A popular treatment of the subject, suitable for use in the high school, as well as for home study. It considers the division of the income and expenditure, organization and division of labor, furnishings, and marketing. The supplement treats of a variety of topics of interest in the home.

- HOME ECONOMICS. **Maria Parloa.** 1906. 325 pp. The Century Co. \$1.00.

One of the earliest books on household management. The house in general and each department in detail is discussed. The chapters on the laundry, table service, and the treating of woods and polished floors will be found of especial value, as supplementing Terrill's Household Management.

- †THE COST OF LIVING, as Modified by Sanitary Science. **E. H. Richards.** 1905. 118 pp. Wiley. \$1.00.

The effect of standards of living on expenditures and the division of expenditures for the different items of the budget are each discussed. Written from a different standpoint, this book will supplement the others on household management recommended above.

- HOW TO KEEP HOUSEHOLD ACCOUNTS. **C. W. Haskins.** 1903. Harper. \$1.00.

A little book written by the late Dean of New York University School of Commerce. It emphasizes the importance of household accounts, and gives definite and accurate directions for keeping them.

- †HOME CARE OF THE SICK. **A. E. Pope.** 1906. 185 pp. American School of Home Economics, Chicago. \$1.50.

Trustworthy, well illustrated. Recommended for high school study of home nursing and for home study.

- LAUNDRY MANUAL. **Balderston and Limerick.** 1902. 63 pp. Avil, Philadelphia. \$0.50.

For the use of housewives and students of laundry work.

LAUNDRY WORK. J. L. Shepperd. 1902. 103 pp. Webb Publishing Co., St. Paul, Minn. \$0.50.

Adapted to school or home use.

CLEANING AND RENOVATING AT HOME. E. G. Osman. 1910. 189 pp. McClurg. \$0.75.

This book considers in a simple way the processes of cleaning, dyeing, and renovating, and the application of these to the needs of the home.

FOR TEACHERS

THE MODERN HOUSEHOLD. Talbot and Breckenridge. 1912. 89 pp. Whitcomb and Barrows. \$1.00.

Brief, but interesting and suggestive. Contains references to books for supplementary reading.

THE WOMAN WHO SPENDS. B. J. Richardson. 1910. 147 pp. Whitcomb and Barrows. \$1.00.

Interesting and suggestive.

LIST V

Books for Supplementary Reading

LIFE OF ELLEN H. RICHARDS. C. L. Hunt. 1912. 329 pp.
Whitcomb and Barrows. \$1.50.

The story of Mrs. Richard's life cannot but be an inspiration to all who read it. Always laboring for the improvement of living conditions, she did much to advance the cause of higher education for women, was the leader of the Home Economics Movement and the first President of the American Home Economics Association.

THE ART OF RIGHT LIVING. Ellen H. Richards. 1904. 50 pp.
Whitcomb and Barrows. \$0.50.

A brief, but suggestive consideration of the Fourth "R," the Art of Right Living. It considers the efficient individual, food, sleep, exercise, amusements, work, environment.

THE EFFICIENT LIFE. L. H. Gulick. 1907. 195 pp. Doubleday, Page. \$1.20.

An excellent book, in popular style, by a prominent New York physician. Recommended for people in need of encouragement and inspiration. Some of the subjects considered are exercise, fatigue, sleep, stimulants, pain, vision, vitality.

POWER THROUGH REPOSE. Annie Payson Call. 1906. 201 pp. Little, Brown. \$1.00.

Very helpful.

WOMAN'S SHARE IN PRIMITIVE CULTURE. O. T. Mason. 1894. 286 pp. Appleton. \$1.75.

A thoroughly interesting book, portraying woman as the inventor of all the peaceful arts of life.

THE WOMAN WHO SPENDS. B. J. Richardson. (See Home Management—for Teachers.)

THE WOMAN OF TOMORROW. Wm. Hard. 1911. 211 pp. Baker and Taylor. \$1.50.

Recommended to the women of today.

Contents:

I.—Love Deferred.

II.—Learning for Earning.

III.—Learning for Spending.

IV.—The Wasters.

V.—Mothers of the World.

GIRLS AND EDUCATION. L. B. R. Briggs. 1911. 162 pp.
Houghton, Mifflin. \$1.00.

The author is the Dean of Radcliffe College.

Contents:

I.—To the Girl Who Would Cultivate Herself.

II.—To School Girls at Graduation.

III.—To College Girls.

IV.—College Teachers and College Taught.

VOCATIONS FOR THE TRAINED WOMAN, Opportunities Other than Teaching. Department of Research of the Woman's Educational and Industrial Union, Boston. Edited by Agnes F. Perkins. 1910. 292 pp. Longmans, Green. \$1.20.

Excellent, reliable.

PERSONAL HYGIENE. Maurice Le Bosquet. 1906. 228 pp.
American School of Home Economics, Chicago. \$1.50.

A reliable elementary treatise on physiology, hygiene, and sanitation, written in popular style.

THE BABY. Marianna Wheeler. 1909. 208 pp. Harpers. \$1.00.
An excellent and reliable little book written by a nurse for fifteen years Superintendent of the Babies' Hospital, New York.

PLAIN HINTS FOR BUSY MOTHERS. M. Wheeler. 1903. 54 pp.
E. B. Treat and Co., New York. \$0.35.

Excellent.

SHORT TALKS TO YOUNG MOTHERS. C. G. Kerley. 327 pp.
Putnam. \$1.00.

A simple hand-book, containing dependable information on the general care and nutrition of children.

THE STUDY OF CHILD LIFE. Marion F. Washburne. 1907. 178 pp.
American School of Home Economics, Chicago. \$1.50.

PREVENTABLE DISEASES. Woods Hutchinson. 1909. 437 pp.
Houghton, Mifflin. \$1.50.

A popular treatise on the subject, of interest to the general reader.

BACTERIA IN RELATION TO COUNTRY LIFE. J. G. Lipman.
1908. 472 pp. Macmillan. \$1.50.

A popular, but thorough treatment of the subject, discussing the bacteria in air, water, sewage, manure, soil, and food products.

LESSONS IN COOKING THROUGH PREPARATION OF MEALS.
Robinson and Hammel. (See Food and Nutrition.)

THE ROMANCE OF MODERN CHEMISTRY. J. C. Philip. 1910.
343 pp. Seely and Co., Ltd., London. 5s.

A readable book, in popular style, containing much information often difficult to find.

MAN AND THE EARTH. N. S. Shaler. 1905. 233 pp. Fox, Duffield, and Co. \$1.50.

A most interesting little book by a great geologist, concerning the conservation of our natural resources: fuels, lands, soils, etc.

EUTHENICS. E. H. Richards. 1910. 162 pp. Whitcomb and Barrows. \$1.00.

"The Science of Controllable Environment." The author's last book.

LIST VI

GOVERNMENT PUBLICATIONS

United States Department of Agriculture

FARMERS BULLETINS

27. Flax for Seed and Fibre.
85. Fish as Food.
93. Sugar as Food.
121. Beans, Peas, and Other Legumes as Food.
128. Eggs and Their Uses as Food.
131. Household Tests for the Detection of Oleomargarine and Renovated Butter.
142. The Nutritive and Economic Value of Food.
155. How Insects Affect Health in Rural Districts.
166. Cheese Making on the Farm.
175. Home Manufacture and Use of Unfermented Grape Juice.
182. Poultry as Food.
183. Meat on the Farm: Butchering, Curing, and Keeping.
185. Beautifying the Home Grounds.
203. Canned Fruits, Preserves, and Jellies.
241. Butter Making on the Farm.
249. Cereal Breakfast Foods.
270. Modern Conveniences for the Farm Home.
293. Use of Fruit as Food.
295. Potatoes and Other Root Crops as Food.
298. Food Value of Corn and Corn Products.
332. Nuts and Their Uses as Food.
345. Some Common Disinfectants.
348. Bacteria in Milk.
359. Canning Vegetables in the Home.
369. How to Destroy Rats.
375. Care of Food in the Home.
377. Harmfulness of Headache Mixtures.
389. Bread and Bread Making.
391. Economical Use of Meat in the Home.
393. Habit-forming Agents: Their Indiscriminate Sale and Use a Menace to the Public Welfare.
413. The Care of Milk and Its Use in the Home.
426. Canning Peaches on the Farm.
432. How a City Family Managed a Farm.
444. Mosquitoes: Remedies and Preventives.
449. Rabies or Hydrophobia.
450. Some Facts About Malaria.
459. House Flies.
463. The Sanitary Privy.

- 473. Tuberculosis.
- 478. How to Prevent Typhoid Fever.
- 487. Cheese and Its Economical Uses in the Diet.

BUREAU OF ANIMAL INDUSTRY, Circulars

- 108. Trichinosis: A Danger in the Use of Raw Pork for Food.
- 142. Some Important Factors in the Production of Sanitary Milk.
- 143. Milk and Its Products as Carriers of Tuberculosis Infection.
- 152. Directions for the Home Pasteurization of Milk.
- 153. The Dissemination of Disease by Dairy Products and Methods for its Prevention.
- 166. The Digestibility of Cheese.
- 170. The Extra Cost of Producing Clean Milk.

BUREAU OF CHEMISTRY, Circulars

- 25. Coloring Matters for Foodstuffs and Methods for Their Detection.

BUREAU OF ENTOMOLOGY, Circulars

- 5. The Carpet Beetle, or "Buffalo Moth."
- 34. House Ants.
- 36. The True Clothes Moths.
- 46. Hydrocyanic-acid Gas against Household Insects.
- 47. The Bedbug.
- 51. Cockroaches.
- 71. House Flies.
- 77. Harvest Mites, or "Chiggers."
- 108. House Fleas.

Washington State Publications

The State Board of Health of Washington publishes a Monthly **Bulletin**, which will be sent free to anyone in the State upon request. It should have a wide circulation. Send for it. Write to the State Commissioner of Health, Cobb Building, Seattle, Washington.

Valuable Bulletins Published During 1912

- March.—Flies; Camp Sanitation; School Sanitation, etc.
- May—Special Typhoid Bulletin.
- June-July—Rules and Regulation of the State Board of Health.
- August-September.—Milk: Pasteurizing, Care in Handling.

RECOMMENDED
HIGH SCHOOL COURSE IN HOME ECONOMICS
SPECIAL REQUIRED SUBJECTS

First Year

- | | | |
|---|---|-----------|
| 1. Drawing, Design, and Applied Art—
5 double periods per week | } | 2 credits |
| Also, for students not having had cookery and sewing in the grades: | | |
| Plain Cookery—3 double periods per week—
one semester | } | 1 credit |
| Plain Sewing—2 double periods per week—
one semester | | |

Second Year

- | | | |
|---|---|-----------|
| 2. Foods and Cookery—
3 double periods per week—first semester
2 double periods per week—second semester | } | 1 credit |
| Garment Making—
2 double periods per week—first semester
3 double periods per week—second semester | } | 1 credit |
| 3. Plant and Animal Physiology, or General Biology—
first semester
Human Physiology and Hygiene—second semester | } | 2 credits |

Third Year

- | | | |
|---|---|-----------|
| 4. Chemistry, Household Science, and Sanitation—
General Chemistry—6 months
Household Science and Sanitation—3 months | } | 2 credits |
|---|---|-----------|

Fourth Year

- | | | |
|---|---|----------|
| 5. Foods and Cookery—2 double periods per
week—first semester
Home Management—3 double periods per week—
second semester | } | 1 credit |
| Textiles and Dressmaking—3 double periods per week—
first semester
Clothing and House Furnishing—2 double periods
per week—second semester | } | 1 credit |

DESCRIPTION OF COURSES

Second Year

Foods and Cookery. First Semester.

(a) Production, manufacture, and composition of typical foods, their classification into food principles, and the study of their food values.

(b) A study of fundamental scientific principles underlying and controlling cookery processes and their application in the cooking of typical foods.

The laboratory exercises of the first semester deal with the large topic of Carbohydrates and involve the cookery of starch, sugar, cereals, vegetables, and the application of leavening agents in batters and doughs.

Foods and Cookery. Second Semester.

A continuation of the first semester's work, involving the study of proteins and fats. The laboratory exercises are concerned with the cookery of eggs, milk and milk products, meats, fish, gelatine, and with the preparation of beverages.

Textiles, Plain Sewing, and Garment Making. First Semester.

(a) The study of cotton and linen fibres; of the process involved in the manufacture of so-called "wash fabrics"; of the manufacture of pins, needles, threads, and the construction and care of the sewing machine.

(b) The laboratory work includes: the hand work stitches as applied to household articles and simple garments; the drafting of simple patterns; the use of commercial patterns; the making of underwear.

Garment Making. Second Semester.

The designing and making of underwear; of a simple dress, and a lingerie waist.

Fourth Year

Foods and Cookery.

(a) A study of the changes in food as undergone in digestion; the functions of food in nutrition; the value and the place of each group in the dietary.

(b) The laboratory exercises involve the study of fermentation with the application of the principles to the process of food preservation, and to the making of breads; advanced cookery process, involving the use of leavening agents; freezing mixtures, and frozen dishes; infant feeding, and invalid dietaries.

Home Management.

This course is designed to emphasize the function and responsibility of the home maker. It deals with the distribution of the family income; the purchasing of supplies; the planning and serving of meals, the cost bearing a definite relation to the income; the importance and cost of sanitary cleanliness and its application in the laundry and in the care of a house; the use and economic importance of labor saving devices; house furnishing and equipment.

Textiles and Elementary Dressmaking.

(a) A study of silk and wool fibers and fabrics, and the effects upon them of acids, alkalis, heat, light, dyes, and adulterants.

(b) The designing, cutting, and making of a tailored shirtwaist; and of a dress with the variations of a shirtwaist pattern.

Clothing and House Furnishing.

(a) The study of clothing in relation to health; its care and cost in relation to durability, suitability, and the income; purchase and choosing of household linens and fabrics.

(b) Designing, outlining, making of a wool or silk dress; decorative needlework, as applied to dressmaking, household linens, and furnishings.



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