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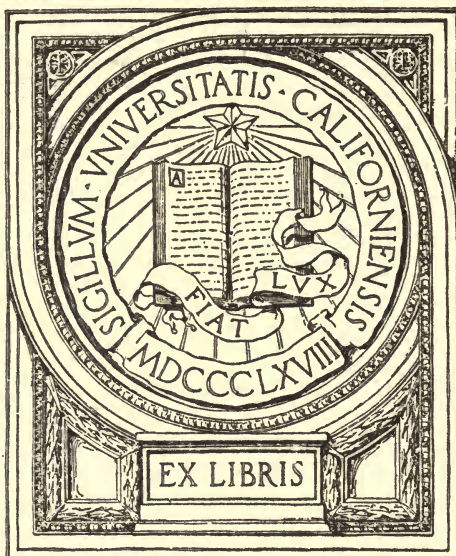


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Syllabus of
Domestic Science
and
Domestic Art
for
Illinois High Schools

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SYLLABUS

OF

DOMESTIC SCIENCE and DOMESTIC ART

FOR

The High Schools of Illinois



1910--1911

URBANA--CHAMPAIGN, ILLINOIS
PUBLISHED BY THE UNIVERSITY



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INTRODUCTION

For the information of those interested the following notes concerning the development of this Syllabus is hereby given.

In 1907 believing that the time had come for more determined efforts to introduce domestic science and domestic art into the public schools of Illinois the Department of Household Science of the University of Illinois invited a few interested persons to consider such plans with them at the time of the High School Conference, November, 1907. As a result of that meeting the following persons were chosen to serve as a committee: Miss Isabel Bevier Chairman, Mrs. Mary Pierce Van Zile, Miss Carrie Galt, Miss Helen Pincomb, Mr. J. H. Browning and Mr. T. C. Clendenen.

This committee undertook the preparation of a syllabus for the unifying of the work in domestic science and domestic art in the high schools of the state. Owing to the unorganized condition of the work, the committee found it necessary to make a syllabus flexible enough to meet very different conditions. It seemed to them better to suggest an orderly development of the subjects Food, Clothing and the Home and to leave to individual schools the selection of the work as well as the allotment of time to each. In July, 1908, the syllabus was published. In November, 1908, it was discussed in the newly organized Domestic Science Section of the High School Conference. A new committee consisting of the following persons was appointed: Miss Helena M. Pincomb Chairman, Miss Jenny Snow and Miss Carrie Galt. This committee was asked to formulate a definition for a unit of entrance credit.

The committee defined one unit of entrance credit in Household Science as follows:

- a. An equivalent of 180 hours of prepared work with at least two recitation periods a week in foods.
- b. An equivalent of 180 hours of prepared work with at least one recitation period a week in clothing.
- c. An equivalent of 180 hours of prepared work with at least two recitation periods a week on the home. (Two periods of laboratory work, are considered equivalent to one period of prepared work.)

1. Of the above, (a) will be accepted as a unit's work.

2. Two half units taken from a and b, or a and c, or b and c will be accepted as a unit's work.

The syllabus is recommended as a basis for a unit of entrance credit.

The work is to be done by trained teachers with individual equipment as determined by inspection.

This definition was adopted by the Domestic Science Section of the High School Conference in November, 1909, and by the University. It was also voted that the syllabus should be revised. The work of revision was given into the hands of the new executive committee for the year 1909-1910—Miss Helena M. Pincomb Chairman, Miss Helen M. Day, Miss Carrie Galt, Miss Kate Brown and Miss Isabel Bevier ex. officio. The revised copy was adopted by the Domestic Science Section of the Conference November 18, 1910.

The committee offers the following explanation of the revision. First, in accordance with the vote of the last meeting the terms theory and practice have been changed to recitation and laboratory; and the name Syllabus of Domestic Science for the High Schools of Illinois to Syllabus of Domestic Science and Domestic Art for the High Schools of Illinois. The general plan of the syllabus has not been changed. It has been amplified by the addition of related work and references.

Second, an orderly development of the subject has been attempted, but the limits of time or material may in some cases modify the practice; for example, the kitchen, fuels and water are placed at the beginning of the food course, but it is not the thought of the committee that several lessons will be spent on this before taking up the subject of fruit.

Third, owing to existing conditions the committee feels that the amount of work covered in one year must vary, but suggests that the work in clothing should be preceded by "sewing" in the grades, and that the course in foods should be preceded by "cooking" in the grades and by at least one course in elementary science in the high school.

Fourth, the course on The Home seems to the committee very desirable work for the senior year. It begins with a study of homes of primitive people, but passes quickly to the planning, construction and sanitary aspects of a modern house, its furnishings and care. In connection with the care of the house the care of the individual and the family are considered and their relation and responsibility to the community. Here too, attention is given to the economic side of household management and to the importance of the home.

Fifth, the committee for the present year are to consider the

relation of the topics food, clothing and the home to the other subjects of the curriculum especially in regard to the time required, and to their place in the curriculum, so that the syllabus may gain in definiteness.

The Committee hereby express their appreciation of the helpful suggestions of many teachers and ask for a continuance of their favors.

Committee for 1910

HELENA M. PINCOMB, *Chairman*

HELEN M. DAY

CARRIE GALT

KATE L. BROWN

ISABEL BEVIER

SYLLABUS

FOOD

RECITATION

LABORATORY

The kitchen.
Shape and size.
Equipment.
Desk and individual equipment.
Cupboard and group equipment.
Sinks and supply tables.
Refrigerator.
Burners and ranges.
Care of.
Reasons for cleanliness.
Means of securing cleanliness.
Importance of order and neatness.

List and care for articles in desk.
Clean and conveniently arrange cupboards.
Care of sinks and supply tables by different girls—housekeepers.
Clean refrigerator.
Wash dishes and towels.
Care for burners and ranges.
Read gas meter.
Calculate cost of gas per hour.

Fuels and their combustion.
Kinds and classes.
Value of different fuels.
Calorific, economic.
As to convenience.
Essentials of combustion.
Meaning of kindling point.
Products of combustion.
Cause and effect of incomplete combustion.
Need for ventilation of kitchen.

Note effect of closed and open mixer of burner, closed and open drafts of stoves.
Build and regulate fire.

Ventilate laboratory and classroom.

RELATED WORK

REFERENCE

The home.

Selection and arrangement of convenient and suitable equipment for kitchen; furniture, utensils, and linen.

Study of plumbing.

Pipes, fixtures, traps.

Action of different cleaning agents.

Suitable water and towels for cleaning.

Economy of cleaning.

Source and production of fuels.

Chemistry and physics or elementary science.

Meaning of elements and compounds.

Study of carbon, hydrogen, oxygen and nitrogen, and their combinations as found in air, water, food and fuels.

Chemical and physical changes.

Meaning of.

Illustrations applicable to the home.

Barrows. Principles of Cookery.

Dodd. Chemistry of the Household.

Elliott. Household Hygiene.

Elliott. Household Bacteriology.

Gibson. Convenient Houses.

Parloa. Home Economics.

Richards & Elliott. Chemistry of Cooking and Cleaning.

Rocheleau. Great American Industries.

Williams & Fischer. Elements of the Theory and Practice of Cookery.

Wilson. Handbook of Domestic Science and Household Arts.

U. S. Dep't of Agri., Washington, D. C.

Farmers' Bulletins:

No. 268. Industrial Alcohol: Sources of Manufacture.

No. 269. Industrial Alcohol, Uses and Statistics.

No. 298. The Fireless Cooker.

No. 342. The Model Kitchen.

No. 353. The Ice Box.

Office of Exp. Station Bulletin:

No. 130. Denatured Alcohol Manufacture.

Journal of Home Economics, Dec. 1909. Fuels and Their Utilization in Cooking.

Water.

Kinds and composition.

Uses.

As a cleaning agent.

As a medium in cooking.

Uses in the body.

Purification of water.

Household methods.

Treatment of hard waters.

Determine temperature of water.

When small bubbles begin to rise.

When larger bubbles rise and break at the surface.

When the whole surface is agitated.

Determine temperature of steam.

Determine temperature in double boiler.

Determine source of home and school water supply.

Soften water for cleaning.

Fruits.

Uses of various grades of fresh fruits.

Composition and value as food.

Processes of preparing fresh fruits.

Decay of fruit.

Cause and prevention of decay.

Means of destroying micro-organisms.

Resistance of spores.

Methods of preserving fruits and vegetables.

Sorting, cleaning, storing.

Drying.

Sterilizing.

Use of sugar, spices, vinegar.

Low temperature, cold storage.

Sort fruit for different purposes.

List fruits according to water content.

Cook fruits in various ways as boiling, baking, stewing, scalloping.

Observation of decay and mold of fruit.

Examination of bacteria and mold under microscope.

Determine conditions favoring and retarding growth of micro-organisms.

Can fruits and vegetables.

Different methods.

Preserve and pickle.

Make jellies, butters, jams, etc.

Cook dried fruits.

Compare weight of fruit before and after soaking.

RELATED WORK

REFERENCE

History and economics.

Laces of different ages and races.

Conditions under which hand work is done.

Price paid for hand labor.

Lives of people doing work.

Reprints from Year Book:

No. 234. The Future Demand for American Cotton.

No. 308. Consumption of Cotton in Cotton States.

No. 313. U. S. Dep't of Agri. and Silk Culture.

No. 314. Growing of Long-Staple Upland Cotton.

Cosmopolitan, July 1904. Cotton.

Corticelli Silk Mills. Silk, Its Origin, Culture and Manufacture.

Harper's Weekly, Mar. 5, 1910. Deceiving the Shopper.

Outlook, vol. 69, p. 59. Cotton. Scribner, vol. 90. Manufacture of Clothing.

Art.

Designing dresses, hats, and suits for different occasions.

Coloring designs made for different occasions and individuals.

Lines of human form.

Straight lines and good curves.

Artistic and appropriate designs for trimmings, household articles and personal articles as belt buckles, hand bags, card cases, etc.

Batchelder. Principles of Design.

Gingles. Garment Drafting and Simple Rule Method.

Ward. Color, Harmony and Contrast.

Craftsman.

Delineator.

Good Housekeeping.

Harper's Bazaar.

Cutting.

Economy.

Matching pattern in cloth.

Arrangement of pattern
with weave.

Cut out garments.

Making.

Characteristics of good work-
manship in the making of
garments or articles.Keep materials and hands
clean while sewing.Baste, fit, stitch and finish un-
dergarments as drawers, un-
derwaist and skirt or gown.Make suitable seams, bands,
bindings, facings, corners.Make tucks and put on trim-
mings.Make shirt waist and wash
dress.

Possibly make wool skirt.

Household fabrics and articles.

Suitability of textile, color
weave and finish to pur-
pose.Make simple and more difficult
decorative stitches on under-
wear, waist or household ar-
ticles.Make designs for patterns to be
worked.Buttonhole edge of towel, scarf,
center piece or undergar-
ment.Design and embroider mono-
grams for linen or under-
wear.Possibly make lace or drawn
work for trimming a small
article.

RELATED WORK

REFERENCE

RELATED WORK	REFERENCE
	<p>Hapgood. School Needle Work. McGlauffin. Handicraft for Girls. Wakerman & Heller. Scientific Sewing. Woolman. Sewing Course for Schools. Butterick Pattern Co. Dress-making up-to-Date; Embroideries and their Stitches.</p>
<p>The home. Textile furnishings for dining room, bed rooms and living room.</p>	<p>Wheeler. Household Art. Wheeler. Principles of Decoration.</p>

Gift Sewing.

Importance of usefulness.
Suitability of article to person.

List household and personal articles that might be designed, made and decorated for gifts
Plan a certain number of articles for a given price.
Design, make and decorate one or more articles.

Millinery.

Study of materials used as braids, silks, satins, velvets, feathers, flowers.
Color, harmony, and study of line in relation to the face, figure and costume.
Style of hat to suit a becoming and suitable arrangement of the hair.
Work of the Audubon society.

Plan color and design to fit one's own face and personality.
Select materials.
Renovate materials.
Make a simple hat or select materials and style and have it made, or make over a hat, or select and combine samples of materials that harmonize in color, quality and finish.
Figure cost of hat made or selected.
Criticise prevailing style.

Care of clothing.

New clothing.
Sanitary condition of garments.
Consumer's League, White List.
Laundering or sunning and airing of clothing as it comes from the store.
Clothing that has been worn.
Airing and folding or hanging after wearing.
Brushing, pressing.
Mending.
Importance of fastenings, bindings, etc.

Report on sanitary conditions of stores and those handling garments with the Consumer's League mark.
Report on ready made garments bought or seen in the stores.

Darn and patch.

RELATED WORK

REFERENCE

Art.

Designing hats and suits for different people and occasions.

Color and form in relation to the face and figure.

Civics and Economics.

Sanitary condition of factories.

Laws regulating child labor and sweat shops.

Hygiene.

Bathing.

Conn. Bacteria, Yeasts and Molds.

Conn. Story of Germ Life.

Prudden. Dust and Its Dangers.

Chautauquan, v. 59, p. 106. Consumer's League.

Consumer's League, 105 E. 22d St., N. Y. City. Consumer's League Literature.

Outlook, v. 91, p. 616. Consumer's League.

Survey, v. 23, p. 700. Consumer's League.

 Care of clothing—*Continued*

Laundering.

Marking.

Place for soiled clothing.

Effect of heat, soap and water on different fabrics, finishes and colors.

Setting of colors.

Removal of stains.

Renovating and freshening old garments.

Storing or packing the winter clothing.

Life history and habits of the moth.

Cost of clothing.

Comparative cost and desirability of ready made, home made and tailored clothing.

Reducing cost of clothing.

Planning supplies and buying in quantity.

Careful selection of time to buy.

Avoiding extremes.

Keeping accounts.

Monthly and yearly summary.

Simplifying design for making.

Use of material and style that are easily laundered and pressed.

Use of simple hand work in place of elaborate trimmings.

Relation of cost of clothing to total cost of living and to income.

Suitability of apparel in relation to income.

Mark clothing.

Wash and iron clothing or samples of cotton, wool, linen and silk of different colors and finishes.

Remove stains from clothing.

Figure cost of materials in garments made.

Figure cost of labor in making garments.

Compare cost of garments of the same quality when made by students, when bought ready made and when they are hired made.

Plan and figure cost of clothing for one year.

Compare cost of different articles as underclothing, dresses, hats.

List materials that might be bought in quantity.

Plan to reduce cost to the minimum.

Keep account of money spent for clothing for a certain period.

Compare with plan made for clothing for the year.

Make charts showing relation of cost of clothing to total cost of living and to income.

Criticise own clothing on basis of healthfulness, artistic qualities, economy and suitability.

The home.

Equipment of place for doing laundry work.

Agents used.

Steps in the process.

The home and public laundry.

Dodd. Chemistry of the Household.

Osman. Cleaning and Renovating at Home.

Parloa. Home Economics.

Richards & Elliott. Chemistry of Cooking and Cleaning.

Shepperd. Laundry Work.

U. S. Dep't of Agri., Washington, D. C.

Bureau of Entomology Circular:

No. 36. The True Clothes Moth.

Civics and economics.

Law of supply and demand.

Cost of raw materials.

Cost of labor and machinery.

Cost of patents.

Cost of skilled and unskilled labor.

Cost of producing materials of new design and finish as compared with old and standard patterns.

Laws governing conditions in factories; child labor and sweat shops.

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