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Study Outlines
of
DOMESTIC ECONOMY COURSE

Prepared by

**The School of Domestic Economy
and Division of Home Welfare**

of

The University of Texas

Prepared at the Request, and with the Cooperation of the Texas
Congress of Mothers and Parent-Teacher Associations for
Use by Parent-Teacher Associations and Others
Desiring to Study Domestic Economy.



The benefits of education and of useful knowledge, generally diffused through a community, are essential to the preservation of a free government.

Sam Houston.

Cultivated mind is the guardian genius of democracy. . . . It is the only dictator that freemen acknowledge and the only security that freemen desire.

Mirabeau B. Lamar.

NOTICE

In ordering bulletins Nos. 68, 69, 70, 71, and 72, referred to in this bulletin, **order by name only.**

STUDY OUTLINE OF DOMESTIC ECONOMY COURSE

Prepared by

THE SCHOOL OF DOMESTIC ECONOMY AND DIVISION OF HOME WELFARE OF THE UNIVERSITY OF TEXAS

These suggested study outlines are based upon bulletins prepared by members of the faculty of the School of Domestic Economy and lecturers in the Division of Home Welfare of the Department of Extension of The University of Texas. These bulletins and a list of all other Extension bulletins can be obtained free by applying to the Department of Extension of The University of Texas, Austin, Texas.

A club might use this series of programs as a basis for a year's work, devoting as long a time as seems advisable to each subject, or it might specialize on one or more phases of the work suggested, using the University bulletins along with some reference book on the subject. Suitable reference books are suggested at the end of each program.

TOPICS

1. THE CARE AND PREPARATION OF FOOD IN THE HOME.
2. HOW TO FEED THE FAMILY FOR HEALTH AND EFFICIENCY.
3. THE FEEDING OF INFANTS AND CHILDREN.
4. HOW TO CLOTHE THE FAMILY.
5. THE PLANNING OF SIMPLE HOMES.
6. THE FURNISHING AND DECORATION OF THE HOME.
7. THE BEAUTIFICATION OF HOME GROUNDS.
8. THE FAMILY BUDGET.

In order that these studies be carried out to the best advantage, it is urged that a leader be appointed for each program. It should be the duty of this leader to assign the lesson for the day, to look up the answers to all questions in the assignment,

to lead and encourage discussions, and to present or have presented, suitable papers bearing on the topic under discussion.

If there is a domestic economy teacher in the town, the series of ten lessons published by the University especially for home-makers will be found most helpful. These lessons require the assistance of a teacher of domestic economy, working in cooperation with the club. The University of Texas School of Domestic Economy, Austin, Texas, will send these lessons to you free upon request.

LESSON NO. 1.

THE CARE AND PREPARATION OF FOOD IN THE HOME¹

1. What is the advance on the price you pay for potatoes if you waste one-fourth in paring?
2. Under what conditions may we expect food to keep?
3. Of what advantage is a vacuum cleaner?
4. Can you relate an incident of disease being transmitted through careless dishwashing?
5. How prevalent is the custom of eating unwashed fruits in your community?
6. What dangers may attend the use of polluted water as a cleansing agent?
7. What may be the dangers of the promiscuous methods which prevail in the employment of servants?
8. What percent of the groceries in your town keep the un-canned foods in clean, well screened containers, and require their clerks to wear clean washable uniforms?
9. What provision is made for handling your bread in a sanitary manner?
10. What percent of the meat markets in your town are screened?
11. Are there any laws in your town against selling meat which has been cut and laid on the counter, exposed to the heat, dust, and handling of the customers?
12. What are the advantages of buying meat which has the word *Inspected* stamped on it?
13. Are the hotels and restaurants in your town serving foods from clean, well screened kitchens?
14. To what extent have you investigated the food production and distribution in your community?
15. How far are you fulfilling your responsibility as an individual housekeeper in spreading the gospel of civic cleanliness?

References for further study:

¹These questions are based upon University of Texas Extension Bulletin No. 67, "Care and Preparation of Food in the Home," by Jennie R. Bear, Instructor in Foods, University of Texas.

“Bacteria, Yeasts and Molds,” by A. B. Conn, Ginn & Co., Boston; \$1.00.

“The Story of Germ Life,” by A. B. Conn, D. Appleton & Co., Chicago; 50 cents.

“Care of Food in the Home,” Farmers’ Bulletin² No. 375, by Mrs. M. H. Abel.

“Canning Vegetables in the Home,” Farmers’ Bulletin No. 359.

“Canning Peaches on the Farm,” Farmers’ Bulletin No. 426.

“Canned Fruits, Preserves, and Jellies—Household Methods of Preparation,” Farmers’ Bulletin No. 203, by Maria Parloa.

²All farmers’ Bulletins may be secured free of cost by writing to the U. S. Department of Agriculture, Washington, D. C.

LESSON NO. 2.

HOW TO FEED THE FAMILY FOR HEALTH AND EFFICIENCY¹

The Use of Food in the Body

1. Does man require the same nutrients as other animals?
2. What is the composition of the body?
3. How are the foods classified?
4. What is the use of water in the body, and what foods supply it?
5. What are the uses of protein in the body, and what foods supply it?
6. What are the uses of starches and sugars in the body, and what foods supply them?
7. What are the uses of fat in the body, and what foods supply it?
8. What are the uses of minerals in the body, and what foods supply them?
9. What is the composition of some of our common food stuffs?
10. What factors should determine our choice of foods?

Food Requirements²

1. Does man require a well balanced ration?
2. What are the factors which determine the amount of food needed by an individual?
3. How do you measure the amount of energy furnished by food?
4. What are the different food requirements of a man at various occupations?

¹These questions are based upon The University of Texas Extension bulletins No. 276, "The Uses of Foods and the Proper Balancing of the Diet," and No. 333, "The Principles of Menu Making," second edition.

²So many requests have come to the School of Domestic Economy for lessons on the proper feeding of the family, that it was thought wise to include several phases of this subject. All, or only one, of these sets of questions may be used, depending on the time which can be given to the subject.

5. What is the food requirement of a woman?
6. What are the food requirements of growing children?
7. What are the measure and weight of 100 calorie portions of some common foods?
8. In feeding a family, how must the digestibility and bulk of the food be considered?
9. What amounts of protein, fat, and carbohydrate should a well balanced ration contain?
10. How can the housewife plan a well balanced ration for her family?

Menu Making

1. What is the best combination of foods that will furnish the needed amount of protein, fat, and carbohydrate?
2. Give an adequate and well balanced menu for a child from two to five years old?
3. Give an adequate and well balanced menu for a child from six to nine years old?
4. Give an adequate and well balanced menu for a child from ten to fifteen years old?
5. Give an adequate and well balanced menu for a man or woman at sedentary work; at hard work?
6. What is a wise expenditure of money for a day's rations for a family?
7. What is a poor expenditure of money for a day's rations for a family?
8. Why is proper table service an important part of a well planned meal?
9. Is the time needed to prepare a meal an important point to be considered in menu making?
10. What balance should be observed in the planning of a meal?

References for further study:

"Nutrition and Diet," by Emma Conley, published by the American Book Company, Chicago; 60 cents.

"Food and Household Management," by Kinne & Cooley, The Macmillan Co., New York; \$1.10.

LESSON NO. 3.

SUGGESTIONS FOR INFANT FEEDING; FEEDING THE CHILD; SCHOOL LUNCHEONS¹

Infant Feeding

1. Why is mother's milk the best food for infants?
2. What is the composition of milk?
3. What is modified milk?
4. How do you modify milk?
5. How do you modify milk for children of various ages?
6. How much milk must be given at each feeding?
7. How should milk be cared for at home?
8. Why is clean milk an essential of proper feeding?
9. How should the bottles be cared for?
10. What is the best method of pasteurization?
11. What additions should you first make to the diet?
12. When should these additions be made?
13. At what age should the child be weaned?
14. How should proprietary foods be used?
15. How would you determine when a child is properly nourished?
16. How long should milk be the main article in the diet of the child?
17. What food should we give a child over a year old?
18. Should a child eat the same food that its parents eat?
19. Why is proper feeding the most important element affecting the development of the child?
20. What is a satisfactory menu for a child two years old?

Food for the Child: School Lunches²

1. What kind of food does the growing child need?
2. How much food does the child need?

¹These suggestions are based upon The University of Texas bulletins No. 375, "Suggestions for Infant Feeding;" No. 342, "Food for Growing Children;" No. 275, "The Problem of the School Luncheon," Part I; No. 300, "The Problem of the School Luncheon," Part II.

²In the event that time is too limited to permit separate lessons on "Infant Feeding" and "School Lunches," either may be chosen, or they may be combined to advantage.

3. When should food be eaten?
4. What is the relation between nutrition and mental growth?
5. Why should milk usually have an important place in the child's diet?
6. Why should children's food be thoroughly cooked?
7. Why should children's food be easily digested?
8. Why is it essential that children's food should offer variety?
9. What should food for the children cost?
10. What are some good menus for children?
11. How can the school child be provided with the food he needs?
12. How should the lunch box be packed?
13. What should the lunch cost?
14. What can the teacher do to make the lunch room a success?
15. How can you best organize the lunch room?
16. Discuss some inexpensive recipes for lunches.
17. How could you manage a lunch room without a trained supervisor?
18. What are the working details of a lunch room?
19. What is the rural school lunch problem?
20. Why is cooperation of the home and school essential to the right development of the child?

References for further study:

"The Care and Feeding of Children," by L. Emmet Holt, published by D. Appleton and Co., Chicago; 75 cents.

"The Theory and Practice of Infant Feeding," by H. D. Chapin, published by Wood & Co., New York; \$2.25.

"School Feeding," published by United States Bureau of Education, Washington, D. C.; free.

"School Feeding," by Louise S. Bryant, J. P. Lipincott Pub. Co., Philadelphia; \$1.50.

LESSON NO. 4.

HOW TO CLOTHE THE FAMILY¹

1. What reasons are there for girls making a study of their clothes?
2. What are some of the bad effects upon the individuals, and upon the pupils as a whole, of overdressing in the school?
3. Would it be a good idea to organize a Middy Blouse Brigade in your schools?
4. What factors should you take into consideration when attempting to select the most becoming colors for yourself?
5. What is meant by appropriateness in dress?
6. In what ways is health impaired by the clothing?
7. What are the advantages of ready-made clothing, of home made, of that made by dressmakers?
8. In order to plan the wardrobe economically, what points should be considered?
9. Plan to keep an account of all the money spent for clothing during the year. Let your daughter do the same.
10. Relate a personal experience in buying adulterated textiles.

References for further study:

"Shelter and Clothing," by H. Kinney and A. M. Cooley, published by The Macmillan Co., New York; \$1.10.

"Textiles," by M. Woolman and E. McGowan, published by The Macmillan Co., New York; \$2.00.

¹These questions are based upon The University of Texas Extension Bulletin No. 68, "How to Clothe the Family."

LESSON NO. 5.

THE PLANNING OF SIMPLE HOMES

1. What are the purposes that the home should be designed to serve?

2. What factors are to be considered when determining the size of the house?

3. What bearing do the direction of facing and the general exposure have upon the plan of the house? Discuss the effect on a plan which is before the club of east, west, north, south facing.

4. What is meant by cross ventilation and why is it especially important in Texas?

5. What important factors are to be considered in the placing of doors and windows?

6. What should be the primary aim in the kitchen arrangement?

7. From what two standpoints should the arrangement of a kitchen be considered?

8. In the light of the demands of these two operations what should be the principal furnishings of a kitchen, and how should these be placed with reference to each other, to the dining room, and to the back entry?

9. What bearing does the nature of the site have upon the type of architecture used?

10. What relations should exist between the interior and the exterior of the house?

References for further study:

“The Family House,” by C. F. Dsborne, Penn Pub. Co., Philadelphia; \$1.00.

¹The questions in this lesson are based upon The University of Texas Extension Bulletin No. 69, “The Planning of Simple Homes.”

LESSON NO. 6.

THE FURNISHING AND DECORATION OF THE HOME'

1. What reasons have you for giving time and attention to the improvement of the arrangement or decoration of your home?
2. What are the main factors essential to a satisfactory home?
3. What is meant by unity and balance in the decoration and furnishing of the home?
4. What is the effect of the repetition of a line?
5. How would you make use of this in decorating and furnishing a room with extremely low ceiling?
6. If you wished to make a small room with high ceiling look larger, how would you treat it?
7. What wall papers would you avoid in such a room?
8. What are the most essential points to consider in planning a color scheme for your home?
9. How does the exposure of the rooms influence your choice of color?
10. How does the quantity of light entering a room influence your choice? Why?
11. What should be the gradation in tones from floor to ceiling?
12. Why are plain wall papers desirable?
13. What is the most sanitary treatment for walls of kitchen or bathroom?
14. Why should we avoid using figured draperies with figured wall paper?
15. In using Texas pine as an interior finish, how would you treat it?
16. What is the best treatment for stained floors that show signs of wear?
17. What are the most desirable materials for curtains for a bed room?

¹These suggestions are based upon The University of Texas Bulletin No. 70, "The Furnishing and Decoration of the Home."

18. How should they be hung?
19. What is the objection to shaded figures and landscapes in a pattern for wall or floor covering?
20. What considerations should enter into your selection of furniture?
21. What is the difference between Mission and Colonial furniture?
22. Discuss the use and abuse of ornaments and "bric-a-brac."

References for further study:

"The Family House," by C. F. Osborne, Penn Publishing Co., Philadelphia; \$1.00.

"Furnishing of a Modest Home," by F. H. Daniels, Davis Press, Worcester, Mass.; \$1.00.

"The Planning and Furnishing of the Home," by Mary J. Quinn, Harper Bros., Franklin Square, New York; \$1.00.

"Furnishing the Home in Good Taste," Lucy A. Throop, McBride, Nast & Co., New York; \$2.00.

"The Care of the House," by T. M. Clark, The Macmillan Co., New York; 50 cents.

"Chats on Old Furniture," by Arthur Hayden, Fredrick Stokes Co., New York; \$2.00.

LESSON NO. 7.

THE BEAUTIFICATION OF THE HOME GROUNDS¹

1. Give at least four good reasons for making the home grounds beautiful.
2. In what places should trees, shrubs and flowers be planted for the best effect?
3. What is the relation of the house to the yard?
4. What are the objections to planting trees and shrubs in straight rows or in scattering them over the lawn?
5. Why is it better to plant the edges of a walk than not to do so?
6. How should the walks be laid?
7. Give reasons for planting native things.
8. What is the best use to make of herbaceous annuals?
9. When planting shrubs and flowers of varied heights, kinds of foliage and colors in a group what is, in general, the correct method of arrangement?
10. Give directions for transplanting trees and shrubs.
11. Make a list of local trees, shrubs and flowers that are suitable for use in yards.
12. Draw a plan of your yard and see wherein you can improve it.
13. What methods have been successfully used in certain towns and cities to induce every one to beautify streets and yards?
14. What plan is it practicable for you to carry out in your community?

References for further study:

U. S. Department of Agriculture, Farmers' Bulletins Nos. 181, 185, 195, 494; University of Illinois Bulletin, "The Illinois Way of Beautifying the Farm," by Wilhelm Miller (The University of Illinois, Urbana, Ill.); The University of Texas Bulletin No. 22, 1915, "the Trees of Texas," by Isaac M. Lewis.

¹The questions in this lesson are based upon The University of Texas Bulletin No. 71, "The Beautification of the Home Grounds."

LESSON NO. 8.

THE FAMILY BUDGET¹

1. What is meant by "the standard of living?"
2. Name three factors which are largely responsible for determining the standard of living of the average American family?
3. What are some of the economic advantages of a definite allowance to the woman who keeps the house?
4. How many women of your personal acquaintance have a definite allowance?
5. Do you keep household accounts and, if so, what system do you use?
6. What is a budget?
7. What are some of the advantages of a family budget?
8. Under what main heads should you divide the family income?
9. What percent of it would you allow for each division, and why?
10. Under what circumstances would you feel justified in readjusting the allowance?
11. In what divisions do you think the greatest wastes occur, and why?
12. Discuss the advantage of an allowance for children, and what they should be expected to purchase from it.
13. Would you class the moving picture shows as "higher life?"
14. What percent of the income of your family is expended for them?
15. Do you purchase your family food supply in small or large quantities, for cash or credit?
16. What are the advantages of having the family budget on a strictly cash basis?
17. Under what division of the budget would you place the

¹These questions are based upon The University of Texas Extension Bulletin No. 72, "The Family Budget," by Mary E. Gearing.

following expenditures, and why: Travel for health, subscription to the daily paper, a luncheon or afternoon tea in town?

18. Discuss an ideal budget, and the possibility of living up to it.

References for further study:

“The Modern Household,” by S. P. Breckenridge and M. Talbot, Whitecomb & Barrows, Boston; \$1.00.

“Cost of Living,” E. S. Richards, John Wiley & Sons, New York; \$1.00.

