

THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemakers' School"

VOLUME 7

JULY-AUGUST, 1927

NUMBER 3

American Home Economics Association Convention

ASHEVILLE, NORTH CAROLINA, JUNE 20-25

General Meetings

By Miss Frances Sims

Eleven hundred home economics workers made the pilgrimage to Asheville, North Carolina in June to attend the 20th annual meeting of the American Home Economics Association. Something less than that number attended all of the meetings for the lure of the beautiful country made truants of some of the most ardent of the pilgrims.

True southern hospitality, delightful weather, beautiful scenery combined with well arranged and interesting programs were outstanding features of this meeting.

The first Council meeting was held Tuesday, June 21, with the president, Miss Lita Bane, of the University of Wisconsin, presiding. At this meeting reports were made by the Executive Secretary of the Association, the Editor and Business Manager of the Home Economics Journal, the treasurer and controller, and by Miss Anna E. Richardson, field worker in Child Development and Parental Education.

The afternoon meeting was a general meeting where a new feature was tried out most successfully. This was the giving of a progress report of the work carried on by the various sections during the year. Miss MacFarland of the University of Minnesota gave the report of the Institutional Economic section telling of studies that have been made of dormitories and of housing conditions at Columbia University. A report was also given of the Home Economics Extension Section.

The report of the Foods and Nutrition Committee consisted largely of a review of recent research in nutrition with mention of studies on high and low protein diets and of feeding experiments in anemia.

Miss Ruth O'Brien of the Bureau of Home Economics reported on the effort of the Textile Section to stimulate interest in the field of textile research and of efforts to interest the consumer in the standardization of textile fabrics.

The work of the Education Section was reported by Miss Clara Brown of the University of Minnesota, who told of the survey that had been made of Home Economics in the 7th and 8th grades and high school and of the efforts to list the minimum essentials in

textiles and clothing. A tabulation has also been made of teachers' difficulties and their responsibilities.

Mrs. Mildred Wigley Wood spoke for the Homemakers Section and of the studies that have been undertaken by them, one of which is an investigation of differences in cost of food in service and non-service stores. A project in children's clothing is now in progress.

The Home Economics in Business Section reported by Miss Bess Rowe, of the staff of Farmer's Wife, showed a growth in membership from 17 in 1921 to 250 in 1927. There is a decided increase in the types of positions open to home economics women. At the present time there are 29 commercial research fellowships established in various colleges and universities. These have been procured largely through the efforts of the home economics women in commercial work.

Miss Evelyn Mitzger of Kansas State Teachers College reported for the Related Art Section while Miss Anna Richardson told of the work accomplished by the Committee on Child Development and Parental Education.

The Committee on Economic and Social Problems of the Home has undertaken some consumption studies and has compiled information as to the type of courses in Economics and Sociology offered to home economics students in colleges.

The evening meeting was a general session open to the public, the main address of which was given by Will Durant, author of the "Story of Philosophy." In his address "Is Life Worth Living?" Mr. Durant sketched the steps in human progress that have led to our present civilization calling the recent flight to Europe the latest step.

Meetings of the various sections were held Wednesday with special reports and speakers followed later by business meetings.

The most important event of the business meeting of Friday so far as Iowa members were concerned was the announcement that the 1928 meeting would be held in Des Moines. This places a distinct responsibility on every home economics woman in the state. We have had a wonderful precedent to follow and if we can in any way measure up to the fine organization of the North Carolina women who made this meeting such a success, it will mean that everyone must put forth

her best efforts to show the hospitality of the Corn State to the home economics women of the country.

Foods and Nutrition Section

By Dr. P. Mabel Nelson

Through the courtesy of Dr. Sybil Smith, chairman of the publications committee, abstracts of the research conducted by members of the section during 1926-27 were presented in mimeograph form to the section.

The reports of the research were classified into four general groups. Miss Lucy Alexander of the U. S. Bureau of Home Economics was the leader in the discussion of the research on "The Factors Affecting the Quality and Palatability of Meat." Miss Alexander outlined the general plan of research being conducted on this Purnell project and also the method being used for the cooking of the beef.

At least 10 schools reported experimental work in the cooking of meat. The problem of the relation of age, feed and length of hanging to the quality and palatability of meat is being studied at Iowa State College. This study is cooperative with the Animal Husbandry Department. Twenty-six roasts of beef from 13 different animals, ranging in age from yearlings to two-year-olds, have been roasted according to the directions prescribed by the national committee. The data for the changes in weight during the cooking, and record of scores for aroma, texture and flavor of fat and lean have been secured.

Metabolism was the subject of the second discussion, which was led by Miss Stacie Erikson of the University of Kentucky. Nine metabolism studies from seven schools were reported. From Kansas State Agricultural College was reported an experiment conducted on 12 college girls, 10 of whom were anemic, in which a teaspoon of cod liver oil given daily caused eight of the ten anemic girls to show a rise in the free and total gastric acidity and a corresponding increase in red blood cell counts. The cod liver oil seemingly favored an increased rate of blood regeneration.

Twelve studies on "Dietary Habits in Relation to Health" were discussed under the leadership of Dr. Ellen A. Reynolds, Virginia Agricultural College

(Continued on page 9)

American Home Economics Association Convention

(Continued from page 1)

Experiment Station. A study of the abnormalities of pre-school children examined under the supervision of the Children's Bureau of Kansas City, Missouri, showed that of the 1,447 children under four years of age, 22 percent were 7 percent or more underweight; 3.5 percent of all the children were 20 percent or more overweight; 60 percent of all the children had one or more abnormalities, of which rickets was the most common. These children were from families having an average income of \$3,000 or more, and most of them came from uncongested districts.

The fourth and largest group of papers, 26 in number, on "The Vitamin Content of Foods in Relation to Human Nutrition," were summarized by Dr. Louise Stanley of the U. S. Bureau of Home Economics. The reports showed, among other things, that pears do not lose their vitamin C on storage; that the cold pack method of canning destroys vitamin C almost entirely; that apples show a loss of vitamin C on storage; that rhubarb is a better source of vitamin C than are apples.

The tests for the vitamin content of kale showed that the vitamin A content is low; the vitamin B content is rather high; the vitamin D is very low and the vitamin C content had not been determined. Burbot oil, from fish, was shown to be better than cod liver oil as a source of vitamin D.

Twenty-five additional miscellaneous papers were included in the mimeographed report, making a total of 85 studies reported for the year.

The section meeting was well attended. A great deal of dissatisfaction was expressed by members of the other sections who desired to attend the foods research section, but were unable to do so because the other sections met simultaneously. The program was too long. Next year, many of the papers will have to be eliminated or more time allowed for the group discussions.

Textile Research Section

By Miss Katherine Cranor

The Textile Research Section met on the evening of June 22, 1927, with Miss Ruth O'Brien, U. S. Bureau of Home Economics, presiding.

This was one of the most interesting of the association programs. Last year only seven or eight people were present at the meeting, and the entire group was made up of people reporting research. This year a large room was packed with men and women; many were standing. Great interest in the work was indicated by the number of questions asked, the taking of notes and requests for materials.

Of twenty-four pieces of research reported, fourteen were done at Iowa State College. The following are the problems as listed on the program:

1. A survey of textile laboratories

in the United States. Pauline G. Beery Mack.

2. A physical analysis of some rayon fabrics. Cecilia Abry, Eloise Davison and Rachel Edgar.

3. Costs of clothing as furnished for women and girls in Kansas state charitable institutions. Elizabeth Cox and Lillian Baker.

4. A study of the style cycle for women's underwear. Isabelle Elliott and Lillian Stevenson.

5. A comparison of the relative durability of silk and rayon when used in knit underwear fabrics. Mary L. Gordy and Lillian Stevenson.

6. Silk versus cotton as an underwear material. Margaret Grant and Katherine Cranor.

7. The effect of dry cleaning and pressing upon woolen materials used for men's suitings. Marion Griffith and Katherine Cranor.

8. A study of the deterioration of some wide cotton sheetings due to laundering. Marion Griffith and Rachel Edgar.

9. Tariff as a factor in clothing costs. Mamie Grimes and Lillian Baker.

10. The study of the quality of material and relative cost of women's coats from typical retail stores of South Dakota. Anna Halgrim.

11. Physical and chemical tests determining the wearing quality of silk fabrics. Manetta Heidman and Katherine Cranor.

12. Protection afforded the body from fabrics when air is in motion. Katherine Hess, E. V. Floyd and Lillian Baker.

13. The determination of washing efficiency. Anna Elizabeth Hill and Ruth O'Brien.

14. The ash content of various grades of wide cotton sheetings. Frances Jones and Rachel Edgar.

15. The extent of deterioration in woollens as caused by bacterial action. Esther Kudobe and Katherine Cranor.

16. A comparison study of a glazed and unglazed chintz. Anita Kuehn and Rachel Edgar.

17. A study of the effect of various types of shoes upon the feet of the high school girl. Maude Eastwood Little and Katherine Cranor.

18. A comparative study of the sizes of commercial patterns. Ethel L. Phelps and Caroline B. Little.

19. College clothing work on the problem basis. Alice Rosenberger and Katherine Cranor.

20. The value of buying well-known brands of yard goods and household textiles. Clarice Scott and Katherine Cranor.

21. A comparison of the wearing quality of silk and rayon hosiery. Grace Trumbo and Katherine Cranor.

22. Effect of heat and light upon rayon as compared with real silk. Ruth Weiss and Katherine Cranor.

23. Modern moth prevention as adapted to the needs of the homemaker. Helen White and Katherine Cranor.

24. A bacterial study of undergarments. Gladys Winegar and Lillian Baker.

Reports of standing committees were made at the business meeting on Thursday. These were followed by the election of officers for next year. Mrs. Pauline Beery Mack of Pennsylvania State College was elected chairman of the Textile Section. In case she did not accept, Miss Ethel Phelps, the University of Minnesota and Miss Grace Morton, the University of Nebraska, were chosen as alternates. Miss McCalla was made secretary of the section. Miss Lillian Baker of Kansas State Agricultural College was elected treasurer and chairman of the research section with Miss Ruth O'Brien of the Bureau of Home Economics acting as chairman of the round table.

Dr. Rachel Edgar of Iowa State College and Miss Rosamond Cook of the University of Cincinnati were made chairmen of the standardization committee. Members of the committee are to be appointed later.

Vocational Education Section

Miss Ival Spafford, state supervisor of home economics of Alabama, presided at the meeting of the Vocational Education Section. Papers were presented and a discussion of them followed. All of the reports were on some subject related to the general one of "Adapting Home Economics Instruction to the Needs of the Students."

Related Art Section

By Miss Mabel Russell

One of the most interesting features of the Related Art Section of the convention was a talk given by Miss Rosamond Cook, of the University of Cincinnati. She is supervising the practice teaching at that institution. Miss Cook particularly stressed the many influences against which a teacher of related art must work. Many of these influences are unsuspected by the teacher. For instance, the influence of advertising, the home influence and even that of the mail order catalog are often factors that are doing more to set standards of taste than the teacher realizes.

Miss Hellerstrom, of the University of Wisconsin, read a paper on "Minimum Standards of Attainment in Related Art." The paper was very instructive and interesting.

The committee reports of this section were very brief. Miss Warner, of Cornell, reported on an investigation in regard to the name "Related Art." There has been considerable objection to the name of this section. Since no one was able to suggest a better one and since it is coming more and more to mean, "art in relation to home economics," the chairman rec-

commended that it remain the "Related Art Section."

The nominating committee reported the choice of Miss Joanna M. Hanson of our own department as chairman for the coming year. She was unanimously elected.

Student Club Delegates

By Miss Anita Andrews

Pins which are to be offered to affiliated home economics club members were introduced and put on sale at the convention. The small bronze pin with the letters A. H. E. A. bears the symbol of the betty lamp. This pin is to be worn by all affiliated members including both high school and college girls.

Students at the convention were much interested in Miss Sadie Stark's report of the questionnaire which had been sent to all student clubs during the year. The report is to be printed and a copy will be sent to all affiliated clubs.

In the large group of students who attended the convention, there were representatives from many of the high school clubs. Because of the difference in objectives, it seemed necessary to separate the high school from the college clubs. The high school section chose its own officers who are to work with those of the college section.

In order to make it possible for all officers to be present at the next convention, the college section voted to choose its officers from the middle west. Those elected were Lucile Love, Ohio State University, Columbus, chairman; Mary Wilkenson, University of Wisconsin, Madison, secretary; and Estelle Morris, University of Michigan, Ann Arbor, news gatherer.

Committee on Child Development

Miss Anna E. Richardson, field worker for the national committee on Child Study and Parental Education, presided at the round table on "Child Development and Parental Education, a Responsibility of Public Education in Home Economics."

The program for teaching some phase of child care and training in high schools was presented by Miss Birdie Vorhies, state supervisor of Home Economics of Nebraska. The plan for training teachers to function in this high school program was presented by Miss Cora B. Miller, head of the Home Economics Vocational Education Department at Iowa State.

The program outlined for adult training in public schools and in college extension service was presented as a second phase of the problem.

Business Women's Section

By Miss Zorada Titus

Perhaps it would not be quite fair to say that the meetings held by the Business Section of the American Home Economics Association were the most interesting of any held at the convention, but certainly they were full of enthusiasm and a spirit of "looking forward."

From a very small beginning only a few years ago, the membership of the Business Section has grown to include 250 members.

One of the most important meetings of the group was held Wednesday evening at the Battery Park hotel. The theme of each speaker's report was "What of the Future?" Each speaker was optimistic for the success of the Business Section.

The report given by Miss Ina Lindman of Ball Brothers, Muncie, Indiana,

on fellowships was especially interesting because many of the commercial firms are sponsoring fellowships in our colleges and universities. Miss Lindman reported that these commercial firms, for the most part, are enthusiastic about the results they are obtaining through their fellowships, and that money so invested brings good returns.

Miss Marjorie Hesseltine, of Hill Brothers, New York, was elected chairman of the section for the coming year.

Preparation for Nutrition Research

By MELBA NISEWANGER

SPECIAL Problems, F & N 359, will be offered for the first time, in the fall quarter, to undergraduate home economics students who are classified as seniors, according to Dr. Rosseien M. Arnold, director of research in Foods and Nutrition.

The purpose of the course is to develop in the student an understanding of the methods used in research work in nutrition, an appreciation of the library and the need for acquaintance with the literature, and to suggest possible problems of research.

Heretofore the course has been open only to graduate students, serving as an introduction to the choice of their individual research problem for the master's thesis, and especially conducted to develop correct technique, as well as initiative in planning and carrying on research problems. No outline was used in the course, but a few references which would furnish the girls with some background and methods of work were given at the beginning of the course, and the students permitted to plan their own experiments, with suggestions they might wish to adopt from the literature.

None of the problems taken up are new, but each class member makes her own selection of a problem from standard problems previously worked out in animal experimentation. As soon as each student has a plan in mind for her problem, she presents it to the director, and if satisfactory she proceeds with it. Throughout the course, reports are made to the class by each student as her experiment progresses, so that the entire group follows the work and benefits from the accomplishments of the individual members.

This course involves the study of two types of special problems:

(1) Those concerned with animal experimentation.

(2) Those concerned with human metabolism.

The animal experimentation problems include:

(a) Development and cure of vitamin deficiency conditions in the rat and in the guinea pig.

(b) Comparison of rates of growth in rats on diets of varying protein composition.

The human metabolism work is carried on by each student upon herself or upon a "willing subject." Weighed amounts of food are eaten; urine and feces collected. Nitrogen determin-

ations are made on foods and excreta, and the nitrogen balance is calculated.

With eight graduate girls in the class the past year, it was possible to carry on four experiments—two girls working independently on the same problem, so that results in each experiment were checked. During the work of the course seven of the students decided upon the problem they wished to work out for their master's theses, of which the two following are representative of the very interesting studies made:

(a) The effect of lettuce in the diet of underweight college girls, with special reference to hemoglobin, red corpuscles, and urinary acidity.

(b) The effect of grape juice on the nitrogen retention and urinary acidity of normal adults.

In the latter study, carried on by Louise Pickens, M. S., '27, six experiments of eight to ten days' duration were conducted on two young women to study the effect of grape juice on nitrogen retention and urinary acidity.

A diet of crackers, cheese, apple butter and almonds was used in the three basal experiments. Grape juice supplemented this diet through three other experiments.

A small but not significant change was demonstrated in the urinary acidity where grape juice was used. A slight nitrogen retention was observed in all experiments. A greater nitrogen retention was noted during the grape juice experiments. This increase is thought to be the result of the protein sparing action of the sugar in the grape juice. Further research to confirm these findings is now in progress.

None of the graduate students who enrolled in this course had previously taken any training in research methods, and consequently the course was necessary as an introduction to the individual work for the thesis. It is, therefore, the hope of the department, in offering the course to undergraduate students, to give those girls who intend to take up graduate work later, opportunity to acquire a background in research methods and technique before entering the graduate school. "It is also desired, however," said Dr. Arnold, "that a large number of other home economics students will be interested in taking the course, since in this way the individual might discover whether or not she ever would care to do research work."