
OREGON AGRICULTURAL COLLEGE EXTENSION SERVICE

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HOME ECONOMICS CLUBS

Suggestions for Organizing and Conducting in Oregon.

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We hear much, at present, concerning the study of different phases of home life. Most all organizations, in any way influencing home life, are increasing their efforts along this line. Schools, colleges, universities, women's clubs, civic leagues, and Home Economics associations, granges, and parent-teachers' clubs are all working to one purpose in the end,—“better homes, better schools, and better health” in the country.

Progress along any line depends not only on the motive behind the movement, but also upon the manner in which it is carried out. Home Economics must become dynamic and effective in the daily activities of those who compose the masses of our population, before it has performed its truest and fullest function. To bring about this purpose thorough organization is absolutely essential.

Some of the organizations mentioned above have been in existence in the State of Oregon for a number of years, and much good has been accomplished; but the efforts expended have been more or less ineffective because of the lack of a definite plan.

The great need has been felt and a call has been made by the earnest women, leaders of the various organizations over the State, for better methods and a more definite and effective plan of study. It is to offset the needless waste in the expenditure of time, money, and energy by earnest women desiring to further home work and to meet this growing demand, that this bulletin has been written.

Hence the purpose, the organization, and methods of conducting Home Economics departments and clubs, together with a suggested outline for study, will be discussed and worked out in detail.

ORGANIZATION.

Methods of Organizing and Conducting Home Economics Club.

Organization—Wherever there now exists an organization such as the women's club, civic league, parent-teachers' club, or grange, a Home Economics department may be successfully established at one of the regular meetings. Or a special meeting may be arranged for by a group of women in any community, not supporting one or more of the mentioned organizations.

I. Methods of Procedure preliminary to first meeting.

1. Have outline of proposed organization.
 - (a) Plan of work to submit.
2. A local committee appointed.
3. Advertising—thorough.
 - (a) Newspapers, town and country.
 - (b) Circulars sent out.
4. Speaker arranged for.
 - (a) County or State.

The bulletins of the Oregon Agricultural College are sent free to all residents of Oregon who request them.

5. A temporary chairman selected.
6. A slate of officers chosen.

Note.—Great care should be exercised in the selection of officers, especially in the important one of President. Choosing a leading woman, one who is known throughout the neighborhood, and who has shown organizing and executive ability in work of home or church.

Essentials for Success of the Organization.

1. Active interest.
2. Enthusiasm.
3. Definiteness.
 - (a) of purpose.
 - (b) organization.
 - (c) administration.
4. Thorough advertising.

II. First Meeting—Procedure.

The immediate organization of the department or club will begin with the preliminary address of the speaker.

1. Purpose.
 - (a) educational.
 - (b) social.
2. Requirement for membership.
 - (a) any woman interested in the home, whether town or country, may become a member.
 - (b) membership means:
 1. hearty support.
 2. attendance upon meetings.
 3. willingness to serve upon committees.
3. Election of officers.
4. Statement of the contents of proposed constitution.

Helps to the success of meetings:

1. Cooperation of the county superintendent of schools.
2. Cooperation of teachers.

Note.—The more frequent the meeting, and the closer the work is brought to the life of the people, the better the results will be, as it is the intimate home life that must be reached.

III. Programs—Suggestions for the success of the programs and meetings.

1. Lectures and discussions should have first place.
2. Readings and music should find a place.
3. Speakers should be chosen.
 - (a) local talent.
 - (b) experts may occasionally be secured who are sent out by the State.
4. Round table discussions important, success of which depends upon
 - (a) leader
 - (b) control of time limit.
5. Promptness in beginning programs.
6. Accurate following out of programs without change.

Constitution for Local Organization Recommended.

In order that the organization and plans of the Home Economics department or clubs be comparatively uniform in the State of Oregon, the following constitution for local organizations is suggested, which may be varied according to the needs of the locality.

Constitution recommended for local department or clubs:

ARTICLE I.—NAME.

Section 1. The name of this organization shall be Home Economics Club of [or Department of Home Economics of Club].

ARTICLE II.—OBJECT.

Section 1. The object of this club shall be to stimulate interest in all that pertains to homemaking and housekeeping. It shall encourage and assist in the organizing of sister clubs and parent-teachers' clubs wherever possible for the study of the problems of school and home.

Section 2. It shall strive for the introduction of the Home Economics work into our educational system. In fact, it shall stand for the educational and social betterment of the community.

ARTICLE III.—MEMBERSHIP.

Section 1. Any woman in county [or town] desiring to assist in promoting the objects of this department [or club], may become a member without ceremony.

ARTICLE IV.—OFFICERS.

Section 1. The officers shall consist of a president, a vice-president, a secretary-treasurer.

Section 2. The officers shall be elected by ballot and shall serve one year. A majority of the votes cast shall elect.

Section 3. The program committee shall consist of the president and secretary and two other members to be appointed by the president.

ARTICLE V.—DUTIES OF OFFICERS.

Section 1. The duties of the officers shall be such as usually pertain to these officers and such as shall arise from the provisions of this constitution or of by-laws that may be created.

Section 2. It shall be the duty of the program committee to be active in promoting the interests of the association and to arrange programs for its meetings.

ARTICLE VI.—MEETINGS.

Section 1. An annual meeting shall be held in October for the election of officers and for the transaction of such other business of the association as conditions make advisable.

Section 2. Regular meetings shall occur as provided in the by-laws and special meetings may be called at any time by the president.

Section 3. Except in amending the constitution, all questions before the association shall be decided by majority vote.

Suggested Study Outline.

In order that there be a certain unity in the subject matter to be studied during the year, the following outline has been worked out and is recommended for use in the Home Economics clubs over the State. In this plan we have followed three main interests:

1. Food.
2. Care of Children.
3. Administrative problems of the home.

LESSON 1.

Paper—Evolution of the House. "The House"—Bevier.

Discussion—History of food.

(a) of the Ancients. Circular 110. Bible reference.

(b) of the American Indian—Harpers Magazine, Aug. 1912.

Talk—The Well-Born Child. Sill.

LESSON 2.

Talk—Suitable Clothing and First Care of the Child.

If possible have Doctor give this talk.

Paper—Location of the House.

(a) sunshine.

(b) ventilation.

(c) drainage.

General Discussion.

(a) source of water supply.

(b) uses of water to the body.

(c) importance of drinking sufficient water.

Hutchison—Page 297-300.

Personal Hygiene—Pyle.

LESSON 3.

Paper—(a) Manufacture, source, and cost of cane sugar. Bulletin 93.

(b) Sugar as a Food. Hutchison—Page 279-281.

Discussion—Habits of Infancy.

Short talks—Simplicity of furnishing and Modern Conveniences in the Home.

LESSON 4.

Short papers—(a) History, composition, and use of the potato.

(b) Principles of cooking. Encyclopedia. Bul. 295, Page 7.

Paper—The Well-Nourished Child. "Food for Children"—Rose.

Discussion—Division of time and cooperation in Household duties.

LESSON 5.

Short papers—Cereal foods and uses.

(a) rice.

(b) wheat.

(c) oats.

(d) barley.

(e) rye. Bulletin 249. Encyclopedia.

Discussion—(a) Cost of living.

(b) Division of income.

"Cost of Living"—Richards.

Paper—Development of Character.

LESSON 6.

Paper—Use of Fruit and Its Preservation. Bull. 293.
Hutchison Pages 254-257.

Discussion—Cleaning Agents and Their Uses in the House.

Round Table—Rights of the Child.

- (a) respect.
- (b) responsibility.
- (c) play.

LESSON 7.

Paper—Business Management in the Home.

Talbot & Breckenridge: The Modern Household.

- (a) expenditure. Richards: The Cost of Living.
- (b) accounts.

Discussion—Fats, their source, value to workers, and use in the body.
Bull. 142.

- (a) Place of nuts in the diet.
- (b) Frying and its faults.

Round table—continued—Rights of the child.

- (a) discipline.
- (b) Christianity.
- (c) education.

LESSON 8.

Discussion—School Lunch.

- (a) Kind of pack.
- (b) Contents.
 1. Selection.
 2. Preparation.
 3. Packing.

Round table—Step Savers.

"If you have a good thing pass it on."

Questions—1. What constitutes a food?
2. What are some of the tissue-building foods?
3. What are some of the fuel foods?
To be answered by members.

LESSON 9.

Talk—Community spirit among children.

- (a) school yard improvement.
- (b) games.
- (c) contests.

Short papers—(a) The Ideal Hostess.

- (b) Duty of the Guest to the Hostess.
Bulletin 142. Page 39.

Round table—Vegetables.

- (a) storage of vegetables. Gov't. Bulletins.
- (b) cookery of vegetables.
- (c) vegetables in diet for children.
- (d) vegetarianism.

LESSON 10.

Short papers—(a) The Ideal Hostess.
 (b) Duty of the Guest to the Hostess.

Discussion—Fundamental virtues of childhood.
 (a) honesty.
 (b) reverence.
 (c) sympathy.
 (d) industry.

Demonstration—Vegetable cookery.

References for above outlines.

FOOD.

Food and Dietetics—Hutchison.
 Practical Dietetics—Thompson.
 Human Foods and Their Nutrition—Snyder.
 Food Products—Sherman.
 Good Housekeeping Magazine.

CARE OF CHILDREN.

Care and Feeding of Children—Holt.
 Food for Children—Rose.

HOME ADMINISTRATION.

The House—Bevier.
 Woman's Share in Primitive Culture—O. T. Mason.
 Cost of Living—Richards.
 The Woman Who Spends—Richards.
 How to Live On a Small Income—Howitt.
 Rural Hygiene—Ogden.
 House Sanitation—Talbot.
 The Modern Household—Talbot and Breckenridge.

GENERAL REFERENCES.

Farmers' Bulletins.
 Encyclopedias, Public School.
 Physiology.
 Journal of Home Economics.
 Good Housekeeping Magazine.
 Any good magazine.

HELPFUL PUBLICATIONS.

United States Government Bulletins sold by Superintendent of Documents, Washington, D. C.

- No. 21. Chemistry and Economy of Foods. W. O. Atwater. 15c.
- No. 28. Chemical Composition of American Food Materials. W. O. Atwater and C. D. Woods. 5c.
- No. 43. Losses in boiling vegetables and the Composition and Digestibility of Potatoes and Eggs. H. Snyder, A. J. Frisby, and A. P. Bryant. 15c.
- No. 67. Studies in Bread and Bread Making. H. Snyder and L. A. Vorhees.
- No. 57. Water Supply, Plumbing, and Sewage Disposal for Country Homes. 10c.
- No. 93. Sugar as Food. 5c.
- No. 621. What the Department of Agriculture is Doing for the House-keeper. 5c.

Free Farmers' Bulletins, United States Department of Agriculture, Washington, D. C.

- No. 34. Meats—Composition and Cookery.
- No. 85. Fish as Food.
- No. 121. Beans, Peas, and other Legumes as Food.
- No. 128. Eggs and Their Uses as Food.
- No. 131. Household tests for the detection of oleomargarine and renovated butter.
- No. 142. Principles of Nutrition and Nutritive value of foods.
- No. 175. Home manufacture and use of unfermented grape juice.
- No. 182. Poultry as food.
- No. 183. Meat on the farm, Butchering, curing, and keeping.
- No. 185. Beautifying the home grounds.
- No. 203. Canned fruits, preserves and jellies.
- No. 220. Tomatoes.
- No. 249. Cereal breakfast foods.
- No. 255. Home Vegetable Gardens.
- No. 256. Preparation of vegetables for the table.
- No. 270. Modern conveniences for the farm home.
- No. 293. Use of fruit as food.
- No. 295. Potatoes and other root crops as food.
- No. 324. Sweet potatoes.
- No. 332. Nuts and their uses as food.
- No. 359. Canning vegetables in the home.
- No. 363. The use of milk as food.
- No. 375. Care of food in the home.
- No. 389. Bread and bread making.
- No. 391. Economical use of meat in the home.
- No. 413. Care of milk and its use in the home.
- No. 426. Canning peaches on the farm.
- No. 459. House flies.
- No. 487. Cheese, its economical use in the diet.
- No. 490. Bacteria in milk.
- No. 521. Canning tomatoes at home and in club work.
- No. 526. Mutton, Its value in the diet.
- No. 535. Sugar and its Value as a food.
- No. 607. Farm kitchen as a work shop.