
Oregon Agricultural College Extension Service

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SCHOOL OF HOME ECONOMICS

Programs and Suggestions FOR Study Clubs in Home Economics

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residents of Oregon who request them.

PROGRAMS AND SUGGESTIONS FOR STUDY CLUBS IN HOME ECONOMICS

Outline No. 2.

There are now many women's organizations in the State of Oregon,—among them women's study clubs, parent-teachers' associations, granges, farmers unions, and community groups,—that accept as the basis of their organization and work a study of Home Economics as outlined in the Oregon Agricultural College Extension Bulletin Series III, No. 7, "Study Outline No. 1 for Home Economics Clubs."

The true purpose of Home Economics is being accomplished through these organizations in that it is being made dynamic and effective in the daily lives of the various members of the community in which the organization exists.

A definite plan of study is important and valuable to the success of any organization; for the general good of any club, therefore, programs should be outlined at least several months in advance of the time they are to be presented. In order that we may maintain a certain unity in the subject matter to be studied, and in order that suggested programs may be available as guides, the following outline has been prepared and is recommended for use in the Home Economics clubs and departments over the State of Oregon. These programs are designed to follow the outline suggested in Extension Bulletin Series III, No. 7. Local conditions, in many cases make changes necessary. A selection may be made of the subjects suggested.

In this plan we have followed three main interests:

1. Food (continued from previous outline).
2. Problems of the Home (continued from previous outline).
3. Clothing.

LESSON 1.

Roll Call—How I Earned My First Money.

Paper—Reasons for Sharing the Business of the Farm and the Home with the Children.

Round Table—Methods and Devices that Diminish the Work of Wash Day.

Discussion—Oregon's Municipal Food Laws and Ordinances.

References—

- Fundamentals of Child Study—Kirkpatrick.
- Training the Boy—McKeever.
- Copy of Municipal Food Laws of Oregon.
- Methods of Cleaning—Oregon Agricultural College Extension Bulletin Series III, No. 8—Smith.

LESSON 2.

Roll Call—A Book That is Enjoyed by Young People.

Paper—America, a Nation of Meat-Eating People—Results and Remedies.

Discussion—How the Home May be Made More Attractive for Young People. Cooperation between Parents and Teachers.

Paper—Washing of Woolens and Silks.

References—

- Cleaning and Renovating at Home—Osman.
- Methods of Cleaning—Oregon Agricultural College Extension Bulletin Series III No. 8—Smith.
- Clothing for Women—Baldt.

LESSON 3.

Roll Call—Quotations on “Home.”

Paper—House Sanitation; Disposal of Waste in the Country Home.

Discussion—Cooperative Laundries.

Paper—Use of Eggs, Milk, and Meat as Food.

References—

- Sewage Disposal for Rural Homes—U. S. Dept. of Agriculture, Farmers' Bulletin No. 527.
- Rural Hygiene—Ogden.
- House Sanitation—Marion Talbot.
- Healthful Farmhouse—Dodd.
- First Farmers' Cooperative Laundry—U. S. Dept. of Agriculture, Weekly News Letter to Correspondents, May 6, 1914.
- The Care of Milk in the Home—U. S. Dept. of Agriculture, Farmers' Bulletin No. 413.
- The Economic Use of Meat in the Home—U. S. Dept. of Agriculture, Farmers' Bulletin No. 391.
- Eggs and Their Uses as Food—U. S. Dept. of Agriculture, Farmers' Bulletin No. 128.

LESSON 4.

Roll Call—A Good Health Suggestion.

Paper—Oregon's State Health Laws — The “Old Oaken Bucket” and Its Successor.

Round Table—Meat Substitutes. Contributions by Members of the Club.

Discussion—Cooperative Ownership of a Vacuum Cleaner. Home-Made Dustless Duster.

References—

Oregon's Public Health Reports.

Wells and Pure Water—U. S. Dept. of Agriculture, Farmers' Bulletin No. 296.

Clean Water and How to Get It—U. S. Year Book, Separate 634.

Methods of Cleaning—Oregon Agricultural College Extension Bulletin Series III No. 8—Smith.

The Economic Use of Meat in the Home—U. S. Dept. of Agriculture, Farmers' Bulletin No. 391.

LESSON 5.

Roll Call—Suggestions for the Good of the Club.

Paper—Tests for the Detection of the Adulteration of Textiles. What is the Work of the Consumers' League?

Discussion—Are We Interested in the Boys' and Girls' Industrial Club Work?

Debate—Resolved, that the Girls' and Boys' Industrial Club Work is one of the most efficient means for preparing our young people for citizenship.

Round Table—Advantages of Planning the Family Meals by the Week.

(a) Economy of Food.

(b) Economy of Time.

References—

Leaflets of Consumers' League—National Consumers' League, 106 East 19th St., New York City.

Determination of Cotton and Linen—Technical Bulletin No. 7, Teachers College, Columbia University, New York City.

Leaflets of Boys' and Girls' Industrial Club Work, Oregon Agricultural College Extension Service, Corvallis
Food for the Family—Oregon Agricultural College Extension Bulletin Series III No. 10—Johnson.

Textiles—Woolman and McGowan.

School Luncheons—Oregon Agricultural College Extension Bulletin Series III No. 9—Milam, Turley and Cowgill.

LESSON 6.

Roll Call—A Real Bargain.

Paper—Advantages and Disadvantages of Ready-Made Clothing. The Bargain Hunter—Something “Marked Down.”

Discussion—Step Savers in the Preparation and Service of a Meal.

- (a) The Fireless Cooker.
- (b) Wheeled Service Tray.
- (c) Dish Drainer.

Round Table—Flowers as Decoration.

- (a) Use of Wild Flowers to Decorate Home, Church, School, or Grange Hall.

References—

The Efficient Kitchen—Child.
Clothing for Women—Balddt.

LESSON 7.

Roll Call—The Influence of My Favorite Picture.

Paper—The House as an Influence on the Persons Who Live in It.

Discussion—Methods of Removing Stains. Methods of Setting Colors.

Round Table—The Use of Left-Overs.

References—

Woman's Share in Primitive Culture—Mason.
Building a Home—Desmoma.
House Dignified—French.
The Modern Household—Talbot and Breckinridge.
Methods of Cleaning—Oregon Agricultural College Extension Bulletin Series III No. 8—Smith.

LESSON 8.

Roll Call—A Sewing Convenience and Use.

Paper—Modern Home Canning.

- (a) Fruits.
- (b) Vegetables.
- (c) Meats.

Discussion—Helps in the Home Sewing Room.

Round Table—Making Rough Places Smooth. The Treatment of Walls and Floors.

References—

Canning Club Instructions for Canning of Fruits and Vegetables—U. S. Dept. of Agriculture Pamphlet.

Clothing for Women—Baldt.
 Methods of Cleaning—Oregon Agricultural College Extension Bulletin Series III No. 8—Smith.

LESSON 9.

Roll Call—My Favorite Song.

Paper—The Principles of Jelly Making.

Discussion—State and Government Aids.

(a) What My State and Government Offer Me as a Home-Maker.

(b) Am I Making Use of the Offer?

(c) What Do I Offer Them?

Discussion—Music in the Home.

(a) Value of Family Singing.

(b) My Favorite Song.

References—

Principles of Jelly Making—N. E. Goldthwaite, Home Economics Dept., University of Illinois.

What the Department of Agriculture is Doing for the Housekeeper—C. F. Langworthy, U. S. Dept. of Agriculture, Year Book Separate 621.

Songs That Live—Cornell Reading Course for Farm Home, Vol. IV, No. 77.

LESSON 10.

Roll call—Economy Hints.

Demonstration—Serving a Simple Meal.

Paper—The Life of Ellen H. Richards.

Discussion—The Desirability of a Pure Textile Law.

References—

Life of Ellen H. Richards—Hunt.

Foods and Household Management—Kinne and Cooley.

Textiles and Clothing—Kinne and Cooley.

Pure Textiles—Article in Journal of Home Economics, June, 1914.

Food for the Family—Oregon Agricultural College Extension Bulletin Series III No. 10—Johnson.

Clothing for Women—Baldt.

GENERAL REFERENCES FOR THE USE OF THE CLUB.

Youth and Its Education—G. Stanley Hall.

Education for Social Efficiency—King.

Some Steps in Human Progress—Starr.

How Home Conditions React on the Family—Parsons.

Increasing Home Efficiency—Bruere.

Home Economics—Parloa.

Food Products—Sherman.
 Markets for the People—Sullivan.
 Food and Dietetics—Norton.
 Practical Cooking and Serving—Hill.
 The Boston Cooking School Book—Farmer.
 Care and Feeding of Children—Holt.
 Textiles—Woolman and McGowan.
 Textiles and Clothing—Kinne and Cooley.
 Clothing for Women—Baldt.
 Art of Right Living—Richards.
 Cost of Shelter—Richards.
 Cost of Living—Richards.

The source of these books to which reference is made in the foregoing outlines will be determined by the program committee of the club. Some of these books will be found in the local town or county library. Those not available there may be secured from the State Library at Salem, Oregon. Application should be made to the State Librarian, Salem, Oregon.

The following statement is quoted concerning the traveling libraries that are sent out by the State Librarian, Salem, Oregon:

STATE TRAVELING LIBRARIES.

"A state traveling library is a small collection of books, generally from fifty to sixty in number, which is sent out by the state to a certain community in which a permanent station has been established. This library is kept six months, and then returned to the State Library and exchanged for another and different set of books. The libraries are made up of the very best books for grown people and for children. Each one contains popular and interesting books of fiction, history, travel, biography, science, sociology, and literature."

Books and Libraries on Special Subjects. The State Library has a general loan collection supplementing the traveling library units and will add to the library from this collection any desirable books requested by the applicants. These special interests and needs of the community should always be explained in the application, and the books will be bought to send with the library if they are not already owned by the State Library.

Lists of books on Agriculture, Home Economics, Education, Municipal Affairs, and other subjects, will be sent to applicants so that they may make selections.

REGARDING BULLETINS.

Each club should have for the use of its members a copy of the available free bulletins from the State Agricultural College. These may be secured by applying to the Extension Service of the Oregon Agricultural College, for Home Economics Extension bulletins.

The U. S. Department of Agriculture bulletins may be secured on application to the Editor-in-chief of the Division of Publications, U. S. Department of Agriculture, Washington, D. C., or from the Superintendent of Documents, Government Printing Office, Washington, D. C.

SUGGESTIONS FOR REFRESHMENTS.

Many study clubs serve no refreshments, which is a plan to be commended, but for clubs whose members wish to serve refreshments the following suggestions are made:

1. That simplicity be the keynote.
2. That this part of the club meeting should not become a burden.

SIMPLE COMBINATIONS FOR LIGHT REFRESHMENTS.

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|----------------------------|-------------------|
| 1. Sweet Cider | 6. Cocoa |
| Ginger Bread | Hermits |
| 2. Loganberry Juice | 7. Fruit Ice |
| Sponge Cake | Cookies |
| 3. Baked Beans | 8. Punch |
| Brown Bread Sandwiches | Oat Meal Cookies |
| 4. Tea with Lemon or Cream | 9. Canned Fruit |
| Sandwiches | Plain Cake |
| 5. Coffee | 10. Welch Rarebit |
| Pimento Cheese Sandwiches | Saltines |

Valuable suggestions for these programs have been given by members of the Home Economics staff of the Oregon Agricultural College, the General Federation of Women's Clubs, and the Cornell Study Course.