

and emphasis on physiology of digestion will strengthen the course so that it cannot fail to be helpful.

The name dietetics may sound formidable to some girls; would a more commonplace name attract more girls to the course?

It seems to me that no girl can take a course in dietetics without having inculcated a splendid idea of economy—for has she not weighed out foods, and found that every teaspoonful represents a considerable amount of heat? She will respect her own body for she knows that she requires a given amount of food each day, if she indulges in more than that amount she understands the results and she also knows that if she does not eat suitable food she cannot do efficient work.

LAUNDRY WORK IN THE FLOWER TECHNICAL HIGH SCHOOL, CHICAGO.

BY ELSIE M. GARLICK.

The girls who choose the four year course offered in the Lucy L. Flower Technical High School have laundry work for five periods a week during either semester of the second year. This work is given as part of the domestic science course, and the pupil does not take cooking during that time.

The first month's work is devoted to the discussion of stains and their removal. The chemistry of stains is very interesting to the average high school girl, and any correlation that can be made with other departments is made in all instances.

The articles for the demonstrations are brought in by the girls taking the work. Some time is given to the study of bleaching and the different fluids are made and used. By the time the girls have worked a few hours with the above subjects they have come to the conclusion that there is far more to laundry work than the mere mechanical drudgery of "washing and ironing."

Then too, in the meantime during the conference periods, discussions are given on such topics as "The Reasons for Taking Laundry Work in the High School," "The Qualifications of a Good Laundress," "Laundry Work in Different Countries," and "Development of the Processes of Laundry Work." After an hour devoted to the theory of washing linens and cottons in general, the first articles, napkins and towels, are brought in for practical work. There are several reasons why the above articles are chosen; first, they usually offer splendid opportunities for testing the knowledge gained in studying stains, second, they re-

quire no starch, third, they are less likely to be scorched (since linen may be ironed with a very hot iron and the girl beginning to iron is prone to use her iron too hot and iron over and over), fourth, towels and napkins offer good exercises in folding.

All articles brought by the girls are carefully mended before washing, and here again we correlate by utilizing most carefully the knowledge the girls have gained in Household Art.

Papers are written about the experiments with blueing, starches, soap and water. The lunch room and kitchen always supply us with grease, which is cleansed and made into soap.

Table linen, bed linen, lingerie, waists and dresses fill many lessons. After these follow laces, embroideries and curtains, then the work on woolens, which is usually the favorite topic with the class.

Some attempts are made at dry cleaning and at renovating velvets, and all too soon the time for the semester's close is at hand.

TEACHING OF FOOD THROUGH PREPARATION OF MEALS.¹

BY AGNES WILSON,

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Since home-making has become a profession it must have the same skilled labor that is required by other professions. More so, in fact, for the unskilled home-maker is more of a menace to the nation than a surgeon, or engineer, or carpenter, who lacks knowledge and dexterity. When the family is poor the problem is indeed great. Through ignorance of the simplest principles of hygiene the mother subjects her children to the dangers of an ill-cared for home. Having little or no practical knowledge in the buying and cooking of wholesome foods her family suffers from improper nourishment. Her children are probably anemic, run-down, if not tubercular. Her husband dulls his natural craving for good food and ordinary home comforts by seeking the saloon. Thus the breaking down of the family is begun.

To aid in the betterment of such conditions we have in Chicago two practical housekeeping centers modeled after similar centers in New York and London. A four-room flat is rented in the tenement district and furnished in an attractive and practical

¹Read at the November, 1914, meeting of the C. A. S. & M. T. held at Hyde Park High School, Chicago.