

Sister and me; Mother and father; 2brothers, 2 Brothers
Yard: Front yard / Back yard /
Garden: Vegetable / Flower /

Other conditions:
Screens: All windows and doors / Kitchen windows and doors /
Lighting Facilities: Electricity /
Sanitary Facilities: Water in house; Sanitary toilet in house
Heating Facilities: Stove, Furance and it heats the entire house

Labor Saving Devices:

Electrical Equipment ---
Stove, Refrigerator; Iron, Washing Mashine; Waffle iron; Toaster;
Churn and Sewing mashine. Telephone; Sink in kitchen; Linoleum on
kitchen and bathroom floors.

Facilities for Recreation in the Home:

Auomobile ----- Pleasure and business
Radio; Piano; and string instrument
Magazines and Newspapers taken -- one newspaper and one magazine.
Games ---- Chinise Checkers.

The Girl Herself

Health:

Physical Condition:

Weight: Underweight normal
Eyesight: Normal
Teeth: Defective
Throat: Normal
Hearing: Normal
Posture: Good

Health Record: Types of illnes during year Colds
No. of days missed from normal activity 5

Health Habits: Examination:of teeth at least twice year

Food Habits: Good / Fair Poor 6

Clothing Habits: Neat / Clean / Suitable /

Interesta:

- ✓ How to be well dressed.
- How to buy clothing.
- ✓ How to be a welcome guest.
- ✓ How to make parties interesting.
- ✓ What to do after leaving school.
- ✓ How to be a successful hostess.
- ✓ How to acquire personal charm.
- ✓ What to do in one's leisure time.
- ✓ How much money one should have.
- ✓ How to be a good housekeeper.
- How to increase income.
- ✓ How to appreciate mucis and art.
- ✓ How one's clothing affects one's health.
- ✓ How to produce plays, and acting in them.
- ✓ How to better understand religion.
- ✓ What to consider in choosing a home.
- ✓ How to make contacts more easily.

sports / In town _____ Handwork _____ Motoring _____ Other _____

blems: Much Medium Little

1. Opportunities for earning money: Little
2. Choice of a vacation or securing a job: Good
3. To obtain additional vocational training: Medium
4. To make progress in school: Little
5. Opportunities for more vivid life and recreations: Yes
6. Opportunity for traveling: Little
7. Popularity with girls: Good
8. Population with boys: Good
9. Discontented and dissatisfied: No
10. Opportunities to meet young men: Yes
11. More freedom in making personal choices: Yes
12. Inability to confide in parents or lack of understanding
in parents: No
- 13/ Inability to get along with one or both parents: _____

Attitudes:

Do you like to live on the farm? No

Would you like to live on the farm? No

If you should choose a locality for a home, which would you choose?
Farm _____ Village / Small City _____ Large City _____

Are you planning to marry? /

Do you prefer a career to a marriage? No

If you could make changes in your home, what type of changes would
you make? Better kitchen

Finances:

Source of spending money Father

Work done for pay: Inside home _____ Outside home /

Average Annual income \$27 Amount of savings account _____

Is money available adequate to meet needs? Yes

Work Done On The Solution Of A Family Problem Through Home
And School Experiences.

I. Nature of problem:

1. Planning, purchasing and serving the family meals.

II. Purphasses developed by pupils in dealing with the problem.

1. To enable the pupils to plann an prepare well balanced meals.
2. To enable the pupil to purchase nutritionalfdod at the most economical cost.
3. To enable the pupil to substitute foods of cheaper cost for hhe more expensive, which out of the same nutritional value.
4. To enable the pupil to judge the characteristic of a good product such as tough and tender outs of meats, etc.
5. To enable the child to include milk and eggs in the diet in various ways.
6. To enable the child to use as many home canned foods in diet as possible.

III. Significant work done by pupils in work on the problem both at home and at school.

1. Planned, purchased and prepared adequatte meals at the most economical cost with the greatest food value.
2. Include milk and eggs in the diet.
3. Use home canned foods, thereby showing how the family can save in actual money by growing and preserving food.
4. Evaluesed her work in food both at home and at school from her nutritional standpoint.

Results:

1. The pupils were able to plan adequate meals. They learned the six constituents and in which foods were found. They learned to plan adequate meals.
2. The pupils were able to purchase foods on a limited income and still have an adequate meal. They also learned to read and evaluate advertisements.
3. They learned to served food more attractively thereby making the foods more appetizing.
4. The pupil learned to include milk and eggs in the diet in various ways.
5. The pupils learned to save in actual money by learning to include home canned foods in the diet in numerous ways.
6. The pupils evaluated their work by keeping weight charts, the cost of each meal and charts to show what each of the foods served contained thereby checking to see if the meals served were adequate.

Home Project

Name; Olga Robertson

Grade: Tenth

Occupation of Head of Family : Caretaker

No. in Family: Nine

Ages of Members in Family: 2, 7, 10, 12, 14, 15, 17

Why I took Preparation of Meals as my Home Project?

I took as my home project, preparation of meals so that I might learn to buy foods at the proper nutritional value, and at the same time as cheap as possible. Also I might learn to prepare a meal properly and more accurately and more efficiently in the smallest amount of time possible and with the smallest amount of labor.

Menu

Grapefruit

Oatmeal
Bacon
eggs

Toast
Milk
Butter

Coffee
(sugar and cream)

Cost

Grapefruit #### -----	10 lbs.	33¢
Oatmeal -----		6¢
Bacon -----		15¢
Eggs -----		18¢
White bread -----		10¢
Milk -----	2 qts.	28¢
Butter -----		7¢
Coffee -----		6¢
Cream -----		10¢
Sugar -----		10¢

Total

\$1.42

Names	Calcium	Protein	Carbohy- drates	Phosp.	Iron	Vitamins
White Bread	7.5	1.0	.8	.6	.5	A,B,C,G
Cream	5.5	0.3	1.2	.6	.1	A,B,C
Butter	2.8	.1	.2	.1	.1	A,B,C
Sugar	1.13					
Milk	.20	.4	.5	.6	.1	A,B,C,G
Eggs	.42	1.5	.8	1.2	1.7	A,B,G
Bacon	1.00	1.3	.1	.8	03	B,C,G
Grapefruit	.13	.1	.3	.1	.2	A,B,C,G
Oatmeal	1.00	1.7	.7	2.3	1.9	B,C,G

Program of Work

I began to plan my meal by getting out the necessary equipment and food commodities. I first put the oatmeal on to cook because it took longer to cook. Then I put the coffee on and set the table. After this I fried the bacon and eggs. Then I fixed the grapefruit and made the toast.

When everything was ready everyone came to breakfast. After breakfast I washed the dishes.

Ways in Which My Nutritional Standpoint Has Improved In Taking Up This Foods Work At Home And At School

1. I am able to plan adequate meals efficiently now because I know the food constitutions and in what foods they are found.
2. I have learned something about Consumer Buying That will help me to purchase the foods that are of a good quantity and at a reasonable price.

Menu

Steak and Gravy	Whole wheat bread
Mashed Potatoes	Butter
Peas	Hot tea (sugar, cream)
Corn	Milk
Lettuce and tomatoes salad	
Jello and Whipped cream	
Cake	

Cost

Steak, 2.25 Lbs. -----	79¢
Potatoes -----	15¢
Peas -----	10¢
Corn -----	10¢
Tomatoes, 2 lbs. -----	19¢
Lettuce -----	12¢
Wheat bread -----	07¢
Butter -----	07¢
Tea (sugar, cream) -----	14¢
Milk, 2 qts. -----	28¢
Jello and whipped cream -----	20¢
Cake -----	20¢

Total	<u>\$2.41</u>
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Food and Their Classes

Foods	Calcium	Protein	Caryb.	Phosp.	Iron	Vitamins
Wheat bread	.74	1.0	.6	1.4	1.4	A,B,C,G
Tea (sugar, cream)	1.13 .55	.3	1.2	.6	.1	A,B,C
Butter	2.18	.1	.2	.1	.1	A
MILK	.20	.4	1.5	.6	.1	A,B,C,G
Tomatoes	.07	.1	.1	.2	.2	A,B,C,G
Lettuce	.05	.05	.5	.3	.4	A,B,C,G
Potatoes	.24	.3	.2	.4	.5	A,B,C,G
Peas	.14	.4	.1	.3	1.4	A,B,C,G
Corn	2.8	.3	.1	.6	.4	A,B,C,G
Steak	.44	2.4	.2	1.5	1.5	A,B,G

Program of Work

I began to plan my meal by getting the necessary things for dinner. I tried to get the best values for as low a price as I could. Then I began first, by lighting the stove and then getting everything to cook. I put the steak on to cook, peeled the potatoes and put them on. Then I opened the corn and peas and put them on to warm. I made the salad and fixed up everything else. I sat the table and made the tea and the whipped cream for the jello. The cake and jello I made earlier in the morning.

Later everything was ready and I put it on the table and everyone was called for dinner. After dinner I washed the dishes. My menu was made out for nine people.

School Amie high school

Olga Robertson

Class Project - Planning, Purchasing and Serving Adequate Meals

Preparation, how to purchase and criticism

Menu

Fruit Cocktail

Cheese souffle

String beans

Potato salad

Cooked dressing

Hot Rolls

Butter

Ice Tea

Frozen Curtard

COST

Tea -----	05¢
Yeast cake -----	03¢
Lard -----	03¢
Cheese, 3/4 lb. -----	20¢
Eggs -----	19¢
Potatoes -----	03¢
Onions -----	02¢
Celery -----	13¢
Salad dressing -----	08¢
Sugar ,5 lbs. @ 20¢ -----	02¢
Vanilla -----	03¢

TOTAL

.78

III.

Food Constitutions

Name	Cal.	Pro.	Carbohydrates	Phosp	Iron	Vatamins
Sugar	1.15					
Rolls	0.79	1.0	0.8	0.6	0.5	
Cheese	1.25	3.3	11.5	4.4	0.7	A,B,G
Milk	.10	0.4	1.5	0.6	0.1	A,B,D
Butter	2.18	0.1	0.2	0.1	0.1	A
Eggs	0.42	1.5	0.8	1.2	1.7	A,B,G
Potatoes	0.24	0.3	0.2	0.4	0.5	A,B,C ,G
String Beans	0.12	0.3	0.6	2.9	5.3	A,B,C,G

IV.

Eggs and milk were used. They were included in cheese souffle, custard and potato salad, and cooked salad dressing.

V. Plan of preparation-

Wednesday-- Made rolls,made frozen custard and made salad dressing.

Thursday---	Made cheese souffle	Made the ice tea
	Made potato salad	Opened fruit cocktail
	Set the table	Cooked rolls
	Opened,heated string beans	Served meal

Responsibilities of each student---

Rolls -- Rosalie Pearson

Frozen custard -- Jean Evans

Salad dressing -- Jean Evans & Olga Robertson

Cheese souffle -- Jean Evans

Potato salad -- Olga Robertson

String beans -- Olga Robertson

Ice Tea -- Olga Robertson

Fruit Cocktail -- Jean Evans

Set Table -- Rosalie Pearson

Articles Bought --

Hostess -- Jean Evens

Milk -- Rosalie Pearson

Casserole -- Rosalie Pearson

Waitresses -- Rosalie Pearson

Tablecloth -- Olga Robertson

Olga Robertson

VI. How to Purchase:

1. Tea

There are two kinds, green and black.

a. Characteristic:

Green tea gives a bright, clear greenish color with pleasing fragrance and flavor, than black tea.

b. Food Value --

It doesn't contain very much food value, except the sugar and cream put in it, It has a substance in it called tannin.

c. Points in choice --

A package of tea is preferable to that of bulk because of greater uniformity and cleanliness.

d. Home Storage --

Tea Should be kept in a dry place away from other odors.

e. Price --

Tea is not expensive since one pound makes one cup.

2. Bread flour --

It is made from wheat and contains a high percentage of the protein⁹ (geuten) which gives the dough its elasticity and power of expansion and water absorption. It is more yellow than pastry flour, feels slightly gritty and does not hold its shape after being pressed with the fingers.

3. Yeast cake --

It is obtained from (Fleishman's Yeast) and a local representative each day. Compressed cake

4. Lard --

The grades of lard depends upon the part of the animal from which the lard is derived and upon the method of rendering. The three kinds are leaf lard, kettle rendered lard and prime steamed lard. The leaf lard is the best grade, found around the kidneys and the intestines.

5. Butter --

a. Butter substitute are of two classes, 1. oleomargarine

2. vegetable margarine. There are seven classes of butter.

1. Creamy butter - made from cream separated at nearby dairies.

2. Centrifized creamery butter - made from fat cream but differs in age and condition of cream.

3. Renovated butter - butter of (usually poor quality) which has been melted, clarified and aerated to remove foreign flavors and impurities.

4. Held Creamery butter - made from cream that has been held in cold storage.

5. Ladus - term applied to butter collected in rolls or lumps and reworked by the dealer.

6. Packing stock - original butter without moisture

or salt collected in any quantity from creamery.

7. Grease butter-lowest classification. Usually made up of lots of too poor flavor.

b. Color of butter

It should be slight straw color, medium or high, must not be melted.

c. Flavor

It must be sweet, fresh and clean.

d. Body

It must be firm.

e. Package

It must be new, clean and sound. Keep butter in a cool place and free from odors.

6. Cheese

a. The most important types are American cheese, cottage cheese, and cream cheese.

b. Selection

1. Hard cheese, should be firm enough to be grated, ground or cut in thin slices.

2. Semi-hard cheese, firm enough to cut, but soft enough to spread.

c. When purchasing cheese ask for ripened cheese. Test it by tasting it and rubbing a little bit between fingers. Keep cheese in a cool place, wrapped with damp cloth and then wax paper.

d. Price of cheese-It is determined by flavor rather than food value. An average price per pound is between 30 and 60 cents.

7. String beans

When purchasing beans be sure they are not withered, and are good size. You can tell this by looking and feeling the beans.

8. Potatoes

a. Potatoes should be free from freezing, injury and soft rot, and from damage caused by dirt, sunburn, growth cracks, dry rot and disease.

b. Size-large, medium or small.

c. Shape-flat-round or thick oval.

d. Appearance-bright, clean and smooth.

e. Quality-Sound, not brittle or spongy.

Criticism:

The meal was very good. It was economical and well-prepared. The table was set correctly and everything was served in the right order.

School Aldie High School

Olga Robertson

Chart Kept to Show My Improvement In Weight

Date of Week end Month	Weight	Gain	Loss
Monday			
January 6	124 lbs.	1	_____
February 10	125 "	1	_____
April 8	127 "	2	_____
May 12	128"	1	_____

School Aldie High School

Why This Has Been A Value To The Pupil

Olga Robertson is the oldest member of a family of nine, on a limited income, therefore must make every penny count. She has showed great improvement in learning to plann amedal which is suitable to each member of the family. She has also learned to purchase foods more economically and get the most for her money. As she is the oldest member of the family a larger responsibility is placed upon her in all of the household management.

School Aldie High School

Days	May	S. M. T. W. T. F. S.
Brushing	11	✓ ✓
Pressing	12	✓ ✓ ✓ ✓ ✓
Shoes	13	
Darning Stockings	14	
Patching	15	
Removing Spots	16	
Dry Cleaning	17	✓
Laundry		
Storage		
TOTAL		

Days	May	S. M. T. W. T. F. S.
Brushing	18	✓ ✓ ✓ ✓ ✓
Pressing	19	✓ ✓ ✓ ✓ ✓
Shoes		
Darning Stockings		
Patching	20	
Removing Spots	21	
Dry Cleaning	22	✓
Laundry	23	
Storage	24	
TOTAL		

Work With Elementary Teacher in Development of Program For
Children in School

I. Problems:

1. Consumer Buying
2. Clothing for family.
3. Personal development - (etiquette, personal grooming)

II. Analysis -

1. Consumer buying-

- a. Unwise expenditure of money for commodities needed in home and wearing apparel.
- b. Influence of advertisement.

2. Clothing for family -

1. Lack of funds to spend for clothing needs.
2. Lack of interest and education on part of parent to train child in wise selection of his clothing.

3. Personal Development -

1. Lack of time on part of parent to train child in body cleanliness and proper grooming.
2. Lack of desire on part of pupil to be clean and well groomed.
3. Lack of knowledge on part of pupil and parent concerning facts of personal cleanliness and good grooming.

4. Etiquette -

1. Lack of training in etiquette such as, courtesy toward parent teacher and fellow student. Table manners and introductions.

Activities :

I. Consumer buying -

1. Studying the relation to value of one commodity over another such as : kitchen utensil, the durability of one over another the desirable point of each and the cheapest in the final analysis.
2. Planned and prepared a party- the pupils were taken to the

store selected the commodities with the greatest nutritional value at the most economical cost.

3. Studying advertisement in magazines to learn to evaluate the information given.
4. Studying the Pure Food and Drug Act to learn protection given to the consumer by the government.
5. Teaching the pupil to read all labels on a commodity before purchasing.

II. Clothing For Family -

1. Teaching fabrics by having the child study samples of materials in order that they might judge the suitability to their needs and the durability of each, color fastness, shrinkage and the finish of the fabric, whether it contains sizing, metallic weighting, a mixtures of fabrics and the simple test for each.
2. Studying the proper method of laundering one's clothing.

III. Personal Development -

1. Studying charts to show proper method of washing hair and the arrangement of hair.
2. Discussing why child in grades should not wear make-up.
3. Discussing proper care of nails and feet. Discussing a body cleanliness, use of deodorants and the importance of wearing clean underclothing.
4. Studying and practicing the proper conduct toward one's parent teachers and fellow students.
5. Served an imaginary meal in order to practice good table etiquette.
6. Made charts, posters and booklets of well balanced meals for a day.

School Aldie High School

5 b. No eighth grade in the school.

5 d. No adult education program in the school.

5 e. Have done no work with any other agencies to develop home
and family life.

Work With Agriculture Teacher in Developing A Joint Program of Home Economics And Agriculture.

1. Exchange classes with the agriculture teacher for a period of a week.
2. Agriculture teacher taught girls units in -
 1. Home ground improvement.
 2. Vegetable gardening.
 3. Poultry production.
3. Units taught to boys.
 1. Etiquette
 2. Personal grooming.
 3. Study of textiles in regards to types used for suits, shirts, etc; the best buys, color schemes selecting clothes suited to enviornmental needs, the desirability of one fabric over another, care of the clothing and good taste in clothing.

Activities:

Exchange Class For Girls -

Home Ground Improvement:

1. Learning the native shrubs that could be transplanted to home grounds.
2. Types of grasses and the best one suited to her particular situation.
3. How to prepare beds for plants.

Vegetable Gardening -

1. Improvement of soil.
2. How and when to plant the different vegetables.

Poultry Production -

1. Classes of poultry.
2. Feeding.

3. Care of the chicken house.

Exchange Class for Boys -

1. Etiquette.

- a. Studying proper conduct in public places, theatres, restaurant and when with girls.
- b. Studying and practicing introductions.
- c. Table etiquette - a meal was planned and served and the students practiced good table etiquette.
- d. Studied courtesy toward parent, teacher, girls and fellow students and keeping charts to see if any improvement was made.

2. Personal Grooming -

1. Studying personal hygiene and grooming such as; body cleanliness, hair, nails, etc.
2. Learning how to care for one's clothing such as; shoes, removing small spots, pressing, etc.

3. Study of Textiles -

1. Studying samples of the various fabrics.
2. Studying in catalogue the various pieces of clothing, what advertisements tell one, etc.
3. Planning wardrobe as to, suitability, color scheme and the best value for the money.

Work With Other Teachers in School in Furthering of Education
For Out - of - School Youth.

We have three graduates students who were unable to attend college and enrolled in high school this year. I have two of these enrolled my classes. Since they are to be enrolled in this class only one year, they selected problems which they considered most pertinent.

The Problems are as follows:

1. Planning, purchasing and preparing adequate meals.
2. Preserving foods.
3. Clothing construction and the renovation of garments.
4. Care of their own clothing.
5. Etiquette and personal grooming.
6. Home Beautifaction.

Recommendation for Further Developments of a Functional Program in Homemaking Education in My Community for Next Year.

1. Plann trips to Winchester to observe in the woolen mills; to Washington to observe in large department stores, clothing and household articles.
2. Send out letters urging parents to take advantage of all free clinics.
3. Encourage more home gardening and food preservation.
4. Encourage the care og a greater number of malnourished and deliquent children in the school.
5. Encourage better arrangement in the homes so that pupils might have their recreation at home.
6. Plann more parties and receptions to enable pupils to practice etiquette and proper dress and also to create a better feeling between parent and school.
7. Plan a program whereby the pupils might be trained in a wise use of their leisure.
8. Encourage the pupils to help their younger brothers and sisters to have personal cleanliness.
9. Longer periods in which to carry out class activities.
10. More space, either two labratories - one for foods work and one for clothing construction or a cottage. As there is little possibility to have a home atmosphere.

Aldie High School

Report Of The Home Economics Class

The Home Economics Class of Aldie High School had no club. Since there is no program for clubs in this school, we use our class organization as a substitute.

To assist in the remodeling of the Home Economics units, we raised the money so we were better able to perform the following project:

The sewing and cooking classes combined their efforts in helping to refinish the two units. We repainted the furniture, made chair and couch covers, and draperies, and added the necessary decorations for the improvement of the units.

With the money we earned we also purchased the following articles:

wall placks
ironing board
tin containers
garbage pail

Among the articles donated by the girls the following are included:

iron
toasters
electric clock
iron skillet

During the Christmas holidays the girls with the supervision of our teacher, fixed up baskets of food and toys for the needy families of the community.

We also helped to sew for the organization, namely the "Bundles for Britian".

All of the work or achievements that have been named shows the willingness and cooperation of the students in an organized class--although we do not have a club.

Chairman of Home Economics Class

Clairie Pelkonen