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Home Economics

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1934

## Home Economics

Farmington State Normal School

University of Maine at Farmington

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# Home Economics

State Normal School  
Farmington, Maine  
◆ 1934

## THE FACULTY

W. G. Mallett ..... Principal

### HOME ECONOMICS DEPARTMENT

Helen E. Lockwood, Dean.....Education, The Family

Mabel E. Moss.....Clothing, House Decoration

Doris F. Lake.....Foods, Home Management

Clara Littleford .....Child Development, Nutrition

### OF THE REGULAR DEPARTMENT

W. G. Mallett.....Ethics

Virginia A. Porter.....English

Ruth Griffiths.....Music Appreciation

Agnes P. Mantor.....History

Edna Havey.....Industrial Arts

Louise Waite.....English, Expression

Stella G. Dakin.....Sociology, Education, Mental Hygiene

Frances McFaul.....Drawing, Art Appreciation

Mary E. Tilton.....Physical Education

Ingeborg Johansen, School Nurse.....Home Nursing, Hygiene

Errol L. Dearborn.....Economics

L. Joe Roy.....Chemistry, Bacteriology

Charles S. Preble.....Biology

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FRESHMEN REGISTRATION—2 P. M.

September 11, 1934

September 10, 1935

FARMINGTON STATE NORMAL SCHOOL



MAIN BUILDING



PURINGTON HALL

### GENERAL STATEMENT

Farmington Normal School is best known through the work of its regular course covering a period of seventy years, but for 23 years it has been offering training in the Household Arts.

In 1911 a one year and a two year Domestic Science course were offered—the one year course being offered to graduates of the regular course.

In 1924 a four year course was introduced and all shorter courses withdrawn. Through an act of the Legislature of 1928 the privilege of granting appropriate degrees to graduates of four year Normal School courses was given to the Normal School trustees of the State of Maine. Students graduating from the Home Economics Department in June 1928 were the first to receive the degree of Bachelor of Science in Home Economics.

Graduates of the two year course, desiring further preparation may receive credit for work previously completed. Every effort will be made to arrange programs which will meet individual needs.

### NATURE OF HOME ECONOMICS

Home Economics is a subject centering around the study of all problems of the modern home and the family. It no longer deals with cooking, sewing and cleaning as the major problems of the home but places greater emphasis upon those factors which contribute to happy family life and worth while community participation. The course includes a study of the mental and physical health of the family as influenced by food, clothing, shelter, intelligent child training, psychology, recreation, scientific home management and social and economic problems.

The curriculum aims to provide for the future Home Economics teacher a well rounded program including such technical and related subjects and such cultural and social studies as are needed by the teacher for her profession and for the highest type of citizenship. One hundred twenty-four credits are required for graduation. No provision is made for electives, except for teachers of experience, as it is believed that the entire program constitutes minimum essentials for the young Home Economics teacher.

The home provides the most valuable practice field for gaining experience in the various phases of Home Management and for mastering the techniques of cookery and sewing.

During the course an effort is made to help each student to determine her need for various types of practical experience. Such experience may be gained through a series of home projects. Experience is later provided in the Practice House during the Senior year.

### ENTRANCE REQUIREMENTS

Candidates for admission to the Home Economics Course will be selected from graduates of Class A high schools. Selection will be based on:

1. Entrance admission age—17 years.
2. High school record as showing probable ability to master the academic subjects.
3. Such elements of personality as give promise of success in teaching.
4. Some evidence of special aptitude and taste for this type of work.

The Department reserves the right to advise any student, who fails to give promise of success as a teacher of Home Economics, to withdraw after a reasonable time. Good health, which insures uninterrupted school attendance, is essential to satisfactory school work. **Because of the limited enrollment, no student who is not interested in teaching and who does not plan to complete the course, should ask for admission.**

High School students who plan to take the Home Economics course are advised to elect strong courses in English, Science and the Social Studies, rather than Home Economics in the high school. Participation in the activities of the home resulting in an appreciation of the home and its problems is very desirable for a student entering this field of work.

**Personal interviews at the school are urged in advance of registration.**

A registration fee of seven dollars is required of every applicant accepted. This fee will be credited to the student as payment of her laboratory fee for the first semester. No refund of this fee will be made in case of cancellation of reservation after August first.

### UNIFORMS

Outfits required for Foods and Chemistry classes may be purchased at cost after arrival at the school. Plain black oxfords with low, rubber heels, and black stockings are required for use in the Foods classes.

Gymnasium outfits should be ordered by each student before school opens. Order blanks, giving full information, will be mailed to each student after she has been accepted for admission to the school. Any part of a high school uniform, similar to that required, may be used.

### EXPENSES

An estimate of school expenses based on student accounts:

Tuition	\$50.00
(\$100 is charged out-of-state residents)	
Board and Room, 38 weeks at \$5 or \$5.75	\$190-\$218.50
Books not furnished by the school—yearly average	12.00
Laboratory fees (\$7.00 at beginning of each semester)	14.00
Incidental fee	5.00
Uniforms for Foods classes (for course)	5- 10.00
Gymnasium outfit	7.00
Clothing Class Materials (for garments)	20- 40.00
School supplies	5.00
School activities (including class and club dues)	6- 10.00
<b>Totals</b>	<b>\$314-\$371.50</b>

Students' accounts show that total yearly expenses, including clothing costs, range from \$315-\$500.00.

An effort is made to assist each student to plan her yearly expenditures and to keep expense accounts. A regular monthly allowance, not only proves most economical for parents, but is a most valuable aid in teaching young people the value of money.

### STUDENT EMPLOYMENT

Students who find it necessary to have financial assistance may apply for part time work. **Requests for opportunity to work should be made in the letter of application. No student should consider working**

unless it is necessary, as health and school work are apt to suffer. Work is not given to a student unless she is in good physical condition and is capable of maintaining a satisfactory school rank. Because of the large number of students needing self help no student should expect to have more than half time work for two of the four years. Freshmen should not plan to work their first semester and seniors are unable to work for remuneration during the half of their senior year while living in the Practice Home.

#### LIVING ARRANGEMENTS

The school has dormitory accommodations for all of its students. Room assignments in dormitories are made in the order of applications.

A Student House for Juniors and Seniors furnishes additional opportunities for self government for maturer students. The cost of board and room is increased to \$5.75 per week during the Junior and Senior years.

A registered school nurse, living in one of the dormitories, devotes her time to the promotion of the health of the students.



PALMER HALL, JUNIOR-SENIOR HOUSE

#### THE HOME MANAGEMENT HOUSE—THE COTTAGE

During the Senior Year, students live in the Practice Home for one-half of the year. Here each student has an opportunity to apply what she has gathered from other courses. Each one is given experience in the various phases of work made necessary by a family of eight, including a baby. Major emphasis is placed upon the need for efficient planning of work, the value of co-operation and the importance of providing wholesome social life within the home.

A most valuable part of the experience in the Practice Home centers around the care of the baby, under the guidance of a child care specialist. This work follows the course in Child Development in the Junior Year.

HOME ECONOMICS COTTAGE



THE PRACTICE HOME—LABORATORIES IN REAR



THE GARDEN



## HOME ECONOMICS PRACTICE HOME INTERIORS



THE DINING ROOM



THE LIVING ROOM

A PRACTICE HOME BABY AND THE NURSERY



JAMES ROBERT



THE COTTAGE NURSERY

## THE PLAY SCHOOL



THE LUNCH HOUR



PLAY IN THE GARDEN



### THE PLAY SCHOOL

Courses in Child Psychology and Child Development and Training are offered during the second semester of the Junior Year. A play school for children between the ages of two and five years is conducted for ten weeks, in connection with these courses. Here students have an excellent opportunity to observe and participate in the care of pre-school children.

### STUDENT ACTIVITIES

The development of a well rounded individual necessitates the cultivation of a breadth of interest in worth while things. Students are encouraged to participate in the activities of the various clubs and organizations of the school.

### SCHOOL GOVERNMENT

The government of the school is a cooperative effort of faculty and student to maintain a type of training for good citizenship. Faculty members and students serve together on eight committees which create and put into effect the various policies of administrative government. Every student and every teacher is a committee member. Autocratic school government is abandoned and the students are taught and trained to assume responsibility for their personal conduct and for the conduct of the entire group.

### HOME ECONOMICS CLUB

All students of the Department participate in the activities of this club which has 100% membership of Home Economics students. Through its monthly meetings educational programs and good times are provided. The students undertake many worth while enterprises and contribute generously to Department activities and to social welfare problems in the community and abroad.



**HOME ECONOMICS BASKET  
BALL TEAM**

### **THE ATHLETIC ASSOCIATION**

This Association aims to provide various forms of wholesome recreation for every student. The majority of the students of the Home Economics Department are members of the Association and take an active part in the following activities: Hiking, Tennis, Hockey, Captain Ball, Winter Sports, Basketball, Volley Ball, Deck Tennis and Newcomb. Usually two students from this department are chosen to serve on the Athletic Council and to serve as members of cheering squads.

Students of the Department are eligible to membership in the following organizations of the school: Modern Authors Club, Dramatics Club, Debating and Public Speaking Club, Choral Society and Orchestra.



**FRESHMEN CAMP SUPPER**



CLOTHING LABORATORY



FOODS LABORATORY

## HOME ECONOMICS CURRICULUM

## 124 Credits Required

## Freshman

Semester I	Rec.	Lab.	Credits
English 1 (Written English) .....	2		2
Foods 1 (Principles of Food Preparation) ....	2	6	4
Biology 10 (General Biology) .....	3		3
Biology 11 (Physiology & Hygiene) .....	2		2
Physics .....	1	2	2
*Art Appreciation .....			
or			
*Music Appreciation .....	2		1
Home Economics 1 (Student Problems) .....	2		1
Physical Education .....		2	1
	14	10	16

## Semester II

English 2 (Oral English) .....	2		2
Chemistry 2 (General) .....	3	2	4
Clothing 2 (Selection, Construction, Textiles)	2	6	4
Social Science 2 (Ethics) .....	2		2
Drawing .....		2	1
Physical Education .....		2	1
	9	12	14

## Sophomore

## Semester I

English 3 (American Literature) .....	2		2
Chemistry 3 (Organic) .....	1	4	3
Clothing 3 (Construction, Costume Design, Textiles) .....	2	6	4
Government .....	3		3
Home Crafts .....		3	1
*Music Appreciation .....			
or			
*Art Appreciation .....	2		1
Physical Education (Games) .....		2	
	10	15	14

## Semester II

English 4 (English Literature) .....	2		2
Chemistry 4 (Physiological) .....	2	4	3½
Foods 4 (Family Meal Planning, Preparing, Serving) .....	2	9	5
Social Science 4 (Educational Psychology) ..	4		4
Biology 4 (Bacteriology) .....	2	2	3
	12	15	17½

\*Offered alternate years.

**Junior**

Semester I	†	Rec.	Lab.	Credits
English 5 (Children's Literature) .....		2		2
English 5 (History of Ed., School Organization & Laws and Principles of Teaching)		5		5
Nutrition .....		4	2	5
Foods 60 (Marketing) .....		1		1
Foods 61 (Management & Group Food Problems) .....		1	3	2
Home Hygiene .....		2	2	3
Clothing 5 (Construction, Design) .....			3	1
		15	10	19
Semester II				
English 6 (Modern Literature) .....		2		2
Education 6 (Home Economics Education)...		2		2
Child Development & Nursery School .....		2	2	3
Clothing 5 (Textile Economics) .....		2	2	3
Home Planning, Decorating and Furnishing..		2	2	3
		10	6	13

**Senior**

Semester I				
Social Science 70 (History of Civilization) ...		3		3
Social Science 71 (Current History) .....		1		1
Social Science 72 (The Family) .....		3		3
Economics .....		3		3
†Education 70 (Student Teaching) .....				
or				
†Home Management 70 (Home Residence) ....				4
Home Management 71 (Principles of Management) .....		2	4	3½
Physical Education 7 (Coaching of Games) ..			1	
		12	5	17½
Semester II				
Social Science 81 (Sociology and Social Problems) .....		3		3
Social Science 82 (Mental Hygiene) .....		3		3
†Home Management 80 (Home Residence) ....				
or				
†Education 80 (Student Teaching) .....				4
Education 81 (Home Economics Education) ..		3		3
		9		13

†Course offered both semesters.



**APPLICATION FOR ADMISSION**

Applicant is requested to fill in the Student's Application Blank and to return it with a personal letter of application to

Miss Helen E. Lockwood, Dean of the Home Economics Department.

The letter should include the following information:

1. High School courses most enjoyed.
2. High School activities in which applicant has participated.
3. School offices or honors held.
4. Church affiliation and activities in which student has participated.
5. Practical experience in the home.
6. Reasons for choosing Home Economics Normal School course.
7. A statement of the amount of work needed if applicant must have an opportunity for self help in order to attend school.

**STUDENT'S APPLICATION BLANK**

Name of Applicant.....

Address .....

Age ....., Date of birth.....

High School attended.....

Date of Graduation.....

Course taken .....

Name of Principal.....