

MC 0659

Memorial Calendar

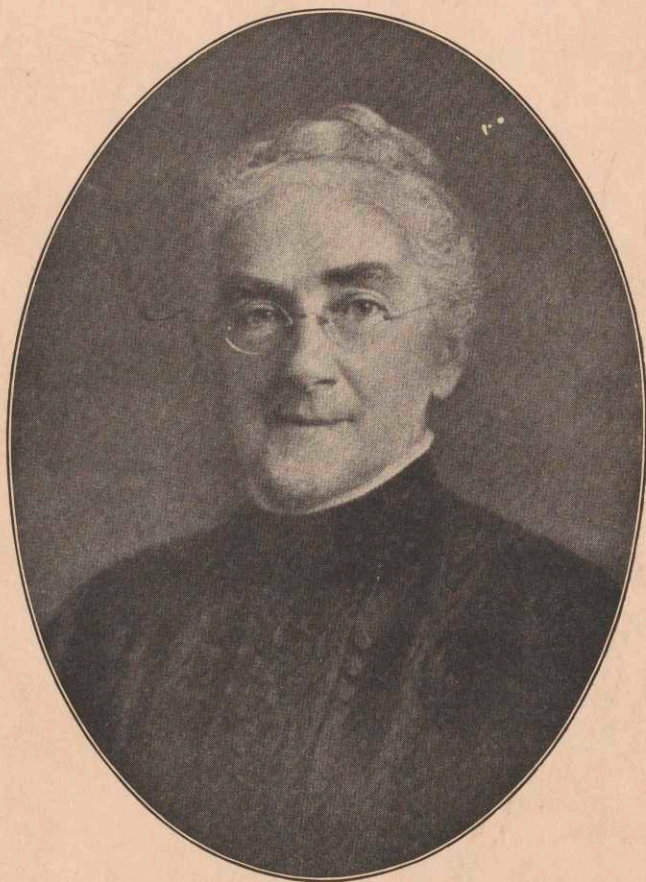
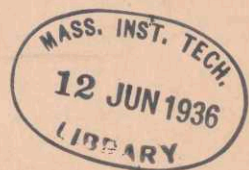
1913

BOX 1 FOLDER 38

T-F
R514

The Ellen H. Richards Memorial

Home Economics Calendar 1913

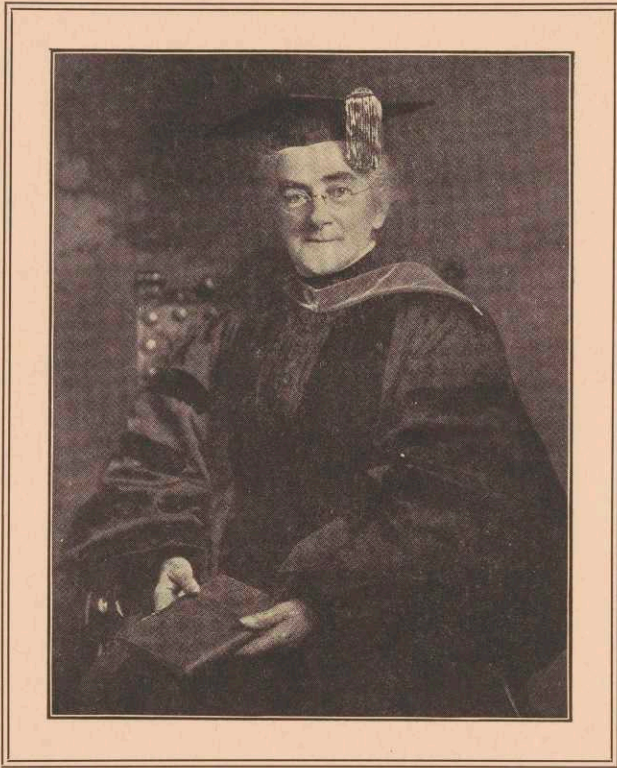


Illustrations from "The Life of Ellen H. Richards"

American home economics association
Baltimore

T-F
R 514

January



Ellen H. Richards (1842-1911)
 Founder of the Home Economics Movement

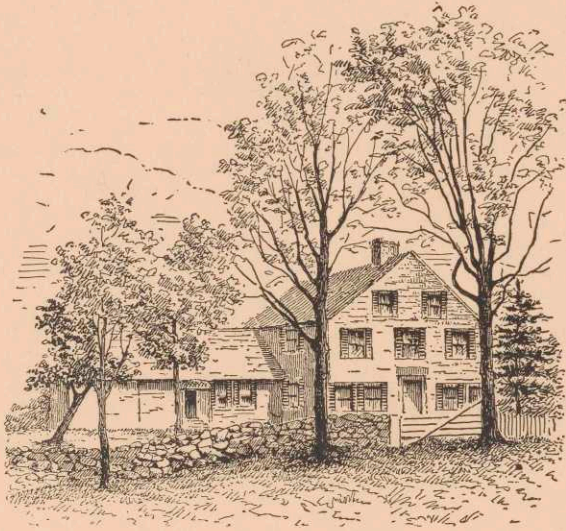
ELLEN H. RICHARDS: Bachelor and Master of Arts of Vassar College, Bachelor of Science of the Massachusetts Institute of Technology, and there for over quarter of a century Instructor in Sanitary Chemistry. By investigations into the explosive properties of oils and in the analysis of water, and by expert knowledge relating to air, food, water, and sanitation, and the cost of food and shelter, set forth in numerous publications and addresses, she has largely contributed to promote in the community the serviceable arts of safe, healthful, and economic living."

Tech. Coll.

Presentation speech, conferring the Honorary Degree of Doctor of Science by Smith College, October 5, 1910.

1913		January				1913	
S		5	12	19	26		
M		6	13	20	27		
T		7	14	21	28		
W	1	8	15	22	29		
T	2	9	16	23	30		
F	3	10	17	24	31		
S	4	11	18	25			

February



Birthplace of Ellen H. Swallow

“**T**HE road from the Swallow farm to Westford leads past the cluster of houses and the little church which form the village of Dunstable, and passing through the pine woods suddenly comes out upon an open space, across which the academy on the high land at Westford comes into view. This was the road which Ellen Swallow traveled in April, 1859. With the strength and the courage of her fathers which had been bred in the stern realities of pioneer life, with their faith which had seen a beneficent Providence even in the rocks with which their paths had been strewn, and with a spirit tuned to the beauty of the quiet landscape and of the pines, she set forth, and as she traveled, suddenly the way opened before her, and there on the heights beyond she caught glimpses of opportunity.”



The Pines

	1913	February	1913	
S	2	9	16	23
M	3	10	17	24
T	4	11	18	25
W	5	12	19	26
T	6	13	20	27
F	7	14	21	28
S	1	8	15	22

March



Ellen Swallow

From a daguerreotype taken about 1848

“Most powers are the results of habits”

LET the furrows be plowed deeply enough while the brain cells are plastic, then human energies will result in efficiency, and the line of least resistance will be the right line.”

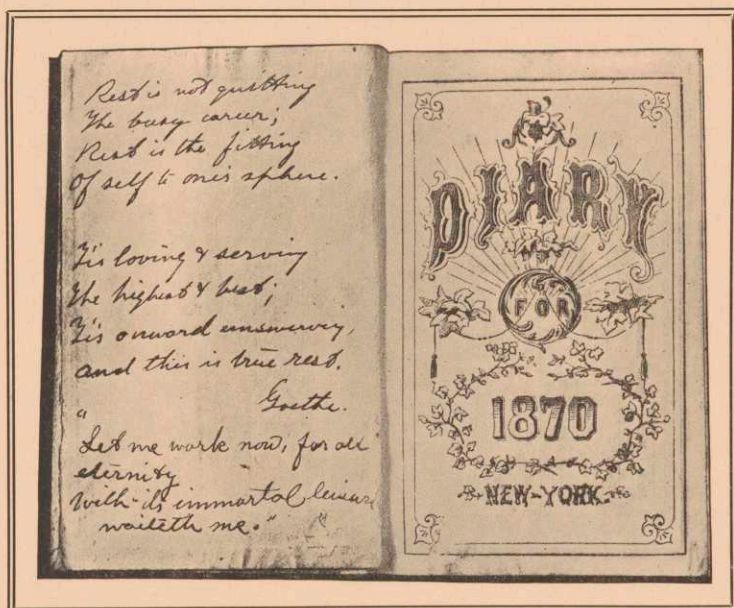
“You must have the will power, for the sake of your child, to bring to his service all that has been discovered for the promotion of human efficiency, so that he may have the habit, the *technique*.”

— *Conservation by Sanitation.*



1913	March		1913
S	2 9	16 ^{23/30}	
M	3 10	17 ^{24/31}	
T	4 11	18 25	
W	5 12	19 26	
T	6 13	20 27	
F	7 14	21 28	
S	1 8	15 22 29	

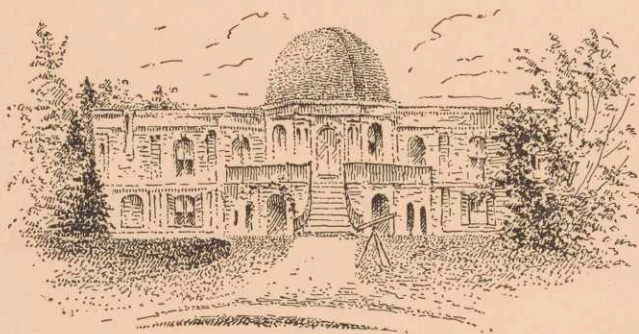
April



Vassar Diary

"The mind endowed with active powers and keeping with a practical object to the task that lies nearest is the worthiest there is on earth."—Goethe.

(Mrs. Richards's favorite quotation.)



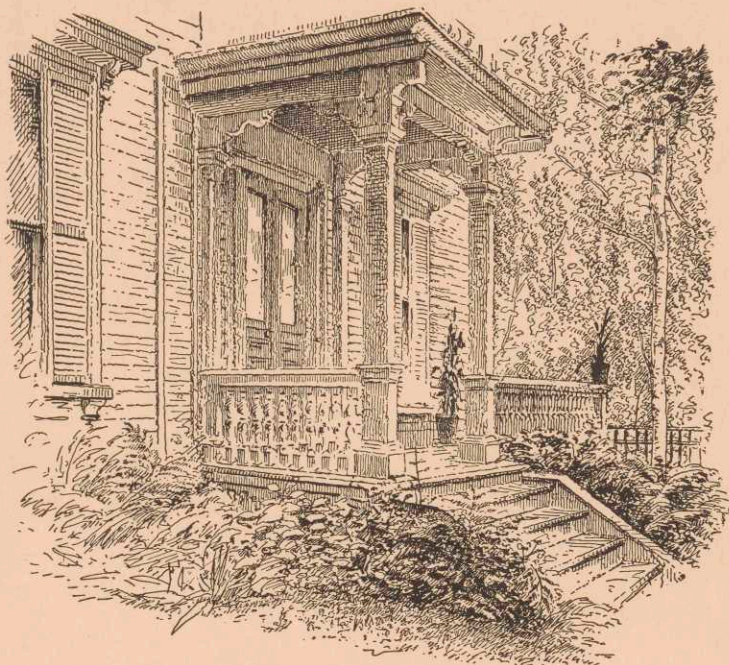
The Observatory

"I discovered Mrs. Richards."—*Maria Mitchell*,
Professor of Astronomy, Vassar College.

Entered Vassar, 1868 Graduated, 1870
Trustee, 1894

	1913	April	1913		
S	6	13	20	27	
M	7	14	21	28	
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	
F	4	11	18	25	
S	5	12	19	26	

May



The Porch at 32 Eliot Street

Home Ideals

There is no noble life without a noble aim.

The watchword of the future is the welfare and security of the child.

Love of home and of what the home stands for converts the drudgery of daily routine into a high order of social service.

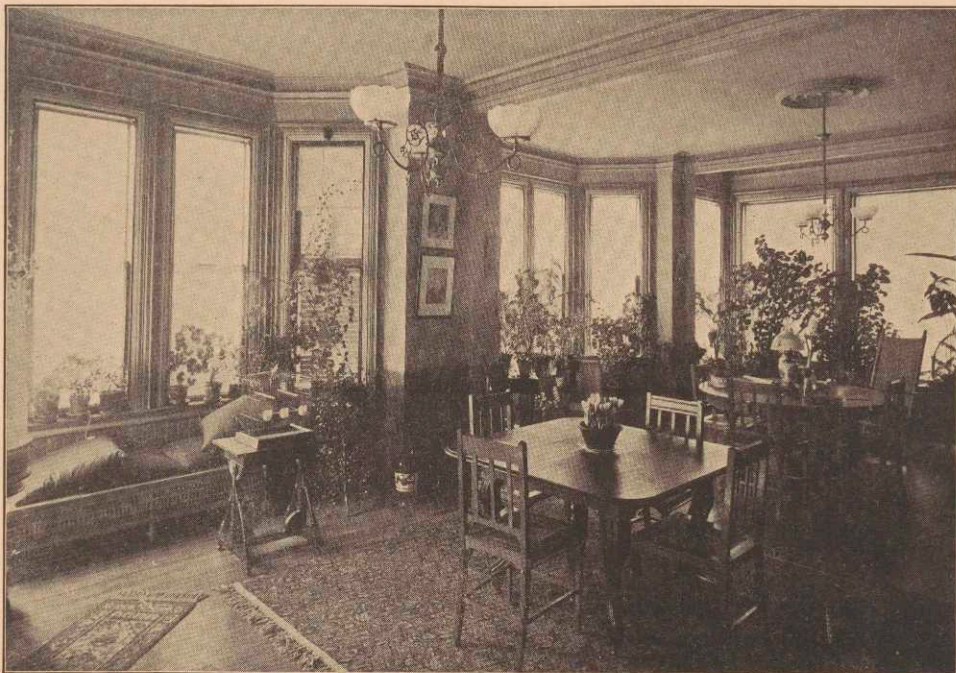
The economy of right uses depends largely upon the home-maker, and brings the return in health, happiness, and efficiency.

Written by Mrs. Richards for Mary Lowell Stone Home Economics Exhibit.



	1913	May	1913		
S	4	11	18	25	
M	5	12	19	26	
T	6	13	20	27	
W	7	14	21	28	
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31

June

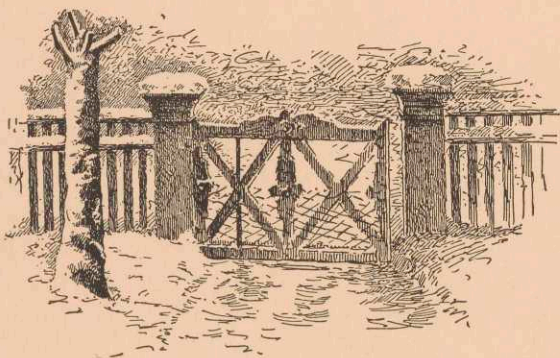


Mrs. Richards's Dining Room at Jamaica Plain, Mass.

“THE direct way of doing things is learned by gaining control over material things. Then let us apply the principle to the home; for the principle in the workshop or the pantry, in the furnace, the forge, or the stove for the kitchen, is the same.

“Woman will then choose the household as her profession, not because she sees no other way of supporting herself, not because it is a traditional inheritance, but because she will there find the means to give the best of strength and skill and knowledge for the betterment of mankind.”

— *Household Arts and Sciences in the Elementary Schools.*



The Hospitable Gate

	1913	June	1913	
S	1	8	15	22 29
M	2	9	16	23 30
T	3	10	17	24
W	4	11	18	25
T	5	12	19	26
F	6	13	20	27
S	7	14	21	28

July



Mrs. Richards at Her Desk
In the Laboratory, Massachusetts Institute of Technology

“NOT through chance, but through increase of scientific knowledge; not through compulsion, but through democratic idealism consciously working through common interests, will be brought about the creation of right conditions, the control of environment.”—*Conservation by Sanitation.*

“Human welfare includes health of mind as well as health of body, and sanitary science, in its broadest sense, includes all that relates to either.”

— *The Cost of Cleanness.*



Mass. Institute of Technology
Entered 1871 Graduated 1873
Assistant 1875
Instructor in Sanitary Chemistry 1884-1911

1913	July	1913
S	6 13 20 27	
M	7 14 21 28	
T	1 8 15 22 29	
W	2 9 16 23 30	
T	3 10 17 24 31	
F	4 11 18 25	
S	5 12 19 26	

August



Lake Placid

Home Economics

Stands for

The ideal home life of today unhampered by the traditions of the past.

The utilization of the resources of modern science to improve the home life.

The freedom of the home from the dominance of things, and their due subordination to ideals.

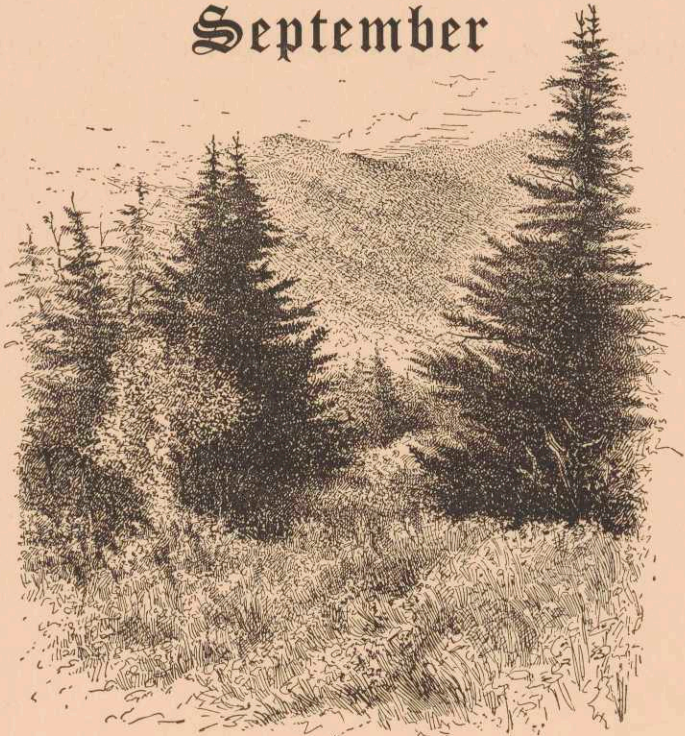
That simplicity in material surroundings which will free the spirit for the more important and permanent interests of the home and of society.

Written by Mrs. Richards for the Mary Lowell Stone Home Economics Exhibit.



1913	August				1913
S	3	10	17	24 ²⁴ / ₃₁	
M	4	11	18	25	
T	5	12	19	26	
W	6	13	20	27	
T	7	14	21	28	
F	1	8	15	22	29
S	2	9	16	23	30

September



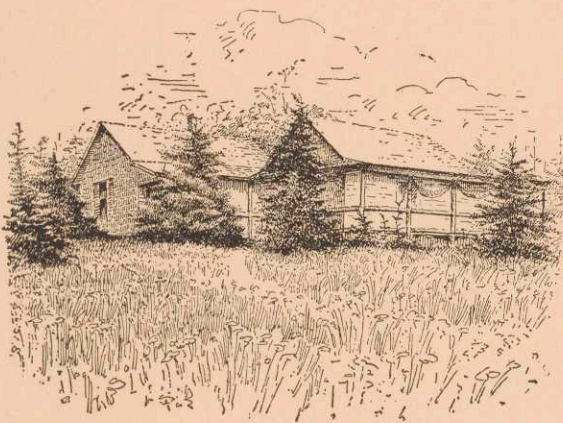
View from the "Balsams"
Mrs. Richards's Summer Camp at Randolph, N. H.

"**W**E ought to wake up in the morning and be glad there is a new day coming."

"I ask for nothing more — only longer days or quicker memory. There is so much to do."

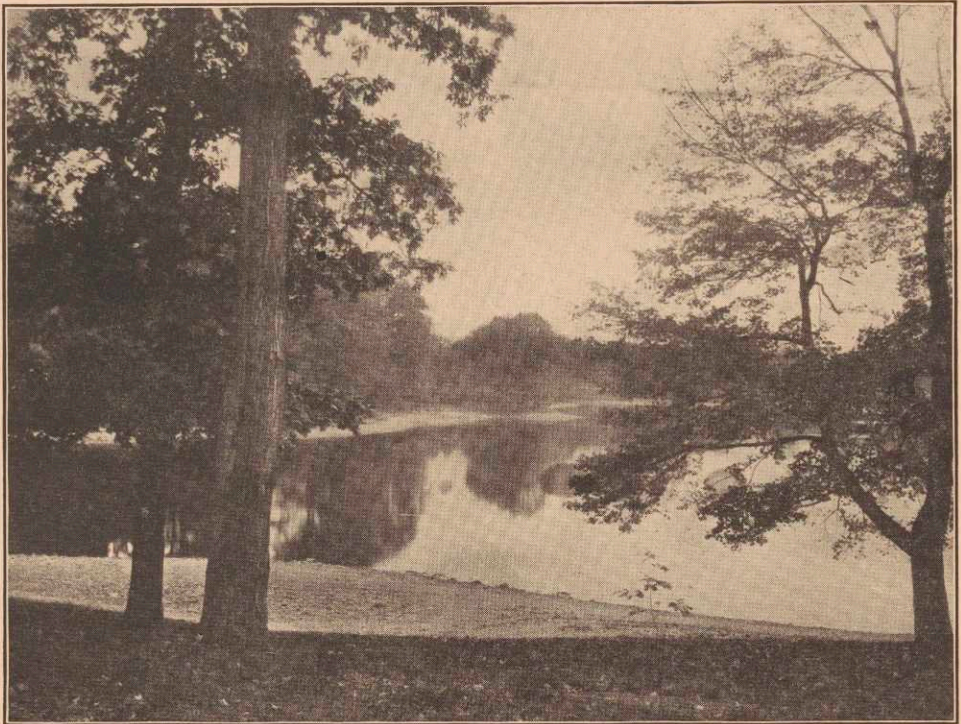
"I must keep the body in good condition to do the bidding of the Spirit."

"Life should yield results: products of work done; of life lived; man should not 'cumber' the ground." — *Food Materials and Their Adulterations.*



1913 September 1913				
S		7	14	21 28
M	1	8	15	22 29
T	2	9	16	23 30
W	3	10	17	24
T	4	11	18	25
F	5	12	19	26
S	6	13	20	27

October

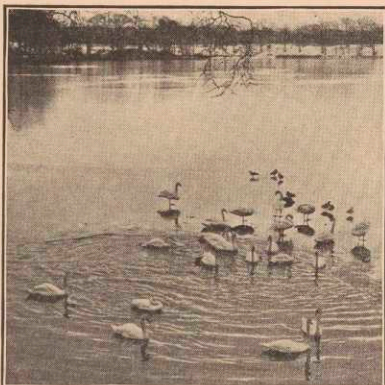


Jamaica Pond

Here she took her daily morning walk

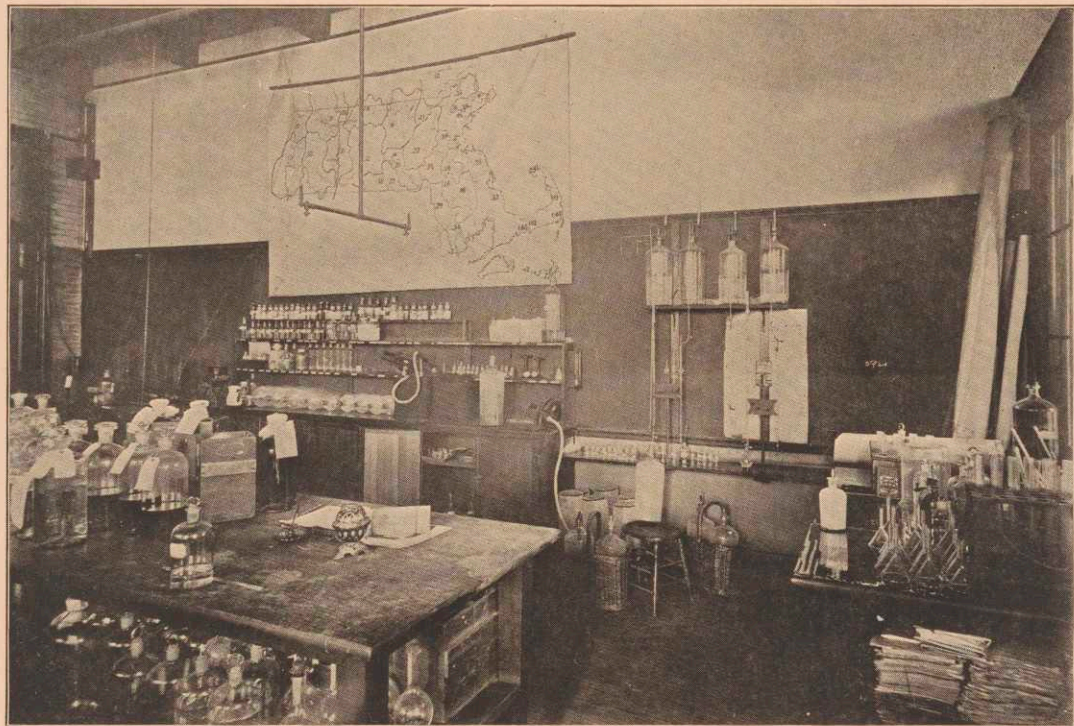
“**H**EALTH, like religion, is to be such an integral part of the individual as to be a daily performance and not a matter of time and season.”— *Home Sanitation*.

“An enthusiasm for health must be aroused by some means if an effective human life is to be maintained in the midst of the increasing menaces to its full perfection.”— *Food Materials and Their Adulterations*.



	1913	October	1913		
S		5	12	19	26
M		6	13	20	27
T		7	14	21	28
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	31
S	4	11	18	25	

November

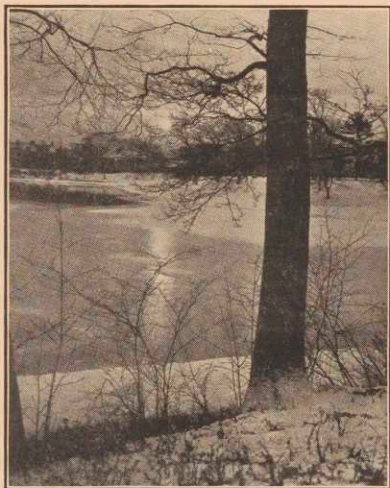


Water Laboratory, showing famous Chlorine Map
Expert in Water Analysis — her greatest direct contribution to public health

“**W**HEN you feel an indication of a certain morbid feeling, resolutely set your mind in another direction and don't give up easily. Let the mind know there is a will power to control it in a measure.”

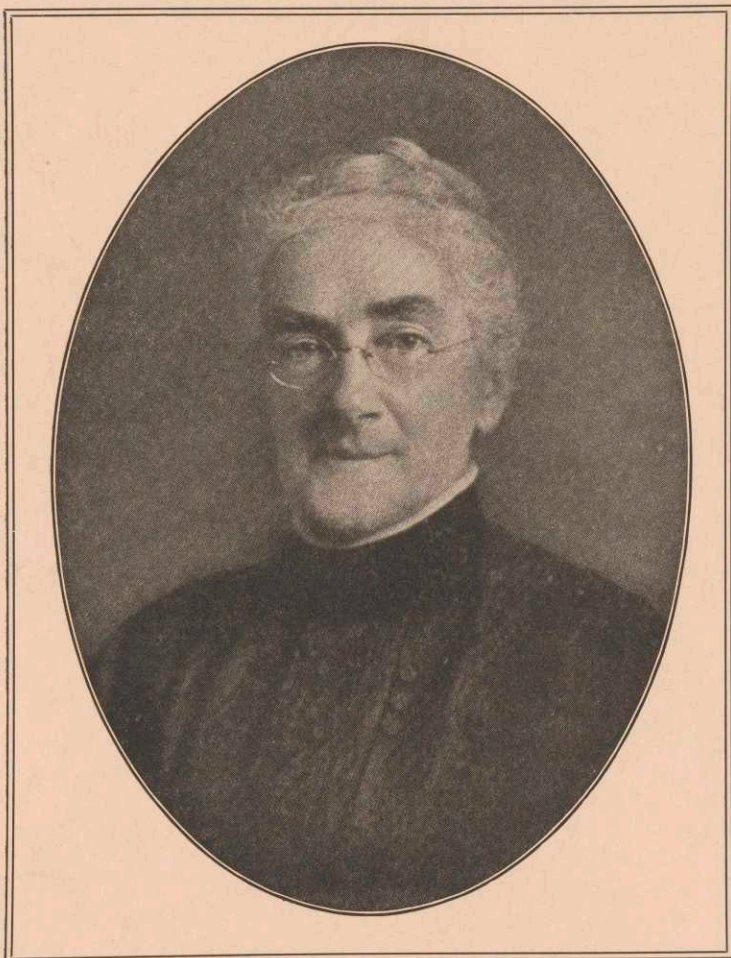
“Work is a sovereign remedy for all ills, and a man who loves to work will never be unhappy.”

“Pleasure in work lessens expense of living more than any other single thing.”—*Food Materials and Their Adulterations.*



1913		November		1913	
S	2	9	16	$23\frac{23}{30}$	
M	3	10	17	24	
T	4	11	18	25	
W	5	12	19	26	
T	6	13	20	27	
F	7	14	21	28	
S	1	8	15	22	29

December



Ellen H. Richards (1842-1911)
 Founder of the Home Economics Movement

In Memoriam

ELLEN H. RICHARDS

A voice is hushed: but ere it failed,
 The listening echoes caught its tone,
 And now its message clear and keen
 On every wind of heaven is blown.

A staff is broke: but ere it snapped,
 Those who had leaned on it so long
 Had made its steadfast fibre theirs,
 And fare now forward, straight and strong.

A light is quenched: but ere it paled,
 It lit a hundred torches' flame,
 That shine across the darkening sky,
 And star with gold one honored name.

April, 1911

Laura E. Richards

1913		December				1913	
S		7	14	21	28		
M	1	8	15	22	29		
T	2	9	16	23	30		
W	3	10	17	24	31		
T	4	11	18	25			
F	5	12	19	26			
S	6	13	20	27			

Works of Ellen H. Richards

PUBLISHED BY

John Wiley & Sons, New York

Conservation by Sanitation

(Including a Laboratory Guide for Sanitary Engineers)

Laboratory Notes on Industrial Water Analysis: A Survey
Course for Engineers

The Cost of Cleanness

The Cost of Living as Modified by Sanitary Science

Air, Water, and Food: From a Sanitary Standpoint

By Ellen H. Richards and Alpheus G. Woodman

The Cost of Food: A Study in Dietaries

The Dietary Computer

The Cost of Shelter

"Cost of Living" Series

PUBLISHED BY

Whitcomb & Barrows, Huntington Chambers

BOSTON, MASS.

The Chemistry of Cooking and Cleaning

By Ellen H. Richards and S. Maria Elliott

Food Materials and Their Adulterations

Home Sanitation

Edited by Ellen H. Richards and Marion Talbot

Plain Words About Food. (The Rumford Leaflets)

First Lessons on Food and Diet

The Art of Right Living

Sanitation in Daily Life

Conservation by Sanitation

Good Lunches for Rural Schools

Euthenics

First Lessons in Minerals. (D. C. Heath)