

MC 0181

[The School of Housekeeping Course catalogue, 1900-1901]

1900

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The
SCHOOL
of
HOUSEKEEPING

*Founded by The Women's Educational
& Industrial Union*

45 & 47 St. Botolph Street
BOSTON, MASS.

1900-1901

THERE must be a truer conception on the part of both men and women of the important place that household employments occupy in the economy of the world. . . . Public sentiment has not yet demanded that when a woman assumes the care of a household she shall possess at least a theoretical knowledge of household affairs. . . . But public sentiment will make such demand when the economic functions of house-keeping are understood."—*Lucy M. Salmon.*

THE aim of the School of House-keeping is a scientific study of the Home, to save what is of permanent good, to discard what is useless, and to bring it into line with present industrial tendencies and scientific facts, social and physical, that it shall work not against but for progress. This study is not to the end that the homes of any one class may be bettered, but that the standard of living and life may be raised in all homes, in the belief that this would make for better citizenship, for a greater country, for a nobler race.

COURSE FOR YOUNG WOMEN.

AS one step in the re-organization of the Home on a broader social and scientific basis, is offered this Course for Young Women. It stands for a recognition of the fact that housekeeping is a profession demanding scientific training. It is designed to meet the needs of young college women and others who wish to fit themselves to manage a household on the best economic and hygienic basis. It should be of special value to the young woman who chooses as her profession in life the making of a home, and to the worker in College or Social Settlements. The course consists in the application of known principles and facts, scientific and economic, to the maintenance of a healthful, well-ordered home. It includes a study of the management of the household and expenditure of the income according to business methods.

OFFICERS OF ADMINISTRATION.

MRS. MARY MORTON KEHEW

MRS. ELEANOR MACK

MRS. HELEN HARRINGTON

MRS. LOUISA C. YOUNG

DIRECTOR — HENRIETTA I. GOODRICH, S.M.

OFFICERS OF INSTRUCTION.

EDWARD CUMMINGS, Ph.D.

(Assistant Professor of Sociology, Harvard University.)

Lecturer on Home Sociology.

GEORGE W. FITZ, M.D.

(Assistant Professor of Physiology and Hygiene, Harvard University, 1894-1899.)

Lecturer on Hygiene of Childhood.

WILLIAM T. SEDGWICK, Ph.D.

(Professor of Biology, Massachusetts Institute of Technology.)

Supervisor of Instruction in Public Hygiene and Sanitation.

ROSS TURNER.

(Lecturer on Water Color, Massachusetts Institute of Technology.)

Special Lecturer on Household Decoration.

ELLEN H. RICHARDS, A.M., S.B.

(Instructor in Sanitary Chemistry, Massachusetts Institute of Technology.)

Lecturer on Diets.

GEORGE W. ROLFE, A.M.

(Instructor in Sugar Analysis, Massachusetts Institute of Technology.)

Lecturer on Chemistry of Food-Substances.

ANNA G. RICHARDSON, M.D.

Lecturer on Emergencies.

ISABEL L. STRONG.

Lecturer on Home Nursing.

S. MARIA ELLIOTT.

Instructor in House Sanitation, Bacteriology and Public Hygiene.

MARY W. DEWSON, B.A.

Instructor in Home Economics.

ETHEL F. FIFIELD, A.B., S.B.

Instructor in House Architecture and Art.

SARAH ELLIS, B.L.

Instructor in Housework.

ELLEN ALDEN HUNTINGTON.

Instructor in Cooking and Marketing.

GRACE MACLEOD.

Instructor in Chemistry.

OUTLINE OF COURSE.

THE full course occupies a period of thirty-two weeks, two terms. The second term's work continues, but does not repeat, that of the first term. The work of either term may be taken separately, if desired, but the pupil, by so doing, will not gain the same benefit as from the full course. The course is planned to cover as much ground and require, from the student, as much time in preparation, as is demanded by a University or College in one year of the undergraduate courses.

It will be greatly to the advantage of the pupil to reside in the school for she will thus have access to the school reference books, and be furnished unusual facilities for practice, observation and experiment.

To obtain full benefit from the following courses a knowledge of general Chemistry is required. For pupils entering without previous preparation in chemistry, a course of sixteen lessons has been arranged, at an extra charge of eight dollars per pupil.

The Course covers the following general topics:

THE HOME IN RELATION TO SOCIETY.

Home Sociology: A study of the home in its sociological aspects.
Home Economics.

THE HOME IN RELATION TO PUBLIC HEALTH.

Bacteriology in relation to daily living.
Public hygiene as related to the housekeeper.

THE HOUSE: ITS CONSTRUCTION, FURNISHING, MANAGEMENT AND CARE.

House Sanitation.
House Architecture.
Art in the Home.
Household Buying.
Principles of housework, with practice.

THE HEALTH OF THE INDIVIDUAL.

Foods.

The chemistry of food-stuffs.
Dietaries, with practice.
Principles of marketing with practice.
Principles of cooking with practice.

Hygiene of childhood.
Home Nursing.
Emergencies.

ORIGINAL INVESTIGATION: to increase the body of exact information on household subjects and to stimulate the thought and interest of the housekeeper.

Journal Club.
Estimates of household expenditure.

PROGRAM OF CLASSES.

Term I.

1. HOME SOCIOLOGY :

A study of the home in its sociological aspects. Evolution of the family. Its forms and functions. The standard of living among different races. Industrial changes in their reaction on the home. Tendencies of present industrial forces, and of city life. Economics of Production in relation to the family. The home as the unit of consumption. Ethical relation of the home to society; responsibility of the home as a factor in public health and education.

Eight Lectures. Thursdays, 9-10. Beginning October 18. Professor Cummings and other lecturers to be announced.

2. BACTERIOLOGY IN RELATION TO DAILY LIVING :

Bacteria, their nature and life-history. Conditions affecting growth. Helpful bacteria with special emphasis on bacteria which are of use to the housekeeper. Bacteria harmful in household processes. Disease germs, with a brief discussion of the most common contagious diseases and the means by which the intelligent housekeeper can help to prevent their spread.

Lectures, Laboratory work and Recitations. Fridays, 11-12. Miss Elliott.

3. HOUSE SANITATION :

Location of house, with discussion of soil and drainage of land. Building materials. Construction of cellar. Plumbing. Water supply. Heating. Lighting. Ventilation. Furnishing. Cleaning and Disinfection.

Lectures, Laboratory work and Recitations. Tuesdays and Thursdays, 11-12. Miss Elliott.

4. CHEMISTRY OF FOOD-STUFFS :

Relation of food to health. Classes of food-stuffs; definition, description, physical and chemical properties, decomposition products, occurrence in natural food materials. Effects on food-stuffs of heat, of acids, of alkalis. Typical foods. Composition, food value, money value and principles of cooking of; milk and milk products, eggs and meat, fish, cereals, breads, legumes, roots and tubers, fresh vegetables and fruits.

Lectures, Laboratory work and Recitations. Mondays, 9-10. Fridays, 9-11. Mr. Rolfe and Miss Elliott.

5. DIETARIES :

Aim — to find that combination of food-stuffs which will produce the most efficient individual, and to indicate how this may be done with the least expenditure of money. In planning a dietary there are to be considered; nutritive value, digesti-

bility, palatability, complementary qualities and cost. The common foods are studied in various combinations as suited for children up to the age of fifteen.

Lectures and Recitations. Wednesdays, 9-10. Mrs. Richards and Instructor to be announced.

6. HYGIENE OF CHILDHOOD:

These exercises will include lectures, reading and reports upon the development of the normal child. Special attention will be given to sleep, diet, clothing, exercise and play. The course will be illustrated by diagrams, photographs and demonstrations of normal and abnormal conditions.

Six lectures. Thursdays, 3.30-4.30. Beginning October 18. Dr. Fitz.

7. HOME NURSING:

Bed-making for bed patients. Change of sheet and night dress. Lifting and moving helpless patients. Bandaging. Baths. Five Lectures with Demonstrations.

Thursdays, 2-3, with the exception of the first lecture, Wednesday, November 28. At 61 Chestnut Street. Miss Strong.

8. EMERGENCIES:

Anatomy. Cause, symptoms and first treatment of hemorrhages, burns and scalds; of sprains, dislocations and fractures; of unconscious conditions.

Five Lectures with Demonstrations. Thursdays, 2-3. Beginning January 10. Dr. Richardson.

9. JOURNAL CLUB:

A résumé of the most recent publications in current literature relating to the household.

Mondays, 2-4. Miss Elliott.

10. ELEMENTARY CHEMISTRY:

Chemical and physical change. Constitution of matter. Valence. Laws of chemical actions. Acids, bases and salts. Writing of reactions. Chemistry of combustion, of water, of the atmosphere. Methods of preparation and uses of the more common acids, bases and salts. Chemistry of the common elements and their compounds.

Sixteen Lectures and Recitations.

Hours to be arranged with instructor. Miss MacLeod.

11. PRINCIPLES OF COOKING:

Practical individual work, including both large and small quantities of material. Food value, cost, preparation and cooking of soups, meats, eggs, fish, poultry, cereals, vegetables, batters and doughs including breads, sauces, salad dressings, jellies, frozen mixtures, pastry, puddings and beverages.

Practice Lessons. Mondays and Wednesdays, 10-1. Miss Huntington.

12. PRACTICE WORK IN COOKING:

Resident pupils will be required to do practice work in cooking and serving on Wednesday afternoons.

Term II.

1. **HOME ECONOMICS :**

Purpose of the Home. Its significance as a civilizing force. Its danger to-day. Ideals of living in relation to the home. Economics of living, of the house, of furniture and decoration, of purchase and of food, as controlled by standards of life. Women's responsibility for these standards. The home mother. The house worker.

Lectures and Recitations. Thursdays, 9-10. Miss Dewson.

2. **PUBLIC HYGIENE IN RELATION TO THE HOUSE-KEEPER :**

Points of contact between the housekeeper and the public in sanitary matters. Responsibility of the housekeeper. Water supply, ice supply, milk supply. Gas and electricity. House drainage. The disposal of sewage in city and country. Laws regulating the inspection of meat, milk, other foods and drugs. Pavements, street cleaning and disposal of garbage. The relation of the housekeeper to public health in quarantine, isolation, notification and disinfection. School hygiene. The sanitation of bakeshops. The abatement of noises and of smoke. Public play-grounds, baths, gymnasia, open spaces. The disposal of garbage, ashes and combustible waste.

Lectures and Recitations. Thursdays, 10-11. Under the Supervision of Professor Sedgwick. Instructor, Miss Elliott.

3. **HOUSE ARCHITECTURE :**

Designed to supplement a woman's practical knowledge of the needs of the housekeeper with a few of the fundamental principles of domestic architecture, in order to secure more intelligent co-operation between herself and the architect. Preparation of site. Construction of foundation, cellar, walls, floors, ceilings, roofs. House-plans, with a discussion of what can be done for varying sums of money. Relation of plan to ideals of home-life, and to work to be done in the house.

Eight Lessons. Lectures, Recitations, and Field Lessons. Thursdays, 11-12. Beginning Feb. 14. Miss Fifield.

4. **ART IN THE HOME :**

Fundamental rules of Art. General principles of proportion, color and construction. Treatment of walls, floors, ceilings. Selection and cost of furniture, floor coverings, hangings, pictures, chandeliers, lamps and bric-a-brac. Present shop-standards for house furnishing and house-buyer's responsibility for these standards. Artistic clothing.

Eight Lessons. Lectures, Recitations, and Field Lessons. Thursdays, 11-12. Beginning April 18. Miss Fifield.

5. **CHEMISTRY OF FOOD STUFFS :**

Energy giving power of foods. Bodily energy. Methods of food-analysis. Study of food values. Effect of storage, of drying, of preservatives. Results of wrong combinations. The science of nutrition.

Lectures and Recitations. Mondays, 9-10. Mr. Rolfe and Miss Elliott.

6. **DIETARIES :**

Review of principles governing dietary standards. The balanced ration. Combinations of food suited for workers, for old persons, for invalids. Economic dietaries. Practice in providing acceptable food for from fifteen to sixty cents per person per day.

Lectures, Recitations, and Practical Work. Wednesdays, 9-10. Fridays, 9-11. Mrs. Richards and Miss Elliott.

7. **ESTIMATES OF HOUSEHOLD EXPENDITURE :**

To proportion incomes wisely, the real expense in heating, lighting, cleaning laundry work, serving and preparing food, by various processes and with different materials must be known. No body of exact information on these lines exists. The aim of this course is to obtain such information and to give practice in the actual management of a family income and in the keeping of household accounts. Recitations and Practical Work.

Wednesdays, 2-3. Miss Elliott.

8. **HOUSEHOLD BUYING :**

Equipment required for a house. Qualities to be secured in buying equipment. Quality and money value of different grades in the market, with reference to the furnishing of ; kitchen, laundry, dining room, bed-room. Quality and cost of ; cleaning supplies, furniture, carpets, rugs, curtains, etc.

Lectures, Recitations, Field and Practice Lessons. Wednesdays, 3-4. Miss Elliott.

9. **MARKETING :**

Beef, anatomy and cuts, illustrated by charts and cutting up of fore and hind quarters of beef. Mutton, veal, pork, fish, poultry, game. Vegetables and their season. Buying of groceries, quantity and quality. Simple methods of detecting adulterations in foods. Canned Goods. Practice in marketing and in cooking and comparing different cuts of meat, different grades of canned goods, etc.

Lectures, Recitations, Field and Practice Lessons. Wednesdays, 10-11. Miss Huntington.

10. **JOURNAL CLUB :**

A continuation of Course 9, First Term. Mondays, 2-4. Miss Elliott.

11. **PRINCIPLES OF HOUSEWORK :**

Care of cellar, including vegetable cellar and storage room. Kitchen, involving care of refrigerator, pantries, sinks, and disposal of garbage. Cleaning and care of china, glass, silver and brasses. Laundry work. Care of bed-room, plumbing, floors, etc.

Practice Lessons. Tuesdays, 9-1. Miss Ellis.

12. **PRINCIPLES OF COOKING :**

Preparation of breakfasts, luncheons, dinners. Salads and sandwiches. Chafing-dish recipes.

Practice Lessons. Mondays, 10-1. Miss Huntington.

13. **PRACTICE WORK IN COOKING :**

Resident pupils will be required to do practice work in Cooking and Serving on Thursday afternoons.

SCHEDULE OF HOURS.—FIRST TERM.

	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6	6
MON.	Chemistry of Foods.	Cooking	Cooking	Cooking		Journal Club	Journal Club			
TUES.			House Sanitation							
WED.	Dietaries.	Cooking	Cooking	Cooking				Practice work Cooking	Practice work Cooking	Practice work Cooking
THURS.	Home Sociology.		House Sanitation			Home Nursing & Emergencies	3.30-4.30 Hygiene of Childhood	3.30-4.30 Hygiene of Childhood		
FRID.	Lab'ratory C. of Food	Lab'ratory C. of Food	Bacteriology							

SCHEDULE OF HOURS.—SECOND TERM.

	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6	6
MON.	Chemistry of Foods	Cooking	Cooking	Cooking		Journal Club	Journal Club			
TUES.	Principles of H. work	Practice work H. work	Practice work H. work	Practice work H. work						
WED.	Dietaries	Marketing				Estimate of Hh. Exp.	Hh. — Buying			
THURS.	Home Ec'nomics	Public Hygiene	H. Archt. & Art in Home					Practice work Cooking	Practice work Cooking	Practice work Cooking
FRID.	Practical work Dietaries	Practical work Dietaries	Practical work Dietaries							

CALENDAR.

First Term: Opens Monday, October 15, 1900.

Closes Friday, February 8, 1901.

Christmas Intermission, December 22 to December 30.

Second Term: opens Monday, February 11, 1901. Closes Friday, June 7.

Easter Intermission, April 6 to April 15.

Pupils will be received only at the beginning of a term.

TERMS.

Tuition: for full course, 32 weeks. . . \$125.00
for one term, 16 weeks . . . 75.00

Terms for single classes vary, and can be had on application. Seven rooms in the school are available for resident pupils. The price of board is \$95.00 for one term or \$175.00 for the year. Rooms range in price from \$45.00 to \$85.00 for one term, \$75.00 to \$150.00 for the year. (Plan of rooms can be had on application.)

IN addition to the resident pupils a limited number of day pupils will be received.

All bills are payable in advance. Price of board only, remitted in case of absence on account of illness.

Applications for rooms for the Fall Term should be made on or before September 15.

The school also offers a course of training for wage-earners who intend to adopt housework as a trade.

For all information apply to HENRIETTA I. GOODRICH, Women's Educational and Industrial Union, 264 Boylston Street, Boston.

The school building is centrally located near the chief car lines of the city, and within a few blocks of the Public Library, Anna Ticknor Library, Art Museum, Natural History Rooms, Trinity and Old South Churches.

This Course has the endorsement of :

Mrs. MARY HINMAN ABEL, A.B.

(Author of the Lomb Prize Essay on
"Practical Sanitary and Economic Cooking
Adapted to Persons of Moderate and Small
Means.")

Mrs. ALICE FREEMAN PALMER, Ph.D., LL.D.

(President of Wellesley College, 1881-1887.
Dean of Women, University of Chicago,
1892-1895. Member of Massachusetts State
Board of Education.)

Mrs. MARY ROBERTS SMITH, M.S., Ph.D.

(Assistant Professor of Sociology and Sanita-
tion, Leland Stanford Junior University.)

Miss MARION TALBOT, A.M., S.B.

(Associate Professor of Sociology and Sani-
tation, — and Dean of Women, University of
Chicago.)

