

The State Teachers College of Colorado

SUMMER TERM

SPECIAL BULLETIN DOMESTIC SCIENCE DEPARTMENT



Summer Term Opens June 16 and Closes
July 25, 1913

GREELEY, COLO.

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The State Teachers College of Colorado

DOMESTIC SCIENCE BULLETIN

SUMMER TERM



COOKING
SEWING
DRESSMAKING

Summer Term opens June 16, 1913, and continues six weeks. Credit given toward graduation.

For further information address The State Teachers College of Colorado, care Division F, Greeley, Colorado.

In all publications of this institution is employed the spelling recommended by the Simplified Spelling Board.



Simon Guggenheim Industrial Arts Building.

FUNCTION OF THE DEPARTMENT OF DOMESTIC SCIENCE

The function of the department of Domestic Science and Domestic Art in The State Teachers College of Colorado is to train those who have ability, taste, and power to become teachers of Domestic Science in the public schools of Colorado and the country. The vocational and industrial work is rapidly increasing in the public schools. The curriculum in a well organized and practical school system contains the industrial and vocational subjects; for this reason, it is necessary to have teachers who understand these subjects and are able to teach them to the children; hence the necessity for this department in The State Teachers College of Colorado. To do this work, the school is well equipt in laboratories, museums, libraries, and teachers for the purpose.

WORK IN DOMESTIC SCIENCE AND ART

The Summer School aims to give thoro instruction in a wide range of work in Domestic Science and Arts. While its courses are planed with special reference to the needs of teachers, it is not essentially a school of methods of teaching, but a school where one may learn the fundamental processes of a variety of handicrafts. In the Department of Domestic Science the purpose is to afford training in the subjects that pertain to life in the home.

The course of instruction and training is comprehensiv and liberal. The importance of Domestic Science in its economic and social relations is daily becoming more fully recognized, and the demand for teachers possessing the requisit qualifications is constantly increasing. The instruction is thoroly scientific and practical, and its bearings upon domestic life are kept in view thruout the course.

The aim of the Department of Domestic Art is to pro-

vide courses of instruction in those textil arts which are relative to clothing.

All applied science is well grounded in the pure science underlying it; all handiwork, including sewing, is considered a medium for artistic expression; the training to be obtained thru motor activity is regarded as one of the principal functions of both Domestic Science and Domestic Art; the sociological and ethical value of such work is emphasized; all principles are taught thru some normal activity and not abstractly for some future application; and all subjects culminate in original work in which the student uses creatively her knowledge of principles and materials.

EQUIPMENT

The rooms of the department occupy the first floor of the Library Building and are equipt with the essential apparatus which is being added to from time to time. Colored plates of costumes, specimens of textil fabrics, embroideries, costumes, both foreign and American, are found there.

COURSES OF INSTRUCTION

ELEANOR WILKINSON, Director

DOMESTIC ART

1. **Elementary Sewing.**—Junior College. This course aims to instruct in the drafting and use of patterns and the making of simple garments, involving the principles of hand and machine sewing. Effort is made to raise the ideals of neatness and accuracy, to secure skill in the handling of materials, and to develop such other qualities as are necessary for the production of good work. Careful consideration is given to the adaptation of materials, trimmings, etc., for the uses to which they are to be put. Some time is devoted to patching, mending, and simple repairing. 5 hours. Summer Term.

2. **Textils—Courses in Sewing for the Elementary Schools.**—Junior College. The study of textil fibers is begun at this time. Cotton, flax, hemp, and other vegetable fibers,

also silk and wool, are studied as to their history, distribution, cultivation, steps in milling, and the weaving of the various kinds of cloth from the same. Dye stuffs are considered, as to source, color, characteristics, and effect upon fiber. The planning and working out of a course in sewing suitable for the elementary and high school takes up the latter part of this term's work. In planning such a course, the native interests of the children at different ages and their powers and skill in technic will be considered, also the correlation of this work with the other studies of the curriculum. 4 hours. Summer Term.

3. **Elementary Dressmaking.**—Junior College. The work of this course is a continuation of Course 1, taking up the planning, cutting, fitting, and making of simple shirt-waist suits. The purpose is to teach the designing of plain garments, suitability of material for such garments, good color combinations, and the use of line and proportion. In all the work it is designed to encourage originality based upon good judgment and to strengthen self-reliance. 5 hours. Fall Term.

4. **Evolution of the House.**—Senior College. This course deals with the evolution of the house, house furnishings, and decoration. It aims to teach something of the character of the crude abodes of primitive man, such as the cave dwellings, lake dwellings, etc., also to consider typical homes of the Assyrians and Babylonians, Egyptians, Greeks, Romans, Teutons, English, and American in colonial days.

Thruout the course attention is called to the ever-changing relations of the home to the industrial world; also the social and ethical relations to society at large. 4 hours. Summer Term.

DOMESTIC SCIENCE

1. **Elementary Cooking and Food Study.**—Junior College. This course offers instruction in plain cookery together with an elementary study of food stuffs. Its aim is to give the student a knowledge of the general principles underlying food preparation, methods of cooking, effect of heat upon foods, and a fair amount of skill in the manipulation of material. Special attention is paid to food selection, composition,

food values and cost. The preparation and serving of simple meals, which shall emphasize the combining of foods according to good dietetic, esthetic, and economic standards, is a feature of the work. 5 hours. Summer Term.

6. **Canning, Preserving, Pickling.**—Senior College. This work covers the work of canning, preserving, and pickling, dealing with the problems involved in these processes. Information is given concerning some of the common food preservatives and adulterations, and when possible, simple tests are made for their detection. Cand products, ketchups, fruit sauces and extracts are among the foods most commonly adulterated. A part of the time only is spent upon this phase of the work, the rest being devoted to the keeping of household accounts. The apportioning of the income so as to cover more than the running expenses is considered, emphasis being laid upon a business-like keeping of expense accounts, and system in the general management of the work. Bills of fare for a week at a minimum cost are worked out for a given number of people, while each teacher keeps strict account of all expenditures connected with her teaching, always endeavoring to accomplish the greatest amount with the least expense. 5 hours. Summer Term.





Library.



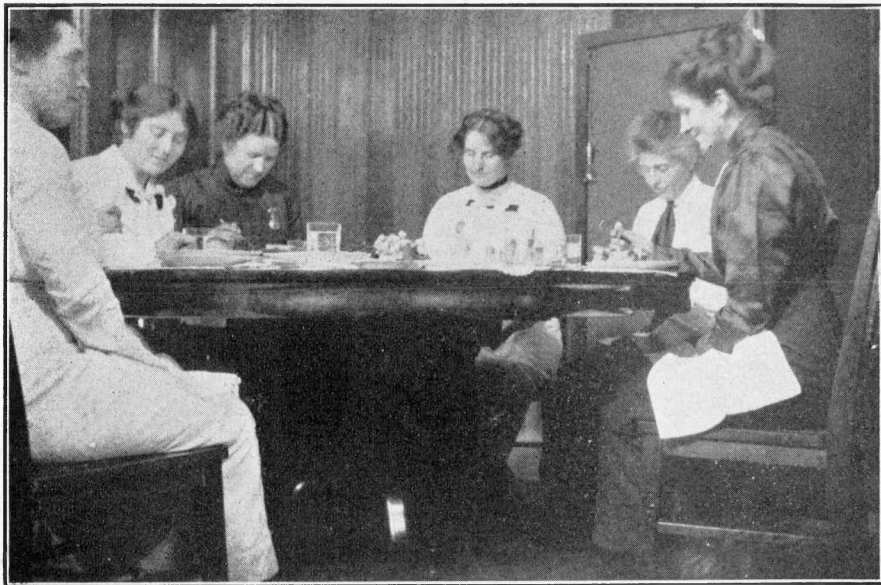
COOKING.



SEWING DEPARTMENT—Summer Gowns Made by High School Girls Under Direction of Practis Teacher.



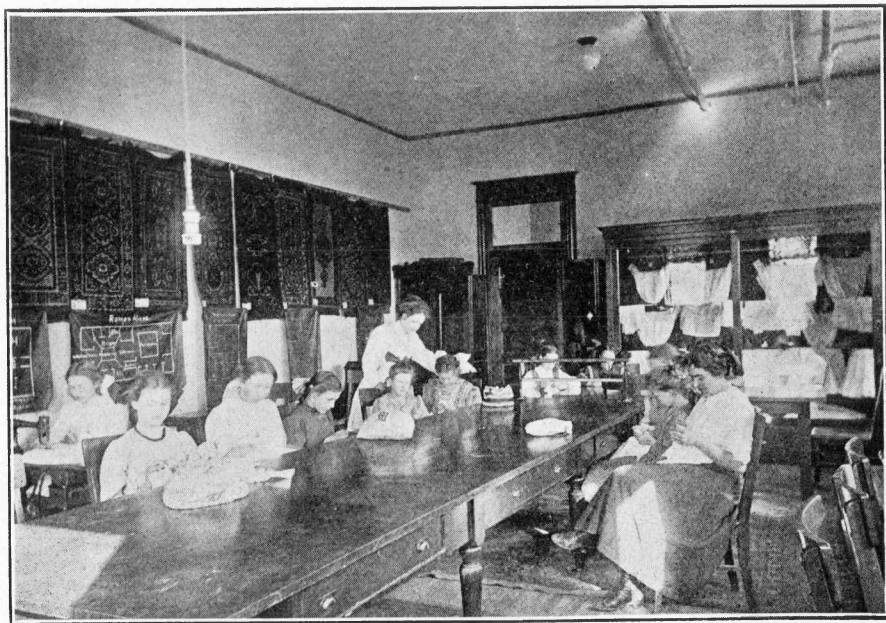
SEWING DEPARTMENT—Collection of Aprons Made by Students.



COOKING DEPARTMENT—Class in Experimental Cooking. MAKING BREADS.



DOMESTIC ART—Training in Serving.



SEWING DEPARTMENT—Practic Teaching in Training Department.



DOMESTIC SCIENCE—The Gowns Worn Are Made by Those Wearing Them.



SEWING.



TEXTIL MUSEUM.

