

**DOINGS AT THE PRACTICE HOUSE**

The present group at the practice house are enjoying their stay and trying to be dependable and do the work to the best of their ability. They are Hazel Thomas, Grace Celestine, Philomina Kwina, Catherine Sherman and Juanita Newman. The three girls who are repeating are showing much improvement.

Mr. and Mrs. Turney were dinner guests recently. We all enjoyed having them. Mr. Turney kindly played some of his compositions for us. Mrs. Turney accompanied him.

The following essay took first place in a contest in the related work course.

HOW MY HOME ECONOMICS EDUCATION  
HELPS AT HOME

By Clementine Hugues

I. Home economics has helped me to plan well balanced meals. It has shown me how important it is to have so many calories for each person every day, how important it is to have the right vegetable with different meats. When and how to serve meals. What we should have for breakfast. Home economics has also shown me that we must feed sick people according to the disease of the person.

II. Home economics has helped me in marketing. For meat it has shown me the difference between chuck, loin, rump, round, etc. It has also helped me to know what to ask for when meat is wanted for stew, when I want a roast, when I want meat for broiling or what to get for soup.

III. Home economics has taught me how to wash clothes and the necessity of doing it properly. I have learned how to test material to see if it is a fast color or if it shrinks. I have learned how to shrink material, how to clean wool, how to press woolen clothes, how to steam velvet to make it look fresh. I have learned to make my own clothes, consisting of under-clothes, dresses, hats, coats, etc. and how to alter clothes and also how to make over clothes that are too small or too large.

IV. I have learned to plan meals to carry out color schemes and how important it is to make your menu including breakfast, lunch and dinner together to see that you have left no vitamin, mineral, protein, or carbo-hydrates, etc., out. I have learned to make the table attractive so that people who think that they are not hungry find they are mistaken. Home economics has taught me how to act in company and how to eat properly, which is all very important.

V. Home Economics has taught me how to take care of children from their arrival until they grow up. I have learned how necessary it is for the child to have enough minerals and vitamins and how important it is

that it have a well-balanced diet, plenty of milk, sunshine and fresh air. I have learned many ways of the child so I can tell when to ignore or pay attention. Home Economics has also taught me that you yourself will pay the penalty for a child that is spoiled when it grows up. I have been taught by Home Economics the proper way to dress a child, how to guide him to form good habits, how to wait on and think for himself, also to teach him how to act in company and teach him good manners everywhere, at the table, in play and at parties.

VI. Home Economics has taught me how to care for the sick, what is needed in the diet and how to keep the patient as comfortable as possible, how to tempt them to eat, help them in a way that will make them feel they are not so helpless, show them how to keep themselves interested in something they thought would never be of any use. I have learned the meaning of first aid and how to fix minor ailments such as a sprain or a broken bone until you can get the person to a doctor. I have learned how to cure a headache, a nose bleed, a bruise, a sprained ligament and also I have learned you must always use a disinfectant on an open cut.

Home Economics has taught me that safety-first and saving always win in the end.

**SHOPS**

The machine shop students have finished a molding outfit and are preparing to make brass castings of various designs. Louis Youpe says when bigger and better castings are made the machinists will do them.

The blacksmiths recently have done a very skillful job in making over an orchard disk of their own design. It is a fine job and it is a credit to the boys and their instructor.

The barbers are making good progress in their work. The newer students have shown marked improvement in the art of clipping hair and shaving cheek and jawl.

The painters are working industriously at many spring jobs. Last week they painted the pitcher rack for the students' dining hall and put three coats of paint on fourteen garage doors about the campus.

Mr. Kunkel and his plumbers are making water spouts for the cleaning and dyeing plant which is nearing completion.

**SENIOR NOTES**

The seniors upheld and sealed tradition on Easter Sunday Morning by rising at one of the younger hours of the A. M. and traversing through the mists and rains of the dawn to the log cabin. It is said that the bacon, eggs, coffee, pancakes and other edibles were cruelly and unmercifully done away with.