

THE VISITOR

Devoted to the Interests of Agriculture, Manual Training, and Home Economics in Minnesota High Schools

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WEEK FOR FARMERS AND HOME-MAKERS

An exceptionally attractive and profitable program is being arranged for the second annual Farmers' and Home-Makers' Week, to be held at University Farm, St. Paul, January 3 to 8. The program will be of such great practical value that it should be brought to the attention of the men of all the farms and the women of all the homes in Minnesota. By pursuing the courses offered at Farmers' and Home-Makers' Week from year to year, an intelligent farmer or an alert homemaker may not only receive profitable suggestions for immediate use, but may acquire an increasing store of knowledge, which, as years go on, will increase efficiency and add to the success and joy of life.

The program as planned, offers four striking features. These are: A series of courses for the men of Minnesota's farms; a series for the women of Minnesota's homes, whether of town or city; a group of nearly a score of meetings and conferences of statewide organizations; and several evening entertainments and lectures which will be both instructive and enjoyable.

Courses for Men

The courses for men cover such subjects as farm crops, farm management and soils; dairy and animal husbandry; horticulture, botany and entomology; veterinary science; agricultural engineering; and poultry and bees.

The aim is to make these courses altogether practical, so that the farmer who takes up any branch of the work for the week will go back to his farm better prepared to solve the problems in which he is for the time especially interested.

Home Problems for Women

The group of subjects for the women puts stress upon the most important problems of the home, such as the home care of the sick; child welfare; household management, and the family budget.

Under the first of these heads will be given a daily lecture or demonstration in household equipment for illness; and the care of the sick-room; observation and care of the patient; and the symptoms which should be observed and recorded by the nurse.

Child welfare will be treated interestingly and thoroughly. Dr. Walter R. Ramsey, of St. Paul, who will give a general survey of the child welfare movement. Mrs. Margaret B. Lettice, connected with the Amherst H. Wilder Charity of St. Paul, will discuss the work of which she has charge. Dr. J. P. Sedgwick of Minneapolis, will talk about the perfect baby, and describe the symptoms of variation from normal health or development. He will also discuss the subject of maternal feeding, and in connection with this will give a demonstration at University Hospital, Minneapolis.

The lectures on household management and the family budget, will be delivered by Mrs. Harriet B. B. Darling, of Boston, recognized as one of the foremost lecturers on home economics subjects. All of the foregoing lectures and demonstrations for women will be open to all women who attend.

Food and Clothing To Be Studied

Two other groups of lectures, one having to do with textiles and clothing, and the other with problems of food and nutrition, will have to be given at the same hours. Hence, a choice will have to be made between the two.

The group having to do with textiles and clothing, will treat of the fibers used in the manufacture of fabrics, the adulteration of fabrics; points in judging the quality and value of fabrics, household tests for adulteration and quality, the hygiene of clothing, social and economical aspects of dress, and the use of the dress form. Each member of the clothing class will set up a form of her own use and receive instruction in cutting, fitting, and modeling.

In the group having to do with foods and nutrition will come a discussion of food principles and of the function of each in nutrition; of digestion and assimilation; of the food requirement for maintenance; of the protein requirement; of the comparative cost and nutritive value of typical foods.

Supplementing this discussion of principles, after a preliminary presentation of the problem of the family budget and the cost of food in relation to the income, will be given demonstrations in the preparation of typical meals at a specified cost, and in the calculation of

the amounts of food stuffs consumed per capita, of the energy value provided, and of the nutritive ratio.

Of special interest to the women also, will be two conferences, one by the housewives' leagues of St. Paul, Minneapolis and Duluth, and the other by the mothers' clubs of St. Paul and Minneapolis.

Farmers Clubs to Confer

Leading the meetings and conferences will be a conference of delegates from Minnesota's 900 farmers' clubs, to decide whether the clubs shall form a state federation. The problem is one of very great interest and a large representation of clubs of the state is expected.

Other meetings and conferences will include those of the Minnesota Live Stock Breeders Association, and of the several allied organizations of breeders of Holstein, Guernsey, Jersey, Hereford, Shorthorn and Angus cattle, of horses, of swine, and of sheep. There will also be a meeting of Minnesota's creamery managers, of the Minnesota Crop Improvement Association, of the Minnesota Potato-Growers Association, and of Minnesota's fruit-growers and vegetable growers.

Evening Addresses and Entertainments

The evening lectures and entertainments will include an address by President George E. Vincent, of the University of Minnesota, an illustrated lecture by G. E. Condra, of Nebraska, a lecture by Mrs. Darling, the presentation of Miss Estelle Cook's interesting rural life drama, "Kindling the Hearth-Fire", and a program having to do with public and individual health, which will be very practical and instructive.

The Visitor trusts that its readers will do all in their power to bring Farmers' and Home-Makers' Week to the attention of the people of their communities.

INSTRUCTORS HAVE A GOOD MEETING

The agricultural instructors met with the high-school training and other industrial teachers Thursday afternoon during the meeting of the Minnesota Educational Association, to consider tentative outlines for training-department courses in industrial subjects. W. L. French, of Austin, presented an outline of work from the point of view of the agricultural instructor. At the close of the session Miss Mabel Carney recommended that each division of industrial teachers select a committee further to consider courses.

The Division of Agricultural Instructors met Friday forenoon with J. S. Jones in the chair.

W. V. Longley, of Hallock, discussed the problems of practical stock-judging for the animal husbandry course, pointing out, among other things, the necessity of cooperation with local stock men and the value of a stock-judging team.

W. H. Bender presented the subject of teaching corn, bringing out the many ways in which previous academic instruction should be made use of and how such knowledge as the pupil has gathered in his elementary courses in geography, arithmetic, and history should be enriched by the study.

W. L. French, of Austin, dealt with the question of grade work in agriculture. He said that the natural tendencies and motives of childhood should govern the subject matter and the manner of presentation, emphasizing the necessity of correlation with the other work of the grades.

J. I. Swedberg, of Cokato, explained the workings of the winter short course in the Cokato schools, thereby giving many useful suggestions to others planning short courses.

A. D. Wilson outlined the plans of the extension division of the College of Agriculture for the coming year and offered the assistance of this division in furthering the extension work of the instructors. A summary of his talk is printed elsewhere.

The program was crowded full of good things. In fact, it was so full that there was little time for the discussions that have been a characteristic of the spring meetings of the association.

At the business meeting of the Association of Agricultural Instructors, in connection with the Minnesota Educational Association, it was voted that officers elected at the spring meeting should continue in charge of the program for the meeting of the M. E. A. the following year, in order to avoid confusion. J. P. Shey was elected secretary of the association to fill the vacancy caused by the resignation of P. S. Jordan, of Morris. A committee was elected to consider further the course in agriculture for normal training pupils. This committee is made up of W. E. Hedgecock, Albert Lea; J. S. Jones, Madison, and J. W. Lawton, Dawson.

EXTENSION PLANS FOR THIS WINTER

At the meeting of the Agriculture Teachers' Section of the Minnesota Educational Association held in Minneapolis, Friday, October 27, A. D. Wilson, director of the Agricultural Extension Division of the University of Minnesota, gave some interesting facts concerning crop changes in Minnesota in the last decade and outlined plans for extension work for the coming year. As to crop changes, Mr. Wilson called attention to the following increases or decreases in acreage and live stock produced.

Wheat decreases,	25 percent.
Corn increases,	72 "
Hay "	103 "
Barley "	28 "
Oats "	41 "
(Live stock ")	20 "

The last figures are based on live stock units.

Among the problems to be emphasized at the extension short courses are drainage, farm building, farm management and cooperation. The reason for this selection is based upon the fact that 95 percent of the farms in Minnesota have spots that need drainage; that \$20,000,000 is spent annually on Minnesota farms for new buildings and for building improvements; that there is need of an accurate keeping of farm accounts; and of specializing on certain products; and finally that there is place for cooperative live stock shipping associations, the association in this field having done a business amounting to \$1,000,000.

In the work in farm management instruction will be given in keeping farm accounts and record blanks will be furnished to interested farmers by the Extension Division. The plan of growing hogs on pasture will also receive special attention.

NEWS

The agricultural department of the Brown Valley high school did much for civic improvement last summer.

A lawn contest was a marked success. The Commercial Club offered five cash prizes ranging from \$5 to \$1 for the lawns showing the greatest improvement during the summer. As a further inducement, prizes were offered by the fair association for the best displays of flowers from the lawns. An inspection trip was made early in the spring before the premises were improved and again in the fall after the summer's work. Occasional trips were made during the summer to see that lawns were kept mowed and premises otherwise in good order. The contest was open to both village and country children. More than thirty entered. Much was accomplished through the children where it had been impossible to reach the parents.

Shrubs, bulbs, and flower seeds to be used in lawn improvement were purchased through the school at very small cost. Elm trees for street planting were furnished by the Commercial Club.

The class in agriculture staked out the streets to indicate the place of planting and instructions were given through the local press. In this way more than 500 trees were planted at little cost.

The class in agriculture also took charge of the city park, which had been neglected. It was cleaned up, the trees were pruned, and the grounds made attractive. The Boy Scouts cared for it through the summer.

A garden contest was also carried on. The fair association offered cash prizes of from \$10 to \$1 for the best gardens with displays of their products at the fair. No specifications were made as to size of garden or as to products. In judging, the general appearance of the garden counted 35 per cent, the quality of the vegetables, 35 per cent, and the number of kinds, 30 per cent. Forty-five different vegetables were produced.

Ralph F. Crim, agricultural instructor in the Slayton high school, reports a very successful start with a home-garden project among children from the fourth to the eighth grades. Twenty-six children started gardens at home and fourteen carried the work through the season. On July 14 a severe hail storm destroyed several of the gardens. The board of education appropriated \$10 which was divided into eight prizes, the largest being \$2.50. Results were much better than when gardens were maintained on the school plot as was done in former years. Next season Mr. Crim expects to increase the work and to require the pupils to make written reports of their garden from time to time. A garden club exhibit will be entered at the county fair in the fall.

The Cokato schools (E. B. Fourney, superintendent, J. I. Swedberg, agricultural instructor) issued a neat folder

advertising their short course of three months, which began December 6.

A unique feature of the circular is a list of names of persons in the community eligible for the work, to whom a special invitation is extended. The only requirements are that those attending be 16 years of age and able to speak, read, and write English. There are no tuition charges.

The first- and second-year pupils begin at 9:00 a. m. and leave at 2:30 p. m., and third- and fourth-year pupils begin at 10:20 a. m. and leave at 3:50 p. m.

A certificate is issued for each subject pursued and completed. A diploma is given for satisfactory completion of the four years' work, and this entitles the holder to two years' credit in the regular agricultural course in the high school.

Work is given in farm crops, fruit-growing, iron work, wood work, farm management, soils, sewing, cooking, English, writing, spelling, business law, and practical arithmetic.

Announcement is also made of institute meetings to be held at the schools of the associated districts in the course of the year. They will be conducted by the local school faculty assisted by the Agricultural Extension Division of the University of Minnesota.

The Short Course in the Dassel high school began December 1. November 29 and 30 were devoted to registration. The daily sessions begin at 10 a. m. and close at 2:30 p. m. The books are furnished free and there is no expense to the students. The subjects of farm crops and soils, animal husbandry, business English, farm records and accounts, farm arithmetic, manual training, mechanical drawing, cooking, and sewing are offered. P. O. Johnson, agriculturist, and A. W. Schroeder, superintendent, are in charge.

A farmers' institute will be held January 28 and 29 and the evening of the 29th the new play, "Kindling the Hearth Fire" will be presented by students from the College of Agriculture. The courses lead to a second year's work.

Mr. Corwin, at Grand Rapids, is giving special attention this year to the high-school and grade teaching of agriculture and to the cultivation of a plot of ground. The ground is part of a cleared forty on which Mr. Corwin lives. He maintains a team for the farm work and for winter travel and a Ford for travel during the other seasons. The grand Rapids district has done a great deal of work in the rural schools under the supervision of Mr. Freeman. Manual training benches and hot lunch equipment are in most of their schools.

The Shakopee High School (F. B. Harrington, superintendent; Harold Borst, agricultural instructor) held its second annual corn show Saturday, November 20, afternoon and evening, at the high school building. Prizes amounting to \$40 were offered. The contest was open to any boy or girl in Shakopee and surrounding country between the ages of ten and twenty, and was not limited to pupils. The prize corn became the property of the high school. During the afternoon a musical program was given, and in the evening the play "Kindling the Hearth Fire" was presented by a cast from the College of Agriculture.

F. G. Allison, in a letter to the Visitor, reports a marked growth of interest in the field-crops work of the Walker high school, through more emphasis on the laboratory. Two double periods a week are given to distinctive laboratory work, including field trips. Mr. Allison expresses the belief that concerted action on the part of the high school teachers in an effort to standardize laboratory work would be very appropriate.

J. E. Palmer, superintendent; F. E. Knock, agricultural instructor, and H. E. Kiger, county agent, united in promoting the third annual Traverse County Corn and Colt Show, at Wheaton Nov. 6. Cash prizes were given in eight colt classes, the prizes being from \$8 down to \$1. J. S. Montgomery, of University Farm, St. Paul, acted as judge. In the corn exhibit one class of four lots was open to all boys in the county who had raised an acre of corn, and one class of four lots to boys in the associated schools. There were also a few special classes. The corn prizes ranged from \$2 to 50 cents. T. A. Erickson, of University Farm, and J. S. Jones, agricultural instructor at Madison, were the judges. A husking bee, with competing teams, was a feature of the day.

The Rush City high school held a special contest day, Monday, Oct. 25. It was under the direction of H. Olin, the teacher of agriculture. Prizes were awarded in corn, poultry, and garden contests. A prize was also given

to the rural school having the largest percentage of attendance at the meeting, and a picture of all contestants was given to each school. Canning demonstrations and talks also had a place on the program.

THE TRAVELER

L. A. Collier, agricultural teacher in the Sandstone high school has developed considerable interest in the boys' and girls' club work, especially in the potato-growing contest. Mr. Collier maintains a four years' agricultural course in the high school by combining the first- and second-year, and the third- and fourth-year students, respectively, thus giving a student an opportunity for four years' work while the school maintains only two years of high school agriculture at one time.

At Nashauk and Keewatin school plots are maintained. Both are close to the school and were made very serviceable last summer for demonstration purposes and to furnish ground for students who could not otherwise obtain it. For the first two years the Nashauk plot was in use it was devoted largely to small gardens for adults because many families did not have garden space. This use of the land led to a large increase in the number of home gardens and to great improvement in their character. Mr. Martin, teacher of agriculture, and Mr. Gilruth, superintendent, are both interested in the work and confident of the value of the use of land in connection with the public schools on the range.

The Traveler had the pleasure of addressing the agricultural teachers of Wisconsin at the meeting of the Wisconsin Teachers' Association held in Milwaukee, Nov. 5. The men there seem to be animated by the same spirit, interested in the same problems, and confronted by the same difficulties that are found in Minnesota. They took up for consideration the problem already under consideration in this state, that of having the various local contests culminate in a district contest, and especially desirable in connection with the stock-judging contests among the high schools.

W. B. Dyer, superintendent, B. M. Vermilye, home economics teacher, of Bemidji, are holding meetings every week in the outlying communities where much interest is manifest in the affairs of the farm and the home. The Bemidji district meets the necessary traveling expenses incurred by the school. By these evening meetings, however, little expense is incurred, as the business men of Bemidji are sufficiently interested to see that autos are provided to take the speakers to their appointments.

CORRECTIONS

The initials of Mr. Foster, instructor in Agriculture at Le Sueur, are J. R. instead of A. G., as given in the October Visitor; those of Mr. Hedgecock, instructor in Agriculture at Albert Lea, are W. E. instead of N. E.

INDUSTRIAL LITERATURE

Agricultural Bulletins

Outlines for High School Agriculture. Department of Public Instruction, State of Iowa, Des Moines. A bulletin of 154 pages outlining a full-year and also a half-year course in agriculture. Deals with Farm Crops, Soils, Farm Management, Rural Economics, Dairying, Horticulture, Farm Animals and Laboratory Apparatus, and gives a list of reference books.

Cornell Rural School Leaflet. Vol. IX, No. 1. Dept. of Rural Education, State College of Agriculture, Ithaca, N. Y. Contains much material of use for grade work in agriculture.

A study of Manufacture of Dairy Butter; Method of Making Farm Butter. Bulletin 135, Agricultural Experiment Station, State College, Penn.

Inexpensive Appliances and Utensils for the Dairy. Circular 6, Agricultural Experiment Station, Lexington, Ky.

Hog Cholera and the Use of Serum. Special Bulletin 2, Agricultural Extension Division, University Farm, St. Paul, Minn.

Marketing the 1915 Hog Crop. Circular 9, Agricultural Experiment Station, Agricultural College, N. Dak. Advice as to feeding, care, and marketing of pigs under 1915 conditions.

A Remedy for Clover Bloat. Circular 5, Agricultural Experiment Station, Lexington, Ky.

Common Diseases of Poultry. Bulletin 263, Agricultural Station, Raleigh, N. C. In addition to diseases it treats of the structure of the internal organs and of the egg.