

The University Practice House

The work of the Home Economics Department is receiving wide recognition in the State. Especially favorable is the notice taken of the work of the Practice House conducted by Miss Nina Crigler, head of the department of Home Economics. The following excerpt taken from the Tucson Citizen, under the date of December 1, 1923, gives an excellent idea of the work being done:

"Women of the Practice House of the University spent \$15.52 apiece for board for the past month, according to figures just compiled by Miss Nina Crigler, head of the Home Economics department. They averaged 21 2-3 cents a meal for the period of five weeks they were in the house, and all four of the students gained weight.

"The above cost of 21 2-3 cents per meal includes a charge for gas, household supplies and ice. Excluding the cost of the gas, the figure per meal is 20 1-2 cents, showing that the cost per person for each meal for gas averaged over one cent.

"Real practical work is undertaken by the women students during their five weeks period in the Practice House. Only Seniors, with a major in Home Economics, are included in the women who are given an opportunity to conduct the house. Each takes a turn at cooking and must report all costs. Another is hostess, another dish washer and the other general maid about the house. Every week or ten days they change positions.

"Miss Crigler expressed her satisfaction at the manner in which women of the University have worked in the house. They are given entire charge and must handle each detail, including the house laundry, which is done with the electric washer in the home. Besides their regular house duties the women are carrying a full university course. They make out the menus which are submitted to the head of the department. Each day's food must balance, as must the food for the period, in respect to content.

"Needless to say the women made every saving possible. They had meat but once a day and substituted other foods at the other two meals. The fireless cooker was used each day and all left-overs of a meal were carefully conserved.

"A typical dinner menu consisted of cheese souffle, baked potatoes,



THE UNIVERSITY PRACTICE HOUSE

cabbage, pineapple and cocoanut salad, bread and butter and lemon pie. The cost of this meal is 21 1/2 cents. Another menu used was chuck roast, brown potatoes and gravy, buttered turnips, perfection salad and dressing, bread and butter and baker custard and carmel sauce. The cost of this meal is 24 1-5 cents each.

"While the cost at the house has been about 65 cents a day, the cost at the University Commons is 80 cents.

"Savings in the Practice House are attributed to careful watching of the

amount of gas used, the use of the fireless cooker, careful consideration of meat substitutes, watching of left overs, and a general knowledge of food values."

It is by practical work of this kind that the department proves its value to the homes of the State. Arizona is extremely fortunate in this feature of the organization of the department. There is probably no university in the country that is at present doing a more interesting or thorough piece of work along the line of scientific management of the home.



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