

# HOME ECONOMICS STUDENTS AT THE PRACTICE HOUSE

By HELEN ALLEN, '27.

### What the Girl Does Who "Serves Her Time!"—Planning the Work — Value of Experience at the House.

**W**HAT do you do?" is the question which is asked of every girl who has "served her time" at the University of Arizona Practice House. "Served her time" is used merely as a quotation and not to place the Practice House on a penitentiary basis; because all of us immensely enjoyed our stay together at the Practice House. To answer the question, I may say that the duties in any Practice House are governed by the aim of that house. Our aim was the planning, preparing, and simple serving of meals, without a maid, and care of the house with emphasis on cost and organization of the work.

Since food is considered the first essential of life, its preparation should be the most important part of the housewife's duties. Therefore the proper selection, economical purchasing, sanitary care and simplicity and attractiveness of service are the greatest responsibilities of the housewife today. As Helen Bennett says in her book, "Women and Work," "there is probably no other one subject concerning human health which so concerns people today as food, its value, and its choice."

In the graphic chart, are shown briefly the duties and responsibilities of the Home Economics students living in the Practice House. There was a member of the Home Economics staff who lived in the house and acted



On the front porch of the Home Economics Demonstration house.

as supervisor. The work to be done by the girls was divided into three classes as follows: Cook, assistant cook, and hostess. These duties and responsibilities rotated proportionately for each girl.

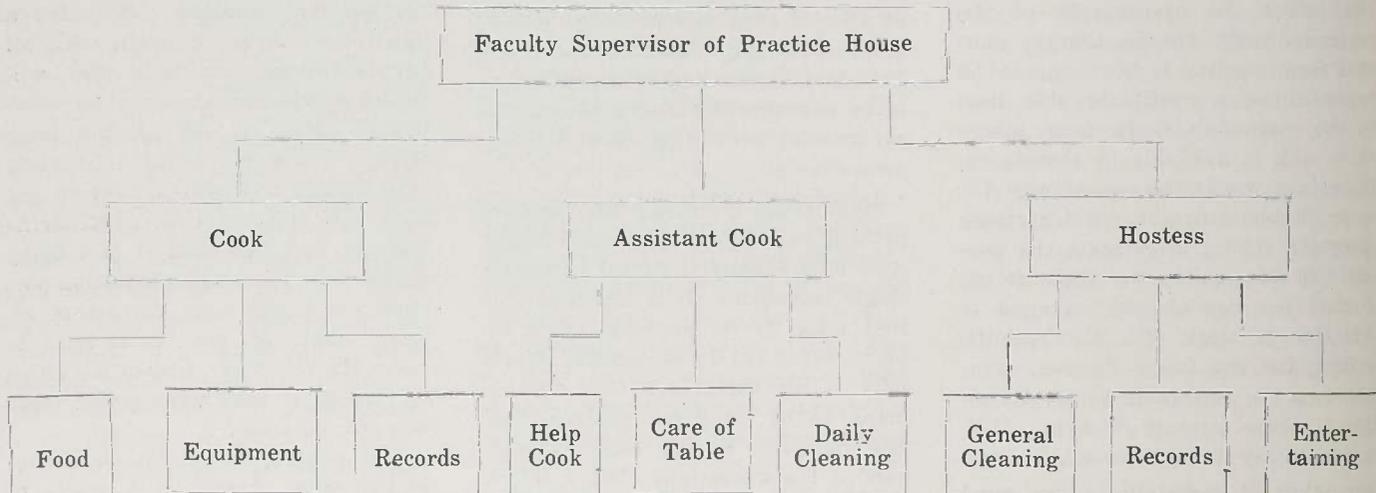
#### Duties of the Cook

The one responsible for food preparation had charge of the selection, purchasing of food materials and care of food before and after service. Tentative menus were made for one

week. The selection of food was made out according to the rules as found in the "Food Calendar" which is the simplest chart for the selection of food groups.

The tentative menus make it possible to (1) prepare for more than one meal at a time; (2) prepare at the same time two or more dishes needing the same utensils; (3) use similar methods of preparation at the

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Graphic representation of the duties and responsibilities of the Home Economics students living in the University of Arizona Practice House.

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Foods were ordered on the phone or purchased at the market. The cook knew approximately what was needed while she was planning the meals. She purchased all staples, such as sugar, flour cereals, etc., when she went on duty. Such perishables as fresh fruits, vegetables and milk were purchased daily or as needed.

The proper care of foods after they were in the house was emphasized. Vegetables were cleaned before placing them in the refrigerator. Highly scented foods such as fish and bananas were placed in covered containers so the odors would not penetrate such delicate foods as butter, milk and jellies which were always placed in the cooler chamber of the ice box. The emergency supplies and such foods as potatoes and canned goods were stored in the pantry.

The fireless cooker was used as a device for saving fuel, time and effort in the preparation of meals. The service was informal, using the wheel tray whenever possible. The cook was responsible for the proper placement of her working equipment. Standard equipment being as necessary in the home as in industry, when properly used saves three-fourths of the problem of housework.

The record kept by the cook were itemized, classified, organized and checked by four dependable standards. The first, for selection, was mentioned above. Other standards were Dr. Sherman's "Food Budget," Miss Winslow's "Schedule for Establishing a Weekly Food Budget," and Taber's "Standard."

**The Assistant Cook**

The assistant cook helped with the preparation and service of food, and had charge of the table. She was responsible for cleaning in relation to care of dishes, equipment, kitchen floor, woodwork, pantry and service porch. Her duties were assigned by the cook. It was thoroughly understood that our first duty was to our University schedules. The Practice House Work was planned so that it would fit into our schedules. The physical phase of work was stressed only in so far as it was necessary to complete our problem.

**The Hostess**

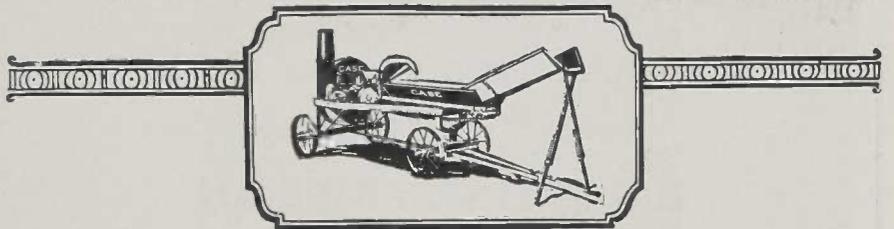
The hostess had charge of routine duties and was responsible for hos-

pitality. She had the general supervision of daily and weekly cleaning of living room, dining room, bath students' quarters, outside porches and walks. She also took care of the laundry which consisted of the dining room and kitchen linen.

The hostess kept a record of all the meals served. Each girl paid for her own meals and for her guests, therefore, doing away with so called "loose meals." This made it possible for the

cook to find out the accurate cost of each meal. The total expenditures for food was divided by the number of meals served, thus giving the cost per meal.

I believe that if every dissatisfied housekeeper were given an opportunity to live in the Practice House for awhile, she would have a different attitude toward her housework, and would enjoy it rather than dread and despise it.



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