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Home Economics and Nutrition

Mabel Curry

University of North Dakota

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HOME ECONOMICS AND NUTRITION

By Mabel Curry
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While Harriet Beecher Stowe wrote "Uncle Tom's Cabin", her sister, Catherine Beecher, turned her talents to the writing of "A Treatise on Domestic Economy" and other books. Catherine Beecher maintained that science was basic to an intelligent study of the problems of the home. Her books appeared from 1849 to about 1875 and were the first steps in the development of the discipline of Home Economics.

The first Home Economics courses at the college level dealt with cooking and sewing. Land grant colleges in Iowa and Kansas began such classes in 1873. Classes were for women only and were intended to prepare them for their domestic roles.

The University of North Dakota's initial curriculum development, spearheaded by Merrifield and Montgomery, followed "classic" rather than the "practical" lines of land grant universities. However, the University soon expanded and altered the curriculum to meet the particular needs of students in this rural North Dakota setting.

The 1901-02 Catalog offered Special Courses in Applied Science "for the benefit of young men and women whose work on the farm and in the shop prevents their spending the time necessary to complete a full college course, but whose aspirations prompt them to secure as far as possible an education which will fit them for many of the exigencies of daily life while it gives them an insight into the important applications of science to the various industries." Course A, "intended for young men," included Engine or Shop work and Mechanical Drawing; Course B, "provided especially for young women," is detailed here.

Course B
FIRST YEAR

First Term--
English
Bookkeeping
General Chemistry
Vegetable Physiology

Second Term--
English
Bookkeeping
General Chemistry
Elementary Human Physiology

Third Term--
English
Bookkeeping
General Chemistry
Structural Botany
SECOND YEAR

First Term--
*Cooking
*Sewing
Chemistry of Foods or Soils
House Sanitation

Third Term--
*Cooking and Cleaning
*Sewing
Chemistry of Foods or Soils
*House Decoration

The above curricula may be varied, with the consent of the Faculty, but the substitution of courses in any of the following subjects: Civics, English, Mathematics, History, and other subjects.

*These subjects may not be offered during 1902-03, if not, other printed subjects will be offered in their stead.

The annual catalog for 1904-05 and announcements for 1905-06 included the following statement:

During the year 1905-06 the University hopes to lay the foundation for a good Department of Domestic Science. Every University feels its obligation toward equipping the women students for home life, but the University of North Dakota feels even more keenly its obligation as many of her students are under her care for not only four years--during just the years when the home instinct and capabilities are being developed. [SIC] Though the University has as yet no special equipment for work in Domestic Science, it is hoped that by the judicious use of the present facilities of Davis Hall a good start can be made.

Davis Hall, erected in 1887 at a cost of about $25,000, was "a handsome and commodious brick building, four stories in height, including basement." (1899-1900 catalog) This multipurpose building, which is no longer standing, housed the Department of Home Economics from its beginning until the early 1950's.

Director of the Department of Domestic Science was Miss Gwendolyn Stewart, assisted by Miss Cornelia B. White, Instructor. Three courses were offered. This is the way they were described:

The study of Cookery will comprise both practical and theoretical work. The practical work will be given in the Boarding Department Quarters which are admirably adapted for sound practical work in all forms of cookery. The work will cover the preparation of foods, planning and serving of dinners and luncheons and expeditions to the markets and food factories of Grand Forks. The theoretical work will require two lectures each week, covering the composition of foods, study and preparation of dietaries, planning of menus and the estimation of the cost and value of food in large and small quantities.
SECOND YEAR

First Term--
*Cooking
*Sewing
Chemistry of Foods or Soils
House Sanitation

Third Term--
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Liberal use will be made of the Government Bulletins, of all available books in Domestic Science and current periodicals. Students will be expected to give more time to practical work and less time to theoretical or vice versa as occasion may arise for specializing in either.

The course in sewing will be regarded as instruction in hand work. An effort will be made not only to give the students such instruction as to enable them to sew well but also to train their faculties for manual work, developing their ability to create through the labor of their own hands and mind. To further this end the work in sewing will be preceded by instruction in simple forms of hand work as braiding, knotting, netting, knitting, weaving and basketry. The sewing course proper will include the making of simple garments from drafting. One period each week will be devoted to practical work in mending and repairing.

The course entitled Laundry Work and offered as an elective was given this description in the 1905-06 Announcements:

The work will be made as practical as possible. The instructor will be in the laundry during all recitation hours on Saturday and Monday. The students will do their own regular washing under the supervision and direction of the instructor. Each week the laundering of one article will be made the special topic of the day both for discussion and special instruction in manipulation. All work will be carefully inspected before taken from the laundry and individual reports of progress kept. In addition to the practical laundry work one lecture will be given each week on the Chemistry and Physics of washing, including a discussion of the composition and texture of fabrics; the properties of water and other cleaning agents, removal of stains and disinfection.

Sometime between 1905 and 1907 the department name was changed from Domestic Science to Household Economics. The influence of the "Home Economics Movement" was being felt for it was during these same years that a group of people interested in improving home life were holding annual meetings at Lake Placid, New York. Their efforts were largely responsible for laying the cornerstone of the profession of Home Economics, and subsequently founding the American Home Economics Association.

The meetings at Lake Placid were organized by Ellen H. Richards, a graduate in Chemistry from Massachusetts Institute of Technology. She was a staunch crusader for the "Science of Controllable Environment." Her philosophy was "control the material things which lie about you and make natural and social forces do your bidding, in order that you may have more time and energy to make life beautiful and gracious and worthwhile". (Journal American Home Economics Association, Sept. 1959, p. 547). A course in "Euthenics," offered in 1906 at UND, reflected the Richards point of view. The summary of course content was brief: "this subject includes a general study of all those forces through which the home environment may be controlled--personal and public hygiene, sanitation, diet, clothing, growth and development of children, etc."

Included in the Household Economics program in the 1909-10 catalog was a course in Foods and Sanitation taught by Dr. George Abbott, professor of
chemistry. Dr. Abbott had been a classmate of Ellen H. Richards and had a high regard for the emerging curriculum in Home Economics. Christine Finlayson, a 1912 graduate recalls, "I can remember some faculty members at the University who bawled me out for going into home economics. Dr. Abbott said, 'you're on the right trail!'"

By 1911 the University offered a separate course "The Teaching of Home Economics" coordinated with observation and some practice teaching done in the University's Model High School.

In 1912 the Department was changed from Household Economics to Home Economics and was known by that name until 1975 when nutrition was added to the title making it the Department of Home Economics and Nutrition.

In 1913, the Department offered three options to students:

1) a Bachelor of Arts and Diploma in teaching.

2) a two-year Teacher's Certificate and Special Certification (for elementary schools).

3) a knowledge of the general principles and facts of home economics as part of a liberal education.

Grace DeLong was a student in Miss Mary Howe's Foods and Cookery class in that year. Her laboratory guide was written by Isabel Bevier and Anna R. Van Meter.

The work is based on the supposition that a scientific study of the food problem requires sufficient knowledge of PURE science to appreciate the fundamental processes that underlie the preparation of food....and that the principles of cookery may be taught by the same general method as the principles of chemistry are taught, i.e., by a study of typical compounds.

A number of handwritten pages are attached in the book, including an interesting listing of quick cooking meats at 1913 prices:

<table>
<thead>
<tr>
<th>Meat</th>
<th>Price Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Porterhouse steak</td>
<td>1 1/2 to 3#</td>
</tr>
<tr>
<td>Veal steak</td>
<td>1 to 2#</td>
</tr>
<tr>
<td>Mutton chops</td>
<td>1/2 to 3/4#</td>
</tr>
</tbody>
</table>

Students punned on the name of the foods class instructor. In the 1914 Dakota Annual, student Annetta E. Fried was listed as "The crack center of the winning Junior Basketball Team in 1912. Noted, too, for her skill in the Howe and Why of cooking class."

Early graduates of the university program were leaders in Home Economics in North Dakota. Christine Finlayson (1912) was the first state supervisor of Home Economics, a position she had for thirty eight years (1922-1960). In that capacity she influenced the development of strong home economics programs in the secondary schools throughout the state. Grace DeLong (1916) served until 1960 as Assistant State Director of Home Economics Extension. Donna Forkner (1912) headed the Home Economics Department at Wahpeton State School of Science until she retired in the mid 1950's.
Faculty members for the Home Economics Department in those early years came largely from midwestern universities; University of Illinois, University of Chicago, Kansas Agriculture College. Most had baccalaureate degrees and were awarded the academic rank of instructor. Joint appointments were not uncommon. Bertha Erdmann who taught a class in dietetics, also taught hospital economics in the school of medicine. Mary Flynn was listed both as an "Assistant" in Home Economics and a member of the Model School faculty. Mary Howe, B.S. Illinois, was on the faculty from 1911 to 1916. She is the first person to be designated as Department Chair. Margaret Van Hoesen, Ph.D. Chicago, was the first faculty member to be given the rank of Assistant Professor (1919).

By 1920, the Department was concentrating on "two classes of students: 1) those desiring a liberal education and definite training in household administration and 2) those preparing to major in home economics with a view of teaching the subject in secondary schools or in higher institutions." A letter from Christine Finlayson to R. B. Murphy, President of N.D. Board of Administrators, evaluated the Home Economics Education program:

April 15, 1927

Mr. R. B. Murphy
President, Board of Administration
Bismarck, North Dakota

Dear Mr. Murphy:

Complying with your request and with a similar one from Edward Erickson, Director of Vocational Education, to visit the Home Economics Department at the State University (UND), to check the length and content of course and requirements within the groups of subjects offered, amount of practice teaching required, and home management offered, and the plant and equipment, I wish to report that I have done this piece of work and am submitting this report:

The Federal Board for Vocational Home Economics has set up certain requirements for all teacher-training institutions, carrying a minimum and a maximum and I have used these requirements as my basis for judgment.

I. Length of Course

The University of North Dakota offers a course four years in length and set up on a basis of 125 semester hours. The Federal Board requires 120 hours.

II. Content of Course

(The course of study shall be equivalent to that of a standard four-year course in Home Economics, with the following distribution of time to groups of subjects:)

5
Federal Requirements:

<table>
<thead>
<tr>
<th></th>
<th>Home Economics</th>
<th>Related Work (Sci. &amp; Art)</th>
<th>Professional Courses Educa.</th>
<th>General Courses and Electives</th>
</tr>
</thead>
<tbody>
<tr>
<td>University</td>
<td>25-35%</td>
<td>25-30%</td>
<td>12½-15%</td>
<td>20-37½%</td>
</tr>
<tr>
<td>Federal</td>
<td>32%</td>
<td>30%</td>
<td>16%</td>
<td>22%</td>
</tr>
</tbody>
</table>

From this comparison the content of course meets the Federal Requirement.

III. Supervised Practice Teaching

The State College of Agriculture requires 36 lessons in practice teaching; the University required 40 lessons--20 first semester and 20 the second. From comparison, the University measures up in this respect.

IV. Home Management and Resident in Home Management House

The State College requires 8 weeks of residence. The University requires 1 month, with a smaller group living in house, thus making work more concentrated for a shorter time.

V. Plant and Equipment

In this respect, I believe the plant and equipment to be inadequate for approved Home Economics Department. The fact that the department is in the basement floor makes it very undesirable. If suitable quarters for the department and practice suite were secured, this difficulty would be removed.

VI. Recommendations made by the Supervisor to Head of Department

1. That the department be moved to a more desirable location.
2. That the residence in the Home Management House be longer than one month, possibly six to eight weeks.
3. That more credit hours in related art be required of Home Economics majors.
4. That a definite course in child care, which is now given in smaller units, under the Special Problems course, be scheduled in the catalog.
5. Work in Home projects and vocational experience be required of all students.

VII. If these recommendations are carried out, I see no reason why the Department of Home Economics in the University could not be approved by the State Board of Vocational Education as a teacher-training institution, but not receiving Federal Aid. I should request that Miss Florence Fallgatter, the new Federal Agent for the Central Region,
be asked to visit the University department on her first official trip to North Dakota. I feel that the Federal Board should assist with the approval of state institutions whenever it is possible.

* * * * * *

I trust that this report will meet with your approval.

Yours respectfully,

Signed: H. Christine Finlayson
State Supervisor
Home Economics Education

Some recommendations were carried out immediately and others took longer to implement. In 1928 the home management experience was lengthened to six weeks. While child care was incorporated into several existing courses (noted in catalogs from 1928 until 1933) it was not until 1934 that the first full course in Child Development was offered. As for a more desirable location, the move from Davis Hall was not accomplished for almost another quarter of a century. In 1951, the Department moved into a building that had been the first library on the campus. It was built with a $30,000 grant from Andrew Carnegie and reflected the architecture of the many Carnegie libraries. This building erected in 1907, is currently the location of the Home Economics Department.

The curriculum in home economics began with courses designed to prepare women in their homemaking roles. From 1922 until 1940 University offerings included an "appreciation" course, Home Economics for Men. Since 1940, there has been a gradual purging of catalog copy to assure that all students who qualify academically may enroll in classes. While women constitute by far the greater number of home economics majors, men are enrolled in almost every class.

The American Dietetic Association was founded in 1917. This professional organization, as well as the American Home Economics Association exerted influence upon curriculum development in the Department. As early as 1910, a course in "Dietetics" was taught by Bertha Erdmann, R.N. The course "deals with the subject of foods, their function, composition, classification, manufacture, preservation and adulteration. Attention is given to marketing and the care of food, feeding of infants, growing children and adults. Calculation of food value and dietaries are also considered." In the early 1920's a course, Dietetics and Nutrition, with prerequisites of physiology, foods and food chemistry was required of all students majoring in Home Economics. In the 1923-24 catalog another major option for home economics students was offered to "those showing initiative and ability, who wish preparation for dietitian, managers of tea rooms, cafeterias, or general institutional work." The development of the dietetics curriculum was accelerated when Eva Schairer joined the faculty in 1926. She had a Master's degree from Columbia University and had served as an administrative dietitian with the Public Health Service and University Hospital in Michigan and at Peter Bent Brigham Hospital in Boston. She was on the University of North Dakota faculty for twenty years, chairing the department as well as teaching.
The first graduate that can be identified from the dietetics program was Madrienne Florance Tompkins Honeycutt. By 1931 at least three graduated: Beatrice Stark Muster, who interned at Cottage Hospital in Santa Barbara; Helen Peterson, no internship recorded; and Ruth Eastman Hastings, who interned at Walter Reed Hospital in Washington, D.C. Hastings remembers:

There were eighteen girls in the class (at Walter Reed). They came from all parts of the country. Most from larger and better equipped schools than North Dakota. However, I never felt at a disadvantage and was quite equal to the competition. This I attribute to the good instruction and individual attention received from my instructors. I was one of four from my class that was given a position on the staff after graduation on May 31, 1932. I remained at Walter Reed until September 1934 when I left to be married. We returned to Washington in December of 1940 and in the fall of 1941, prior to Pearl Harbor, I became involved as a volunteer in the nutrition and dietitian aid programs of the American Red Cross--this led to a very rich and satisfying volunteer career of 35 years, both in this country and overseas.

Dorothy Revell (1933) interned at Harper Hospital in Detroit and recalls that eleven graduated in her class. "One of the things I always remembered from Miss Schairer was her telling us 'If you are going into hospital work, do not wear your feelings on your sleeves. If you are head of a department, this means you are responsible for all activities of the department, whether you are on duty or not. Accept criticism and grow with it'". Mrs. Revell is still in private practice in 1982 in Fargo.

Just as early graduates of Home Economics made a contribution to Home Economics in the state and nation, so did graduates of the dietetics program. Burness Wenberg (1949) is an Associate Professor in the Department of Food Science and Human Nutrition at Michigan State University. Phyllis Lufkin (1950) has practiced dietetics on the west coast for more than thirty years. Joan Tracy (1950) has spent most of her professional life in the state, including appointments with the Bureau of Indian Health, at St. Michael's Hospital in Grand Forks and since 1964, as a nutritionist in the State Health Department, Division of Maternal and Child Health. LaRose Ketterling (1950) has worked in a variety of dietetics programs in health care services and in institutions of higher education. All of these graduates have been active in the professional organization, but Ketterling is the only one to have held a position on the professional staff of ADA.

In the early years of the department, faculty turnover must have been a problem. Charlotte Halgrim, M.A. Columbia University, was on the staff from 1920-25. She was the first faculty member in home economics to be promoted to the rank of Associate Professor--and her tenure of five years was longer than many faculty members achieved. Students occasionally renewed associations with UND instructors at other universities. Gladys Black (UND 1926) recalls that Hazel Houck was her instructor in foods class at UND in 1924 and that she again instructed her in Institutional Management classes at Cornell University in 1951. Miss Black remembers that Marion Stevenson, who resigned February 6, 1926, "was a chic French girl who married UND registrar, Charlie Patmore, and moved to New York state where Miss Stevenson worked for the Chaney Silk Company". Whether it was the harsh climate, attractive opportunities in a
growing academic discipline, conflict between professional role and homemaking role, or other reasons can only be speculated upon. The fact remains that until the late 1920's, there were many changes in faculty.

With the arrival of Eva Schairer and Jessie Scott in 1926 and Tilda Natwick in 1928, there was a twenty year period of faculty stability. Miss Schairer taught many of the courses that made up the dietetics curriculum; Nutrition, Diet in Disease, Meal Planning, Institution and Household Management, Large Quantity Cooking, and, in addition, administered the Department.

Miss Scott, B.A. Washington, was on the faculty for one year, 1924-25, left to go back to Washington for one semester and returned to the University in 1926 where she remained until 1945. She is identified in University catalogs as Instructor in Textiles and Clothing and in 1939, she was promoted to Assistant Professor of Textiles and Clothing. This identification reflects the perception of faculty as teachers of specific subject matter, rather than members of a department. In addition to courses in Textiles and Clothing, Miss Scott taught Millinery until it was dropped as a course in 1932.

The third member of this stable faculty was Tilda Natwick who began her service to the University in 1928 and stayed until 1952. She had a Master's degree from Columbia University and a diverse professional experience. She was designated Instructor and later Assistant and Associate Professor in Teacher Training--but she taught a variety of courses in addition to teacher-education classes; Foods, The House, and Practice House. After Miss Schairer's retirement in 1945, she also served as chairperson until her own retirement in 1952.

A letter from Ruth Shepard Bruegger (UND 1932) recalls:

I am one of the graduates who lived in the dormitory in Davis Hall, studied my courses in Home Economics in Davis Hall and lived in the Home Management (Practice) House in Davis Hall. Eva Schairer, Jessie Scott and Tilda Natwick were the staff members then. My memories of UND are happy ones.

As a member of Miss Natwick's Foods class I toured a candy factory and a packing plant. The tour of the candy factory was delightful, but the packing plant experience almost made a vegetarian out of me....While I lived in the Home Management House, early one morning I picked up the Grand Forks Herald at the front door. The headline 'blared' Lindberg Baby Kidnapped!.... If you are thinking of an exhibit, I can contribute a decorator pillow top woven on a table loom in Miss Scott's class. Also, I have a color wheel, colors on black sateen cloth....made in Miss Scott's Design class.

Ruth Bruegger is another graduate who provided effective leadership for home economics in North Dakota through her work in the state extension service.

With the move of the Home Economics Department to its present location in the Carnegie library building in the early 1950's, came further developments in remodeling the building and strengthening the curriculum. Mildred Riedesel, M.S. Iowa State University, was hired as chairperson in 1953, a position she
On April 17, 1953, Dr. Christian visited briefly on the University of North Dakota campus and met with Dean Holstine and our Home Economics staff concerning the matter of strengthening our curriculum. At that time she indicated several weaknesses in our program which since have been improved. The meeting in 1953 was not an official evaluation of the program, but rather an informal meeting concerning the status of our program.

During the past several years the four Major programs in Home Economics have undergone revision, service course offerings have been expanded, Home Management facilities have been moved from the basement of Davis Hall to a remodeled house on University Avenue, Nursery School facilities have been moved from the basement of Davis Hall to remodeled quarters providing an outdoor play area for the children, the radio program presented by the Department of Home Economics since 1945 is now under the joint sponsorship of the class in Adult Education and Phi Upsilon Omicron, the Home Economics Honorary. Currently the basement of the Home Economics Building is undergoing major renovation in order to provide additional classroom, laboratory, office, and rest room-locker room facilities.

In the community and on campus there is a fine spirit of cooperation which enables the Home Economics Department to include in the several courses laboratory and class experiences using community and campus facilities and personnel. Examples would include the student teaching program in the Grand Forks and East Grand Forks Public Schools, the Grand Forks Clinic, the Deaconess Hospital, St. Michael's Hospital, the Y.W.C.A., the Grand Forks Public Library, Northern States Power, the Grand Forks County Extension Service, and business firms located in Grand Forks and East Grand Forks. On the University campus cooperative programs have been arranged with the Medical School, the School of Commerce, the Student Union, Bek Hall, the Nursery School, and Radio Station KFJM. The total program of the Department also includes workshops, coordinated programs with State and community professional groups, the student Home Economics Club (Penates), and Phi Upsilon Omicron, national home economics honorary.

In order that steps may be taken to present this matter before the North Dakota Board for Vocational Education, I should like to request the seeking of approval of the Home Economics Education Program at the University of North Dakota. It is my understanding that the proper procedure would be for you to request for Mr. M. F. Peterson, Executive Officer for the State Board of Vocational Education.

The evaluation study by Christine Finlayson and Dr. Johnny Christian of the U.S. Office of Education summarized the strengths of the Home Economics Teacher education program as follows:
1. The strong support of the administration makes it possible for the home economics staff to plan with confidence and to get valuable counsel.

2. The curriculum has been modified and strengthened within the last 5-8 years. This has resulted in a reduction of required courses, a clearer focus of the program on the home and family, and a better coordinated program.

3. While the structural part of the building presents some difficulties in planning for the best use of space, great improvements have been achieved in terms of larger classrooms, better lighting, more up-to-date equipment, and improved teaching facilities. The recently acquired Home Management House is inviting, comfortable, and adequate for teaching this aspect of the program. (The Home Management House experience was discontinued in 1973. The course "Management in Family Living" replaced it.)

4. A well-qualified staff has been brought together and good working relations have been achieved. All home economics staff members have master's degrees. It is obvious that feelings of good relations among the staff cannot be over emphasized since, without such, it is difficulty for a department to move ahead.

5. Conferences with representative students enrolled in home economics indicated that they possess poise, leadership and high ability. They expressed enthusiasm for what they were learning and seemed to have clearly defined personal and professional goals.

6. Plans for moving student teaching centers outside of the Grand Forks and East Grand Forks schools are well thought out and are encouraging. To make this change, problems yet to be faced include the blocking of courses and scheduling of students. The Education department seems forward looking and, as supporting department, gives strength to home economics.

This was all very serious business, but activities were not always intellectual in either design or purpose. Home Economics had its share of pranksters. In the 1950's, upon completion of their draping projects, a group of students outfitted their gummed-tape dress forms with rag mop wigs and old clothes. These forms were placed in the Red River south of Grand Forks and floated through town to the accompaniment of sirens. (This recollection comes from a 1950's graduate who will remain anonymous.)

The Department of Home Economics has been administered through several colleges; Teachers College, Liberal Arts, Science Literature and Art, Education and in 1971 Home Economics became a department within the newly created College for Human Resources Development. Although the Department indicated it served several purposes, only one curriculum in Home Economics was outlined for a number of years. An example appears in the 1932-33 catalog:
In the 1947-48 catalog a major in Home Economics and a major in Nutrition and Dietetics were offered in the School of Education. Since the major in Nutrition and Dietetics also contained education and methods courses, it amounted to a double major. In that same catalog, majors in Nutrition and Dietetics and General Home Economics were offered in the College of Science, Literature and Arts. Although the programs had to meet the requirements of the different colleges, the faculty did not have to report to two different deans. The Department was budgeted and administered through the School (later called College) or Education until 1971.

The College for Human Resources Development, formed in 1971, included Home Economics as one of the six departments, but offering of majors in Home Economics continued in both the College of Arts and Science and the Center for Teaching and Learning for a few years; two associate of arts degrees were administered through University College. With the publication of the 1976-78 catalog all baccalaureate programs in home economics were offered in a single college, H.R.D.
Another change was published in the 1976-78 catalog--The curriculum for a Coordinated Undergraduate Program in Community Dietetics. Since the 1920's, students who wished to be practicing dietitians were required to finish a baccalaureate degree and complete a year-long internship at an approved hospital. Based on the educational principle that immediate application of theory makes a better learning experience, a few universities offered coordinated programs combining classroom and clinical experience during the four undergraduate years. The University of North Dakota was granted approval to initiate such a coordinated program in 1975. Because of the types of health care facilities in the region and the soundness of positive preventive health care as opposed to crisis management health care, the program was directed toward community dietetics. A four year developmental period for the program made it the first in the state to be fully accredited by the American Dietetics Associations in 1979.

In 1979 the American Home Economics Association accorded accreditation to the Department. Based on an extensive self study and suggestions from site evaluators, the associate of arts degrees, which had been added in the early 1970's, were deleted. The program in General Home Economics was redirected and in 1981 a name change was approved for that program. It is now known as a major in Textiles, Clothing and Consumer Studies.

Looking through old University catalogs and correspondence gives a fairly clear picture of the Department, but one must look at the University annuals of past years for a graphic idea of what the students were like. The readily apparent changes in student appearance were linked with a more subtle change in the perception of Home Economics as a field of study.

The early descriptions of student organizations were consistent with Richards' philosophy of Home Economics, but the activities reported in student publications concentrated on the less significant elements. Nu Delta Pi, a local fraternity, was founded in 1923 for "those majors in Home Economics who exhibit qualities of leadership, personality and high scholarship. The aim of the organization is to stimulate interest in various scientific, social, cultural and professional aspects of home economics." But "stitching and stewing" continued to gain prime attention.

The 1940 annual describes Penates (Household Gods) as a club for all girls in home economics. It was affiliated with the American Home Economics Association. Among the major projects for the year were an open house in the Home Economics Department, where projects from each class were displayed and Christmas baskets for needy Grand Forks families were prepared. The 1941 annual describes the Open House project: "Future housewives, dietitians and technicians are given opportunities to display the practical aspects of knowledge learned or unlearned in the department." The description of Penates activities in 1942 reflected the influence of World War II. "Penates used to sponsor a Home Economics open house in conjunction with Engineers Day, but in 1942 the event was called off on account of the shortened semester, and besides fudge would taste funny without sugar."

Activities of Penates, dubbed "Mother's Little Helpers" and Wielders of the Apron Strings" continued to be described as "cooking demonstrations", "style shows", "candy sales", and other "homey things."
Nu Delta Pi joined the National Home Economics fraternity, Phi Upsilon Omicron, in 1944 and although "promotion of professional program" is a stated objective, the description in the 1950 Annual shows the limited perception of home economics by the annual copy writers. "Endorsing the theory that a woman's place is in the home (or dietetics) Phi Upsilon Omicron honors the best of the domestic-minded. Only able, scholarly and personable majors may belong...they air their views in a weekly KFJM show entitled "Your Home and You." The weekly KFJM program, also titled "A Woman's Place" was a service project supervised by Mildred Riedesel and Lucille Stanley for a number of years. Students shared research findings and other information with a local audience. In 1979, the Department asked the National Office of Phi Upsilon Omicron to grant Alpha Epsilon Chapter inactive status.

In the early 1970's the organization "Penates" dropped that name and joined the Student Member Section of the American Home Economics Association with students holding individual memberships in AHEA. Contrast the introduction and objectives of a student member workshop held in October 1980 with activities described in the early annuals:

INTRODUCTION

At this year's NDHEA Student Member Section Workshop, we will explore business-related careers and their implications for integrating home economics training and experience into the career preparation and/or re-entry process. We will also analyze self-marketing strategies with the goal of increasing employability and career satisfaction.

As home economists in the 80's, we can extend ourselves into a vast spectrum of employment opportunities by sensitizing ourselves and others to our unique backgrounds. This workshop is designed to consider business as one facet of the expanding spectrum of choices available to us during this decade.

OBJECTIVES

1) To foster an awareness of varied career options for home economists within the business sector.

2) To present information about strategies which enhance professional development and self-marketing potential.

3) To furnish an opportunity for workshop participants to meet, exchange ideas and form on-going contacts.

4) To provide access to a wide variety of subject matter resources from government and industry.

Graduates have returned to the University to find career opportunities in home economics and in other fields as well. Mae Marie Malm Blackmore is the director of the University Children's Center; Karen Oby was on the faculty from 1979-1980 when she left to join the North Dakota State Health Department; Dr. Joy Wardner Bostrom is Assistant Professor of Home Economics, teaching textile and clothing courses; LaRose Ketterling is Assistant Professor of Home Economics, teaching in the dietetics program; Gladys Black was Director of
University Food Service from 1963 to 1971; Susan Barnes Shaft (1961) and Shirley Drake Naismith (1953) have worked in the Registrar's office and Mavis Ness (1960) in University Relations; Dawn Klevberg Wagner (1976) works with the Division of Continuing Education.

The accomplishments of graduates in home economics from the University of North Dakota have been noted in the state and in the nation. The Alumni Association of the University has recognized three graduates for their contributions to society. The distinguished Service Citation was given to Christine Finlayson (UND 1912) in May, 1960. Two others, Dorothy Tompkins Revell (UND 1934) and Ruth Eastman Hastings (UND 1931) were similarly honored in 1974 and 1975 respectively. Miss Finlayson also received the first life membership in the American Vocational Association ever held by a North Dakotan as well as an honorary membership in the National Association of Future Homemakers of America. Ina Lowman Luadtke (UND 1960) was named New York State Home Economics Teacher of the year for 1980. She was recognized particularly for her class in "Life Styles" which is designed to "enable individuals to build and maintain approaches to life which will contribute to personal growth and maturity, to an enlightened open acceptance, and to a capacity to interrelate with family, friends, and members of the local and world communities". Muriel Fursteneau Cody (UND, 1945) was honored by the General Foods Corporation in September, 1981. She was the first nutrition and dietetics graduate from the University to go directly into business as a nutritionist.

Still other graduates have made an impact by their written work. The Department bookshelves contain publications by several alums.

Blaine, Mary (UND 1968) and Haunz, E. A. "Diabetes Mellitus in Adults" in Current Therapy W. B. Launders 1981.


Revell, Dorothy Tompkins (UND 1934) Cholesterol Control Cookery, Diabetes Control Cookery, and Gourmet Recipes for Diabetes.


In the spring of 1979 the Department initiated an alumni newsletter. Janet Gregory has served as the editor with other faculty members assisting. This
activity has brought response from graduates from coast to coast and some countries across the sea. Ruth Chege Munymoki's (UND 1969) letter of January, 1982 tells of starting a home economics program at the Armed Forces Academy in Nairobi where teaching materials are meager. Lily Man Wong (UND 1967) sends greetings from Hong Kong where she is teaching in an elementary school.

The Department of Home Economics and Nutrition has been an undergraduate department since its beginning. Until the early 1970's, there is no indication that research was given a high priority. As the number of faculty holding Ph.D.'s increased, priorities changed and research was given greater emphasis. Dr. Ramses Toma began building a food analysis laboratory soon after he joined the faculty in 1972. He has conducted a number of research projects, including work with North Dakota products. Dr. Toma is the first faculty member to achieve the rank of full professor. Dr. Joy Bostrom has equipped a textile research area and is currently working on clothing for disabled women. She has developed a slide tape presentation on "How the Teenage Male Can Apply Line, Design and Color to Clothing Choices" as a first step in a long term study of male self perception. Dr. Glinda Crawford has several areas of research interest. As the teacher educator for the Department, she has researched curriculum development, both for regular and special needs students. She has conducted a state wide follow-up study of graduates from secondary consumer and homemaking programs. The dietetics faculty members, Oring, Ketterling and Toma, with their students have conducted research on food advertising, food acceptance and results of diet counseling. Janet Gregory has published a number of local consumer surveys and consumer information brochures. Department research papers published in juried journals have averaged two per year since 1974, and three Home Economics Department members are on the graduate faculty. This emphasis on research is in keeping with the early definition of Home Economics, "A Science of the Controllable Environment."

As we look to the future for the Department, we see a greater emphasis being placed on Home Economists in policy making positions. Elaine Vig (UND 1941) and Stella Fritzell (UND 1958) have shown the way as North Dakota legislators. Computers will enter every phase of management and concurrently with the use of this rather impersonal tool, a greater emphasis will be given to developing skills in forming satisfying personal relationships. These new directions reflect the steady metamorphosis of Home Economics at the University from a few "special courses" for women to the scientifically based field of study that concentrates on the key unit of American society, the family and its psychological, social, physical and financial welfare. This development is a tribute to the perceptive and foresighted view of Ellen H. Richards.

The compilation of the history of the Department of Home Economics and Nutrition has been a group effort. Many alumnae have contributed through conversations and letters. Former faculty members, Mildred Riedesel, Inez Schoulte, Lucille Stanley and Joy Bostrom published a brief history in the College of Education Record in May, 1959. The Department faculty worked together during the spring semester, 1982 to complete the project. Dr. Joy Bostrom (who rejoined the Department in 1978) searched old annuals. Dr. Glinda Crawford interviewed former state supervisors of Home Economics, Marjore Lovering, and Christine Finlayson. Janet Gregory researched the history of the home economics movement and LaRose Ketterling and Kay Oring
contributed information on the development of the profession of dietetics. Dr. Ramses Toma looked at the development of food science and Mabel Curry, Department Chair, studied UND catalogs and was the principal writer. Secretaries Helen Moen and Sandy Walen did the typing and retyping, and student assistants, Beth Anderson, Gail Loing and Karen Blewer ran countless errands. The cooperative effort that brought forth this brief history, is typical of the cooperative spirit that has been evident in the Department for most of its years.