COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

STATE OF OKLAHOMA

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OKLAHOMA AGRICULTURAL AND MECHANICAL COLLEGE AND UNITED STATES DEPARTMENT OF AGRICULTURE, COOPERATING EXTENSION SERVICE COUNTY AGENT WORK STILLWATER, OKLAHOMA

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Programs for Home Demonstration Clubs

First Year

DIRECTED BY FRANCES L. BROWN, State Home Demonstration Agent

INTRODUCTORY

Home Demonstration clubs in Oklahoma are organized for a three-fold purpose. First, to study home making, which is the great profession of all professions; second, to offer farm women an opportunity for self development; and third, to advance community interests and life.

Thinking women everywhere are realizing that they have a greater need of scientific knowledge of how to clothe and feed the family, of home building and the beautification of the home, of thrift, of saving strength and time, of the prevention and cure of diseases, of child welfare work and of community needs and how to meet them.

To aid in meeting this need, programs on the various phases of home economics covering four years are offered. It is generally expected that clubs that have used these programs for four years should then be able to make their own programs, and such a club should have a program committee appointed for that purpose.

Farm women usually have some time in which to read—they have ample time for thinking and can well afford with all other working women to spend more time in thinking about better home making and in considering ways and means of meeting such an end. But as a rule farm women have too few opportunities of expressing themselves and joining in sensible discussions of their own problems. In fact these opportunities are so very few that only a very few farm women have the ability to express themselves in a manner that is at all commensurate with their value as workers and

thinkers. The opportunity which the farm women's club offers to farm women in self development along these lines is, therefore, a valuable one and every member should be not only willing but eager to have a part in the program and should make the best preparation for that part that it is possible for her to make. She should go to her club meeting determined to do two things. First, to contribute to the meeting every helpful thing that she can give and to do it in the most interesting and helpful and thoughtful manner within her power; and second, to lend her sympathy and approval and appreciation to the similar efforts of every other club member. In this way the discussions of these programs cannot fail to be highly profitable to the club.

In order to make these programs cover the whole field of home economics, we have divided the subject into these four divisions: Food and Nutrition, Clothing and Household Arts, Management and Household Science, and Health and Citizenship; and in each year selections have been made from each of these divisions in making up the program for the year.

No set form has been followed in making out these programs but an effort has been made to present enough variety to hold the interest. However, it is suggested that the program committee in each club provide an addition to the material supplied in these programs for entertainment or recreation, or refreshments if they are desired by the club. If these programs are too long to suit the needs of the club, they should be shortened by this committee. If not long enough they might be supplemented. Only one program per month is offered but material enough for two programs in the month might be found in these outlines, particularly if the additions mentioned above are made by a local committee.

It is possible that the various members of the home demonstration clubs will find among their number those who take regularly magazines that carry domestic departments that would be of assistance to those interested in such work. The Oklahoma Farmer-Stockman, The Farmer's Wife, The Ladies Home Journal, The Woman's Home Companion, The Pictorial Review, The Delineator, The Good Housekeeping Magazine, The Forecast, The Mothers Magazine, and American Motherhood are examples of such magazines, while many other farm papers and magazines now published also have very helpful departments for women. It might be of service to the club if those taking such magazines were willing to tear out or cut out the domestic departments of them and turn them over through their local committees to the use of their clubs.

Whenever references are given with any lesson or in planning for the year's work, it would be well for the secretary of each club to write to the references listed, asking either for the help that will be desired throughout the year or for each lesson. The Extension Service of the A. and M. College will send all material available, but as supplies of bulletins become exhausted frequently the Service cannot guarantee all the references as listed—and it is often desirable to have additional material to that which is sent from this source. Secretaries should obtain helpful material wherever they can.

It is also possible that the State Library Commission located at the state

capitol, Oklahoma City, could furnish assistance to clubs. Traveling libraries are sent out by this commission and the librarian is also glad to send out single reference books as they are desired. The secretary of the club should obtain from the library commission such information as her club would need in regard to this matter.

Although the programs may be followed closely, if desired some one member of the club or the program committee should be responsible for each of the programs and for carrying it out.

No matter what the subject under consideration or what the method of its presentation or who presides or is responsible for its presentation—every individual club member should strive to keep the meeting as nearly ideal as possible. Let the business session be conducted in a thoroughly businesslike way—let the program be presented in the proper manner and let the social hour, if there be one, be a pleasurable occasion. Nothing gives a club better standing than to be able to carry on a businesslike business session, one in which every member is attending strictly to the item before the house and dealing with it as definitely and completely and quickly as is consistent with the importance of the item and the wishes of the presiding officer. That program that is presented by persons who are conscientiously striving to give something of value in a creditable manner—whether it be for information or entertainment or recreation and that is received with interested attention from all present cannot fail to do good and give pleasure as well as profit.

Though the president should preside at least for all business meetings of the club, she may ask some member to preside during parliamentary practice and it is often customary for some member of the program committee or of the club itself to provide over subjects for special discussion for the day.

Topics for such discussions might be assigned to individual club members in advance or all might be required to prepare the subject and then respond as their names are called at the meeting. Since all persons are not able to stand before an audience whether small or large and express their thoughts freely, it is often advisable for such persons to write out previously what they wish to say. These little papers should be as interesting as possible, should cover the main facts and be as complete and definite and brief as possible. An address or talk should be prepared in the same way but should be delivered without a paper—the person speaking, telling in her own words what she had previously written without trying to give it word for word.

There are several good books that would be very helpful to every club. These might be purchased by individual members or by the club as a whole. Or it might be possible to secure them from the state traveling library commission. Every club should own its own copy of Roberts' Rules of Order as this is the standard guide to all parliamentary practice. It may be purchased at any reputable bookstore or by mail from any reliable publishing house.

"Games for the Play Ground, Home and Gymnasium," by Jessie H. Bancroft, MacMillan Publishing Company, Chicago, and "Ice Breakers," by Edna Beister, Woman's Press, 600 Lexington Avenue, New York City, are

good books for each club to have that will be helpful for the recreation period and in planning entertainments for various social gatherings.

The members of the farm women's clubs who are interested in some phase of home making and who wish to know more about this phase may consult the county home demonstration agent and arrange to become a demonstrator in that particular line of work. A demonstrator is a farm woman or girl who carries on or conducts a piece of work called a demonstration. under the direction of the Extension Service. This demonstration is under the supervision of the county home demonstration agent, covers a period of time, obligates the demonstrator to follow instructions, make necessary reports concerning results and to pass on information to others. It is possible for a club member to become a demonstrator in several different lines of work at the same time. The majority of the members of the farm women's clubs in Oklahoma are demonstrators in one or more lines of work. several counties every club contains demonstrators and in several counties every member is a demonstrator. Club members may have the privilege of becoming demonstrators in the following lines: Food Preparation, Food Preservation, Food Selection, Clothing, Home Dairving, Home Gardening, Home Orcharding and Poultry. This work is all free and by means of it, thousands of farm women in this state alone are adopting improved practices of home making and are thereby raising the standards of home life. Many of these demonstrators have added greatly to the income of the family either by producing an income by her work or by wiser expenditure of the means at hand to spend.

HOW TO ORGANIZE

Any group of women in any community who wish to study along the line of home making and community building may become a home demonstration club by organizing themselves into a club (in the usual way) and enrolling with the Extension Division of the Oklahoma A. and M. College. This may be done by sending in the names and addresses of the club members and officers and name of club to the home demonstration agent, if there is one in the county. If there is no home demonstration agent in the county, send the list of members and officers and name of club to the State Home Demonstration Agent, Extension Division, Oklahoma A. and M. College, Stillwater, Oklahoma. The literature is then mailed to each member through the agent's office. There is no charge or fee of any kind. If there is a home demonstration agent in the county, ask her to explain the work in detail to the women of the community. The name of the local club is chosen by the club, but all are known as Home Demonstration Clubs in the office of extension work of the Oklahoma A. and M. College at Stillwater, Oklahoma.

ORDER OF BUSINESS

- 1. Roll call.
- 2. Business meeting
 - (a) Unfinished business
 - (b) New business
- 3. Program
- 4. Social half hour

SUGGESTED CONSTITUTION AND BY-LAWS FOR HOME DEMONSTRATION CLURS

Article I -Name

Article II.—Object

The object of the club shall be the study of home and community problems—food production, preservation, and preparation, clothing, home improvement, home management, and child and community welfare, with the purpose of putting the lessons learned into immediate practice in home and community.

Article III.—Membership

Any woman in the community, of eighteen years or more, is eligible to membership.

Article IV.—Officers

The officers of the club shall be a president, vice president, and secretary. Should occasion arise for the need of a treasurer, the secretary shall act as treasurer. The home demonstration agent shall be an adviser to the club.

Article V.-Election of Officers

The officers shall be elected annually by any method which the club may choose and shall hold office until successors are elected and installed.

Article VI.—Duties of Officers

President.—It shall be the duty of the president to preside at all the tings of the club, to appoint all necessary committees, to call special meetings, and to perform such other duties as pertain to the office.

Vice President.—It shall be the duty of the vice president to perform the duties of the president in case of her absence or disability.

Secretary.—It shall be the duty of the secretary to keep accurate minutes of all the meetings of the club, to attend to all correspondence, to receive and keep properly filed all important communications and reports, to distribute all literature for the members, and to keep county home demonstration agent informed as to progress of club activities and work. If she is also treasurer she is to render an account of monies collected and expended.

Home Demonstration Agent.—It shall be the duty of the county home demonstration agent to act as adviser to the club and if possible, to give demonstrations when requested by the club to do so, and secure speakers for special occasions, to furnish information as to sources of literature, and to do all in her power to promote interest and to advance the work of the club.

Article VII.—Committees

The standing committees of the club shall be a membership committee. a program committee, and a social committee.

Other committees shall be appointed by the president as need for them

is found to exist

All standing committees shall serve until the close of the year's work.

Article VIII - Duties of Committees

The Membership Committee shall endeavor to induce every woman in the community to become a member of the club, and shall investigate the cause of each absence from a meeting.

The Program Committee shall assist the president in making arrangements for making every meeting a most interesting and helpful meeting, and shall make arrangements for special programs.

The Social Committee shall provide and supervise the entertainment feature or all special social gatherings of the club, and should provide some feature of entertainment for regular club meetings occasionally, at least,

Article IX.—Meetings

may be called by the president.

Article X.—Funds

No membership dues shall be required except by a vote of a majority of the membership.

Article XI.—Amendments

This constitution may be amended by a majority, at any regular meeting of the club.

BY-LAWS

- 1. A quorum to transact business shall consist of a majority of the membership.
 - 2. The order of business shall be as follows:
 - a. Meeting called to order.
 - **b**. Roll call.
 - Reading of minutes. C.
 - đ. Reports of committees.
 - Unfinished business. e.
 - f. New business.
 - Reports of home work.
 - g. Reports of home work. h. Regular work of program.
 - Reading of program for next meeting.
 - i. Adjournment.

Membership

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Program

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Social Social
Special

Programs for Monthly Meetings

OUTLINE OF SUBJECTS FOR FIRST YEAR

From Department of Food and Nutrition.

January Program-Value of Garden in Feeding the Family.

February Program-Food for Young Children.

October Program-Providing a Balanced Ration.

From Department of Clothing and Household Arts.

April Program—Selection and Care of Clothing.

May Program-Laundering.

From Department of Management and Household Science.

March Program-Housecleaning Made Easier.

June Program—Planning Work and Standardizing Tasks.

November Program-Building and Arrangement of Rooms in the House.

From Department of Health and Citizenship.

December Program-Reading In the Home.

September Program—Health Work in the Schools.

August Program-Maternity and Motherhood.

July-Club Picnic.

IANUARY

Value of Gardens in Feeding the Family

Roll call—Relate your most interesting garden experience.

Paper—Why the Body Needs Fruits and Vegetables (Farmers' Bulletin 871).

Reading—"When the Frost is on the Pumpkin"—Riley.

Lesson Topics:

- Names and addresses of reliable garden seed dealers. Why are good seeds the cheapest?
- 2. Preparation.
 - a. Fertilization.
 - b. Plowing.
 - c. Seed bed (discussion 10 minutes).
- 3. Choice and arrangement of vegetables, amounts to be planted, cultivation. (Discussion 10 minutes). Choice with special reference to long lived, drought and heat resistance.
- 4. Hot bed and cold frame (demonstration). Selection of site, construction, uses, time of planting, care.
- 5. Transplanting.

Time (dates for different plants).

Taking up plants.

Removing.

Resetting.

Advantages.

- 6. Common garden insects, diseases and control. (Discussion 10 minutes).
 - a. Biting insects and remedies.
 - b. Sucking insects and remedies.
 - Diseases and remedies.
- 7. Shall we have a community hot bed?
- 8. Fall Gardens.
 - 1. How is the fall garden dependent upon a good spring garden?
 - 2. Kinds of vegetables to plant in the fall garden, time and manner.

References: Extension Circular No. 196, The Home Vegetable Garden; Extension Circular No. 180, Vegetable Spray Calendar; Farmers' Bulletin No. 934, Home Gardening in the South.

FEBRUARY

Food for Young Children

Roll Call—Answered by members naming different dishes that would be suitable food for young children.

Paper—Right Food Habits. (Discussion 10 minutes).

Illustrated Story—The Five Milk Fairies, by Home Demonstration Agent.

Paper—Milk as Food for Children.

- a. Reasons why it is important. (5 minutes).
- b. Amount per day. (5 minutes).
- c. Ways in which milk may be used in cookery. (5 minutes).

Reading by little child—"Moo Cow" or some other appropriate little poem.

Demonstration—Cheese Making.

Community Topics:

Preparation of hot supplement to school lunch. (5 minutes).

Furnishing supplies for hot lunch. (5 minutes).

Sending milk to school. (5 minutes).

References: Milk, the Indispensable Food for Children, U. S. Department of Labor, Children's Bureau, Series No. 4, Publication No. 35. Milk Necessary for the Nation's Welfare (Bulletin 291, Experiment Station of the University of Wisconsin, Madison, Wisconsin). Food for School Boys and Girls, Publication Bureau, Teachers' College, New York City. What to Feed the Children, Circular 69 (revised), Extension Division, University of Wisconsin, How to Select Foods, Farmers' Publishin 224, Milk and Italian 224. consin. How to Select Foods, Farmers' Bulletin 824. Milk and Its Use in the Home, Farmers' Bulletin 1359. Current magazines.

MARCH

House Cleaning Made Easier

- Roll Call—Answered by members naming some helpful suggestion for the subject. In these days, when competent household labor is at a high premium, it is wiser economy than ever to make "the head save the
 - 1. Implements and materials for cleaning, pages 4 to 9, Farmers' Bulletin 1180.
 - 2. Care of cleaning implements, pages 9 to 11.

3. Method of cleaning, pages 11 to 24.

Walls and ceilings. Wood surfaces.

Wood surfaces.

Furniture.

Silver, copper, brass and bronze, aluminum, etc.

Plumbing, etc.

4. Household pests, pages 26 to 29.

Ants. Bedbugs.

Carpet beetles.

Cockroacnes

Fleas.

Flies.

Moths.

Rats and mice.

- 5. General rules for easy cleaning.
- 6. What do you think of the practicability of this for a working principle:

 To keep clean rather than to make clean? Use this for a debate if it is desired.

Demonstration—By Fuller Brush Company or some similar one.

APRII.

Selection and Care of Clothing

Roll Call—Answered by members giving helpful suggestions on selection or care.

1. Spending Plan for Clothing.

- a. Taking stock of left over clothing.
- b. Freshening and remaking.
- c. Listing new garments needed.
- d. Choosing clothing.
 - 1. Ready made.
 - 2. Made at home.
- 2. Study of Textiles.
 - a. How to choose.
 - b. Demonstration of testing textiles.
 - 1. Chemical.
 - 2. Burning.
 - 3. Eye and fingers.

3. Care of clothing.

Dry cleaning.

Sponging and pressing.

Washing of woolens and silks.

Fashion Show—Have several members illustrating ill-fitting or poorly selected styles or colors and several showing good selection and fitting garments.

References: "Making Clothes Last Longer," Bulletin by Agnes Boeing, Extension Service, College of Agriculture, University of Wisconsin. This will cost 3 to 5 cents.

MAY

Home Laundering

Clean clothes are as necessary as clean food to health and comfort.

Much of the drudgery that has so long been considered a part of laundry work may be overcome by using good supplies, providing proper equipment and following the best methods.

If the housewife will plan a room for her laundry with as much care as she does her kitchen, and then give the same amount of thought to putting in proper equipment and working out good methods, she will save much hard work.

1. Equipment.

For washing, pages 5 to 11, Farmers' Bulletin 1099.

For ironing, pages 11 to 14.

Washing machines.

Dolly type.

Washboard type.

Cylinder type.

Oscillating type.

Vacuum type.

2. Methods of laundering.

Removal of stains.

Washing of cotton and linens.

Washing of woolens and silks.

Colored fabrics, pages 15 to 23. Farmers' Bulletin 1099.

Suplies for the home laundry, pages 25 to 29, Farmers' Bulletin 1099.

3. Community laundries, page 29, Farmers' Bulletin 1099.

Reading—"The Clothes Line is a Rosary." (From Laundry Bulletin, by Julia Ward Howe).

Debate—Resolved, that washing without a machine is the hardest work the housewife has to do. (10 minutes).

References: Removal of Stains from Clothing and Other Textiles, Farmers' Bulletin 861, U. S. Department of Agriculture, Washington, D. C. Laundering Lesson 10, Home Demonstration Course for Women, Winthrop Normal College, Rock Hill, South Carolina. Thrift Leaflet No. 5, U. S. Treasury Department. Year Book from O. U.

JUNE

Planning Work and Standardizing Tasks

Roll Call—Answered by members naming tasks on which they time themselves.

Paper—The value of planning and working out a schedule of all tasks ahead of the time for doing them.

Paper—A good program for the week's work.

Paper—A good program for the day's work.

Discussion-How can a task be standardized?

Dishwashing.

Bed making.

House cleaning.

Debate—Resolved that having the work done in the best way should be the

slogan regardless of effort or time or cost.

Demonstration of dishwashing.

References: Thrift Leaflets, Department of Treasury. Current magazines. ---o--

JULY

Club Picnic

Preparation.

Roll Call-Answered by each member giving an item from the best picnic she ever attended.

Discussion of committees (5 minutes each).

On place and time.

On transportation.

On program.

On refreshments.

Paper or Address—The value of a club picnic as community recreation

Paper or Address—Picnics for children's parties.

Debate-Resolved that a picnic should have games and plays but no program. The picnic itself.

Note: This program may be devoted to a discussion of this subject or

the time may be taken for a real picnic.

References: Current magazines. Extension Division, O. U.

-0-AUGUST

Maternity and Motherhood

Roll Call—Answered by members naming famous mothers in history or literature.

Business session.

Discussion of subject.

- 1. Need of study of this problem. (Motherhood, No. 8, Keep Well Series, U. S. Public Health Service).
 - II. Prenatal Care.
 - 1. Personal Hygiene.
 - Diet. a.
 - **b**. Exercise.
 - Clothing. c.
 - d. Care of skin.
 - Fresh air. e.
 - Teeth.

(Pages 8 to 10 inclusive, Prenatal Care).

- 2. Complications of pregnancy and how to avoid them.
 - a. Nausea.
 - Heartburn. Ъ.
 - Varicose veins.

- d. Piles.
- e. Miscarriage.
- f. Maternal impressions.
 (Pages 14 to 20 inclusive, Prenatal Care).
- 3. Preparations for confinement.
 - a. Engaging doctor and nurse.
 - b. Place of confinement.
 - c. Supplies needed.
 - d. Preparation for dressings.
 - e. Other preparations.
 - (Pages 21 to 24 inclusive, Prenatal Care).
- 4. Outfit for the baby. (Pages 24 to 25, Prenatal Care).
- 5. Birth of baby and care of baby, etc. (Pages 34 and 35, Prenatal Care).

Assignment of work for next meeting.

Recreation.

Readings-"Little Boy Blue," by Eugene Fields.

"Tired Mothers."
"Barefoot Boy."

"Little Brown Hands."

"Mother O'Mine."

References: U. S. Department of Labor, Children's Bureau, Rural Child Welfare, Series No. 4. U. S. Public Health Service, Washington, D. C., The Keep Well Series. U. S. Department of Labor Children's Bureau, The Care of Children Series.

SEPTEMBER

Health Work in Schools

You will receive no literature from the Oklahoma A. and M. College for this discussion.

Roll Call—By naming improvements for rural schools.

Business session.

Study of subject.

"It is the sacred right of your children to be as healthy as knowledge can make them."

Throughout the world, the progress of this century has been marked by increased attention to improvement of health. Ill health and disease are coming to be regarded as due to carelessness, ignorance or neglect. If there is entire cooperation of parents, teachers and health officers, there need be no epidemic in schools, and the general health of children may be greatly improved.

- 1. What have we done to make our schools more healthful and attractive?
 - 2. Is it well to keep a child away from school for a very slight illness?
- 3. Are our children more susceptible to disease during the school year than during vacation?
- 4. What precautions have been found useful in keeping children in good health in school time?

OUR PROBLEM IS:

To eliminate disease from our community and promote the health of our children by-

- 1. Having every child in the school vaccinated.
- 2. Having children at least weighed and measured.
- 3. Installing hot school lunch.
- 4. Keeping all sick children from school.
- 5. Having teeth defects attended.
- 6. Having school house well ventilated, lighted and heated, grounds and out-buildings in a clean and sanitary condition.
- Having the water supply carefully supervised regarding its purity and cleanliness, also its use. (Individual drinking cups).
 - 8. Having every child examined by the doctor and defects corrected.
 - 9. Helping to get a county public health nurse.

References: Current magazines and farm papers. Health Department of State, State Capitol, Extension Department, O. U.

OCTOBER

Providing a Balanced Ration

Roll Call-Leader defines vitamines. Each member responds to roll call with food containing vitamine substance.

Paper—Five food groups and value to the body.

Protein.

Carbohydrate.

Fats and oils.

Mineral matter.

Water.

Paper—Factors influencing amount of food necessary. (10 minute discussion).

Paper—Planning meals ahead. (10 minute discussion).

Proper ways of economizing on food. (10 minute discussion).

Debate—Resolved that a balanced ration for the human animal is as conducive to profit as is that for livestock. (12 minute discussion).

Decision of judges.

Suggestion: If refreshments are served have two articles of food containing all elements of food, and have guests name them.

References: Bulletin 1228, A Week's Food Supply for an Average Family. U. S. Department charts, secured for 50 cents, U. S. Department of Agriculture.

In preparation for this lesson various members should be assigned to write to other state colleges or universities for bulletins on the subject. Try Agricultural College, College Station, Texas; University of Illinois, Urbana, Ill.; University of Ohio, Columbus, O.; College of Agriculture, Cornell University, Ithaca, New York, and Agricultural College, Ames, Iowa.

See Farmers' Bulletin No. 1228, "A Week's Food for an Average Family."

NOVEMBER

Building and Arrangement of Rooms in Home

Roll Call—What I like best about my home or want most in building a house.

Paper or Talk—Development of American home.
Reference: The Home; Its Plan, Decoration and Care. Prof. Isabel Bevier, University of Illinois. Many home demonstration agents have this hook

Discussion—Building the House—adapted to:

Location.

Environment. Purpose of owner.

2. Selection and preparation of location.

Frontage.

Grading.

Drainage.

3. Foundation.

Materials-manner of laying.

Height above ground.

Are cellars practical under homes in Oklahoma? Best construction and arrangement of rooms.

- 1. Drainage.
- 2. Ventilation.
- 3. Light.

Suggestions:

- Have each member draw or cut from magazine four- or five-room cottage floor plans, showing placing of windows and doors, closets, etc. Bring to the meeting, pin to curtains or wall for exhibit. Take a vote as to which is best. Give simple prize to winner. Some small gift that would be helpful in home—a book of house plans or home decoration. These can be secured from Alabastine Company or Sherman Williams Paint Company free.
- 2. Collect old magazines and each member bring some with her. Pass these around, giving several to each member. Give each a large sheet of letter paper or card board and some paste. Have each to bring scissors. Each select from magazine home they would like, paste on paper and surround with outside conveniences she would like.
 - Wind mill.
 - Chicken house.
 - Walks.
 - Grass and flowers, etc.

Give 30 minutes, then collect and award prize to the best. ____

DECEMBER

Reading in the Home

Roll Call-Answered by members each naming her favorite book and its author, or a magazine.

Paper—Reading for the children.

Paper-The value of dramatiziing reading in the home.

Paper or Address-Value of reading aloud in the home.

Debate—Resolved that reading has as great an educational influence in life as all other schooling.

Demonstration—A dramatic reading or a little play or story read and dramatized.

Discussion—Should family reading be only for recreation?

References: Current magazines. Literature and History, Extension Division, O. U.