

they went to market to purchase supplies. The duties of the members of "B" class were not as onerous as those of the other class. Their chief duties consisted in acting as waitresses whenever their turns came around. The cost of every meal was kept and the average cost of the food consumed by one person was figured out after every meal.

For one week the average cost of the ingredients for breakfast for each person was 9 7-10 cents, for dinner 14 2-5 cents, and for supper 12 1-7 cents. The average cost per person per day was slightly over 36 cents and for the week only \$2.56. These costs did not include heat, ice and service.

Here is a sample day's menu:

Breakfast—Shredded wheat, bacon, bread, corn-flakes and coffee. Twenty-one served at a cost per person of 8 cents.

Dinner—Roast beef, riced potatoes, scalloped potatoes, gravy, bread, lemon sherbet, saltines and tea. Twenty-five served at a cost per person of 13 3-10 cents.

Supper—Macaroni and cheese, strawberries, bread and butter, tea and cookies. Twenty-one served at a cost of 13 1-5 cents per person.

Those who took their meals at the school paid for their meals according to the actual cost. The only cost of the school to the province was the payment of the instructors. Miss Genevieve Hagerman, of the staff of the Cobleskill Agricultural College, New York, and Miss Isa Green, of Durham College, New Hampshire, were in charge of the work and were assisted by Miss Marjorie Flewelling and Miss Bernice Mallory, who have been supervisors of domestic science work in the schools of this province.—*Daily Gleaner*.

COURSE OF STUDY IN HOME ECONOMICS

The four weeks' course in home economics which was held at the Provincial Normal School, completed its work in August. There were over forty teachers who took advantage of the courses which were given at the school. This is the first school of its kind to be held in this province, and the work which was taken up in the courses was a great help to the teachers who took advantage of the opportunity to attend.

During the four weeks of the course, the domestic science teachers drew up courses in sewing and cooking to be adopted in rural schools, for districts in which there are High schools, and also for Vocational schools. The proposed courses have been adopted by the Board of Education.

FOR THE RURAL SCHOOLS

The sewing course for the rural school is divided into nine parts, beginning with lessons on the equipment required for the work, and then passing on to the instruction on the actual work. The course of work begins with very elementary work, until at the end of the course more

difficult pieces of needlework are introduced into the lessons. This course is to be covered in one year, and provides work to be done during the Christmas vacation.

The course prescribed in cooking for the rural schools includes the fundamental principles which ought to be known by a person who is doing the cooking in the household. It includes the study of the general food principles, after which canning and preserving are to be taken up. Lessons on milk, fruits, cereals and vegetables are provided for in this course.

FOR MUNICIPAL SCHOOLS

The courses in household science for this class of schools begins with work in the sixth grade and continues up to Grade XI. The first year of study includes lessons on fuels and also some lessons on various principles underlying cooking, along with the cooking of certain dishes and the canning of fruits. The work of the next year includes further study of food principles such as leavening agents and the canning and pickling of certain fruits and vegetables. The study of meats is also introduced in the seventh grade. In the eighth grade the studies become more difficult as the pupils are required to plan the meals and learn to cook meats and bread. In Grade IX. the pupils are to be given lessons on pastry making and to take up the study of jellies, certain beverages and cake making. When Grade X. is reached, the pupils are to take up the food values which are contained in the different foods. They are required to figure out what foods should be eaten at different times, according to the amount of energy supplied by the foods. They are also taught to provide balanced meals so that the meals will contain the proper proportions of proteins, carbohydrates and fatty foods. In this year it is intended that the students should visit factories where foods are prepared, as well as keeping accounts of the household expenditures. The course prescribed for the eleventh grade is mostly on home nursing and invalid cookery. The care of sick and the foods which ought to be given them in different cases of sickness are to be taught. A short period of construction in first aid is planned to be given at the end of the year.

The course in sewing for this class of schools extends from the sixth grade to the eleventh. In Grade VI. the children are to be given instruction on the general principles of sewing, beginning with the equipment. They are then to be instructed in darning and basting. The next year more advanced work is undertaken. The making of a garment is prescribed along with the mending of clothes. In Grade IX. several new principles are introduced, among which is the study of patterns and textiles. When High school is reached the pupils take up the further study of textiles and fabrics. Knitting is to be taught to the pupils in this grade. The pupils are required to be able to select suitable materials for the mak-