

**WOMAN'S SIDE OF CORN SHOW**

**Domestic Science Department Forms Big Factor in Expo.**

**SCHOOL TO TEACH HOW TO COOK**

**Women Famed for Their Science in This Field Will Give Lectures and Conduct Laboratory Work.**

That this exposition is given on much broader lines than was the one at Chicago last year finds ample emphasis, not only in the fact that it admits to its program lists every kind of grain and grass and farm implements and cereal foods, but that it embraces domestic science department, the chief function of which will be a model kitchen. This department, under the direction of Miss Jessica Besack of the Iowa State college at Ames, is to be one of the most powerful influences of this great campaign of education. It will become a permanent part of the National Corn exposition.

Down at Lincoln at the state farm next fall they are going to dedicate a new domestic science building. Here in Omaha, when the new Young Women's Christian association building is occupied, it will be one of the national centers of the domestic science work. These institutions are expected to derive a wonderful stimulus in the way of aroused interest from the influence of this Corn exposition domestic science department.

And why not? This department will call together the best and most notable women of this sphere in the country and will assemble girls and young women—and old ones, too, if they desire it—for instruction. Mrs. Nellie Kedzie-Jones of Michigan, really the pioneer in domestic science in the west, the woman who has achieved international fame in this splendid work, will be the chief lecturer. And there will be other women, many from state colleges and universities, equally as successful in the various branches of their work as Mrs. Jones, to give instruction, and Miss Besack and her corps of assistants will do the most practical work of all in their model kitchen. A separate building has been erected for this department and it has been fitted and equipped with an eye single to superiority and facility and no thought of expense or pains. That shows what the National Corn exposition and the National Corn exposition think of the domestic science department.

**Lectures and Laboratory.**

A course of lectures and laboratory work will be offered in this division, including many social features not commonly available. Among these will be:

- Milling and chemical analyses of grains.
- Grading and baking tests of flours.
- Comparison of nutritive value of cereals.
- Meat demonstrations, including anatomy of animal, location and value of cuts of meat.
- Special attention will be given to cheap cuts.

Lectures on the following and other subjects will be given:

- "Food Principles."
- "Physics of Bread Making."
- "Chemistry in the Kitchen."
- "Bacteriology."
- "Fermentation."
- "Setting the Table and Serving."
- "Personal Hygiene."
- "Textiles."
- "Drafting."
- "Home Decoration."
- "Domestic Art."
- "Labor Saving Devices."
- "Principle of Home Sanitation."

These lectures will be illustrated by pictures, charts and demonstrations.

The following well known lecturers will be present:

Mrs. Nellie Kedzie-Jones, Michigan; Mrs. Margaret J. Blair, University of Minnesota; Mrs. Harriet J. Calvin, Purdue university; Miss Isabel Bevier, University of Illinois; Miss Caroline Hunt, University of Wisconsin; Miss Edith Charlton, extension department Iowa State college; Miss Neale S. Knowles, extension department Iowa State college.

It may be of interest right here to note the manner in which the girls admitted to the laboratory are selected. A clear distinction should be made between the lecture course and the laboratory work. Any woman of any age may attend the lectures for the season fee of \$2.50, but only girls between the ages of 17 and 21 may attend the laboratory work. And these girls shall be selected by the various farmers' institutes or the woman auxiliaries of such institutes, or by the county superintendents of schools. That is the rule applying to girls or young women from abroad; in Omaha girls of the same ages are admitted for the same fee, \$2.50 (the lecture and laboratory fees are of the same amount), by making application to Miss Jessica E. Besack. She passes on all local applications.

**Possibilities are unlimited.**

The possibilities of the domestic science work are unlimited. A fine illustration of this fact is to be found in the accomplishments of Miss Besack. To say nothing of her other attainments she knows 301 ways of making food out of corn; that is, she understands the science of corn and cooking so thoroughly that she can make 301 different table dishes from this king of all cereals. And what Miss Besack knows she can teach to others. She is a born teacher, Miss Besack says it is all very simple and anybody who gives proper attention and sufficient time can acquire the art.

The old prejudice of the women of yesterday against what they termed "these newfangled ways of cooking" has gone—it was swallowed up in the ravenous, capacious maw of twentieth century progress, and now that woman is an oddity who hesitates to let her daughter study the art of cooking just the same as she would study the art of painting or music or anything else. And domestic science has done it.

**Two Women Who Start It.**

To Harriet Beecher Stowe and Catherine Besack domestic science is really beholden for its very inception. They first broke ground, sowed the seed and through long and soul-wearying years cultivated the tender shoots which have at length developed into sturdy trees holding heads as high and as proudly as older growth in the groves of science. Mrs. Stowe, famous as the author of "Uncle Tom's Cabin," and her sister, if they could return in the flesh, would be most gratified that the first national exposition to recognize domestic science as this exposition has done should be held in the west.

For it was in the west that they met with their first success in this work and, besides this, it was in the west, where years later the work, given greater encouragement, flourished, until domestic science schools, or at least domestic science curricula, are established in thirty-three universities and colleges, while of lecture courses at farmers' institutes and of private schools there is no end.

It was in Cincinnati, in the year 1860, that Harriet and Catherine Beecher first broke ground. In the sanctuary for young women—"ladies" was still the popular term at that date—in this school founded by them the first systematic instruction, the first instruction, in fact, in a school, in domestic science was given. This fact is generally known. What is not of such common knowledge, however, is that Catherine Besack, a decade later, founded another

seminary in Dubuque, Ia., and there, also, young women were taught a few practical things. This seminary did not flourish because a boom met the usual end of booms and residents could neither send their daughters nor even meet pledges of financial assistance which they had made.

Soon after this date Catherine Besack published a volume widely known as a "cook book." It did include recipes, but it was a much more ambitious attempt than the popular name indicates. Its formal title was "A Treatise on Domestic Economy."

The table of contents of this book is most interesting. It begins with a chapter on "The Peculiar Responsibilities of American Women." This is followed by chapters on "healthful food, clothing, cleanliness, domestic manners, care of infants and construction of houses." A fitting climax is reached in the final chapters, named "Miscellaneous Directions," in which the care of a cow, the comfort of guests, smoky chimneys, flower baskets and waterproof shoes are considered.

**Iowa is the Leader.**

Although the Dubuque school was started, yet to the state of Iowa belongs the honor of the first large and successful instruction in domestic science. The Iowa State College of Agriculture opened its doors at Ames March 7, 1869. From the first instruction of young women in household branches was established as an integral part of the curriculum. The matron of the girls' dormitory was also stewardess and she worked her disciples two hours every day in kitchen, pantry or dining room. The presence of young women in the college at Ames is also of moment when the history of education of women is considered with reference to co-education, but this is another theme.

In 1875 the trustees of the college arranged to have courses begin in cooking and household arts, but these were given to junior girls only. In 1880 a kitchen for

of food, to make it attractive and nourishing is the business of the domestic science girl.

She is going to know the difference in the demands of the system of an infant, a sturdy rollicking small boy and frail grown-up person. She will know whether to give a lobster salad to a sick child or a mint julep to a baby.

A combination of science and art is what makes an ideal home, and neither is successful without the other.

In these days, life is too full for the young housekeeper to wait to "learn by experience" along the long road her mother and grandmother travelled how to make a housekeeper.

Another thing, the men of today are not at all minded to wait patiently by, saying nothing, while his wife experiments on him with breads of her own making, steaks, etc. He'd often rather take some canned stuff or stop at a chop house on the way.

Training must begin early in order to do the experimenting at father's expense, so that the housekeeper is finished and ready to run a house for she has one of her own.

Domestic science girls will put boarding houses, hotels and cafes out of commission with their taste for home making.

**What It Does and Teaches.**

Domestic science advocates a life simple and wholesome in all things—simple clothes, simple food, simple furnishings of the home.

One need not have special "knack" to make a table look inviting. A neat table should be the aim of every housekeeper.

The setting of a table neatly, from the laying of the cloth or covers to the removal of the last crumb at the close of the meal, can be easily and quickly learned. A place for everything and everything in its place on the table.

Table Etiquette—No more accidents to cloth like you read in the Ladies' Home Journal. How to serve yourself and others. How to place guests.

Carving—How roast should be placed, where to begin to carve and how will be considered. The haunting fear of the knife going one way and the plate the other, with the roast in your lap. Carving is not hard and is fascinating when you learn how to strike a joint. A child 10 years old can carve and serve if he only be shown how.

Microbes everywhere. What do you suppose must have been the astonishment of that old lens grinder when he allowed the glass to slip a little from the stone on which he was grinding it and discovered for the first time the myriads of bacteria moving over the material with which he was working. Do you suppose he was seeing things?

Bacteria are useful or harmful, as the case may be. Useful because of their ability to break up matter. This has led to a splendid system of sewerage; has led

in spite of the fact that in a priori way one would have supposed that these disciples of the "Kirche-Kuchen-Kinder" theory would have favored teaching possible wives and mothers how to prepare food-stuffs intelligently. Possibly there is no cooking nowadays of the kind "mother used to make." The jobs is worn threadbare, but let it be incidentally remembered that "mother" did not have to deal with the hundred and one adulterations which menace cooks in this day and age. Catherine Beecher and her sister would be the first to admit that in the course of time problems undreamed of in their halcyon time have since arisen.

Nebraska, Minnesota, Illinois and other mid-western states were later than Iowa and Kansas in entering the field, but they have made up for lost time and Nebraska at least now has unequalled facilities for teaching domestic science. The building for the purpose is in fact one of the campus structures to which the undergraduate points with pride when he is toying a burdensome relative.

If visitors to the National Corn exposition gain an adequate idea of the extent and purpose of domestic science instruction—and those of ordinary intelligence cannot fail to—chief credit for this will be due to Miss Jessica Besack, who has been in charge of the Model Kitchen. Miss Besack is an Ames woman and her case has proven the exception to the rule that "a prophet is not without honor save in his own country." For in the current issue of the Iowa Agriculturist, published at the college, occurs the following passage:

"We are honored to announce that the Model Kitchen department at the National Corn exposition which is to be held in Omaha December 9 to 19 is to be conducted by our domestic science editor, Miss Jessica Besack. It is claimed that she knows how to prepare corn for human consumption in 301 ways. Be this so or not, we know you will find her ready to tell you

class room work was established as an entirely separate institution from the kitchen where regular meals for students were prepared. In 1884 courses in sewing and laundry work were added and previous branches elaborated. Today domestic science instruction has grown to proportions unwieldy with facilities considered and to meet the demand new buildings are imperative.

Kansas followed Iowa's lead in 1873 at the Agricultural college at Manhattan. It is worthy of passing note that it is in the agricultural colleges that the roots of this tree of knowledge have sunk the deepest—to a depth, in fact, which makes uprooting impossible, a consummation, however, devoutly not desired by anyone.

Activity at the Kansas college did not become strenuous until the winter of 1875-6, when Prof. Kedzie, an eminent chemist, was retained to give a course of lectures on foods. The next year a kitchen laboratory was fitted up and in 1882 Miss Nellie Kedzie, now Mrs. Kedzie-Jones, took general charge of the department of domestic science. Mrs. Jones has since retired, but still retains an active interest in the work and will be one of the speakers at the National Corn exposition. On account of her long-held eminence her address will be heard with more, than ordinary interest.

**Pioneer Work in Two States.**

The pioneer work was really done in these two states. Like all innovations, domestic science had to struggle against the prejudices of the ignorant, the jokes and sneers of the flippant and the active hostility of those benighted persons opposed to the education of women at all, and this

**Some Gems of Knowledge.**

To plan a meal with the proper balance

all she knows about the preparation of corn and its by-products for the table."

**Importance of Cooking.**

A word as to the importance of cooking. Is it necessary—is it necessary that a single word be uttered on the subject of the importance of cooking? Every girl and woman should know how to cook. Cooking, good cooking, is one of the bulwarks of national safety. In sickness, in health, in prosperity, in depression, it forms an essential factor in the trend of human affairs. Athletes, dyspeptics, fat people and lean, old and young, rich and poor, high and low, everybody is concerned with this subject. The old adage that "The hand that rocks the cradle rules the nation," is true and so is it true that hand that cooks the bread moulds the nation.

To cook for and care for a sick person is something few people know anything about and utter consternation seizes them when it becomes necessary for them to do something. This is something every one should know. Those good old doctors with simple homely remedies for chills and fever, cholera infantum, etc., are few and they are passing with the good old mummies of the ante-bellum days. No one sees any more great bunches of smart weed, mullein, sage, plums, hops, etc., hanging up to dry in the fall. Yet with all the latter day science, mental suggestions, etc., it is as true as life that there will be sick and they must be taken care of. It is something that touches everyone sooner or later, and a little knowledge of such things will often save much suffering and perhaps a life.

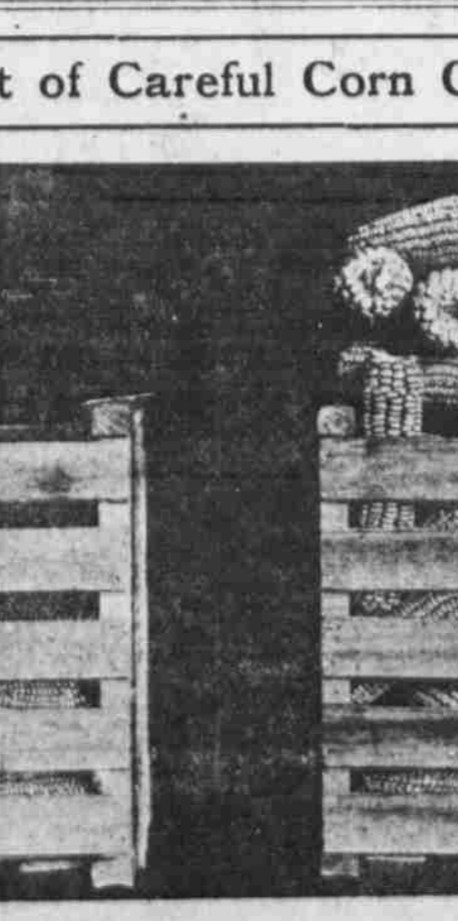
to many manufacturing industries. They are everywhere, in the air, in the ground, on our bodies.

Bacteria cause disease and the spread of disease. This knowledge is very useful in taking measures to prevent it. Bubonic plague stamped out of a Francisco. This is the principle on which fumigation rests. Necessary to know how to fumigate and quarantine. Drinking cups, even communion cups. Sanctity don't kill microbes.

"The timber will be gone in ten or fifteen years. Our mineral wealth will be gone in forty to sixty years. All our wealth of the future must come out of the soil."

James J. Hill.

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