

**FOOD, ITS COMPOSITION
AND PREPARATION; A
TEXTBOOK FOR CLASSES
IN HOUSEHOLD SCIENCE**

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Food, Its Composition and Preparation; A Textbook for Classes in Household Science by Mary T. Dowd & Jean D. Jameson

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MARY T. DOWD & JEAN D. JAMESON

**FOOD, ITS COMPOSITION
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TEXTBOOK FOR CLASSES
IN HOUSEHOLD SCIENCE**

THE WILEY TECHNICAL SERIES

FOR

VOCATIONAL AND INDUSTRIAL SCHOOLS

EDITED BY

JOSEPH M. JAMESON

GIRARD COLLEGE



A corner of the apartment kitchen of the Washington Irving High School

FOOD

ITS COMPOSITION AND PREPARATION

*A TEXTBOOK FOR CLASSES
IN HOUSEHOLD SCIENCE*

BY

MARY T. DOWD

AND

JEAN D. JAMESON

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Washington Irving High School, New York City*

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CALIFORNIA

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PREFACE

IN presenting this book for the consideration of the public, the authors are well aware of the present very general practice of furnishing all necessary instructions and theory to Domestic Science classes through the medium of notes taken by the students. Indeed it is to the conviction, resulting from long experience with the problem, of the futility and inefficiency of this practice that the book owes its origin. Much of the time thus spent by the teacher in dictating, and by the student in writing, can and ought to be saved for more profitable use.

It is questionable whether the advantages derived from note taking by elementary classes are as great as popularly supposed; certainly they do not compensate for the amount of valuable experience in the broader applications of the subject that is lost when the time is thus used. Moreover, notes taken hurriedly, as under the conditions of the class room, are often incorrectly copied, and the girl's attention is unfortunately fixed upon the mechanical process of getting down all that the teacher has said, rather than upon the comprehension of *what* has been said.

It is believed by the authors that, if the subject is to be taught with any degree of uniformity throughout a large school or in a city where there are several teachers supposedly presenting the same subject matter, there should be some common material that may be put directly in the hands of the pupils for home study.

The text is an elaboration of the notes dictated by the authors to their own High School classes. It is designed

to supplement the laboratory work and to bring to the pupils a clearer conception of the relation between the cost of foods and their nutritive value.

No recipes are given for the reason that, after close association with many Domestic Science teachers, the conclusion has been reached that each one has her own special recipes and considers no others quite so good. Again, the tendency of the age is to get away from the teaching of hard and fast rules for doing things and to teach, rather, the application of well-defined principles. The general adoption of a card catalogue system for the purpose of filing recipes makes a cook book unnecessary.

No attempt has been made to deal with such matters as setting the table, table service or table etiquette, as it is believed that these can be taught satisfactorily only by actual demonstration and practice. The subject of special diets for invalids and infants is omitted as coming more properly within the scope of a treatise in dietetics.

In studying foodstuffs, it has been the experience of the writers that a consideration of the simple compound water, made up of but two elements, is the natural starting point from which the pupils may be carried by easy stages to a consideration of the more complex compounds.

A vocabulary of the subject has been inserted in the course, as familiarity with the commoner technical terms will be found of great assistance to a clear understanding of the chapters that follow.

MARY T. DOWD.
JEAN D. JAMESON.

NEW YORK.

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