

"What's Past is Prologue"

A History of
Home Economics in Alberta



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"What's Past is Prologue"
Shakespeare's *The Tempest*
Act II: Scene 1



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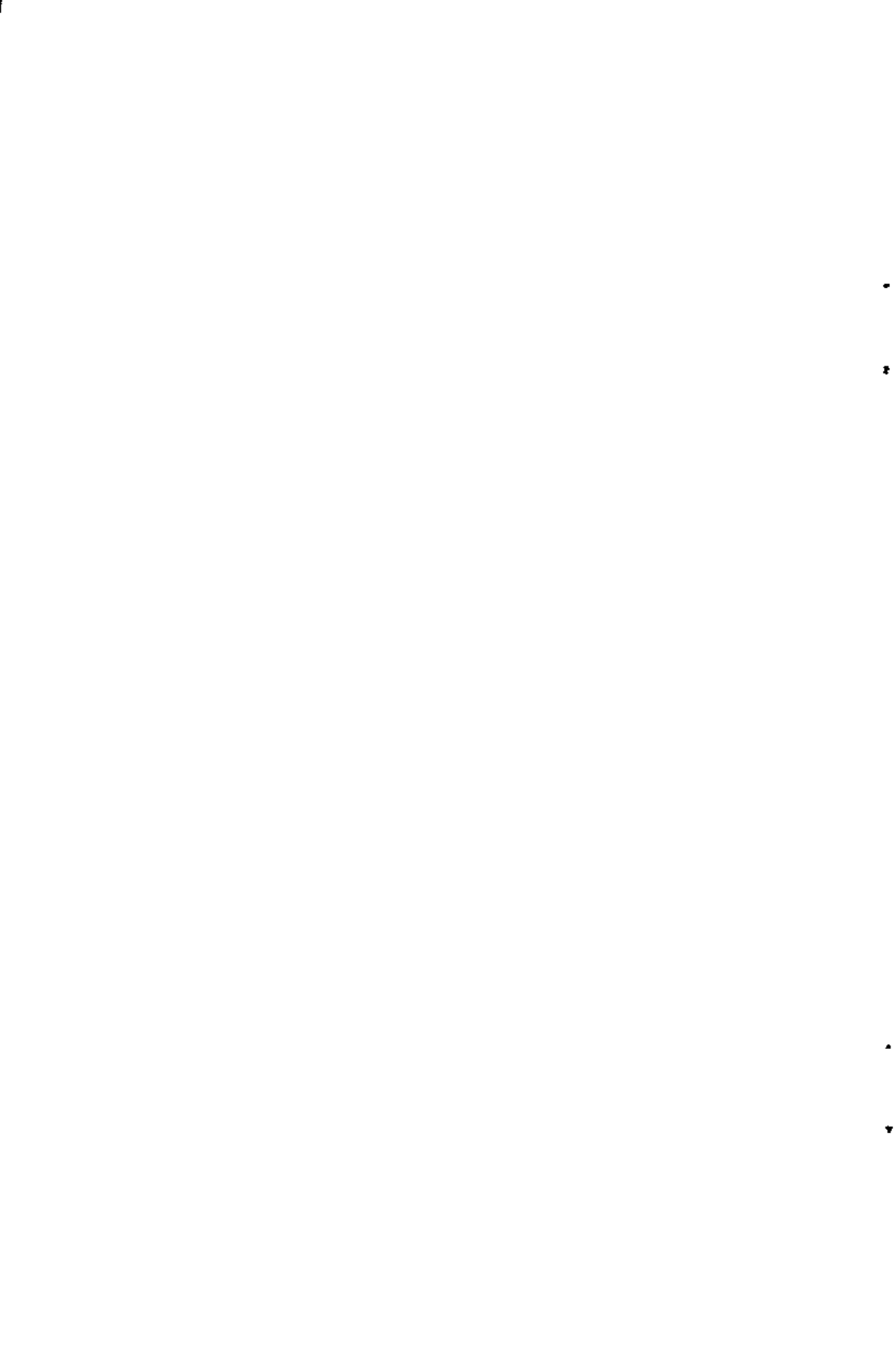
Note: Every effort has been made to fairly and accurately represent the history of home economics in Alberta; however, in some cases records are incomplete. Where facts are missing we have indicated this and not attempted to draw conclusions or make assumptions. Persons having additional information which would clarify any item are invited to contact the Alberta Home Economics Association, Box 1052, Calgary.

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"What's Past is Prologue"

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Home Economics . . . What's Past is Prologue

by Norma Bannerman
B.Sc. (H.Ed.)

Although I have been archivist for both the Calgary and Alberta Home Economics Associations since 1976, I am by no means a history buff, so it was with some surprise that I found myself becoming hooked on our home economics history. As I read the early records of both associations, our story began to come alive; I developed a great respect and appreciation for the home economics pioneers, and enjoyed seeing the development of this multi-faceted profession of ours. It is my first hope that this edition of "*What's Past is Prologue*" will make our history come alive for you, too.

One of the problems in writing a history such as this is deciding whose names will be included. We decided, as a general rule, to use only names involved with "firsts" or significant changes in trends. To home economists who read this, my second hope is that should your name not appear, you will still feel when you're finished reading "Yes, that's the way it was — I was there and was a part of it." For I have come to believe that much of history is made by those often unnoticed individuals who are daily putting one foot in front of the other and carrying out their duties in a dedicated and professional manner. To those of you who are not home economists, I hope that upon reading our history you will have a clearer picture of our profession.

I have developed great respect for *les grandes dames* of the early years. They were dedicated women with vision and determination. I remember some of them — they wore hats and gloves and drank lots of tea. But I have come to know that the great ladies are still among us — they wear slacks or jeans and take "nutrition breaks", but the dedication, vision and determination are the same. So my third hope is that as you read this you feel a pride in our profession and the people who have influenced its development, both past and present.

In researching our history I have come to know that progress is generally made by the inch rather than the yard; it is often achieved after many setbacks; it is always achieved after much work. In writing a history such as this there is a tendency to record only the final result, making progress look easier than it really was. Please bear in mind that our history, like most, has been wrought with "sweat and tears", if not actually with "blood."

I wish to express sincere thanks to all who researched, wrote, edited and contributed to this history. I can truthfully say that each person who has

done in-depth research came to share in my excitement for home economics history; and it was a pleasure to see this happen. Many people spent endless hours researching information, sometimes doggedly pursuing elusive facts and sometimes refining their submissions beyond the call of duty. I am grateful to all of these, and grateful, too, to Carol Blyth and Bette Purves who wrote the first edition of *The Past is Prologue* in 1967. The fine groundwork they laid made our task much easier. Special thanks, as well, to University of Calgary historian Dr. Nancy Sheehan and my editors Wendy Bodsworth and Shirley Rebus for their invaluable assistance.

In the beginning, writing this history looked as though it would be a relatively small project; it developed into a monumental task; in the end it was a privilege.



Norma Bannerman

Home Economics . . . What Is It?

by Doris Badir

Dean, Faculty of Home Economics, University of Alberta

B.Sc. (H.Ec.), M.Sc. (Ed.), M.Sc. (Ec.)

There isn't a home economics professional who hasn't been asked the question "What is home economics?" and there isn't one who, having been asked the question, didn't wish for a simple ready-made answer. Here is a sampling of home economics definitions which have endured the passage of time:

- *4th Lake Placid Conference, September 16-20, 1902*

Home Economics in its most comprehensive sense is the study of the laws, conditions, principles and ideals which are concerned on the one hand with man's immediate physical environment and on the other hand with his nature as a social being, and is the study specially of the relation between these two factors.

- Flossie M. Byrd, "A Definition of Home Economics for the 70's"
Journal of Home Economics, Vol. 62, No. 6, June 1970

Home Economics is the study of human and material forces affecting homes and families and the utilization of this knowledge for the benefit of mankind.

- University of Alberta, Faculty of Home Economics,
Aims and Objectives Report, May 1975

A study of the laws, conditions, principles and ideals concerned with people's immediate physical environment and their nature as social beings, and especially the relationship between the two for the purpose of improving the quality of people's daily lives.

The latter definition was adopted by the School of Home Economics, University of Alberta in 1975.

At first reading the uninitiated takes in breath and wonders what has been left out! Certainly home economics has drawn its circle widely, implying problem solving for daily living in all realms . . . from food and clothing through to shelter and human contact; however, a closer scrutiny reveals that the reference to daily living is within the context of the near physical environment; and that is, for most people for most of their lives, a familial-type unit. This important distinction serves to limit the parameters of involvement and, in so doing, brings the role of home economics into a more realistic frame of reference.

The definition of home economics as *problem solving for daily living* is a statement of philosophy. It is based on a generally-accepted assumption that finding satisfying solutions to the basic needs of food, clothing, shelter and one's innate desire for healthy, happy human relationships will improve one's overall quality of life; and it implies that home economics professionals are helpers in this problem-solving process.

Certainly the notion of service is intrinsic to the philosophy of home economics since it infers a commitment to helping people achieve a more effective lifestyle. Although not all home economists are directly involved in the helping process, the definition provides a mandate for action-oriented strategies designed to bring about policy development in the public sector which will contribute to the improvement of daily life.



Dean Doris Badir, Faculty of Home Economics, University of Alberta, Edmonton

In addition to stating a philosophy, the definition also delineates an area of study or a discipline. It provides a rationale for placing under one faculty the diverse courses and programs which exist today. Training which includes a broad sampling of subject areas results in professionals who can relate to family problem solving in a total way.

Although the definition best suits the academic unit, the generalist or the teacher, it applies as well to home economics professionals trained for highly-specialised areas such as dietetics, research, social work and business. The challenge to students and active professionals should be to guard against becoming so engrossed in one area that their home economics roots are forgotten and their area of specialisation takes precedence over the philosophy of home economics. To preserve this perspective, practicing professionals in all their specialisations have an important responsibility to meet together, to dialogue and to co-operate so that the family problems for which they seek solutions are seen as parts of a total functioning unit rather than narrow and unrelated concerns.

In its broadest sense, the definition of home economics as *problem solving for daily living* serves as the rationale for programs at academic institutions and gives direction to the practicing professional. It provides not only a focus for career choices but also for public action.

Foreword

Our goal in writing this history has been to present an accurate and interesting overview of home economics in the province.

Material was researched carefully and every attempt has been made to present it in a clear and simple style. With these objectives in mind, and after some experimentation, the following decisions were reached:

1. Names in the copy are not followed by university degrees, except in the case of writers. Everyone mentioned has a degree in home economics unless otherwise indicated.
2. Married/single names are used according to the status of the person *at the time of the event*. For example:

If single, name is shown as Mary Jones (Mrs. G. Smith)

If married, name is shown as Mary Smith (nee Jones)

Since the format of this book invites one to pick it up and read it in sections rather than cover to cover, the above name designation is used each time the person is mentioned. Miss, Mrs. or Ms. were avoided wherever possible.

3. Titles of institutions are those that were in effect *at the time of the event*. For example, the Faculty of Home Economics, University of Alberta, is shown as follows:

Department of Household Economics from 1918 to 1928, School of Household Economics from 1928 - 1976, Faculty of Home Economics from 1976 to 1980.

4. References and sources are listed with each of the submissions on the facets of home economics. Since a detailed bibliography for each item in the section *Through the Years* would have created a voluminous book, this information will be kept in the Alberta Home Economics Association Papers in the Glenbow Museum Archives Department, Calgary.

Enjoy!

Home Economics . . . Through the Years

by Nancy M. Sheehan

B.A. (History), B.Ed., M.Ed. (History of Ed.), Ph.D. (History of Ed.)

The interest in and the development of home economics in Canada was a part of the broader movement of social reform which occurred around the turn of this century. Urbanization, industrialization, and immigration caused disruptions to the traditional way of life experienced by most Canadians, and the industrial, educational and domestic order in the country underwent a change in focus. Women, in particular, were no longer confined to the home for all of their existence, leaving it to attend school for a number of years, to take a job until they married, and sometimes to go back to work if widowed or otherwise impoverished. Knowledge in nutrition and hygiene had expanded and there was a need for this knowledge to be interpreted to the homemaker. The opportunity for women to obtain an education, and the need for women with specific training developed simultaneously.

Adelaide Hoodless, spurred to action by the death of an infant son caused by contaminated milk, devoted her life to the education of mothers. To reach them, she helped found the Young Women's Christian Association, the National Council of Women, the Victorian Order of Nurses, and the Women's Institute. Central to her activity was domestic science or home economics education for girls in the public schools. By dogged determination, hard work, and eloquence she convinced her local school board, and then the department of education, that domestic science was a necessary and central part of every girl's education. Sir William Macdonald, the tobacco philanthropist, underwrote the construction of the Macdonald Institute at Guelph and Macdonald College at Ste. Anne de Bellevue for the training of teachers and the offering of more advanced courses. By 1908, with college programs in home economics established at the Ontario Agricultural College, Toronto, McGill, Ste. Anne de Bellevue, Acadia, and Mount Allison, home economics had achieved professional status in eastern Canada.

The settlement of the West by peoples from eastern Canada, the United States and Europe proved an asset to the development of home economics in the West. Many had no previous farming experience and the women found themselves isolated and lacking necessary skills. The home economics profession in Alberta had a built-in clientele and it developed quickly as the following pages will reveal.

1900 - 1910

A Beginning Society — A New Profession

Like the province itself, home economics was in its infancy in Alberta at the turn of the century. Although schools offered sewing and needlework to their students the majority of girls and women received little in the way of domestic training. Slowly as the political system and the society's institutions developed, so did classes, courses, and demonstrations in the art and science of homemaking. Domestic science, the core of the infant profession, slowly gained acceptance in Alberta's urban schools.

Dr. Nancy Sheehan

At the turn of this century, home economics teaching was limited to sewing and was given on an informal basis by women teachers and Roman Catholic sisters, probably arising from the need for sewing as a basic skill. Alberta, not yet a province, was still part of the Northwest Territories. Teachers were young, as indeed was the teaching profession in the West. In *Schools of the Foothills Province* author John W. Chalmers states: "*The annual report of the Board of Education for 1890 - 91 tells a great deal about the qualifications of teachers in the Territories. The minimum age of male teachers was seventeen years; of female fifteen.*" Mr. Chalmers then gives details of qualifications for first, second and third class certificates, indicating that there was a need for improvement in these qualifications. As one step toward this, the Board of Education urged the Lieutenant-Governor to request financial assistance for the establishment of a separate normal school, and shortly thereafter such an institution came into being in Regina.

Early Department of Agriculture records tell us that in 1906, shortly after Alberta became a province, "*Opportunity was taken of the presence of large numbers of people at the summer fairs to provide instructional work. The Department had several tents in which demonstration work of various kinds was conducted.*" Some of the topics covered were weed control, poultry industry appliances, milk



Department of Agriculture Tent (circa 1912)

separation and butter churning. The report states further: *"In another part of the same tent a school of instruction in domestic science was held under the management of Miss E. G. Charlton (a domestic science teacher) of Buffalo, N.Y. The idea of this work was to give the women on the farms some idea of the principles underlying the cooking of food."*

The cooking demonstrations were so enthusiastically received that a four-day demonstration was arranged in Medicine Hat in August of the same year. Large numbers of women attended this as well, and were so pleased

Domestic Science to Calgary Schools

In 1900 Dr. J. W. Robertson, who was associated with Sir William Macdonald of Montreal, met with the Calgary School Board and arranged for one of the Macdonald Manual Training Schools for boys to commence in Calgary. To correspond with this, in November of the following year, the senior lady teachers volunteered to teach sewing to the girls. The offer was accepted and classes, held in the regular classrooms, were started early in 1902. They were continued with great success until 1910 when specially-trained teachers were hired to teach nutrition, food preparation, household management and sewing.

with the instruction that they asked to have the school held again. This appears to have been the beginning of district home economist work as we know it today.

The first Women's Institute, called Lea Park W. I., was organized at Vermilion in 1909 by a farm woman, Mrs. M. E. Graham, who had moved to Alberta from Ontario. During the next years Mrs. Graham pressured the Department of Agriculture for the systematic organization of Women's Institutes in the province, including assistance in the form of grants and literature.

First Domestic Science Teachers Hired

uring the summer of 1910 the Calgary School Board, on the recommendation of School Superintendent Dr. A.M. Scott, appointed two household science teachers, Annie Morrison of Ontario and Margaret A. Stewart of New Brunswick. Their responsibility was to set up a domestic science program for the Calgary schools. The following October the first Domestic Science Centre in Alberta was established in a modest three-story business block at the corner of 4th Street and 11th Avenue South West. Grades seven and eight girls came to this centre for cooking classes, while sewing was taught to grade five and six girls in the regular classrooms.

Miss Stewart's account states that *"the accommodation at the cooking centre was by no means ideal, yet the setup was quite complete, with fairly good ventilation, lighting and plumbing. The cooking tables were in hollow square formation, having individual and group equipment of utensils and gas stoves"*. Adjoining the kitchen was an office and a good-sized, simply-furnished dining room. Both day and evening classes continued there until centres could be installed in school buildings, the first one at Connaught School.

The two young teachers divided the duties, with Miss Morrison planning and equipping the centres and Miss Stewart organizing the courses and doing the teaching and class work. Their salaries were \$600.00 a year.

Annie Morrison and Margaret Stewart are recognized as the pioneer home economics teachers in the province.

In the year 1910, Margaret A. Stewart began a series of articles on homemaking in the *Morning Albertan*, later known as the *Calgary Albertan*. The intent was, in her own words, "to

make the work of Household Science in schools more fully realized as to its educational as well as practical value". As a result of those articles, many requests came to her for class work in cooking, and accordingly she presented an outline for an evening class program to the Calgary School Board. Approval was granted and non-credit classes commenced in November of 1910, with the *Albertan* presenting the lessons each week in advance. These evening cooking classes, the first in Canada to be sponsored by a school board, grew from one weekly lesson to four or five classes per week, and were the forerunner of an elaborate system of night classes instituted by the school board in 1912.

The Calgary General Hospital became the first in Alberta to hire a dietitian. She was Jean Allen, a graduate of Macdonald Institute in Guelph, Ontario.

1911 - 1920

A Developing Society — An Evolving Profession

As the society grew and developed the school system diversified to accommodate technical, agricultural, and industrial interests as well as the traditional academic concerns. Courses in nature study, school gardening, manual training and physical education became accepted. Home Economics became a necessary part of every Alberta girl's education. This, in turn, influenced the introduction of domestic science, as home economics was called, into the Normal School, the Technical Institute, the Agricultural Schools and the University.

Dr. Nancy Sheehan

In the fall of 1911 Roberta MacAdams (Mrs. Harvey Price), a domestic science graduate from Macdonald Institute at Guelph, arrived in Edmonton from Ontario. She was hired shortly after by the Honorable Duncan Marshall, Minister of Agriculture, to plan lectures, demonstrations and short courses for farm women. An excellent staff of agricultural specialists was already working among rural men and the need for similar support for women was making itself felt.

A 1939 account by Mrs. Price in the Alberta Home Economics Association archives states: *"I entered the service of the Alberta Department of Agriculture in the fall of 1911, really quite by chance. Possibly the Minister had a dream and I happened to be the first woman who appeared within the range of his vision who had some notion of what was his conception. I received from him a general assignment to work out a scheme of things calculated to lighten and cheer the lot of farm women."*

The women's program commenced in January of 1912, and the annual report of the Department of Agriculture for that year states, under the heading of Domestic Science: *"This branch of the work was conducted by Miss MacAdams and Miss Perkins, graduates of Macdonald Institute, Guelph, Ontario. Practical demonstrations were given in the preparation and cooking of soups, meats, tough and tender cuts, vegetables, desserts, bread, cakes, pastry and the general cookery of the average household. There was a discussion of household sanitation and the prevention of disease."*

During the year 1912 Roberta MacAdams also investigated the feasibility of setting up Women's Institutes on a provincial basis; in December of the same year they were officially organized under government administration, as the next account describes. Miss MacAdams resigned from the Department of Agriculture in the fall of 1912 to become Supervisor of Household Science in the Edmonton public schools. She was succeeded at the Department of Agriculture by Georgina Stiven (Mrs. H. G. MacDonald), also a graduate of Macdonald Institute, who was appointed as the first Superintendent of Women's Institutes.

On December 1, 1912 the Superintendent of Fairs and Institutes, Mr. C. E. Lewis, prepared a circular stating that the enthusiasm shown by the women over the addition of a short course in domestic science to the existing agricultural short courses seemed to *"indicate that the time was ripe for a permanent provision to assist women's work on the farms and in the homes."* As a result, Women's Institutes were officially organized under government administration. A statement from a 1912 Department of Agriculture annual report shows that this was a significant step for the early home economists: *"It is now proposed to organize a system of women's clubs or institutes under departmental supervision having as its object the consideration and simplifying of all problems pertaining to the home, and consequent achievement of better home conditions and the increase of the general fund of comfort, health and efficiency. The study of home economics, including as it does, household architecture, sanitation and hygiene, scientific nutrition, the care and training of children, and the knowledge of values relative and absolute, of household materials, will come in for a large share of attention."*

From the beginning, the motto of the Women's Institutes has been "For Home and Country"; their aim has been "To promote the ideals of home and best standards of community life."

An account by former provincial Home Economics Consultant, Berneice MacFarlane, tells us that when the province of Alberta was organized in 1905, the Department of Education adopted the program of studies in use by the Northwest Territories. In 1912 the first major revision of the Alberta course of studies introduced a system of twelve grades with provision for the teaching of such *"special subjects as art, manual training, household science and health."* In household science the emphasis was entirely on skills, and included sewing for grade six girls; sewing and cooking for grade seven girls; sewing, cooking and housework for grade eight girls. A definite province-wide course had been established, but it was understood that it was *"subject to suitable modification to reflect local needs and conditions."* (In Calgary household science teaching had begun two years earlier under the direction of the Calgary School Board).

Victoria High School, Edmonton, was equipped for home economics, and teaching began under the supervision of Roberta MacAdams (Mrs. H. Price) and Gladys Caverhill (Mrs. R. H. Hoyt). An account by former Edmonton Home Economics Supervisor, Bessie McAvoy, states: "(There were) *difficulties in (the) first stages of getting necessary equipment such as garbage cans as the School Board was reluctant to make investments for what they felt were 'frills'.*"

Domestic Science Begins At Normal School

In 1913 Catherine McCaig (Mrs. M. Gossip), a Macdonald Institute graduate and former teacher of Food and Cooking at Macdonald College in Quebec, was appointed to the Calgary Normal School (now McDougall School at 6th Street and 5th Avenue South West). It was decided to use the fourth floor of the building which, up to that time, had been occupied by the janitor and his family. The area was converted into two long narrow rooms, each 17 x 32 feet, one of which was used for the foods laboratory and the other for sewing. To reach these rooms one had to climb three and one-half flights of stairs. Small wonder that a visitor to the school, upon reaching the fourth floor, asked breathlessly "Is God in?"

At Camrose the household science course was conducted by Margaret Stewart. The first classes were held in temporary quarters, but when the new normal school was completed in 1915 a generously endowed department was provided with all the latest equipment. A good variety of fuels for cooking were installed — coal, gas, oil and *electricity!*

Classes in both schools centered around the rural school lunch program and the school fair. At the Camrose School the male students requested a course in homestead cooking; this request was granted.

Schools of Agriculture and Home Economics opened in three centres: Olds, Vermilion and Claresholm. Household science classes were taught for six weeks of the school year in Olds, then the two women instructors moved to Vermilion for six weeks and on to Claresholm for the final six weeks.

The Technical School opened in Edmonton in the old street car barns. Household science instructors were Miss. B. Olein, Nino Andrews and Clara Smith. The same year a Technical High School was opened in Lethbridge with Mrs. Ethel Preston as household science instructor.

“The contention is sometimes urged that school days are few and fleeting, and it is necessary or at least desirable to cover certain ground in the short period of school life. That time cannot be spared to deal with a subject which will doubtless be taken up in the homes: that our mothers and grandmothers learned the household arts, and learned them well, within the four familiar walls, and that posterity would do well to emulate them. But consideration must be taken of the fact that the economic position of the home has completely changed in the last decade. Fifty years have wrought even greater changes in the business of housekeeping than in the business of farming. Ours is an age of specialization. We have come to see the value of education, to look upon it as something which will better our lives and make our labor more effective and profitable. If education does not touch at all upon every day occupations, will it meet the logical demands? Will it not, for instance, educate the girl away from the home, instead of up to it?”

Roberta MacAdams: "Domestic Science for Rural Schools", Address in AHEA Archives, 1913.

Strathcona Hospital, presently known as the University Hospital, became the first hospital in Edmonton to hire a dietitian, Elizabeth Russell (Mrs. J. M. MacEachren). Miss Russell, who had trained for dietetics in Scotland, planned the hospital's new dietary department while the building was still under construction.

A. Irene Dickson, formerly of the Toronto General Hospital, was appointed dietitian at the University of Alberta Dining Hall, Edmonton, becoming the first person in Alberta to assume the responsibilities of a commercial dietitian.

Florence Hallock Supervises Making Colors

Early household science teacher, Florence Hallock, was appointed to the Calgary Public School staff in 1913 where she served until 1916. During that time her students, and groups of women organized under her direction, made the Colors (Flags) for the first Calgary regiment to serve overseas. Twenty-four hour shifts were necessary to complete this enormous project before the regiment's departure.

Margaret A. Stewart coordinated summer school classes in domestic science at the University of Alberta from 1914 to 1917. Courses included methods of teaching, nutrition, household

management, sewing, textiles, elementary and advanced cooking, and rural school lunches. For two summers men enrolled in a popular homestead cookery class.

A group of leading household science teachers met with the Technical Director of Education for Alberta to draft general courses in household science. Under the chairmanship of Margaret Stewart, this committee was composed of Florence Hallock, Roberta MacAdams (Mrs. H. Price), Catherine McCaig (Mrs. M. Gossip), Majorie Goldie, and the Misses Anderson and Johnston. The resulting courses were used with few alterations for many years throughout the province.

The Department of Agriculture annual report states that two cars on the Mixed Farming Special Train were set aside for domestic science use, one for lectures and demonstrations and the second for domestic science and Women's Institute displays. This appears to be the first year that the demonstration train was used for domestic science purposes.

Exception To An Old Rule

uring the first few decades of our province's history, a woman's career outside the home usually terminated with her marriage. An exception was made when Gladys Caverhill (Mrs. R. H. Hoyt), a pioneer domestic science teacher in the Edmonton school system, asked if she could be married and remain on the staff. Dr. Carpenter, Superintendent of Schools, replied: "*There is no objection to Miss Caverhill's marriage as it is a war measure.*"

Roberta MacAdams (Mrs. H. Price) enlisted in the army as a dietitian, with the status of Nursing Sister and rank of Lieutenant, and was posted to Orpington Military Hospital, Orpington, England. A 1939 account by Mrs. Price in the Alberta Home Economics Association (AHEA) archives states: "*I was given Nursing Sister's rank since the army knows of no other woman worker of commissioned rank.*"

This quiet and gentle lady, who was highly respected for her abilities and efficiency, became known around the hospital as "the trouble expert". Another account in the AHEA archives states: "*None but the woman 'Trouble Expert' would have discovered that the eight sacks of potatoes released from stores for one day's Mess Dinner contained seventy-five pounds of earth which, of course, meant a shortage of seventy-five pounds of potatoes — nor could have rectified the mistake through the proper*

channels in time to prevent the shortage appearing on the plates of the staff."



Roberta MacAdams

The Women's Institute Act, passed in 1916, established terms for organization, membership, officers, committees, meetings, conventions, etc.

The 1916 Department of Agriculture annual report tells us that "... twenty-eight (Women's) Institutes were visited by the Mixed Farming Special Train; demonstrations in cooking and canning were given by Miss Hotton and Miss Davis of the provincial Schools of Agriculture. A special feature of the Train was that of the addition of a 'Nursery Car'. Here fifteen hundred and ninety children were cared for while their mothers visited the various exhibits throughout the Train."

The same year short courses in household science were given in five centres in conjunction with the agricultural short courses. These courses consisted of demonstrations and lectures in cooking, home nursing, sewing and laundry work. In September a one-week course was given in the three provincial Schools of Agriculture for Institute members and friends.

In December 1917, provision was made by the Board of Governors, University of Alberta "... for expenditure in connection with the initial equipment for a Department of Household Science in the academic year."

First Women Elected to Legislature

In April 19, 1916, the Equal Suffrage Statutory Law Amendment Act was passed in the Alberta Legislature, granting women the right to vote and to run for the legislature. Many Albertans were delighted when two women were successful candidates in the provincial election the following year.

Roberta MacAdams (Mrs. H. Price), who was serving overseas in the army as a dietitian, was one of two armed service representatives elected to the Alberta Legislature in August 1917, in a campaign carried out in Britain. She was sworn in at the February 1918 sitting of the legislature with Louise McKinney, who had been elected during the June campaign in Alberta. Mrs. McKinney was a social reformer who had worked actively with farm women. These remarkable ladies were the first women to be elected to any legislature in the British Commonwealth.

During the flu epidemic in the fall of 1918, many household science departments in the province became centres for the preparation of food and provision of Red Cross supplies.

At the Camrose Normal School fine work was done under the direction of Margaret Stewart, head of the Home Economics Department. Alberta Hastie, then a student at the normal school, gave excellent service in nursing the sick.

In Edmonton, notable work was done under the direction of Florence Hallock, then Supervisor of Household Science in the city. Under her supervision, twenty-four-hour service was carried on at Victoria High School, with her students as volunteer assistants. At the university, residences were turned into hospital wards and members of the staff of the Department of Household Economics devoted their full time to assisting both the dietitian and the nursing staff.

In Calgary, Stanley Jones School was converted into a hospital. Marjorie Goldie of the Calgary Normal School and Catherine Gossip (nee McCaig) did fine work in the preparation of food for the patients. While patients were cared for in the makeshift hospital, Red Cross work was undertaken in the sewing classes of the Normal School.

“When President Tory established the Department of Household Economics in 1918 it was because of his conviction that professional training should be available to women students since they were not welcomed in the established professions. Thus the department was initiated without appeals from women’s groups or pressure from the outside. The government after some discussion granted permission for this new department. They debated the matter of a proper name, deciding on Household Economics rather than Home Economics.”

Hazel McIntyre: “Reminiscences of the School of Household Economics”, *AHEA Newsletter*, June 1976.

Household Economics to University of Alberta

In June of 1918, the establishment of a Department of Household Economics and Mabel Patrick’s appointment as lecturer were authorized. Miss Patrick arrived in Edmonton in September to begin the arduous task of setting up a degree program and equipping a laboratory in the basement of the Arts Building. In addition, she was to plan a program for the one student, Edith McKinnon (Mrs. Dodge), who had registered in 1917. When Miss McKinnon graduated successfully in 1920, Dean Howe of the Faculty of Agriculture referred to Miss Patrick as “a hen with one chick”.

Miss Patrick had many interesting experiences in those early months. One learned gentleman was disappointed to learn that she could not flap a flapjack. Another time she was informed by the bursar that provision had been made in the budget for equipment for the laboratory but not for her salary! Memories of the first few months included the flu epidemic; interviewing staff members, salesmen, and workmen; planning courses and lectures; selecting books; and convincing people that the course included more than cooking and sewing. Seven students were registered in the degree program in the fall of 1918, with an additional fourteen taking an arts option in household science.

The Household Economics Department at the University of Alberta moved from the basement of the Arts Building to temporary quarters on the upper floor of the South Engineering Building (known as the South Lab). The new premises housed a large foods laboratory, two lecture rooms, two offices and a storeroom. Additional rooms were acquired over the years, making these “temporary” quarters the home of the School for the next forty-five years.



Mabel Patrick shortly after her arrival at the University of Alberta (1918)

Household science was taught in eleven centres in Edmonton, nine in Calgary, one in Lethbridge, as well as in the two normal schools. The two Medicine Hat centres which had opened in 1913 were closed during the war and not re-opened until 1936.

“When the department moved into the South Lab, as it was known, the equipment was considered udequate but according to modern standards it would seem primitive. The Food Lab had space for twenty-four students with a hot plate and equipment in the desk below. The table tops were unfinished which meant scrubbing after each class (by students!). There were two sinks for eight students. Each table had a scrap jar for garbage. At the back of the room were two oak cabinets with supplies of flour, sugar, spices, etc. with larger pans and with dishes for serving food. At the side of the room was an area with rods for hanging towels and a cupboard with cleaning supplies. After finishing one of the four 'housekeeping duties' (found irksome by some students), students frequently left with wrapped parcels of food although at times the instructor felt a little uneasy, remembering the product.”

Hazel McIntyre: "Reminiscences of the School of Household Economics",
AHEA Newsletter, June 1976.




Cooking facilities in the new headquarters at the South Lab (1923)

Three more Schools of Agriculture and Home Economics were opened (at Gleichen, Raymond and Youngstown), making six in the province. Gleichen and Youngstown closed two years later due to location and drought conditions; Raymond and Claresholm closed in the early thirties because of the poor economic conditions. The Vermillion School closed in 1941 but re-opened in 1945; the Olds school has operated continuously, with some changes, until the present.

The Department of Household Economics, University of Alberta, graduated its first student, Edith McKinnon (Mrs. Dodge).



Edith McKinnon first Household Economics graduate from the University of Alberta (1920)



1921 - 1940

A Growing Society — An Expanding Profession

The Great War of 1914 - 1918 was over, the pioneer society had matured, and along with it the home economics profession. After more than a dozen years in the schools and colleges, the profession now had trained personnel to expand into industry, into the health services field, and into a viable continuing education program. This development coincided with the onset of the depression and the desperate need by homemakers to provide for their families on a greatly reduced income. Rural electrification and the expanding use of electric and gas appliances in both rural and urban areas created significant changes for the homemaker and the work of the home economist. Dietitians were hired by many hospitals throughout the province as expanded knowledge brought changes in the application of nutrition to both therapeutic and regular diets. Professional home economics associations were formed. The role of the home economist had expanded in society.

Dr. Nancy Sheehan



1921 Calgary Normal School classes moved to the new Provincial Building (16th Ave. and 10th St. N.W.) which also housed the Provincial Institute of Technology and Art. Normal school household science classes were under the direction of Marjorie M. Goldie. A 1926 account of the early normal schools by Catherine Gossip (nee McCaig) states: *"The lessons in foods, cookery and needlework are for the most part grouped about the noon day lunch in rural schools and the school fair. The work is closely linked up with the nutrition, health and hygiene teaching."* Mrs. Gossip's account further states that part of the normal school student's training was the preparation of hot soups and drinks for the children in the practice schools. More than one hundred children were cared for in this way over the lunch hour, paying only for the cost of materials used.

1922 A two-year course in Industrial Dressmaking and Millinery commenced at the Provincial Institute of Technology and Art with Mrs. Lucy Innis in charge. Subject matter included shopwork, textiles, color and design, costume and *hat design*,

economics of buying and selling, drawing, bookkeeping, mathematics, physics, chemistry and English. The purpose of the course was to train young women for occupations in the dressmaking and millinery trade and to prepare them for work as salesladies in large department stores. Classes continued with only a few minor changes until 1940.

1922 An amendment to the Women's Institute Act in 1922 brought about a change in focus for the Women's Institute Branch. Under this act the administration of Women's Institutes was removed from the Department of Agriculture and financial assistance phased out. The Branch, now called the Women's Extension Service Branch, continued to function under the Department of Agriculture, offering services to women through not only the Women's Institutes, but also the United Farm Women of Alberta and some community organizations.

The Women's Extension Service Branch underwent many name changes in the ensuing years. For example, from the period 1928 - 1930 it was known as the Women's Home Bureau. For purposes of simplicity and clarity, it will be referred to in this history as Home Economics Extension Service, Department of Agriculture. Whatever the name, this Branch was to become the home of the future district home economist; therefore, the 1922 amendment to the Women's Institute Act was another significant event in home economics history.

“From a U.F.W.A. - ‘During August we had the sewing demonstrator with us. The pleasure and profit derived from her five-day course exceeded all expectations. The large attendance and good interest and attention must have been gratifying to the demonstrator. We were all busy country women, many with babies and small children but we contrived to leave our homes for seven hours or more a day for five days, with some walking distances of four miles and many riding horseback or driving distances of six and seven miles to get the course. Nothing could exceed the interest and general feeling of good comradeship engendered by our capacity-filled hall of women busily sewing and receiving expert instruction. Our course was not exceptional, I know, as neighbouring clubs speak as enthusiastically of their course.’”

Department of Agriculture Annual Report, 1923.

1923 The Edmonton Home Economics Association was formed in 1923 with Ida McGregor-Smith as the first president. Twenty-four members signed the charter list. The new Association's aims were:

- To cultivate a friendly spirit throughout all branches of home economics.
- To study curricula and extension instruction, to establish professional standards for teachers and other workers, to increase knowledge by

publications, meetings, etc., and to advance public opinion and legislative enactment.

The fledgling association dealt immediately with issues such as school lunches, the sugar shortage and membership on the Fair Board.

The first treatment of diabetes with insulin took place, revolutionizing the diabetic diet and bringing innovations to the work of the dietitian.

Margaret Malone (Mrs. Ross Vant) was appointed to the staff of the University Hospital, Edmonton, as Alberta's first therapeutic dietitian. As a student in 1923 she had worked under Dr. Heber Jamieson, a specialist in the treatment of diabetes. Her early work at the University Hospital involved the treatment of this disease by means of diet and insulin.

Hazel McIntyre was appointed to the staff of the Department of Household Economics, University of Alberta. She was one of the early graduates of the department, a member of the class of 1924. Miss McIntyre, who later received an M.Sc. degree from Iowa State College, remained on the staff of the department until her retirement in 1960, serving as Director from 1956 to 1960.

Fireless Cookers

ireless cookers were made by the Edmonton Home Economics Association during the year of 1925. In "Reminiscences of the School of Household Economics", *AHEA Newsletter*, June 1976, Hazel McIntyre states: "*Maybe some will remember the 'hay' box. This was an oak case with two wells into which heated flat stones were put. Foods requiring long cooking such as dried fruits, old-fashioned rolled oats and coarse cereals, pot roasts, stews, etc. could be left overnight to save gas or electricity. In theory it was an excellent idea but in practice rarely used.*"

Margaret Malone (Mrs. R. Vant) pioneered in dietetic clinic work when she became a member of the Alberta Department of Public Health Travelling Clinic. Comprised of a doctor, dentist, nurse and dietitian, the clinic visited thirty towns and districts over a period of three months, and was the forerunner of today's professional team approach to health problems.

1925 Ida McGregor-Smith was appointed to represent the Edmonton Home Economics Association on the Exhibition Board.

1925 Credit summer school classes were offered for the first time to high school students at the Provincial Institute of Technology and Art, Calgary. A "household art" course covered cooking and home management, while "needlework" consisted of simple sewing and dressmaking.

1926 To raise money for scholarships, the Edmonton Home Economics Association decided that an annual Spring Tea would be appropriate. Members submitted names of friends to whom invitations were sent. It soon became the social event of the season! At first it was held in members' homes but as the number of guests grew, it was moved to the Home Economics Lab at the University of Alberta, the University Cafeteria and finally to Lister Hall. A bake sale became a popular added feature for which members prepared for days in advance, each bringing her own specialty. The Spring Teas were discontinued in the mid-sixties when other events such as the New Products Dinner replaced them as fund-raising ventures.

1927 Household science was dropped from the regular normal school curriculum. Records tell us that this occurred because the time required for household science classes was said to encroach on the more academic subjects. It was also felt that the work was expensive and no longer used by teachers in the rural areas. A need of the times had been met.

1927 An evening course in pattern drafting was offered for the first time at the Provincial Institute of Technology and Art in Calgary. The first evening class in dressmaking was not begun until 1938.

1928 The Department of Household Science, University of Alberta, became the School of Household Economics, with Mabel Patrick as the first Director.

1928 Hanka Romanchych was appointed by the Department of Agriculture to carry out extension work in the Vegreville area. This remarkable young woman had little formal education, but she possessed a pleasant, outgoing personality, and had been schooled in a Ukrainian and English society. Travelling with the district agriculturists, she spoke at community meetings, holiday functions, in the schools, and visited in the homes. She arranged a women's section in the local fairs where homemakers could exhibit their traditional crafts, and collected and distributed recipes for traditional cooking. The 1932 Department of Agriculture annual report states that she fulfilled 396 engagements that year.

Technical High School (later Western Canada High School), the first of its kind in Calgary, opened with Ferne Edwards, M. Howard and G. Rogers as household science instructors.

Five-week short courses for homemakers were introduced at the Provincial Institute of Technology and Art, Calgary.

The Edmonton Home Economics Association helped form the Canadian Handicraft Guild by interest shown in Indian crafts.

Canadian Western Natural Gas Company, Calgary, employed its first Home Service Director, Hysperia Aylsworth (Mrs. R. Henderson).

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Advertisement in The Calgary Herald (July 24, 1930)

1929 Prior to the formation of the Canadian Dietetic Association in 1935, the University Hospital in Edmonton and the Vancouver General Hospital were the only hospitals in Canada to offer an approved post-graduate course in dietetics. The sanction for both of these came from the American Dietetic Association, which accredited the Edmonton course in 1929.

1930 Northwestern Utilities, Edmonton, employed its first Home Service Director, Kathleen Esche (Mrs. J. Boone).

1930 Farm Women's Week was instituted at the Vermilion and Olds Schools of Agriculture and Home Economics in the summer of 1930. The seventy-two women and ten preschool children who attended the week-long programs were accommodated in the Schools' residences. This popular affair became an annual event and is known today as Alberta Women's Week.

1931 During the "dirty thirties", home economists were challenged to develop innovations to help people cope with the difficult circumstances of the depression. They responded with recipes, ideas, and often first-hand instruction for such things as nutritious and inexpensive meals, made-over clothing, homemade cleaning products and cosmetics, and inexpensive furnishings.

1932 Low-cost menus were planned by the Edmonton Home Economics Association to assist people on relief; classes were also organized for the Unemployed Men's Association. Similar projects were undertaken by home economics teachers in Calgary.

1932 A \$50.00 scholarship was established by the Edmonton Home Economics Association. Designated a prize in 1945, this award was named the Florence Hallock Memorial Prize in 1951 to honor the Supervisor of Home Economics in the Edmonton Public Schools from 1916 - 1938. The current value is \$300.00 and is awarded annually to "*the student of outstanding merit in Education with a Home Economics major.*"

1932 Calgary Power employed its first home economist, Kay Campbell.

1933 A national *Women's Institute Week* was celebrated from April 1st to 6th in 1933. Ida McGregor-Smith of Edmonton was the national convener of home economics, while Catherine Gossip (nee McCaig) of Calgary was the provincial convener.

A small scrapbook in the Alberta Home Economics Association archives contains newspaper clippings pertaining to this activity-filled week. Many of the early home economists were involved. They helped in planning the program, wrote newspaper articles, and gave talks, demonstrations and

radio broadcasts. The program for the week was designed "to reach women in their homes". The information was practical, helpful, supportive, and at times entertaining, but consistently geared to meet the needs of those difficult times.

A Successful Home Industry

In 1933, at the depth of the depression, Grace Studholme completed her dietetic internship but was unable to find a position as a dietitian. In order to achieve her goal of attending the American Home Economics Association Convention in New York City the following year, she embarked on a money-making venture by taking a batch of homemade fudge into the Hudson's Bay Company in Edmonton. Given an order for five hundred pounds for the following Saturday, she agreed to deliver one hundred pounds instead. This was the beginning of a successful cottage industry which saw her making ten varieties of candy and indeed up to five hundred pounds a week, buying some of her ingredients wholesale but using home-size utensils only. So successful was this undertaking that her father wanted to set her up in a candy-making business. Instead, Miss Studholme returned to university to receive her high school teacher's diploma from the University of Alberta in 1936, and her M.Sc. degree from Iowa State University in 1948. She remained in the education field until her retirement in 1961. Miss Studholme's venture typifies the spirit and determination of many of the early home economists. (Incidentally, she made the trip to New York!)

The Calgary Home Economics Association was formed in 1934 with Catherine Gossip (nee McCaig) as the first president. Nineteen members signed the charter list.

In April of 1935 a meeting was held in the T. Eaton Company coffee shop in Calgary to discuss the formation of two professional bodies: a provincial home economics association and a Canadian dietetic association. One hundred eighty home economics graduates throughout the province had been notified of this meeting by letter or telephone; due to very unfavorable weather only about forty were in attendance. However, the decision was made to form the provincial home economics association, and a committee was appointed to draft a constitution. They met at the Sylvan Lake Hotel in September and made plans for an organizational meeting to be held at the Macdonald Hotel in Edmonton on October 12th that same year. Eighty-five members signed the

charter membership roll of the newly-created Alberta Home Economics Association (AHEA) on this activity-packed day. The Edmonton Home Economics Association looked after the arrangements, and early AHEA records tell us that the \$7.50 charge for the meeting room was waived since the banquet was held at the hotel.

1935 The Canadian Dietetic Association was formed at an organizational meeting held April 27th in Ottawa.

Teachers' Contracts Cancelled

The depression dealt shattering blows to many people, and teachers were no exception. After repeated salary cuts, all teachers' contracts were cancelled on July 21, 1935. There had been a 5% cut in January 1932, 11% in September of 1932, and 15% to 20% in the fall of 1934. After cancellation of the contracts in 1935, new contracts were issued on a revised salary schedule, subject to a further reduction of 25% until the end of December.

1935 The Calgary Home Economics Association provided cookery courses for girls in the Woods Christian Home (for homeless children). Another project that year was helping to improve women's and girl's sections of the Fair (Exhibition and Stampede).

“Home Economics in Alberta is at the cross-roads. I do not ever remember a time when so many positions have opened up in a short space of time, as this autumn. We in the profession must get together in the interests of our work, learn what is being done elsewhere, discuss the problems which we face, and work out plans adapted to our life and conditions.”

Mabel Patrick: “President’s Report”, *AHEA Annual Meeting*, 1936.

A 1936 Report

From the Assistant Secretary’s Report, *Alberta Home Economics Association Annual Report*, 1936: “Eighteen letters were mailed during the year. Postage was 50 cents.”

1936 Edmonton Home Economics Association members gave classes for domestic workers at the YWCA. The Calgary Home Economics Association gave similar classes at Lougheed House. These classes continued for several years.

1938 The first evening classes in dressmaking were held at the Provincial Institute of Technology and Art, Calgary.

Home Economists in the War Effort

The minutes of the Alberta, Calgary and Edmonton Home Economics Associations record that home economists took their professional contribution seriously during the years of the Second World War. Projects in Edmonton and Calgary involved many volunteers and included cooking classes for army cooks, lectures on nutrition and budgeting to a wide variety of groups, and classes in remaking clothing. Alice Brewer of Edmonton and Roberta Price (nee MacAdams) from Calgary were appointed to the Wartime Prices and Trade Board. Many dietitians served with the rank of lieutenant in the armed forces in Canada and overseas.

Food conservation was a major concern and conservation recipes were developed and distributed by home economists with utility companies and the Department of Agriculture. Hazel McIntyre compiled an Army Cook Book and directed the preparation of large quantities of jam and marmalade from donated fruits and sugar.

1939 The Canadian Home Economics Association was formed at a charter meeting held in Winnipeg, Manitoba.

1939 In the fall of 1939, correspondence between Colena Nickell of Calgary and members of the Edmonton Home Economics Association surveyed the possibility of conducting cooking classes for enlisted men whose duties involved cooking. Schools were offered in both Calgary and Edmonton. An account in the Alberta Home Economics Association archives states: *"The scheme followed there (Calgary) was to have each teacher teach three lessons, with a dietitian present at each lesson and a second assistant. The quartermaster and the sergeant cook attended each class The co-operation with military authorities was excellent. Miss Nickell undoubtedly set the ball rolling. Miss Tupper took charge of classes, Miss Edweena McCaffery worked tirelessly and I believe that in the end practically every home economics teacher and dietitian in the city had done her bit enthusiastically. Miss Nickell records*

that they had more offers of assistance than they could use. The climax of their work came when they saw their graduates put in (positions of) more responsibility, and finally on their recommendation, one man was given a promotion in rank."

In 1940 the Alberta Home Economics Association (AHEA) was given special hotel convention rates (50 cents below regular rates) as follows:

Single room with bath:	\$3.00
Two in a room with bath:	\$2.00
Three in a room with bath:	\$1.75

An interesting exchange of correspondence in the AHEA archives reveals that "some dissatisfaction was expressed with the rate of the rooms". Apparently some of the ladies neglected to mention they were attending the convention and did not receive the special 50 cent discount per room, and there was concern that it might "prejudice them against future conventions". The president's firm reply stated: "In view of the fact that two hundred and fifty Newsletters were sent out to all persons in the province whom we felt would be interested in the convention, and since the information under discussion was clearly explained in the letter, we feel that it is a matter of personal carelessness if anyone was overcharged — and perhaps the loss of the extra fifty cents will make them more careful another time."

In 1941 the ladies experienced inflation first-hand as the special rate had increased 50 cents in one year for each type of accommodation to \$3.50, \$2.50 and \$2.25.

Vera Richards (Mrs. V. G. Macdonald) was appointed Supervisor of the Home Economics Extension Service, Department of Agriculture, a position she held until her retirement in 1979.

The Department of Education offered a credit correspondence course, Needlework 10. The course included embroidery, knitting, crocheting, hemming and hand stitching, and construction of a simple machine-made garment if a sewing machine was available.

Spring News Notes

tem from the Calgary Home Economics Association in the AHEA Spring Newsletter, 1940: "February Meeting: The club decided to bolster the treasury by having a Rummage Sale this month. Miss Gertrude Connors is in charge. (You'll see all Calgary Home Economics people in new clothes this spring.)"

“At the present time we stand confused and almost dumbfounded in the crisis in which we British people find ourselves. But although we realize there are dark days ahead we must believe with Mr. Churchill that Britain even though she lives for a thousand years, is today experiencing her finest hours in the magnificent courage she is showing on every side, and in the end we shall have made the world a safe place for freedom and all the things we value in our way of life.”

Christine McIntyre: “President’s Report”, AHEA Annual Meeting, 1940.

1940 During the summer of 1940, through the Women’s Institute, Alberta women were encouraged and admonished to “fill every sealer and let nothing go to waste”. Hazel McIntyre, Margaret McLaggan, Grace Duggan (Mrs. A. Cook), and other volunteers set a fine example by making over three hundred pounds of jam and marmalade, using donated fruit, sugar, wax and lacquered jam pails. The finished products were donated to Relief Agencies.



Wartime project of School of Household Economics, U. of A. — Christmas cakes were baked in coffee tins, encased in cloth, and sent to men serving overseas.

(l to r) Front: Norma Coburn* (Mrs. R. Trussler), Mary Robertson* (Mrs. L. Tollington), Mary Heywood* (Mrs. H. Barrowclough), Daphne Grafton, Doris Donner.

(l to r) Back: Kay Hucalak* (Mrs. G. Rogers), Bunty Edwards* (Mrs. T. Karlstrom), Babe McKinzie* (Mrs. B. McClean), Ruth Rostrup* (Mrs. C. D. Beckner), Jeannette Hinman*, Persis Copsey*.

*Household Economics students

1940 One hundred four home economics centres were in operation in schools throughout the province. Thirty-six of these centres were grouped into ten circuits, where home economics instruction was given by travelling teachers.

1940 A provincial Girls' Club Program was developed under the direction of Vera Richards (Mrs. V. G. Macdonald), Supervisor of the Home Economics Extension Service, Department of Agriculture. Two years later, in 1942, Margaret Fraser (Mrs. Graydon Arnold) was appointed as first full-time supervisor of this section.


Programs for the girls included foods and food preparation, sewing, interior decorating, home management, good grooming, leadership training and gardening. The latter involved planting seeds and following through to the harvesting, cooking and preservation of the product.

The Girls' Clubs, under Margaret Fraser's direction, were highly successful in competition at the Royal Winter Fairs in Toronto. Using clever titles and eye-catching materials in their demonstrations, contestants brought many honors back to Alberta.

When district home economists were hired a few years later, Girls' Clubs fell under their supervision. Department of Agriculture Girls' Clubs ultimately joined with the boys agricultural clubs to form 4-H.



Erskine Girls Club (1944). Adults back row: Left — Edna Alford (Mrs. Clark), Centre — Mabel Patrick, Right — Esther Anderson (Mrs. Williams).




1941 - 1960

A Healing Society — A Helping Profession

The years of the Second World War, which brought the country out of the depression and revitalized the economy, presented new challenges to home economists. The next decade, as Alberta “caught up” after fifteen years of depression and war saw the profession move into diversified areas of employment. In turn, a move was made to meet the specialized needs of home economists when separate workshops were held at conventions. The dietitians formed their own association and later became registered. The profession had evolved to the point where it was able to accept its broader community responsibilities and began presenting briefs and signing petitions on issues related to the well-being of families.

Dr. Nancy Sheehan



1941 A new method of instruction, referred to as the “integrated homemaking technique”, was introduced into the home economics curriculum at the junior high level. The home economics classroom became a “home” with the students rotating to experience different roles such as hostess, waitress, nurse, dietitian, cook, housekeeper, laundress and dressmaker. The program was directed toward solving the problems of everyday living. (With the Alberta Home Economics Association archives is an excellent film, made in 1941 by Lorine Torgerson (Mrs. L. Roy Alton), which shows a class in progress.)

1941 The Calgary Home Economics Association affiliated with the Local Council of Women and, except for two short periods, has kept that affiliation to the present.

1941 The Nutrition Council of Alberta was formed on the recommendation of Dr. Lionel B. Pett, following a 1940 Edmonton survey which showed dietary deficiencies and a need for improved eating habits. An account in the Alberta Home Economics Association archives states that the task of the Council was “*to unite all groups of people in an endeavour to promote nutrition education throughout the province*”. There are no records to tell us how long this Council functioned.

“Home Economists, because of their special training, are in a strategic position to give leadership in problems related to the home and to community welfare Improved nutrition is a major objective of home economics. Because home economists have at their disposal exceptional training and experience, no organization is better fitted to serve as a clearing house for information, and to assist in co-ordinating nutrition activities of all groups

“The marching orders for home economists are not likely to lead to glamorous adventure, but rather will tell them to do the same as usual, only more so. This, of course, applies to home economists in all special fields of endeavour. However, we must not make the mistake of waiting to be asked for help. Rather, we must offer our services in those fields where we can serve best.”

Ada Lent: “President’s Report”, AHEA Annual Meeting, 1941.

1942 The Alberta Home Economics Association annual meeting and convention were cancelled due to wartime travel difficulties and not held again until 1946.

1943 The first permanent Department of Agriculture District Home Economist (DHE), Esther Anderson (Mrs. Larry Williams), was appointed in June to serve the Stettler district. The following year four more were hired. The DHE provided a service for homemakers similar to that given to farmers by the district agriculturists.

1943 Home economists can be counted on to show an interest in new foods! This was reflected in programs of the local associations in the 40’s when dehydrated foods were receiving some attention. A Calgary Home Economics Association program in 1943 included a speaker on dehydrated foods, and the minutes state: “This talk made us aware of the rapid growth and improvement of this industry and foretold some of the changes to be anticipated.” In 1945 dehydrated vegetables processed by Bulman’s in Vernon, B.C. were served at an Edmonton Home Economics Association dinner meeting.

1944 The first female supervisor of Alberta home economics teachers, Jeannette Hinman, was appointed. (First supervisor was Dr. W. G. Carpenter, principal of the Provincial Institute of Technology and Art in Calgary).

1944 There were now five district home economist offices in the province — the original one at Stettler, plus Calgary, Red Deer, Lethbridge and Willingdon.

1945 The Edmonton Normal School became the Faculty of Education, with the Calgary Normal School as a branch of the new faculty. All teacher training in the province was now under the

Faculty of Education, University of Alberta, and remained so until Calgary and Lethbridge acquired their own universities and education faculties.

1945 The first nutrition specialist, Joyce Lewis, was appointed to the Home Economics Extension Service, Department of Agriculture.

Not Always Smooth Sailing

Minutes of the local home economics associations record growth and progress; they also record periodic problems and difficulties. The May 1, 1946, president's report of the Calgary Home Economics Association refers to "*the all time high in presidents and the low in members*". (There had been three presidents that year and membership had dwindled.) Edith Whidden's 1967 history of the Edmonton Home Economics Association states: "*With so many accomplishments one might think that the membership of E.H.E.A. had been continuously enthusiastic, but such was not the case.*" She goes on to point out some periods of struggle and discouragement. Yet both associations did survive, adapt, and grow — adding new dimensions in scope and involvement.

“A measure of success is not whether you have a tough problem to deal with, but whether it's the same one you were wrestling with last year.”

“National Travelers Dynamo” quoted in *AHEA Newsletter*, November 1969.

1946 Mabel Patrick, Director of the School of Household Economics, University of Alberta, served as President of the Canadian Home Economics Association from 1946 to 1948.

1946 There were now eight permanent district home economist offices in the province.

1946 After a four-year lapse due to wartime travel difficulties, the Alberta Home Economics Association held a convention and annual meeting in Edmonton in October.

1947 The Canadian Association of Consumers (later the Consumers Association of Canada) was formed.

1947 The Calgary Home Economics Association signed a petition prepared by the Calgary Housewives Consumers' League asking the federal government to take steps to stop the rising cost of living.

1948 Berneice MacFarlane was appointed Supervisor of Home Economics (later called Education Consultant in Home Economics) for the Alberta Department of Education, a position she held until her retirement in 1976. During her tenure, the number of home economics teachers increased from about eighty-five to over five hundred.

1948 The Home Economics Extension Service of the Department of Agriculture appointed its first home design specialist, Caroline Judson, who had training in architecture and interior design.

1948 The first full-time nutritionist, Elva Perdue, was hired by the Alberta Department of Health in Edmonton. Prior to this, Norma Coburn (Mrs. Roy Trussler) had been employed in a part-time capacity.

1948 Thirteen permanent district home economist positions were now established under the Home Economics Extension Service of the Department of Agriculture.

1948 The Canadian Home Economics Association fifth biennial convention was held in Calgary with two hundred delegates in attendance. The conference theme was *The Home — the Basic Institute of Society*.

1949 A one-year restaurant management course was started at the Provincial Institute of Technology and Art, Calgary, by dietitian Alva Ripley (Mrs. L. Gross), who was head of the home economics department at the time. The course was offered until 1959 when the Food Services Department was taken over by commercially-trained chefs. For the school term 1959 - 1960, Norma Trussler (nee Coburn) taught the theory courses to the food services students, but after this more emphasis was put on practical commercial food preparation and less on nutrition.

1949 The provision of cars to eight district home economists facilitated the improvement of the quantity, quality and scope of their work.

1950 Grace Duggan (Mrs. A. Cook) was granted a year's sabbatical leave from the University of Alberta to conduct an extensive study on "Some Aspects of Home Economics Education in Canadian Universities". This study was sponsored by the Canadian Home Economics Association with financial assistance from the Canadian Life Insurance Officers' Association. It is interesting to note that a large proportion of the 400 employers of home economists who were interviewed expressed a need for home economists to have the ability to speak and write well. Among many other things, Miss Duggan pointed out in her study a concern for the lack of emphasis on the social sciences in home economics programs, and the need for increased study in the field of Home and Family Living. After a Canadian Home Economics Association committee studied the "Duggan Report", it recommended that "*Canadian universities offer*

more specialization in the home economics courses to meet the growing needs of the profession".

Acting on a motion made by Mabel Patrick, the Canadian Home Economics Association published the first issue of the *Canadian Home Economics Journal* in November, 1950. This quarterly journal has developed into a useful, interesting and highly professional publication.

The first home economics teachers conference and workshop was held at the Olds School of Agriculture and Home Economics on October 20, in joint session with the Alberta Home Economics Association convention held on the 21st. Seventy-three out of a possible one hundred twelve teachers attended the conference and seventy-eight attended the convention. Fiona Milne of Medicine Hat chaired the conference and workshop.

First Honorary Life Membership AHEA

ioneer home economist Catherine Gossip (nee McCaig) was granted the first honorary life membership in the Alberta Home Economics Association. Mrs. Gossip was unable to attend the convention due to ill health, and the following telegram was sent to her from the conference: *"The Alberta Home Economics Association in convention assembled would be honored to have you accept honorary membership in recognition of long and outstanding service in the interest of the profession. We especially appreciate the most excellent collection of material you have prepared for our archives."*

A School of Agriculture and Home Economics was opened in Fairview to accommodate the Peace River district.

The 1952 convention of the Alberta Home Economics Association was held in Banff at the School of Fine Arts, offering comfortable accommodation at reasonable prices.

<i>Room and Board</i>		<i>Meals Only</i>	
2 per room:	\$6.00	Breakfast:	\$.65
3 per room:	\$5.75	Luncheon:	\$1.00
4 per room:	\$5.50	Dinner:	\$1.35

At that time the convention fee was \$2.00; membership fee was \$1.00.

There were now fourteen district home economists. All were equipped with cars, some belonging to the government and some privately owned.

Convention Lighter Side

ollowing is an excerpt from the 1953 Alberta Home Economics Association Convention report:

"The attendance was good in spite of bad roads and cold weather, and the School of Agriculture staff treated us very well, as they have done before. Perhaps the real disadvantage in Olds as a convention choice is that no one wants to go to bed, and certain dignified officials even crept down to the kitchen at night, (not too bravely), to get supplies for a midnight snack. We seemed to be eating a good deal of the time."

Norma Bannerman (nee Fledderjohn) set up an evening course in food, nutrition, and cooking at the Provincial Institute of Technology and Art, Calgary. Courses were terminated in 1962 when the kitchen space was needed for the full-time restaurant management program.

The Alberta Home Economics Association established the Mabel Patrick Scholarship Fund. A \$100.00 scholarship was awarded for the first time in 1957 to Gwenita Nelson. This award has increased in value to \$450.00 and is given annually to a student of outstanding merit entering her third year of home economics at the University of Alberta.

Alberta Home Economics Association correspondence to the University of Alberta Board of Governors urged construction of a new household economics building.

The Calgary Home Economics Association presented a cooking school in the Canadian Western Natural Gas Company auditorium. This was the first major money-making project held to establish a scholarship fund.

The Alberta Home Economics Association presented a resolution recommending that grade twelve home economics be credited towards University of Alberta entrance. This was turned down by the Board of Governors at that time; however, Food Science 30 and Clothing and Textiles 30 did become university entrance subjects in 1972.

The University of Alberta Extension Department offered two off-campus credit courses for the first time in Lethbridge. Muriel Shortreed of Lethbridge was the foods instructor and Dr. W. J. Cousins instructed in history.

Separate workshops for dietitians, home economists in business and homemakers were held for the first time at the Alberta Home Economics Association Convention. (A separate workshop for home economics teachers had been held since 1950.) These continued for a number of years until the dietitians and teachers formed their own professional organizations and ultimately held separate conferences.

A decision to form the Alberta Dietetic Association was made at the dietitian's workshop held in joint session with the Alberta Home Economics Association. Some of the dietitians involved with the formation were Margaret Hamilton, Director of Dietetics at the Royal Alexandra Hospital, Edmonton; Helen Jacobson, Director of Dietetics at the Calgary General Hospital; Margaret Lang (Mrs. K. D. O'Byrne), Director of Dietetics at the University Hospital, Edmonton; and Mabel Patrick, Director of the School of Household Economics, University of Alberta. Margaret Hamilton served as the first president.

Mabel Patrick's retirement from the School of Household Economics after thirty-eight years of service marked the end of an era. A testimonial dinner held in Edmonton in her honor was attended by many of her former students. Good wishes were sent by a great number of those who were unable to attend. This same year the Alberta Home Economics Association presented Miss Patrick with an honorary life membership for her long and outstanding service in the interest of the profession.

Hazel McIntyre was appointed Director of the School of Household Economics at the University of Alberta. Miss McIntyre graduated from the School in 1924 and joined the staff there one year later.

The first clothing specialist, Helen Moseson (Mrs. G. Samuel), was appointed to the Home Economics Extension Service of the Department of Agriculture.

“In Textiles you may remember at first cotton, linen and wool as the fibres, with the later addition of rayon, with simple tests and examination by microscope. The sewing was equally simple with the traditional pot holder, two hand towels, an apron with belt and pockets, then a garment as simple as a nightgown or as difficult as a dress. The ‘piece de resistance’ was a corset cover, long out of general use, but using such a wealth of experience with French seams, fell seams, hemming straight and curved edges, edging with insertion, in turn trimmed with gathered lace, button holes, buttons — all done on fine white hainsook. I wonder what happened to these. Mine ended in a ‘missionary barrel’”

Hazel McIntyre: “Reminiscences of the School of Household Economics”, *AHEA Newsletter*, June 1976.

Some Hazel McIntyre Wisdom

Following are excerpts from a speech given by Hazel McIntyre at the 1956 Alberta Home Economics Association Convention.

“ . . . when one thinks of the micro-wave oven which bakes food in cool dishes — a baked potato in four minutes, a baked apple in five, a roast in a little over an hour. The person who said as she watched the food cook that she didn't believe it even if she could see it, expresses a little of the feeling that some of us have. Thermostats and timers on the ovens, caloric control on hot plates, ovens in the wall, heating in the floor, modern vacuum cleaners, automatic washers and driers, steam irons, frozen foods, aeroplanes, television, and nylon stockings! Those of us who have watched these appear can gloat over every one of them and show the back of our hand to the good old days. One thing I came on that gave me pause — there are now empty calories and full ones! . . .

“And as to the future — that's the question. Having a 'captive audience' I shall take advantage of the situation to scold you and, I hope, encourage you. How many of you, with the educational privileges you have had, still use your minds? Do you say 'My these new fabrics are wonderful', but don't know where they came from or how to treat them? The micro-wave oven will soon be offered to you. Can you understand it or will you be suspicious that somehow or other it is radioactive and will harm you? . . . As for quick mixes — can you take them or leave them, knowing their weaknesses and good points? . . . My plea is that you insist on understanding the things you use every day . . . You could become frightened at the possibilities (of the future). But it is better, I think — I hope you agree with me — to do your work as it comes and enjoy all the wonders of our new world — as it unfolds day-by-day. It is an exciting world — appreciate it, enjoy it, and use your mind and heart to its limit.”

The Canadian Dietetic Association convention was held in Edmonton with Margaret Lang (Mrs. K. D. O'Byrne) acting as chairman.

The Lorena Barfoot Prize of \$50.00 was awarded for the first time to the top student entering dietetics. It was awarded eleven times in all until 1968 when the legacy in her memory had been entirely used. Lorena Barfoot (nee Richardson) was an early Edmonton dietitian.



District Home Economists (1950's). (l to r): Elizabeth Bartman, Irene Leavitt (nee Reid), Norma Jean Gray (nee Hogg), Amelia Randall (Mrs. Pal).

By now a total of twenty-one district home economist positions had been established in the Department of Agriculture.

The Calgary Home Economics Association struck a committee to provide information about the home economics profession to students and guidance counsellors. This committee, ultimately the Vocational Guidance and Public Relations Committee, functioned jointly with representatives from the Calgary Association, the Alberta Registered Dietitians Association (ARDA) and the Alberta Home Economics Association (AHEA) until the early 70's. After that time, it appears that the responsibilities of the committee returned to the individual associations.

A similar joint committee representing the Edmonton Home Economics Association, ARDA and AHEA functioned in Edmonton for many years.

A committee was set up by the Edmonton Home Economics Association (EHEA) to urge the University of Alberta to build a new home economics building. Peggy Robblee (nee Tredger), president, made an oral presentation on behalf of EHEA to Dr. Walter Johns, president of the University of Alberta, bringing to his attention the urgent need for improved facilities and a wider range of courses. Berneice MacFarlane, provincial Supervisor of Home Economics, spoke to the Board of Governors regarding the need for better facilities for the training of home economics teachers.

For a number of years, New Products Dinners were a popular fund-raising event for both the Edmonton and Calgary associations. In addition to being a good source of revenue, they served as a vehicle for introducing new products to members and the public. The Edmonton Home Economics Association held its first New Products Dinner in 1958, a second in 1962, and one every alternate year until 1970; the Calgary Home Economics Association sponsored nine such dinners between 1961 and 1975.

The March 1955 minutes of the Calgary Home Economics Association indicate that this Association had actually held the first New Products Dinner in Western Canada, a buffet-style, non-fundraising event, presented at the annual meeting in May of 1954.

A brief to the Cameron Commission on Education was presented by the Edmonton Home Economics Association, and endorsed by the Alberta Home Economics Association and the Alberta Dietetic Association. Three Calgary Home Economics Association members also presented a brief supporting home economics education in the schools.

Dietitians Become Registered

In April 7, 1959, Bill Number 37 was passed in the Alberta Legislature incorporating The Alberta Registered Dietitians Association and giving dietitians in the province professional status. The Alberta Dietetic Association (ADA) thus became the Alberta Registered Dietitians Association (ARDA). Mary Mitchell (nee Neilans) was the first president. There were twenty-nine charter members.

The Edmonton Home Economics Association condemned green stamps and advocated fluoridation of water.

For the first time, the first year of home economics was offered in Calgary on the campus of the University of Alberta, Calgary Branch. Students transferred to the University of Alberta, Edmonton, to complete the remaining years required for the bachelor's degree.

The first Calgary Home Economics Association scholarship in the amount of \$100.00 was presented to a first-year home economics student at the University of Calgary, Helen Tory. In 1961 this was increased to \$200.00; in 1969 it was offered to a second-year student at U of C. The award is currently (1980) valued at \$250.00 and is offered to a second-year student on the University of Alberta campus, Edmonton, with preference given to a student from the Calgary area.

Dr. Elizabeth Empey was appointed associate professor and director-elect of the School of Household Economics, University of Alberta. Dr. Empey had been studying at Cornell University where she received an M.Sc. degree in 1956 and a Ph.D. in 1959. Prior to 1954 she had been head dietitian in the university residences at the University of Alberta.

The first microwave oven demonstrations in Alberta were given throughout the province by home economists from Calgary Power and Canadian Utilities.

“We started with an oil stove which smelled and often smoked when not trimmed properly. We had electric stoves which proved not to be very satisfactory ones. The gas company came to the rescue with the offer of free stoves. We gladly accepted the offer of a deep freeze and had an electric and gas refrigerator after not having any at first. The latter, if turned off any time, had to be lighted in an awkward fashion by lying on the floor. Found in this undignified position by our kind caretaker, Mr. Williams, the instructor was firmly told that this was not fitting — that in future it must be left to him. It was a great day when we got a micro-wave oven — although the only space for it was also on the instructor’s platform along with the deep freeze.”

Hazel McIntyre: “Reminiscences of the School of Household Economics”, AHEA Newsletter, June 1976.



1960 photo of Calgary Power Home Economist, Bette Purves, demonstrating first microwave oven used in Alberta

Hazel McIntyre retired from the School of Household Economics, University of Alberta, after thirty-five years of service. Dr. Elizabeth Empey was appointed Director of the School, a position she held until 1976.

Mabel Patrick received the first Honor Award presented by the Canadian Home Economics Association for her outstanding contribution to the Association.

After meeting and studying for two years, a committee of dietitians, chaired by Betty Mullen (nee Blackburn), Director of Dietetics at the Misericordia Hospital, prepared and published *The Edmonton Hospital Diet Therapy Manual*. Instruction sheets for standardized diets were made available to doctors for use in their offices.

The eleventh biennial Canadian Home Economics convention was held in Edmonton with Ada Lent as Convention Chairman. Conference theme was *Advancing the Frontiers of our Profession*. A pre-convention course on nutrition was held under the direction of Grace Duggan (Mrs. A. Cook).

1961 - 1970

A Changing Society — An Adapting Profession

The 60's were a time of both progress and revolt in society: progress in expanding jobs, markets, and social legislation; and revolt against injustices to individuals, minorities and the environment. Home economists found their role expanded as they became involved in social welfare activities, a diversified education program for the schools, and an increased focus on family life issues. Throughout the 60's the educational offerings grew to include two-year technical courses, and refresher courses for graduates, as well as a master's degree. The provincial association accepted for membership people performing the work of home economists, but with qualifications other than a degree in home economics. The professional association, and the profession, had come of age.

Dr. Nancy Sheehan

The Home Economics Teachers Council of the Alberta Teachers' Association was formed with Muriel Shortreed of Lethbridge as its first president. Fifty-eight members were present at the inaugural meeting. A provisional executive, chaired by Fiona Milne, had laid the groundwork and drafted a constitution the preceding year. In the years since then, the Council has been very successful in promoting the sharing of expertise, knowledge and resources amongst home economics teachers.

Home visits were made by Edmonton Home Economics Association members on a voluntary basis for the Family Service Bureau to assist needy families with low-cost meal planning, nutrition information and money management. This continued as a volunteer project until 1967 when home economist Carol Gilfillan (nee Wensley), who had been working as a volunteer, was hired part-time by the Bureau.

A comprehensive revision of the Alberta Home Economics Association constitution was made. One important change was the addition of convention chairman to the executive. This meant that the other executive members were no longer burdened with the

responsibility of organizing an annual convention and thus had time to devote to other areas of association business, resulting in a more vital and meaningful professional organization. Another significant revision was made to allow a person with a university degree in an area other than home economics to become an active member, providing he or she had a major in a related field and could provide satisfactory evidence that, through training or experience, he or she had become, in interest or practice, a home economist.

“Our constitution was drawn up a year ago. Already we find that some changes are desirable. The names which were chosen to designate our committees have been found to be inadequate. This is encouraging — a constitution, to meet changing conditions, must be ever-changing.”

Mabel Patrick: “President’s Report”, *AHEA Annual Meeting*, 1936.

The School of Household Economics at the University of Alberta offered its first post graduate program, a Masters Degree in Nutrition. With a post graduate program established, research and publication of papers in this field commenced. Alberta Elcombe (nee Moreau) was the first candidate and the first graduate (1965).

The Calgary Home Economics Association (CHEA) sponsored the first Bishop Method of Clothing Construction Workshop. Kitty Rotruck, a former student of Edna Bryte Bishop, instructed these workshops, which were attended by home economists and clothing instructors. Seven such workshops were held in Calgary under the sponsorship of CHEA from 1961 to 1976, after which time sponsorship was relinquished to the Bishop Council (Alberta Chapter). A workshop was held in Edmonton in 1978, sponsored jointly by the Council and the Edmonton Home Economics Association, but to date no further workshops have been held.

A recommended salary schedule for dietitians was prepared by Irene Mayrs and approved by the Alberta Registered Dietitians Association (ARDA). Later study showed that many hospitals had not met the minimum recommendations and it was suggested that meetings be arranged with the Alberta Hospital Association. The resulting negotiations between ARDA and the hospital association established salary levels and standards, although these could still be accepted or rejected by each hospital.

In response to a request from the School of Household Economics at the University of Alberta, a study was undertaken by the Edmonton Home Economics Association to assist the School in revamping its courses.

A new curriculum for junior high was approved and introduced in the schools in September 1961. There were three levels, increasing in difficulty, with approximately one-third of the program in foods and related topics, one-third of the program in sewing and related topics, and one-third of the program in a variety of electives.

The Canadian Dietetic Association instituted an alternate scheme for qualifying in dietetics; under this scheme a home economics student could complete portions of the internship program in the summer recesses between university terms. Sixty-nine interns trained in various phases of this program until it was discontinued in 1970.

During its first year, the Home Economics Council of the Alberta Teachers' Association (founded in 1961) established two priorities — recruitment of members and publication of a professional journal. To achieve the first objective, the executive attended many teachers' conventions throughout the province to explain the new council's function. Over the years, membership increased steadily to the current figure of over five hundred.

The second priority was achieved when the first issue of the journal was published in January, 1962. Under the direction of editor Verna Gray, a Lethbridge home economics teacher, this quarterly journal soon became a polished and professional publication. Originally called *Home Echoes*, today it is titled *Journal of Home Economics Education*.

A brief, prepared by the Alberta Registered Dietitians Association and presented to the Royal Commission on Health Services, recommended that the Commission explore means of increasing the number of professional people involved in the areas of nutrition and food services in the province.

Lethbridge Junior College began admitting students to the first year of a degree program in household economics. Students transferred to the University of Alberta in Edmonton to complete the remaining years required for the bachelor's degree.

Calgary home economists, Carol Blyth (nee Eyford), Phyllis Burgess (nee Jorgensen), Beverley Kwong (nee Young) and Barbara MacDougall (nee Curlette) gave talks at the Ponoka Mental Hospital on meal planning, budgeting and time management. This developed into a project carried on until 1971 in cooperation with the White Cross Centre in Calgary, with lectures and demonstrations given at the Foothills Hospital. The Edmonton Home Economics Association undertook a similar project also through the White Cross Centre, involving the rehabilitation of women from the Fort Saskatchewan Penitentiary.

1962 Olive Gerrard was appointed to the position of Western Diet Counsellor for the Canadian Diabetic Association (one of two such positions in Canada). She was stationed in Edmonton and provided nutrition information to diabetics, their families, members of the medical professions and the public in the three western provinces. The Muttart Foundation sponsored the position and paid the salary. Miss Gerrard's title has been changed to Nutrition Consultant but the purpose of her work and the sponsor remain the same.

1963 Calgary members of the Alberta Registered Dietitians Association were involved as volunteers in establishing Meals on Wheels, an at-home meal delivery program. Edmonton dietitians became similarly involved when the program was established there in 1969.

1963 The School of Household Economics, University of Alberta, became part of the Faculty of Science when the Faculty of Arts and Science was divided into two separate faculties.

1963 A home management specialist, Patricia Mascaluk (Mrs. Glen Cooper), was appointed to the Home Economics Extension Service of the Department of Agriculture.

1963 The Edmonton Home Economics Association celebrated its 40th anniversary. Honorary life memberships were presented to charter members Mabel Patrick, Alberta Hastie and Ida McGregor-Smith.

1963 Camrose Junior College began admitting students to the first year of a degree program in household economics. Students transferred to the University of Alberta to complete the remaining years required for the bachelor's program.

1963 The three Agricultural Schools became Colleges; major curriculum changes took place. Home economics courses were offered at Vermilion only; the original program at Olds was replaced by a clothing and design course (later called Fashion Merchandising) which, with minor changes, is still functioning today; home economics courses were dropped from the Fairview curriculum.

1964 In 1962, after much investigation and planning, the Alberta Registered Dietitians Association (ARDA) had made the decision to establish a two-year program in Dietary Technology at the Northern Alberta Institute of Technology in Edmonton. This program, developed under the direction of an ARDA committee chaired by free-lance dietitian Mairi Gamble (nee Matheson), commenced in 1964. Marilyn Sangster (nee Day) was the first director. The first class graduated in 1966; twenty-three or twenty-four students have graduated each year since.

In response to a need for dietitians to provide auxiliary service to small hospitals, the Alberta Registered Dietitians Association (ARDA) contacted dietitians throughout the province. As a result, a refresher course was offered at the University of Alberta in the spring of 1964, sponsored jointly by ARDA, the School of Household Economics, and the Department of Extension.

The Edmonton Home Economics Association established the Hazel McIntyre Scholarship, a \$125.00 award to be granted annually. Now a \$300.00 award, it is offered to a student of outstanding merit entering her third year in the foods and nutrition program.

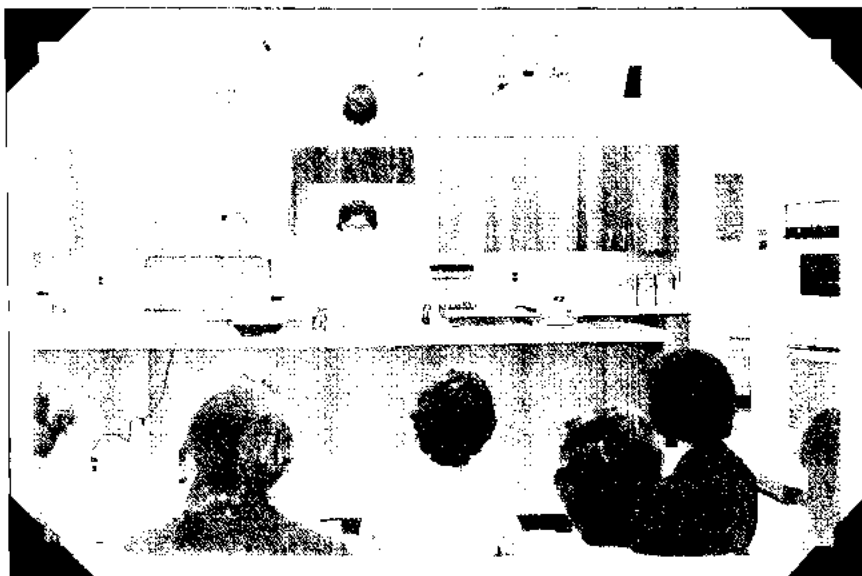
New high school curriculum guides were introduced in the fall term. A new course, Home Economics 21 (dealing with family living) replaced the old Home Economics 20, and was offered to grade eleven and twelve girls and boys.

“We have come a long way in Home Economics in the last twenty-five years — so very far from the emphasis upon skills alone — to this day we realized the importance of all activities in the home as well as learning the art of living together in the family and community. Social and family relationships is a necessary subject in any course of study today.”

Christine McIntyre: “President’s Report”, *AHEA Annual Meeting*, 1940.



Senior high Food Science and Clothing classes (1977)



Demonstration room in new Household Economics Building, University of Alberta.

A new Household Economics building, comprised of four floors, opened at the University of Alberta on November 20, 1965. This was the culmination of years of expectation and effort on the part of Household Economics faculty and home economists throughout the province.

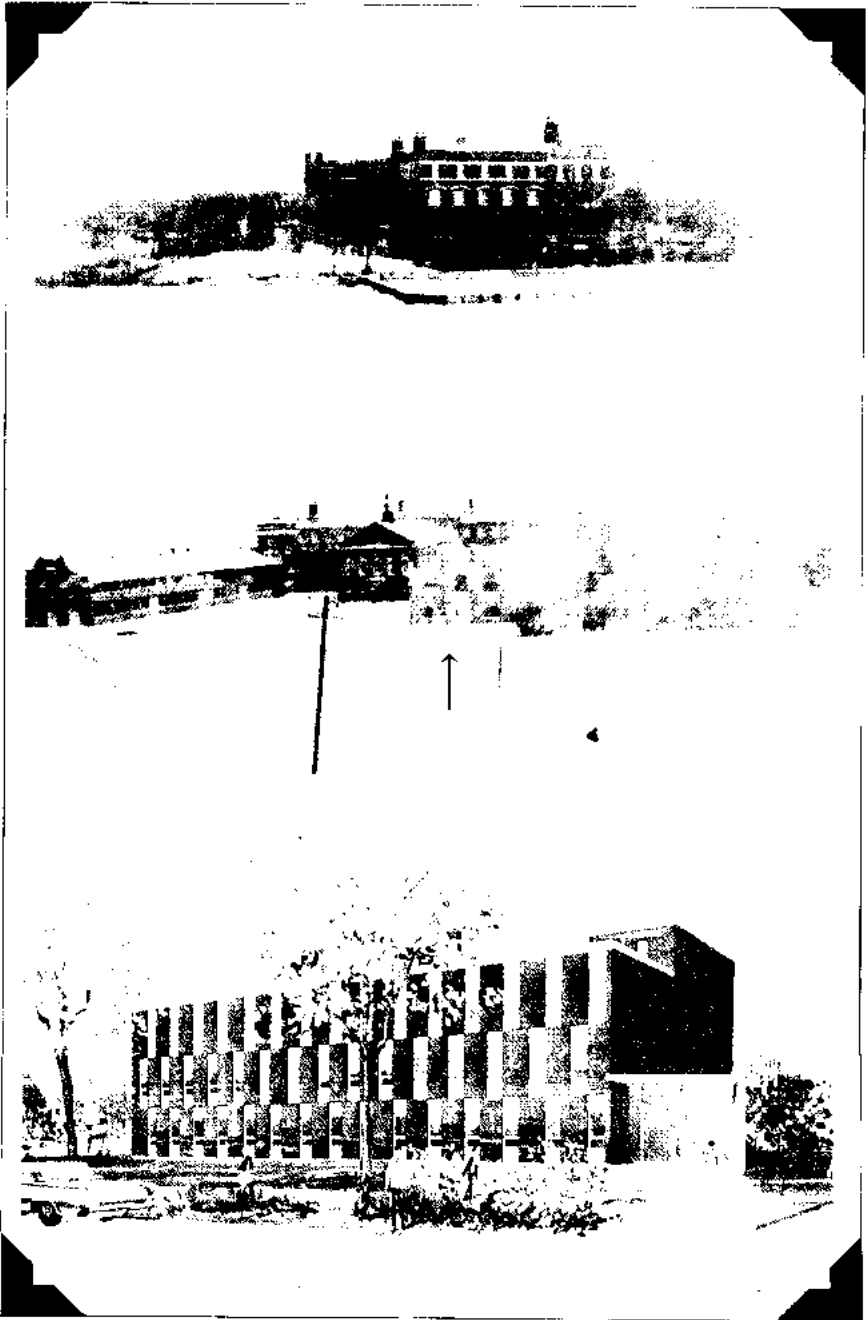
The School of Household Economics at the University of Alberta offered a revised curriculum. The three programs of study, leading to a Bachelor of Science degree in Household Economics [B.Sc. (H.Ec.)], were:

- General Program
- Specialized program in Foods and Nutrition
- Specialized program in Clothing and Textiles

Enrolment in the Bachelor of Science program in Household Economics increased approximately 50% over the previous few years. It was felt this was due to the improved facilities and flexibility in the new programs.

The Alberta Home Economics Association and the Alberta Registered Dietitians Association jointly presented photographs of Mabel Patrick and Hazel McIntyre to the School of Household Economics for the new Household Economics Building.

Mabel Patrick received an honorary Doctor of Laws degree from the University of Alberta. In "A Tribute to Mabel



Home Economics "homes" at the University of Alberta. Upper: Arts Building, 1918 - 1920; Middle: South Lab, 1920 - 1965; Lower: Household Economics Building, 1965 - present

Patrick" (*AHEA Newsletter*, October, 1974) Hazel McIntyre states: "When the University of Alberta conferred on her the honorary degree of Doctor of Laws, hundreds of friends felt that years of devotion to the cause of home economics had been recognized and 'trumpets sounded' among her graduates."

A volunteer placement officer was appointed by the Calgary Home Economics Association to assist in placing members in both paid and volunteer home economics positions.

In Calgary, Mairi Gamble (nee Matheson) established the first dietetic consulting firm in Alberta, known as Cochran Consulting Ltd. This firm is still in operation today.

In the province there were now 295 home economics classrooms, including those at 4 Indian and 2 private schools.

The Calgary Home Economics Education Research Committee was set up to prepare a brief requesting a home economics program at the University of Calgary. This committee, which had representation from the Alberta Home Economics Association, Canadian Home Economics Association, Alberta Registered Dietitians Association, Home Economics Council of the Alberta Teachers' Association, and the Calgary Home Economics Association, ultimately joined forces with the Family Life Committee of the Social Planning Council. A joint brief was presented to the University of Calgary in 1970 requesting a family life program on the U. of C. campus. The request was not granted but the university committee which had been established to study the brief recommended that family life programs be incorporated and expanded in the Continuing Education Department.

During the early years, members of the Home Economics Council of the Alberta Teachers' Association worked with almost a missionary zeal to attract members, arrange book displays and book collections for loan, provide workshops and conferences, publish teaching aids, conduct research, and cooperate with home economists in other fields. No expense or effort was spared in this drive to share expertise. As many home economics teachers work in relative isolation compared with teachers of other subjects, the need for a bond with other home economists was keenly felt; the new Council met it well.

The School of Household Economics at the University of Alberta became an autonomous school. (Earlier it had been a unit within first the Faculty of Arts and Science and later the Faculty of Science.)

Home Economists Investigate Registration

In 1966 the Alberta Home Economics Association (AHEA) began considering the feasibility of registration (self-regulation) for professional home economists. This led the Association, from 1968-70, to first consider and then implement a change in its structure.

In 1970 the executive struck a special committee on registration, chaired by Irene Leavitt (nee Reid) to study the question in depth. In March 1971 a questionnaire was sent to home economists inviting the opinion of all who were concerned about the status of the home economics profession. The 145 questionnaires returned indicated that slightly over 80% of the respondents felt registration was important to them, while 95% were willing to support registration financially.

In 1972 the Alberta Legislature appointed a Select Committee on occupations and professions; the AHEA committee on registration had input into the deliberations of this legislative committee. Until the Select Committee reported and policies were subsequently established by the government AHEA could take no concrete steps toward self-regulation. Nevertheless, the Association resumed its study of the question. As some members of the original special committee on registration could no longer serve, new members and a new chairman (Beth Empey) were appointed in October 1976. Members of this committee, presently chaired by Betty Crown, have met with government officials, studied the policy paper which the government wrote in May 1978, met with local associations, and prepared a working paper *Towards a Home Economics Profession Act*.

The Calgary Home Economics Association and the Alberta Registered Dietitians Association set up a joint committee to present a brief demonstrating the need for a city nutritionist to the Calgary Medical Health Officer, and to a special committee on Preventive Health Services in the Alberta Legislature. Three years later, in November of 1969, the first city nutritionist Catherine Ellis (nee Young) was hired in Calgary.

The Edmonton Home Economics Association, in cooperation with the University of Alberta Extension Department and the School of Household Economics, offered a refresher course for home economics graduates . . . *Home Economics Today*.

Centennial Gavel Presentation

A special hand-crafted centennial gavel was presented to the Edmonton Home Economics Association in September of 1967 by Josephine Neelands (nee Penman). The gavel was designed and crafted by her uncle, David Penman, from oakwood taken from the old Technical School built in 1914 and torn down in 1966.

AHEA Newsletter Editor Elected

Betty Mullen (nee Blackburn) of Edmonton was elected Newsletter editor, a position she held for twelve years. Under her direction a new format was developed to meet the objectives, adopted at the 1967 Alberta Home Economics Association annual meeting, that "... the Newsletter be made as professional and useful a publication as possible". With some minor modifications, this Newsletter format is still in use today, and continues to provide an excellent vehicle for informing and educating its readers.

Grande Prairie H. Ec. Association Formed

The Grande Prairie Home Economics Association was formed in 1967, with twenty charter members. Lynn Wight was the first president. This was the first local association established outside of Edmonton and Calgary.

1967 Roberta Price (nee MacAdams) was honored posthumously by the Alberta, Edmonton and Calgary Home Economics Associations, and other women's organizations in the province when her portrait was hung in the Legislative Building, Edmonton.

1967 The Alberta Home Economics Association Centennial Scholarship was established in 1967 and awarded for the first time in 1969 to Dianne Axelson. The first scholarship was \$150.00; this has increased to a current value of \$600.00. It is awarded to a second-year home economics student of outstanding merit.

1967 Dr. Mabel Patrick, Berneice MacFarlane and Elva Perdue were recipients of centennial medals, a national award from

the federal government in recognition of their valuable service to the nation.

Edmonton home economist Edith Whidden (nee Romans) wrote a history of the Edmonton Home Economics Association on the occasion of the Association's forty-fourth birthday and Canada's centennial.

Hazel McIntyre published a cookbook *Made to Measure* and contributed the proceeds to the Alberta Home Economics Association for the Centennial Scholarship Fund.

There were twenty-seven district home economist positions in the province.

There were fifteen full-time academic staff members in the School of Household Economics, University of Alberta.

The Alberta Home Economics Association sent letters to the Prime Minister, party leaders and Alberta Members of Parliament requesting the appointment of at least two qualified women to the Planning Committee for the Conference on Human Rights to be held in Canada in 1968.

In 1967 the two-year Dietary Technology program, which had begun at the Northern Alberta Institute of Technology in Edmonton, in 1964, was offered at the Southern Alberta Institute of Technology in Calgary with Dawn Jones (nee Virtue) as the first director.

In the same year, a one-year correspondence course in Dietary Aide Training was started for people wishing to broaden their knowledge of foods and nutrition. The course was taken by homemakers and those working in hospitals, nursing homes and senior citizens' homes. The program, developed by dietitian Mairi Gamble (nee Matheson), has grown from an enrolment of 51 in its first year to 162 in 1980.

The Edmonton Home Economics Association sponsored a refresher course through the University of Alberta Extension Department — ten lectures on *Fabrics and Food Management*.

Community concerns were reflected in activities of the Association. A Community Involvement Committee was struck to investigate ways in which EHEA, through its members, could offer expertise and service to community organizations. Responding to the need of the Family Service Association, a number of members volunteered to counsel families on budgeting, meal planning and preparation, and home management. Two members, Betty Mullen (nee Blackburn) and Carol Gilfillan (nee Wensley) assessed the food services at Jellinek House, the United Church half-way house for male alcoholics, and prepared a report recommending procedures to improve the nutritional content of the meals and reduce costs.

Consumer Consultant Hired by CBC

In 1968 Arlene McKay (nee Bowser) was hired as a consumer commentator for CBC radio in Calgary, a position she held until the end of 1976. This period was marked by a heightened awareness of consumer affairs. Her popular programs — which included two daily broadcasts, a weekly market basket and a biweekly open line program — provided timely information on goods, services and consumer legislation.

Carol Blyth (nee Eyford) and Bette Purves, two Calgary home economists, researched and compiled the first edition of *The Past is Prologue*, a history of home economics in Alberta. It was printed by the Alberta Home Economics Association and sold to members for two dollars a copy.

The Lethbridge Home Economics Association was formed with thirty charter members. Muriel Shortreed was the first president.

The Calgary Home Economics Association sent two letters to the Royal Commission on the Status of Women dealing with tax relief and day care centres. The Alberta Home Economics Association submitted a letter recommending that the following be encouraged:

- Working hours of part-time employed mothers be correlated with the school day.
- Hiring of two part-time women rather than one full-time, when possible.

The Edmonton Home Economics Association launched a project coordinated by Betty Mullen, Carol Gilfillan and Mona Cox with the purpose of providing up-to-date, useful and reliable information to the readers of the *Edmonton Journal*. For several months a column entitled "Home & Family — Local Home Economists talk with Mary Mark" appeared each Friday. Columns included information on nutrition, food preparation and storage, clothing construction, household management, time and money budgeting, and child care, among others.

For the first time, the Calgary Home Economics Association offered a \$100.00 scholarship to an association member taking a second degree at the University of Calgary. This scholarship has been granted a total of twelve times since Connie Lynch was the first recipient in 1970.

Mairi Cochran (nee Matheson), a consultant dietitian, was hired on a part-time basis to develop the position of Co-ordinator of Food Services for the Calgary Board of Education. By 1975 the duties and responsibilities had expanded to the point that this became a full-time position; Catherine Kennedy (nee Ryan), who had been hired two years before on a part-time basis, became full-time coordinator.

On behalf of the Edmonton Home Economics Association, Marion Zarchadas (nee Empey) and Carol Gilfillan (nee Wensley) prepared and presented a brief to the Edmonton Board of Health supporting the appointment of a city nutritionist.

The Canadian Dietetic Association Convention was held in Calgary with Helen Jacobsen as convention chairman.

The School of Household Economics, University of Alberta, was reorganized into three Divisions: Foods and Nutrition, Clothing and Textiles, and Family Studies (a new area of specialization). A four-year program was offered in each division, all leading to the degree B.Sc. in Household Economics.

The Royal Commission on the Status of Women, established in 1967, released its report in September of 1970. At the 1971 annual meeting of the Alberta Home Economics Association, a motion was passed to strike an ad hoc committee to study the report and act as a centre for reactions and recommendations from individual home economists and regional home economics associations. At the 1974 and 1975 AHEA annual meetings resolutions were passed urging the Alberta government to establish an Alberta Advisory Council on the Status of Women as recommended in the Royal Commission.

Toward the end of 1975 the Alberta Status of Women Action Committee (ASWAC) was formed with representatives from the Edmonton, Grande

“For many years it has been a mystery to me why we can give so much concern economically, politically, and socially to areas relating to the breeding and feeding of animals, and create out of these areas highly acceptable and prestigious status positions for men, but can somehow never become concerned about the breeding and feeding of the human animal which is primarily the concern of women.

“It seems therefore important that if ever we are going to achieve recognition and status for our profession and the discipline it encompasses, we must first turn our concern to the status of the tasks and the persons who perform those tasks with which the profession is concerned. Home Economics wants a new image. The road to that new image lies directly through the concerns of the women’s movement. We must become involved and aware — ‘conscious’.”

Doris Badir: “Closing Remarks”, AHEA Convention, April 1973.

Prairie, Calgary and Lethbridge regions. Through to the present there have been both individual home economists and representatives of the associations on the local ASWAC committees; they have continued to press for women's rights in many areas.

A committee established by the Alberta Home Economics Association in 1968 published a *Directory of Home Economics Services in Alberta* which was made available to members and interested people throughout the province.

Arlene McKay (nee Bowser) and Jean Neve (nee Taylor) represented the Calgary Home Economics Association on the founding board of the Bowness-Montgomery Day Care Association. An old school in the Bowness district was converted into a day care centre and, with city and provincial government support, opened on May 1st. The Calgary Association has had continuous representation on this board to the present (1980).

Pollution was a growing concern. The Calgary Home Economics Association sponsored a symposium on pollution, *Cities in Crisis*, which was open to the public. Betty Mullen (nee Blackburn), on behalf of the Edmonton Home Economics Association, sent a letter to M.L.A.'s and appropriate government officials requesting legislation to reduce the phosphate level in detergents. The government did enact such legislation.

The Alberta Home Economics Association (AHEA) convention theme was *The Challenge of Change*. Keynote speaker was Dr. Janet Wardlaw, Dean of the College of Family and Consumer Studies, University of Guelph, with an address entitled "Home Economics — What Will It Mean in 1980?" (A taped copy of this address is in the AHEA archives.)

The first administrative dietetic internship program in Alberta commenced at the Misericordia Hospital, Edmonton, under the directorship of Mrs. Edith Hughes.

A Home Economist in Business (HEIB) group was formed in Calgary with Margaret Tzogoëff (nee McLachlan) as first chairman. By then, home economists were established in a variety of positions in government and industry, and the need was felt to keep in touch with each other on a regular basis. Because many home economists in business were involved with travel and evening work, monthly noon-hour meetings were instituted; these have continued to the present.

Shortly after the Calgary group started, a similar group of home economists began meeting on a casual basis in Edmonton. In 1974, an Edmonton HEIB group was organized on a regular basis under the chairmanship of Elizabeth Richards (nee Frost).

The Textile Analysis Service, a research and testing service for the analysis of textile performance, was established in the School of Household Economics at the University of Alberta. From a modest beginning, this service has expanded and grown to provide a unique and valuable service to the community. The Textile Analysis Service offers information to consumers on selection, use and care of textiles. Garments and household textiles which fail to perform as expected may be submitted for determination of cause and responsibility for the problem. In addition, consultation regarding conservation of historic clothing and textiles is available.

Volunteer dietitians joined forces with Dr. Barbara McLaren of the Faculty of Food Sciences, University of Toronto, to establish weight control programs at the Calgary General Hospital, the Royal Alexandra Hospital in Edmonton, and later the Rockyview Hospital in Calgary. These programs are still functioning today.

The following year, in 1971, the Alberta Registered Dietitians Association printed a weight reduction booklet containing meal patterns and pertinent dietary information.

1971 - 1980

A Maturing Society — A Vital Profession

The 70's found home economists concerned about pollution, stress, energy conservation and the status of women and children. Members of the profession were employed by schools and universities, government agencies and private corporations; they were involved in the production, sale and consumption of goods; they presented workshops, programs and fairs to the public; they organized and attended classes, seminars and refresher courses for themselves. Home economists' interests enveloped the community and they entered the 80's as a vital component of society.

Dr. Nancy Sheehan

From 1966 to 1971, a special committee of the Alberta Home Economics Association had investigated the advisability of the joint collection of fees between the provincial and local home economics associations. A joint fee structure was established in the 1971-1972 fiscal year and has continued to the present.

A specialized Therapeutic Dietetic Internship, the first of its kind in Canada, was established at the University of Alberta Hospital.

Members of the Calgary Home Economics Association had representatives on boards of Meals on Wheels, Bowness-Montgomery Day Care Centre, Local Council of Women, Consumers' Association of Canada, Vocational Guidance Committee and Local Council of Jewish Women.

AHEA Executive Secretary Appointed

In September of 1971, the Alberta Home Economics Association appointed its first executive secretary, Susan Somerville (nee Smith), to act as general coordinator and public relations officer for home economics activities in the province.

The Edmonton Home Economics Association changed its name to the Edmonton Area Home Economics Association. Activities for the year demonstrated a wide variety of concerns. A workshop, *The Changing Family Role*, was presented for members and the public. Activities of the Community Involvement Committee included a review of the Competition Act, concern over vending machines in schools, the commending of IGA food stores for adopting unit pricing, and the formation of a committee to study food additives and prepare a fact sheet.

Several members of the Lethbridge Home Economics Association participated in a televised presentation promoting the home economics profession and presenting its objectives to the public.

The Alberta Home Economics Association appointed an ad hoc committee to study the report on the Status of Women in Canada.

Food Science 30 and Clothing and Textiles 30, both senior high school home economics courses, became credit courses for university entrance in Alberta.

The Alberta Registered Dietitians Association made a submission to the Medical Health Officer, City of Edmonton, supporting the establishment of a city nutritionist position.

A new curriculum for junior/senior high, put into use in 1972, divided home economics into three major areas — food and nutritional science; modern living; and textiles and clothing. Within these subject areas, teachers were given freedom and responsibility for planning learning experiences to suit the particular situation, be it urban or rural, high budget or low.

AHEA Advisory Council Established

In 1972 the Alberta Home Economics Association established an Advisory Council comprised of "five elected members who are active members of the Association, leaders in the home economics profession, and individuals in whose judgment members have complete confidence." The term of office is three years, with membership staggered to ensure continuity. The Advisory Council's duties include acting in an advisory capacity to the Executive and establishing and reviewing criteria for special categories of membership. The Council's first chairman was Mrs. Helen Bentley of Edmonton.

“Surely household science in the hands of a thoughtful teacher is as capable of being made an educative and cultural subject as any other on the public school curriculum, and a table of proportions can as well add corrugations to the brain as can the recital of the rivers of Persia, for instance. Teaching which is connected, as household science is, with actual every-day experience, is bound to be doubly effective, and the same advantage may be urged for this that is claimed for technical training in general, that by combining the doing and the knowing a double benefit is reaped.”

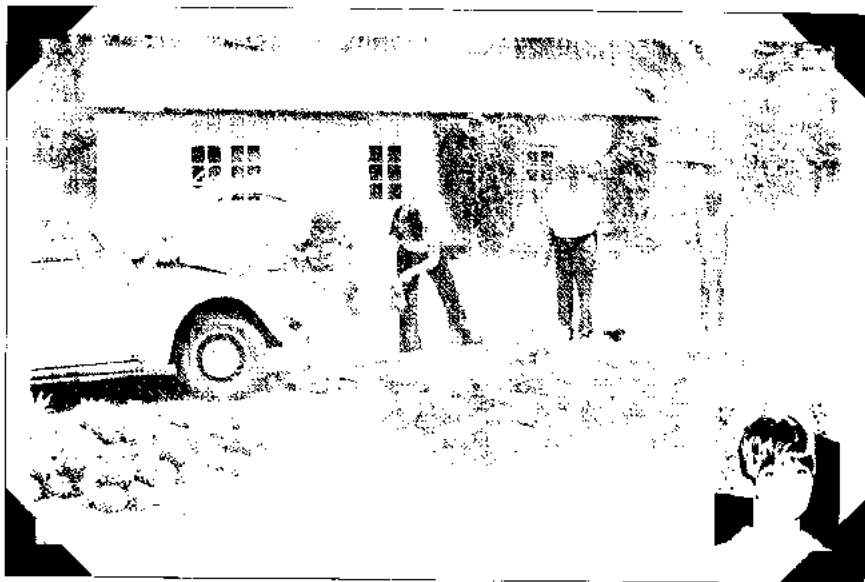
Roberta MacAdams: “Domestic Science for Rural Schools,” *Address in AHEA Archives, 1913.*



Crafts, child care, and cooking classes at the junior high level (early 1970's)

The Alberta Home Economics Association appointed an Overseas Support Committee to investigate possible ways of providing support to both overseas home economists coming to Alberta

and to Alberta home economists working overseas through CUSO and other development agencies. The Committee, chaired by Martha Munz Gue, prepared and distributed a dictionary of British-Canadian cooking and household terms for use by CUSO home economists working overseas. A list of overseas students studying at the University of Alberta was also compiled along with the names of Canadians interested in the role of home economics in developing countries. Some of these people attended meetings to exchange ideas regarding programs of overseas scholars in Canada.



CUSO home economist Wendy Lefaire (Mrs. S. Bodsworth), going to market for her daily classroom supplies — here a trunkload of pineapples (Zambia, 1972)

The Edmonton Area Home Economics Association, in conjunction with the School of Household Economics at the University of Alberta, established two \$150.00 prizes as a tribute to two school staff members. The first was a prize in honor of Grace Cook (nee Duggan), who had been a member of the staff from 1931 to 1968. It is awarded annually at the end of the first, second or third year to a student of outstanding merit in the Family Studies program. A second prize was established in honor of Helen Samuel (nee Moseson) who was a staff member from 1960 to 1973. It is awarded annually at the end of the first, second or third year to a student in the Clothing and Textiles program.

The Edmonton Area Home Economics Association presented a *Textile Fair*, open to the public, and a workshop for members entitled *Our Role in the Development and Care of Alberta Pre-School Children*.

The Calgary Home Economics Association became the Calgary and District Home Economics Association.

1972 The Lethbridge Home Economics Association sponsored a workshop, *Don't Just Talk About Nutrition — Do Something About It*. It was open to the public and attended by 250 people.

1972 The first city nutritionist, Bretta Maloff (Nee Neilsen) was appointed to the Local Board of Health, Edmonton.

1972 Several members of the Edmonton Area Home Economics Association had, for many years, served as volunteers with the Family Service Association of Edmonton in areas of budgeting, low-cost meal planning and home management.

Out of this involvement grew the idea of a special cookbook, based on Canada's Food Guide, containing basic information on nutrition, food handling, wise food shopping, and moderate to low-cost recipes. The book, *Family Meal Planning* (published in 1972), has been used by Family Service Bureaus, Extension Departments and teachers, both locally and across Canada and the United States.

1972 Christine McIntyre, a past president and honorary life member of the Alberta Home Economics Association, was elected to the Agricultural Hall of Fame at Olds, Alberta.

1973 The Red Deer Home Economics Association was formed with forty-five charter members. Barbara Mortenson (Mrs. Schulz) was the first president.

1973 The Alberta Home Economics Association endorsed a brief for the establishment of a Federal Bureau of Child Development. This brief was submitted to Prime Minister Trudeau by the Canadian Committee on Early Childhood which represents the World Organization for Early Childhood Education in Canada.

1973 The Edmonton Area Home Economics Association sponsored a seminar *The Triumph and Trials of Today's Textiles*. Topics included fibre and fabric developments, the textile analysis service in the School of Household Economics, research projects conducted on jeans and sneakers, and fabric flammability.

1973 The Calgary and District Home Economics Association sponsored a nutrition seminar, *Nutrition in Your Shopping Cart*, which was open to the public and attended by over three hundred people. Dr. Michael E. Stiles from the School of Household Economics, University of Alberta, chaired the day-long event.

1973 Lethbridge Home Economics Association programs for the year included a craft night; consumer concerns related to current legislation, labeling and packaging; a look at the Nutrition Canada Survey; communication and the role of listening; and participation by local home economists in displays and demonstrations for Ag-Expo.

The Grande Prairie Home Economics Association sponsored a booth at the Country Fair promoting three Alberta products — honey, rapeseed oil and pork. Ten members rotated duties, two at a time, during the three-day fair, using appetizing recipes to demonstrate the three products. Supplies and resource information came from the Hog Marketing Board and local farmers and producers.

The Calgary and District Home Economics Association (C&DHEA) and the Alberta Registered Dietitians Association (ARDA) held their first joint meeting, a successful event which has become an annual affair. Since 1973, C&DHEA and ARDA have held a joint meeting early each year, featuring a knowledgeable speaker in the field of food and nutrition.

The Edmonton Area Home Economics Association heard a report from Dr. Anne Kernaleguen (Clothing and Textiles Division, School of Household Economics, University of Alberta) about a research project underway at the University investigating the clothing needs of physically handicapped men, women and children. This project resulted in some practical clothing design suggestions which Dr. Kernaleguen published in 1975 in a book *Clothing Designs for the Physically Handicapped*.

Dr. Mabel Patrick, first Director of the School of Household Economics at the University of Alberta, passed away in Victoria. Her students remember her with affection and respect.



Dr. Mabel Patrick

Home Economist Wins Award

In 1974, Florence Turnbull, a home economics teacher at Cremona, Alberta, was awarded an \$1,800 Hilroy Fellowship Award for innovative work in teaching. Mrs. Turnbull directed her students in the techniques of processing raw fleece through the various stages of washing, carding, spinning, dyeing and weaving to the finished woolen article.

The Alberta Home Economics Association (AHEA) held its first "Presidents' Meeting", designed as an information/issue-sharing session for the purpose of furthering communications between AHEA and local associations. The meeting, attended by the AHEA executive, along with presidents and vice-presidents of local associations, became an annual event held at the time of convention.

Dr. Diane Kieren of the Division of Family Studies, School of Household Economics, University of Alberta, was the initiating force behind the formation of the Alberta Association on Family Relations (AAFR). Its purpose is to bring together professionals and lay persons who are concerned with all aspects of life in families. The AAFR is affiliated with, and uses the resources of, the National Council on Family Relations, an organization of two thousand professionals concerned with family life in North America. The provincial and local home economics associations, as well as individual home economists, were encouraged to become affiliates or members of AAFR.

The Calgary and District Home Economics Association sponsored a Textile Seminar attended by ninety people drawn from their own membership, clothing construction teachers, and sales persons in the textile field. The Association also sponsored a workshop, *How Effective is Your Communication?*, and a panel discussion on *Options for Women*.

The Calgary Home Economists in Business sponsored *Fit-Nut*, a workshop on fitness and nutrition which was open to the public.

The 1974-75 year was an "information and updating year" for the Lethbridge Home Economics Association. Early in the season, the Working Paper on Matrimonial Property by the Institute of Law Research and Reform was keynoted and a group was formed to respond to the Institute's request for comments.

A report from the Grande Prairie Home Economics Association in the *AHEA Newsletter*, October 1974, indicates the

efforts made by this group to function in spite of the problems of distance. "This first GPHEA tea was held September 14, from 2 to 4 p.m. This was no exception to other projects we've undertaken in that it required all of our efforts to put together. There were twenty-seven members in attendance, some coming from Manning, High Prairie, Spirit River, Sexsmith and Fairview. We are anticipating a total of about thirty-five members this year! Displays were set up at the tea to depict all of our projects undertaken in the past year — The Country Fair, the two fall seminars, the Career Fair, the Pre-natal Nutrition Lectures (a continuing round series) and the upcoming Weight Reduction Seminar October 26th. Five different members were assigned to give a brief resume of each display."

The aforementioned Weight Reduction Seminar focused on three areas: nutrition, fitness, and the psychology of eating and dieting. The registration fee was \$5.00, which included a luncheon of diet lasagne, cole slaw, diet dressing and fresh fruit. Forty-seven people enjoyed this day-long affair.

The Alberta Registered Dietitians Association submitted a brief, prepared by Margaret Gee (nee Robinson), entitled *Nutrition Services for Alberta*, to the Minister of Health for the provincial government. The brief recommended that the government adopt a provincial nutrition policy and develop a long-range plan of nutritional services in Alberta.

The same year, ARDA organized a camp for overweight teenagers, Camp Slim Teen, at Camp Horizon close to Bragg Creek. This camp, held annually since 1974, is open to young people from all areas of the province.

The fledgling Red Deer Home Economics Association distributed a questionnaire among members and prospective members to assess their interests and needs. The results indicated professional awareness was a concern, and had top priority as a program choice. Accordingly, a program was developed with seven home economist panel members, each indicating the challenges and changes in her particular facet of the profession.

Inflation!

or many years the husband of one of the Calgary and District Home Economics Association members audited the books for the association. He would not accept a fee, so each year he was thanked with a bottle of good Scotch. The 1975 books of the association show that the "auditing expense" had risen to \$8.00 from \$6.50 the previous year. There had been an increase in the price of Scotch!

1975 Eight non-credit evening classes, *Current Concerns in Food and Nutrition*, were offered at the University of Calgary campus by professors from the School of Household Economics, University of Alberta, in cooperation with the Department of Extension.

1975 A joint fee structure was initiated in 1975 between the Canadian, Alberta and local home economics associations. Reaction to this was strong and mixed. Membership decreased, creating serious problems for the smaller local associations. The joint fee structure was removed in 1977 when it was discovered that the original motion to establish it was unconstitutional, and it has not been reinstated.

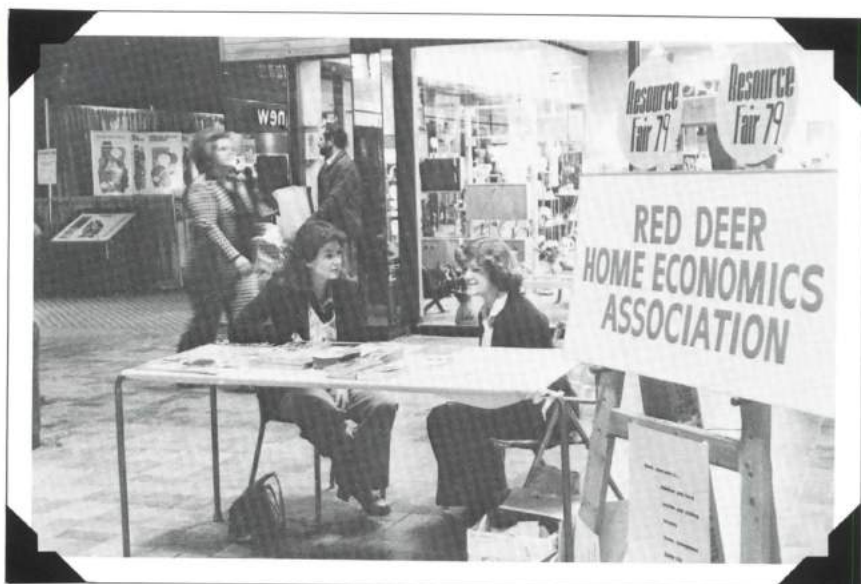
1975 The Edmonton Area Home Economics Association sponsored a fall workshop, open to the public, entitled *Consumerism: Understanding — Issues — Action*, chaired by Doris Badir of the School of Household Economics at the University of Alberta.

1975 The Calgary and District Home Economics Association established a Speakers Bureau. The objective was to supply speakers on a variety of subjects to interested groups. This was dissolved in 1977 and replaced by a Resource Directory of Home Economics Services, which in turn led to the establishment of a Resource Library (see 1977 for details).

1975 The Red Deer Home Economics Association and the Parkland Home Economics Council of the Alberta Teachers' Association jointly sponsored a successful community project, a Resource Fair, in the Parkland Mall. The purpose was to increase public awareness and contact with agencies and associations that could provide assistance in many areas of family life. About thirty-four agencies participated, explaining the services and support systems available in the community. Public interest and response was favorable, and the Resource Fair was held again in 1977 and 1979.

“The relationship between an Association of Home Economists and the women’s movement seems to me a very logical one. Most home economists are women. Women have, through the years, in our society, enjoyed a more or less inferior status to men. Women too, have been assigned the role tasks of housewifery or homemaking. These tasks, on the whole, are given very low status in the hierarchy of tasks performed by persons in the social system. The profession of home economics addresses itself, by definition, to the solution of problems relating to man’s ‘near’ environment — his food, clothing, shelter and his nearest social group, his family. It addresses itself therefore, mainly to the areas of concern of the housewife. By definition, it takes on the status of the subject matter to which it directs itself.”

Doris Badir: “Closing Remarks”, AHEA Convention, April 1973.



Display at the Red Deer Resource Fair, sponsored by the Red Deer Home Economics Association and the Parkland Home Economics Council of the Alberta Teachers' Association (1979)

1975 Calgary Home Economists in Business, using an International Women's Year grant, sponsored an *Attitudes Survey*. The project was undertaken under the direction of Barbara MacDougall (nee Curlette) who was enrolled in graduate studies at the University of Calgary at the time. The grant was given to "conduct a survey to investigate the attitudes of home economists regarding their status as women professionals and the range of career opportunities open to them".

Results showed that:

- Home economists are frequently not considered for management positions because they do not apply.
- Their reluctance to apply for management positions can be attributed to "fear of success".

These findings were similar to those reported by Dr. Kathy Cairns, University of Calgary, in her doctoral study of women in education.

1975 Grande Prairie Home Economics Association programs and projects reflected concerns at home and abroad: consumer laws and awareness, housing trends, early childhood awareness, women's rights, population growth, and protein sources and uses in the world.

1975 In the early 1970's, when increases in university enrolments began decelerating and budgetary allocations were



*Clothing and textiles class project Henry Wise Wood Senior High School (1975).
Exact copy of 1870's dress.*

trimmed accordingly, the University of Alberta, like many universities throughout the country, began giving considerable thought to its objectives and to the role it ought to play in society. This led several individual faculties to consider their own aims. At the same time the School of Household Economics was faced with drawing plans for a second building and needed a clear idea of the directions in which it intended developing in the future. These two factors, among others, prompted the staff to undertake a critical review of aims and objectives which had been formulated earlier, with a view to revising, expanding or re-stating them as seemed appropriate for the ensuing decades. Accordingly, in the spring of 1975, the Aims and Objectives of the School of Household Economics were presented to the General Faculty Council and were approved. (They were printed in the April 1976 issue of the *AHEA Newsletter*.)

The School of Household Economics, University of Alberta, became the Faculty of Home Economics. The degree granted became a B.Sc. in Home Economics rather than a B.Sc. in Household Economics.

Dr. Elizabeth Empey resigned as Director of the School of Household Economics at the University of Alberta, a position she had held since 1960.

Many changes had taken place during Dr. Empey's tenure. She had been the first member of the staff to hold a Ph.D. degree; by 1976 fifteen staff members were so qualified. Post graduate programs had been established in Nutrition, Foods, Clothing and Textiles, and Family Studies. An October, 1978, *Folio* article states: "*During Dr. Empey's years as Director and then Dean, the immense change in focus took place from the elemental approach of home economics to the renewed application of these elements to daily life, and the program changed to reflect that philosophy.*"

“My years as Director of the School have been most challenging and rewarding. I have been privileged to be associated with a dedicated and excellent staff who have worked diligently and have succeeded in expanding the facilities, staff, research undertakings and student enrolment in the school. Each year we are seeing our students take on new roles in an ever expanding profession. The present is exciting and the future holds much for staff and students alike. As Director, I have had the pleasure of being in the midst of it all, and observing this progress.”

Dr. Elizabeth Empey: "Director to Step Down", *AHEA Newsletter*, February 1976.

Doris Badir (nee Baskerville) was appointed Dean of the Faculty of Home Economics at the University of

Alberta, an appointment which became effective July 1, 1976. Mrs. Badir obtained her B.Sc.(H.Ec.) from the University of Manitoba in 1945; her M.Sc. (Ed.) from Syracuse University, N.Y. in 1953; and her M.Sc. (Ec.) from the London School of Economics, University of London, in 1963. Her professional experiences include positions with the Manitoba Department of Agriculture (Girls' Club Program), the University of Guelph (Assistant Professor and Dean of Women), and the Food and Agricultural Organization in Cairo. Mrs. Badir was appointed to the staff of the Family Studies Division of the School of Household Economics, University of Alberta, as a sessional instructor, then as full-time assistant professor, and later as chairman. The latter position she held until her appointment as Dean.

Berneice MacFarlane retired from the position of provincial Education Consultant in Home Economics after thirty-eight years of service. She reminisced: "*In the early days I sometimes had to really look for the home economics rooms — usually they were down near the furnace room or in some free space up three flights of stairs in the attic. However, I was always amazed and delighted to see the ingenuity and creative talents displayed in establishing the 'homemaking room'.*"

Alberta Social Services and Community Health wrote to Alberta Home Economics Association (AHEA) President Betty Crown regarding Proposals for Day Care Standards and Licensing. AHEA responded with some concerns.

The International Federation of Home Economics Triennial Conference, held in Canada (Ottawa) for the first time, was attended by a number of Alberta home economists. The conference theme was *The Home Economist's Role in Conservation of World's Resources: Life and Survival*.

A Policy and Procedures Handbook was completed by an ad hoc committee of the Alberta Home Economics Association established in the spring of 1975. This handbook was for the use of the AHEA executive and its affiliated locals.

The Red Deer Home Economics Association sponsored a successful nutrition display, *Eat Your Way to Health and Happiness*, in the Parkland Mall. The display featured six information areas found to be of concern in the Nutrition Canada Survey: fats and oils (cholesterol), vitamin C, iron, fibre, food additives, and energy.

The Grande Prairie Home Economics Association became the Grande Prairie and District Home Economics Association. The Association printed and distributed a splendid, concise newsletter called *Up-Date*, with information on a wide variety of topics related to nutrition, health and consumer issues.

A public service project that year was a display, *Sources and Uses of Protein in the World*, which was set up in Grande Prairie's two shopping malls in connection with Alberta World Reflections. The Association offered to loan their display material to home economists throughout the province.

The Alberta Registered Dietitians Association established a correspondence course, *Refresher Course for Dietitians*, through the Southern Alberta Institute of Technology, to provide updating for dietitians wishing to return to the work force.

The same year the Nutrition Committee of the Alberta Registered Dietitians Association organized *Diul-a-Dietitian* as a one-year pilot project in Edmonton with volunteer dietetic advisors to answer telephone queries at no cost to users of the service. The service is still in operation today.

“Home economics education has a further function; not only to aid and challenge those interested in home life to greater competence in their role, but to educate specialists for professions, which are in the main supporting homes and families.”

Grace Duggan Cook: "A Brief History of Home Economics in Alberta", *AHEA Newsletter*. June 1976.

Resource Library Established in Calgary

In 1977 the Calgary and District Home Economics Association made a decision to invest the profit from Bishop Workshops in something which would endure and benefit home economists as well as local citizens. The project chosen was a library resource centre to hold relevant periodicals and books for professionals and the lay public. Under the direction of Betty Wolfe (nee Bown) several sites were investigated; the final choice was the main branch of the Calgary Public Library since it offered maximum service to members, convenient public access, control and maintenance, and a central location.

Publications from five areas of home economics are gradually being ordered and added to the collection: food science and nutrition; consumerism and home management; human development and child care (the family); clothing and textiles; housing and environmental concerns.

Barbara MacDougall (nee Curlette) was appointed program teacher with the Family Life and Sex Education

Team of the Calgary Board of Education. In 1978 she became the Team's curriculum specialist.

Edmonton Home Economist Honored

Berneice MacFarlane, former provincial Education Consultant in Home Economics from 1948 - 1976, was the first recipient of the Alberta Home Economics Association's Fellow Award. This award had been established to honor members of the Association who had made or were making a distinct contribution to human welfare which in some way strengthened home and family life in Alberta. An account in the June 1977 *AHEA Newsletter* states: "*Miss MacFarlane was a beautiful example and model of a home economist. . . . With tact and dignity (she) was able to make classes feel at ease. It was people such as Miss MacFarlane who through hard work under difficulties helped pave the way to home economics as it is today.*"

In the same year Miss MacFarlane was awarded a Government of Alberta Achievement Award for excellence in home economics. This prestigious award was presented to her by Premier Peter Lougheed during a special banquet at the Convention Centre in Calgary.



Berneice MacFarlane

The production of the *Canadian Home Economics Journal* was transferred from Toronto to Edmonton. The new masthead included Dr. Edith Down and Betty Mullen (nee Blackburn) as co-editors, Dr. Anne Kernaleguen as Research Editor, Nancy Craig (nee Bell) as Book Review Editor, Pat Mascaluk (Mrs. Glen Cooper) as Feature Editor and Joan Kucharski (nee Clark) as Business Manager. The format of the *CHE Journal* was changed and the content increased.

The first day-long joint meeting between the Alberta Home Economics Association (AHEA) and the local associations was held in Calgary in October. The purpose of this meeting was to facilitate communication between the locals and AHEA, to discuss roles and relationships of the locals and AHEA, and to air and share concerns.

The Edmonton Area Home Economics Association's (EAHEA) theme for the 1977-78 year, *Keep Current — Take Action*, was demonstrated in its activities. An ad hoc committee chaired by Sheila McNaughton studied and responded to Alberta Bill 243, *An Act to Provide for Warranties in the Sale of Consumer Products*. Ms. McNaughton also prepared EAHEA's response to Alberta Bill 102, *The Matrimonial Property Act*. In addition, the Association sponsored nine homemakers' classes as a community service project at Jasper Place Social Services.

A trend of the times was shown when the Edmonton, Calgary and Red Deer Home Economics Associations presented *Women in Management* workshops.

The Calgary and District Home Economics Association, in cooperation with the International Microwave Power Institute, sponsored a successful and well-attended microwave short course at Mount Royal College. The course dealt with nutrition, utensils, basic principles and safety aspects as related to microwave cookery, and included a cooking demonstration by Madame Benoit.

The Grande Prairie and District Home Economics Association sponsored a comprehensive workshop on Metric Conversion, using a theme taken from a Chinese saying:

We hear and we forget,
We see and we remember,
We do and we understand.

Registrants were encouraged to participate by guessing the mass of a cake (winner won the cake), writing a metric quiz, viewing a skit and film, and visiting stations where metric demonstrations took place.

In the fall the Association sponsored a successful off-campus credit course series in clothing and textiles in conjunction with the Clothing and Textiles Division of the Faculty of Home Economics.

The problems of modern life are often reflected in the programs of local associations. *Women in Stress* was the topic of a Red Deer Home Economics Association program early in 1977. The Calgary and District Home Economics Association had offered *Coping with Stress* a year earlier, while the Edmonton Area Home Economics Association conducted a *Stress Workshop* in conjunction with the Faculty of Extension during the 1978-79 year.

Red Deer Hosts AHEA Convention

notable first occurred in April of 1978 when the Red Deer Home Economics Association hosted a successful Alberta Home Economics Association annual meeting and convention in Red Deer. In the early years conventions were sometimes held outside Calgary and Edmonton (in Olds and Banff) but this was the first time a convention had been hosted by a local association other than Calgary or Edmonton.

Code of Ethics Established by AHEA

significant step in the maturation of the profession was taken when a Code of Ethics was prepared by the Alberta Home Economics Association and adopted at the annual meeting in April of 1978. This code states:

A member of the Alberta Home Economics Association:

1. will support the Association and further its aims,
2. will co-operate with other organizations throughout the world whose aim is the welfare of homes, families and community,
3. will practise only in those fields of professional home economics in which he/she is qualified,
4. will observe standards of personal ethics which reflect credit upon the profession,
5. will in no way criticize the professional reputation or status of another member except to the proper officials,
6. will refrain from knowingly associating with or allowing his/her name to be used by an enterprise of questionable character,
7. will provide competent and responsible service to the best of his/her ability on behalf of employer, clientele and the community at large,
8. will develop and continually upgrade his/her professional competence.

The Lakeland Home Economics Association was formed with twenty-nine charter members. The first president was Eileen Klein. The new association drew its membership from the north-eastern area of the province, and during the first year meetings were held in Vermilion, Bonnyville, St. Paul and Lac La Biche. The theme for that year, *Year of the Child*, was reflected in the programs: *Mentally Handicapped*, *The Native Child*, *Physically Handicapped*, and *Activities for Pre-Schoolers*.

Hazel McIntyre, former professor and Director of the School of Household Economics at the University of Alberta, passed away in Edmonton July 15th. Her students remember her wit and wisdom with affection and appreciation.

Dr. Elizabeth Empey retired from the Faculty of Home Economics, University of Alberta, in June. A faculty announcement, made in October, told of the establishment of the Dr. Elizabeth L. Empey Lecturship in Home Economics in her honor, for the purpose of inviting an outstanding speaker each year to give a public address on a topic related to the discipline of home economics.

Over the past few decades home economists, particularly those in geographic areas without direct access to a university, have expressed a growing need for professional development opportunities. In response to this plea, and as further evidence of the Faculty of Home Economics' commitment to serve the further-education needs of the profession, the Home Economics Continuing Education Advisory Committee, University of Alberta, was formed in 1978. The Committee is comprised of representatives from the Alberta Home Economics Association (AHEA), the Alberta Registered Dietitians Association, the Home Economics Council of the Alberta Teachers' Association, Alberta Agriculture, the Faculty of Extension, and the three divisions of the Faculty of Home Economics. The purpose of the Committee is to facilitate the provision of professional development programs for home economics teachers, home economists and dietitians throughout Alberta by providing the organizational assistance and academic expertise necessary. AHEA welcomed the assistance of the Committee in designing, distributing and analyzing a Needs Assessment Survey of its entire membership conducted in the spring and summer of 1980. The objective of the survey was to determine the professional development priorities of AHEA members of an effort to determine the appropriate roles of AHEA and the universities of Alberta in meeting these needs.

A number of home economics associations joined in lobbying for a new home economics building on the University of Alberta campus.

“Miss Patrick felt that only by meeting the standards required of other faculties could her students command the respect of professional groups. When any of our students headed the examination lists in these subjects we all rejoiced. The fact was that the young men always claimed that the professor used different standards for our girls. We knew better. There was always a faint suspicion among the young men that Household Economics students were at the university for other purposes than a profession. This claim has been refuted by the hundreds of fine women who have made their knowledge count in their world and have contributed to so many community and national efforts. A roster of graduates would fill anyone with pride.”

Hazel McIntyre: "Reminiscences of the School of Household Economics", *AHEA Newsletter*, June 1976.

A committee, chaired by Calgary home economist Carol Blyth, prepared a response on behalf of the Alberta Home Economics Association to the Institute of Law Research and Reform reports on Family Law Administration, the Unified Family Court, Court Services, and Matrimonial Support. The response was sent to Attorney General G. L. Foster.

During the 1978-79 year, the Edmonton Area Home Economics Association (EAHEA) formed a Community Issues Committee on a one-year trial basis to look at recommendations for social actions with the possibility of formulating resolutions on these issues; and to keep updated on legislative proceedings, suggesting bills or issues to which EAHEA might respond. The Association also investigated international development in home economics, considering how EAHEA could become involved.

The Lethbridge Home Economics Association held a metric workshop, *Come In, It's a Metric World*, which was free of charge and open to the public.

The Grande Prairie Home Economics Association became the Peace Region Home Economics Association. A successful two-day seminar, *Life is for Living*, which was co-sponsored with Alberta Agriculture in November, dealt with problems such as stress, speech and language problems, parent-child relationships, and self-defence for women.

The Alberta Registered Dietitians Association (ARDA) organized and initiated Alberta's first Nutrition Week, using the theme *Lunch — What 4???*. Nutrition Week has become a successful annual event.

The same year ARDA member Pat Milnthorp (nee Muir) was appointed to an ad hoc Health Curriculum Committee of the Alberta Department of Education. This committee recommended compulsory nutrition education for grades nine to twelve; their recommendation was supported by the Curriculum Policies Board, and granted by the Minister of Education for Alberta. A government committee is currently working on incorporating this into the new curriculum.

Members of the home economics profession regularly attend congresses of international organizations such as the International Federation of Home Economics, and these are reported in the associations' various professional magazines. One such account is found in the January 1979 issue of the *AHEA Newsletter*, where Dr. Elizabeth Donald of the Nutrition Division in the Faculty of Home Economics, University of Alberta, reports on four papers given at the 7th International Congress of Dietetics in Sydney, Australia in May of 1977. One of these had the intriguing title "How to Stay Lean on 8500 Calories a Day". This understandably had attracted a large audience! The paper's author, Miss J. E. Marshall, a dietitian for the New Zealand rowing team, describes the problems of meeting energy requirements as high as 9400 calories per day — certainly not the usual problem facing most of the people in today's calorie-conscious society. This interesting account gives an insight into the scope of the work facing today's dietitians and nutritionists.

The quarterly *AHEA Newsletter* features articles on a wide variety of topics related to home economics. Following is a random sampling of titles of articles which have appeared in issues published since 1967:

- "The Changing Occupational Status of Women", March 1979
- "A Brief Look at the Status of Women Report", March 1971
- "Good Textile Labelling", January 1971
- "News From the International Front", June 1972
- "Research at the School of Household Economics", January 1973
- "Nutrition Canada National Survey", January 1974
- "A Woman, a Wife, a Widow", October 1974
- "Hey Mom, What's a Home Economist?", January 1975
- "Diet for Heart Disease", February 1975
- "Marketing Boards", March 1977
- "We All Have Them (Catastrophic Situations)", January 1979
- "The Famous Persons Case and Alberta's Famous Five", October 1979
- "Junk Foods", March 1980

In July of 1978, the Calgary Home Economics Association hosted the Canadian Home Economics Association Convention at the Calgary Convention Centre. More than 500 people registered for the four-day event which carried the theme *Economic Change — Chance or Choice?* Convenors were Marilyn Kaiser (nee Roberts) and Barbara Cousens (nee Clarke).

Canadian Home Economics Association Conference Calgary, 1978



Conference Committee.

Back row (l to r), Cheryl Corbiell, Patti Rathwell (nee Killips), Arlene Smith (nee Ball), Arlene McKay (nee Bowser), Donna Egglestone (nee Duggan), Mary Coulter McIntyre (nee Pearston), Carol Liddel (nee Watson), Susanne Lawrence, Marion Kelly (nee Schymgeour), Joanne Good.

Front row (l to r), Bette Purves, Carolyn Kaiser (nee Colebrook), Barbara Cousens (nee Clarke), Marily Kaiser (nee Roberts), Joan Bloxom (nee Turpin).



Left — Incoming president, Dr. Elizabeth Feniak, is officially welcomed by outgoing president Doris Badir (nee Baskerville).

Right — Convention guests Irene Leavitt (nee Reid) and Shirley Rebus (nee Homme).

Edmonton Home Economics Supervisor for the Separate School Board, Sharon Pisesky (nee Yurchuk) was the first Canadian appointed to the Advisory Board of Butterick Publishing Company. Butterick publishes a wide variety of educational resource materials suitable for use in secondary school home economics education programs. Mrs. Pisesky's duties include reading manuscripts (noting biased American content), providing feedback on newly-produced materials, and giving seminars on the use of these materials in Canada.

In February of 1979 the Alberta Home Economics Association sponsored a travelling workshop titled *Towards a Self-regulating Home Economics Profession in Alberta*. Members of the AHEA Registration Committee volunteered their time and expertise to conduct the workshop in Lethbridge, Calgary, Grande Prairie, Red Deer, Lakeland and Edmonton. Since the issue of registration is of prime importance to home economists, this workshop was appreciated by the 146 members who attended.

First Honorary Member AHEA

At the Alberta Home Economics Association (AHEA) annual meeting in April of 1979, Edmonton Consumer Commentator Ethel Marliss was awarded the first honorary membership in the Association. This had been a recently-established award, granted "from time to time to distinguished individuals who have attained eminence through their contributions to the profession but who are not members of the Association." (Quoted from the *AHEA Policy and Procedures Handbook*.)

An article in the *AHEA Newsletter*, June 1977 states in part: "Ethel Marliss was nominated for an Honorary Membership Award in the Alberta Home Economics Association because of her outstanding contribution in the area of consumer education, and the constant support and acknowledgement she has given to home economists and their professional objectives for over 35 years".

The Lakeland Home Economics Association theme for the year was *Consumer Education in a Rural Community*. Programs for the 1979-80 year included an energy conservation workshop and sessions on merchandising, provincial Consumer and Corporate Affairs, and lending agencies. In addition, newspaper articles describing their jobs were contributed by a district home economist, Co-op consumer counsellor, nutritionist with the health unit, dietitian from the hospital, home economics teacher and free-lance home economist.

1979 Programs of the Peace Region Home Economics Association focused on the International Year of the Child.

1979 The Alberta Registered Dietitians Association initiated Nutrition Week in Alberta. Pamphlets and quizzes were exhibited and distributed in stores, hospitals, shopping malls and other outlets.

1979 Early in 1979 the Red Deer Home Economics Association sponsored a *Pre-Teen Workshop* with resource people from Red Deer College. The same workshop was offered one year later in the Stettler area. Another workshop, *Gift Ideas to Sew for Christmas*, was presented toward the end of 1979 with display items provided by Association members.

1979 The Alberta Home Economics Association considered two social issues during the 1979-80 year:

— Telegrams were sent to both the Prime Minister of Canada and the Premier of Alberta, requesting consideration for the impact on families of the proposed transfer of divorce jurisdiction from federal to provincial authority.

— Several letters were sent to the Honorable Dave King, Minister of Education, requesting clarification of the provincial government's position regarding sex education in the schools. Several months after the initial enquiry, a written statement was received and in 1980-81 AHEA prepared a reaction paper outlining the Association's perceptions of the appropriate role of home economics teachers in family life education (of which sex education was considered an integral part).

1979 The Lethbridge Home Economics Association's activities included a *Lady Beware* program, participation in Year of the Child programs outside the Association, and involvement in planning and presenting Alberta's *Nutrition Week*.

1979 Vera Macdonald (nee Richards) retired as head of the Home Economics Extension Service, Department of Agriculture, after close to forty years of service. Upon leaving she stated: "Extension home economists have many challenges ahead. A return by adults to a life of learning is underway. It is vital to respond to this interest and opportunity with programs which meet the real learning needs of families and to encourage learners to progress to the larger issues of social concern. The challenge to home economists is to study trends and prepare themselves and their clientele to meet new trends — to start now by piloting

new techniques, approaches and programs. The home economics branch is fortunate to have the organization, mandate and opportunity to meet this new and growing challenge for increased informal adult education."

1979 The Alberta Home Economics Association lobbied the provincial government for the release of funds to expand and upgrade the Faculty of Home Economics facilities on the University of Alberta campus. Between the fall of 1977 and the winter of 1979 letters were sent by both AHEA and concerned locals to the provincial Minister of Advanced Education and Manpower and the University Planning Committee, University of Alberta. Correspondence was acknowledged but the desired response was not forthcoming.

1979 The Alberta Home Economics Association archives were placed in the Glenbow Museum Archives Department in Calgary.

1979 As an International Year of the Child project, Alberta Agriculture, the Calgary and District Home Economics Association, and the Alberta Children's Hospital sponsored a series of seminars, *All About Toddlers' Tummies*.

1979 Alberta Registered Dietitians Association members adopted a voluntary continuing education point system to facilitate keeping abreast of new information and knowledge in the field of dietetics, effective January 1st, 1980.

1980 A new junior/senior high school home economics curriculum was in the planning stages in 1980. In the new program a core of subject matter will be identified in each level of foods, clothing and family life. The units will be planned as modules; core modules will be compulsory, while other units of subject matter will become elective modules.

“What do I want to be as a Homemaker? A good cook? Yes, yes. Tied to the wash tub and the kitchen? No, no. But trained for adult living, trained to orient myself to a changing world, to solve my conflicting beliefs and behaviour, to reconstruct my standards, develop personality, understanding and sharing group purpose, and enriching the community life where I am located, humanizing men by changing their viewpoint to the changing time and not living in the errors of the past.”

Norma Maxwell White: "Home Economics Versus Homemaking", *AHEA Newsletter*, Fall 1939.

Birthday Party 1980

During its April 1980 Convention in Calgary, the Alberta Home Economics Association (AHEA) sponsored a gala joint birthday party to celebrate two anniversaries — Alberta's seventy-fifth and AHEA's forty-fifth. The party was planned and arranged by a special committee chaired by Norma Bannerman (nee Fledderjohn).

Guests were invited to wear something from their year of graduation, prompting some delightful and unusual costumes modelled at an impromptu "fashion show". The evening's entertainment included "The Deeper Than Skin Beauty Contest", a zany and comical spoof on ourselves.

Special invitations had been sent to forty-three of the eighty-five charter members of AHEA for whom addresses could be located. Many responded with letters, and fourteen were able to attend the celebration, coming from throughout Alberta and as far away as Vancouver and Victoria. These fourteen lovely ladies won the hearts of those present when each took the microphone and recalled experiences from the early years. Charter, honorary life, honorary and fellow members were specially honored when each was presented with an engraved medallion at the close of the evening.

Charter members in attendance were:

From Edmonton: Grace Cook (nee Duggan), Eva Crummy (nee Newton), Margaret McLaggan, Jean Porteous (nee Bulyea), Lillian Robinson (nee Reid), Grace Studholme, Edith Whidden (nee Romans);

From Calgary: Eva Lee and Flora Wilson (nee Williams);

From Alberta: Marjorie Austin (nee Lipsey), Pincher Creek; Merran Leeds (nee Drew), Claresholm;

From British Columbia: Nova Graham (nee McCulloch), Vancouver; Lorine Alton (nee Torgerson), Victoria; Lillias Milne, Sidney.



Birthday Party 1980



Charter members were honored at birthday party (1980). Shown above, left to right, are Lillias Milne, Lorine Alton (nee Torgerson), and Lillian Robinson (nee Reid).



1980 Convention Committee, left to right, Denise McCulloch (nee Spink), Doru Graham (Mrs. M. Blitt), Fran Genereux (nee Marr), Shelagh Morrison, Brenda Dobson, Mary Ellen Norgaard, Jean Hartley, and Jane Carlyle.

In a move to establish policy and promote action, the Alberta Home Economics Association (AHEA) passed resolutions at the 1979 and 1980 annual meetings. The 1979 resolution stated: *"Be it resolved that the AHEA write to the Home Economics Faculty, M.L.A.'s, Alberta Social Services and Community Health, and the Child Protection Registry, to endorse the delivery of community services such as an advocate, homemaker, teacher, etc. to those children who are in need of protection, and to promote the extension of these services in cases where they are not presently delivered."*

The first 1980 resolution stated in part: *"Be it resolved that the AHEA executive petition the Minister of Social Services and Community Health to encourage the government of Alberta to sponsor a series of conferences which would focus on ways of strengthening families"*. The second resolution stated in part: *"Be it resolved that the AHEA executive request that Alberta Social Services and Community Health, Day Care Unit, provide a nutrition handbook for the use of day care operators."*

In response to issues identified in a 1978 survey of the Alberta Home Economics Association (AHEA) membership, and in support of the International Year of the Child, AHEA in the same year invited the Calgary and District Home Economics Association to prepare a working paper on day care as a family support system. The committee, chaired by Joan Bloxom (nee Turpin), submitted the working paper to AHEA in March of 1980.

Following the resolution passed at the AHEA annual meeting pertaining to a nutrition handbook for day care operators (see preceding item), a letter was written to the Minister of Alberta Social Services and Community Health regarding the advisability of such a nutrition handbook. This was followed by the submission of a brief to the Cavanaugh Commission, in 1981, outlining AHEA's position on a wide range of day care issues.

A Professional Information Record (P.I.R.) system, containing professional information about home economists and particularly Alberta Home Economics Association (AHEA) members, was established by AHEA in 1979 and became operational in September of 1980.

This punched-card, needle-sort system provides a valuable service to the profession by identifying expertise among home economists. It also aids the association in choosing its executive, committee members and award recipients.

The Alberta and local home economics associations cooperated in the marketing of the Canadian Home Economics Association metric cookbook entitled *A Collage of Canadian Cooking* (published 1979). Several local associations and individuals committed all

or part of their profits from the sale of cookbooks to the AHEA Executive Secretary's Salary Fund. The fund had been established in 1980 to help bolster the Executive Secretary's salary which, at the time, was considered inadequate for the work performed.

The Canadian Home Economics Association conducted its first mail vote for the positions of CHEA provincial directors. The Alberta Home Economics Association nominated two of its members. Patti Rathwell (nee Killips) of Red Deer was elected Alberta CHEA Provincial Director.

There were approximately thirty full-time academic staff members, fifteen with Ph.D's, in the Faculty of Home Economics, University of Alberta. Master of Science degrees could be obtained in six areas: Food, Nutrition, Clothing and Textiles, Family Studies, Family Life Education and Consumer Studies.

“The winds of change are in the air. The launching of new home economics programs in Canadian universities is probably decreasing at this time, and the next phase has already begun: established programs are undergoing or have undergone revision; more research is being done; a greater variety of specializations are being made available.”

Grace Duggan Cook: "A Brief History of Home Economics in Alberta", *AHEA Newsletter*, June 1976.

A New Twist

oward the end of the writing of this edition of *“What's Past is Prologue”*, the husband of one of the writers coined a new expression: *“Behind many a successful home economist is a husband who puts up with it all.”*

The Alberta Registered Dietitians Association printed and sold a *Directory of Nutrition Services in Alberta*.

The Edmonton Area Home Economics Association's Community Issues Committee, now established as a standing committee, submitted a letter to the Minister of Social Services and Community Health, Government of Alberta, expressing the Association's support of WIN House (battered women's shelter). The Association offered support to WIN House for its follow-up programs.

Early workshops of the Home Economics Council of the Alberta Teachers' Association (formed in 1961) were several days in length, held in one location only, and concentrated on several topics pertinent to home economics. As time went on, these became one-day workshops which travelled throughout the whole province. Registration fees collected in the larger centres made it economically feasible to take the workshops to smaller centres as well, thus reaching interested teachers in more remote areas. Some workshop topics in 1970 have been metric conversion, consumer information, uses of the new home economics curriculum, Simplicity pattern seminars, and programs related to nutrition such as the 1980 *Factors Affecting Food Choice*.

The Canadian Home Economics Association was invited by Alberta director Barbara Cousens (nee Clarke) to hold its 26th convention (1982) at the new convention centre in Edmonton. The invitation was accepted and Sharon Pisesky (nee Yurchuk) and Dr. Edith Down were appointed co-chairmen for the event.

In 1980 both the Edmonton Area Home Economics Association and the Calgary and District Home Economics Association proceeded with plans for "twinning" with a home economics group in another part of the world. The Canadian Home Economics Association, through its International Development Committee, encouraged local associations in Canada to establish twinning relationships with professional associations or groups in developing countries. The purpose of this was to further common aspirations directed to quality in home and family life. It was felt that this could promote the sharing of mutual resources, jointly foster the quality of life, and develop a greater understanding of international issues and how they affect the family and the role of home economics.

“Although there is an increasing number of home economics graduates in national and international organizations, both governmental and private, there is a challenging need for more. One of our concerned, informed colleagues said recently to a group of leading home economists, ‘I think the track record of home scientists in Canada for involvement in trying to contribute to improvement in quality of family life in the third world is dismal — will you accept a more active role’? ”

Grace Duggan Cook: "A Brief History of Home Economics in Alberta", *AHEA Newsletter*, June 1976.

Home economists in the Camrose area established an informal home economics group. If successful, they planned to embark on an official one-year trial period, as required by Alberta Home Economics Association policy and procedure established in 1978.

Community involvement has been a prime concern of the local home economics associations since the early years. A look at the Calgary and District Home Economics Association annual report of April 1980 demonstrated that this was a vital and expanding area. In 1980, the Association had representatives on the following: Alberta Association on Family Relations, Alberta Status of Women Action Committee, Arusha Cross-Cultural Centre, Bowness-Montgomery Day Care Centre, Churchill Park Child Development Centre, Local Council of Women, Meals on Wheels.

Activities of the Red Deer Home Economics Association for the 1980-81 year focused on hostessing the Alberta Home Economics Association Convention (for the second time) in April of 1981. The Red Deer Association continued to support the Alberta Registered Dietitians Association and the Home Economics Council of the Alberta Teachers' Association in presenting programs and workshops.

During the 70's a number of home economists published books. Following are some of them:

1. *Family Meal Planning and Teaching Guide* (1972) by Grace Findlay, Carol Gilfillan, Joan Kucharski, Betty Mullen, Alice Summers and Eileen Walker of Edmonton. Nutrition, buying tips, simple low-cost recipes — based on Canada's Food Guide.
2. *Clothing Designs for the Physically Handicapped* (1975) by Dr. Anne Kernaleguen, Edmonton. Result of a research project in the Faculty of Home Economics, University of Alberta.
3. *The Heritage Cook Book* (1975) by food science classes at Henry Wise Wood Senior High School, Calgary, under the direction of teacher, Mary Coulter McIntyre. A cookbook/history containing recipes, home remedies, and historical information, to celebrate Calgary's centennial.
4. *Try This on for Size* (1977) by Ann Harvey and Verna Lefebvre of Edmonton and Margaret Michaud of St. Paul. A clothing and textiles text.
5. *What's to Eat* (1978) by Dr. Edith Down and Sharon Pisesky of Edmonton. A food science text authorized for use in seven Canadian provinces, and published in the U.S. and Australia.
6. *Come and Get It* (1978) by Bunny Barss and Sheila Kerr of Calgary. Anecdotes, recipes, drawings pertinent to Alberta history.
7. *Cook Book for College Kids* (1978) by Sheila McDougall of Calgary. Recipes and hints for young people living on their own.
8. *Canadian Prairie Homesteaders* (1979) by Bunny Barss and Sheila Kerr of Calgary. The homestead era from a woman's viewpoint, containing anecdotes, recipes, pictures.

9. *The Pioneer Cook* (1980) by Bunny Barss of Calgary. An historical view of Canadian prairie food.
 10. *Take Time, to Celebrate* (1980) by food science classes at Henry Wise Wood Senior High School, Calgary, under the direction of teacher Mary Coulter McIntyre. A cookbook/history containing recipes, stories, and historical information to celebrate Alberta's 75th anniversary.
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“Good luck to *Home Economics* . . . and remember always the words of Mrs. Richards: “*Home Economics stands for the ideal home life of today unhampered by the traditions of the past!*””

Norma Maxwell White: “Home Economics Versus Homemaking”, *AHEA Newsletter*, Fall 1939.

*Editor's Note: Mrs. Richards was an eminent pioneer home economist in the United States.

Home Economics . . . The Many Facets

The Home Economics Ring

In November of 1967, at the Home Economics College Club Annual Convention in Saskatoon, the decision was made to adopt a ring as the national symbol of professional home economists.

This many-faceted gold ring is worn on the small finger of the working hand. Gold represents the warmth of home and family; the facets represent the many facets of home economics; the circular form of the ring upon which the facets are located represents the necessity of uniting all areas to fulfill our purpose of promoting the welfare of the family and home.

Rings are presented at a special ceremony at the time of graduation. In the beginning, rings were presented to the graduands by the Director of the School of Household Economics. Towards the latter part of the 70's, rings were presented to the graduands by officials of the professional associations.

Any Canadian home economist may purchase a ring upon providing verification of her qualification for membership in the Canadian Home Economics Association.

History of Dietetics in Alberta

*by Fay Winning
B.Sc. (H.Fc.)*

The history of dietetics began in Alberta in 1910 when Jean Allen, a graduate of Macdonald Institute in Guelph, was employed as dietitian in charge of the dietary department at the Calgary General Hospital.

Shortly thereafter, the second appointment in the province was made to Elizabeth Russell (Mrs. J.M. MacEachren) in 1913 when she became the first dietitian to be employed at the Strathcona Hospital, presently the University of Alberta Hospital, Edmonton. Miss Russell, who was trained in Scotland, went from the Montreal General Hospital to the Strathcona to plan a dietary department while the hospital was still in the course of construction.

Also in 1913, A. Irene Dickson, formerly of the Toronto General Hospital, began work in Edmonton at the University of Alberta Dining Hall, thus becoming the first dietitian in Alberta to assume the responsibilities of a commercial dietitian.

Another dietitian active at this time was Roberta MacAdams (Mrs. Harvey Price) of Edmonton. Roberta MacAdams' early work was with domestic science demonstrations for the Department of Agriculture, but in 1916 she enlisted and was posted to Orpington Military Hospital in Orpington, England. She was the first and only dietitian to serve overseas with the Canadian Forces at this time and did so with the status of Nursing Sister and rank of Lieutenant.

A few years later, in 1924, an important event in the history of dietetics in Alberta occurred when the University of Alberta Hospital appointed Margaret Malone (Mrs. J. Ross Vant) as its first therapeutic dietitian. Miss Malone, as a student in 1923, had worked under Dr. Herber Jamieson, a specialist in the treatment of diabetes; and because 1923 was the year that marked the discovery of insulin, her first work was in the treatment of diabetes by means of diet and insulin.

It was pioneer dietitians such as these who paved the way for dietitians in Alberta today. Currently there are approximately 144 full-time dietitians and 63 part-time or consultant dietitians, each employed in one of the 57 active-treatment hospitals, 16 nursing homes, 23 auxiliary hospitals or 9 federal hospitals in the province. In addition to these positions, there have evolved opportunities to serve as dietitians in hospital outpatient clinics, as essential members of medical research teams conducting metabolic

research, as nutritionists, as consultant dietitians, and as coordinators of food services in schools and colleges.

Early Experiences of Dietitians

Many of the dietitians in rural areas had unusual careers, facing challenges which did not come the way of the urban dietitian. The 1932 experiences of Eloise McKinnon (Mrs. J.H. Moran), the first dietitian at St. Michael's General Hospital in Lethbridge, are worthy of note. Out of her graduating class of sixteen, Miss McKinnon was the only one that year to get a job as a hospital dietitian, at a wage of \$35.00 per month plus room and board. Time off duty was one afternoon a week, with each working day being twelve hours long less two hours off during the day. The responsibilities of the dietitian were to buy the food, to serve the trays at meal hours, and to prepare special foods for diabetics and others on special diets. Because this was during the depression, any food brought for payment of patients' hospital bills had to be used, whether peas, a duck, a lamb or chickens. These were the days before quick-freeze, so any surplus meant a burden of preservation work for the dietary staff. The unemployed who came for a meal were invited to help with tasks such as shelling peas or plucking poultry in exchange for food; however, some refused or slipped away! The task of procuring fresh vegetables and fruit was not always easy for the rural dietitian and often she would have to make do with a case of cabbages instead of the fresh fruit she had hoped to provide for her patients.

The experiences of Hilda McEwan, the first dietitian at the Medicine Hat General Hospital in 1935, are on par with those of Eloise McKinnon. During her term as dietitian, there were times when Miss McEwan's hospital menus included beef and other foods which were supplied as payment toward patients' hospital bills. She was expected to inspect the beef although often it was "scrawny". *"What could one say, it had to be used with any surplus being refrigerated for future use."* She recalls that in the small rural hospital there was a wonderful rapport among the staff, with the dietitians, nurses and doctors working together as a dedicated unit.

Uniforms

Many of the early dietitians in Alberta came from eastern Canada where, for some, the uniform was comprised of a white bib and apron worn over a simple, long-sleeved white dress. It is possible, therefore, that this ensemble was one of the first uniforms worn in this province. Later, when the bib and apron were eliminated (to the relief of dietitians who were obliged to work in pre-airconditioned kitchens) the simpler uniform which followed became a matter of choice as long as it was white and had long sleeves. Often this uniform was fastened down the front with sturdy buttons which were secured on the underside by metal pins. This time-consuming job necessitated assembling the uniform the night before. Traditionally, white



Gas company dietitians, in uniforms of the day, during a 1935 cooking demonstration. L to R: Marion Maybank, Jessie Skene, Dorothy Johnston.

shoes, white stockings and white cap, with or without velvet ribbons across the corners, completed both of these ensembles.

The wearing of white continued until the 1960's when it became obvious that the white uniforms worn by many professions in a hospital confused the patients. It became necessary to distinguish one profession from another and for dietitians there followed a variety of styles from navy blue skirts with white blouses to royal blue tunics with figured blouses. The last decade, however, has seen the greatest change with the wearing of street clothes by dietitians in some hospitals, a practice which has been followed for many years by dietitians employed in other fields of endeavor.

Residences and Schools

Although over half of the practicing dietitians in Alberta work in hospitals, there are some employed in residences and schools. It is only recently that Public School Boards have employed dietitians. In 1969, the Calgary Public School Board appointed a consultant dietitian, Mairi Cochran (nee Matheson), to develop a part-time position for Coordinator of Food Services. When this project was completed, it was directed for a few years by Mrs. Cochran and subsequently (in 1973) by Catherine Kennedy (nee Ryan) on a part-time basis; by 1975 the position had become full-time, still under the direction of Mrs. Kennedy.

Clinics

Since 1925 there have been dietitians working in clinics; it was Margaret Malone (Mrs. Ross Vant), a pioneer therapeutic dietitian, who was also a pioneer in clinic work. Miss Malone became a member of the Alberta Department of Public Health Travelling Clinic which was comprised of a doctor, dentist, nurse and dietitian. Later, in 1930, she served as nutrition advisor, twice weekly, at the University Hospital Outdoor Clinic.

In Calgary, the Associate Clinic employed Marion Crosby as the first dietitian during the latter part of the 1930's; and during the late 1940's Norma Trussler (nee Coburn) was employed on a part-time basis with an Alberta Government Clinic at Lamont.

Nutritionists

The number of positions for nutritionists in Alberta has increased considerably since 1948 when Elva Perdue was appointed the first full-time nutritionist with the Alberta Department of Public Health. At present there are sixteen positions filled by nutritionists; of these, three are designated as provincial nutritionists for Alberta Social Services and Community Health, and thirteen are field positions for community health nutritionists. The first field position appointments to be made were: Catherine Ellis (nee Young) to the Calgary Local Board of Health in 1969, and Bretta Maloff (nee Nielsen) to the Edmonton Local Board of Health in 1972.

Consultant Dietitians

With the development of Alberta's economy, opportunities became available for free-lance dietitians to do consulting work for hospitals, school boards, universities, businesses and industries.

In 1964, Mairi Gamble (nee Matheson) was appointed the first consultant dietitian to hospitals at Didsbury, Olds, Sundry, Innisfail and Three Hills. In 1965, the legally incorporated firm of Cochran Consulting Ltd., with Mairi Gamble as president, became the first dietetics consulting firm in Alberta. On a part-time basis Mrs. Gamble planned a teaching program for student nurses attending classes at the Faculty of Nursing, University of Alberta.

In 1969, Margaret Bell (nee Hansen) was appointed the first consultant dietitian to hospitals at Fort McLeod, Cardston, Taber and Raymond. In 1973, D. M. Christie Consulting Ltd. was established by Donna Christie to offer food services facility planning; emphasis was placed on design, management, marketing, consumer education, and nutritional consultation. Since the latter part of the 1970's, Lynn Homer (nee Chadwick) has been engaged in developing designs and equipment layouts for food service facilities in some Alberta hospitals and in those of neighboring provinces.

Internship

The University of Alberta Hospital, Edmonton, was one of only two hospitals in Canada to offer an approved post-graduate course in dietetics prior to the formation of the Canadian Dietetic Association. (The second hospital was the Vancouver General.) For both of these hospitals, the sanction came from the American Dietetic Association, which accredited the Edmonton course in 1929.

There had been a four-month, post-graduate, on-the-job training given to two student dietitians in 1928, but in order to meet the American Dietetic Association (ADA) requirements the course was increased to six months in 1929. At that time, Margaret Vant (nee Malone) was the dietitian in charge. In 1932 the course was extended to nine months and was approved by ADA. During 1938, through 1939 and 1940, the internship program was temporary; then final approval was given by both the Canadian Dietetic Association (CDA) and the American Dietetic Association. In 1943, ADA withdrew its approval and sphere of influence over internships in Canada in favor of CDA.

In 1961, an alternate means for completing internship in dietetics was initiated by the Canadian Dietetic Association, allowing a home economics student to complete portions of her dietetic training in the summer recesses between university terms. Between 1961 and 1970, when the scheme was discontinued, sixty-nine interns trained in various phases of this program in Alberta. A specialized Therapeutic Dietetic Internship, the first of its kind in Canada, was established in 1971; the first two students graduated in 1972. From 1928 up to and including 1980, three hundred thirty-six interns have graduated from the General Program and twenty from the Therapeutic Program at the University of Alberta hospital.

The second hospital in Alberta to give an accredited program for student dietitians was the Calgary General Hospital. Helen Jacobson was Director of Dietetics when the first class of three students began in 1955. To date there have been eighty-six interns enrolled in this program either as full-time students or as part of the alternate program initiated in 1961.

The internship program for student dietitians at the Royal Alexandra Hospital was established in 1966 and graduated its first two interns in January 1968. Dorothy Armstrong was the Director of Dietetics. To date there have been seventy-five interns enrolled either as full-time students or as part of the integrated program.

The first administrative dietetic internship program given at the Misericordia Hospital in Edmonton started in 1970 with two students under the Director of Dietetics, Mrs. Edith Hughes.

Formation of Professional Associations

Dietitians have been active in the profession in Alberta since 1910, but it wasn't until 1955 that the Alberta Dietetic Association (ADA) was formed.

Some of the dietitians involved with plans leading to the formation of ADA were Margaret Hamilton, Helen Jacobson, Margaret Lang (Mrs. K.D. O'Byrne), and Mabel Patrick. Margaret Hamilton became the first president of ADA and during her term as president the Canadian Dietetic Association convention was held in Edmonton for the first time with Margaret Lang chairman of the event.

A few years later (April 7, 1959), by the passing of Bill No. 37 in the Alberta Legislature, the Alberta Registered Dietitians Association (ARDA) was incorporated, thus giving professional status to dietitians in this province. The first president of ARDA was Mary Mitchell (nee Neilans). Once a profession becomes registered, it is necessary to ensure that those practising have received the specified education. The coordinating council of Alberta's universities, charged by the provincial government with this responsibility, delegates the task to the Alberta university faculty or faculties preparing graduates for each of the professions. In 1960, at the request of the coordinating council, the School of Household Economics established an examining board in dietetics which could, whenever and if ever needed, evaluate the educational qualifications of persons wishing to practise as professional dietitians in Alberta after having completed their professional education in institutions other than those known to meet specifications. Until 1980, the Board had convened and prepared an evaluation on only one occasion, in the early 1960's.

Technical Institute Programs

In 1962, after much investigating and planning by ARDA, the decision was made to establish a two-year program in Dietary Technology at the Northern Alberta Institute of Technology (NAIT). Mairi Gamble (nee Matheson), at that time a free-lance dietitian and chairman of the ARDA committee to establish the program, was named as the liaison member, and under her direction a dietary technicians' program evolved. In Edmonton, NAIT commenced the Dietary Technology Program in 1964 with the first director of the program being Marilyn Sangster (nee Day). In Calgary, the Southern Alberta Institute of Technology (SAIT) began the Dietary Technology Program in 1967 with Dawn Jones (nee Virtue) as the first director. At present there are approximately 159 positions available in Alberta to graduate dietary technicians. Of these, 99% are in large and small active-treatment hospitals, extended care centres and nursing homes; 1% are in high school cafeterias and private businesses.

In 1967, a one-year Dietary Aide Training course, developed for people working in food service departments of various institutions as well as for homemakers wishing to expand their knowledge of foods, was offered by correspondence at SAIT. Currently under development is a course in Food Service Supervision, which is an advanced course with Dietary Aide Training as the prerequisite. A correspondence course is also available for therapeutic and administrative dietitians wishing to take part in a one-year

refresher course. Begun in 1976, this course is programmed and marked by dietitians.

Special Projects

In 1960, after two years of study and preparation, a committee of dietitians, chaired by Betty Mullen (nee Blackburn) published *The Edmonton Hospital Diet Therapy Manual*. It was of benefit to patients, hospital staff and doctors to have diets standardized in all hospitals in Edmonton. Instruction sheets were made available to doctors for use in their offices. The manual was revised in 1972 and again in 1979.

In 1963, the need for help in initiating the Meals on Wheels project in Calgary was made known to churches in the city and to ARDA. The Calgary members, who subsequently served as volunteers in an advisory capacity, were Pheme Batrum (nee Jackson), Ruby Crealock, Rosemary Gerdts (nee Clarke), Helen Jacobson and Mary Mitchell (nee Neilans). In Edmonton, the Meals on Wheels program was initiated in 1969 with persons from various backgrounds, including dietitians, contributing their time and expertise. Joan Kucharski (nee Clark) has been on the advisory committee as a volunteer dietitian for several years.

The most recent project of ARDA has been the initiation and promotion of Nutrition Week in Alberta. There have been two successful campaigns so far. The theme during the 1979 campaign was *Lunch - What 4?* and the one for 1980 was *Eat Fit, Feel Fit*.

As one traces the important milestones of the profession it is apparent that dietetics has had, and is continuing to have, considerable impact in a variety of settings including hospitals, residences, schools, clinics and health departments. As the profession has developed, its commitment to high professional standards has been exhibited in several ways, including the evolution of post-graduate internship programs and the formation of a registered professional association which is concerned with monitoring educational qualifications and fostering professional development. The close relationship between the academic and applied spheres of dietetics has been evidenced by the significant involvement of practicing professionals in the implementation of internship programs and the initiation and planning of a host of technical institute programs in the field of dietetics. The commitment of the profession to the service ideal is witnessed by involvement in projects such as Meals on Wheels, the compilation of diet manuals, and the initiation of public-access programs such as Nutrition Week and Dial-a-Dietitian.

With the continued dedication of knowledgeable professionals the scope of dietetics will continue to expand, other professionals will have a growing appreciation for the value of dietitians on the health service team, and consumers will become increasingly aware of the relationship between good nutrition and health.

First Appointments of Dietitians to Residences and Schools

1913	University of Alberta Dining Hall, Edmonton	A. Irene Dickson
1919	Mount Royal College, Calgary	Margaret Carrick
1924	YWCA, Calgary	Ruby Gillespie
1924	YWCA, Edmonton	Lila Fraser
1930	St. Hilda's College, Calgary	Francis McMillan (Mrs. D. Harkness)
1937	Olds School of Agriculture	Jean Gordon (Mrs. James Murray)
1956	Alberta School for the Deaf	June Tye (nee McCutcheon)
1961	University of Calgary Student and Staff Cafeterias	Donna Christie

First Appointments of Hospital Dietitians

Calgary

1910	Calgary General Hospital	Jean Allen
1919	Sunnyside Hospital	Dorothy Curry (Mrs. Duncan McGibbon)
1920	Colonel Belcher Hospital	Colena R. Nickell
1921	Central Alberta Sanatorium (now Baker Memorial Sanatorium)	Dorothy Curry (Mrs. Duncan McGibbon)
1929	Holy Cross Hospital	Francis McMillen (Mrs. D. Harkness)
1951	Junior Red Cross Hospital (now Alberta Children's Provincial General Hospital)	Sheila Dixon (nee Sinton)
1960	Calgary Auxiliary Hospital and Nursing Home District No. 7	Marion Burrus (nee Neal)
1962	Bethany Hospital	Rae Ogg (nee Crichton)
1966	Foothills Hospital	Ann Diamond
1966	Rockyview General Hospital	Shirley Walker (nee Murray)
1967	Grace Hospital	Helen-Ruth Jamieson (nee Hignell)

Edmonton

1913	Strathcona Hospital (now University of Alberta Hospital)	Elizabeth Russel (Mrs. J. M. MacEachren)
1921	Royal Alexandra Hospital	Hope Hunt
1931	Miseracordia Hospital	Ada Lent
1935	Edmonton General Hospital	Helen McCraig
mid-40's	Charles Camsell Hospital	Mary Kidney
1950	Aberhart Memorial Sanatorium	June Tye (nee McCutcheon)
1963	Glenrose Provincial General Hospital	Olga Porylo

Other Centres

1920	Archer Memorial Hospital, Lamont	Edith Kellogg
1925	Galt Hospital, Lethbridge	Mrs. Mooni

1927	Provincial Mental Hospital, Ponoka	Ferne Stacey
1932	St. Michael's General Hospital, Lethbridge	Eloise McKinnon (Mrs. J. H. Moran)
1933	Claresholm Hospital for Women (formerly the School of Agriculture)	Ethel Stibbards
1934	Raymond Municipal Hospital	Helen Drew
1934	Drumheller General Hospital	Evelyn Anderson (nee Bigelow)
1935	Grande Prairie General Hospital	Marjorie Lipsey
1935	Medicine Hat General Hospital	Hilda McEwan
1938	Vegreville General Hospital	Muriel O'Brien
mid-50's	Red Deer General Hospital	Miss Davies
1964	Red Deer Regional Hospital Complex	Shirley Holm (nee Penosky)
1962	Wetaskiwin General Hospital	Patricia L. Milnthorp (nee Muir)
1968	High River General Hospital	Marilyn Davidson (nee Olive)
1972	Fort McMurray Regional Hospital	Karen Saunderson

First Appointments of Community Health Nutritionists

1969	Calgary Local Board of Health	Catherine Ellis (nee Young)
1972	Edmonton Local Board of Health	Bretta Maloff (nee Nielsen)
1972	Red Deer Health Unit	Isabel Agar

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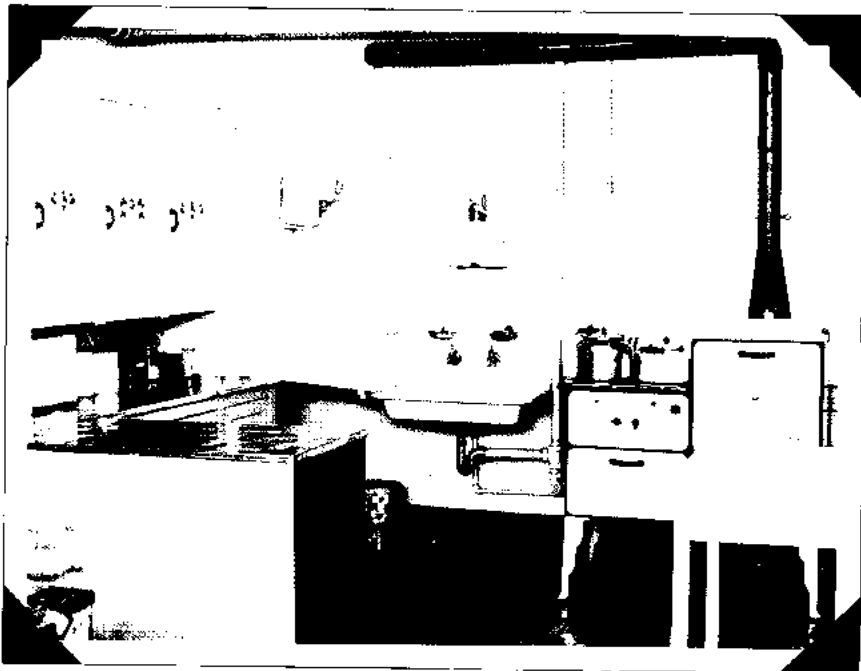
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History of Home Economics Education in Alberta

*By Joyce Bennett
B. Sc. (H. Ec.), B. Ed.*

Early Years

When teaching of domestic science began in Calgary schools in 1902, there were many good reasons for introducing the program. Every woman would become a homemaker, whether or not she married; skills in all areas of homemaking were economically essential in the rural home; domestic servant was an occupation for many young women; and with the beginning of the scientific age, sanitation, hygiene, nutrition, and food preparation and preservation were approached from a scientific point of view. It is not surprising that Dr. J.W. Robertson suggested the introduction of domestic science when he met with the Calgary School Board in 1900 to establish one of the Macdonald Manual Training Schools for boys. Domestic science seemed to be the perfect solution for what to do with the girls while the boys were thus occupied. When the senior lady teachers of the public schools



A typical early home economics classroom.

offered to teach sewing to the girls, the school board accepted the offer and classes began in 1902.

In 1910, Dr. A. Scott, Superintendent of Calgary schools, initiated the first Domestic Science Centre in Alberta, in a business block at the corner of Fourth Street and Eleventh Avenue South West.

After one year, classes were moved to a newly-equipped centre at Connaught School. Margaret Stewart, a graduate of a two-year teachers' course in Household Science from Macdonald College, and Annie Morrison, trained in Household Science in Toronto, were the enthusiastic young teachers hired in 1910 at a starting salary of six hundred dollars per year. The first courses to be held at the Connaught School were sewing classes for girls in grades seven and eight, while sewing classes for grades five and six were held in the regular classrooms.

The facilities of the first Domestic Science Centre consisted of food preparation tables, arranged in a hollow-square formation, with individual and group equipment and gas stoves. The teaching emphasis was on skills. Since educators of the time thought that pupils worked best and assumed more independence when working alone, each girl prepared an individual recipe in a small quantity. This required such special equipment as miniature bread and muffin tins and reduced recipes which included the famous and frustrating one-half egg.

Home economics came into the schools through the basement. The first stoves, in many cases, were coal stoves; irons were heated on the stoves; food was stored in boxes; treadle sewing machines and wash tubs with scrub boards and bar soap were the order of the day.

Margaret Stewart helped to stimulate considerable interest in household science by contributing a series of articles to the domestic science column of the *Albertan* newspaper. Simple experiments in housekeeping were presented for girls under sixteen years of age. A girl who independently completed six lessons was eligible for membership in the housekeeping club. This entitled her to wear the club pin and have her name in the paper.

In Edmonton, James McCaig, Superintendent of Edmonton Schools, was endeavoring to introduce domestic science. Formal teaching began in Edmonton in 1912 at Victoria School with Roberta MacAdams (Mrs. Harvey Price) as supervisor and Gladys Caverhill (Mrs. R.H. Hoyt) as her assistant. Two centres were opened in Medicine Hat in 1913, only to be discontinued during the first world war and not reopened until 1936.

Early in the fall of 1915, a group of leading household science teachers met in Edmonton to draft general courses in domestic science which would be suitable for use in schools throughout the province. The committee included Margaret Stewart, Florence Hallock, Marjorie Goldie, Roberta MacAdams and the Misses Anderson and Johnston. After several days of hard work, they submitted outlines of a few practical, yet broad and

flexible, courses. These were accepted by the Department of Education and, with a few alterations, were used for many years. In addition to the existing sewing, cooking and home management courses, a high school course for grades nine and ten was prepared and begun in 1916.

Early Normal School training for new teachers was described in a letter from Catherine Gossip (nee McCaig): *"The lessons in foods, clothing and needlework are for the most part grouped about the noon day lunch in rural schools, and the school fair. The course is closely linked to the teaching of health and hygiene."*

Help was on its way for teachers when, in 1915, the Department of Education at the University of Alberta offered summer courses in household economics. These proved very successful.

During the flu epidemic in the fall of 1918, many domestic science departments in the province were given over to the preparation of food for the sick and for volunteer nurses. Florence Hallock, Edmonton Supervisor, instituted a twenty-four-hour-a-day food service program at Victoria High School, with her students as volunteer assistants.

Before the war of 1914-1918, studies in domestic science had been recognized as a useful part of the general education of every girl. After the war, it assumed a new significance and appeared as an indispensable part of education.

In 1925 the Edmonton Home Economics Association offered a prize for darning. When this did not prove popular, the five-dollar prize was presented at the fair instead. The prize money was comprised of member donations.

During the depression years of the thirties, home economics teachers applied themselves to the task of teaching people to cope. They provided instruction in how to cook nutritious but inexpensive meals, how to use left-overs, how to make household cleaning products and cosmetics, how to make over and repair clothing, how to furnish a room with improvised furniture, how to make furniture covers and many more money-saving hints.

Robert M. Stamp made the following comments about the lot of teachers in his article "The Way We Were" (*A.T.A. Magazine*, March 1978): *"The Depression of the 1930's demonstrated how vulnerable teachers were to societal dictates and whims. There were salary cuts of four percent in January 1932, eleven percent in September of that year, and fifteen to twenty percent in the fall of 1934. Finally, all teachers' contracts were cancelled as of July 31, 1935. New contracts were issued on a new salary schedule, subject to further reductions of twenty-five percent til the end of December."*

Under the sponsorship of the Federated Women's Institutes of Canada, the first week of April 1933 was observed as Home Economics Week across

Canada. During this week, the press, radio, business firms, home economists and members of Women's Institutes united in an endeavor to focus the minds of men and women on the importance of home economics training in the schools, and on the matter of spending the family income with a view to getting real value for their money. Each day, programs featured radio talks, newspaper articles, lectures, school exhibits, demonstrations and displays of merchandise by leading merchants. Home economists in Calgary and Edmonton cooperated with Women's Institute members in this endeavor.



Home Economics in the old St. Mary's High School (1938 - 39) in Edmonton, once located on 103rd Street just off Jasper, now site of the Bay Parkade

The Middle Years

Inspired by the Herrington Method of Homemaking, revisions were made to shift from a subject-organized curriculum to a family-centered one. This new method of instruction, introduced in 1941-42, was referred to as the integrated homemaking technique. The home economics classroom became a home within the school, in which instruction was geared toward the practical situation that existed in the homes of the community. The space was arranged as nearly as possible to represent a house and the program was directed toward solving the problems of everyday living. Working in small groups, pupils carried on the activities of a home, moving in rotation from one area to another to gain experience in all phases of housekeeping. Personal relations and child care were studied, in some cases through assignment of roles such as hostess, waitress, nurse, dietitian, cook, housekeeper, laundress and dressmaker, many of which were interdependent.

For many years, the resolutions committee of the Alberta Home Economics Association (AHEA) persisted in sending resolutions to the Deputy Minister of Education requesting the appointment of a fully-qualified supervisor of home economics. A great many resolutions and years passed before Berneice MacFarlane was appointed Provincial Supervisor of Home Economics in 1948, a position she held until 1976.

During the period of the Second World War, there was a shortage of teachers and a lack of facilities. Departmental reports present a picture of home economics instruction being hampered by inadequate salaries, deficiencies in classroom equipment, time constraints, circuit teaching and lack of professional training. Despite these difficulties, the program was achieving some success. It seems that the teacher shortage was the major deterrent to progress.



Three levels of clothing construction (High River 1949)

The army called upon teachers as well as dietitians to organize an Army Cooking School for enlisted men. Victory gardens became popular, and conservation of food was encouraged. At the 1939 AHEA convention, Ada Lent spoke about food waste: ". . . a good sized slice of bread weighs one ounce and contains about three fourths of an ounce of flour. If four million Canadians wasted one slice daily, in one year the aggregate waste is 69,000,000 pounds of flour, enough for 80,000,000 loaves of bread. At 8 cents a loaf, it represents a waste of six million, four thousand dollars a year, as well as production costs."

At a meeting in 1947 Ferne Edwards, Home Economics Supervisor in Calgary, described Western Canada Composite High School. She said that this system was so successful that plans were approved for a second composite high school in Calgary. Miss Edwards stressed that Home Economics courses were as valuable to A and B students as they were to C students.

The first teachers' conference workshop was held at Olds School of Agriculture in joint session with the Alberta Home Economics Association Convention in 1950. Seventy-three out of a possible one hundred twelve teachers attended. The program was made up of short talks and demonstrations. Also included were book and handicraft displays, home economics films, and exhibits from the university and technical school, provincial government health and education departments, and McCalls, Butterick and Simplicity pattern companies.

The Last Two Decades

In April 1961 the Home Economics Council of the Alberta Teachers' Association was formed with fifty-eight charter members. The Council, now numbering over 500, sponsors yearly travelling workshops and publishes a quarterly journal.

In 1961, the Calgary Home Economics Association sponsored a *Bishop Method of Clothing Construction Workshop* with Kitty Rotruck from Gaithersburg, Maryland, as instructor. This proved to be very popular with sewing teachers and, since that date, Mrs. Rotruck has returned many times.

A new curriculum for junior high schools was approved and introduced in September 1961. The course was presented in three levels of increasing difficulty, with approximately one-third of the program in foods and related topics, one-third in sewing and one-third in a variety of electives. Some of the new topics included first aid and home nursing, child care, time and money management, homemaking in other lands, famous Canadian women and vocations in home economics.

The new high school curriculum guides, introduced in September 1964, replaced the old Home Economics 20 course with Home Economics 21,

which was a family living course designed for both boys and girls in grades eleven and twelve. Subject areas included preparing and serving quick meals; clothing selection, construction and care; finding and furnishing a home; personal and family living; and baby care. The teaching approach was to form concepts and generalizations by using inductive reasoning and logical thinking.

In 1941-42, home economics was taught by seventy-seven teachers in eighty-two schools throughout the province. By 1965, the number of home economics rooms had increased to 295, including rooms in four Indian and two private schools.

With shortened periods and inconvenient timetables, home economics had new obstacles to overcome. In keeping with the trends occurring at home, foods teachers encouraged the use of quick mixes, master mixes, and instant and pre-cooked food products.

Students of the 60's agitated to change the school dress codes and there were many clashes with administrators over long hairstyles for boys and slacks for girls. Despite the pressures, home economics held out for some time by requiring that girls carry a skirt to school for home economics classes.

A new home economics curriculum for junior and senior high was introduced in 1972. The restructured curriculum gave the teacher freedom and responsibility for planning experiences for her particular situation, be it rural or urban, high budget or low. Home economics was now divided into three major areas — Modern Living, Foods and Nutritional Science, and Textiles and Clothing. Each of these was structured upon three main concepts. Modern Living concepts included Human Development and the Family, Home Management and Family Economics, and Housing; Foods and Nutritional Science dealt with the Significance of Food, the Nature of Food, and the Provision of Food; Textiles and Clothing considered the Significance of Textiles and Clothing to the Individual in Society, Nature of Textiles and Clothing, and Acquisition and Use of Textiles and Clothing.

Boys have been enrolled in home economics in a variety of ways. In some schools it was an exchange with the girls for six weeks at the end of the grade nine program. In high schools, many boys have taken foods and modern living classes. The late 1970's have seen more and more boys electing to take home economics options in junior high school and this trend is expected to continue.

“What did I do as a teacher? Did I recognize the problems of the child? Guide the child toward self direction - give subject matter of experience to enrich the experience of the present so that it would be most helpful in future living? Did I widen horizons, insure deeper understanding?”

Norma Maxwell White: "Home Economics Versus Homemaking" *AHEA Newsletter*, 1939.



Foods and clothing classes of the 70's

Correspondence Courses

The "silent classroom" of the correspondence school is relatively unknown to a great number of Albertans but was a lifeline for 21,492 students in 1979-80. The correspondence school is presently located in Edmonton, but plans are underway to move its location to Barrhead. Correspondence education serves the needs of Albertans living in isolated Canadian or overseas posts, unmarried mothers, those with physical or emotional problems which prevent them from attending regular schools, and adults who are working at a job and studying in their spare time.

The correspondence school began in 1923 when it provided lessons for the individual needs of one hundred Alberta students in elementary grades. In 1936, the first high school courses were offered, but it wasn't until 1940 that the first home economics course began. It was Needlework 10, a three-credit course toward a high school diploma, which included hemming and hand-stitchery, embroidery, knitting and crocheting. A simple machine-made garment was made if a sewing machine was available. Foods and Nutrition was introduced in 1955, followed by Home Economics 21, offered from 1968 until 1974 when it was replaced by Modern Living. A course in Clothing and Textiles became available in 1973. Presently, Food Science 10 and 20, Clothing and Textiles 10 and 20, and Modern Living 10, 20 and 30 are available. At the junior high level, Home Economics 9 has been offered since 1972.

All of the correspondence school material, which has been developed and written by teachers, can be purchased as reference material. The lesson

packages for Clothing and Textiles 20 include samples of sewing techniques as well as any free publications available in home economics areas.

It is interesting to note that three international cuisine courses are now offered as non-credit interest courses. They are French 73, Italian 74, and Chinese 75. As well as recipes, the courses include menu planning and background information about each country.

The Future

What about the future? Home economics is not a compulsory subject and therefore must compete with other options. However, for many students home economics will be appealing because of its practical orientation.

Home economics teachers have been surveyed recently in the planning of a new curriculum which differs from the present curriculum in that a core of subject matter has been identified in each level of foods, clothing and family life. The units will be planned as modules, each requiring a specific amount of class time. The core modules will be compulsory, while other units of subject matter will become elective modules. For example, a Food Science 10 course will include three or four compulsory modules and several elective modules, chosen by the teacher according to the interests and special needs of the class. These changes should prove to be both stimulating and helpful to teachers.

When graduates get together to reminisce about the old days, it is very likely that "what happened in home economics class" will be the subject of conversation. Favorite student gags such as substituting garlic salt for sugar, accidentally-on-purpose making more than half the recipe, or feeding exotic failures to friends and teachers are rediscovered by each generation . . . and make home economics synonymous with the "Good Ol' Days" . . . as delicious as "Apple Pie". We often learn by our mistakes and they can be funny too — how do you wear a blouse when the sleeves are sewn in upside down? or a pair of pants when the seat is in the front?

The scope of home economics is endless, the subject matter is dynamic and the skills that are taught are useful. Home economics teachers have made an outstanding contribution to education in Alberta.

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3. "Food Sciences Committee Report", *Journal of the Home Economics Council of the Alberta Teachers' Association*, Vol. X, No. 2, May 1971.
4. Conversations with retired home economics teachers.

Provincial Supervisors or Consultants

Miss Jeannette Hinman (Supervisor)	1944 -(1946?)
Miss Berneice MacFarlane (Supervisor)	1948 - 1976
Mrs. Grace Melnyk (Acting Consultant)	1976 - 1977
Mrs. Laura Mann (Consultant - Northern Region)	1977 -
Ms. Glenda Loiselle (Consultant - Southern Region)	1977 - 1979
Ms. Jane Sereda (Consultant - Southern Region)	1979 -

Edmonton Public School Supervisors

Miss Florence Hallock	1916 - 1938
Miss Isabel Hotson	1938 - 1939
Miss Lorine Torgerson	1939 - 1943
Mrs. Beatrice (Williams) Brindley	1943 - 1964
Miss Bessie A. McAvoy	1964 - 1973
Ms. Faye Ruttan (Business Administrator)	1973 -

Edmonton Separate School Consultants

Mrs. Sharon Pisesky	1974 -
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Calgary Public School Supervisors

Mr. Kidner	1911 - 1914
Mr. C.W. Fairn	1914 - 1916
Miss K. L. Davis	1916 - 1922
Miss L.F. Archibald	1922 - 1924
Miss M.A. Howard	1924 - 1935
Miss Ferne Edwards	1935 - 1967
Mrs. Betty Evans	1967 - 1977
Mrs. Diane Field	1977 -
Mrs. Marilyn Dallman (Acting Supervisor during Mrs. Field's leave)	1980 - 1981

Calgary Separate School Consultants

Mrs. Elizabeth Cooney	1967 - 1977
Mrs. Delphine Lemire	1977 -

History of Home Economics Extension In Alberta Agriculture

by Nadine Vester
B.A., M.Ed.

Today's Mission

The home economics branch, through its home economics extension service, aims to help rural Albertans enhance their physical, economic, and social well-being. Its focus is the development of the individual, family, community, and agricultural industry.

In The Beginning

On September 1, 1905, the Department of Agriculture was one of four ministries of the Alberta government. It was already involved in "educational work". As summer fairs were well attended, the department set up tent exhibits to provide information on the latest equipment and methods; farm women attended the poultry and dairy demonstrations. In 1906, the "travelling dairy" shared a tent at these fairs with Miss E.G. Charlton, instructress in domestic science in the public schools of Buffalo, New York. She demonstrated "Principles Underlying the Cooking of Food."

Miss Charlton's work was so popular that a "school" was arranged at Medicine Hat from August 21 to 24, 1906. Among her topics were some that reflect the present program specialty areas: Canning, Science and System in Housekeeping, The School Girl's Home Duties, and Hints on "Laundrying."

In the early years, the story of home economics extension is inseparable from the history of the Alberta Women's Institute. The 1906 annual report of the Department of Agriculture comments on the work of the Women's Institutes in other provinces and the need for women's programs: "*The home life would be more enjoyable, and with this improvement would come greater contentment with life on the farm and less desire for life in other spheres.*" Although the department recognized the contribution of this organization, the first branch of the Alberta Women's Institute was formed at Lea Park in 1909 without the active participation of the department. Early in 1912, Roberta McAdams (Mrs. Harvey Price) and Louise Perkins, graduates of Macdonald Institute at Guelph, Ontario, taught food handling and preparation at the agricultural short courses. By June, Miss MacAdams was conducting a feasibility survey on Women's Institutes for the department and by year's end, six of the branches that had

been established qualified for the \$5.00 provincial grant. In the same year Georgina G. Stiven, also a graduate from Guelph, was appointed superintendent of Women's Institutes for the Department of Agriculture. A *Women's Institute Act* was passed by the legislature in 1916 formalizing the organization.

The Women's Institutes were, from the first, involved in education that aimed to improve conditions in the home. To aid them, the department made available small travelling libraries of reference books and also produced bulletins on the topics *Care of Infants*, *Extermination of House Fly*, and *Care of Milk*, with the intention of making available further bulletins as resources permitted. The Women's Institutes promoted community action — working toward the establishment of libraries, parks, playgrounds, and hospitals. They also provided "relief" to needy families.

By 1917 the superintendent, Mary McIsaac, was given an assistant who helped to organize Alberta Women's Institute Girl's Clubs. The assistant was also responsible for writing bulletins which were distributed by the thousands. As well, the women who taught at the agricultural colleges spent their summers teaching short courses in home economics topics.

“From a Women's Institute — ‘I do wish I could express to you the good we isolated districts get out of these demonstrations, but mere words cannot begin to express the help and appreciation that is derived from the demonstrator's personality alone. Some of us have been here from six to ten years, without a breath of civilization. We all look forward to the one bright spot in the year, when we have our demonstrator. All the girls have been so kind, good and helpful.’”

(*Department of Agriculture Annual Report, 1923.*)

One feature of the early extension program of the department which attracted wide attention was the Mixed Farming Special Train. By 1915 two cars of the twelve on the train were set aside for domestic science purposes, one for demonstrations, the other for displays. The next year a "nursery car" was provided. The cars made fifty-nine stops and more than one thousand children were accommodated.

Jessie MacMillan became Director of the Women's Extension Service from 1922 to 1929. In 1922, a new Alberta Women's Institute Act was passed; the administration of Women's Institutes was removed from the Department of Agriculture, and financial assistance phased out. The Women's Extension Service expanded its programs to the United Farm Women of Alberta and other community groups. As early as 1923, programs were being coordinated with the public health department. That year's annual report indicates that a needs survey was conducted and consideration given to evaluating programs. The government motion picture bureau produced a film *Helpful Hints for Women*. Short course

topics expanded to include basketry, care of the drinking water supply, home nursing, and first aid. By 1929, the Department of Public Health had taken over, from Agriculture, the teaching of child welfare, home nursing and "treatment in emergencies".

Early Pioneers and Programs

In 1928, an act of the legislature created the Women's Bureau in the Department of Agriculture. In August of that same year, Hanka Romanchyck became the first district extension worker appointed under the new act. She was placed in the Vegreville area to help the women improve their home and community conditions. Miss Romanchyck had little formal training for this task; however, she had been raised on a farm and possessed the necessary practical experience, skills, and language. By accompanying the district agriculturist on visits, judging at school fairs, and visiting schools, she made her first contacts. She taught sewing in the schools at the request of two teachers. She took advantage of community functions to give talks, help with menus, and to assist with planning the functions. Her main concern was teaching skills that would help the people make the best use of what little they had. She helped them market the handicrafts processed from the wool they raised, since the depression made any cash income a godsend.

In 1930, the first Farm Women's Weeks were held in Vermilion and Olds. The Agriculture annual report stated that "*Suitable entertainment was provided, and an effort was made to see that the delegates had a good rest*



Home economist Donna Horton at Calgary Power exhibit during Alberta Women's Week, Olds (1971)

as well as some profitable instruction." Seventy-two women and ten pre-school children attended. In 1980, Alberta Women's Week at Olds celebrated its 50th Anniversary with three hundred women and sixty children attending. Objectives for the week have not changed substantially.

Depression gradually curtailed the activities of the Women's Bureau. On December 15, 1935, the new Social Credit government dispensed with the services of both the director and the district worker.

Despite drought, poor quality crops, frost, and low prices, the demand for extension services continued. The agricultural schools' instructresses continued to carry out extension work in the summers. In some areas, special projects were aimed at teaching women commercial skills such as making cosmetics, knitting, and raising chickens.

The Advent of District Home Economists

Economic conditions were on the upswing when war was declared. Women became recognized as economically important when men were called to "active service". Edna Dakin was retained early in 1939 for "special work". That summer Hanka Romanchych and Eveline LeBlanc were hired to work with special groups. Miss Romanchych had remained in the Vegreville area after the department had disbanded the extension service in 1935. In 1939, she was hired for three months and in that time she assisted the Ukrainian women to process one and a half tons of wool into 213 quilts. Miss LeBlanc came from Ottawa. In three weeks, she conducted nineteen meetings on health and nutrition for the French-speaking rural population.

In autumn of 1939 Vera Richards (Mrs. V.G. Macdonald), a graduate of the University of Alberta, was hired to teach domestic science courses at the Vermilion School of Agriculture. In the summer of 1940, she conducted courses for women in the northern part of the province. She expected to return to Vermilion that autumn, but instead was appointed supervisor of the women's extension program, stationed in Edmonton. At first, her support staff was non-existent; therefore, her duties included conducting demonstrations, attending field days, writing publications and correspondence courses, producing radio talks, and working with girls' clubs. She travelled throughout the province in those early years. By 1942, there were ninety girls' clubs; thirty-one of these were affiliated with Alberta Women's Institute, eight garden clubs were sponsored by the Alberta Wheat Pool and the remainder were involved in other projects such as good grooming, sewing, home management and home decoration. In the garden clubs the members grew gardens from seeds provided by the Alberta Wheat Pool, then learned to process their produce, and displayed the results at achievement days. Miss Richards was responsible for organizing the clubs, supervising their activities and writing their project books, this in addition to her work on the women's programs. She conducted the first girls' club leaders' training session in 1941.

In May 1942 Margaret Fraser (Mrs. Graydon Arnold) was hired to assist Miss Richards by supervising the girls' clubs. In 1949, Miss Fraser was transferred to the Junior Activities and Youth Training Branch, in line with the department's policy of consolidating all work with rural young people. Although the other girls' clubs amalgamated with boys' clubs, the Alberta Women's Institute Girls' Clubs remain under the institute structure to the present. In 1954, a change in administration of the youth programs brought the 4-H Branch into being in Alberta. Administration of 4-H was transferred to the Department of Youth in 1966 and returned to the Department of Agriculture in 1976. District home economists, to a greater or lesser degree, have been involved continuously with this program.

On May 22, 1943 Esther Anderson (Mrs. Larry Williams) became the first district home economist. Miss Anderson had grown up in a rural community and had trained as a teacher. Stationed at Stettler, she had a district that went from the Saskatchewan border to Drumheller, through Stettler, Camrose and Wainwright to the border. Mrs. Williams records that her first meeting was at Bashaw; her topic, "Food, Your Weapon of War".

Transportation or lack of it was a constant problem. Only the district agriculturist was provided with a car and a gas ration during the war, since he was involved in the recruitment, selection, and transportation of farm labor. The use of telephones was limited; coordination was necessary to make use of all available means of travel but much of the planning had to be done by mail.

While programs involved a lot of effort, this effort was constantly rewarded by the enthusiasm of the users of the service. Mrs. Williams thinks that her work with the girls' clubs created an important impact since the information she shared with them was taken home to the rest of the family. The girls worked hard studying their project books, working on their projects, and then setting up displays for achievement days. The results were very attractive. Besides the garden, the girls' clubs worked on good grooming, etiquette, home decorating, sewing, conducting meetings, and speaking in public. Some of these clubs met on a weekly basis.

Miss Anderson's other activities would have a familiar ring to today's district staff: she judged entries at fairs; she started a school lunch program in cooperation with the Health Unit at Stettler and contributed to their newsletters; she worked with Women's Institutes and other community groups.

Branching Out

Vera Macdonald, in her forty years of leadership in the home economics extension service, followed a pattern one can trace from the earliest Department of Agriculture annual reports . . . that of a forward-looking

service not only responding to a changing society but anticipating needs and creating innovative programs to meet them.

The programs in the early 40's were influenced by the needs of a population at war. Rationing shortages were problems. One of Mrs. Macdonald's brochures, *Wild Rose Hips for Vitamin C: Alberta Oranges*, produced in response to those conditions, is still being distributed, though infrequently. In 1945, special efforts were made to visit war brides to help them make the adjustment to a new country. In 1948, home economics extension supervised the placement of domestics on farms from the population of "displaced persons" coming from camps in Europe.

The need for rural housing was a major concern in the early postwar period. The depression and then wartime material shortages had made it impossible for the people to concern themselves with housing earlier. Now, following an increase in farm income during and after the war, the public was ready to address this need. In 1947, Mrs. Macdonald became a member of the Prairie Rural Housing Committee, which involved the three prairie provinces until 1952. The work of the committee resulted, in 1948, in the publication *Farm Homes, 10 Preliminary Plans*. For \$2.00 the client could purchase a blueprint and list of materials for the plan selected. Further publications dealt with remodeling, kitchens, and utility rooms. The first home design specialist was hired in 1948 to further the work of the district home economists in this area.

In the middle 40's hot school lunches and Nutrition Weeks were undertaken. Radio and the press were used with increasing frequency to reach the public. Topics included *Labour Saving Devices*, *Modern Trends in Foods*, and *Hobbies that Pay*. In 1946, one district home economist at the Brooks Horticultural Station was involved in testing varieties of fruits and vegetables suitable for freezing.

By the early 50's housing occupied a large segment of staff time. The 1950 annual report indicates that over 4,500 people received help with various home planning problems. New fabrics increased the interest in sewing clinics. The district home economists were also conducting courses on the elements of good design in areas such as home decorating and clothing.

In the middle 50's, priority was given to the farm and home improvement program which involved both district agriculturists and district home economists. Joint programs were conducted in decision making, record keeping, partial budgeting, and money management. The 1957 annual report indicates that the "whole farm approach" had been growing in importance for almost 10 years. The staff training session, which included both district agriculturists and district home economists, was held in Banff that year and was designed to emphasize the importance of the farm family as a total unit. By the early 60's, the agriculture annual report notes: "*There is evidence of a trend for farm wives to either return to paid work to help*



District Home Economists (l to r): Priscilla Mewhu, Norma Jean Hogg (Mrs. Gray), Vera Macdonald (nee Richards) (Director of Home Economics Extension Services), in the uniform of the day, at a display for the Frozen Food Locker Association (1953).

family finances or to keep the farm going while husbands take off-farm employment". Time management and partial budgeting topics were in increasing demand while interest in handicrafts decreased. Clothing prices sharply increased; sewing classes were in strong demand. The Bishop method of clothing construction, using mass production techniques, was added to the repertoire of programs.

District home economists began using television to reach the rural population. Every district home economist also wrote her own local weekly newspaper article.

Although staff had already been involved in civil defence for several years, in the autumn of 1962 the movement of Russian arms to Cuba intensified staff activity. The Allied Armed Forces were placed on war alert. A number of district home economists were sent to Civil Defense Orientation Courses (Emergency Feeding) and subsequently served on municipal civil defense committees.

The development of a scale of allowances for food and clothing was an interdepartmental project started in 1960 between Agriculture and Public Welfare to set rates for recipients of public assistance. These scales were widely used in budget counselling until the project was discontinued in 1977.

In 1965, the Agriculture Rehabilitation and Development Act, involving the federal and provincial governments, employed home economists in

rural development in Edson and St. Paul. The positions involved coordination of resources, planning, training of volunteers, and counselling, as well as education in more basic home economics skills. These programs came to an end in the early 70's with another shift in departmental emphasis.

Methods of reaching people have expanded and changed. In 1967, Linda Pickell (Mrs. Bruce Robertson) was appointed products promotion and information officer to provide consumer information on Alberta food products to the media. In 1969, Frances Cullen became the first urban home economist operating out of Edmonton's Glengarry Community Services Centre where she was part of a social service resource team. Departmental focus changed and subsequently Miss Cullen became the first director of the Food Marketing Branch in April 1972.

In the late 60's the Department of Agriculture started moving towards regionalization. In 1967, five senior home economists were appointed, the predecessors of the present regional home economists. Six positions were established in 1976.

The home economics laboratory service got underway in 1969. The foods staff conducted recipe testing and development along with agricultural product promotion, a service which has continued to be available to producers and processors. Research for publications has also been one of the benefits. The physical set-up of the laboratory, in itself, provided a practical demonstration of applied design principles in home planning, furnishings, and equipment.

Nutrition education has remained a major focus from earliest times. In 1973 the Nutrition Canada National Survey report and the National Council on Welfare both stressed the need for nutrition education in the classroom. An interdepartmental committee was formed to decide what action might be taken. It was agreed that Alberta Agriculture had the field staff with the required expertise to implement a program. By the fall of 1973, eight schools were involved in the initial program *Food and Nutrition at School*. This program continues to operate province-wide. In 1979 it expanded to small cities and in 1980 an agreement was completed to expand the Nutrition at School program to Indian reserves.

Home economics extension continued to respond to changing trends over the years. Prior to the formation of the Department of Consumer and Corporate Affairs, consumer information was a major priority; it continues to be important. More recently, programs have included stress management, conservation of resources, and programs built around the needs of mothers employed outside the home. The service has concerned itself with providing information about the latest technology — microwave ovens, new appliances, micro-computers. Program delivery has been designed to use the latest techniques.

On September 14, 1979 Vera Macdonald retired as head of the home economics branch. She was succeeded by Shirley Myers, present incumbent.

A Growing Service

There are many indicators to say that the Home Economics Extension Service has continued to be successful. Growth is one. A staff of one district home economist in 1943 increased to five the next year. In 1948 there were twelve, five of whom had cars. District staff increased to fifteen in 1953 and to twenty-seven in 1967. A large increase took place in 1972 when twenty-seven district home economists were recruited. At present, sixty-one district home economists, one laboratory home economist, six regional home economists and ten provincial and regional specialists, in addition to temporary and part-time staff, are employed by the department.



Home Economics Branch, Alberta Agriculture (1979)

The extension service of the Department of Agriculture has evolved and expanded through a number of organizational changes in seventy-five years, as indeed did the whole structure of the Alberta government service. In 1976 the home economics branch joined with the 4-H branch to become the new Division of Home Economics and 4-H with Irene Leavitt (nee Reid) named director.

Honors

Another indicator of success is the recognition given staff for their contribution to their communities.

Norma Jean Gray (nee Hogg) was made Brooks' Citizen of the Year in 1973, inducted into the Olds College Alumni Hall of Fame in 1976, received a long service award from Alberta Agriculture in 1977, was honored by the establishment of the *Norma Jean Gray Award* for post-secondary training for a 4-H member, and was named to the Alberta Hall of Fame after her death in 1977.

Edith Zawadiuk was created honorary member of the Indian band of the Saddle Lake Reserve in 1975 for her "*patience, perseverance, and cooperation in working with people of Saddle Lake.*" Her Indian name is Onechkapowin Otaanisimaw, Daughter of Saddle Lake.

Vera Macdonald received the Queen's Silver Jubilee Medal in 1978. The accompanying certificate reads: "*An expression of appreciation of worth and devoted service and of the esteem in which you are held by your associates.*"

The Specialists

In 1980 five provincial specialists and one assistant specialist were employed by the home economics branch: foods and nutrition, clothing and textiles, home management, family living, and home economics extension. Home and community design is now a separate branch whose information is still extended through district home economists. With increasingly complex and abundant information, increasing demand for services, more staff, and greater expectations placed on staff by the public and the department, the need for "*women with special training . . . to assist district home economists*" was recognized soon after the first district home economist was hired.

The first specialist was Joyce Lewis, extension nutritionist appointed in 1945. She implemented a long-term nutrition program to reach from the school into the home. Next came Carol Judson in 1948, home design specialist, a graduate in interior design from Manitoba. The home design specialist was transferred to the agricultural engineering branch in 1972. In 1956, Helen Moseson (Mrs. George Samuel) became the first clothing specialist. She had worked during the summers as a district home economist and taught clothing at the Olds School of Agriculture. In 1963, Patricia Mascaluk (Mrs. Glen Cooper) was appointed specialist in home management. In 1975, Nadine Vester (nee Daniels), a psychologist, became the first provincial family living specialist. Barbara Stroh (nee Stewart) was the first provincial special program specialist. From 1972 to 1979 she carried out the terms of the Indian trust account, creating and conducting programs on reserves, and training district staff. In 1980 the title of this position was changed to Home Economics Extension Specialist to reflect more accurately its present function of training staff in extension methods.

Demand for specialists' services expanded steadily. The first regional specialist position was that of home design specialist, appointed to Calgary

in 1965. In 1980 there were five regional specialists in the home economics branch.

Day to Day

Despite the vast and accelerating changes in technology and society, the daily work of the district home economist in 1980 was surprisingly like that of those early instructresses. While the district home economist whisks from place to place in her car or by plane, they travelled by train, bone-jolting farm wagons, and occasionally, according to the Alberta Women's Institute history, "*the visitor was obliged to cross on the cable in the 'cradle' with the mail.*" The agricultural schools' instructresses travelled in the summer; the modern district home economist conducts many of her programs in the winter. Getting stalled or stuck in sub-zero temperatures reduces a car to flimsy protection against the unchanged climate. Throughout the years, a picture is painted of a woman who travels from place to place, sharing her skills, teaching people to improve things for themselves, anticipating the changing needs of the community, and always, lugging demonstration supplies in quantities that would make a stevedore blench. She was doing that in 1906 and she is doing it today.

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Vera Macdonald (nee Richards)
Charlie Cheshire
Priscilla Mewha
Esther Williams (nee Anderson)
Anna Pidruckney (widow of William Pidruckney, DA at Vegreville)

Home Economists in Business

*by Arlene McKay
B.Sc. (H.Ed.)*

The use of electricity and natural gas for cooking, heating and lighting became more common during the 1920's. The availability of these new energy forms in relative abundance led to the employment of home economists by Alberta utility companies.

The City of Calgary Electric System employed its first home economist, Kay Kirkland, about 1920 to provide help and information to homemakers whose ranges were being converted from coal burning to electricity. This involved home visits and cooking schools as well as promotion of electricity. An early photograph, not available now, showed a 1920 Stampede Parade float occupied by home economists.

In 1929 Canadian Western Natural Gas Company in Calgary employed Hysperia Lee Aylsworth (Mrs. R. Henderson) as its first Home Service Director; the following year Northwestern Utilities in Edmonton followed suit by hiring Kathleen Esche (Mrs. J. Boone). Natural gas stoves were



Canadian Western Natural Gas Company's Home Service Director Elsie Currie, (Mrs. B. Beer) during a 1930's radio broadcast.

becoming commonplace in the cities; nevertheless, many people were afraid that when they lit the stove it would explode. The home economist would visit a home not only to show how to use the range but to reassure and calm the homemaker.

Cooking schools were a very important part of the job and these Home Service Directors, with their assistant home economists, would present a three-hour cooking school every day for a month, spring and fall. A large auditorium seating up to five hundred people was used during the early 30's. However, not everyone was there to learn how to cook and see how to operate a gas range. Those were depression times and free entertainment was popular, especially the kind where one might get a taste of good food!

Of course not everyone could get to the cooking schools, so the home economists also reached the public by radio. These programs were fifteen minutes, twice a week, and provided recipes and all types of home economics information. One time in the mid-thirties, the Home Service Director received so many telephone calls after a radio show that the whole telephone exchange was jammed.

Over the ensuing fifty years, gas company home economists have continued to promote the use of gas ranges, and now gas barbecues, by conducting cooking schools and using the media. However much of their impact has been as front-line advisors to the public by direct telephone access. Consumers wanting information on just about any subject have always thought of telephoning the "gas company home economists". In the early years, those telephones were manned until 11 p.m.; now, of course, this service is restricted to regular business hours. The telephone information service is still a major function of the home economists although with the proliferation of consumer-help agencies they are now able to refer calls outside their area of expertise.

Calgary Power Co. Ltd., realizing the need to promote the best use of electricity, hired Kay Campbell as their first home economist in 1932. Then from 1937 to 1941 five home economists were employed. In the summer, cooking schools were the order of the day, while in the winter months lighting campaigns predominated. Rural electrification was going ahead full tilt so a great deal of time was spent on the road. Calgary Power had a trailer constructed, complete with a modern electric kitchen. This mobile "heart of the home" was hauled to many communities and the audience, seated inside a tent, was shown the advantages of cooking electrically.

This trailer was a showroom kitchen by day and a women's dormitory by night — Calgary Power's five adventurous home economists carried their own sleeping bags and air mattresses. As food demonstrators, their resourcefulness was often tested; for example, one time a cake fell just prior to the show, so the girls stuffed it with facial tissue, iced it and then explained to the audience that it couldn't be given away for a prize since it was a birthday cake for one of the girls.



Calgary Power's five home economists and the mobile "heart of the home" trailer. (Home economists not identified.)

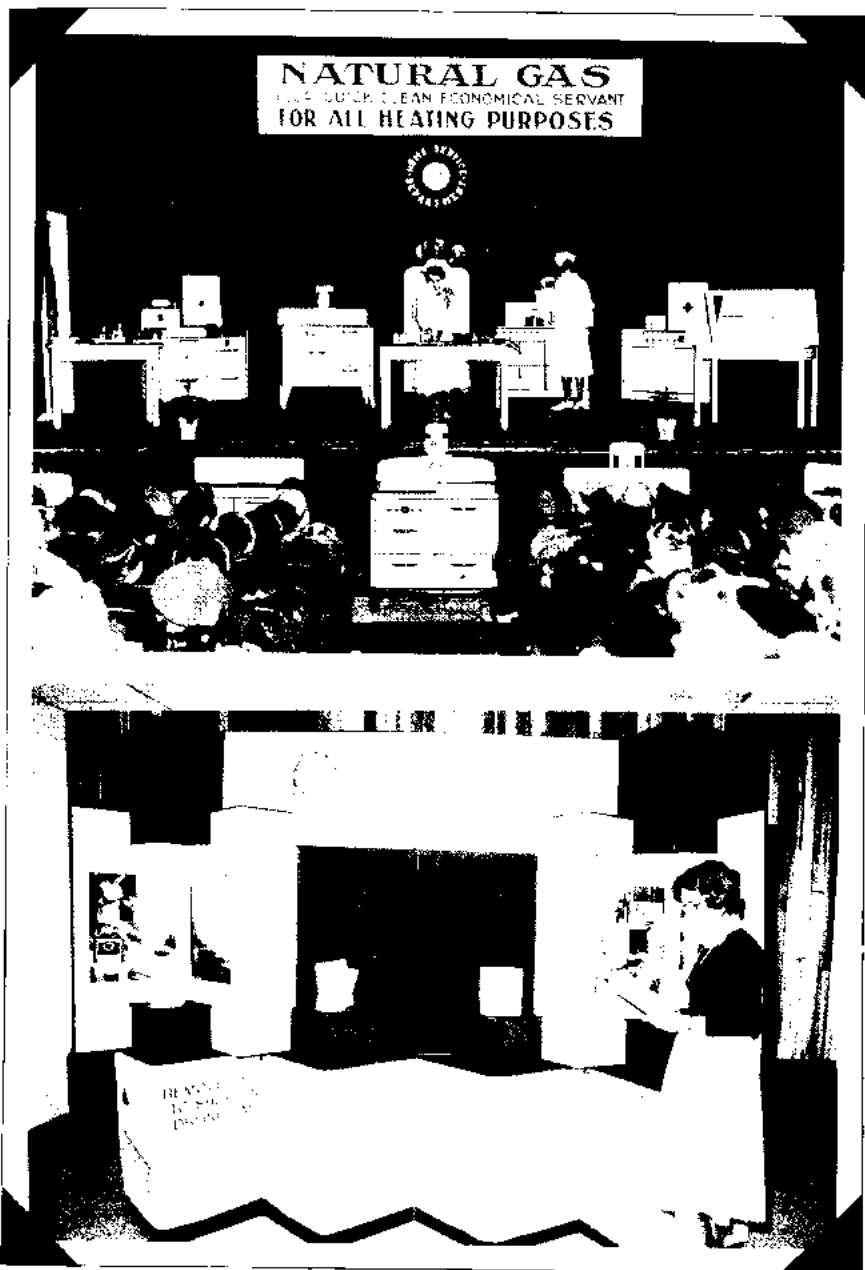
In 1936 Calgary Power implemented a "Better Light, Better Sight" campaign, and the five home economists personally visited homes all over Alberta to explain practical applications of the new science of seeing. It was felt that if consumers had a better knowledge of the efficient and economical use of light they could conserve their eyesight.

During the next few decades (40's - 60's) educators were being encouraged by utility company home economists to incorporate information about aspects of the use of electricity into home management courses. It was felt that the labor-saving features of electrical innovations in the home should be stressed; and subsequently the buymanship, use and care of electrical appliances and home lighting was studied by the great majority of home economics students.

The first home economist on record at Canadian Utilities (now Alberta Power) was Eleanor Male. She began in 1945, an era when many corporate home economists adopted pseudonyms; hers was Diane Watt.

Over the years, the types of appliances have changed and the numbers have increased — two notables were gas barbecues and microwave ovens. In 1959 the first microwave oven demonstrations throughout Alberta were given by the home economists at Calgary Power and Canadian Utilities. Consumer acceptance of microwave cooking gradually opened up other jobs for home economists.

The role of the utility company home economist has changed, in response to increased energy costs, from one of promoting use of energy to education



Early demonstrations (top photo 1938) focused on use of the utility; by the mid-seventies emphasis had shifted to energy conservation.

Top photo: L, Elsie Currie; R, Dorothy Johnston

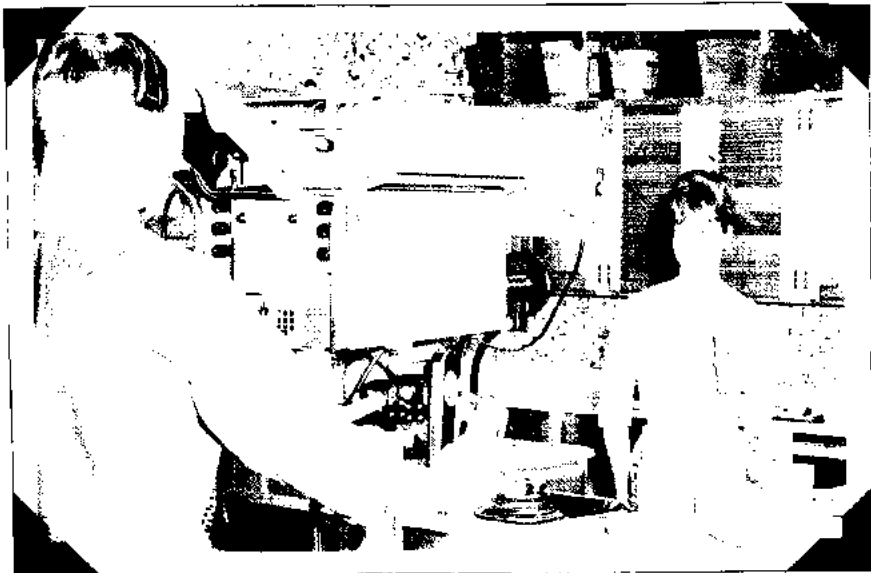
Bottom photo: Deb Mayberry

regarding energy management. However, the message is still conveyed to consumers by the same means — demonstrations, displays, media and telephone consultation.

With the exception of a few isolated instances, such as Singer Company hiring Eleanor Blow in Edmonton in 1941 and Canada Safeway in Calgary employing Barbara Curlette (Mrs. MacDougall) in 1952, most home economists in business worked for utility companies until the late 60's. By that time the post-war economic boom had created a need for consumer-help services and consequently businesses began employing consumer consultants or counsellors. As well, university home economics programs had become more diversified so that graduates felt competent in seeking employment in non-traditional areas.

Governments established departments of Consumer and Corporate Affairs, and existing departments stepped up their public information programs. Many home economists moved into this area, as outlined elsewhere in this book. Because of sophisticated marketing techniques, the proliferation of goods and services, and the consumer's need to receive information in an understandable form, freelance home economists became consumer consultants.

CBC radio in Calgary contracted Arlene McKay (nee Bowser) in 1968 to provide consumer information once a week to listeners of the farm broadcast. Soon she was providing information to consumers twice a day, every day. During the 70's, home economists appeared more frequently on radio and television. For example, in 1976 Carolann Johnson (nee Reese)



Dianne Cox (nee Brown). City of Calgary Electric System, appearing on a television program (1966)

was hired by CFRN television in Edmonton to host their women's morning program.

Over the years, food columns were supplied to various daily and weekly newspapers by home economists employed with utility companies and the Department of Agriculture. Joanne Good became the first home economist on record to be employed full-time by a newspaper when she was hired in 1978 as Food Editor of the Calgary Herald. Her twice-weekly column, with its lively style and varied approach, has generated considerable reader interest in food and nutrition.

Retail food stores and department stores recognized the growing consumer awareness and need for unbiased buying information. Initially, hiring home economists was primarily a public relations move, but eventually managers realized it made good sense to have informed customers. In 1969 the Calgary Co-op Association Limited hired Joan Lewis (Mrs. Hickie) as consumer counsellor for their Calgary stores. The following year the Hudson's Bay Company employed Lorelei Meis (nee Scott) to act in the same capacity for them. In Edmonton the Bay hired Pat Waisman (nee Magee).

Agricultural marketing boards were being formed in the late 60's and part of their function was promotion of the product. In 1970, the Alberta Hog Producers' Marketing Board hired Averil Bush (nee Blatchford) and the Alberta Egg and Fowl Marketing Board hired Carolann Johnson. By the mid-seventies, the Alberta Cattle Commission also had a home economist on staff. They travelled throughout the province showing consumers how to buy, store and cook pork, eggs and beef, in addition to providing useful nutritional information about these products. They would often have to explain to consumers how the cost of the product was established and why the marketing board existed.

Home economists also started their own businesses! In 1965 Mairi Gamble (nee Matheson) started Cochran Consulting Ltd., a dietetic and institutional kitchen planning service (see History of Dietetics, p. 94). Three home economists, Barb McLaren (nee Stewart), Alice Summers and Elaine Barnes (nee Cornish), set up MSB Consultants in Edmonton in 1971. Marianne Scott (nee Maclean) joined the firm in 1975 when Alice Summers moved to Toronto. This company provided kitchen design service and space and storage planning services for its customers. In 1973 Lorelei Meis formed Calgary Consulting Home Economists Limited and for the first time "Home Economists" was a section in the yellow pages of the phone book. Lois McIntosh (nee Cowley) of Calgary started a microwave business in 1976. Initially this involved microwave oven sales and demonstrations, and later the manufacture of microwave accessories. In 1977, a similar microwave oven business was opened by Sylvia Scott (nee Kuores) in Edmonton. Recently, Edmonton home economist Sue Bard, in partnership with two men, formed a media consulting firm known as Sue Bard and Company.

Since the mid-seventies, the variety of businesses in which home economists participate has diversified considerably, including areas such as children's clothing design, microwave oven sales, kitchen boutiques, fabric stores, accounting and selling real estate. During this period, a number of home economists have branched out into fields such as personnel, public relations, and advertising. At the same time, we have begun to witness the first significant trend toward increasing the numbers of home economists in management positions.

Home economists in business decided to form organizations in 1970 in Calgary and in 1974 in Edmonton. The first Calgary chairman was Margaret Tzogoëff (nee McLachlan) and in Edmonton, Elizabeth Richards (nee Frost). Both groups felt the need for a less formal professional organization which would allow them to meet, share information, and make contacts. A visit to one of these meetings graphically demonstrates the diversity of work performed by today's home economists in business.

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Home Economics in the Normal Schools

by Arlene Smith
B.Sc. (H. Ed.)

The early schools of the West were dependent on teachers trained in other parts of the world. As the country pushed West, so did the need to train teachers. In Alberta, short courses of two months duration were offered in Calgary in 1894 and in Edmonton in 1899. A brief history of the first normal schools helps to give a background for the role played by domestic science in those early days.

The infant province of Alberta declared its independence with respect to teacher training by establishing its own normal school in Calgary on January 3, 1906, just four months after the birth of the province. The first session of the Alberta Normal School* was held from January 3rd to April 30th, 1906 in Central School (later named James Short School). Sessions continued at this site until 1908 when the new Normal School opened at 6 Avenue and 5 Street South West (currently McDougall School). Classes continued at the McDougall site until 1922 when growth of the program made a larger facility necessary. This was to be the Provincial Building (16th Avenue and 10th Street North West), housing both the Normal School and the Provincial Institute of Technology and Art. This site was the home of teacher training in Calgary until the sixties when it was transferred to the University of Calgary campus.

The Camrose Normal School, which had opened in 1912, closed in the early thirties. A normal school was established in Edmonton in 1920, closed in 1923, and re-opened in 1928 as part of the University of Alberta.

From the beginning, as can be expected, the normal school curriculum expanded and changed. In 1913 household science, including cooking and sewing, was added to the curriculum at both the Calgary and Camrose schools. (It was taught at the Edmonton school from 1921 to 1923 as well.)

Early in 1913 Catherine McCaig (Mrs. M. Gossip), a graduate of Macdonald Institute in Guelph, arrived in Calgary to head the domestic science department at the Calgary Normal School, a position she held until 1917 when she resigned to be married. The only space available for the new department was on the fourth floor of the building, in an area formerly occupied by the janitor and his family. It was converted into two long narrow rooms, each 17 x 32 feet, one of which was used for cooking and one for sewing.



Calgary Normal School (circa 1914)

A 1940 account by Mrs. Gossip in the Alberta Home Economics Association (AHEA) archives states: *"It is twenty-one years since I came to the School. At first sight the rooms and location of them did not appear very promising, but I enjoyed my work in them more than in any other place. They were so far removed from all the movements and sounds of the rest of the school, that after climbing the steps it seemed like a kind of sanctuary. The space was so limited it required very little walking to get classes going."**

Household science classes at the Camrose Normal School were directed by Margaret Stewart, who left her position with the Calgary School Board to head the department. The first classes were held in temporary quarters, but when the new normal school was completed in 1915, a department with all the latest equipment was provided. A good variety of fuels for cooking were installed — coal, gas, oil and *electricity!* At Camrose the male students requested a homestead cookery course and this request was granted.

Household science teacher Alberta Hastie was in charge of the program at the Edmonton Normal School from 1921 to 1923 when it closed temporarily. We do not have a description of the facilities there.

The cooking and sewing classes taught in the Normal Schools were centered around the rural school lunch program and the school fair. *"The purpose was not for training the teachers to instruct in the subject but to instill a basic knowledge of nutrition and food selection in relation to health, and the methods of preparation for the organization and serving of rural school lunches. Clothing was included as an aid to school fair work."*



Men's cooking class, Camrose Normal School (1914)

The AHEA records indicate that the training of normal school students included the actual preparation and serving of a hot lunch to school children from the practice schools. Early teachers tell us that some lunch preparation was a duty of the rural teacher in those beginnings years. A 1926 account by Mrs. Gossip in the AHEA archives states: "Owing to the location of the school in Calgary many of the children of the practice school have long distances to come. Part of the students' training is the preparation of hot soups and drinks for those children, together with the supervision of the children during the lunch hour. Over one hundred children are often taken care of in this way at the noon hour, paying only for cost of material used." Another account titled "Normal Schools" in the AHEA archives states: "At the Edmonton Normal School, housed in the Highland Public School (from 1921 to 1923), Miss Hastie taught both cooking and sewing. In addition she supervised the normal school classes in serving hot lunches to three hundred students daily."

From 1913 to 1919 the normal school term was of four months duration. One period per week was spent in cooking and one in sewing, with a total of fifteen lessons in each. In 1920, when the school term increased to eight months, household science class time doubled accordingly.

In 1928 household science was dropped from the normal school curriculum. It was felt that the work was expensive and no longer used by teachers in the rural schools. In addition, it was felt that the time spent encroached on academic-subject time. The early classes had met and fulfilled a need of the times.

*When the Camrose Normal School opened in 1912 the name was changed to Calgary Normal School.

**In September of 1980 the Calgary and District Home Economics Association held its regular monthly meeting at McDougall School, and members climbed the steps to pay a nostalgic trip to those early quarters. The rooms are now in dis-use.

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2. Alberta Home Economics Association Papers, Glenbow Museum Archives Department, Calgary.
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Alberta Schools of Agriculture and Home Economics

by Arlene Smith
B.Sc. (H.Ec.)

*"It was Dr. Henry Marshall Tory, President of the University of Alberta, and other long-sighted leaders, who saw the need for vocational and general education as well as professional education in the Faculty of Agriculture. This was so because of the diversity of agricultural background of the farmers in the new province, the limited opportunities for the children of the settlers to obtain appropriate education, and the need to develop sound methods of farming in Alberta. Some type of special schools for rural people would give the vocational training and serve as feeder to the faculty."*²

Financial support for this viewpoint came from a Federal Government Royal Commission appointed in 1910 to enquire into Vocational Education in Canada. The Agricultural Aid Act (1912) and Agricultural Instruction Act (1913), which resulted from the Commission's report, enabled the construction of a number of educational institutions in Alberta.

It is important to remember that Alberta, on becoming a province in 1905, was meeting the needs of an agricultural society. The majority of the population was engaged in farming and ranching; thus the education of the people, whether grade school or adult, was agriculture- or home-oriented. The early Schools of Agriculture and Home Economics were an answer to the needs of the times.

In the fall of 1913, three such schools opened — at Claresholm, Olds and Vermilion. The first domestic science instructors (as they were called in the early years) were Marjorie Goldie and Nan Lawson. They taught classes for six weeks in Olds, moved to Vermilion for six weeks, then went on to Claresholm for the final six weeks. These women and their contemporaries played a significant role in the development of an improved way of life for pioneer farm families.

In 1920, three more schools opened; these were located at Gleichen, Raymond and Youngstown. However, Gleichen and Youngstown were forced to close after two years due to location and drought conditions.

Records in the Alberta Home Economics Association archives show that in 1927 the home economics curriculum was similar in the four schools, with the term commencing the last week of October and continuing for an eighteen-week period to the end of March. The course concentrated on foods, nutrition, clothing and textiles. A young woman attending the school in those years would have had a full schedule as follows:

First year:	Cooking, Practical	3 labs/week
	Foods	3 lectures/week
	Sewing, Practical	4 labs/week
	Textiles	2 lectures/week
Second year:	Cooking, Practical	3 labs/week
	Dietetics	2 lectures/week
	Sewing	3 labs/week
	Clothing and Design	2 lectures/week

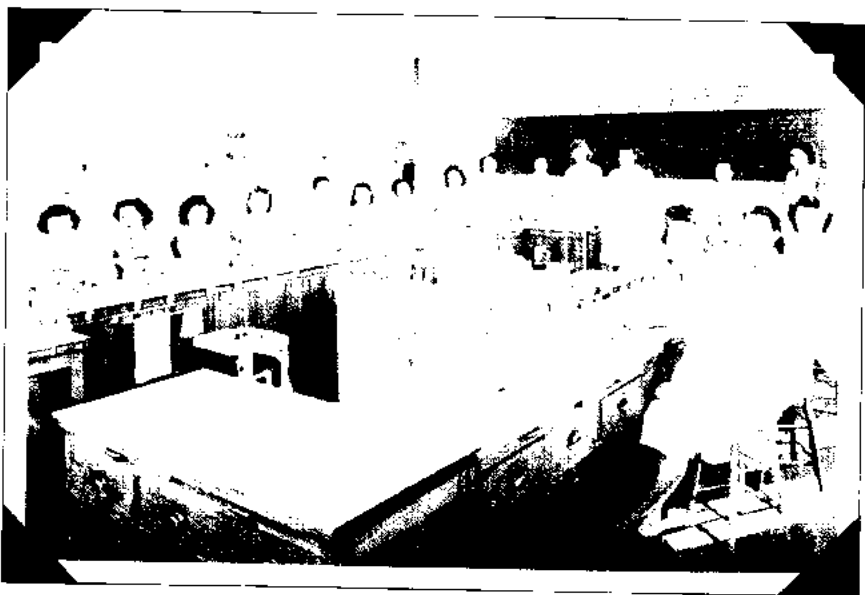
Laboratory periods were ninety minutes; lectures were forty-five minutes. This two-year home economics program continued with some adaptations and changes until the early sixties.

In the early years, home economists employed at the schools were engaged in other areas of instructional work as well. During the summer months they travelled throughout the province giving demonstrations and lectures to the Women's Institutes, United Farm Women of Alberta and a few other community organizations on subjects such as sewing, foods, cookery, basketry and interior decoration. This was a forerunner to the work done in later years by district home economists. In 1930 the first Farm Women's Week was held at both the Olds and Vermilion schools. This popular event, now called Alberta Women's Week, has continued to the present.

The Claresholm and Raymond Schools, affected by poor economic conditions during the depression, were forced to close in 1931 and did not



Sewing Lab, Vermilion School of Agriculture (1945). Instructor: Mary Hawrelak (Mrs. A. Higbee)



Foods Lab, Vermilion School of Agriculture (1945). Instructor: Esther Anderson (Mrs. Williams)

re-open. The school at Vermilion was temporarily closed in 1941 and re-opened in 1945. A school was opened in Fairview in 1951 to accommodate the Peace River district. During the fifties, then, home economics programs were offered in the Schools at Olds, Vermilion, and Fairview.

Changes in the Sixties and Seventies

"A unique type of institution had developed that was very well suited to the needs of rural Alberta from 1913 to the Forties. During that time, changes were made within the academic structure of the schools, but the general scheme of programs and administration remained basically unchanged until the early Sixties."

Although home economics course content and direction had changed somewhat over the years, lack of acceptance by employers resulted in few employment opportunities for graduates. When the three schools became colleges in 1963, major curriculum changes took place. The general home economics program was dropped at the Fairview College and offered at Vermilion only.

At Olds, the home economics course was revised to become a Clothing and Design program. *"General Home Economics had lost its appeal as young women became more career-oriented. The College Faculty and administration had observed that it was not difficult to get an enthusiastic response to sewing short courses, fashion shows and dress reviews. However, courses having to do with foods and home management were much less popular. The comment was made facetiously, that 'women will*

go to great lengths to clothe themselves attractively in order to get a man, but they are much less concerned about feeding him or managing their home well after they get him'.¹

In the years since 1963, the Clothing and Design program at Olds has undergone several name changes in an effort to convey a clearer impression of the course to both prospective students and employers. This program is currently known as Fashion Merchandising.

The Vermilion campus no longer teaches Home Economics as such. The cooking facilities are now used for a pre-apprentice program for the food service industry. The Clothing major and Home Management major have evolved into an Interior Design course. When the Agricultural and Vocational Colleges* came under the Public Colleges Act in 1975, Vermilion became one of the satellite campuses under the regional college known as Lakeland Community College.

From an early beginning as a general program in the Schools of Agriculture and Home Economics, two specialized community-college programs have resulted — a Fashion Merchandising program at Olds and an Interior Design course at Lakeland Community College. Thus home economics instruction has evolved to meet the needs of a changing society.

* Home Economics had been dropped from the title of the colleges in 1967 under the Agriculture and Vocational Colleges Act.

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1. Birdsall, J. E., *The Sixth Decade — at the Alberta Agricultural Colleges 1964 - 1974*, Alberta Agriculture and Advanced Education and Manpower, 1975.
2. Chalmers, John W., *Schools of the Foothills Province*, University of Toronto Press, 1967.
3. Alberta Home Economics Association Papers, Glenbow Museum Archives Department, Calgary.
4. Conversations with current and former agricultural college staff members.



Home Economics in the Technical Institutes

by Arlene Smith

B.Sc. (H. Ec.)

In 1922, home economics became part of the technical school program with the introduction of a two-year course in Industrial Dressmaking and Millinery at the Provincial Institute of Technology and Art, located in the Provincial Building at 16 Avenue and 10 Street North West in Calgary. Under the direction of Mrs. Lucy Innis, this course was designed to train young women for occupations in the dressmaking and millinery trades and to prepare them for work as salesladies in department stores. Under the leadership of Clara Smith, who was appointed head in 1927, the program flourished and classes continued until 1940 with only a few minor changes.

During the first year of the course, half of the total instruction time was allotted to "shopwork" consisting of practical work in simple garment construction. The remaining time was spent on more academic subjects such as color and design, textiles and materials, mathematics, and business English. As well, students spent one half-day each week doing practical work in foods and nutrition.

The study of textiles included types of fabrics and their uses, the cleaning of garments, laundry work and home dyeing. A 1933 account in the Alberta Home Economics Association archives states: *"During the current year students have done interesting work in making fancy breakfast-cloths, and cushion covers, by the 'tied-and-dyed' method. Some striking and beautiful effects have been obtained on cheap materials by the application of this method."*

The course extended from October to May each year, permitting first-year students to gain experience either commercially or at home before returning to classes. During their senior year, students spent two-thirds of their time working on more advanced practical projects such as dresses, suits and coats, with emphasis on pattern drafting, custom design and tailoring.

During World War II, the Institute premises were taken over by the Air Force Wireless School and the Dressmaking, Foods and Art Departments were temporarily relocated at Coste House. When classes returned to the Institute buildings in 1946, Jeannette Hinman took over as head of the home economics courses. At that time, the program consisted of a general first-year course that covered both foods and clothing, followed by a second

year of specialization in either industrial dressmaking or commercial cooking.

In 1949, the two-year commercial cooking program was replaced by a one-year restaurant management course developed by dietitian Alva Ripley (Mrs. L. Gross). Ten years later, commercially-trained chefs took charge of the Food Service Department, which is now internationally recognized and, in Alberta's booming economy of the late seventies, barely able to keep up with the demand for graduates.

The two-year diploma program in clothing and design, which had remained essentially unchanged throughout the fifties, was discontinued in 1959 due to the lack of employment opportunities for graduates.

In addition to these regular day programs, the Institute has, over the years, offered a variety of special day and evening courses. The first summer school classes, organized to allow high school students to pick up credits, were held in 1925. Alberta Hastie taught cooking and home management; Mrs. Lucy Innis was in charge of sewing and dressmaking. Gladys Hoyt (nee Caverhill) initiated a foods and nutrition course in 1930 which was taken over by Catherine Gossip (nee McCaig) until 1935.

To teach women the skills necessary for home sewing, a five-week short course was offered for the first time in 1929. Held three times a year, this course focused on the basic principles of dressmaking. It was reported that: *"These courses meet the need of those who are able to be free from their home duties for only a limited period and with such persons they have proved very popular."*

The first course given in the Evening Division was Pattern Drafting, offered in 1927. Dressmaking, taught by Miss M.E. Mosey, was introduced in 1938. Evening classes in foods and nutrition, organized by Norma Bannerman (nee Fledderjohn), operated very successfully between 1953 and 1962. The evening foods and clothing courses were supervised by Norma Trussler (nee Coburn) from 1958 until 1966 when she was appointed Assistant to the Director of Extension, a position she held until her retirement in 1977. Now under the Continuing Education Division, these evening courses currently provide instruction in clothing and design, drapery construction and quilting to well over one thousand students.

An Outreach Program was initiated by the Division of Continuing Education in 1973. Under this program, seven different clothing courses were made available to adults living in rural communities. These courses have proven very popular; in 1979, there were 352 students enrolled in 33 classes.

A major change occurred in technical education in 1960 when the provincial government passed an act making money available for the expansion of existing facilities and construction of a new technical institute. As a result, the Provincial Institute of Technology and Art in Calgary was

renamed the Southern Alberta Institute of Technology (SAIT) and the new institute, built in Edmonton, was called the Northern Alberta Institute of Technology (NAIT).

Since 1963, the Division of Continuing Education at NAIT has offered daytime and evening dressmaking courses under the direction of a European-trained seamstress. Classes in the Bishop Method of Clothing Construction were offered at NAIT for several years, then transferred to the Edmonton Public School Board in the late seventies. Tailoring Technology, a strongly career-oriented program, was begun in 1973. This is a nine-month daytime course which covers dressmaking, men's tailoring, fitting and alterations.

In 1964 a Dietary Technology Program, the first of its kind in the province, was begun at NAIT with Marilyn Sangster (nee Day) in charge. This two-year program, which has evolved according to the needs of the food service industry, is currently a combination of theoretical classes at NAIT and practical training at approved hospitals throughout the province. Since 1967 a similar program has been offered at SAIT under the direction of Dawn Jones (nee Virtue).

Several correspondence courses are also offered at SAIT. A one-year Dietary Aide Training course, begun in 1967, is available for people working in food service departments of various institutions, as well as for homemakers wishing to increase their knowledge in the foods area. Currently under development is an Extension Course in Food Service Supervision; this is intended as an advanced course for which Dietary Aide Training is the prerequisite. For dietitians, a one-year refresher course has been offered since 1976.

At SAIT, a study was undertaken in 1979 to determine the need for a Fashion Merchandising diploma program. Although the study did establish that a need existed for trained personnel in this area, the resulting proposal has not yet been accepted.

The climate of the 70's in Alberta has been characterized by a renewed appreciation for the practical orientation of the technical school. The growing resource industry and the resultant boom in virtually all sectors of the economy has created a growing demand for technically-trained manpower in a variety of fields. This need for skilled workers and the growing popularity of technical schools provides an appropriate setting for the development of additional education opportunities in the home economics field.

References and Sources:

1. Chalmers, John W., *Schools of the Foothills Province*, University of Toronto Press, 1967.
2. Alberta Home Economics Association Papers, Glenbow Museum Archives Department, Calgary.
3. Conversations with: Venita Menges, Director of the Dietary Technology Program at NAIT; Mrs. Radicchi, Supervisor of dressmaking and tailoring classes at NAIT; Dawn Jones, Director of the Dietary Technology Program at SAIT.

Continuing Education Programs of the Public School Boards

by Carol Blyth
B.Sc. (H. Ed.)

Calgary

The first adult class was held in 1893 when the Calgary Board of Education responded to requests for instruction in the areas of shorthand and manual training. In 1910 a cookery class was held . . . the first course of its kind to be sponsored by a school board in Canada. The fee for this twelve-week evening course was \$5.00. The lessons, instructed by Margaret Stewart, were also printed each week in the *Albertan* newspaper.

Miss Stewart's "public relations" efforts included serving lunch to the school board members in the Houlton Block (11 Avenue and 4 Street South West). Students of the first evening class served the luncheon at a total cost of \$3.50. The board members must have been impressed as they announced that other classes would be formed if enough students enrolled. These evening cooking classes grew from one per week to four or five per week. This early beginning was the forerunner of the elaborate system of night school classes which operates today.

From its infancy, throughout its developmental years, formal adult education has followed economic trends and social issues. During the twenties programs in dressmaking and millinery were added to the cookery courses. When the depression struck, free courses were offered to the unemployed, with teachers providing their services for only \$1.00 per evening. The Second World War brought more women out of the home to accept responsibilities in volunteer and factory work. Since women needed to learn the skills necessary to save fabric and money, sewing classes were filled as remaking clothing became a priority. Program costs and teachers' salaries have reflected inflationary trends. In the 1960's an instructor received \$6.00 per hour; \$9.00 per hour in the early 70's; \$12.00 to \$17.00 per hour in the 80's. Supplies for a food class in 1969 averaged \$60.00; \$75.00 in 1972; \$200.00 in 1980. During this period, student fees have doubled.

Adult education came of age in the 60's with programs expanding to include consumer education, family living, money management, nutrition, weight control and textile programs. Betty Garbutt*, hired as coordinator of women's programs in 1968, was responsible for the provision of courses in home economics subject areas. As the women's programs expanded, home economists were hired to coordinate sewing, cooking and money

management classes; among these were Ernestina Lisoski (nee Ashton), Carol Blyth (nee Eyford), Jean Fisher (nee Rennie), Maurcen Desorcy (nee Mclean) and Susan Somerville (nee Smith). Home economists were hired as part-time instructors and provided leadership in developing programs for specific groups such as native young people, women, the handicapped, and unwed mothers. In 1973 Bunny Barss (nee Sahl) and Jean Fisher (nee Rennie) coordinated a program designed to train community nutrition aides. Carol Blyth took over Mrs. Garbutt's position as coordinator of women's programs in 1977.

In 1978, the Division of Continuing Education became a Department under the Division of Instruction, reflecting the status that the department has achieved. There are three major areas — Academic Upgrading, Leisure Learning and General Interest. Senior high level home economics subjects were made available to adults for upgrading their academic standards, as well as those offered in the General Interest area.

Edmonton

Women's night school classes first began in Edmonton when sewing was offered at Victoria Composite High School in 1949. With the introduction of cooking classes in 1959, the Domestic Science Program, as it was then called, had a total of 305 adults studying basic cooking and sewing. Night school classes came under the administration of Continuing Education, Edmonton Public School Board in 1969. In 1974, Women's Programs were recognized as a distinct section under Continuing Education and the following year Patricia Steblyk (nee Semeniuk) was hired to coordinate the program. Under Mrs. Steblyk's direction, the program has grown considerably; by 1980, five hundred twenty courses were offered with an enrolment of more than seven thousand adult students in the fall and winter/spring sessions.

There has been a resurgence of interest in sewing since the introduction of a certificated program in the fall of 1979. This is an updated, sequential program of contemporary sewing courses through which a student can obtain a Sewing for Dressmaking Certificate. To qualify, the student must successfully complete two dressmaking courses, a tailoring course, and two electives from a variety of possibilities such as draperies, pattern drafting, pattern alteration and ultrasuede sewing.

In the foods area, a wide range of courses are offered — from basic cooking to specialty courses such as gourmet, ethnic and microwave cooking.

In addition to sewing and cooking, a variety of other home economics-related courses are available covering topics such as consumer education, contemporary women, personal growth (including assertiveness training, communication skills and stress management), floral design, needlework, handicrafts and interior design. Many of these courses are of interest to men

as well as women, and male enrolment has steadily increased in the past few years. In recognition of this trend, the 1980 courses are referred to as General Interest Programs rather than Women's Programs specifically.

From an early beginning, in response to the need for basic homemaking skills, to the present diversified programs appealing to a wide range of interests at various levels, continuing education programs have expanded and evolved to meet the growing need for general interest evening courses for the adult population.

* In 1980 Mrs. Garbutt was named an Honorary Member of AHEA. She was the second recipient of this award, which is presented to a person outside the home economics discipline who has made a substantial contribution to the profession.

References and Sources:

1. Alberta Home Economics Association Papers, Glenbow Museum Archives Department, Calgary.
2. Adult Education Records, Calgary Board of Education.
3. Conversation with Patricia Steblyk, Coordinator of Women's Programs, Continuing Education Department, Edmonton Public School Board.

Home Economists in the Marketing Services Division, Alberta Agriculture

by Brenda Strathern
B.Sc. (H. Ec.)

In 1971, when the Progressive Conservative government came to power, one of the thrusts of the new government was to give a marketing emphasis to the Alberta Department of Agriculture (now known as Alberta Agriculture). As a result, a Marketing Division was established in 1972. Its aim was to provide marketing assistance to Alberta producers and processors and to encourage further processing within Alberta where the primary resources existed. An additional goal was to promote the products produced in the province, particularly to Alberta consumers. To meet this goal, the Consumer Marketing Branch (now the Food Marketing Branch) was established.

The Consumer Marketing Branch was headed by Frances Cullen, who had been employed by the Extension Division of Alberta Agriculture as their first urban home economist. A native Prince Edward Islander, Miss Cullen became the first female manager in Agriculture, outside of the Extension Division. Still in her twenties at the time of appointment, she was one of the one of the youngest female managers in the entire provincial government structure. Miss Cullen wrote the terms of reference for the branch and hired staff with varied backgrounds to provide the required expertise. Several home economists were employed as valuable members of the marketing teams in the Edmonton and Calgary branch offices.

Originally the focus of the branch was consumerism, which led to an emphasis on nutrition. By the mid-seventies, a permanent *Nutrition-at-School* program was underway. The program aims to introduce elementary school children to good eating habits through the integration of nutrition with subjects such as science and health. The classroom teacher, having been trained by a home economist, presents a series of brief nutrition lessons accompanied by nutritious snacks provided by a food coordinator. Home economists have been involved with this project since its inception and are essential to its successful continuation.

In addition, the Food Marketing Branch provides professional resources and financial support to the producing and processing sector of Alberta's agriculture and food industry, specifically in the areas of marketing information, research and promotion. Professionals from many disciplines have added to the credibility of the branch, in particular home economists with the generalist food and nutrition background. They are, in part,

responsible for the high visibility Alberta food products enjoy in the retail and food service markets today.

As the province develops and diversifies its manufacturing base, the marketing of food products will become increasingly important. Home economists, given their background and training not only in food-related courses but marketing and business administration, will be well-suited to meet these challenges.

References and Sources:

1. Interview with Frances Cullen.
2. Writer's own work experience.



Home Economics in Consumer Affairs in Alberta

by Elaine Barnes
B.Sc. (H.Ec.)

Departments of Consumer and Corporate Affairs evolved in both Federal and Provincial Governments in Alberta in the early 70's as a result of the strong and vocal consumer movement flourishing across the continent at that time.

This was coupled with a movement within the School of Household Economics at the University of Alberta to provide a Division of Family Studies which encompassed basic courses in consumerism. In 1973-74 Diane Kieren, Chairman of the Division of Family Studies, University of Alberta, prepared a submission to the Departments of Consumer and Corporate Affairs, both federal and provincial, requesting that Practicum students from the School of Household Economics be allowed to spend several hours each week over a twelve-week period within these departments as part of their practical learning experience in their senior year in the home economics degree program.

Until this time the fledgling Alberta Department of Consumer and Corporate Affairs had not really been exposed to the skills that a home economist could bring to this branch of government. Possibly the fortunate placing of a few very capable students and the involvement of their faculty advisors helped to facilitate the subsequent hiring of professional home economists by the Department of Consumer and Corporate Affairs.

By October of 1974, three home economists were employed in permanent staff positions in the Edmonton office of the Alberta Consumer and Corporate Affairs: Elaine Barnes (nee Cornish) and Celeste Miller (nee Laidler) as Finance Counsellors under the Debtors Assistance Board, and Sue Lysachok (nee Good) as a Complaints Investigator in the Consumer Relations Division.

During 1975 the Alberta Department of Consumer and Corporate Affairs opened regional offices in six regions of Alberta, each offering a similar array of consumer services. The Department also created consumer education positions in both Edmonton and Calgary which were filled by Mrs. Marie Riddle and Wendy Bodsworth (nee Lefavre). The same year, Glenis Shanks (nee Hohenadel) joined the staff in Calgary as a Family Finance Counsellor, bringing the total to six within the Department of Consumer and Corporate Affairs. By October 1976 there were home economists in Lethbridge, Peace River, Edmonton and Calgary for a total of

ten employed within the Department as Complaints Investigators, Family Finance Counsellors and Consumer Education Specialists.

In the early 70's, the federal presence in the field of consumerism was mainly through the efforts of Sally Merchant. While not a graduate home economist herself, Sally's contribution to consumer awareness in Alberta was significant.

In 1976, the first home economist hired by Consumer and Corporate Affairs Canada in Alberta was Norma Mitchell (nee Berry). Her efforts were in conjunction with Sally Merchant in the area of consumer education and information. Carolyn Kaiser (nee Colebrook) subsequently filled a similar position in the Calgary district office. Today, Paddi Mills (nee Miller) is the only home economist on staff in the Federal Department in Alberta.

In the field of consumer education, the home economists have developed much original education material that is being widely used by the schools and the public at this time. Regular broadcasts on radio and television, as well as courses for the general public in pertinent consumer areas, are being conducted under the auspices of the Departments of Consumer and Corporate Affairs.

As the decade of the 80's begins, the consumer movement in Canada has somewhat abated. However, a more general awareness of the need for watchful and informed consumerism exists. Home economists have gained acceptance and credibility for the contribution they can make in this very diverse area. It is hoped that the next decade will continue to see the role of the home economist in consumerism expanding, particularly into the private sector of the economy, encompassing merchandising, personal financial planning and journalism.

References and Sources:

1. Personnel Records, Alberta Consumer and Corporate Affairs.
2. Interviews with past and present employees, Canada and Alberta Consumer and Corporate Affairs.
3. Telephone conversation with Dr. Diane Kieren.

Home Economists Employed in Alberta by Health and Welfare Canada

by *Bette Purves*
B.Sc. (H.Ec.)

March 1973 saw the establishment in Alberta of the position of Consultant, Educational Services, Health Protection Branch (formerly the Food and Drug Directorate), Health and Welfare Canada. Bette Purves was appointed to this position. Prior to this, five similar positions had existed on a regional level but this was the first set up to serve consumers and educators exclusively within a province.

The function of the position was two-fold:

- To plan, develop and carry out an educational program to inform the general public and professionals of the role of the Branch and of the legislation and policies designed to protect them in the areas of foods, drugs, cosmetics, toxic substances and medical devices. This was achieved through workshops, lectures, panel discussions, radio and television appearances, displays, written materials and in-service training for professional groups.
- To keep the Branch informed of the concerns, enquiries, and opinions of both consumers and professionals in Alberta.

The Health Protection Branch (H.P.B.) embarked on a survey (Nutrition Canada) designed to provide a sound body of scientific information about the nutritional status of Canadians. Over nineteen thousand people of all ages were given medical, dental, and anthropometric examinations, along with a dietary interview. The Educational Services Consultants across Canada played a large role in the public information program concerning the survey. They travelled, arranged press conferences and appeared on television prior to the survey; after it was completed, they presented the results to the public and to professionals such as dietitians, nutritionists, and home economics teachers. Nutrition education, on a national basis, was then transferred to a new section — the Health Services and Promotion Branch.

Meanwhile, other activities and areas of the H.P.B. became increasingly busy. As there were only a few Consultants across Canada, they found themselves spending more time working with the "multipliers" (health educators, media, and teachers) and less time directly with consumers. As time went on, both consumers and government became increasingly aware of a general concern about food additives. Under the direction of Educational Services, a survey was undertaken to determine the public's

knowledge and concerns on the subject. One of the major results is a series of food additive workshops currently being conducted by the Consultants. These programs are presented to professionals such as nutritionists, dietitians, home economics and science teachers, nurses, food inspectors, and other health unit staff members.

Through work of this nature, the Consultants continue to serve as a link between the federal government and Alberta consumers.

References and Sources:

1. Writer's own job description and experience.

History of Home Economics at the University of Alberta

1918 - 1980

by Edith Wilcock
B.Sc. (H.Ec.)

In a period of just over sixty years, home economics at the University of Alberta has changed dramatically. From its modest beginnings as the Department of Household Science, with one instructor and limited facilities, it has expanded and matured to a full-fledged faculty. Today, the Faculty of Home Economics is recognized for its high-calibre instruction, research initiatives and diversified program of studies — all made possible by the ambitious efforts of faculty, students and alumnae in fostering the continuous development of home economics within higher education.

As early as 1914, household science was taught at the University of Alberta through the Department of Education's summer school programs for practicing teachers. For the first four summers, Margaret A. Stewart headed up this work which consisted of classes in methods of teaching, nutrition, household management, sewing, textiles, elementary and advanced cooking, rural school lunches and "homestead" cooking, the latter a popular choice of male teachers.

From Department to Faculty

Efforts to initiate a full-time household economics program began in 1917 when, at the request of President Dr. H.M. Tory, the Board of Governors consented to purchase equipment for a Department of Household Economics. The President had felt that professional training should be made available to women students who at the time were not welcome in the established professions. Thus it became the responsibility of the newly-formed department to convince prospective students and other members of the academic community that there was a legitimate place for household economics in a university curriculum, and that it consisted of more than learning to cook and sew.

This challenge was given to Mabel Patrick who was appointed the first lecturer in the department in June of 1918. She came from a position at the University of Manitoba, prior to which she had graduated from the household science program at the University of Toronto. Miss Patrick organized the new courses, and planned and equipped a laboratory for twenty-four students. The department was officially organized under the Faculty of Arts and Science and first appeared in the university calendar in the 1919-20 academic year.

The first person to enquire about the new program was Hazel McIntyre. After her graduation in 1924, she joined the staff in 1925 and remained for 35 years, becoming Director of the School after Miss Patrick's retirement in 1956.

The fledgling Department of Household Science flourished during Mabel Patrick's years of untiring leadership. In November 1928, the first General Faculties Council meeting of the University approved a change in status; the Department became the School of Household Economics (in the Faculty of Arts and Science) under a Director. In 1965, Miss Patrick was granted an Honorary Doctor of Laws Degree; nevertheless, she always preferred to be called "Miss Patrick".

In 1963, when the Faculty of Arts and Science was divided into two separate faculties, the School of Household Economics became part of the Faculty of Science. Transfer programs began in 1959 when the General Faculties Council ruled that the first year of the three-year Bachelor of Science in Household Economics degree program could be offered by the University of Alberta, Calgary branch; students were required to transfer to the Edmonton campus to complete their final two years. This transfer program continued when the University of Calgary was formed in 1966. In 1962 the Lethbridge Junior College followed suit, as did the Camrose Junior College in 1963. By 1968 this first-year transfer program was also available at Medicine Hat, Red Deer and Grande Prairie Junior Colleges.



The Directors of the School of Household Economics (l to r): Prof. Hazel McIntyre, Dr. Elizabeth Empey, Dr. Mabel Patrick

In 1960 Miss McIntyre's place was taken by Dr. Elizabeth Empey who remained in the post until June 1976. During the period 1960-76 the School became autonomous (in 1966) and later became the Faculty of Home Economics in March, 1976.

In June of 1976, Dr. Empey relinquished the post of Dean, and was succeeded by Professor Doris Badir who still holds the position today. In 1977, Dr. Elizabeth Crown of the Clothing and Textiles Division was appointed Associate Dean for a two-year term with the special task of administering the postgraduate programs, Professor Thelma Dennis, of the same division, replaced Dr. Crown as Associate Dean in 1979 and the duties of the office were changed to emphasize responsibility for undergraduate affairs.

Program and Course Changes Over the Years

In the early years, two distinct programs of study were offered. One was a four-year Bachelor of Science (Household Economics) degree, for which the entrance requirement was junior matriculation. The second program was a three-year one leading to a Bachelor of Household Economics degree. The latter program, for students from the schools of agriculture, paralleled the degree program in agriculture offered by the Faculty of Agriculture for students from these same institutions.

In 1937 the Bachelor of Science in Household Economics degree program became a three-year one when the entrance requirement was changed from junior to senior matriculation. A home economics graduate could qualify as a teacher by completing at least one year in the Faculty of Education; a graduate could qualify as a dietitian by completing one year of internship in a hospital or other institution, where room, board and laundry were generally provided and sometimes a small allowance.

The content of both degree programs emphasized biological and physical sciences, basic to the study of foods and nutrition, including courses such as bacteriology, chemistry, biochemistry, physics and physiology. In addition, full- and half-year courses were offered in home and family, hygiene, economics of the household, nutrition, diet in disease, nursing, mealwork and institutional management. Options were selected from the Faculty of Arts and included English, French, Greek, architecture and zoology.

Until the mid-fifties, the major focus of the School was foods and nutrition. The first main diversion occurred in the 1953-54 academic year when senior students who were interested in teaching or extension could select clothing courses in place of the three half courses, institutional management, diet in disease and experimental cookery. Additionally, in the 1950's Grace Duggan (Mrs. A. Cook) had conducted a study which showed the need for an emphasis on the social sciences in home economics. This was to come in the years ahead.

Meanwhile, some programs of long standing were reconsidered. In 1956 approval was given to a School recommendation that the Bachelor of Household Economics degree program for students from the schools of agriculture be discontinued effective 1957-58; for a variety of reasons the transferring had become awkward and attendance had dropped to an average of one or two per year.

In 1960, mealwork, which was a course begun as a nutrition course in the early years, was discontinued because of the overly-heavy staff requirement. Many students of that era have pleasant memories of time spent in preparing low-cost meals and entertaining the staff. Gracious living was exemplified through the preparation of meals in Miss Patrick's apartment and through the use of crystal, dishes and silver loaned by staff members.

Throughout the 50's and early 60's, the number of education students majoring in household economics increased steadily until total enrolment in winter and summer classes outnumbered enrolments in the Bachelor of Science (Household Economics) program. Also during this period, course offerings continued to expand in both numbers and scope, and in the spring of 1965 the General Faculties Council approved the request of the School to offer three new programs of study leading to the Bachelor of Science in Household Economics degree — a General program, one in Clothing and Textiles, and one in Foods and Nutrition. These three new programs were offered for the first time in the 1965-66 academic year.

In 1970 degree programs were lengthened to four years and were three in number: Foods and Nutrition, Clothing and Textiles, and Family Studies. The first students from these three new four-year programs graduated in the spring of 1974.

The 1960's also marked the introduction of postgraduate programs. The first to be instituted was a Master of Science in Nutrition in 1960, and the first to be awarded the degree was Alberta Elcombe (nee Moreau). Master of Science degrees can now be obtained in six areas: Foods, Nutrition, Clothing and Textiles, Family Studies, Family Life Education and Consumer Studies.

*"During the years there were many changes in courses and in the number of staff. At one time when we had five members besides the director, we had five staff in one room with four desks and chairs. Under these crowded conditions we should be commended for enjoying one another. Each had a chance to hear more of the other courses. The discussion of whether form followed function or function followed form was never resolved nor was the problem of women's role in society."**

Service to Other Faculties, the Public and Graduates

From the beginning, the department offered courses to students in other disciplines. For example, nurses studying in the Bachelor of Science

(Nursing) degree program and in the Registered Nurses program at the University Hospital took cooking and nutrition courses. Some time later, four-week nutrition courses were offered to fourth-year students in the Faculty of Dentistry. Starting in 1928, education students could major in household economics, and the School taught the required courses. The Faculty continued to offer "service courses" to students in other faculties. On occasion, courses have also been designed for special programs, including those of an interdisciplinary nature.

Service to the community-at-large has been a noteworthy characteristic. Mabel Patrick set the stage when she disrupted classes during the first year of operation to assist with the care of flu patients in residence. During World War II, extra classes in food preparation were given to men in the armed forces, and Christmas cakes were baked in coffee tins, wrapped in cotton and sent to alumni members serving overseas.

In the early sixties, the School co-operated with the Extension Department offering a variety of public-interest daytime and evening courses. Later this included courses given in Calgary. Through the years the Faculty of Home Economics has provided service to the public by participating in matters of public concern related to the expertise of faculty members, by providing leadership in identifying and meeting the needs of the profession, and by providing continuing education for members of the



Cooking facilities in South Lab — a 1934 class (students not identified)

profession. Recently a Home Economics Continuing Education Advisory Committee has been established. Over the years the Faculty has also endeavored to provide consulting services not otherwise available; for example, from as early as 1938 the School acted as consultant for campus food services. In 1970 a Textile Analysis Service, to which the public has direct access, was established.

Physical Facilities . . . from modest beginnings

As household economics degree programs developed, space requirements changed. In 1918 Miss Patrick was allocated an empty classroom in the basement of the Arts building for which she was to plan laboratory space and choose equipment for twenty-four students. Interestingly, money was granted for this but no allowance had been made for her salary; however, somehow the funds were obtained and she received her paycheques on time. At the outset, the department's facilities included a few chairs and examination tables, and an office on the second floor at the opposite end of the Arts building. Later a temporary storeroom was acquired and later still a telephone was installed. This lab was ready for the 1919-20 session.

In the summer of 1920, the department was transferred to a "temporary" location in the south laboratory where "more" space was available. Periodically, additional space was provided until eventually there was a foods lab, clothing lab, lecture room, small storeroom, three offices and,



Experimental foods student, Barbara Shillington (Mrs. Morin), in new Household Economics Building

later still, a dining room. Many students have happy memories of these supposedly adequate but truly cramped quarters.

This "temporary" space was occupied for forty-five years and was so restrictive that it precluded expansion in courses and enrolments; however, in 1960 the provincial government allocated funds for a building, which was completed in 1965.

By 1969, short- and long-term projections pointed to the need for improved facilities. A building committee was formed to work with the Campus Development Office and an architect. The university building program ceased in 1971 and no funds were released by the government for new buildings. By 1979 funds had still not been released for construction of the new facility. The Faculty continues to submit an official statement of need outlining the extent to which teaching, research, and administration are severely handicapped by the existing state of affairs.

The Alberta Home Economics Association and several of the locals, recognizing the detrimental effects of having facilities located in several widely separated buildings, supported the Faculty by urging the government and university officials to upgrade and expand facilities.

Graduates

Home economics at the University of Alberta has evolved from a one-person, one-room operation emphasizing foods and nutrition to a teaching, research and service faculty composed of roughly thirty faculty members, a variety of graduate and undergraduate programs and a separate home economics building with additional space in two outside locations on campus. A review of the number of graduates throughout the decades and their areas of employment illustrates the extent to which the home economics program at the University of Alberta has grown and diversified. Edith McKinnon was the first graduate of the Department of Household Economics. She had registered in 1917 from the Olds School of Agriculture and was granted the Bachelor of Household Economics degree in the fall of 1920.

From this first graduation class of one, the number of graduates has fluctuated considerably; however, the overall pattern has been one of growth. As the population grew and as society began to recognize the skills of home economists, job opportunities increased and expanded in scope. Similarly the academic programs for home economics students were continually revised in accordance with societal trends.

In the early years, the twenty-or-so graduates each year were employed in traditional spheres: teaching, dietetics and extension work. Teachers found work in universities, technical schools, separate and public school systems, and agricultural colleges. Extension-oriented graduates most often

worked in rural communities while employed by the Department of Agriculture or as utility company home service directors or assistants. Graduates who had qualified as dietitians frequently worked in hospitals, sanatoria, hotels and restaurants. During the war years, many household economics graduates joined the armed forces for at-home or overseas service.

By the 1950's and 60's employment opportunities for home economists had increased. The post-war baby boom increased the demand for teachers, while the expanding services of the Department of Agriculture resulted in a need for more home economics extension workers. The opening of the new household economics building in 1965 and the introduction of the new curriculum brought about a huge jump in enrolment in the School as witnessed by the before- and after-graduation figures — twenty-four in 1966 and seventy-two in 1969. A new emphasis on the social sciences in home economics programs reflected the concern of the Faculty for societal relevance. The introduction of the General program in 1965, and then of separate programs in Foods and Nutrition, Clothing and Textiles and Family Studies helped increase the marketability of home economics graduates.

Another facet of growth in the Faculty has been increasing attention given to research. The Faculty has moved in fifteen years from a primarily teaching faculty to one of both teaching and research. One evidence of this is the growth from four staff with Ph.D.'s to fifteen with Ph.D.'s. All staff qualified and interested are engaged in research of either a basic or applied nature, many carrying sizeable research grants.

In the last decade there has been growing evidence of the scope of the discipline. Home economists are being employed in increasing numbers by private and government social service agencies where they work, for example, as money management counsellors and family life education specialists; others have found responsible positions in the areas of consumer consulting, day care, marketing and retail sales (including fabrics, draperies, fashion merchandising, and real estate).

Student incentives have also increased over the decades as program choices multiply, job prospects widen and student awards increase in value and number. Many awards have been donated in recognition of early home economics educators who have made significant contributions to the growth and development of home economics at the University of Alberta.

With the growing relevance of home economics to our society, the role of the Faculty in providing leadership and original research, as well as professional training and continuing education, is become increasingly important. Certainly observers and alumnae are impressed by the record of the Faculty during the sixty-two years of its history at the University of Alberta.

'Hazel McIntyre: "Reminiscences of the School of Household Economics"', *AHEA Newsletter*,
June 1976

References and Sources:

1. Alberta Home Economics Association Papers, Glenbow Museum Archives Department, Calgary.
2. Records of the Faculty of Home Economics, University of Alberta.
3. *AHEA Newsletters*.
4. *University of Alberta Yearbooks*.

For the Record

Charter Members

Alberta Home Economics Association October 1935

Emma Acheson (nee Petersen)	Cecelia Layton (Mrs. C. Sage)
May Akhurst (Mrs. R. Butterfield)	Eva M. Lee
Isabelle Alexander	Ada A. Lent
Mary Hill Anderson	Marjorie Lipsey (Mrs. M. Austin)
Winifred Anderson (Mrs. A. E.)	Muriel E. Massie (Mrs. I. G. Thomas)
Grace Bard (Mrs. G. M. Bower)	Florence Masson
Evelyn Barnett (Mrs. Sid Matthews)	Helen McCoy (Mrs. W. A. Short)
Mrs. Wilbur Bell	Nova McCulloch (Mrs. N. F. Graham)
Eleanor Blow	Ida McGregor-Smith
Alice Brewer (Mrs. R. G.)	Hazel McIntyre
Dorothy Browning	Margaret McLaggan
Jean Bulyea (Mrs. J. W. Porteous)	Mynonah McLeay
Margaret L. Carrick	Lucy McLennan
Gertrude Chamberlain	Ruth McMillan
Gertrude Clayton (Mrs. G. W. Sharp)	Lillias M. J. Milne
Elsie May Currie (Mrs. Bruce Beer)	Ruth E. Moyle
Edith Dodge (nee McKinnon)	Ella Murray
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Grace L. Duggan (Mrs. A. J. Cook)	Eva Newton (Mrs. F. G. Crummy)
Ruth Eager	Colena R. Nickell
Ferne Edwards	Mabel Patrick
Dorothy Elliott	Marianne Pearson (Mrs. Linnell)
Myrtle Ellis	Margaret Powell
Kathleen Esch (Mrs. J. Boone)	Esther Elizabeth Prevey
Ragna K. Finsness	Lillian B. Reid (Mrs. W. M. Robinson)
Ruby Gillespie	Grace Rogers
Anna Gillis (Mrs. J. B. Stewart)	Hanka Romanchyck
Kathleen Goddard (Mrs. K. Caldwell)	Helen Cecelia Sackville
Jessie Goodall (Mrs. H. Hamilton)	Jane Shaw
Jean Mona Gordon (Mrs. Murry)	Pauline Shaw
Catherine Gossip (nee McCaig)	Clara E. Smith
Florence Hallock	Ferne Stacey
Margaret Hamilton (Mrs.)	Florence Stacey
Evelyn Ann Hart (Mrs. V. Coulson)	Marian Storey
Alberta Evangeline Hastie	Grace Studholme
Adelaide Henry (Mrs. M. A. Hick)	Dorothy Thomas (Mrs. R. C. Cregg)
Mrs. Howlett	Lorine Torgerson (Mrs. L. Roy Alton)
Isabel J. Hotson	Lorene Tupper (Mrs. Cameron)
Mary Howard (Mrs. G. M. Millew)	Margaret Vant (nee Malone)
Doris Johnstone (Mrs. D. R. Trott)	Edith Whidden (nee Romans)
Mona E. Kane (Mrs. D. E. Smith)	Flora Williams (Mrs. G. Wilson)
Mrs. Knoll	Winnifred Wright

Edmonton Home Economics Association
February 1923

Marjorie Alexander
Edith Bowman
Ethel Deadman
Caroline Fraser
L. Jackson
Grace Gladstone
Edith Goodwin
Mary Gorman
Phyllis Grierson
Florence Hallock
Alberta Hastie
Laura Johnston

Lillian King
Ida McClung
Dorothy McGibbon
Ida McGregor-Smith
Lucy MacLellan
Florence Masson
Laura Monroe
Mabel Patrick
Martha Rath
E. J. Russell
Clara Smith
Dulce Smith

Calgary Home Economics Association
April 1934

Mrs. H. Atkinson
Mary Burgess
Gertrude Connors
Elsie M. Currie
Myrtle Ellis
Ferne Edwards
Alice K. Garbutt
Ruby Gillespie
Catherine Gossip
Mary Howard
Dorothy J. McMahon
M. S. McLeary
Ruth McMillan
Helen E. Mahaffery

Norma C. Maxwell
Mary Mooney
Mary E. Mosey
Ella Murray
Colena R. Nickell
Margaret Powell
Mrs. H. Price
Grace Rogers
Jane Shaw
Jean Skene
Florence Stacey
Jennine M. Treacy
Lorene E. Tupper
Alida Venedaal

Lakeland Home Economics Association
May 1978

Iva Bradley
Brenda Brown
Evelyn Campeau
Sharon Champagne
Lydia Darichuk
Colette Dean
Elizabeth Durie
Rose Greenwood
Betty Grudniski
Terry Hannan
Marg Harcus
Elsie Harper
Marlene Hemsworth
Candice Jackson
Elsie Kawulich

Janet Kilisniak
Eileen Klein
Jane Lowe
Diane Luke
Susan Maitland
Judith Marshall
Colleen Pearce
Sandra Quiring
Carol Salte
Sharon Stredwick
Deborah Taylor
Marian Williams
Jean Wright
Edith Zawadiuk

Charter lists of the Peace Region, Lethbridge and Red Deer Home Economics Associations not available.

Alberta Registered Dietitians Association August 1959

Miss Dorothy Armstrong
Miss Margaret Casper
Miss Jean Campbell
Miss Dorothy Carnochan
Miss Ruby Crealock
Miss Audrey Dundas
Miss Grace Duggan
Mrs. Mairi Gamble
Mrs. Olga Giesbrecht
Miss Melvina Gowda
Mrs. Alva Ripley Gross
Miss Sophie Heifetz
Miss Helen Jacobson
Mrs. Mary Kidney
Miss Georgina Kortez

Miss Carey Krukowski
Miss Phyllis Laird
Miss Margaret Lang
Mrs. Mary Mitchell
Mrs. Betty Mullen
Mrs. Aveline McClean
Miss Hilda McEwen
Miss Hazel McIntyre
Miss Jenny Olynyk
Miss Mabel Patrick
Miss Olga Porylo
Miss Edna Raynor
Miss Gwendolyn Sanford
Mrs. Fay Winning

Home Economics Council of the Alberta Teachers' Association

Mrs. Mary Blake
Mrs. Isabelle Boyko
Mrs. Beatrice Brindley
Mrs. Helen Bubel
Mrs. Norma Casselman
Mrs. Jane Churchill
Mrs. Doris Conway
Mrs. Eva Crummy
Mrs. Jane Dahlstedt
Miss Fay Dersch
Miss Mary Elniski
Dr. Elizabeth Empey
Miss Mable Geary
Miss Barbara Goldicke
Mrs. Shirley Gorman
Miss Marjorie Grant
Miss Ruth Gray
Miss Verna Gray
Mrs. Margaret Hair
Mrs. Inger Hale
Mrs. Gladys Harper
Mrs. R.E. Hodgkinson
Mrs. W.J. Huston
Mrs. Ellen Irwin
Mrs. Delphine Lemire
Miss Ada Lent
Miss K. Lyseyko
Miss Evangeline MacDonald
Miss A. Berneice MacFarlane

Miss Melissa McKay
Miss M.E. McLaggan
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Mrs. Martha Grace Melvin
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Mrs. Anna Miller
Miss Fiona Milne
Mrs. Nadina Mitchell
Miss Pat Mohler
Mrs. Florence Morrell
Miss Helen Moseson
Mrs. Mildred Mundie
Mrs. Mary Myrtle Nicholson
Mrs. Netty Ostapew
Miss Ena Paul
Mrs. Rosalie Pinkney
Miss Freda Quinton
Mrs. Pearl Radomsky
Mrs. Kay Rolfsen
Miss Muriel Shortreed
Mrs. Isobel Smith
Mrs. J.B. Stewart
Mrs. F. Adele Svendsen
Sister M. de Ste. Collette
Mrs. Doris Upton
Mrs. Donna Watson
Mrs. Norma White
Mrs. Katherine Winn
Mrs. Margaret Zelman

Past Presidents

Alberta Home Economics Association

1935-36	Miss Mabel Patrick	1959-60	Mrs. Norma Darling
1936-37	Mrs. Catherine Gossip	1960-61	Mrs. Helen Bentley
1937-38	Mrs. Margaret K. Hamilton	1961-62	Mrs. Norma Trussler
1938-39	Miss Hazel McIntyre	1962-63	Miss Berneice MacFarlane
1939-40	Miss Christine McIntyre	1963-64	Miss Bette Purves
1940-41	Miss Ada A. Lent	1964-65	Mrs. Jean Gainer
1941-42	Miss Gertrude Connors	1965-66	Mrs. Carol Blyth
1942-43	Gertrude McLeod (Red Deer)	1966-67	Mrs. Betty Mullen
1947-48	Mrs. Margaret Wilcox	1967-68	Mrs. Pheme Battrum
1948-49	Miss Margaret Lang	1968-69	Dr. Elizabeth Empey
1949-50	Mrs. Mary H. Mooney	1969-70	Mrs. Diane Zorn
1950-51	Miss Joyce Lewis	1970-71	Mrs. Grace Findlay
1951-52	Mrs. R. A. Ripley Denny	1971-72	Mrs. Lora Mellestrand
1952-53	Miss Bessie McAvoy	1972-73	Mrs. Isabel Smith
1953-54	Mrs. Norma Bannerman (acting president)	1973-74	Mrs. Barbara MacDougall
1954-55	Miss Mona Michie	1974-75	Mrs. Lorraine Rea
1955-56	Miss Helen Jacobson	1975-76	Mrs. Donna Horton
1956-57	Mrs. Beatrice Brindley	1976-77	Mrs. Betty Crown
1957-58	Miss Ferne Edwards	1977-78	Mrs. Marion Kelly
1958-59	Mrs. Norma White	1978-79	Miss Shirley Myers
	Mrs. Anna Stewart (acting president)	1979-80	Mrs. Wendy Bodsworth
		1980-81	Mrs. Sharon Pisesky

Edmonton Home Economics Association

1923-24	Mrs. McGregor-Smith	1958-59	Mrs. A. Robblee
1924-27	Miss Mabel Patrick	1959-61	Mrs. J. A. L. Smith
1927-29	Miss Hazel McIntyre	1961-62	Mrs. R. P. Mullen
1929-31	Miss Florence Hallock	1962-64	Mrs. J. Gilfillan
1931-33	Mrs. Ross Vant	1964-65	Miss Dorothy Armstrong
1933-35	Miss Grace Duggan	1965-66	Mrs. Gordon Dean
1935-36	Mrs. W. E. Robinson	1966-67	Mrs. Elaine Pritchard
1936-39	Miss Ada Lent	1967-68	Mrs. Joan Kucharski
1939-41	Mrs. R. J. Brewer	1968-69	Mrs. Elaine Pritchard
1941-43	Miss Alberta Hastie	1969-71	Mrs. M. Jones
1943-45	Mrs. J. B. Stewart	1971-72	Mrs. Maryl McCay
1945-46	Mrs. Bea Brindley	1972-73	Mrs. Judy Kennie
1946-47	Mrs. Norma Trussler	1973-74	Mrs. Marlene Jubenville
1947-49	Miss Margaret McLaggan	1974-75	Mrs. Sheila Brown
1949-51	Miss Bessie McAvoy	1975-76	Mrs. Georgianna McDavid
1951-52	Miss Margaret Lang	1976-77	Miss Shirley Myers
1952-53	Miss Marjorie Grant	1977-78	Mrs. Pat Brogden
1953-54	Miss Elva Perdue	1978-79	Mrs. Marlene Parris
1954-55	Mrs. M. Hamilton	1979-80	Mrs. Linda St. Onge
1955-57	Miss Grace Duggan	1980-81	Mrs. Valeta Lang
1957-58	Mrs. Joan Vanterpool		

Calgary Home Economics Association

1934-35	Mrs. M. Gossip	1959-60	Mrs. Arlene McKay
1935-36	Miss S. M. McLeay	1960-61	Mrs. Norma Bannerman
1936-37	Mrs. Edith Whidden	1961-62	Mrs. Phyllis Burgess
1937-38	Miss C. Nickell	1962-63	Miss Marjorie Coates
1938-39	Miss Ferne Edwards	1963-64	Mrs. Rosemary Gerdts
1939-40	Miss Ruth Sinclair	1964-65	Mrs. Barbara McDougall
1940-41	Miss Gertrude Connors	1965-66	Mrs. Susan Smith
1941-42	Miss E. McCaffery	1966-67	Mrs. Joyce Moore
1942-	Miss G. Norman (resigned)	1967-68	Mrs. Arlene Smith
1942-43	Mrs. Elizabeth Seaborne	1968-69	Mrs. Lorelei Meis
1943-44	Miss M. Crosby	1969-70	Mrs. Connie Lynch
1944-45	Miss Mary Burgess	1970-71	Mrs. Jaqueline Betts
1945-46	Miss D. Harkness	1971-72	Mrs. Joan Banks
1946-48	Miss Lorene Tupper	1972-	Mrs. Coleen Kirk (resigned)
1948-50	Miss F. Christie	1972-74	Mrs. Susanne Lawrence
1950-51	Mrs. Norma Robertson	1974-75	Mrs. Barbara Cousens
1951-52	Miss H. C. Jacobson	1975-76	Mrs. Joan Clarke
1952-53	Mrs. Edith Mears	1976-77	Mrs. Carol Blyth
1953-54	Miss Joan Venini	1977-78	Mrs. Betty Wolfe
1954-55	Miss Maria Castelli	1978-79	Mrs. Yolande Matsusaki
1955-56	Mrs. Mary Mitchell	1979-80	Mrs. Carmi Robins
1956-57	Mrs. Bunny Barss	1980-81	Mrs. Sarah Statler
1957-58	Mrs. Sheila McDougall		
1958-59	Miss Gwen Koefoed		
1959-	Miss B. Compton (resigned)		

Peace Region Home Economics Association

1967-68	Miss Lynn Wight	1975-77	Mrs. Mary Lou Staple
1968-69	Miss Pat Ingledew	1977-78	Mrs. Elaine Speer
1969-70	Mrs. Evelyn Sebastian	1978-79	Miss Cheryl Crowe
1970-71	Mrs. Marlene Collins	1979-80	Mrs. Charlene Van der Grant
1971-73	Miss Lynn Wight	1980-81	(Office not filled)
1973-75	Mrs. Barbara Stearns		

Lethbridge Home Economics Association

1968-69	Miss Muriel Shortreed	1974-75	Mrs. Donna Thacker
1969-70	Mrs. Margaret Wilson	1975-76	Mrs. Barbara Cunningham
1970-71	Mrs. Ann Weintraub	1977-78	Miss Donna Reed
1971-72	Miss Elizabeth Bartman	1978-79	Mrs. Nicole McKinnon
1972-73	Mrs. Joyce Stephure	1979-80	Ms. Barbara Kitagawa
1973-74	Miss Marilyn Tatum	1980-81	Miss Linda Barvir

Red Deer Home Economics Association

1973-75	Barbara Mortenson	1978-79	Pat Jeffery
1975-76	Ann Peterson	1979-80	Sue Loppacher
1976-77	Shirley Holm	1980-81	Glenda Molgat
1977-78	Mary Ann Matheson		

Lakeland Home Economics Association

1978-79	Eileen Klein	1980 -	Maureen N. Right (resigned)
1979-80	Colleen Pierce	1980 - 81	Edith Zawadiuk

Alberta Registered Dietitians Association

1958-59	Mrs. Mary Mitchell	1970-71	Mrs. Barbara Jordison
1959-60	Miss Helen Jacobson	1971-72	Mrs. Lillian Sharp
1960-61	Miss Audrey Dundas	1972-73	Mrs. Lynn Homer
1961-62	Miss Ruby Crealock	1973-74	Mrs. Constance Liquori
1962-63	Miss Irene Torrington	1974-75	Mrs. Elaine Spicer
1963-64	Miss Hilda McEwen	1975-76	Mrs. Barbara Kozoriz
1964-65	Mrs. Mary Kidney	1976-77	Mrs. Carey Krukowski
1965-66	Mrs. Jean Neve	1977-78	Miss Helen Clement
1966-67	Mrs. Edith Hughes	1978-79	Mrs. Sylvia Ambrose
1967-69	Mrs. Margaret Bell	1979-80	Mrs. Patricia Tilenius
1969-70	Mrs. Florence Wilson	1980-81	Mrs. Helen Dadiotis

Home Economics Council of the Alberta Teachers' Association

1961-62	Muriel Shortreed	1971-72	Maryanne Doherty
1962-63	Ann Stewart	1972-73	Carol Selte
1963-64	Faye Dersch	1973-74	Norma Casselman
1964-65	Thelma Carlyle	1974-75	Shirley Kopitzke
1965-66	Elizabeth Cooney	1975-76	Sharon Pisesky
1966-67	Marion Tymchyshyn	1976-77	Linda Dogterom
1967-68	Judy Jacobson	1977-78	Vicki Lyall
1968-69	Barbara Goedicke	1978-79	Norraine Ross
1969-70	Sonja Sunde	1979-80	Carol McLean
1970-71	Margaret Wilson	1980-81	Doreen Pritchett

Honorary Life Members

*(Year denotes when membership was granted;
asterisk indicates recipient is now deceased).*

Alberta Home Economics Association

*Mrs. Catherine Gossip (1950)	Mrs. Gladys Harper (1969)
*Dr. Mabel Patrick (1956)	*Miss Verna Gray (1970)
*Miss Christine McIntyre (1962)	Mrs. Edith Wilcock (1970)
*Miss Hazel McIntyre (1967)	Mrs. Anna Stewart (1971)
*Miss Fernc Edwards (1967)	Mrs. Grace Cook (1971)
*Mrs. Lorene Cameron (1967)	Mrs. Anne Derrick (1974)

Edmonton Area Home Economics Association

*Dr. Mabel Patrick (1962)	Mrs. Grace Cook (1971)
*Mrs. Alice Brewer (1962)	Mrs. Gladys Harper (1971)
*Miss Alberta E. Hastie (1962)	Mrs. Helen Samuel (1973)
*Mrs. Ida McGregor-Smith (1962)	Mrs. Helen Bentley (1973)
*Miss Hazel McIntyre (1965)	Miss Bessie McAvoy (1973)

Calgary and District Home Economics Association

Mrs. Norma Maxwell-White
*Miss Ferne Edwards (1964)
*Mrs. Lorene Cameron (1964)
Mrs. Edith Wilcock (1969)

Mrs. Norma Bannerman (1971)
Mrs. Norma Trussler (1978)
Miss Jessie Stewart (1978)

Alberta Registered Dietitians Association

*Dr. Mabel Patrick
*Miss Hazel McIntyre
*Miss Ruby Crealock
Mrs. Margaret Rae (1972)

Miss Helen Jacobson (1974)
Dr. Elizabeth Empey (1976)
Miss Irene Torrington (1978)
Mrs. Lillian Sharp (1980)

Home Economics Council of the Alberta Teachers' Association

Mrs. Pearl Beierbach
*Mrs. Thelma Carlyle
Ms. Ann Derrick
Miss Mabel Geary
Mrs. Martha Gitzel
Ms. Ruth Gray
*Miss Verna Gray
Mrs. Irene Kalmbach
Sister Cecile Limoges
Miss Hazel Maynard
Ms. Elizabeth Meikle
Mrs. Hope Michael
Miss Fiona Milne
Mrs. Lena Moore
Ms. Ruth Perrot
Mrs. Agnes Sailer
Mrs. Anna Stewart
Mrs. Alma Sunde
Ms. Pearl Traub
*Mrs. Margaret Wilson
Mrs. Melissa Wright

Mrs. Edna Baxter (1976)
Mrs. Pearl Brunner (1976)
Ms. Helen Gresl (1976)
Miss Bessie McAvoy (1976)
Mrs. Alice Pookkay (1976)
Ms. Freda Quinton (1976)
Mrs. Mary Blake (1977)
Mrs. Elizabeth Cooney (1977)
Miss Berneice MacFarlane (1977)
Mrs. Barbara Geodicke (1977)
Mrs. Camora Kelly (1977)
Dr. Edith Down (1978)
Mrs. Dorethea Dueck (1978)
Mrs. Betty Evans (1978)
Mrs. Margaret Glabais (1978)
*Mrs. Stella Jevne (1978)
Mrs. Leona Flynn (1979)
Mrs. Kay Rolfson (1979)
Mrs. Mary Lowry (1979)
Mrs. Mary Puchilak (1980)
Miss Isabelle Boyko (1980)

Honorary Members and Fellows, Alberta Home Economics Association

Honorary Members

Mrs. Ethel Marliss

Mrs. Betty Garbutt

Fellows

A. Berneice MacFarlane (1976)
Mrs. Betty Mullen (1978)

Dr. Elizabeth Empey (1979)
Mrs. Norma Bannerman (1980)
