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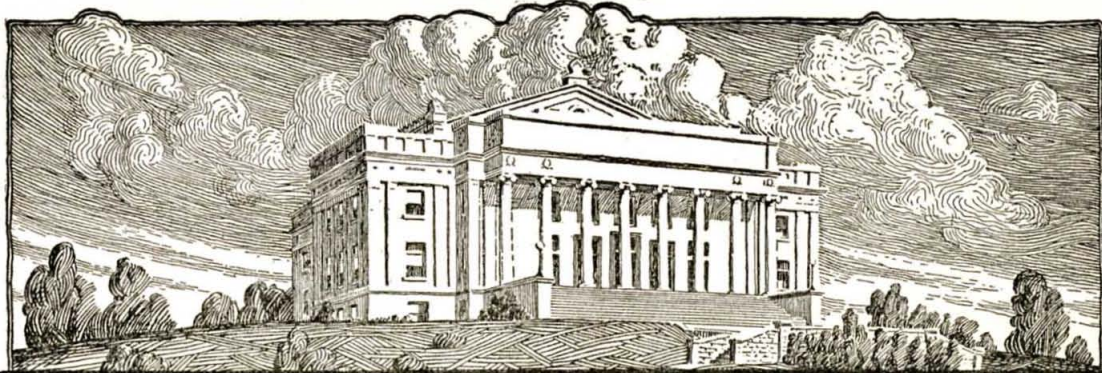


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Normal Heights

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Vol. 1

BOWLING GREEN, KY., JUNE, 1917.

No. 4a.

A PRACTICAL COURSE IN CANNING.

Great opportunities will be offered all persons to learn, in a short time, and in a practical way, the best and most modern methods of conserving food.

Work will begin on Monday morning, July 16th, and will close on Thursday afternoon, July 26th.

Four or five hundred different persons have expressed their purpose to take advantage of it. The course is offered to any person, regardless of age, who desires to take advantage of it.

The people of the State are urged to give publicity to this course of study and to urge representatives from every community to enroll for the work.

The National League for Woman's Service, the Extension Department of the University of Kentucky, the National and State Departments of Agriculture, and the State Council of Defense will co-operate and will assist in making this occasion one of State-wide interest and influence. Every patriot should give this movement earnest support.

The Western Normal School has arranged to offer a two weeks' course of instruction and demonstration work in practical canning. A large number of experienced and thoroughly trained demonstrators have been secured. The work will be practical from the beginning to the end. Many demonstrators will be busy during the entire day and persons entering the course will do actual work under experienced teachers. In fact, the whole course will consist of practical round-table discussions and of actual work. A small fee of \$1.50 will be charged to defray a small part of the actual expense connected with the undertaking and to pay for modern canning outfits which will be used.

Miss Iva Scott, who is at the head of the Department of Domestic Science and Arts of the Western Normal, will be director of the work. She will be

ably assisted by the National League for Woman's Service, by the Extension Department of the University of Kentucky, the National and State Departments of Agriculture, and by the State Council of Defense. Miss Mattie Hatcher, the chairman of the local committee for Woman's Service, will take an active part. The different organizations throughout the State that are interested in the conservation of food, as well as all others, are urged to give publicity to this work, and to influence representatives from every community to attend. We have never offered a more important piece of work than this, and we are hoping that many will take advantage of it.

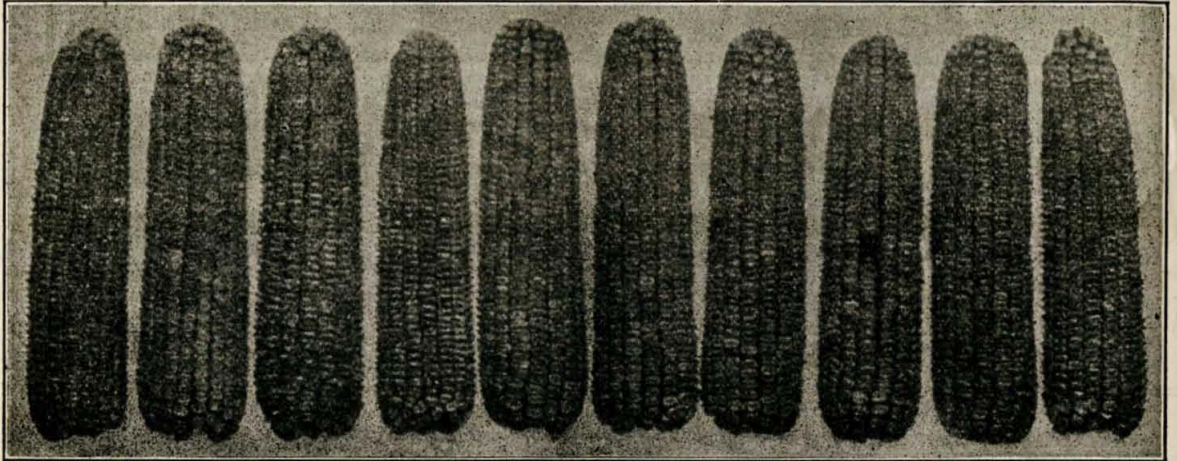
Arrangements have been made for a large number of persons to furnish the products of their gardens and farms for canning purposes. These pro-

ducts will be canned without cost to the owners. The owners, of course, will be expected to furnish jars and to meet other similar expenses, but no charge whatever will be made for the canning. All canned goods will be returned to the owner.

Several tents will occupy prominent places on Normal Heights and will be used for canning purposes. Arrangements are being made to make the two weeks' course in canning modern and efficient. The work will begin at 7:30 A. M., Monday, July 16th, and close at 4 P. M., Thursday, July 26th. No tuition will be charged. The only expense connected

quickly done that it will appeal to many at once; a great deal of work is saved in handling the fruit; no sugar necessary; no food constituents lost but water, which is easily replaced by soaking; any man who is clever in the use of tools can easily make a drier. What more can the housewife ask for?

No previous experience is necessary.* Canning and preserving are simple processes but require accuracy and care. The two things necessary for the preservation of fruits and vegetables are complete sterilization and the exclusion of all air from



with the entire course is an incidental fee of \$1.50 which will be used to defray part of the actual expense connected with the work. Persons, regardless of age, are urged to take advantage of this work and to become active in teaching and stimulating communities to conserve the food of this country. The Western Normal believes that this work is patriotic and it earnestly desires that many people take advantage of it and become practical demonstrators in their respective communities. An effort of this kind will aid Democracy in winning the battle.

One of the many problems that confront the American housewife is the supply of vegetables for her table during the winter months. "What can I have for dinner today?" is a question often heard. A healthful diet must include vegetables; therefore, the housewife turns to canned goods as the only alternative.

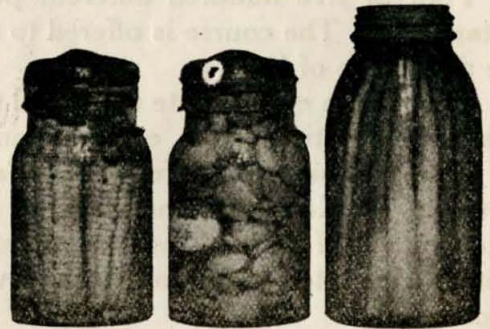
Every housewife may run a miniature canning factory in her own kitchen. This is especially economical and desirable this year when we must not only feed ourselves but thousands across the seas. Enough vegetables annually go to waste from the average farm garden to supply the table during the year.

The preservation of food is usually confined to corn, tomatoes, beans and fruits. It is just as easy to keep one kind of vegetable as another, if you know how. There is no product that is raised for food which cannot be preserved by some method for future use.

The course in canning which is to be offered by the Western Normal aims to teach the women of Kentucky the art of canning and drying all types of foods which are on the market and in the gardens at that time. The drying process is so simply and

the can. Having these two points in mind and following the methods which bring them about any and all products, such as beans of all kinds, green and shelled, carrots, corn, cucumbers, spinach, sweet potatoes, soup mixtures and so on, can be canned ready for home consumption. A "fancy" pack demands a "fancy" price.

Thrift means saving the raw product as much as raising the material and banking the cash.



There is a shortage of containers. Don't let one be wasted or empty in your home.

Bring empty containers with you and take them home full of material for winter use.

A COMMITTEE WILL MEET YOU.

Representatives from the school will meet you at the train and assist you in finding suitable boarding places and in working out other details. Write us a few days before you leave home, telling us when you will arrive.

THE WESTERN NORMAL EARNESTLY DESIRES THE CO-OPERATION OF EVERY CITIZEN, COMMUNITY AND PATRIOTIC ORGANIZATION IN THE COUNTRY IN AN EFFORT TO INFLUENCE A LARGE NUMBER OF PEOPLE TO TAKE ADVANTAGE OF THE TWO WEEKS' COURSE OFFERED IN CANNING. A FEW ORGANIZATIONS ARE PLANNING TO SEND A NUMBER OF REPRESENTATIVES FROM THEIR COUNTIES TO TAKE THE COURSE. WE HOPE MANY WILL DO LIKEWISE.

CONDENSED INFORMATION CONCERNING THE WESTERN NORMAL SCHOOL.

The annual opening of the Western Normal will occur Tuesday, September 11, 1917. The outlook is bright for a great attendance and a magnificent year's work.

The New Catalog of the Western Normal, which we had expected to publish at this time, will not be issued until next October or November. The program printed in this publication gives a brief statement of the work that will be offered next year. Persons desiring additional literature of the school and further information should write for the same.

Over five hundred High School graduates attended the Western Normal during the past year, and the indications are that a much larger number will attend next year. The Western Normal offers High School graduates, as well as all others seeking to improve their education, an exceptional opportunity to continue their work, and to prepare for a patriotic service in a democracy.

The demand for educated men and women is growing daily. There was never in the history of this country such a tremendous call for qualified workers. The country will need in the future, as never before, citizens who are trained for constructive and patriotic service. No man or woman, boy or girl, can afford to neglect his education. Every human being owes his country one great life and one noble endeavor.

The demand for educated teachers in the future will be unprecedented. The Western Normal offers persons, who desire to prepare for service in the educational fields, an exceptional opportunity.

Every person, who expects to teach in Kentucky, should secure one of the State Certificates which are issued by the Western Normal. Persons who complete the Elementary Certificate Course will be awarded a certificate which permits the holder to teach anywhere in Kentucky for two years without examination. Persons who complete the Intermediate Certificate course, will be awarded the Intermediate Certificate which permits the holder to teach anywhere in Kentucky for four years without examination. Persons who finish the Advanced Course, will be awarded a certificate which permits the holder to teach anywhere in Kentucky for life without further examination.

Commence now to make your arrangements to secure one of these certificates. See your County Superintendent and secure free tuition in the Western Normal School. There is plenty of tuition in the different counties for all persons who desire the same.

If you desire further information, write President H. H. Cherry, Bowling Green, Kentucky.

PROGRAM.

The following is a statement of the work that will be offered during the school year of 1917-8. Some modifications in this course will undoubtedly be necessary, but in the main it will stand as here stated. There will be some additions made in accordance with the new course of study that goes into effect in September. This new course will

THE WESTERN NORMAL SUMMER SCHOOL OPENED ON JUNE 18TH WITH BY FAR THE LARGEST ATTENDANCE IT HAS EVER HAD. A GREAT NUMBER OF THE LEADING TEACHERS OF THE COUNTRY HAVE ENROLLED AND ARE PURSUING PROGRESSIVE WORK. THE PROGRAM, WHICH IS BEING OFFERED, IS PROVING MOST INTERESTING AND HIGHLY INSTRUCTIVE TO THE GREAT STUDENT-BODY.

apply to students who have not yet finished the Elementary Certificate Course and who do not have credits enough to equal those within that course. A memorandum indicating the new course of study will be sent to any one desiring it.

SEPTEMBER TERM

Begins September 11, 1917.

- 7:30 Agriculture 1, Algebra 4, Chemistry 1, Geometry 1, U. S. History 1, Advanced American History, History of Education, Music 1, Story-Telling.
- 8:30 Arithmetic 2, Algebra 2, Agriculture 7 (Agricultural Engineering), English 6 and 11, Grecian History, Music 2, Penmanship 1 and 2, Physical Geography 1.
- 9:30 Chapel.
- 10:10 Calculus, Civil Government (High School), Domestic Economy 1 (first hour), English 12, German 1, Latin 3 (Caesar), Reading 2, Trigonometry 1.
- 11:10 Agriculture 1 (Agricultural Chemistry), Algebra 3, Domestic Economy 1 (second hour), Drawing 1, Analytical Geometry, English 8, English History 1, Advanced European History, Latin 10, Physiology 1, Public Speaking.
- 1:15 Biology 1, Domestic Economy 12, English 3, French 1, Grammar 2, Method 1, Penmanship 1 and 2.
- 2:15 Arithmetic 2, Biology 1 (Laboratory), Domestic Economy 11, Drawing 2, English 2, French 6, Geography 1, Grammar 3, Latin 1, Physical Education, Physics 1, Psychology 1.
- 3:15 Algebra 1, Latin 6 (Cicero), Domestic Economy 9, Economic Geography, German 4, Reading 1.

NOVEMBER TERM

Begins November 19.

- 7:30 Agriculture 12 (Land Drainage), Algebra 1, Chemistry 2, Civics (High School), German 5, Geometry 2, Historical Geography, Advanced American History, Music 1, Physiology 2.
- 8:30 Arithmetic 2, Agriculture 8 (Feeds and Feeding), English 2 and 7, French 7, Grammar 3, Illustrative Teaching, Roman History, U. S. History 2, Music 2, Method in Public School Music, Penmanship 2, Physical Geography 2.
- 9:30 Chapel.



"Normal Heights" is one of the most beautiful and desirable places in this country for a Summer School. The two weeks' course in canning will be given on the campus of the institution under great trees where the air is pure and invigorating and the climate attractive.

- 10:10 Algebra 5, Current Events, Drawing 2, Domestic Economy 2 (first hour), English 9 and 10, Analytical Geometry, German 2, Grammar 1, Latin 4, Method in Reading, Pedagogy 1, Reading 2.
- 11:10 Algebra 2 and 3, Agriculture 2, Arithmetic 1, Drawing 1, Domestic Economy 2 (second hour), English 1 and 5, Geography 2, German 1, Advanced European History.
- 1:15 Biology 2, Drawing 3, Domestic Economy 2 (first hour), French 2, English History 2, Latin 2, Method 2 (Illustrative Teaching), Psychology 1, Reading 2.
- 2:15 Arithmetic 2, Biology 2 (Laboratory), Domestic Economy 2 (second hour), English 4, Grammar 2, Geometry 1, Latin 11, Physical Education, Physics 2, Penmanship 1, Public Speaking (continued.)
- 3:15 Domestic Science 6, English 1, Geometry 3, Latin 7, Physical Geography 2, Reading 1.
- MID-WINTER TERM.**
- 7:30 Agriculture 13 (Poultry Husbandry), Arithmetic 2, Algebra 2 and 3, Civil Government, Domestic Economy 11, Drawing 2, English 1 and 5, English History 1, French 8, General Review, Geography 2, Latin 12, Penmanship 1, Rural Economics, Reading 2.
- 8:30 Agriculture 9 (Bacteriology), Chemistry 3, English 3, Geometry 2, Grammar 2 and 3, German 1, Geography 1, U. S. History 1 and 2, Mediaeval History, History of Education, Illustrative Teaching, Music 1, Psychology 1, Practice Teaching.
- 9:30 Chapel.
- 10:10 Agriculture 3, Algebra 4, Domestic Economy 1 and 3 (first hour), English 12, German 3, Geology 1, Geography 1, Advanced American History, Method in Language, Method in Reading, Physics 3, Physiology 1, Penmanship 2, Practice Teaching.
- 11:10 Algebra 1, Agriculture 1, Civil Government, Domestic Economy 1 and 3 (second hour), Drawing 1, English 3 and 7, Geometry 1, Grammar 2, German 6, Geography 1, U. S. History 1, Penmanship 1, Pedagogy 2, Practice Teaching, Reading 1, Theory and Practice.
- 1:15 Arithmetic 3, Civil Government, Domestic Economy 1 and 7 (first hour), Drawing 1, English 2, Grammar 2, General Review, Geometry 3, Dickson's History, Advanced European Government, Method 1, Physical Geography 1, Psychology 2, Reading 2, Trigonometry 1.
- 2:15 Arithmetic 2, Biology 3, Calculus 1, Civil Government, Drawing 2, Domestic Economy 1 and 7 (second hour), English 9, Geography 2, Grammar 3, Analytical Geometry 1, Mediaeval History, U. S. History 1 and 2, Latin 1, Penmanship 1, Pedagogy 1, Physical Education, Physics 1.
- 3:15 Arithmetic 1 and 2, Biology 3 (Laboratory), Chemistry 1, Domestic Economy 12, French 3, General Review, Grecian History, English History 1, Latin 3, Latin 8 (Virgil 1), Music 2, Penmanship 1, Physiology 1 and 2, Physical Geography 1, Psychology 1, Reading 1.
- SPRING TERM.**
- 7:30 Algebra 1 and 2, Chemistry 2, Drawing 1, Domestic Economy 9, English 6, German 2, Dickson's History, U. S. History 2, Modern History, Latin 1, Music 1, Nature Study, Penmanship 1, Physical Geography 2, Reading 2.
- 8:30 Arithmetic 2, Civil Government, Chemistry 4, Domestic Economy 10, English 9, Grammar 2 and 3, Geometry 1, Geography 2, German 1, Roman History, Library Economy, General Observation, Pedagogy 2, Penmanship 1 and 2, Physiology 1, Practice Teaching, Psychology 2.
- 9:30 Chapel.
- 10:10 Agriculture 4, Algebra 5, Domestic Economy 2 and 8 (first hour), English 11 and 13, Geography 1, Geology 2, German 2, English History 1, Advanced American History, Method in Language, Penmanship 2, Physics 2, Physiology 2, General Review, Practice Teaching.
- 11:10 Agriculture 2, Arithmetic 2, Calculus 2, Civil Government, Drawing 2, Domestic Economy 2 and 8 (second hour), English 1, Analytical Geometry 2, German 4, Method in Reading, Method in Geography, Latin 4, Latin 9 (Virgil), Penmanship 1, Physical Geography 1, Practice Teaching, Psychology 1.
- 1:15 Agriculture 14 (Plant Pathology), Arithmetic 2 and 3, Agriculture 1, Domestic Economy 1 and 4 (first hour), Drawing 1, English 8, Grammar 2 and 3, English History 2, Pedagogy 1, Physical Geography 2, General Review, Sociology.
- 2:15 Algebra 3, Arithmetic 1, Biology 4, Civil Government, Drawing 2, Domestic Economy 1 and 4 (second hour), English 4, French 4, Geometry 3, Geography 2, U. S. History 1, Modern History, Latin 2 and 13, Penmanship 1, Physical Education, Reading 1 and 2.
- 3:15 Arithmetic 2, Biology (Laboratory), Domestic Arts 5, English 2, Geometry 2, Economic Geography, U. S. History 2, Dickson's History, Advanced European Government, Music 2, Physiology 1, Chemistry 1, General Review, Theory and Practice, Trigonometry 2.

SUBJECTS THAT WILL BE OFFERED DURING THE SUMMER TERM OF 1918.

Note.—It is impossible to give here a statement of the many lectures and entertainments that will be brought in for the Summer Term.

Agriculture 1, 3, 5, 6; Algebra 2, 3, 4; Arithmetic 2, 3; Calculus; Chemistry 3; Civics; Domestic Economy 2, 3, 5, 11; Drama; Drawing 1; Drawing Supervision; English 5, 7, 9, 10, 14, 16; Story-Telling; French 5; General Observation; Geography 2; Physical Geography 2; Historical Geography; Method in Geography; Geometry 2 and 3; German 2, 3, 5; Grammar 2, 3; Handwork for Grades; History 2; English History 2; Roman History; History of Education; Method in High School History; History of Europe from Charlemagne to the Hundred Years' War; History of the Renaissance and Reformation to the Peace of Westphalia; History of Europe since the Congress of Vienna; Latin 2, 5, 6; Latin Method (Latin 14); Library Economy; Methods, Elementary; Method in Reading; Music 1, 2; Method in Public School Music; Music for Public School Supervisors; Nature Study; Pedagogy 2; Penmanship 1, 2; Physics 2, 5; Physiology 2; Physical Training; Psychology 1, 2; Reading 2; Spanish; Story-Telling; Trigonometry 1, 2; Theory and Practice.

WE URGE AS MANY PROSPECTIVE STUDENTS AS POSSIBLE TO MAKE THEIR ARRANGEMENTS TO ATTEND THE WESTERN NORMAL FOR AN ENTIRE SCHOLASTIC YEAR. COMMENCE NOW TO MAKE YOUR ARRANGEMENTS TO ENTER AT THE OPENING OF THE FALL SESSION, SEPTEMBER 11, 1917. WE PROMISE YOU IN ADVANCE THE BEST YEAR'S WORK EVER DONE BY THIS INSTITUTION. PERSONS DESIRING FURTHER INFORMATION SHOULD ADDRESS PRESIDENT H. H. CHERRY, BOWLING GREEN, KENTUCKY.

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