

# Helen Cushen High School Notebook, c.1922-1926 Ms.2021.030

Helen Cushen High School Notebook  
c.1922-1926



## Title Statement

Helen Cushen High School Notebook, c.1922-1926 Ms.2021.030

**Subtitle:** Cushen, Helen, High School Notebook

**Author:** Maddy Altobelli, Student Intern, and Kira Dietz, Archivist

## Publication Statement

**Publisher:** Special Collections and University Archives, Virginia Tech

Special Collections and University Archives, University Libraries (0434)  
560 Drillfield Drive  
Newman Library, Virginia Tech  
Blacksburg, Virginia 24061  
Business Number: 540-231-6308  
specref@vt.edu  
URL: <http://spec.lib.vt.edu>



2022 (CC0 1.0)

## Profile Description

**Creation:** This finding aid was produced using ArchivesSpace on 2024-07-25 07:01:23 -0400.

**Language Usage:** Description is written in: English, Latin script.

## Descriptive Summary

### Unit ID

Ms.2021.030

### Unit Date

c.1922-1926

### Language

The materials in the collection are in English.

### Abstract

This collection contains a notebook from high school, probably from a home economics class. It contains notes, recipes, and information about cooking and likely belonged to Helen Cushen, whose name appears on it in several locations. Although not clearly dated, the item is likely from about 1922-1926.

### Creator

Cushen, Helen, 1908-1991

### Extent

0.1 Cubic Feet 1 folder

### Repository

Special Collections and University Archives, Virginia Tech

# Administrative Information

## Conditions Governing Access

The collection is open for research.

## Conditions Governing Reproduction and Use

This item may still have some rights restrictions. Copyright restrictions may apply. Contact Special Collections and University Archives for assistance in determining the use of these materials.

Reproduction or digitization of materials for personal or research use can be requested using our reproduction/digitization form: <http://bit.ly/scuareproduction>.

Reproduction or digitization of materials for publication or exhibit use can be requested using our publication/exhibition form: <http://bit.ly/scuapublication>. Please contact Special Collections and University Archives ([specref@vt.edu](mailto:specref@vt.edu) or 540-231-6308) if you need assistance with forms or to submit a completed form.

## Source of Acquisition

This collection was donated to Special Collections in 2015.

## Processing Information

The processing, arrangement, and description of Helen Cushen High School Notebook was completed in September 2021. Additional description was created in July 2022.

## Preferred Citation

Researchers wishing to cite this collection should include the following information: [identification of item], [box], [folder], Helen Cushen High School Notebook, c.1922-1926, Ms2021-030, Special Collections and University Archives, Virginia Tech, Blacksburg, Va.

# Biographical Note

Helen Catherine Cushen was born in Washington County, Maryland, on January 18, 1908, to Emmert E. and Clara B. Cushen. She attended Washington County High School likely from 1922 to 1926. At the time of the 1930 census, she was an instructor at a public school, and according to the 1940 census, she completed two years of college. Cushen married Rev. Laurence A. Free on June 17, 1937, in Hagerstown, Maryland, and they had a daughter, Judith Ann Free. She died on April 16, 1991, and is buried alongside her husband in the Rose Hill Cemetery in Hagerstown.

External sources:

U.S. Federal Censuses, 1910-1950

"Miss Cushen will marry Rev. Free", *Daily Mail* (Hagerstown, Md.), June 17, 1937, p. 6, accessed online from Newspapers.com at <https://newscomwc.newspapers.com/image/20739583/?match=1&terms=cushen&pqsid=iLuMqNaXPkm1JP7RLeoUfg%3A206179%3A45705920>

"Helen Cushen Free", Findagrave.com, <https://www.findagrave.com/memorial/33764153/helen-free>

# Scope and Content

This is a class notebook from Washington County High School Student, Helen Cushen, c. 1922 to 1926. The book is divided into three sections for three years of classes: first year, second year, and senior year. The class was most likely a home economics class as many of the entries are on recipes, cleaning, manners, and other domestic science methods. Recipes range from full meals and bake stuff to methods of cooking. Some recipes are: different ways of cooking eggs, frosting recipes, creamed chipped beef, Welsh Rarebit, and other baked goods. While the notebook has a lot of stereotypical home economic notes, there are a lot of entries on the science of food items such as the chemical make up of fruit, the use certain ingredients, and a chart of different cuts of beef on a cow.

# Keywords

Education, Secondary

History of Food and Drink

# General

The guide to the Helen Cushen High School Notebook by Special Collections and University Archives, Virginia Tech, is licensed under a CC0 (<https://creativecommons.org/share-your-work/public-domain/cc0/>).

# Description of Subordinate Components

**Notebook**

**Unit Date** c.1922-1926

**folder** 1