HOME MAKERS EVERYWHERE SAY—
THE NEW NuSWEET
COCONUT DESSERT IS TOPS

The package with the bright red BULL'S-EYE

There's Never Been a Dessert Like It!
Taste Those Pieces of Real Coconut!
Taste That Creaminess!
Taste That Custardy Richness!

TAKE A PACKAGE HOME FROM YOUR GROCER TODAY AND REMEMBER THE OTHER FOUR RICH, CREAMY NUSWEET FLAVORS:

Chocolate, Vanilla,
Butterscotch and Lemon

CLINTON FOODS INC., CORN PROCESSING DIVISION
CLINTON, IOWA
Congratulations
Miss Fallgatter

The Iowa Homemaker congratulates Miss Florence Fallgatter, new president of the American Home Economics Association.

Serving as head of the Department of Home Economics Education here, Miss Fallgatter officially took office during the closing session of the AHEA convention in Boston this summer.

The new president is a true leader in the field of professional home economics. She served as chief of the Home Economics Education Service in the United States Office of Education in Washington, D.C. before coming to Iowa State, and was the first woman president of the American Vocational Association. Phi Upsilon Omicron, home economics professional fraternity, elected her president for two terms and she has been AHEA vice-president for the past 3 years.

Miss Fallgatter has proved beyond a doubt her leadership capabilities and we feel certain that the AHEA will continue to expand during the 2 years of her term.

MKP

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OCTOBER, 1950
COWNIE'S
sheared raccoon
for '51...

Prerequisite for four happy years at school — and more after that! Wonderful fur for the girl who dashes from classroom, to downtown shopping, to an A-function! Choose versatile long-wearing sheared raccoon now at our early season low prices — let-out and skin on skin coats...

$398-$595
incl. fed. tax

Mary McCormick, H. Ec. Sr., models our new length classic with chin high collar, smart cuff detail.

510 MARKET ST. DES MOINES

Your authorized Cownie Representative in Ames: Lila B. Fromm shop.
IF YOU'RE considering a change in major because of the "chemistry situation," take a little time out to think. Quit worrying for the moment about the details of the halide family or balancing that last equation. Think of chemistry as a whole and what it means to your every day living, to your career and to progress in general.

Also think of the kind of education you want and see whether or not chemistry isn't after all an important link. If you really face these questions squarely you will probably see the need for more, rather than less, training in chemistry.

Chemistry will help you to gain a better understanding of the world about you, to do things better, and finally to have a better understanding of life itself. You study chemistry for much the same reason as English. In each you learn a language. With English 26 letters are the basic units; chemistry begins with approximately 90 elements. These can be put together in as many ways as there are words in the English language. Nature does it in millions of ways, and the mind of man has conceived many more.

As with English, when some of the simple rules are learned you can "read and write" in chemistry, and can use your knowledge greatly to enrich your lives.

Time Effort Needed

One reason for your failure to enjoy chemistry may be your unwillingness to spend enough time and effort to learn it. Take English again. You study it all the way through elementary and high school. It becomes second nature with you. You can scarcely expect 2 years of college chemistry to give you more than a casual introduction; you need more to appreciate and enjoy it, and to use it most effectively.

There is no easy and quick way to even a functional education in chemistry. It takes time and study to learn this field, just as it takes time and study to arrive at the place where one can read and enjoy the world's best literature.

Some people say that they have never used their chemistry since they left college. The answer is that they use it constantly, but take it so much for granted that they are unaware of its role. Others say they wish to know the applications—the practical side—and that the theory is a waste of time for them. Most of the courses here at Iowa State follow the idea that application without theory is a "dead end" type of education. You can easily learn a recipe for fudge and become an expert at making that candy. Isn't it much more useful to learn the principles underlying the control of the size of sugar crystals? Then you can make fudge, fondant, taffy, divinity and caramels.

You can develop new and varied kinds of candies and confections. You can become an expert in sugar cookery, not just a maker of fudge.

Background Important

It is more far-reaching to learn about leavening agents than merely to make biscuits; to learn about emulsions than merely to make mayonnaise; to learn about foams than to make angel cakes. Knowledge about solvents and their abilities to remove spots of various kinds is more useful than the study of specific cleaners currently on the market. The effect of heat on fibers is more valuable information than how to press a certain dress.

The way of thinking you may acquire through chemistry can help in the world today. In the chemical laboratory you can learn to draw conclusions after making systematic observations. This is a concrete example of the "fact finding" technique. This method of thinking, this approach to problems leaves little room for prejudice and hate. Alertness, openness-mindedness, an interest in learning how to do things a better way are attitudes fostered by all science, and by chemistry in particular.

Chemistry is so much a part of our every day world that we take it for granted. Just suppose that you were suddenly deprived of all the personal things you enjoy because of chemistry. Cosmetics, toothpaste, soap, perfume, your nylon hose, the beautiful colors you enjoy in your varied wardrobe, in fact all modern clothing, as well as housing, transportation, and much of the food as it appears on your table today would be taken away.

Convenience, comfort, health are all made possible through chemistry. You can have these things with little, or no, knowledge of how you got them, but isn't it better to be able to appreciate the materials and processes involved in their making? How can you

(Continued on page 14)
If your breakfast habits are similar to those of two-thirds of the college students tested.

Maybe You Need Better

CONSTANCE Co-ed breaks her fast with a cup of Union coffee, and swoons over her test tubes in the chem lab. Elmer Engineer calls rolls and coffee a morning meal, lapses into a near coma by 9:30 a.m., and remains in a daze until after lunch. Charles and Lucy, high in I.Q., but low in cereal, get F in sociology. Nutrition experts worry. They see many of us going half the college day on cinnamon toast and coffee, with perhaps a soft drink or a vitamin pill to revive our flagging spirits around 11 a.m. They estimate that only one of us in three does justice to breakfast.

Chances are that you’re one of the millions in America and our own campus today who gulp breakfast down in less than 5 minutes, or skip breakfast entirely. Recent surveys conducted by a group of nutrition specialists prove how little time the United States spends at the breakfast table. Adults and children were asked, “If you had to go without one meal a day, which would you omit?” One of every two answered “Breakfast, of course.”

These specialists visited a busy drugstore in Albany, N.Y. For six mornings they noted what the customers chose for breakfast. Four out of every five ordered no more than a cup of coffee and a sweet roll. Some smoked a cigarette and sipped a soft drink.

Even children, who need sounder breakfasts than adults, have inherited the modern habit of either going without it or eating too little in too great a hurry. Students from 45 states were asked exactly what they had for breakfast on a given day. Fully two-thirds of the reports were marked “inadequate.” Eight thousand youngsters admitted that they had eaten no breakfast at all.

From California to New Jersey, a campaign rages in favor of bigger and better breakfasts for the American people. Dietitians bombard citizens with earnest advice, the women’s pages do their share, and the government adds voices to the din. They all agree that large numbers of us begin our day with too light a breakfast or no breakfast at all, and thus do wrong by ourselves.

Most people believe that breakfast should provide no more than one-fifth of the day’s total food. Medical authorities, however, say it must contain at least one-fourth to one-third of the daily quota of essential vitamins, minerals, proteins, carbohydrates and fats. Anything less brings lowered resistance to disease, chronic fatigue, ill temper, visible nervousness and anemia.

What is an adequate breakfast? The United States Department of Agriculture has worked out a simple pattern of five basic foods which should appear on every breakfast table. They furnish an adequate supply of all the essential food elements required for the first meal of the day.
Check up on your breakfast menu daily. It should include:

- Fresh or canned fruit or fruit juice
- Cereal, either hot or ready-to-eat
- Milk
- Bread, either whole-grained or enriched white
- Butter

I. Fresh or canned fruit or fruit juice. Although cantaloupe and strawberries—fresh or frozen—are rich in Vitamin C, citrus fruits and their juices are the most consistent and economical sources of these vitamins. Nutritionally, orange or grapefruit juice is the best choice. Three-fourths cup gives you all the Vitamin C you need for one day.

II. Cereal, either hot or ready-to-eat and whole-grain, restored or enriched. Health authorities rank cereals among the most important foods; they are a good source of thiamin, the agent that acts as a brake on jumpy nerves and is necessary to convert sugar and starches into energy. With milk they provide protein needed every meal for growth and tissue repair.

III. Milk. Without milk, it is virtually impossible for the human body to get its needed calcium. A pint a day for adults, and a quart for children, is the minimum set by the Department of Agriculture.

IV. Bread, either whole-grained or enriched white. Like cereals of the same type, whole-grained breads contain as much iron, thiamin and other food elements as the grain from which they are made. For those who prefer white bread, nutritionists recommend the type enriched with essential vitamins and minerals.

V. Butter. Although jelly, preserves and other spreads contain some essential food elements, health authorities call butter a must because it contains an extremely high concentration of Vitamin A. Margarine which has been fortified with Vitamin A is an adequate substitute.

Eggs and meat may be added to the basic five breakfast foods. Both help to round out the needed quota of protein, although they are more expensive than cereals and other vegetable sources of protein.

The chief objection to a good breakfast seems to be that it takes too much time. However, enough time should be allowed to eat leisurely, and to permit the start of the digestive process before rushing to class. If need be, you should get up 10 minutes earlier, for breakfast is far more beneficial than an extra few minutes of sleep.

Count Calories

Another excuse that is often offered on behalf of the coffee-doughnut type of breakfast, is that anything more substantial would be fattening. The answer to this is that you need to learn a little caloric arithmetic. A breakfast built around the basic pattern provides no more calories, but more vitamins than that generous wedge of pie to which you treat yourself at dinner. So, if you're concerned about gaining weight, it's better to cut out excessive fats and sweets than to do without the morning meal.

If dieting is your excuse for skipping breakfast, you aren't insuring yourself a trim figure—you're just giving yourself a dose of morning starvation. Chances are you crave mid-morning snacks, and nibble on sweets or pastry. You overeat at other meals, especially lunch. Net result: a cut-down, not on calories, but on needed minerals, vitamins and proteins.

Buoyant good health equals beauty in anyone's language. Health and beauty depend upon three regular meals a day.

October, 1950
Dear Freshman,

Now that you've registered for classes and have had your first glimpse of college social life at the Freshman Mixer I imagine that you feel like a full-fledged college girl. I envy you—just starting out on a wonderful 4 years.

By the way, can you tell Beardshear apart from Curtiss Hall yet? I remember the trouble we had telling the Home Economics Hall and the library apart the first few days when we were freshmen a few years ago.

Now that those first tests are over you can really get acquainted with our beautiful campus. Bet you've already located the Union and stopped in for a frosty. The Union's one place you can almost always go when you're lonesome, for you're sure to find someone you know.

Speaking of getting lonesome, let me give you a few advance tips on homesickness. Don't let anyone tell you homesickness is a joke. It isn't. Almost all of us had twinges of it when we started college. Lots of times we hated to admit it because we didn't want our roommates to know we weren't as old as we thought we were. But it was there just the same.

If you find yourself feeling blue and are tempted to cry over little things, you may be catching "homesickitis." Maybe you feel lonely and neglected by everyone. That's the time to quit thinking so much about yourself. Talk to your corridor-mates. Find out about their homes, their families, their problems. This business of making friends is at least halfway up to you.

At college you'll find everyone isn't so concerned about you as your family was at home. So it's perfectly natural that you should be longing for home. After all, it's really your first time away from home, and you're on your own.

You may feel that you'll be lost in the crowd here at Iowa State. Don't worry, you'll soon be saying "Hi" to most of the people you meet, whether you know them really well or not. Iowa State is just that kind of school. When you go to the Registration Dance at the beginning of winter quarter, compare it with the one this fall. It's amazing how many more people you'll know.

So Remedy No. 1 for those homesick feelings is to get acquainted with as many people as possible. Accept blind dates—it's one of the best ways to get started dating here. Write home for Mom to send you some cheese and crackers and maybe a can of sardines for a corridor spread after hours. If you see someone else who is getting homesick, keep her busy by suggesting tennis games or shopping trips to "Dogtown." That way you'll be curing your troubles too.

What else should you do if you find yourself getting homesick? Here are several things which helped us. And even if you're not homesick, you can apply the remedies to your roommate or someone else in your corridor whose moods and hurt feelings are due to homesickness.

One of the best rules is to keep busy. If you have to make work for yourself, make it, although with the strenuous college routine this isn't hard. Use those extra half-hours before dinner to get acquainted with the campus or to play a few hands of bridge. Relaxation is important when you're just getting accustomed to late-hour studying schedules.

Another remedy is to get out of the dorm. It can get monotonous to sleep, study, sew and relax in one room all of the time. Walk over to the Union for a coke or to bowl a couple of lines. After you've been at school 4 or 5 weeks you might like to go home with someone for a weekend as long as you live so far from school. When you come back you'll probably feel like pitching in and licking the college world single-handed.

It must be fun starting on the first year of your college career. You'll make mistakes and it won't be easy going all of the way, but when you look back on it the way I'm doing now, you'll remember the good things—mostly the good feeling that being "on your own" brings.

P.S. Don't think I'm predicting homesickness as a sure thing for you and your roommates.

On the contrary, a lot of Iowa Staters suffer from "school-sickness" on their first Thanksgiving vacation at home. Remedy: More of the same Iowa State friendliness you'll experience your first 7 weeks before vacation.

The Iowa Homemaker
LET COOL weather come,” says Vicky about the fast approaching fall and winter season. Sweaters are my standby and I’m all for them.” She thinks that you will be too, when you see that sweaters are as much in the fashion limelight this year as ever, only more so because of the wonderful new fiber innovations which are constantly being introduced.

Vicky feels that cashmeres are the biggest sweater attraction. This year, since the fibers are chiefly imported, cashmeres are becoming scarcer, but they are still available and there are several brands of domestic cashmeres which are somewhat less expensive than the imports. The predominance of colors in cashmeres seems to be a toss-up between the basic gray, natural and darker green shades, but the newer colors are primarily apricot and lime.

Vicky also ran into a few limited novelty cashmeres for those few who can afford such luxuries. For evening wear, tiny crystal and pearl beads weave themselves in and out for neckline relief. Sweaters of this type, Vicky learned at a fashion show at one large department store, are draped over one style with a collar and pinkish tangerine to scarlet and deep cherry. You’ll be wearing them over sweaters of contrasting colors with little rolled turtle necks and slightly pushed up sleeves. The comfortable and smart looking “bat wing sleeve” sweaters are what you’ll see in the way of novelty-sleeved sweaters.

**Note New Fibers**

For the wardrobe of the college girl, who would rather have a larger number of sweaters at a more reasonable price, there is good news. Vicky believes that the new fiber called Kharafleece will be an overwhelming success. It is a combination of 60 percent wool and 40 percent vicara. It is a new synthetic fiber-like nylon, but even more wondrous. It’s nub-proof, a boon for doing away with that “all over soft” look which so many light sweaters get after even one wearing. It’s moth-proof and it is also definitely shrink and stretch-proof.

Other new fibers are “featherfleece” (Australian zephyr wool) and Nylofleece, that very popular combination of wool and nylon which is big news this fall. These sweaters have all the advantages of nylon, such as no shrinkage, quick-drying properties and lush colors, yet they look and feel just like 100 percent wool. Ever popular and practical is the wide selection of all-nylon sweaters in convenient price ranges. Orlon, the new fiber being used in coats and suits, and which is stronger, more durable and more practical than any fiber yet produced, is being used in experimentation with knitted sweaters. However, as yet only a limited selection is available.

One of the novelty yarns introduced this season will be a tweed, 100 percent nylon. This is also a new yarn being shown for the first time this year, and it is being shown in slipons, cardigans and in sleeveless cardigans.

For strict novelty, Vicky thinks that the little sleeveless cardigans like three-buttoned weskits are big news, and also an added warmth for those zero days. You’ll be wearing them over sweaters of contrasting colors with little rolled turtle necks and slightly pushed up sleeves. The comfortable and smart looking “bat wing sleeve” sweaters are what you’ll see in the way of novelty-sleeved sweaters.

**Suds Your Sweater**

“It’s really a RED year!” says Vicky, exclaiming over the gloriously warm shades that will be keeping you bright all winter. The colors vary from apricot and pinkish tangerine to scarlet and deep cherry. Other popular shades will be royal, rust, navy and dark green, all of which are ever so practical. Speaking of colors reminds Vicky of the wonderful skirts and weskits she saw which will be prized at school. The plaids, tweeds and bold checks so much in demand this season come in colors which harmonize or contrast well with this fall’s sweaters. In addition to this, one company is showing a series of gabardine skirts “dyed-to-match” a series of quite inexpensive sweaters.

Vicky has one bit of advice about caring for your sweaters, too, which ought to be a help to the flattening billfold. DON’T dryclean those sweaters, she advises. The cashmeres especially should always be washed by hand. Just-warm water, some very mild flakes and a little careful shaping after pressing excess water out in a towel should do the deed. And when they’re dry, just give them a little steaming instead of a pressing. In between sudings, a “brush-off” for sweaters after each wearing will keep them bright and prevents that “nubby” look.

Vicky thinks that after taking careful inventory of your winter skirts and suits and noting mix and match color schemes, you’ll “do yourself proud” by choosing sweaters.
Child Development

A new stroller-walker for baby will keep up with that growing child. The walker folds up for storage and can be adjusted so it grows in height with the child.

A feeding bib made like a smock with a wide pocket to catch baby's spills is now available. The new bib fastens at the neck and arms with metal grippers and can be opened out flat for easy cleaning. All seams are electronically sealed instead of stitched.

Food carrier for baby will be an aid to mothers. The carrier, made with quilted plastic film on both sides of an interlayer of insulation, keeps hot or cold foods at their original temperatures for many hours. The carrier looks like a large handbag and has a wide shoulder strap for carrying convenience. The plastic film makes it easy to clean.

A child can sit on the saddle back of a new plastic swan and dangle his legs in the lake or river through openings on each side. By moving his arms and legs, he can propel the swan easily.

A new inflatable toy made of plastic film comes complete with more of the same plastic to make clothing. The doll itself is an inflated shape which consists of a head, body, arms and legs. Skirts, blouses, sleeves and hats may be combined in any number of ways to suit the occasion or the youngster. Crayons are furnished for marking face, hands and feet. Crayon marks can be easily removed to create a new effect.

Foods and Nutrition

Mustard in tubes should be available by next spring. You'll find the tubes ideal for picnics for they are light, compact, safe and unbreakable.

A new handy rack holds your leftovers in six plastic containers. You'll find even your most unruly assortment of meats, vegetables and desserts organized. Each container is 4 inches deep and has a cover. The entire group takes up little space in the refrigerator.

A professional-type food chopper is now available at popular prices. Insert a whole potato, press the handle, and you have 24 French fries. It's handy for dicing other foods also. It has a rust-proof plated finish, is safe and easy to clean.

Here are two new ideas for bread box containers to keep your bread fresh longer. One of the new containers holds a plastic sponge which, when wet, aids in eliminating dryness and staleness of baked goods. The other has a quantity of absorbent crystals which helps prevent mildew or mold.

Toasted puffed wheat which has been pre-sweetened with sugar and honey is a new type of cereal. By adding milk or cream—no sugar needed—it is a breakfast cereal, but a handful straight from the package makes a tasty snack.

The "chicken of tomorrow" will be a tasty part of Sunday dinner. These new improved chickens have more and better meat on them. They are juicy enough for frying, tender for broiling, and have enough meat for roasting. At the broiler age of 12 weeks, they weigh 4 to 5 pounds—plenty for a meal for five and enough left over for a man-sized sandwich.
The lamp bulb pictured above, less than an inch and a half in diameter, will be useful when a deodorizing effect is wanted. The four-watt lamp produces ozone, a substance which has a neutralizing effect on many objectionable odors. The ozone produced by one lamp bulb is enough to mask odors in areas of up to 1,000 cubic feet, researchers say. Kitchens, clothes closets, bedrooms, baths, basements and recreation rooms especially should benefit from the use of this new type of lamp bulb.

Home Management

_Inexpensive decorating with 23 carat gold is now possible. A decalcomania transfer sheet to which the gold has been applied, can be used on wood, metal, glass, leather and most other smooth surfaces. The gold can be bought in sheet form._

_Wash day can be shortened for the homemaker. By adding an inexpensive white powder to the laundry rinse water, cotton fabrics become harder to soil and easier to clean. The powder is carboxymethyl cellulose and when added to the last rinse water gives the fibers a smooth coating._

*Your electric food mixer will serve double duty with the use of a kit now on the market. This kit contains a mixer motor adapter, a buffer, sandpaper and rubber disc for sandpaper support, two wood-boring drills, a paint stirrer and a metal tool box, all of which can be used on leading mixers. (Continued on page 16)*
IOWA HOMEMAKERS are as much students at Iowa State as we who attend classes on the campus. That’s the way the faculty of the Division of Home Economics feels about the thousands of Iowa women it serves daily through extensive service programs.

You, as campus students, are acquainted with the division as a medium through which you get your education. But besides their teaching duties, the home economics faculty spends an amazing amount of time and effort in serving Iowans through special programs set up for that purpose, and through regular departmental activities.

Homemaker short courses, field days, tours and conferences are the special “classes” arranged on the campus for Iowa women to attend and receive home economics information.

Short courses and field days are arranged for homemakers at the same time that their husbands are coming to agricultural short courses. The day-long programs may include talks, demonstrations, panels or films on various phases of home economics. Items of general interest, such as the advantages of exercise and the use of pictures in the home, may also be presented. There is no registration fee for these short courses that are planned and given by members of the faculty. In the past a 2-day homemaker conference offered in a more extensive way much the same material as the shorter field days.

Tours Arranged

You’ve probably often seen and wondered about the groups of women who visit Home Economics Hall and peek in on your classes. Any group of women may arrange for tours through the building by indicating what departments and work they would like to see. Faculty committees then arrange and conduct the tours so the women may get the information they want.

A part of the planned service program of the division for future students and future homemakers is high school “Career Days.” Every year many of the high schools of the state sponsor “Career Days” as part of a guidance program in vocational selection. Representatives from the home economics division speak to the high school students.

Prof. Gladys Olson, of the Department of Education, is chairman of a faculty committee who train staff members to go out to the high schools as representatives of professional fields of home economics.

“We help the girls recognize the many fields in home economics and the qualities needed for those fields,” says Prof. Olson. “Each staff member touches on all the departments with the help of charts, bulletins and movies. Our programs are arranged to help girls who will not be able to go to college as well as those who can afford professional training.”

Martha Duncan Speaks

Five days a week homemakers all over the state receive college information through Martha Duncan’s Homemaker’s Half Hour broadcast over Radio Station WOL. You’ve probably all heard that familiar voice say, “Good morning Ed Wegener, and good morning to you!” Then Martha makes a few informal comments of her own, and gives the food items for the day. The radio show is a true service of the division. Faculty members prepare and present discussions on topics of interest to the homemakers from their respective departments. Sometimes the script is written in dialogue form to include Martha. The discussions may be on whole grain cereals, crease-resistant treatments for rayons, or the use of cleaning reagents. Gardening and the care of chickens also have weekly spots on the program.

The numerous letters that come to Martha Duncan are evidences that the radio show is popular with women from all over Iowa and segments of bordering states. Some are just to chat, while others are requests. Factual questions are referred to the proper department and all are answered—even how to dye a fur coat!

Martha and her secretary, a staff member, personally answer all the other mail that comes to their office-radio studio which is tucked away in a sound-proofed third floor corner of Home Economics Hall. For over 23 years the radio show has been a part of the division. It has been guided and voiced by different faculty women. The name Martha Duncan originated with Mrs. Eleanor Wilkins, director of the program since 1943.

The Women’s Forum, an afternoon radio show also under the direction of Martha Duncan, is a service for organizations who have general information to share with radio listeners. Martha says this program is flexible, for if there is no scheduled speaker, and a (Continued on page 18)
### ASSETS

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<td>Reserve for Uncollected Interest</td>
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</tr>
<tr>
<td>Contingent Reserve</td>
<td>$250,000.00</td>
</tr>
<tr>
<td>Reserve built up to protect members against all possible or contingent losses.</td>
<td>250,067.61</td>
</tr>
<tr>
<td>Unallocated Reserve</td>
<td></td>
</tr>
<tr>
<td>Surplus or balance on hand after paying all dividends and expenses.</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$16,437,385.87</strong></td>
</tr>
</tbody>
</table>

**SAFETY — COURTESY — SERVICE — AVAILABILITY — ATTRACTIVE EARNINGS**

**WE HAVE NO PREFERRED STOCKHOLDERS**

Dividends—June 30, 1950 $223,241.70

Dividends—Since Organization $3,762,301.67

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October, 1950
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  - Brown Reds

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**Here's An**

**by Carol Dee Legg**

**EXCITING draperies for your room can be made inexpensively, claims Robin Fellows, H. Ec. Jr.**  
Yards of muslin can be decorated in crayon with names, emblems and perhaps a “Science with Practice” slogan. The crayon can be stamped into the material either by ironing it over a piece of waxed paper, or by waxing the entire drapery. A continuous piece of muslin 52½ yards long may be draped with a swag at the top and tied in harmonizing colors at each end of the curtain bar provided.

An extra touch to party punch is suggested by Eloise Wiseman, H. Ec. Jr. Float lemon slices in the punch, water lily fashion. Stick dainty birthday candles in the middle of each. This may be used either for individual servings or for the punch bowl.

You can’t misplace scatter pins, needles and safety pins on the dresser of Ruth Bell, H. Ec. So. Her cuddly Iowa State and Greek letter-stuffed mascots are glad to wear her jewelry at night. They also make a handy pincushion for her dresser. A threaded needle will save precious time and patience.

Jacqueline Frost, H. Ec. So., had a unique wall decoration in her freshman dormitory room last year. Scraps of her drapery material were used to make an inch and a half ruffle around a plain white plate centered with a decalcomania design which repeated the colors in the material. The ruffle was stitched by machine to a paper plate, then glued to the back of the china plate. A string laced through the paper plate made it possible to hang, by the molding, of course. Jackie has made several; one, with a Mexican motif, is attractive with colorful striped ribbon gathered around it.

“Good luck” is the message Katherine Mathews, H. Ec. Sr., sends with her cleverly wrapped birthday, graduation, and wedding gifts. She saves the wishbone whenever there’s chicken for dinner. A good scrubbing, a coat of nail polish—or they can be left plain—and they’re ready to tie to the bow or the ribbon on her gifts. Tiny bantam wishbones are the most clever, says Kathy, but it is easiest to get them at dinner.
Doris Whade, H. Ec. So., isn't going to discard her last winter's sweaters. She transforms her badly shrunk has-beens into warm and attractive mittens. Starting with the knitted band of the sweater as a cuff, she traces a pattern of the hand with the fingers together and thumb spread apart. She machine stitches the edges and turns inside out. Doris says you could stitch the mittens on the outside and decorate the edges with bright yarn.

Marjorie Sickles, H. Ec. Jr., has a shadow box in her room that has as many possibilities as there are jars in her box of tempera paints. Marj bought a plain square wooden shadow box and covered it with two coats of shellac. When this was very dry, she painted the box with her favorite color of tempera paint. It can be changed as her mood changes, and almost as quickly.

An idea that will really stick: Gertrude Boeyink, H. Ec. Jr., shortcuts basting when making a garment. She scotch tapes narrow braid, rick-rack and even top-stitched seams in place. She can stitch right over the transparent tape, then rip it off when sewing is completed. This makes for straighter stitching, she claims, and you can obtain tape in several different widths to suit specific needs.

Ever wish you had longer flower stems when arranging them in a vase? Use regular drinking straws for stilts. They are inconspicuous, and can be slipped easily over the short stems. Keep enough water in the vase to reach the stems, says Gretchen Hall, H. Ec. Sr.
encourage people to conserve resources if you know nothing of the value, purpose or need of the material? Fats, for example, are needed not only for food, but for soap, cosmetics, textiles, paints, varnishes, lacquers, linoleum, printer's ink, lubricants, synthetic rubber and munitions. Consumer education without chemistry is inconceivable.

**Chemistry Affects Health**

But chemistry is not confined to the material things. The famous scientist Lavoisier, said, "Life is a chemical function." Your 6 or 8 pounds at birth are increased to the adult weight by a continuous process of chemical transformations. You influence them largely by the food you eat and the conditions in which you live. Needless to say, the better you understand these processes the greater are your chances to keep them running smoothly.

The chemistry of life is not confined to the physical side alone. Your ability to taste, smell and see depends on chemical reactions at the site of the sense organs. The nervous impulse is transmitted by chemical means. Its message to the muscle is relayed by a chemical substance. Your mental state reflects the mixture of chemical materials provided the cells of the body. Lack of some chemical substances and the accumulation of others lead to mental depression, irritability, loss of self-confidence, unrest and even crime.

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The chemical make-up of people probably accounts in large measure for their individual differences. Tiny organs in the body produce mixtures of chemicals which determine not only whether you shall be short and fat, or tall and thin but also whether you shall be alert or dull, energetic or sluggish. One of the great scientists of our day, Dr. R. J. Williams, suggests these chemicals determine whether we shall be "loved or hated, sought or feared." As he says, we are in the ox-cart days so far as our application of the scientific knowledge to a better understanding of ourselves is concerned, but we are making progress. Certainly your attitude toward others will be different when you realize some of the chemical forces which motivate people and make them what they are.

Basic Tool

Thus far we have discussed the meaning of chemistry to you, regardless of your occupation. In addition it is the basic tool of numerous professional fields, outside chemistry itself; to mention a few, home economics, food technology, medicine and agriculture. All phases of home economics require a knowledge of chemistry. It is particularly important to the teacher, who must be prepared with a sound knowledge of principles in order to meet the many new situations presented her. Failure to learn the principles leads to insecurity on the job. For home economists, chemistry is one of the most important tools of the trade. Probably no field is more affected by technological advances than is homemaking. You will be able to keep abreast of these only if you are well grounded in the scientific discoveries which make them possible. An education which emphasizes applications mainly, is soon out-dated and of limited help as time goes on.

We are living in very uncertain times. In recent years many homemakers have gone back to careers. The first step in reorienting their lives is usually that of returning to school to be brought up-to-date. Their progress largely depends on a chemistry background. If it was thorough, valuable time will be gained; if it was not, courses will have to be repeated and gaps filled in.

Consider Chemistry’s Importance

So if you are discouraged about your chemistry or if you are questioning its place in your education, take time to consider the importance of it and to view it broadly. Many seniors have said, "I can see now how it all fits in." That’s fine. But it is better if you can realize all along the way that the knowledge of chemistry is basic to every phase of home economics and to every day living. Perhaps it would help you to read the interesting book by Slossum entitled, "Creative Chemistry."

Time, effort, and money spent in acquiring a knowledge of chemistry are good investments. Education in chemistry is a "gilt edge security," especially for the home economist.
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What’s New
(Continued from page 9)

Fall yard raking will be speeded up by a self-cleaning rake. Pull the rake toward you and it picks up leaves and refuse. When you push it forward, it folds under and releases the leaves, thus saving time. It’s safer, too, for if you step on the rake, the folding feature prevents its flying up. Close a special lock and you’ve converted it to a garden rake.

Household Equipment

For cutting hard frozen foods use the new food saw. It has a 1 3/4 inch blade with stainless steel finish and a hardwood handle.

Durable pyroxylin coated cloth is now being used for address and phone indexes. From a small brass case, a ruled sheet of this cloth can be pulled with room for 150 names and addresses lettered from A to Z. You can write on the coated cloth with either pen or pencil, erase as you please, and clean with soap and water when it is soiled. Just press a button and it snaps back into the case.

A new paint scraper will hurry redecorating along. Back-ache is gone because this scraper is shaped to relieve the worker of bending. The scraper aids in preparing a surface for painting and has a 3 1/2 inch steel blade as a cutting surface.

Clear, plastic hangers with a concave slope to keep shoulder seams in wearing position helps you keep your clothes neat. The hanger prevents wrinkles and stretching and has an extra-wide cross bar over which you can fold your skirts smoothly.

Left-handed ironers will be especially delighted with a new type of iron on which the handle can be adjusted at the time of purchase for the left hander.

Textiles and Clothing

A blouse anchor keeps your blouse tucked in and skirt seams straight. Sew the elastic ends of the anchor to your skirt band and slip the side seam of your blouse into the band’s metal slots found at your natural waistline.

Screen-printed cotton organdies will compete with brocades and tie silks for evening wear this fall. At one recent show the designs featured scenes of Australian national life and institutions.
Do you like your mattresses “not too hard, not too soft, but just right?” Then the new mattresses which give according to your body weight are for you. Also on the market now are summer-winter mattresses, hair on one side to be cool in the heat, and felt on the other side to be warm when it’s cold. The seasons change, and the mattress is turned over.

A lightweight worsted and nylon crepe was recently introduced as a material for blouses, dresses and travel-weight robes. The fabric is made of Botany worsted yarns with nylon doubled in. Coming in a wide range of colors, this fabric is colorfast to washing and is shrink resistant as well as being fast to light.

A new air conditioning process applied to materials removes lint and allows air to circulate freely to the skin. The process also produces a smoother surface on the fabric and enables it to take dyes, thus giving brighter and truer colors.

A new wrinkle and soil-resistant material is available for men’s and women’s wearing apparel. It is made from short-crimped fibers of cellulose acetate. Besides soil and wrinkle resistance, the material holds its press, has high shrinkage resistance and is fast drying.

October, 1950
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Service For Homemakers

(Continued from page 10)
campus guest is in the building she frequently asks him to speak. Otherwise, Martha herself talks about the campus or students. Here she performs a special service to you by occasionally suggesting to your parents to write a long letter or send a box of food.

In addition to these planned service programs each department is a little service organization in itself—some through a regular schedule, and others in response to requests.

The Department of Child Development with its nursery school performs a constant service to busy parents who recognize the value of nursery school education. Established with the department about 25 years ago, the nursery school is primarily a laboratory for undergraduate students and an education service for approximately sixty 2 to 5 year-olds. The school also serves some high school classes from surrounding communities who come to observe the children in connection with their child development class work.

For those parents whose children are in the nursery school, there is the Parents School Program which consists of regular conferences of individual parents and staff members, visits of teachers to children's homes, and quarterly group meetings of parents and staff. The purpose of the program is for both groups to better understand the behavior of the children by discussions, panels, speakers or movies.

Prof. Edith Sunderlin, of the Department of Child Development, is the "Story Lady" who daily presents a story on the 15-minute "Children's Corner" program over Radio Station WOI.

In connection with the University of Iowa and Iowa State Teachers College, various staff members represent Iowa State on a twice-weekly child development program over radio station WSUI. In dialogue form, helpful information on rearing children is broadcast and sent out in mimeographed form to child study groups in the state.

Requests Answered

Another department that receives many requests is institution management. That departmental staff is constantly kept busy answering requests for help in planning new church, hospital or school kitchens. Aid in planning large parties or menus for special occasions and quantity buying are other frequent requests.

A summer short course to train school lunch cook-managers in planning and serving meals to the best advantage is a service project of the institution management department that is co-sponsored by the State Department of Public Instruction. And, active in the work of the Iowa and American Dietetics Association, the faculty distributes information about dietetics.

These two departments are certainly not the only ones that play a part in the service of the Division of Home Economics. The other departments of textiles and clothing, applied art, home management, household equipment, foods and nutrition, and home economics education all have an equal share in answering the numerous requests of Iowa homemakers who have learned to depend upon their state college for help with their specific and general problems.

THE IOWA HOMEMAKER
Prepare For Marriage In General Home Economics

by Harriet LaRue

THERE'S a new curriculum, general home economics, that you may be interested in. It's designed especially for women who will be homemakers.

General home economics isn't the major for anyone who plans to work either before or after marriage. It offers training for homemaking, the job in which more women are engaged than in any other profession. At the end of the course, you receive a B.S. degree.

There are also jobs available in business and social agencies where a knowledge of home management and family economics is needed. These jobs usually don't require graduate work.

Even in the new general home economics curriculum, you take the home economics core curriculum, which was designed as a background for successful living whether you are married or single. The main differences in the two courses are that home management is more technical and offers a professional degree. General home economics is both non-professional and non-technical.

This new curriculum is almost a liberal arts course in the field of home economics, with 37 hours of electives. Mrs. Irene Buchanan is head of general home economics, and with her help you can choose elective subjects for the large number of options offered.

General home economics has taken the place of the former home management course, which has been completely altered and now offers a professional degree.

Dr. Paulena Nickell, head of the Department of Home Management, says that her department now emphasizes technical training in home management and family economics. The opportunities in home management are mostly in graduate work leading to teaching or research or supervising home management houses at Iowa State and other colleges.
GAINING on-the-job experience while still in school is one of the high points of a home economics education major's senior year in college. And most of the time that experience has the variety typical of a home economics teacher's day. For instance, Ruth Peyer, who was graduated this year, taught general homemaking to a class of junior and senior boys in Ames High School.

"Those boys will make fine husbands," Ruth believes. "I was amazed at how well they could cook and sew."

For their final project the boys cooked an entire dinner—pork chops, potatoes, vegetables and meringue pie. Ruth was checking over the shopping list of two of the boys and found that they had ordered six pork chops and several pounds of potatoes for their meal.

"Homemaking for boys is a baby in the field of home economics," said Ruth, "and the experience I gained is extremely valuable." Ruth, who is a textiles and clothing major with a minor in education, agrees that student teaching is a worthwhile addition to an Iowa State curriculum.

The student teaching program works this way: During her senior year, an education major is ready for 6 weeks of practice teaching in one of the five teaching centers—Story City, Ogden, Iowa Falls, Jefferson or Ames. The classes range from freshmen to seniors and are made up of both boys and girls. The women teach full-time besides taking an added course in special teaching methods, so it's a busy 6 weeks.

Supervising Teacher

The methods class is taught by the supervising teacher in each school who also oversees the student teachers' work and helps them over the rough spots in their classes. In this way the women are not given full responsibility for their class, but have understanding and sympathetic help from their supervisor.

Patricia McColly, '50, taught a mixed homemaking class of five senior girls and five senior boys in Ogden High School. Included in the course was a unit of family relations.

"Three of the boys were football stars and they really had some novel homemaking methods," Pat said. "One of the athletes decided to bake a cake for his mother at home. After mixing the ingredients he discovered that his mother didn't have an electric mixer—an essential piece of equipment to him. He solved the problem by jumping in the car with his mixing bowl and driving to his sister's house to use hers before finishing the cake."

Besides her regular teaching duties, Pat helped with the junior-senior banquet, the FHA banquet, a music contest and several other school functions.

School Lunch Program

Planning and supervising the school lunch program in Story City was one of the important jobs Jeanne Robbins, '50, held on her student teaching job. In addition, Jeanne helped with the junior-senior banquet and the state FHA meeting.

Besides this extra-curricular load, Jeanne taught the freshman girls their unit on child development.

"During Veishea some of the girls in my class visited me in Home Management House," Jeanne said. "In 6 short weeks you really develop an interest in your students and I was happy to see them again."
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