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food comes alive .... see page 5
Stitches of substance bulk up into brave new beauties for your casual fashion life. Our collection includes the gamut of yarns from pure softest wool to the modern miracles that are so tranquilizing for the lady who washes her own!

Matching Skirts from $8.98

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Women's Angle

This summer I was backstage during a beauty contest. Intelligence was a factor which entered into the judging, and an interview was to help indicate this important factor. One after another the girls would go in and then come out and whisper to their newly acquired friends the questions asked. One bewildered college girl came up to me and exclaimed, “Who on earth is the Secretary of State? I know an old one died and there’s a new one. . . .”

I thought to myself that this girl needed to get out from the black and white of her textbooks. With just a few minutes a day an education well beyond that of the textbook can be obtained. You can find out about the latest in the Far East, the whereabouts of Secretary of State Christian Herter, and what the President is saying by simply utilizing the five minutes before class in the morning, with a paper in front of the eyes. And perhaps you can forget the chemistry test long enough at dinner to find out about life in the Swiss Alps from the classmate who visited them this summer.

Perhaps you can transfer the Sunday night date from the show to Roberto Iglesias Ballet, the Saint Louis Symphony, or the Boston Opera when they are here this year. The Social Science Seminars feature authorities on many of the issues behind the headlines. Last year one scientist explained in detail the Chinese communists. Henry Kissinger will speak on atomic warfare and its effect on the human race at a lecture sponsored by the Lecture Series Committee this year.

Make plans now to mold an education well beyond that which comes in the textbook. It really doesn’t take a great deal of time, and it is right here at Iowa State University for you.

— J. A.
The Iowa Homemaker is looking for fresh, creative talent in staff writers, artists and advertising salesmen. Our regular training school for new members is to be held during winter quarter, but we are giving you who are interested the opportunity to begin working right away.

You are invited to an informal open house on Saturday, October 17 between 1 and 3 p.m. We especially want to get acquainted with you new students who would like to work on the Homemaker.

You will see the steps the Homemaker goes through during production. Staff members will be here to answer your questions and, of course, you are free to come and go as you please.

The Homemaker is one of the two exclusively home economics college publications in the country. Our student staff has complete charge of planning and writing stories, preparing layouts, selling advertisement, handling finances and distribution. We believe that the practical experience we receive working on the Homemaker is on the professional level that will be valuable in jobs after graduation.

Come and get acquainted with us on October 17.

Sincerely,

Jane Gibson, Editor
Halloween—Time For Fanciful Goodies

By Rachel Davis, H. Ec. 2

Our custom of observing the night of October 31 as Halloween comes from American colonial times, when it was popular to observe Allhallows and All Souls. The colonists gathered at their farm homes to carry on folk customs such as ducking for apples, throwing apple peelings over their shoulders to find the initials of their future bridegrooms, and roasting nuts on the hearth. They discovered that the American pumpkins were excellent for making jack-o'-lanterns, so started the traditional carved pumpkin faces that glow at night.

Many people today still like to remember Halloween with food. Decorations resembling witches, cats, and jack-o'-lanterns carrying out the Halloween black and orange can set the mood for a "spooky" October 31.

Jack-o'-Lantern Custards

To make Jack-o'-Lantern Custard, as seen on the cover, make orange rennet custard. When firm, decorate with features made with bits of raisins, prunes, dates or chocolate. A peach slice forms the mouth.

To go with the custard, try graham crackers spread with marguerite frosting. Put 1½ cups sugar in a small saucepan, add ½ cup water, bring to the boiling point and let boil until syrup will spin a long thread when dropped from the top of spoon. Remove from heat and add 12 marshmallows, cut in eights. Pour gradually, beating constantly, over whites of 2 eggs, beaten until stiff. When thoroughly blended add ¼ cup shredded coconut, ¼ cup currants or Sultana raisins and ½ tsp. vanilla. Tint orange.

Spook Sandwiches for a party at this time of year are very much in the spirit of Halloween. One idea is to make your own bread and tint the dough orange with two drops of red food coloring to every three drops of yellow. The sandwich filling could be a cream cheese mixture topped with ripe olives. Before serving, remove the bread crusts and cut the sandwiches in shapes of circles and crescents. Crisp carrot sticks and ripe olives could be served in a dish alongside your Spook Sandwiches.

Hallow Witch

Here's a "Hallow Witch" cake that will be fun to prepare and serve. Bake a 9 x 9 x 2 inch square cake. Cool completely. Prepare your favorite fluffy seven-minute frosting. Place cake on a breadboard or flat surface to cut. Have ready a large serving plate or tray on which to arrange pieces. Use a sharp knife for cutting, as follows: Measure 4½ inches down from corner and cut diagonally across to the opposite corner. Use large piece to make the witch's face and the other for the hat. Then find the shortest side of face piece and measure up 2 inches from corner and 3½ inches along bottom edge. Cut off diagonally. Use this last cut-off wedge at side of face for a nose and put the hat on top. Tint ¼ recipe of fluffy frosting pale orange to frost face and nose. Cover hair section with rest of white frosting. Use chocolate butter cream frosting for hat. Last, sprinkle on coconut for scraggly witchhair and put on a candy mouth and eye.

For Halloween cookies, prepare your favorite ginger cookie recipe and roll the dough ¼ inch thick. Cut into 2½ inch rounds, bake and cool. Cover with orange-tinted icing. Outline features on the faces with melted chocolate. The icing is made by blending 1 cup sifted confectioner's sugar, ¼ teaspoon salt, ½ teaspoon vanilla and enough cream (about 1¼ tablespoons) to make easy to spread.

The finishing Halloween touch could be "Pumpkin Mints." Make uncooked fondant: Heat ¼ cup milk. Melt 4 teaspoons butter or margarine in (Continued on page 16)
I was one of the 47 home economics seniors from as many different states and foreign countries who spent a month together this summer on the Danforth Summer Fellowship. We stayed the first two weeks in St. Louis, Mo., visiting various businesses associated with home economics. The last two weeks were spent at Camp Miniwanca, on the shores of Lake Michigan.

Since 1936 theRalston Purina Company has offered the fellowship to give young women about to be graduated an insight into the business world and help in adjustment to jobs after graduation. A similar program for the agricultural students of each state has been offered for an even longer period of time.

Checkerboard Symbol
The checkerboard, symbol of the Ralston Purina Company, holds a new and special meaning after the month. In the early days of the company, William Danforth wanted a symbol that would be easily recognized yet be symbolic of the spirit of the company. As he traveled up and down the Mississippi River selling the feeds that he had mixed in his St. Louis levee sales house, he came to know a large family in one of the towns. The mother periodically purchased bolts of bright checkerboard fabric and made identically-styled garments for the entire stair-stepped group. This checkerboard was easily recognized, and applied to the four-square philosophy of Mr. Danforth—stand tall, think tall, smile tall, live tall, representing the physical, mental, social and religious aspects of one's life, which have to be in balance for a successful life experience.

Our group had a month of close association with truly outstanding girls from all over the nation and foreign countries. The theme song of the "Danny Girls," which rang out often as we went from place to place, puts into words much of the spirit of the Fellowship. Throughout the busy schedule of touring and learning, each day the realization of the tremendous opportunity being offered to us became more deeply interwoven into the group. The challenge to live up to our individual capabilities became clearer.

There are many tangible experiences that can be recounted on paper to share with you the activities of our group.

Representatives Elected
Selection is made in the spring of the Home Ec. senior to represent our school and our state. At the same time a home economics sophomore is selected to attend the camp session only. Both are enriching experiences, which give you insights never to be gotten in any other way.

Danforth Daddy
Our "Danforth Daddy" was Mr. Earl A. Sindecuse, who developed and has been in charge of the program since its founding. "O.K. girls, follow me," he would say each time we embarked upon another unknown adventure. Sindy kept the plans for the day a secret until the time came for them to actually take place. He was to us a source of never-ceasing enthusiasm. He was the only man who could keep a secret, escort 47 girls at a time, and remain calm and cool when the unsuspected occurred.
The first two days of the Fellowship, starting July 15, were spent at the Purina Research Farm at Gray Summit, Missouri, 43 miles southwest of St. Louis. Here Purina carries out a thorough testing program on their Chows before they are offered for sale to the customers. Better than twelve thousand and visitors now come each year to the Purina Research Farm to look over the feeding experiments and management practices that are conducted on all kinds of commercial livestock and poultry.

Throughout the following days in St. Louis, we were taken all over theRalston Purina Company headquarters and shown many sides of the business. Research laboratories are maintained where extensive chemical studies on new products are conducted.

But there were many visits to other business places in home economics. Early one morning we went to the wholesale fruit auction, where buyers came to purchase for the wholesale houses. The babble of the auctioneer and bidding lasted about an hour. When we arrived at the large city produce market, fresh fruits had already come from the auction. We learned that part of the produce comes from the auction sales and part from direct purchase by wholesalers.

Danny Girls

During recreation times the Danny girls saw the lighter side of St. Louis. One night we went out to the ball park to watch the St. Louis Cardinals take on the Chicago Cubs in a National League game. The peanut salesman must have been delighted with the sale of 47 bags of peanuts that evening. We attended the St. Louis Municipal Opera twice for performances of "Fanny" and "Li'l Abner." Each summer a series of outstanding musicals is presented on the outdoor stage of the opera. We also went to the St. Louis zoo, third largest in the United States and the city Art Museum.

One day we visited Stix, Baer & Fuller Department store and heard from members of their staff about careers in fashions, home furnishings and restaurant management. We toured the facilities of the store and shops at the close. That same day we visited Welek's Fabrics, from which many of us regularly order fabrics for clothing projects.

The next day we spent at the Barnes Hospital, the medical center begun in 1892 which now has 935 bed capacity, one of the largest US private centers. From the very beginning it was established for the sick and injured without distinction of creed. The center cooperates with the Washington U Medical School, having the medical students administer to the ward patients as part of their study. Separate hospitals are set up for eye, ear, nose, throat; maternity; skin and cancer; psychiatry; and children's care. Extensive rehabilitation facilities are available for physical medicine, to help with the psychological aspect of healing the sick.

Miniwanca

At the Gardner Advertising Agency we learned something of the complexity of advertising. We saw a demonstration of a television commercial from the first idea to final filming, the whole process of which requires 4 months, 6 weeks of which go into the filming process. Another day we saw soaps and detergents made at the Proctor and Gamble plant in St. Louis.

On Aug. 1 we packed our things and left St. Louis for camp. Seven hundred girls of high school and college age attended our session; practically all of the states, Canada, and various foreign countries were represented in the enrollment. The noted leadership from the faculty members was truly inspiring.

The daily schedule at Miniwanca is designed to challenge all those in attendance for their very best at all times. The camp came alive at 6:30 in the morning. Flag raising, limbering up exercises and a dip in the lake followed in rapid succession. After breakfast came clean up for daily inspection. Classes filled the remainder of the morning. An air of friendly informality prevailed in the log cabin class rooms as lecture-discussions were carried on.

Afternoon Tournaments

In the afternoon tournaments and organized games are carried on among the organized living groups with keen competition in the air. Free time for cool dips in Lake Michigan was also included. After dinner each evening we as a camp gathered for vespers, sometimes on a high dune overlooking the lake.

Again, throughout all these wonderful activities, was interwoven a deeply-inspiring and ever-growing realization of the capacity of the individual and a challenge to attain that of which one is capable.

William H. Danforth, founder of the Ralston Purina Company, points to his plaque which represents the four-square philosophy of his checkboard symbol.
Imagination + Independence
Encouraged by Honors Program

Scholastically superior students may meet the challenge of individual study and research as a part of the Home Economics "Honors Program."

This program was started last fall by the faculty to provide a more flexible program for students of high academic ability.

A student with a cumulative average of 3.4 or above may apply for admission to the program. Each application is considered by an Honors Committee, consisting of Dean Helen LeBaron, Dr. D. Bruce Gardner, Child Development Department, and Miss Nelle Thompson, Foods and Nutrition Department.

Independent Study

"Provision for independent study is one of the main concerns in considering applicants," said Dean LeBaron. She said the applicants should have a real purpose and should plan an imaginative and creative program. The Honors Committee sometimes alters proposals, depending on the applicant's experience and background.

There are no set rules for courses that must be taken by Honor Students. Changes may be made in core requirements and major requirements to suit the individual. Dean LeBaron said, "We want to be sure students get broad backgrounds and a thorough program in their special interests."

Applications for the program are accepted once a quarter. This fall the date is Saturday, Oct. 10. Women interested in applying should first talk it over with their advisers, then talk to a member of the Honors Committee. Next they should talk to their department heads for additional guidance before submitting their applications.

Freshmen who apply, after two quarters, do not have to have as much detail in their program, but must plan to "pursue a particular interest a little further than they would in the regular curriculum." They present a more detailed program at the end of their sophomore year.

Sixteen women are now participating in the program. Most are either working on a project or doing individual research as well as class work.

Lynne Johnson and Beverly Schlacks, both H. Ed. 4, are specializing in guidance. They are taking a guidance course this fall and will do special problems in the field. One of Miss Johnson's projects will be relating guidance to the home economics curriculum.

Nutrition is emphasized by Virginia Buck, Diet. 4, in her individual work. She is taking more chemistry and experimental foods than dietetics majors usually take. Math, industrial engineering and industrial psychology are other courses which Miss Buck will take under the Honors Program. These courses, she says, will tie in with institution management.

Study in Prices

Mrs. Glenda Cammack Tjelta, A. A. 4, is working on interiors projects with particular families in mind. Under the Honors Program, she is doing more detailed study in finding prices and adapting the project to suit a particular family. Mrs. Tjelta is also doing research in textile design for furniture. She sketches in Des Moines and works up interior plates, and then submits written reports. Credits are based on the number of hours spent studying. Mrs. Tjelta says she does nine hours of research a week for three credit hours.

Jill Gaylord, A. A. 3, is taking additional history, sociology, and literature for her applied art background. She is planning to specialize in stitching and woven design in textiles.

A sophomore, Rachel Davis, plans to emphasize foods courses and combine dietetics and experimental foods.

Women Participating


(Continued on page 16)
Honoraries Stress Scholarship, Professions

By Diane Houser, H. Ec. 2

The next time you see a girl wearing ribbons of white and gold or maroon and pink, take a second look because she's a pretty special person.

She is the proud pledge of a home economics honorary at Iowa State. If she wears the ribbons of gold and white, she is about to be initiated into the professional honorary, Phi Upsilon Omicron. Omicron Nu, a scholastic honorary, claims the pledge wearing maroon and pink.

Omicron Nu

Omicron Nu selects girls for scholarship and leadership. A member must be a junior with an all-college grade point average of 3.2 or above or in the top 10 per cent of her class, a senior with a grade point of 3.1 or above or in the top 20 per cent of her class, or a graduate student with a grade point of 3.5 or above. This is a national honorary modeled after Phi Beta Kappa. Gamma Chapter at Iowa State was founded in 1913 by Katherine McKay, first dean of the Home Economics Division.

The active members number approximately 30 and wear their pins each Thursday. Omicron Nu members began selling cherry pies at Veishea open house in the early 1920's. Although the organization no longer sells them, cherry pies have become an annual tradition during Veishea.

Among the goals of the organization are the recognition and promotion of scholarship in home economics, the development of a broader understanding of the role of home economics throughout the world, and the promotion of graduate study and research in home economics.

The annual Home Economics Banquet was held Oct. 8, sponsored by Phi Upsilon Omicron, Omicron Nu and Home Economics Council. Nancy Froeberg, Ed. 4, member of Phi U, served as chairman of the event this year.

Phi U

Neither girl became a pledge overnight. Phi Upsilon Omicron requires its members to be juniors or seniors in the Home Economics Division and interested in the furtherance of professions in this field. A member of this honorary must participate in activities as well as maintain a high grade average.

Omicron chapter was founded at Iowa State in 1926. The approximately 20 active members meet twice a month; members wear their pins every Wednesday. Selling candy and fruitcakes at Christmas is their big project each year. Funds go to award a $100 scholarship to an outstanding girl in the Home Economics Division. The latest recipient of this scholarship is Rachel Davis, a sophomore in Dietetics.

Previously Phi Upsilon Omicron selected their pledges during the spring quarter of each year, initiating them to active status in April. The chapter decided to change the procedure this year, and have fall selections. All junior home economics students ranked in the upper 40% of the class scholastically were invited to the junior recognition tea on Sept. 30. Pledging is scheduled to take place on Nov. 11, with formal initiation taking place on Dec. 5.

Omicron chapter at Iowa State will be host to the national convention of the professional honorary next summer. Beginning on June 22 and lasting for three days, Phi U's from all over the country will gather on the Iowa State campus to consider national business and plan for the coming year.

Omicron Chapter officers are Mary Godby, president; Jean McKee, 1st vice-president; Marilyn Schierholz, 2nd vice-president; Ann Walters, recording secretary; Mary Margaret Rupp, corresponding secretary; and Lynne Johnson, treasurer.

directions for the homemaking room contest will appear in November's issue
HAVE YOU LOST

By Carol Armstrong Wolf, ’57

MAYBE MOM tucked them away after you outgrew those neighborhood tournaments. Do take those old playmates out of retirement! They’re the beginnings of some colorful and unique bracelets.

Gather the materials for your bracelet.

1. Silver or copper wire
   a. Pick the color that harmonizes best with the marbles.
   b. Use No. 16 wire.
   c. Measure for the amount you’ll need before buying. Allow 6 x (wrist measurement plus 1 inch) for the bracelet chain, and 3½ inches of wire for each marble.

2. Two nails (1/16 inch across the base) Use nails with heads.

3. A block of wood (At least an inch thick and 4 x 4 inches)

4. Dad’s flat nosed pliers

5. Wirecutters

6. Marbles
   a. The number varies with the size of marble and chain.
   b. A puree (marble which is one clear color) makes the most attractive bracelet.

Begin your bracelet with the links.

1. Pound the two nails about a half inch into the wood. They should be side by side with the heads of the nails touching. (You’ll want them to stand firm but will need to remove them later.) (Picture No. 1)

2. Beginning at the bottom, coil the wire tightly around the nails until you have coiled it up to the heads.

3. Snip the extra wire off next to the nail.

4. Pull the nails out. Slip the coils off. Replace the nails.

5. Repeat the previous steps until you have coiled all but 3 inches of the wire for the bracelet chain. This does not include the wire for the marbles. (The three inches are for the fastener.)

6. Cut the coils into links. Starting at one end with the wirecutters, snip each link off the coil. (Picture No. 2)

Now you’re ready to put the links of the bracelet together.

1. Slip one link inside the next and close the opening with the flat nosed pliers.

2. Repeat Step 1 until the bracelet is the right length.
YOUR MARBLES?

3. Now, go back and put a second or double link on every other link. (This increases both the attractiveness and strength of the bracelet.)

The fastener is made next.

1. Take the three inches of wire you saved. With the flat nosed pliers, bend one end of the wire around the nose into a small circle.

2. Cut off all but 3/4 inch of the wire extending from this circle.

3. Use your pliers to bend this wire double like a fish hook.

4. Open the end link on the bracelet chain. Slip the circle of the hook on it. Close the link.

5. To fasten the bracelet, slip the hook over the last link on the other end of the bracelet.

Your chain is completed. You can stop here and use it for a charm bracelet, adding the charms later, if you wish.

If you’ve found your marbles, we’re ready for them now.

1. Choose one of the 3-1/2 inch wire strips.

2. With the flat nosed pliers, bend one end of the wire into a small circle as you did on the fastener.

3. Holding the small circular end of the wire against the marble with your thumb (the marble is held between your thumb and forefinger), carefully bend the wire around the marble in a spiral to the top.

4. Use the pliers to form a small circle on top of the marble. (This is the loop we use to join the marble to a link on the bracelet.) (Picture No. 3)

The marble settings are ready to be joined on your bracelet chain.

1. Count the number of links you have. Divide that by the number of marbles you have chosen. (This will tell you how many links to allow between each marble.)

2. Open the chosen links of the bracelet one at a time. Slip the circle of the marble onto the link. Squeeze the link shut with the pliers.

3. When adding marble settings to the double links, be sure to slip the circles over both links so they hang evenly.

If you have chosen your marbles well, you’re the owner of an attractive bracelet. The marbles will reflect the lights and shapes in the room and the colors you’re wearing.

But don’t stop here! If you were a fourth grade nature lover, dig out your old rock collection and make a bracelet for a friend. Experiment with different links by coiling the wire around the nails in new ways.

* You can order silver wire from:
  Goldsmith Bros. Smelting and Refining Co.
  58 East Washington
  Chicago, Illinois

The final product—a real conversation piece.
START NOW to knit a jibber to combat cold winter winds. A jibber is an easy-to-knit cap which protects head and ears, and yet is lightweight and unencumbering. It is about five inches wide at the top of the head, narrows to two inches under the chin, and is fastened securely by yarn ties to keep out cold air.

The original Swedish pattern has been widely copied in this country, but none of the adaptations are as warm or as comfortable as the Swedish version.

Here's the basic pattern: First buy two ounces of sports yarn and number four needles. Now you are ready to begin a satisfying two-evening project.

Cast on 14 stitches. Knit back and forth for 10 rows, now:

(Row 1) Knit 6, increase 1, place a marker on the needle, increase 1, knit 6.
(Row 2) Knit 6, purl 4, knit 6.
(Row 3) Increase 1 stitch on each side of marker on right side of work.
(Row 4) Knit 6, purl to last 6, knit 6.
Repeat rows 3 and 4 until there are 48 stitches on the needle. Work even for 4 1/2 inches.

Decrease as follows:

Knit 22, slip 1, knit 1, pass slip stitch over, place a marker, knit 2 together, knit to end of row.
Knit 6, purl to last 6, knit 6.
Knit 6, purl to last 6, knit 6.
Repeat these two rows until work is down to 14 stitches.
Knit 10 rows.
Bind off stitches.

Yarn ties:

Crochet two 12 inch chains, using a double strand of yarn for each. Attach a yarn tassel to one end. Fasten the ties to each end of the jibber.

To make the tassel, wind a length of yarn ten times around a two inch strip of cardboard. Tie the loops securely with a piece of yarn and slip them from the card. About one-half inch from the tied end wind another piece of yarn tightly five times around the tassel. Tie securely, clip, and trim the loops at the untied end.

To complete the jibber, press carefully with a steam iron or under a moistened cloth. Pressing prevents curled edges and smooths the work.

There are many variations to this basic pattern. A more dressy version may be knit from three one-half ounce balls of French angora yarn. For an unusual and luxurious effect, use navy blue, black, or brown yarn. If angora is used, increase only to 44 stitches and work even for four inches. Pastel angora or yarn jibbers trimmed with sequins or pearls make attractive hoods for winter party-going.

The same pattern can be adapted for little girls by using finer yarn and smaller needles. These may be trimmed with wool embroidery or felt flowers. Other variations are limited only by imagination and materials.

Start now to knit a jibber — a smart and practical idea for winter wear and Christmas giving.

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Add a Jibber To Your Wardrobe

By Marty Keeney, H.Ec. 3

Marty Keeney, author of this story, models the warm wool Swedish jibber which she knitted in two evenings. The jibber is an adaptation of the Swedish cap.
PREDICTION:

dishpan hands soon obsolete

By Ellie Sundberg, H. Ec. 4, as told to Beth Beecher, H. Ec. 2

“DISHPAN HANDS will soon be replaced by push-button fingers.” This statement was heard by approximately 5,000 home economists at the 50th Anniversary Convention of the American Home Economics Association in Milwaukee, Wisconsin this past summer, June 23-26.

I was one of five girls sponsored by Home Economics Council to attend the convention. Joan Reynolds, Jean McKee, Beverly Bane and Marian Parker also represented Iowa State University.

Depicting Fashions

We presented a style show depicting fashions over the last 50 years—from 1909 to 1959—to the college clubs section, the area in A.H.E.A. for undergraduate home economists.

Mary Kuehn, Home Ec. Ed. 4, narrated and coordinated the program; Avis Lettow, Home Ec. Ed. 4 and Naomi Stadtmueller, Home Ec. 4 modeled. Our ‘lovely’ styles brought many chuckles from the group. Carol Auringer, national president of the college clubs section and a 1959 graduate from Iowa State, presided at these section meetings.

A ‘Challenge for Today’ was made in each of the six basic areas of home economics: family relations and child development, housing and household equipment, food and nutrition, art, home management and textiles and clothing. Dean Helen R. LeBaron, a national vice president, presided over several of the sessions.

Dr. Glenn Hawkes, head of the child development department, presented a lecture on family relations and child development. “Let’s keep the living room from becoming a super highway from one part of the house to another,” was a comment made by Dr. James Montgomery as he lectured on housing and household equipment.

Mrs. Roosevelt’s Program

Mrs. Eleanor Roosevelt’s evening program on “The Russian Home of Today” was an interesting contrast to our present day American homes. In closing, she reminded us, “What you know as a home economist belongs to the children and the homes of the world, so be sure that it gets there.”

Dr. Ercel Eppright, head of the foods and nutrition department, is on the national committee which has recently released “New Directions,” a pamphlet summarizing the ideas and aims for home economics.

Commercial exhibits (of which there were hundreds) kept all our spare moments occupied. Never in my life have I been offered more free literature, food and trinkets. There was everything from fabric swatches to soap to cooked cereal.

Frank Lloyd Wright

An interesting side trip was taken to Racine, Wisconsin, where we toured the Johnson Wax Company. Frank Lloyd Wright’s distinctive architecture housed this large concern.

Ellen H. Richards, first president of the American Home Economics Association, made this statement fifty years ago.

“Home economics stands for . . . .

the freedom of the home from the dominance of things and their due subordination to ideals the simplicity in material surroundings which will most free the spirit for the more important and permanent interests of the home and of society.”

As 1959 is reached, the glimpse into the future of home economics looks exciting and promising . . . .

new directions are being plotted.

Ellie Sundberg

After the Game,
Let’s have dinner

at

NEISWANGER’S

121 Welch
Campustown
Key to Personality

Your Walk

By Suzanne Guernsey, H.Ec. 3

YOUR MANNER of walking is your audience's key to your feelings, your attitudes, your way of life.

When you walk with your head thrust forward, dragging your hips behind, you give the impression of being anything but feminine. Dropping your foot like a brick, as if each step you take is an effort, makes you appear not only extremely weary, but three times your age.

If you slop along, walking out of your shoes, you create an uneasy air of carelessness and laziness. The sad thing about these ways of walking is that they unintentionally become a part of you and are with you the rest of your life.

Think of all the times you walk. You walk into a crowded room and take a seat. You walk into a prospective employer's office for an interview. You walk up the aisle of a church on the arm of an usher who seats you, or up that same aisle on your father's arm to meet the man you love. Add music and a step pattern and your walk becomes a dance.

How important your walk becomes now. It is no longer just a means of motivation; it becomes YOU. Reflect your spirit of youth and body in your walk.

The emphasis on a young, proud, feminine walk is on the upward lift. Therefore, when you walk, walk tall. Then your head is lifted, your chest leads, and everything else falls into its proper walking place.

Walk with longer, but still perfectly graceful steps. The secret, here, is to keep your knees slightly flexed and walk from the hips, remembering not to wiggle. Your walk improves and so does the appearance of your legs.

Start your walk on the heel, move forward, and push off from the ball of your foot. This puts a subtle bounce into your walk.

A final clue towards improving your walk is to just walk more. Walk for fun!

Once these ways of walking take over and become a part of you, they, too, will be with you the rest of your life. Soon your audience will notice how much more appealing you've become.

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Dottiegene Don Carlos, H. Ec. 4, learned the importance of correct walking while taking modern dancing.
How Do You Rate With Your Professor?

By Mary Stoner, H.Ec. 2

HAVE YOU ever looked beyond your gradepoint to evaluate yourself as a student at Iowa State University? Many factors beyond assignments and classroom attendance affect the professor's concept of you as a student. Right now why not consider the questions listed below and rate yourself according to the following point system:

<table>
<thead>
<tr>
<th>Points</th>
<th>Evaluation</th>
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<tr>
<td>4. . . .</td>
<td>Always</td>
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<td>3. . . .</td>
<td>Frequently</td>
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<td>2. . . .</td>
<td>Sometimes</td>
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<td>1. . . .</td>
<td>Seldom</td>
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<tr>
<td>0. . . .</td>
<td>Never</td>
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</tbody>
</table>

1. Do you come to every class meeting and get there on time?
2. Are you alert in the classroom?
3. Are you enthusiastic about assignments, and if not enthusiastic, willing to cooperate?
4. When problems arise concerning an assignment, do you make a point of discussing them with your instructor?
5. Do you let the teacher know when a lecture or discussion has been particularly worthwhile and helpful?
6. Do you take part in class by giving of yourself and your thinking?
7. Do you not merely learn facts, but take time to see how these principles apply in many contexts?
8. Do you turn in assignments on time?
9. Do you consider your work an important job and work at it diligently?
10. Do you dress for classes as you would for an important job, neatly and conservatively?
11. Do you recognize courses as part of a total college education; not as isolated courses with no application to a total picture?
12. Do you try to know your instructor as an individual and then treat him as such?
13. Are you constantly on the lookout for more knowledge, realizing that education is a continuing process?
14. Do you realize the responsibility that is yours as an educated citizen of democracy?

How do you rate? No professor expects you to score the maximum 56 points. In fact, if you did you had better reconsider some of the questions.

If you scored from 40-50, you should rate well with your professors. Since an education is building us into America's future leaders, we should try to make the most of our opportunities here on campus. These questions are important ones to consider when evaluating ourselves as scholars.

October, 1959

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Pumpkin Mints For Halloween
(Continued from page 5)
milk. Add 3½ cups confectioner's sugar. Mix thoroughly and add 2 or 3 drops oil of peppermint. Knead with hands until the fondant is smooth. Take out about ¼ and color it green. Knead to work in color evenly.

Cover with a piece of damp cheesecloth to prevent drying and reserve for the pumpkin stems. Add enough yellow and red coloring to the remainder of fondant to make it a nice orange pumpkin color. Knead to mix the color in evenly. Cover this with piece of damp cheesecloth also while working with it.

To make pumpkins, pinch off small pieces of orange-colored fondant. Roll into round balls in palms of hands. Break toothpick in two and make grooves in fondant ball with blunt end of toothpick to resemble those in pumpkin. Roll a bit of green fondant in thin roll. Cut in short stemlike pieces and press one into the top of each pumpkin.

Honors Committee Questions
(Continued from page 8)
The women do not have to guarantee to maintain a certain grade point, for the Honors Committee does not want them to avoid difficult courses because of their averages. If a student's grade point drops seriously, however, she will be questioned as to whether she is working to the best of her ability.

Honors Program seminars are held once a month. Programs are held which benefit the entire group, and a chance is provided for the students to share their projects and programs with the group.

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If you can be a lady every minute,
Yet take all sporting chances with a will;
If you can hold your temper when you’re ruffled,
  And force a smile when frowns are hovering near,
Or keep the burning tongue of scandal muffled,
  By never telling anything you hear;
If you can follow styles and wear them sweetly,
But let not what you spend outweigh your brain,
If you can win some goal you’ve sought completely,
  Yet know that broader reaches still remain;
If you can look in modern fads and notions
  And find them good, but never play the fool,
If you can wait with patience when it’s needful,
Yet keep no person waiting for yourself.
And of all others troubles be most heedful,
But hide your own sad stories on the shelf,
If you can work each day and still be plucky,
  Or live in wealth, and wear no haughty pride,
If you can understand all deep emotions
  And yet not put your life beneath their rule;
If you can count yourself as mighty lucky
  To have a friend at all times by your side,
If you can dream, yet not sit idly longing,
  Or play with ease, yet find some work to do,
If you can still have faith when doubts are thronging,
  And be the friend you’d have one be to you,
If you can love with all the soul that’s in you
  And let the world no selfish motive see,
If nothing less than what is best can win you
  You’ll be the girl God meant for you to be!

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• BLACK SUEDE
• BROWN CALF

October, 1959
Dates to mark on your October calendar are:

October 8, Thursday — Home Economics Banquet
October 10, Saturday — Honors Program Applications due
Homemaker Open House
October 16, Friday — Freshman Home Ec Club Officers Applications due
October 23-24, Friday, Saturday — Homecoming
October 29, Thursday — United Nations Tea

Dr. Bernice Borgman, an Iowa State graduate and associate professor of child development at Michigan State University is speaker at the Home Economics Banquet. Forty-five scholarship and award winners in the College will be recognized at the banquet, which will be in the Sunroom, Memorial Union. The theme is "The Widening Circle," according to Nancy Froeber, H. Ed. 4, chairman. Tickets may be purchased for $1.75 from your residence Lamplighter.

Read the article "Imagination + Independence Encouraged by Honors Program," page 8, for more information on the program. See your adviser soon if you are interested in applying October 10.

President, vice-president, secretary and treasurer will be elected from Freshman Home Ec Club applications turned in October 16, according to Judy Petit, president. A sincere interest in home economics, along with initiative, the ability to get along with others and time for the work are requirements for the positions.

Recently two girls were selected from each freshman dorm to serve on Freshman Home Ec Council. They are: Birch—Bea Boettger, Donna Hecker; Freeman—Kathy Busboom, Judy Larkin; Roberts—Mary Gorgen, Jan Dodds; Welch—Elaine Borg, Judy Clause. The Council co-ordinates home economics information going to these dorms and organizes special projects of Freshman Home Ec Club, such as Veishea Events Pass sales and cookie sales.

The United Nations tea, at which the international students and student wives on campus are honored will be held in Mackay Auditorium, according to Jan Bennington, chairman. All home economics students are invited. Home Ec students who would like to hostess one of the international guests should contact Jan.

Be looking for the coming letters to be published from students at schools of other sizes and types than Iowa State.

Come over and visit with our staff during the Homemaker open house, October 17, 1-3 p.m. We'll be looking for you.

Staff Corner

Marty Keeney, associate editor, this month contributed the article on the Swedish jibber, as you read on page 12. Marty is a junior majoring in home economics journalism from Grinnell, Iowa. Just this month she was pledged to Theta SigmaPhi, professional journalism honorary for women. She serves as a member of the publication board of the Iowa State Daily.

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