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The Cover:

Naomi Stadtmueller, H. H. Eq. 4, models a "Squaw Valley" ski sweater, one of the several new styles inspired by the site of the 1960 Winter Olympics, Squaw Valley, California. On page 10, you will find other new styles as well as the pattern numbers so you can knit them yourself.

Women's Angle

The following article "My Creed for Happier Family Living" won $50 for Jan Hutchinson, H. Ec. 2, in the state eliminations of the national contest sponsored by American Mothers Club.

"The Home"

A house is built of bricks and stones
Of sills and posts and piers,
But a home is built of loving deeds,
That stand a thousand years.

— Victor Hugo

Yes, I believe that happy family living begins in the home where the foundations of your whole life—religious, mental, physical, and social—are laid. A home based on love, freedom, cleanliness, and intelligent cooperation is the highest achievement of mankind toward happy family living. With parents and children living and working together in the home we can acquire the virtues, habits and skills needed for the highest success in life. By seeking to make a home a peaceful, friendly, happy place we learn to think, to plan, and to work with others in order to better our communities, our nation, and our world.
People without a Country

by Carol Shellenbarger, H. Ec. 3

Ladislav is 10 years old. He is a promising and intelligent boy who ordinarily would have a bright future. Yet Ladislav's future doesn't look very bright, for he was born and lives in a refugee camp.

Ladislav, his two sisters, three brothers and parents live in a small hut with two rooms. The father is an invalid, work is insufficient, education limited and their very existence is cut off from the world around them.

Uprooted From Home

More than two million human beings throughout the world are living the shadowy half-existence of refugees. These people have been uprooted from their homes and traditional societies.

Most of them left their homelands in fear - fear of the horrors of war, revolution and persecution.

They possess neither home nor country, some owning only a worn suitcase, a few blankets and a shred of self respect.

In hopes of improving conditions for refugees, the United Nations has declared from June 1959 to June 1960 World Refugee Year. Fifty-nine nations, including the United States, agreed to support the United Nations' program. The aims of the program are:

- To focus interest on the refugee problem and encourage financial contributions

Encourage Opportunities

- To encourage additional opportunities for refugees on a purely humanitarian basis

One of the main goals of the plan is to integrate into Europe the refugees living in camps more than ten years.

There are 120 refugee camps in Europe, located in Greece, Austria, West Germany and Italy. More than 28,000 refugees live in these camps, the majority having spent at least ten years there.

Most are refugees from Communist countries, but some older ones were taken from their homes in the days of Hitler's mass deportations.

Under 14-Years

One fourth of the refugees are under 14 years old.

Most of the camps in Germany and Austria are crowded but well run. The refugees live in clean, but drery, rebuilt barracks. Only five to ten per cent have found employment, but most manage to live relatively well with help coming from welfare groups.

In Greece and Italy, however, the situation is not as good. Many refugees live in cramped and squalid quarters, former factories or even war-damaged abandoned buildings which provide little privacy or comfort. There is little chance for work.

The refugees who live in these European camps need housing, vocational training, loans, counseling and medical aid.

A less hopeful condition is found in the British colony of Hong Kong where over a million Chinese sought refuge from Communist China. One out of three persons in Hong Kong is a refugee!

Thousands live in poverty, forming communities of hillside shacks patched together from old pieces of tin, bamboo and bits of wood. Many sleep on top of buildings or set up housekeeping beneath stairways.

One third of the children die from some form of tuberculosis. Some help reaches the refugees from the United States, which sends $5,000,000 annually in food from surplus stocks.

Algerian refugees study under crowded, unhygienic conditions in a Tunis dormitory. W. U. S. supports a program of aid to these students.

Algerian refugees, numbering 180,000, in North Africa are living under extremely primitive conditions. About 80 per cent of these refugees are women, nursing mothers, aged and children.

Housing is hard to find. Some find shelter in tents; others build temporary mud huts, but a great many sleep in the open. Many of the refugees get less than 1,600
Foster Parent Plan Aids Needy Children

By Marcena Christian, H. Ec. 3

Min Choong Sun and Chung Kab Jo, two South Korean children caught in the strife and struggle left from war have had their "eyes opened wide" by the kindness and support of their foster parents - all 100 of them! Min Choong Sun's "parents" are the members of Beacons, the service honorary recognizing the outstanding independent sophomore women in scholarship and leadership.

Sorority Adopted
Chí Omega sorority on campus adopted Chung Kab Jo several years ago, through the Foster Parent's Plan. Chung Kab Jo eagerly looks forward to news from her American parents - and the Chí O's cherish the pictures and letters that "their little girl" sends.

The Foster Parent Plan selects children who are homeless or from needy families in both Europe and Asia for interested families or groups. The parents' contributions - average donation is $150 per year - provide finances for the child's education plus food and little extras.

Min Received
For instance, through the plan, Min Choong Sun received one month five pencils, one box of crayons, a jacket, a sweater, and a pair of rubber shoes and a small amount of money.

Min Choong Sun, his mother, one brother, and one sister live in one room. In their fight for survival, it has been necessary to rent the other two rooms of the house. The rental rate is $4.50 per month - a far cry from being sufficient support for five people!

Mother Ill
His mother is very ill, but cannot seek medical aid because she would be unable to pay for it.

Min Choong Sun, a South Korean 13-year-old, is the "adopted son" of Iowa State's chapter of Beacons, service honorary for sophomore women. Min was selected as a needy child by the Foster Parent Plan.

Despite her sickness, she manages to run a small business, selling candies to the children in the streets. She makes less than 25¢ per day.
If holes are to dig and toys are to play then music must be to hear.

Howard Bother's dad guided him into a music store, but from then on the 3½-year-old proceeded to explore on his own.

Dad was thinking about buying a stereophonic record player. So as the older folks discussed the technical phases of sound, Howard interpreted their conversation to his own world.

the music goes round and round
"I don't see any 'ultra-supersonic sound.'"

"So what if I can hear music all around? I've got other problems."

"The bass sounds a little flat."

"A man must preserve his dignity."
By Diane Houser, H. Ec. 2

When you hang up your Christmas stocking this year take a little time to notice this garment in detail. Stockings, the last article of wearing apparel made by man, have had a long history from the crude foot coverings of the Greeks and Romans to the sheer nylons women enjoy today. Not only have there been countless changes and improvements in hosiery through the centuries, but these changes are still taking place.

Before the Eighth Century B.C. no concept of stockings was found in writing or drawings. Early hose developed from leg bindings made with narrow strips of woolen cloth to stockings which were tailored, cut and sewn up the back.

Concealed Legs

Although long gowns concealed the legs of women from public view, they have no doubt worn hosiery as long as men. Even as late as the 17th Century, public mention of women's stockings or legs was frowned upon.

A Spanish ambassador, who was given a pair of machine-knit stockings to present to the queen of Spain went so far as to say, "Take back thy stockings, and know, foolish sir, that the Queen of Spain hath no legs."

The 20th Century arrived, however, bringing change in both the standards of public decency and the hosiery world. In 1900, cotton knit claimed over 88 per cent of women's stockings. Silk hose took up only one per cent of the market.

As hemlines gradually raised, women sought attractive hose, and lustrous silk stockings held great appeal. By 1929 hose of silk had soared to the top. A pair of silk hose was quite a purchase and tender loving care kept them wearable for many months.

Another hosiery material popular at one time was rayon. Rayon hose looked well in a box and were even quite presentable on the leg if the wearer were an inactive person who never moved. As soon as she bent her knee, however, the rayon hose bagged at the knees and ankles.

Yarns Thinner

On May 15, 1940, nylon stockings were introduced and immediately accepted. The first heavier nylon hose were very durable, but as the consumer continually demanded sheerer hose, the nylon yarns became thinner and weaker. Once again women learned to handle their hose with care.

Since nylon stockings came on the market manufacturers have constantly worked for variety. There are knee length hose, seamless hose, red hose, green hose and stretch hose. An interesting development which was one of the first ways of making hose stretchier was the pleated hose. The pleats were permanently set in the nylon with heat. One of the newer styles for formal evening wear is hose that sparkle.

If the holiday season finds you in sheer seamless, colorful blue or sparkling golden hose, stop to appreciate the many improvements made in them since man first wore the crude woolen leg bindings.
Louis XIV's spikes became milady's —

Heels

by Martha Glenn, H. Ec. 4

If present day America is any sort of guide, men have always been ridiculing, degrading, and in every way, mocking the footwear of the damsels of the day. The man you love most will give you an admiring look from head to toe, stop at the feet, look back up at you, and say, "Your spurs are pointed the wrong way aren't they, dear?"

The next time this happens, count ten—slowly, refrain from making your "spurs" connect with his shins, and remind him of the crackowe shoe that his sex wore back in the eleventh century. It all started with the crusaders who returned from the East with talk about the Eastern peaked toe.

As the talk increased so did the length of the toe. Soon they had to be stuffed with moss, hay or wool, or be formed with whalebone to keep their shape. Then it became impossible to keep the toes from dragging without having a chain connected to a garter at the knee and supporting the toe on the other end. Finally laws were passed to regulate the length of toes on men's shoes.

A commoner was allowed six inches, a gentleman could have a foot, while the toes of nobility could extend two feet if so desired. The Pope condemned the shoes, but this only seemed to stimulate the gallant men into longer toes, and adding bells to the tips to make more noise than the regular flip-flop of the toe had before.

Or if that didn't squelch your handsome friend with ideas on women's footwear, try this. Ask him if he would rather have you wear shoes with a duck's bill toe. When the fashion of flopping toes finally subsided, fashion went the other way. You guessed it, soon Queen Mary had to limit the width of toes to six inches! These toes were also stuffed and usually slashed to show off the bright colors of the stuffing material.

Or you might ask your doubting friend; "What do you want me to wear, chopines?" Then you can explain that chopines are a simple kind of sandal put on a foot shaped platform or still-like pieces at both ends of the sandal. They were first designed as harem shoes, then revived in Venice many years later. There they towered to the stupendous heights of thirteen inches.

How often have you heard something like, "Those spikes you are wearing could be used to build a house?" Well, don't let any man get by with remarks like that. Just remind him that another of his sex is given much of the credit for the advent of the high-heeled shoe. When Louis XIV was in command of things in France, he felt lacking in height so he tried to raise himself by putting high cork heels on his shoes. Well, immediately everyone followed suit and any advantage he got from the higher shoes was completely annulled. However, the idea caught on and this was the real start of today's high heeled shoes.

The women during the period of Louis XV wore the same type of shoe only the heels were a little higher. The heel was called the French or Louis heel and is often seen in a modified, slimmer version today. For goodness sake don't let him find out about the ladies of this same period who not only wanted high heels, but would bind their feet with a heavily waxed linen tape so that they could force their feet into shoes many times too small.

Luckily for those ladies they were carried nearly everywhere they went in sedan chairs, for when they got on their feet to stand or walk it nearly always resulted in a fainting spell from the pain and pressure on the feet.

By 1774, when Louis XVI took the throne, the height of women's shoes had gone to such extremes that they had to start carrying walking sticks to keep their balance. Servants were called in to help them up and down stairs. But then came the French Revolution and such aristocratic dress became an automatic invitation to the guillotine. Such thoughts seemed to bring the women back to their senses and back to earth in sandals and other soft shoes without a heel. These styles were reflected across the Atlantic to the American shores and shoes.

To the men then, we extend most of the blame or praise as the case may be for the shoes we are wearing today. Perhaps in complete fairness we will even have to give the men credit for their common shoe sense, while we go on, gluttons for punishment.
Knit Your Own

Squaw Valley Sweater

Peggy Fellner, H. Ed. 2, left, models an Italian-inspired coat style sweater in snowy white wool with blue design—doubly warm because of its two yarn construction.

Maurene Soults, H. Ec. 1, bottom left, sets the winter fashion pace in a handknit of new mohair in royal blue and white. A flattering cuff collar frames her faces.

What could be more perfect for winter sports than this Swiss design pullover, right, worn by Jan Kahn, I. Psy. 3? Deep gold snowflakes and forest green stylized plant borders contrast with a white background.

The sweaters shown were loaned to the Iowa Homemaker by Spinnerin Yarn Co., Inc. Patterns may be found in Spinnerin's catalogs, Vol. 144-150.

Squaw Valley, California, the site of the 1960 Olympics, was the inspiration for a portion of the sweaters shown. This gives the all-American look to the sweaters originally influenced by the Scandinavians.

The clear, crisp air of the northern countries demands that the Norsemen and women be warmly dressed, yet the action involved in skiing calls for as little bulk in clothing as possible.

The ski sweater fills both of these practical aspects. It is closely knit with heavy enough yarn to provide warmth without bulk. Combine this with the freshness and simplicity of the designs of Scandinavia and you have not only a wearable sweater, even on the coldest Iowa condition to you.

Sweaters help the college of her wardrobe clothing population.

Match this popularity of sweater desire to create "custom-knit" something right, an attractive item out of the Sweaters come in great variety, curly textured, a very elegant feel, machine-washable.

There are as many style
it a lovely add-
er wardrobe.
No one the mark
the mainstay
are fast be-
the female col-
creasing pop-
with the innate
you have the
ers. There's
 creating
wearable gar-
s of yarn.
made from a
ials, from the
hair and the
mere to the
ersion sweaters.
ons available in
here are occa-
s to wear them—from the
classic pullover and cardigan to
the novelty sweaters with collars,
buttons and ties.
Some of the very earliest ex-
amples of the use of design to en-
hance everyday items are from the
Scandinavian countries.
These craftsmen believe that de-
sign evolves. If it is good, it lasts.
And these simple designs have
lasted for centuries and are just as
pure and beautiful applied to to-
day's sweaters as they were yester-
day.
Pictured here are just a few of
the sweaters you can knit yourself.
Remember, knitting is no longer
just for grandmas in rocking
chairs, although they are probably
the best teachers of the art.
At Christmas there is a great hospitality in all the land. An Englishman of old at the opening of the day had all his tenants and neighbors enter his hall at daybreak. The rooms were festooned with holly, ivy, and mistletoe, and a Christmas log in the hearth glowed warmly.

Every bit of pewter and brass was as polished as the most refined gentleman. The tables were spread with roast beef, turkeys, venison, boars' heads, peacock, fruits, plum pudding, mince pies, and sugar and jelly desserts.

From that time in old England, the festivity of the Christmas season and many of the Christmas traditions have come down to us. Among them is the tradition of mince pies. Meat pies were commonly used there, and the mince pie was probably a development from it. The famous "Christmas pie" was undoubtedly mince.

Pies Were Symbolic

These mince meat pies were a part of the Christmas traditions of old England. They were made in oblong shapes to represent the manger at Bethlehem; the lattice tops were symbolic of the hayrack in the stable. The apples were representative of the growth and fertility to come with the new season; the oriental spices were reminiscent of the gifts of the Wise Men.

Mince meat—a history as rich as its filling

The Pilgrims prohibited the observance of Christmas in 1659, banning mince meat pies, because of their religious significance. Later on, mince pie was restored to favor. This time it came in a round pie dish and had a more tender crust. The pie that Little Jack Horner put his thumb into was probably a mince pie.

Through the centuries, mince meat has undergone some changes. Originally, mince meat contained fruit, spices, suet, meat and liquor. Presently, a mince meat pie consists of a finely chopped mixture of raisins, apples and spices, with or without meat.

Meat Omitted

Frequently the liquor, meat and suet are omitted. This leaves a mixture chiefly of fruits, molasses or sugar, and spices. In some states the commercial product must contain at least ten percent cooked meat. Variations of mince meat pies may contain oyster, eel as the meat, dates, currants, and pears in addition to raisins, caraway seeds, or rose water.

A typical recipe for the original English mince meat pie is:

Homemade Mince Meat Pie
2 lbs. beef neck
1 lb. suet
4 lbs. tart apples
4 c. sugar
Juice & grated peel of 2 oranges
1 pt. fruit juice or cider
1 Tbsp. salt
2 lbs. currants
1 Tbsp. salt
3 lbs. seedless raisins
3/4 lb. citron, cut fine
1/4 tsp. grated nutmeg
1/4 tsp. mace
Simmer beef in water to cover until tender (about 3 hours). Cool. Put through a coarse blade of the food chopper with suet and apples. Add other ingredients. Mix. Simmer one hour.

Use 1 pint or 2 cups for an 8-inch pie. Fill pastry lined pie pan and adjust top crust. Bake in a very hot oven (450°) for 35 minutes.

A modern adaptation of this recipe, keyed to today's busy homemaker, would appear like this:

Mince Meat Pie
Packaged mince meat
2 cups apples, coarsely grated
1/2 tsp. lemon peel, grated
2 tbsp. lemon juice

Combine the ingredients in a sauce pan. Slowly heat and stir the mixture. Pour into an 8" pie shell and bake at 400° for 35 minutes.
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And all other tasty
Holiday treats.

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CE 2-6512

December, 1959
Christmas
In Our Newest States
By Beth Beecher, H. Ec. 2

Christmas in Honolulu, the principle city of Oahu, the capital island, is like June in Des Moines with the temperature ranging from 60 to 80 degrees. The days at Christmastime in Hawaii are slightly longer than the winter days in Iowa.

Hawaii is a group of islands, reefs and shoals stretching 6,600 miles northwest to southeast. As American as "the Mainland," their term for the United States, is its melting-pot population of Chinese, Japanese, Filipinos, Hawaiians, Puerto Ricans, Koreans, Portuguese and Caucasians.

Churches and stores in Hawaii have elaborate displays during the Christmas season. Two of the biggest department stores in Honolulu which have displays are McInery's and the Liberty House.

The immediate families spend Christmas eating American food in their own homes or in restaurants. However, the traditional food of a family's particular ancestry is served on New Year's Day.

Santa Claus visits Hawaii in a boat. One year Santa made his trip in Henry Kaiser's "Catamaran," a motor driven sailboat. There is a big parade and Santa goes up and down the streets throwing candy.

Only the elaborate older houses of Hawaii have chimneys. Probably these houses have chimneys because their owners copied the designs from homes in the cooler climates from which they came. It is the custom to leave a window open so Santa Claus can get in and leave the Christmas presents.

The Eskimos and Indians in Alaska, who make up about 12 percent of the population, were not acquainted with Christmas until the white man invaded Alaska.

A custom which the Tlingits Indians already observed was pot-latching. The man in the village who gave away the most possessions was considered the biggest man in the village. Since men often became destitute in their efforts, the government outlawed pot-latching.

The Eskimos believed that anyone was free to use everything a man owned except his wife. Therefore, it wasn't necessary to exchange gifts. This belief has been modified depending on the amount of contact with white people. For instance, the Eskimo who works for a white man and earns wages may think his rifle is stolen if someone borrows it. The Eskimos are becoming possessive of their more expensive belongings.

There is a hotel in every town in Alaska. Old prospectors (sourdoughs) want to be with someone over the Christmas holidays. Therefore, groups of them gather at these hotels and spin stories during the Christmas season.

The days at Christmas in Alaska are shorter. Around December 21, there can be total darkness at Point Barrow, the northernmost tip of Alaska and four or five hours of daylight at Juneau, the capital.

People in Alaska may go out and cut a tree for Christmas anytime they wish. Even though Alaska has many trees, supplies are shipped in from the forests of Washington and Oregon, "The Outside."

Christmas in Alaska is very similar to Christmas here. As one Alaskan said, "You drive your car home from modern department stores to a home with more insulation and that's the primary difference." People of Alaska stay up to welcome the New Year and watch television programs piped in from New York.
for a Christmas Treat

WAY CAFE

• good
• food
• always

Between the Theatres — Campustown

---

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A living likeness of the wild Bengal tiger in full color oil hand-painted on silk in warm rich colors and include both brush and palette knife painting. A conversation piece for your living room, den, or library.

Size is 15” x 18” unframed. Made in Japan. Send $3.95 plus $2 to postman upon delivery. World Export Sales Co., P. O. Box 1980, Dept. IH, San Antonio, Texas.

Mosaic tiles lend themselves to the cleverest ideas and arrangements! Tiled coffee tables and end tables add a bright accent to any room. The best thing about mosaic tile is that it’s so easy to do it yourself. A complete kit for a tiled cigarette box is $6.98. Make it up yourself or give the kit as a gift. And for those who, in a more creative spirit, design their own “objects d’art” Armstrong and Heaton Inc., 231 Main, have a complete selection of all the tools and supplies you’ll need.
Christmas with Conniff is a delightful danceable arrangement of the jollier Christmas songs everyone knows and loves. "White Christmas" and "The Christmas Song" are included as well as "Rudolph, the Red-Nosed Reindeer." Available in stereo for $4.98 or monaural for $3.98 by Columbia.

The Kingston Trio's newest album includes the popular "A Worried Man" as well as the traditional folk tunes "Goober Peas" and "Across the Wide Missouri." Visit Eschbach Music House, 302 Main, for the best selection of record albums and phonographs.

Beautiful pewter has a warm glow that lends itself to modern and traditional designs with equal ease. A gracefully curved pewter vase is a "conversation piece" in any home. An authentic reproduction of a colonial syrup pitcher is a beautiful as well as practical gift. The tray is permanently attached for each handling. Tankards, ash trays and bowls make appropriate gifts for the college set.

These and many other lovely pewter items are at Weaver Jewelers, 2416 Lincoln Way, in Campustown. Prices range from $2.50 plus tax up.

Staved teak trivets by Dansk are perfect under a steam casserole and beautiful enough to be a decorative piece by themselves. A 6½" square trivet is $2.95.

Also from Denmark is a doll-like paperweight of suede leather and wood. It could also be a small child's toy.

The hand-carved candlesticks from Denmark are unique and at home in any decor. They are $5.95. All these items are from the Gift and China Shop, 413 Douglas, in downtown Ames.

The Shetland Pony is a delightful book that captures the thrill of owning a pony while giving sound advice on care and breeding. The book is $4.95.

Young Homemaker's Equipment Guide is an easily understood book dealing with large and small appliances, selling for $2.95. Another book sure to be enjoyed by anyone with an interest in good food is What to Cook for Company by Lenore Sullivan.

The award winning book The Death of Adam by Dr. John C. Greene is a history of evolution for $4.95. All books on sale at the Iowa State University Press in the Press Building.
Lovers of out-of-this-world music finally have a suitable instrument to play their favorite recordings. Not from outer space, but from a world of tomorrow, comes the FORECAST Music Sphere.

The sphere is a three-foot aluminum globe, mounted on a tubular shaft rising from a four-legged stand. Atop the sphere are two speaker cones mounted on the ends of rods that pull upward out of the central shaft. The cones, six feet apart, drop downward in opposite directions much like two mechanical ears. The front of the enclosure is a rotating hemisphere, which slides around the rear portion to expose a turntable.

The ultra-modern phonograph adapts to any interior. It departs from the usual effect of a sound system by providing a mechanical "letdown" effect when "open". The main visual impact is the interior brilliant bands of vertical color. The "fold away" external speakers recognize the living space realities of today's home. They may be properly located acoustically when the instrument is in use but do not continually consume major areas of room space.

The Institute of High Fidelity Manufacturers and the Aluminum Company of America, who cooperated in developing the sphere, have predicted other electronic forecasts for tomorrow. They propose subminiature high fidelity systems the size of a cigarette pack, silence fidelity systems which pick up and eliminate sound, tape recorders the size of wrist watches, and sensophonic hi-fi producing touch sensations through music.
Companion Sweaters
By Catalina

Scandinavian ski weather inspired the rich cable knit of these snow-white match-mates.

A sporty reindeer decorates the jet-black medallion.

Perfect for a fraternity fireside, basketball games or an evening of toboganning.
Sizes for Both — Small, Medium, Large — $16.95

Jameson's
Downtown Campestown

Models — Dick Kreassig and Judy Parsons

Iowa State Cheese

Edam
Cheddar
Swiss

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STILL comes the Christmas message to a troubled world —
always the message of peace.
It has been wisely paraphrased as "Peace on Earth to Men
of Good Will." May it be established
in ourselves, our communities, our nation, the world —
until peace and good will truly reign triumphant.