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From the Union To Each of You

Merry Christmas
and a good vacation

Stop in at: Books and Coffee on Thursdays
News Forum on Fridays

A Happy New Year, Too!

Events beginning this New Year:

Varieties on Fridays
Reel Reviews on Saturdays
"Dinner with a Prof" on Sundays

Memorial Union
Glittering Christmas angels, caroling parties with hot cider, watching a small child open his Christmas gift—these are part of our Christmas heritage.

Our Christmas traditions stem from many sources. Decorated Christmas trees date back to Medieval times in German plays where the tree symbolized the Garden of Eden and was decorated with fruits and cookies. The Irish brought the use of candles for Christmas decoration to America. Mistletoe was deemed a sacred and miraculous power among the British Druids, before the Romans recognized it as a symbol of peace and would discard arms and call truce upon meeting under it.

Christmas, with its beauty and tradition, comes but once a year, and we should take time to appreciate this special holiday season. We shouldn't become so involved in the whirl of holiday parties that Christmas traditions come and are gone before we realize it.

Christmas, with its Christmas issue filled with ideas for decorations, a holiday punch and children's toys plus a story of the beautiful stained glass windows in the Union. — CS
Speak To U
How often we miss the real meaning of Christmas. Oh, we observe all the customs. We sing all the carols. We read all the Gospel accounts. We attend all the church services. Yet, we miss the real meaning of Christmas. The reason is a simple one: we take this all as a pleasant tale of once long ago, and forget what it says to us today. We see only the shepherds, the wisemen, Mary, Joseph, and the infant in the manger and forget that they are not the main characters in the Christmas drama at all. The main character is God!

The real and abiding joy of Christmas is that at the center of this life of ours there lives and reigns a God like Jesus Christ. A God who, having put the stars in their courses and having created humanity to reflect His nature, comes to dwell with us and share the joys and sorrows of our life. In His love and mercy He enters His creation through a child born in a stable in Bethlehem to meet the unmet needs of the human soul in the matters of life and death that threaten to overcome us.

How hard this is to comprehend — that an infinite, all-powerful, omniscient God should enter history in the form of a helpless infant. What a paradoxical combination of strength and weakness, power and helplessness. Yet, it is precisely this combination that makes Christmas such a joyous time. For God could have manifested Himself as a God of power and overthrown all those who stood against Him. He could have come as a totalitarian dictator and taken away our freedom and forced us to live as He ordered or be punished. His could have come in a way that would have put fear and terror in every heart and made men tremble before His throne of judgment. But the joyous news of Christmas is that God didn’t choose to reveal himself in this way, for this is not His nature. He chose, rather, to reveal Himself as a gracious Father who, having given man life, comes to share it with him, that by the power of His love He might transform and redeem every dimension of that life.

Really, Christmas is the visitation of God to the human soul. It is the discovery that ours is a God who so loves us that He comes to share all that is ours, that we might receive all that is His. He is a God who pours Himself out in love; who understands, cares, and acts to fulfill our lives. This is true not only at Christmas-time, but every day of the year. When we discover this deeper truth about Christmas, we realize why all history is numbered backwards and forwards from the birth of Christ. For His birth was the event in which God made His climactic step and revealed how much He cares for each of us. This love has never changed.

God still comes to each of us. He comes as one who has shared our birth, our life, our joys, our sorrows, our pains, our disappointments, and our death. He comes as the only one who has ever conquered death. He comes to make our lives what they were created to be, that we might know all the fullness of His purpose. But He forces no one to accept His love or His way. We must prepare Him room. We must sense the wonder of His love and let it flow through our lives. When we do, we, too, will discover the real joy and peace of Christmas.
Toasts of the Season

by Patty Anderson, Ex. F. 3

"Love and joy come to you,
And to you your wassail, too"

Toasts are a tradition at Christmas as you gather with family and friends. The wassail bowl, a forerunner of our modern holiday punch bowl, stems from medieval Christmas celebrations. Wassail comes from an old English word meaning “be thou whole.” From this early Christmas toast a favorite holiday recipe for the wassail bowl developed.

Wassail Bowl

Whole cloves
5 oranges
2 quarts apple cider or apple juice
1/2 cup lemon juice – fresh, frozen, or canned

Heat oven to 350 degrees (moderate oven). Poke cloves, about 1/4 inch apart, in oranges. Put in shallow pan; bake 30 minutes. Heat apple cider or juice until small bubbles show around edge. Remove from heat; stir in lemon juice. Pour into heatproof punch bowl. With ice pick pierce oranges in several places; add to cider. Makes 10-12 servings.

For a cooling Christmas drink, serve tangy spiced grape punch cooled by a glamorous ice ring.

Spiced Grape Punch

2 cups sugar
2 cups water
6 whole cloves
3 sticks cinnamon
1 tablespoon diced preserved ginger
1/2 cup orange juice, fresh, frozen or canned
1 1/2 cups grape juice, frozen or canned
5 cups strong cold tea

Cook sugar, water, cloves, cinnamon and preserved ginger about 6 minutes. Strain and cool. Just before serving stir in orange juice, grape juice and cold tea. Makes 12 servings.

Glamorous Ice Ring

Fill ring mold with water, leaving 1/2 inch at top. On top of frozen ring arrange lemon slices, red and green maraschino cherries and sprigs of mint or huckleberry. Freeze. Unmold; float on Spiced Grape Punch in punch bowl.

When friends drop over after a caroling party, try hot mulled cider served in giant mugs with spicy cinnamon stick stirrers.

Hot Mulled Cider

1/2 cup brown sugar
1/4 teaspoon salt
2 quarts cider
1 teaspoon whole allspice
1 teaspoon whole cloves
1 teaspoon whole allspice
3 inches stick cinnamon
Nutmeg
Cinnamon sticks

Combine brown sugar, salt and cider. Tie allspice, cloves and 3 inches stick cinnamon in small piece of cheesecloth; add to cider mixture. Cover and simmer for 20 minutes. Remove spices. Sprinkle nutmeg over top. Serve with cinnamon sticks for stirrers.
For Christmas table centerpieces, new ornaments on your Christmas tree or feminine appeal on gifts, make these wispy little angels that could easily have dropped from a cloud or floated in on a snowflake.

Use bright Christmas colors or pastels to use all year long.

You'll need Nylon net, glitter, pipe cleaners, felt, transparent glue, sequins and tiny stars. For the angel heads, use small unpainted wooden beads with holes through the centers. (Hobby shops and dime stores have beads the size of large marbles. Often they already have faces painted on them.)

**The body:**

Bend a pipe cleaner in half and put the folded end through the hole in the wooden bead. The ends will be the legs. Just below the head twist another pipe cleaner to make the arms. Cover the part of the bead to be used for hair with glue and thoroughly cover this with a thick layer of glitter. Shake off the excess.

**The two-tiered dress:**

Cut a strip of nylon net 7 inches wide and 18 inches long. Make a 3-inch fold the length of the net and gather this up with small stitches on the fold line. (Use a heavy thread so you won't have to worry about its breaking.)

Tie the string around the doll. The net will stick straight out in a circle. Separate the two edges that have been formed by the fold. The inner circle is an inch in from the outer, lower edge. Now you're ready to start "sparkling" the angel.

**Decorations:**

Apply a small amount of glue on about 3 inches of the exact edge of the inner net circle. (If you do more than this the glue is likely to get too dry before you apply the glitter.) Then roll the glued area in a small dish of glitter. Continue doing this until the inner circle is finished, then do the outer circle. For extra sparkle use a toothpick to put drops of glue over the skirt and apply small stars, sequins or spots of glitter. Cut wings about 4 inches long and ½ inch wide from gold felt and tack behind the neck of the doll. Put a few spots of glitter on them. You can even add glitter to the tip of the pipe-cleaner hand when you have it shaped.

After the glue is dry the angels are as charming and inexpensive a Christmas decoration as you can find.

To store angels keep them in a large box with tissue paper, being careful not to crowd them and crush the net. If glitter trickles off, touch it up with fresh glitter.

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_Gather net around body . . .

_Roll edges in glitter . . .

_Apply sequins with toothpick._
The Robert McCowen family was getting ready to go to a circus in Des Moines when I arrived to visit with them on a Saturday morning several weeks ago.

After an hour and a half's conversation with Bob (director of choral activities at Iowa State); his wife, Marcia; teen-age daughter, Pat and 7th-grade son, Mike, I didn't feel that I'd have needed another circus that day.

They're quite an expressive family headed by quite an expressive man who's been the object of student admiration and affection since he took over the choral phase of Iowa State's music program in 1952.

Students describe McCowen as "a humanitarian—really interested in others," "intelligent," "dynamic," "intense" and "demanding." One girl, a 4-year Iowa State Singer, claims that she's never met a more fiercely energetic person.

A natural showman, every day McCowen relates a couple of stories or jokes, usually labeled "corny" by both teller and listener, but no session of Singers or Glee Club would be complete without some mixed laughter and hissing at the "corn."

Meets Wife in Band

McCowen and his wife met in musical activities at West Waterloo High School. "We probably would never have known each other if we hadn't played in the band together. He played sousaphone and I played the baritone," she commented. After high school McCowen worked a year ("Those were depression days, you know") before enrolling at Iowa State Teachers College. A pre-law major,

“I did everything in music but major in it for a year until I finally decided to switch,” he said. As a youngster, McCowen played in band and orchestra and sang in the church choir. Since college he has directed a church choir every year except one. He is director of music at the Collegiate Presbyterian Church.

He and Marcia dated all through his college years although she was working as an X-ray technician. Her job has established a family cliche that he “can't keep a thing from her.” They were married in December, 1941, after his graduation from ISTC. His first job was director of Glee Clubs and assistant band director at West Waterloo High.

Shot Down Over Europe

McCowen enlisted in the Air Force early in 1942. He became a B-17 pilot and served in combat in the European Theatre. "I'm neither maudlin nor overly sentimental about my time in the service, but it was a very humbling experience. I often say I joined the Air Force and walked back," he commented. The 6-foot 2-inch musician was shot down over occupied France the summer of 1943 and got to Gibraltar on the 10th of January the next year—on foot. He mentioned repeatedly that he was just one of many who had the same type of story to tell. After he admitted that he was blown out of his plane, I couldn't resist asking him if he remembered to pull the rip cord of the parachute. "I never did pull it," he said. "My mother used to say it must have been the long arm of the Lord who reached out and pulled it."

After being on his own for 10 days after parachuting, he came to...
a French farm home where he could safely stay. Five weeks later he started his 4½ month walk through France and Spain to allied safety. After a period in England, McCowen wound up as a flight instructor in Roswell, N. M., and Mesa, Arizona, until he was separated from the service in September, 1945.

He returned to West High in Waterloo in October, 1945, where he directed the high school choral groups. That same year Frank Piersol, present Iowa State bands director, was the West High band director. He came to Iowa State in 1948 and McCowen followed in 1949 on a temporary appointment. After teaching at Knox College and Western Illinois State College, McCowen returned to Iowa State at the beginning of the 1952-53 year.

Tours the Midwest

Now an associate professor at Iowa State, McCowen is in great demand to direct festivals and summer music camp sessions throughout the midwest. His family accompanies him for the summer trips. Pat sang in the choruses this year and played violin in the orchestras. Mike played French horn in the bands.

At Iowa State McCowen directs three sections of the Iowa State Singers, the Men's Glee Club and Festival Chorus in addition to giving private lessons. Having just completed the Christmas Festival of Music, for which he directed over 700 voices, McCowen and his groups now begin preparation for the Singers and Glee Club concert in March and the Singers tour before spring quarter.

(Cont. on page 12)
If you haven't children of your own, you're probably some toddler's favorite aunt or adopted aunt — and wondering what would please him most for Christmas.

Why not try your hand at making these gifts? Students in a child development course at Iowa State create toys as part of their course work and have devised some sure-fire children charmers.

Take a block of wood and attach various types of door closings (knobs, padlocks, hooks, latches) to the wood. The child can have fun operating them and become proficient, at the same time, in opening and closing doors.

An ordinary clown face can help the child dress himself more easily. Have a zipper mouth, button eyes, snap-on nose, a buckle on the hat, and a shoe-lace bow tie; and notice how much less you hear, "Help button me up."

To give the child a concept of shapes of objects, make circular, triangular and rectangular holes in the cover of any can. Give the child blocks of wood of the same shapes which he can drop into the can only by using the appropriate holes in the cover.

Clock puzzles are a suggestion for helping to develop the sense of time.

Two favorite activities of the young person are pretending and making noise. To take care of the first, there's nothing better than a box of old clothes for dressing up. (It's a good excuse for you to buy some new hats and shoes when a youngster inherits your worn-out accessories!)

A rhythm band will provide some controlled noise-making.

1. A drum can be made by covering the top of a shortening can (minus lid) with a piece of rubber from an inner tube.
2. Broom handles, sawed into short pieces, make good rhythm sticks.
3. Sandpaper-covered wood blocks add a little "jazz" to the percussion section.
4. Pan lids (neighbors permitting) are good cymbals.
5. A small metal container filled with unpopped corn serves as another instrument and requires only the insertion of a short stick in the lid so that it can be handled more easily.
6. Bells complete the combo.

"Wisely chosen toys are ones that stimulate activity in the child himself. Good play ma-

(Cant. on page 13)
Monument
in Glass

by Beth Lambeth, H. Jl. 4

For Thee they died—Master and Maker, God of Right—The Soldier dead are at Thy gate, who kept the spears of honor bright, and Freedom's house inviolate.

Drinkwater

We pass through Gold Star Hall of the Memorial Union regularly on our way to class or the Commons. But many of us have never noticed the story told by 12 vibrantly colorful stained glass windows high on the walls.

These windows, which are part of the memorial to the Iowa State men and women who gave their lives during World Wars I and II, depict 12 qualities of greatness: Learning, Virility, Courage, Patriotism, Justice, Faith, Determination, Love, Obedience, Loyalty, Integrity and Tolerance. Many of the qualities are symbolized by student activities.

The stained glass windows, designed by Harold W. Cummings, ’18, were installed in 1943, 15 years after the completion of Memorial Union. The thousands of bits of glass that make up the designs and pictures are Cummings’ tribute to those who studied at Iowa State and later served with him in World War I.

Learning, the theme of the first window, is suggested in the top panel by a young man studying military theory and tactics. The middle panel depicts a library scene, and the bottom panel suggests a classroom scene with an instructor and officer candidates. Taken in its entirety, this window suggests that learning includes the avocational, the military and the religious if youth is to be equipped for useful citizenship in the world.

Football players, ROTC men at arms and a cavalryman picture Virility. Here again the college life dominates the scene. The window suggests that physical activity can be in harmony, morally and ethically, with religious teachings.

Courage is exemplified as a physical attribute, illustrated in a boxing match, a “man overboard” panel and a Red Cross nurse aiding a wounded soldier. Exercise of the body and spirit strengthen the faith and devotion of mankind.

Patriotism stems from love of the flag, support of the government and appreciation of great men of history. This window portrays the purchasing of war bonds, memorializes Nathan Hale and depicts the emblem of a true patriot, Old Glory.

The motif of the fifth window is Justice. It is symbolized by the judging of a livestock contest, a young man leaving to fight for the cause of justice and a court martial scene. The window shows recognition that the basis of true justice is in the Higher Law.

Faith in the future of the state and the wisdom of providing educational opportunities for generations yet unborn is illustrated in this window. Early research in home economics is depicted at the base of the window. Faith in God and confidence in the triumph of right and virtue guides men to peace and content.

Determination and Love show that the laws of God are equally needed in the classroom and on the battlefield, and that love over-
“As far as organization goes, the Christmas festival is the biggest effort of the year. Directing festival chorus each week in preparation for this is like working a regular festival every week.” Festival chorus is a 650-voice group which is open to all students without tryouts. They practice each Tuesday night of fall quarter in preparation for the Christmas Festival. The large chorus group has been getting larger each year. "I can tell this year because people were still sitting in the window wells of Curtiss Auditorium during November rehearsals," he laughed. He feels there is an increase in student interest in college music activities and says it's partly due to the improved high school music programs.

Likes Students Here

What are his reasons for staying at Iowa State, where no major, minor or course work is offered in music? "I like the students here—their attitude and their willingness to work. There's also a considerable amount of intelligence in these people—and they are in the organizations because they want to be."

McCowen sings several oratorios and concerts throughout the state each year in addition to giving campus recitals. While working on his master's degree at Northwestern University during summers, he sang with a quartet that toured, coming to Iowa State on one occasion. "I sometimes wish I had gone into singing professionally, but I like my home too well. I'm too happy with my family," he asserts.

Has Even Temperament

What's he like at home? His wife: "He's pretty even-tempered all the time, except before a recital." Pat: "Then he always gets a cold." McCowen: "Yeah, but I never get any sympathy."

"He's really easy to cook for," volunteered Mrs. McCowen. "We're all eager-eaters. I have to put 'no' signs on anything I'm trying to save for a meal." Students like McCowen because his temperament is fairly steady, although he says "You can't work with creative art or a group of people without getting excited to get some emotional response. This is particularly true in working with amateurs." He continually needles students good-naturedly about their laziness and content with mediocrity.

Counts Yawns

While chatting with me one afternoon before Singers, McCowen happened to mention that according to one of his official surveys there are more yawns during 9 o'clock Singers than any other session during the day—especially during the vocalizing. Before we could come up with a reasonable explanation of this, we were both yawning and he got up to start the rehearsal.

It was almost ritual—from beginning to end, starting with "Have you heard the one about . . ." and finishing up the Friday session with the traditional . . . "If you're going somewhere this weekend, be careful, and stay off the highways."—100 percent McCowen.
Materials are those with which the child can do something,” says Ethel Kawin in *Wise Choice of Toys*. “Materials which lend themselves to a variety of uses help the child develop greater resourcefulness, greater skill and a richer imagination. They help develop the child himself!”

Good toys are durable, well-finished, non-inflammable, safe (no dangerous points or sharp edges) and can be easily cleaned. They serve as an outlet for the child’s creative ability.

If you still find a child saying, “What can I do?” remember there are utensils, macaroni, plastic containers, flour and water in your kitchen; spools and buttons in your sewing box; and wallpaper books and Christmas cards in the attic.


Sounds of Christmas
by Marilyn Adix, H. Ed. 2

"... four collie birds, three French hens, two turtle doves, and a partridge in a pear tree..."

This familiar strain of an old New England folk song reflects some of the gaiety in the simple life of these pioneers. Although the New England colonists first settled on Massachusetts Bay nearly three centuries ago, you see reminders of them today in such treasures as "The Twelve Days of Christmas." It was once thought that the test of true love could be found in the number, variety and degree of difficulty in obtaining gifts for one another, which is the background of this holiday song.

This song was the basis for a game in which a leader would repeat the first gift item and the followers, in turn, would have to recall in order each day's gifts as the game progressed or else present a forfeit to the winner.

As you sing or hear this gay song of love and gifts again this Christmas season, maybe you can shut your eyes and visualize these colorful New Englanders doing their happy folk dance to it.

The earliest known hymn in honor of the Nativity is "Jesus, Light of all the Nations," which, like the others up to the 13th Century, is quite solemn and strictly religious. The lighter and more informal carols such as "Ades tes Fidelis" and "God Rest Ye Merry, Gentlemen" were introduced in Italy.

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