The Iowa Homemaker vol.21, no.3

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A REVIEW OF ACTIVITY IN THE WORLD'S LARGEST SCHOOL OF HOME ECONOMICS
We're In College, Too...

AND P-R-E-T-T-Y SMOOTH!

- Smoothies, indeed! We mean, of course, the pies you make with Morrell lards. But where is the Iowa girl who doesn't know that? Mothers and grandmothers of present Iowa State College Home Economics students have always made delicious tempting pies with Morrell Kettle Rendered Lard or Morrell Snow Cap Lard.

Follow their wise counsel: LARD for piecrust! And for piecrusts of top-notch quality use Morrell lards. At school, at home, Morrell Kettle Rendered Lard or Morrell Snow Cap Lard will give you piecrusts with delicate flavor, mouth-melting tenderness or flakiness, and the delicate amber color that makes them prettier than a picture.

FREE! Helpful Recipe Leaflet

John Morrell & Co.
General Offices • Ottumwa, Iowa

Hogs, cattle, and sheep, raised on Iowa farms and brought to our Ottumwa plant, where a cash market is maintained at all times, are a source of funds for many college educations.
We salute the newcomers on the campus and welcome them all to life here at Iowa State.

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On our cover—Vivacious Charlotte Hein, newly elected national president of Home Economics Club, enjoys the warm fall sunshine on the steps of Home Economics Hall.

Illustrations courtesy of Design for Living, (pages 2, 7, 10, 11); Hygeia, (page 3); Mademoiselle, (page 4); Better Homes and Gardens, (p. 6); Furniture Index, (pages 12, 13); What’s New in Home Economics, (p. 14); Practical Home Economics, (page 16); Sunset Magazine, (page 18); Red Cross, (p. 22); Home Economics Club, (cover).

Members of the Homemaker Publication Board—Dean Genevieve Fisher, Elizabeth Storm Ferguson, Miss Katherine Goepplinger, Miss Pauline Nickell, Jean Ary, Dorothy Lee Conquest, Phyllis Garberson, Catherine Raymond and Betty Ann Brady.

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**Freshmen: Please Note**

SOMEBODY will tell you soon, no doubt, that what you accomplish in college depends wholly upon you. And you will soon realize the truth of that.

You'll hear before long that classes are tough. That's right, they are. But they have been worked out by educators who know their business—professors who are human like you and me, and whom you will grow to respect. So don't worry, you'll get through if you work. And note, I didn't say 'get by.' There's a difference.

Then, in a little while, some of your classmates will start saying, "Classes aren't everything. It's the cultural life you develop that really counts." And if those classmates are serious and sincere, then they're right. But look out for that attitude, because too often it comes from being a little tired of classwork, a bit disappointed in grades or just plain lazy.

Your outside activities can develop without much coaxing. They can take care of themselves. But your classwork is not so convenient to handle. So watch the studies and these activities will come along fine by themselves.

You may hear a few of your companions complaining about this and that around the college. And, naturally, there are likely to be rules or situations that you don't like either. But it would be a loss on your investment if you came to Iowa State two or three years before realizing that there isn't a better institution of its kind. Take it from a senior: you'll do well to start appreciating now what this college has to offer. It's tops.

College is the best place in the world to make friends. No need reminding you about the value of friends. Take the initiative in meeting new people whether it's in the dining hall or on the campus. You'll never regret expanding your friendships beyond those small groups which so readily surround you.

This all amounts to working for a well-rounded education, part of which can be obtained in books and the rest through contacts and experiences of your own volition.

—A Senior
Campus Women Aid In
Hospital Research

Research in the nutritional requirements of the college woman is reviewed by Ann Koebel

"I T CAN'T be done. That many women will never be able to cooperate and work together." This was the general consensus of male opinion when a group of nutritionists met at Ames five years ago to plan one of the most extensive nutritional research studies ever undertaken.

Detailed observations from studies conducted here in dietetics classes had indicated for some time that the food habits of college women didn't even remotely approach the generally accepted standard. This could mean either that the standards were wrong or that college women weren't in the optimum state of well-being.

Since there had been limited experimental data in the literature regarding the period between puberty and adulthood, approximately 14 to 25, Iowa State proposed a regional cooperative project to study the nutrition of college women.

Representatives from five colleges, Iowa, Kansas, Minnesota, Ohio and Wisconsin, signed the master project drawn up at that first meeting in 1936. Later Nebraska and Oklahoma joined the group. This project included an outline of all of the specific problems to be studied and a statement of the methods to be used.

The research is done by the foods and nutrition sub-stations of the agricultural experiment stations with the cooperation of the medical staffs. At each school there is a leader in charge who conducts the experimental work. Dr. Margaret A. Ohlson, associate professor of foods and nutrition, is the leader in charge at Iowa State.

For the past five years the various schools have been taking literally thousands of tests and measurements in order to determine standards for the average girl. Here alone 1,265 women between the ages of 17 and 25 are represented. Pertinent data is obtained from the physical examinations given to all entering freshmen. Measurements have also been obtained on a smaller number of women throughout their four years in college.

One of the tests given to the girls studied throughout their four years of college is a basal metabolism rating. The first year there was a wide variability in the results, as would be expected due to the fact that the students weren't accustomed to the test. Normally the variability would decrease with each successive year as the students became more familiar with the procedure. This decrease occurred in the second year but in the third and fourth years the variability increased.

Since these results were contrary to all normal expectations, a case history was made of each student contributing to the variability. In every instance the student was found to be one getting a limited amount (Continued on page 21)
Orchids to Pat

WHEN Mademoiselle was ready to announce its Design For a Living winner, Iowa State's Patricia Hayes was in line for the blue ribbon. Sweeping away competition from Vassar to Stanford, Pat placed first in this college contest for young designers.

The above wool jersey, patterned from her prize-winning sketch, appeared in the college issue of Mademoiselle. Appealing in its extreme simplicity and casualness, this dress combines the long pullover and pleats for top rating with any college girl. The three quarter length sleeves and open neckline make it definitely 1941.

According to modest Pat, it was really quite simple—some trial sketches and a three cent stamp. But we know differently.

The Iowa Homemaker
Miss Mary I. Barber, food consultant of the Quartermaster Corps, U.S. Army, reports on her newest job. Outstanding in commercial work, Miss Barber heads the American Dietetic Association and the Home Economics Department of Kellogg's.

"How's the food?" is the question put to every young man in the Army. The answer is that the boys are eating well. This is definitely proved by the amounts purchased by the Army and is checked by the pounds gained by the boys themselves. The average increase in weight is ten pounds during the first three or four weeks.

The medical officers feel that failure to gain is often due to psychological reasons. The small percentage of men who resent selective service, who are homesick, who have not been able to make the adjustment from civilian to military life are the ones who do not put on pounds. The well balanced, normal, fun-loving, athletic boys settle down quickly to Army life, just as they do to the change from prep school or college or to any job away from home.

The program of Army feeding is a tremendous one. At present there are about 1,400,000 men to be fed and the food budget is in the neighborhood of $175,000 a day.

The country is divided into nine corps areas, each one made up of a number of forts, camps or harbor defenses, differing in size. The food problem is further complicated by the fact that the same corps area may differ widely in climate. For instance, the West Coast is semi-tropical in the south and cold in the north. Vegetables and fruits are in season in some parts of the country long before others.

Additional problems arise from the fact that some posts are in close proximity to marketing centers and others present difficulties in food transportation. Then too, the consumer must be protected. Too heavy buying of any one food for the Army can create a food shortage and a price increase for the civilian.

Army rations are classified into five broad categories known as the Garrison ration and rations A, B, C and D.

The Garrison ration is used in normal times. Each mess sergeant makes his own menus and purchases his supplies from local merchants and the post commissary, just as you buy and charge provisions at the grocery store. He may purchase anything he desires as long as he does not exceed the allowance set by the commanding officer. This allowance is approximately 44 cents per day per man.

In time of war or emergency, the type of food is designated as Field Ration A. This is as near like the Garrison ration as possible. The main difference is in the method of purchasing. Instead of permitting the mess sergeant to purchase his supplies, the food is bought by the quartermasters of the posts and supplied to the camps in the former's area.

Ration B is the reserve ration. This is made up entirely of non-perishable foods. Every post has enough B ration to feed the men should perishable supplies be cut off.

Ration C is provided for troops on the march. It consists of six cans for one day of food. Three contain meat dinners, one for each meal. Breakfast consists of meat and vegetable stew; dinner, of meat and beans; and supper, of meat and vegetable hash. Each of the remaining cans contains five biscuits, a container of soluble coffee, three lumps of sugar and a chocolate wafer.

Ration D is a chocolate bar weighing four ounces. It contains chocolate, sugar, dried milk, oat flour and thiamin. The flour is added to keep the chocolate from melting in hot climates. Each bar yields six hundred calories.

Rations for parachute and ski troops are being developed. The Subsistence Laboratory in Chicago is in close touch with the research which is being conducted on food needs for men under special conditions which cause intense fatigue.

Meat is the backbone of an Army menu. It is used fresh, salted, dried and canned. Also on the menu are fresh and canned vegetables; fruit, fresh, canned and dried; cereals; eggs and milk. The allowance of eggs is one per man per day; milk, one-half pint of fluid milk, evaporated milk for cooking and dried milk for bread.

The rapid increase in the size of the army has created a shortage of trained bakers and cooks. In normal times there is one cooking and baking school in each corps area. Sub-schools have now been established and cooks and bakers are being trained as rapidly as possible. Every selectee who plans to become a cook or baker is required to have ninety days of basic training. He then attends the school for two months.
Have You the Yen To

Make Things Grow?

Make windows gay from inside and out with easily nurtured flowers, suggests Betty Ann Iverson

A FEW gay plants or a whole window garden display might turn the trick and make your room the envy of the dormitory.

For a starter on a simple and easy-to-grow garden you might invest a few pennies in a sweet potato. It must be placed in a large jar with enough water to keep the lower tip moist. When the tuber is kept in a glass container the attractive growing white roots of the vine can be seen.

A bouquet of fluffy carrot tops results in an attractive display. To make this bouquet, cut off the tops of several carrots and two-thirds of the root and place in a dish of water filled with stones. From the old foliage new little green shoots will sprout.

A radiator under the window creates hazards for plant life. A pan of galvanized iron made to fit the sill and filled with small white pebbles and water will hold the potted plants such as fragrant narcissuses and lilies-of-the-valley, thus providing insulation from the hot radiator.

Color will run rampant in your room if you become an enthusiastic gardener. Hang strings of brightly colored gourds beside windows and grow brilliant geraniums and begonias for gay touches. As the holiday season nears, a poinsettia is festive. Pastel colors flourish with African violets, hyacinths, daffodils, tulips and narcissuses in the spring.

A north window doesn't mean that your gardening career is impracticable. With a sand base, thick moss can be planted in a flat pan. Little figures, tiny bushes and trees can transform mossy turf into a miniature fairyland.

For busy college women, a cactus garden is simple and effective. Brilliant turquoise, orange and yellow pots can be used. Christmas cacti and varieties of giant flowering cacti furnish blossoms on a minimum of care and water.

Glowing red geraniums flourish in the full summer, while a north window suits the delicate blue African violets. Cyclamen, primroses, miniature palms, begonias and small ferns are popular indoor plants.

For a special treat buy a forced bulb once a month and watch a lovely tulip or hyacinth blossom.

All of these plants are easy to care for and can be bought quite inexpensively from a florist. Many of the vines thrive in water while the other plants require a minimum of loam, mold, soil and sand. Plants from the florist's do not need extra plant food for about two months. Then a little bone meal should be added.

To relieve the watering needs of your plants while you are away for a short vacation, set the pots around a bucket of water. Twist cloths into wicks which extend from the pail to the plants. This will keep a dozen plants moist for over a week.

Don't be afraid to correct the shape of your plant by pruning with scissors. Large, over-grown or diseased plants cause extra trouble and are less attractive than small ones.

Your plants would enjoy a daily shower with a spray gun. Tap the pot to see if the plant needs watering. A dull sound means the soil is damp enough while a clear ring indicates it is thirsty. It should never be over-watered but only given as much liquid as it can absorb.

The amateur collegiate gardener would be smart to begin her botanical ventures with a few dependable plants such as English ivy, philodendron and geraniums. When these old stand-bys are doing well, she might try cultivating some vivid tropical vines or an African violet.
In advice to amateurs, Kathryn Monson suggests looking twice before snapping that picture.

The picture bug bites hard. Most students have gone through an orgy of picture taking at some period. But many cameras are on the shelf today because disappointments overtook enthusiasm.

Perhaps on your last roll of film only three pictures were good. The picture of Mary would have been excellent but a gargoyle on the building in the background chose to sit on her head.

Mr. John W. Barry, '28, a well-known Iowa photographer, says that the most important thing is seeing. You may take the same walk to class every day and then finally some beautiful spot will attract your attention. It may be that the angle of the sun, the lighting or the background will be ideal for your pictures.

The hours of the day can be as different as day and night. Photography will develop your observation. Subjects suggest themselves as you work.

To tell a story a picture should convey one idea. Study the subject from different angles until you “find” the picture. This is the side of photography that relates the photographer to an artist. Mr. Barry believes that the most commonplace object can take on a new interest, become dramatic or mysterious or amusing, according to the angle and the lighting.

After you have selected the theme and angle don't let anything else steal the show. If you're taking a picture of stuffed pets in their favorite corners on your bed, you won't want your bedroom slippers to protrude.

Without hesitation eliminate and change objects that are out of harmony with the composition. Make the background conform to this principle. A background of imposing college buildings would distract from the naiveté of tame squirrels at play. It is equally important to watch the foreground. Useless foreground clutters fine detail.

When you have your picture in sight, frame it in your mind. Or even better, actually take a small card with an opening the size of the picture you wish to make or line it up with your hands. The point of interest should be approximately centered.

In taking the picture you should realize the technical importance of focusing carefully; also that making the right exposure is fundamental to a fine picture. These determinations are easier with practice, but there are guides and charts to minimize guessing. Don't fail to watch these important details to decrease loss of materials and increase speed and degree of success.

Photographic enemy number one is the traditional group picture. Do you line up your friends to shoot as though they were a firing squad? Sunday afternoons has been considered an appropriate time because everyone is well dressed. Probably informal weekday costumes would be better.

Shots of people are usually more interesting if they are not looking directly at the camera. Pose friends in natural and commonplace costumes. Make your subjects comfortable so they haven't a strained appearance.

Sunlight is an asset in picture taking because the contrast of dark and light values is enhanced. However, portraits may be better in the shade because the subject is more comfortable.

Do not make your models face the sun unless it is early in the morning or late in the day. At these times results can be excellent. Place your models with their backs to the sun. Choose a background of trees or bushes, not sky. Allow a little light to filter through the hair.

However, under no circumstance should you let the sun strike the camera lens. Shield the lens with a card.

You needn't feel you must have expensive equipment to take good pictures. Most college students who snap pictures neither own expensive equipment.

(Continued on page 24)
For Freshmen Inspection—

Our Major Departments on Review

For newcomers, Elizabeth Ann Murfield summarizes the training in each department of home economics.

Dean Genevieve Fisher confers with Janet Wilson, a graduating senior. Such conferences occur daily with department majors.

Now that you freshmen are enrolled in the world's largest school of home economics, you'll be seriously considering your choice of major. Although there's no need for a hasty decision, it's wise to have a general knowledge of all departments in the Home Economics Division.

Applied Art

The applied art major learns to recognize qualities of fine design and appreciate objects of real beauty. She learns to apply principles of design in the purchasing, assembling and using of home furnishings and accessories. She knows and enjoys the masterpieces representative of art from early to modern times and applies the knowledge she has gained in countless ways to daily living and in her home.

Many applied art majors, after having met educational requirements, find positions as teachers or rural extension specialists. Some graduates work as saleswomen in drapery or interior decorating departments of stores where their knowledge of art may help customers select their purchases. A few graduates of the department who have special abilities find positions as designers and interior decorators.

Child Development

The Child Development Department was established for the purpose of giving students a better appreciation and understanding of children. The college nursery school serves as a laboratory for child study. Observation of the children as they eat, rest and play under the guidance of instructors and assistant teaching gives the students practical experience as well as an opportunity to study child life at various ages.

Upon graduation, students are qualified for such positions as nursery school teachers, teachers in settlement houses, private nurseries and orphanages. Some graduates become governesses in homes.

Each quarter two senior students who are especially interested in child development are selected to attend the Merrill-Palmer School of Homemaking in Detroit, where they have additional opportunity to study certain aspects of child life.

Foods and Nutrition

Four majors are available in the Foods and Nutrition Department: dietetics, experimental cookery, nutrition and related science.

Following graduation the dietetics major serves a year's internship in an approved hospital. After this period of additional training, she becomes a full-fledged dietitian. Dietitians secure positions in such institutions as hospitals and dinings halls in colleges and homes for children and the aged.

Girls interested in entering the business world frequently major in experimental cookery. Commercial firms offer positions to well qualified graduates who may find work in food preparation, production, promotion and research.

Nutrition majors prepare themselves for social welfare or extension work. Extension specialists often choose as helpful electives courses in education and...
animal nutrition. Electives for those interested in social welfare work might include sociology, psychology and child development.

A student interested in graduate study, research or an appointment as a laboratory technician in foods and nutrition would probably select related science as her major. She would then supplement home economics courses with work in chemistry, physics, mathematics and foreign language.

**Home Economics Education**

A graduate in education is qualified to meet the state requirements in education, psychology and home economics for a teacher's standard secondary certificate in Iowa.

In addition to an inclusive program of home economics subjects, a liberal background of English and the physical, biological and social sciences is included in the education curriculum. Electives are provided so that the teacher may also become qualified to teach classes in subjects other than home economics.

Some education majors, after several years of teaching experience, become home demonstration agents or enter farm security work.

**Home Management**

The home management major learns to treat homemaking as an art and a science. This curriculum offers general training to young women who, for the most part, are not intending to go into professional work.

All students of the Home Economics Division spend six weeks of their senior year in a home management house where they receive actual experience in working and living with a group of adults and a baby. They come in contact with the managerial and social problems of the home and group life.

**Household Equipment**

Because there is an increasing demand for women well trained in household equipment, the curriculum has grown to one that prepares the students for positions in the professional and commercial world. They are equipped to give valuable assistance to modern homemakers who are frequently puzzled by the bewildering array of labor-saving devices on the market.

Equipment manufacturing firms are demanding increasing numbers of women as home economics directors. Graduates find positions as utility home service directors, college teachers and extension and research workers in college and commercial laboratories.

**Institution Management**

The Institution Management Department prepares its majors for supervision of the housing and feeding of large groups. They gain practical experience before graduation by working in the Institution Tea Room, the Memorial Union and cooperative dormitories.

Graduates fill positions as food service and housing department managers in college residence halls, clubs and hotels. They also direct the food service in tea rooms, cafeterias, restaurants and college dining halls.

**Technical Journalism**

The graduate in journalism must not only have the ability to write well but also a strong home economics background. She must be an enthusiastic student and a specialist in some phase of home economics. The journalist is an interpreter who must explain technical information to the average homemaker in terms that she will readily understand.

A variety of writing positions is open to well qualified graduates in home economics journalism, particularly those who have specialized in foods or equipment. Positions may include editorial or freelance work for daily papers, farm journals, women's magazines and syndicates.

**Textiles and Clothing**

The women who elect a major in textiles and clothing study various phases of textiles as well as the mechanics of clothing construction. They learn to be intelligent buyers.

In costume design classes textiles majors become familiar with the principles of good clothing design. In construction classes they may make some of the garments they have previously designed, while in advanced courses they drape fabrics on the figure.

After graduation these women frequently find positions in which they sell textiles and ready-to-wear garments. Some women work as buyers or directors of women's departments in large stores.
Ready For Army Inspection Is

Patriotic Sally

Mademoiselle contest winner, Patricia Hayes, informs Sally that she must follow the Army day out. Rich blues that match the West Pointer's dress uniform or the background in the flag, brilliant reds that flash vitality, yellows from the gold rush and deep vibrant colors will play a fast game against the milder pastels in socks.

Skirts will vote plaid as their favorite, especially such scoops as the white background plaids. Sally will revel in extreme fullness in her skirts, accomplished either by sharp jack-knife pleats going round and round, deep box pleats or slim pleats in groups. As always, gored skirts will have their followers. Sally, with a definite flare for the unusual, will sport skirts along the kiltie idea . . . short, pleated with a straight

In Empire blue taffeta the above exotic lady ascends to meet her escort, while the demure miss at the right, lovely in a shell pink net, waits for hers to descend

From tip to toe, the college garb shouts of comfort plus in loose-fitting garments. The familiar dirty saddle shoe meets with stiff competition in the heavy-soled soft leather brogues, ties and monk shoes. Hand stitching effects appear on sport models that look like kid brothers to an army shoe or ski boot. Darker campus shoes come with luggage tan, antique and chocolate tones.

If the stores aren't putting an "all out" sign up, the Argyle plaid socks will be tops on the campus. Heavy lyle socks, cable-knit or spiral-knit woolen anklets will be worn day in and
plaid contrast is found in the above red velvet shirt and tailored white blouse. For more casual attire is the trim tweed shirt and comfortable pullover panel in front that is fringed along one side and fastened with a huge safety pin. Culottes of gabardine are ideal for sports, active or spectator.

Trim, tailored, white shirts will be the password to the collegiate standard. French cuffs will provide an opening for unusual stud and cuff link sets. Long sleeve shirts button at the wrist with four flat pearl buttons. Stitched detail adds smartness to a shirt and a monogram sends it off with distinction. Young boys' sport shirts will be worn with V-necked sweaters.

The jumper idea has its fling in corduroy, khaki and gabardine for sport, in velveteen for dress. Full one-piece outfits are shown along with the two-piece detachable bib models. Pinafores have the new wide shoulders, taken from the blacksmith's apron.

Two-piece jersey dresses will cinch any impression a freshman or experienced upperclassman may wish to make on her professor.

Suits hold their first place in the fashion line. There will be olive drab weskits fitted like a soldier boy's. Long 28-inch jackets with machine tailoring details, leather criss-cross buttons, and hand stitching are all part of the make-up for camel's hair or army gray worsted flannel. Clan October, 1941

Sport coats cap the cool days. For campus, football games and weekend informals, Sally pulls out her favorite camel's hair boxy coat so smartly tailored with simplicity. She may wear a plaid or corduroy reversible, or a tweedy mixture in rough wool. Perhaps she bought a trim flannel or covert coat to wear over suits. Jumbo plaids are being used in a style that hints of the swagger's return. Half-belted coats come back for the season.

Saturday nights claim the more important frocks. Crepes, silks, wools and velveteen will make their showing. Date dresses will discard their "pretty" look for a smoother line. Feminine touches appear with a mild showing of crisp lace at the neckline and wrists.

Black dresses remain a must-have. They're stunning with the long torso slimness—softly gathered skirts, shirred seams, liquid lines. Unusual yoke lines flashed with a single touch of gold, silver or electric blue are finishing points. Lash away all cares with a bright red frock—that's the latest formula for Sally.

First fall evening dresses follow the slimmer silhouette. The middy and narrow skirt take the limelight as a dinner dress. Slim evening gowns stress the oriental theme with beaded handwork for trim.

Turkish harems find their styles used with a front slash and draped skirt. Evening sweaters hit the long line, and have horizontal ribbing along which glisten rows of golden sequins.
Foods and Nutrition

**COMBINATION** tablets of calcium chloride and salt are claimed to improve the firmness of homecanned tomatoes.

Parched corn, a product popular many generations back, is being sold in cans. It is suggested as an appetizer and a breakfast cereal.

Experiments in putting fruits and vegetables to "sleep" in cold storage are being carried on by research workers. Apples are put in latex bags with most of the air removed. The fruit gives off enough carbon dioxide to slow down metabolism and will keep for several months.

In determining the baking loss of vitamin B<sub>1</sub> in bread making, the fermentation test showed an 8 percent loss in white bread and 9 percent in whole wheat. Losses due to toasting were 12 percent in whole wheat bread, no loss occurring in regular white.

Possessing properties similar to vitamin D, an irradiation product called A.T. 10 is said to prevent rickets. Experiments show that it increases calcium adsorption and regulates phosphate excretion.

Frozen, granulated coffee is being sold in New Jersey. To preserve freshness, the coffee is frozen immediately after grinding, stored at 0°F. and distributed house-to-house in refrigerated trucks.

Self-heating spaghetti, beans and ready-to-drink coffee are packed in a can within a can of chemicals. When holes are punched in the chemical container, the chemicals mix and thoroughly heat the contents in fifteen minutes.

Plans are under way for the manufacture of vitamin A from cranberry seed oil and ursolic acid from cranberry skins, both sources ordinarily waste products.

Gelatin fortified with vitamin B<sub>1</sub> will soon be ready for distribution. Each package will contain 300 international units of B<sub>1</sub>.

The spraying of pineapples and other plants with chemicals to encourage the formation of buds is proving effective in some parts of the country. A clay-like substance called bentonite is suspended in water which is later saturated with a hydrocarbon gas. This chemical treatment is expected to improve the seasonal distribution of the fruit crop.

Child Development

**TO PREVENT** bacteriological contamination of rubber nursing nipples, plastic shields are used to apply nipples to bottles. The shields are smooth, transparent, unbreakable and resistant to temperature changes.

Plastic basins permit full vision of the baby from all parts of the nursery. Without impairing visibility, the sides are made exceptionally high to avoid drafts. The plastic material, joined to a tubular frame, permits easy cleaning.

By adding homogenized vegetables to the usual all-milk diet, infants from one to three months old increased height and weight more rapidly and kept their hemoglobin count higher than those who did not receive this addition. The necessary amounts of...
calcium, phosphorus and iron are also obtained by adding the vegetables.

**Textiles and Clothing**

A HEAVY, snag-proof rayon and cotton fabric treated for water repellency is being used for parachutist's uniforms. The smoothness of the fabric reduces possibility of fouling parachute lines.

By depositing within a fabric minute particles of latex solids which affix the fabrics together, shrinking and moth attacks are resisted. This chemical and latex process increases the durability of wool, silk, upholstery fabrics and suitings.

Campus socks, made of two varieties of American-Egyptian cotton grown in Arizona, have been distributed for wear tests by the United States Bureau of Home Economics. Lisle yarns were combed, gassed and mercerized to effect an improvement in appearance and wearing qualities.

Individually wrapped cubes of soapless suds are especially designed for washing nylon and other fabrics.

A rot-proofing treatment for fabrics is claimed to hinder the growth of mildew and other rot-causing fungi. In this process the fabric is immersed in a solution of copper salt and then morpholine, a complex organic compound. There is a reaction within the fibers of the goods. This process is expected to lengthen the life of Army equipment such as tents and tarpaulins.

**Household Equipment**

TO PREVENT spattering of food in an electric mixer, a pliofilm cover fits on the shaft above the dashers, adjusting itself to the bowl. It is transparent, washable and flexible.

Luminous walls made of hollow glass bricks filled with a fluorescent gas transmit sunlight by day and give off a diffused illumination at night. An electric current passes through wires embedded in the bricks.

A deodorizer, when placed in the food compartment of a refrigerator or an icebox, prevents the contamination of foods or ice cubes by odors of other foods.

A plastic pouring spout can be inserted into the top of a can of evaporated milk to make a convenient pitcher. It is easily removed and cleaned.

An ultra violet lamp which gives a light tan in five minutes claims to have four times the sun-tanning efficiency of July sunlight.

The substitution of tinned copper for aluminum ice trays in gas refrigerators is expected to save about 7½ million pounds of aluminum per year. Likely substitutes besides tin are sheet steel, plastics and rubber.

An electric carpet sweeper weighing but six pounds cleans carpets with a broom and dustpan action. It has a plastic case with a replaceable brush. The motor, which delivers 300 sweeping strokes per minute, requires less current than a 40-watt bulb.

Of special use for large quantity cookery is a mechanical unit for picking poultry. Rubber fingers in rotary leather-removing beater drums do the work.
Summer Job Holders

Reap Wealth of Experience

Home economics students gain fun and valuable experience by summer work in different fields

Back from vacations well spent are many home economics women who have been gaining experience in their major work.

Summer camps offered opportunities for work in both crafts and dietetics. Jane Glass, A.A. Sr., was craft counselor at Camp Pin Oak in the Lake of the Ozarks region, while Winifred Herzberg and Barbara Wilkening, A.A. Srs., were also craft counselors for the Cedar Rapids Campfire Girls.

Mary Banks, Diet. Sr., and Marjorie Wigstone, Ed. Sr., were assistant dietitians at Camp of the Hill, Sioux City.

Summer resorts, hotels and restaurants claimed other undergraduates. Ruth Arms, Diet. Sr., was a waitress at the Homestead Hotel, Evanston, Illinois, while Jean Riedesel, Ed. Sr., did similar work at Vacation Hide-A-Way, at Moodus, Conn.

Several former freshmen who had not officially declared a major were summer waitresses. What better way is there to find out what college course is most suitable and appealing than doing such work? Yvonne Hewitt and Hazel Rippey were at Fallhall Glen on Robinson Creek, Black River Falls, Wis. Jeannette Kiel was stationed at Holdmore Lodge, Delavan, Wis., while Marjorie Thorngren and Evelyn Chapin were also waitresses at Hotel Kahler, Rochester, Minn.

Two other women doing similar work at Hotel Kahler were Barbara Shepard and Doris Marsh, I. Mgt. Srs.

Doris Johnson, I. Mgt. Sr., and Evelyn Bots, Ed. Sr., worked in a private summer home at Lake Okoboji and Virginia Cady, Ed. Sr., was employed at Cooley's Cupboards, Evanston, Ill. Mary and Virginia Madden, I. Mgt. Srs., gained experience at Harding's restaurant in Chicago.

A senior dietitian, Emily Rose Baker returned to the same hospital in Lombard, Ill., where she had worked previously.

Among those holding other summer positions was Eleanor White, H. Eq. Sr., employed at a utility company in Omaha.

Among recent graduates who had summer jobs was Eunice Leckband, '41, who accepted temporary work in the Rochester Diet Kitchen before going to her dietetic apprenticeship at Scripps Metabolic Hospital, San Diego, California. Betty Renshaw and Ruth Nessler, 1941 graduates in dietetics, both did summer work, the former in the Methodist Hospital at Sioux City and the latter in the Nursing Home, Evanston, Ill.
COLLEGE women studying costume design took a long look at themselves last spring and compiled a list of pet peeves. With special emphasis upon clothing and make-up, it is designed to give seniors as well as freshmen a rigorous test on self-grooming. Most common pet peeves are:

- Frilly blouses which simper
- Poor combinations of textures, patterns and designs
- Tight little pig-sausage curls
- Broken down shoes, tattletale gray laces
- Chipped nail polish
- Polish not in harmony with rest of color scheme
- Long pinpoint nails
- Hairy legs
- Make-up over-done or under-done or out of harmony with color scheme
- Pancake make-up pan caked

Slip showing
- Not enough slip to hide the silhouette
- Gaposis
- Drooping shoulder seams and armholes
- Anklet color not in harmony with rest of outfit
- Funky little sweaters with fancy stitching poorly designed
- Soiled dickies, collars and shirts
- Pale legs in spectators
- Belts resting on tummies

Wrinkled, spineless belts—end flip-flapping
- Unpressed clothes
- Spotted skirts
- Poor posture—lordosis
- Last year’s silk numbers worn on campus
- Skimpy cuts on angular figures
- Weary hem lines
- Just any jacket with a certain dress or skirt
- Shirt tail flying to the wind
- Too much use of primitive red
- Dinah hankie covering curls

Baggy seats in skirts and slacks
- Perfume at any time and place
- Light slip under dark dresses
- Crooked seams
- Runners
- Rolled stockings under short skirts
- Canvas shoes and wooly socks
- Cheap jewelry—poorly designed
- Bow legs and short skirts
- Knock knees and short skirts

Classes learn that there are other faults which a mere “don’t” cannot correct as these are not general but concern each individual. Besides becoming conscious of these obvious defects in dress, costume design students are expected to become aware of basic errors in construction and style of clothing as related to the personality and figure. For example, they learn what clothing feature reduces the size of hips, flatters the tall girl or squares rounded shoulders. Such information as this is invaluable as far as correct dress is concerned.

Another usual project is the individual study of one’s own personality, features, coloring and other factors. This self-evaluation is intended to aid the student in choosing styles of clothing most suitable to her.

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Gifts — Cosmetics

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We Salute Our Campus Leaders

Margaret Ann Kirchner brings introductions to campus women leading in Iowa State activities.

LET’S take a quick turn around the campus and meet some of these busy efficient young women who direct our campus affairs.

Eleanor White is sure to be at the YWCA welcoming new students into the fun and companionship of this organization which she directs. At the Mortar Board tapping last spring Eleanor was selected as president of that highest of all women’s honoraries. She also wears the pins of Phi Upsilon Omicron and Omicron Nu, home economics honoraries.

Just next door in Music Hall we will probably find Burnette Severaid already deep in plans for the annual Sor-Dor Sing. Burnette lists music as her favorite activity and is president of Sigma Alpha Iota, music honorary for women.

If any of you have budding talent in creative writing be sure to stop in Beardshear Hall and see Marjorie Thomas, who, as a staff member, is always interested in prospective contributors to Sketch. Selected as president of Chi Delta Phi, honorary creative writing fraternity for women, Marjorie has also been a regular contributor to the Homemaker.

You’ll soon be getting well acquainted with Dorothy Vaughan for she is president of Home Economics Club and is bubbling over with new ideas she gathered at the national convention last summer. Besides directing activities when all of the departmental clubs gather in general meeting, Dorothy is the busy president of Phi Upsilon Omicron and a member of Mortar Board.

Barbara Wilkening is probably in art lab designing another of her clever block prints. Last fall Barbara wore the orange smock of Delta Phi Delta and now she is president of that honorary. Her talents also extend to the YWCA and WAA, and she, too, wears the pin of Phi Upsilon Omicron.

The title of last year’s outstanding junior woman goes to Margaret Mauss, who was selected from all home economics women in the class of 1942 to receive the Danforth Scholarship. Besides high scholarship, Margaret earned her recognition through participation in WAA, Health Council and Phi Upsilon Omicron.

Margery Qualheim is the capable president of Omicron Nu. Also claimed by Phi U, Margery’s full activity calendar schedules meetings of YWCA cabinet, Dance Club and League of Women Voters.

Calmly editing copy in the new Collegiate Press Building is Mary Burnham, women’s editor of the Daily Student. A newspaperwoman who knows journalism from editor’s desk to backshop, Mary attends meetings of Science Club and regularly presides as president of Theta Sigma Phi, journalism honorary.
Home Economics Club Sees

Big Year Ahead

Mary Louise Morton, vice-president of Home Economics Club, discusses the club’s activities

Off to a good start are those freshmen who support their Home Economics Club. It’s not too early to show professional interest and now is the time to begin making those invaluable associations with faculty members and classmates.

Set aside Tuesday at four o’clock for club activities and before you know it they’ll become a regular part of your week’s routine.

General convocations, held once a month, are planned to acquaint members with new developments and problems in the field of home economics. Here’s your opportunity to contact professional home economists and broaden your scope of interest.

If a freshman has decided on her major, she’ll know what departmental club to attend. Anyone that is undecided can visit them all and thus get help in making her decision. These clubs, meeting once or twice a month, extend the interest and knowledge of one particular phase of home economics beyond what is learned in the classroom. In the eight departmental clubs specific problems relating to the major interest are discussed.

A special club is organized for the freshmen. Such activities as planning a general convocation and arranging a tea dance give them experience in assuming responsibility. They also investigate the various majors as an aid to making their own decisions.

Two outstanding juniors who work more than twenty-five hours a week and who are Home Economics Club members are awarded fifty dollar scholarships by the club each spring.

All the activities of the club are not confined to the furtherance of professional interests as social functions play an important role in the program. Members assist the home economics faculty at a reception for new students during Freshmen Days. One of the important social events in the fall is the Home Economics Ball which opens the formal season on the campus.

With the next national president among their number, six delegates from Iowa State attended the national convention of the American Home Economics Association in Chicago last June. Charlotte Hein, appearing on our cover this month, was elected president of the student club section. With a national officer as a local member, the club is bound to have added enthusiasm.

Each year a state convention is held in various colleges throughout Iowa. Iowa State was host to this group last year.
WITH the sage advice, Look Before You Cook (McBride, $2.50) Bob and Rose Brown tell you how to buy better meals for less money. Going beyond the kitchen, they suggest ways to insure more ups than downs in home management. Everything from food to appliances is rated in this aid to homemakers.

EPICUREAN adventures are made delightful in G. Selmer Fougner's Gourmet Dinners (Barrows, $2.50). Fougner takes you to dinners and banquets, describes the colorful meals and suggests complete menus. Chuck full of party suggestions, this will fill the bill for that extra cookbook you’ll want to own.

SUCCESS story in one easy lesson is How To Overcome Your Seven Deadly Enemies (Vanguard, $1.50). James Wyman Barrett, editor, author and adventurer, tells us how to meet fear, regret, greed, laziness, self-pity, ambition and death. Here’s a wealth of information gathered from the sayings of famous people.

EVEN the kitchen is feeling the popular good neighbor policy. Find spice for dull menus in Mexican Cookbook (Rydal, $1.50), a collection of famed Mexican dishes prepared by Erna Ferguson. Recipes for frijoles, elegante and tortillas smack of far away places. A trained home economist has kitchen-tested the recipes and prepared the all-Mexican menus included in the book.

IS THE parent-child relationship different today than it was three decades ago? Joseph K. Folsom says it is and in a book prepared for the American Youth Commission he reports his findings. Youth, Family and Education (American Council on Education, $1.75) tells of the growth and present status of a social movement concerned with education for family living. Groups ranging from nursery school to college are discussed and the problems of family life stressed.

CAROL S. Prentice was an adopted child and An Adopted Child Looks at Adoption (Appleton-Century, $2.50) is an account of her own experiences and views. Mother of two sons and an adopted daughter, she discusses the whys and wherefores of adoption in a book which gives valuable information for anyone interested in this important topic. A "Manual for Adopting Parents" concludes the book and outlines points to consider in the adoption of a child.

BEING "up in the air" is a remunerative occupation these days. In Merle Colby's Handbook for Youth (Duell, $2.50) opportunities for work in this field and many others are alphabetically listed and discussed. For the questions of American youth, its author has compiled answers concerning jobs, education, government agencies, rural life and vocational guidance. Chapters devoted to directories of youth

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Behind Bright Jackets

The Iowa Homemaker
and youth-serving organizations present a compact collection of valuable data.

In Perfumes and Spices (Page, $3.00), Hyatt Ver-rill tells the fascinating story of the spices, perfumes, soaps and cosmetics we use today. Spices were behind all international trade and exploration and the spread of civilization itself. Spices gave Holland her vast possessions in the East Indies. Britain ruled the waves and the Orient, and the great American merchant marine grew up during the days of the China trade.

Tony Torrey wrote Wisdom for Widows (Dutton, $2.50) for the neglected widow, who never has had a book written for her, but her sympathetic, sensible advice is practical for any woman.

From her own experiences, the author helps solve problems of family budgeting, the development of new abilities, interesting jobs available and plausible hobbies. Mrs. Torrey believes the intelligent woman is a realist; she does not take herself or her troubles too seriously. Nor does the author take her book too seriously, for her chapters are full of lively talk and friendly humor that make it “fun reading.”

The corner baker won’t suggest you peruse Josephine Perry’s Around the World Making Cookies (Barrows, $1.50). His business will suffer, for you won’t be able to resist trying the delectable recipes. The book is arranged in two parts, Cookie Making in America, and Cookies from Other Countries. Under these two headings, Miss Perry arranges the recipes according to the region of the country from which they come.

The book also tells of the setting in which the cookery was common and even gives helpful hints as to what and when to serve small cakes. You may have difficulty with some of the recipe names, but the cookies themselves will be delightfully easy to swallow.

For upperclass college women as well as prospective freshmen is Helen M. Carter’s Home Economics and the College Student (Farrar, $2.50). The book is concerned with three problems: the girl’s adjustment to college, an introduction to the study of home economics and vocational opportunities open to college women. The book is a memorial to Dr. Carter, former professor of home economics at Louisiana State University, who contracted a fatal illness just before her book went to press.

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We SALUTE our 1941 graduates and wish them good luck in the new positions they have just assumed.

Those gaining dietetics experience in hospitals include: Jacqueline Briscoe, Miami Valley Hospital, Dayton, Ohio; Corena Deer and Jane Sheaff, Johns Hopkins Hospital, Baltimore, Md.; Helen Jensen, Virginia Medical Hospital, Richmond, Va.; June Shakstad and Eunice Leckband, Scripps Metabolic Clinic, San Diego, Calif.

Lorraine Limberg is at Union Memorial Hospital, Baltimore, Md.; Ruth Nesler and Elizabeth Renshaw, Seattle Cooperative Hospital, Seattle, Wash.; Cynthia Pine, Harper Hospital, Detroit, Mich.

Beth Stageberg is in training at Massachusetts General Hospital, Boston; Frances Voris, Cincinnati General Hospital, Cincinnati, Ohio; Ruth Wagner, University of Minnesota Hospital, Minneapolis; Maryella Williams, Western Reserve Hospital, Cleveland, Ohio.

Josephine Wilson trains at Lincoln General Hospital, Lincoln, Nebr.; Margaret Findlay, Cook County Hospital, Chicago; Frances Krumenacher, Doernbecker Hospital, Portland, Ore.; Averna White, Starling-Loving Hospital, Columbus, Ohio.

Ella Mae Smith is taking the administrative dietetic training course at the Oklahoma A. & M. College, Stillwater, and Bette Jane Knox is beginning similar training at the University of Washington, Seattle.

Mary Lou Gilmore is assistant dietitian at Iowa State Hospital, Clarinda.

In the household equipment field: Ruth Mackley is with the Union Electric Co. of Missouri at St. Louis; Marilla Nichols, Central Illinois Light Co., Sycamore; Jane Stallings, Iowa Electric Light and Power Co., Marshalltown; Jane Pestotnik, Consumer Public Power Co., McCook, Nebr.

Barbara Hostetter is employed at the Public Service Co. of Northern Illinois, Oak Park; Beatrice Bliss, Gas Service Co., Kansas City, Mo.; Esther Smith, Union Electric Co., St. Louis, Mo.

In institution management, Margaret Boeye is manager of the Fountain Room in Iowa State Teachers’ College Commons; Doris Curry Vogelaar, manager of Employers’ Lunch Room, Decere Co., Moline, Ill.; Dorothy Eberhart, Memorial Union, Indiana University, Terre Haute.

Mabel Hyde is assistant director, Omaha University Cafeteria; Mabel Taylor, Hyde Park Y.M.C.A. Cafeteria, Chicago; Eileen Vasel, Harriet McCormick Y.W.C.A. Cafeteria, Chicago; Ruth Russell, Iowa State dormitory; Jean Campbell, hostess at Carder’s Restaurant, Chicago; Inez White, Tasting Test Kitchen, Meredith Publishing Co., Des Moines.

Two experimental cookery graduates who have recently accepted positions are Helen Greene, Junket Folks experimental laboratory, Little Falls, N. Y. and Ellen Huff, Wheat Flour Institute, Chicago.

Beginning work as home supervisors in the Farm Security Administration are Clara Bickford, Mount Ayr; Letti Zuber, Fort Dodge; Catherine Humphrey, Cherokee; Frances Septer, Ames. Anna Keppy is
an apprentice in the Extension Service at Iowa State College. Wanda Cooper has similar work in Poweshiek County.

Among the textile and clothing majors, Elsie Louise Clarke is with Marshall Field's, Chicago. Ida Halpin is employed in the advertising department at Sears Roebuck, Chicago. Sylvia Hardy and Kay Monson are doing merchandise examining for Montgomery Ward and Co., Chicago. Eleanor Powell is supervisor of the sewing project in the Negro Girls' Work Experience Center at the N.Y.A. Training School, Kansas City, Mo.

Recent graduates in the field of journalism are Lois Madsen, assistant foods editor of the Chicago Daily News and Dorothy Ann Roost, advertising manager of Tilden's Department Store, Ames.

Jessann Hannan is a clerical worker at Well's Historical Museum, Southbridge, Mass. Ora Cramer is supervisor of the Boys and Girls' Home in Sioux City.

—Mary Elizabeth Sather

Hospital Research

(Continued from page 3)

of sleep, having no organized leisure and undertaking heavy responsibilities. The basal was repeated in the spring of the senior year when the student was living a more passive life and, in most instances, the rating had returned to the sophomore level.

One of the most interesting experiments has been in connection with calcium and phosphorus requirements. This study was approached in two ways. The first test involved 109 women from Iowa, Kansas, Nebraska and Ohio. They were permitted to choose their own diet, but everything they ate was accurately weighed. Balance studies of calcium and phosphorus were conducted for five days when portions of food equivalent to what they actually consumed were analyzed and when the calcium and phosphorus output was determined.

For the past two years the problem has been approached through varying a basic diet which meets all requirements except calcium, vitamin D and energy. This diet, supplemented by increasing amounts of milk, was given to a selected group of students for three consecutive months. It was then repeated for three more intervals with the same amounts of milk and 350 units of vitamin D. Pure carbohydrates and fats were also added to increase the caloric content.

For each interval the student was given two weeks to adjust to the study and then a balance study was conducted for the last two weeks.

Approximately three cups of milk a day seemed to give optimum calcium and phosphorus retention. This is slightly in excess of the generally accepted standard of two cups for post-adolescence.

It is rather difficult to explain the exact importance of this increased standard as the women receiving a lower allowance of milk showed no external evidence of trouble. However, the body might be considered as having empty bins which can be filled with an adequate nutritional allowance. During normal periods the body apparently can function perfectly well if the bins are empty. Filling them, though, may be one of the best physical protections for periods of strain such as child-bearing.

Since the entire study is conducted exclusively with college women it has been impossible to definitely determine the effect of this extra calcium and nitrogen on pregnancy. However, the various schools are attempting to maintain contact with as many of the women as possible in order to determine whether this theory of potential storage capacity has any validity.

The work mentioned in regard to basal metabolism and calcium and phosphorus requirements represents only a very small part of the research that has been done. It is interesting to note that there have been only slight variations in the results obtained from the different schools.

The past five years have served only as a beginning for this extensive study. Probably the most important things that have been accomplished are the establishment of a standardized technique and the determination of the direction for future study. The persons conducting the experiment are hesitant to draw definite conclusions from the research so far completed. They prefer, rather, to point out trends and tendencies which they plan to investigate more fully.

In addition to constituting an important contribution to scientific research, this nutritional status study serves as an outstanding example of what can be accomplished by cooperative projects.

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October, 1941
The National Nutrition Conference for Defense called by President Roosevelt emphasized the importance of improvement in nutrition standards. The recommendations formulated by the conference and approved by the President were:

1. Improvement of presently known chemical and biological procedures for estimating the amounts of the essential nutrients in foods and their physiological availability.

2. More refined techniques for the detection of nutritional deficiency states, especially in the sub-clinical degrees of intensity.

3. More precise knowledge of the optimum and minimum dietary requirements.

4. Nutritional needs as influenced by convalescence.

5. Clarification of definitions used concerning physical status.

6. Study of all factors affecting the nutritive value of foods and their preservation during the interval between production and consumption.

7. Study of methods of preparation of foods for consumption so as to avoid losses of nutrients.

8. Study of food habits and methods and effects of changing them.

Other topics considered at the conference included Economic Policy and Social Responsibility as related to Nutrition, Public Health and Medical Aspects, Nutrition for Workers in Defense Industries, Methods of Education in Nutrition, Community Planning for Nutrition and Nutrition Problems in Group Food Service.

Quoting Miss Harriet Elliott, assistant administrator in charge of the Consumer division, “National defense means total defense. As such, defense has two parts: first, military preparedness and aid to the Democracies and second, the strength of our own people.

“To defend our democracy we must strengthen not undermine it in the defense process. As we develop a program of total defense today we must face not only the present but the future, and must lay the foundations on which a strong America can be built when the emergency is past. The framework within which we build sound nutrition for strong defense today extends forward to the only future which can give meaning to our present effort—one in which health, security and opportunity are the birthright of all our people.”

It is this principle—the fact that adequate nutrition is vitally linked with health, security and opportunity—that brought together these nine hundred outstanding leaders in the fields of medicine and public health, social work, nursing, home economics, nutrition, agriculture, labor and industry, government and community organization to seriously consider methods of achieving the goals of better nutrition.
To Your Room Give

That Personal Touch

As an incentive to newcomers, Margaret Ann Clarke suggests “room tricks” already played

A VISIT down the corridor of a women’s residence hall is a journey into half a hundred novel and cleverly designed one-room apartments, so different is each from the next in its knick-knacks and personal touches.

Personality spills from each room the moment you enter the door. Hobbies and ambitions are usually spotlighted.

Mary Miner Maclin, H. Ec. Jr., has arranged shelves along one wall to hold her prized collection of 106 pitchers, all under 3 inches in height. Furnishings for the room have been chosen to harmonize directly with the rich color tones of the tiny pitchers.

Femininity is expressed in the frilly blue skirt found on a dressing table in one room. Dresser lamps harmonize with seat pads and pillows of the window seat which carry out the blue and yellow scheme in printed material.

Rose Ann Hunt, H. Ec. Jr., uses a wooden cookie jar to hold her knitting yarn in her room in Birch Hall. It’s located beside an easy chair upholstered to harmonize with the perky green and white checked draperies.

One college freshman has laid a multicolored hooked rug of a flowered design on the floor of her room. In another, a nautical air is found in the maroon bedspreads ornamented with huge while sailing ships.

Bulletin boards have almost become a standard piece of equipment in the college woman’s room. Made of burlap, blotters, composition board, draper material or even wire screening, they serve to harbor dance programs, newspaper clippings, poetry and faded corsages.

Finding space to dry laundry is a problem to the freshman student until she spies her upper-class sisters employing metal coat hangers. Ladder fashion, they are suspended one below the other from the picture molding and numerous articles of wet clothing are accommodated in a minimum of space.

One junior has devised a method for preserving Saturday night’s corsages to brighten her room for a week “after the ball is over.” The flowers are floated in rose bowls inverted over glass plates.

Janet Wilson, H. Ec. Sr., has designed clever cloth pictures to add color to her room. Figures are cut in stencil fashion from cardboard and gay fabric is draped behind the cut out to give a realistic effect of clothing.

Although the occupants of one room are not of Scottish descent, their taste in room furnishings runs to plaids. Bed spreads, dressing table and bulletin board are fashioned or decorated with the plaid and to complete the picture, one of the occupants wears a housecoat of the same material.

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Campus 5c to $1.00 Store

Photography

(Continued from page 7)

nor have much technical knowledge, but they do want to take pictures they'll be proud to show.

If an amateur photographer can sell for $135 a picture of lightning striking the Empire State Building, taken with a $2.00 camera, 25 years old, there is still hope for the Brownie you received on your twelfth birthday.

Photography can be a tool in your vocational interests. Don't let elusive beauties go by if you are an artist. Preserve them on film until you can expand them with artistic media. A food major's triumph need not vanish with the last bite. A textile major can gather ideas in metropolitan centers with a faithful camera.

If it's cash you seek, be on the look-out for amateur scoops and don't hesitate to submit to contests the pictures you prize personally.

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The Pony Express has nothing on us . . . Only lightning gets by our service—and little of that.

L-Way Cafe

Phone 330 — Between the Theaters Campustown

The Iowa Homemaker
The housewife takes a real chance when she asks the grocer for a box of cheese. According to experts, there are 400 varieties of cheeses—some with surprising flavors and prices.

One lady of the house—the kind that ignores the electric meter—happily called the city utilities office to announce that her refrigerator never required defrosting. The utilities men were more than a little surprised and promptly investigated the matter. They arrived at the house one hot summer morning to find the maid coolly ironing the clothes before the open door of the refrigerator, an electric fan forcing the frigid air from the wonder-box.

Another report from a city utilities board tells us that washing machines have a new use. If it’s shelled peas you want, run the hulls into the clothes wringer, and stand handy to catch the peas in a pan.

For those present-givers who would rather apologize for a paper sack than entangle themselves in wrappings and ribbon, there is now aid. Colorful holiday gift containers are available in interesting shapes—festively bedecked in cellophane frills.

“One foot on the ground” is sound advice, but we are told that holding the other an inch above the ground is an effective way to avoid Morpheus’ velvet arms in church, at lectures and bridge. Dropping the foot is less noticeable than dropping the chin and more sure to arouse the drowsy.

Had not the thrifty housewife been an experimental expert, flapjacks would be merely a good word for Lewis Carroll nonsense. On Shrove Tuesday, the last festival day before the Lenten season, the pancake custom arose out of the necessity to use all fat in the house before Lent. Part of the tradition is that each mother of the family fries the cakes herself, tossing each in the air in “flapjack” fashion.

It takes more than an air raid to keep an Englishman from his tea. A 75-pound, bomb-proof tea pot meets the crisis, and serves over a thousand pounds of tea.

A small, gold-plated chain with a wild flower nosegay is being made so women may clasp gloves to their handbags, thus greatly reducing loss of these items. This chain may also be obtained decorated with semi-precious stones or handmade designs.

The bees have been flitting from flower to flower for quite some time, and they have finally reached the avocado. The new honey is called “sun-ripened,” and comes from California.

When it was found that the new glass furniture had an icicle coldness, chemists were not to be discouraged. They added a substance to the glass to keep it warm.
Presenting Patricia Hayes as "Katie Kampus"
(Our Typical, Mythical Co-Ed)
Wearing her own original design dress, winner of Mademoiselle's national design contest.

The dress is available in our Sports Shop, Second Floor.

YOUNKERS