Wedded at Sunset in June

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The Iowa Homemaker

Stars are awarded to the charts, red for a week of regularly taken extra lunches, blue for a week of observing rest periods, gold for the greatest gain in a single week, to further stimulate the interest of the students. The record of the food actually taken is based on ten two-day's report of all food eaten, which is handed in by each pupil. Naturally the importance of milk, cereals, fresh fruits and vegetables are impressed on the minds of the children.

Malnutrition concerns more than the home in which it exists. It is a community problem, the problem of every far seeing man and woman. We understand what malnutrition means in terms of lowered vitality, of susceptibility to disease and of reduced output of the individual which in turn affects the economic conditions of the whole community.

Dr. Mary Swartz Rose says, "Feed a growing child properly and you have helped to make a good citizen. Every child has a right to a useful body and mind, but in order to have either he must be given the right kind of food at the proper time."

Every city or town needs a leader in this crusade against malnutrition. The mother's and teacher's clubs and women's clubs provided the groups to arouse interest along this line. By means of such an agency may the mothers and fathers be made to realize the seriousness of malnutrition and the need of eradicating it. Perhaps you are the one to start the ball rolling. Should the responsibility in a great cause!

EDITOR'S NOTE: This is the first of a series of articles on malnutrition. Next month Miss Dodge will deal with the malnutrition problem in Iowa.

Wedded at Sunset in June

By Clara Jordan

It takes but a bit of a garden, a rose bush or two, or an ivy vine on a trellis to make the background for a sunset wedding in June. Peering eagerly through the pickets of a fence, as a child, I witnessed a wedding for the first time in my life and I have never forgotten that wedding or the impression it made on me. It was a sunset wedding in June and to my childish eyes it was lovelier and more romantic than anything I had read in fairy tales. June is the month of flowers and weddings and beautiful days. Of all the times of the day, sunset time is the prettiest and why should it not be the best time for a wedding?

Most of us have an idea that a wedding is an expensive affair. Some weddings are, it is true, but those are only the elaborate ones that cause days of planning and anxiety on the part of the bride and her family and find everyone a nervous wreck when the important day finally arrives. Many girls have discarded the dreams they have cherished from childhood concerning their wedding, simply because they did not feel that they were able to compete with that type of a wedding. They have slipped quietly away to a parsonage to be married, thus forgoing the memory of a joyous wedding with kind friends to share their happiness, which is a treasure for every young bride.

Weddings need not be expensive and they should not be showy. The simpler the wedding the more attractive it is and the sweeter impression it leaves with the guests. Everything should be subordinate to the bride. She is the center of interest and nothing should detract from her. A suitable background should be provided, however, to carry out the full effect and to give to the bride the place of prominence. A wedding, meeting all these demands and yet being very simple in plan and organization may be given very inexpensively in the spring of the year. In June, nature lends herself to brides and furnishes free for the taking, flowers, blossoms and foliage of all descriptions for the floral decorations. These natural flowers are much more suited to spring than the stiff and clinging material.

The home is the usual scene for a wedding of this type. Gardens and woods are full of old fashioned flowers and June roses during this month and large bowls of them, arranged prettily throughout the house give it a homes like yet festive atmosphere. Baskets, vases and bowls are all attractive for the arranging of the floral decorations.

If she has entered the house, as also are the dishes. The hot foods, arranged on large platters, are brought in just before the service and each dish is supervised by one of the young girls who are in attendance to assist in the service. The guests help themselves and scatter about the house informally in little groups to eat. After the first course has been completed, the girls collect the dishes, returning them to the table from whence they are removed to the kitchen. The next course is then brought in, the ice cream being placed on one end and the two cakes, the
brides cake and the grooms cake, on the
other. The guests then come to the
table for a second course and after they
have returned to their places, the girls
glass the coffee. Thus maids are dis-
pensed with quite effectively and yet a
very attractive and delightful dinner has
been served. The foods are all simple
in their preparation and are of such a
nature that much of the dinner can be
prepared several days previous to the
wedding so that there will be no hurry
and anxiety at the end.

A menu suggested for this sort of
meal is as follows:

Sweet Potato and Almond Croquettes
Creamed Chicken in Timbles
Peach Ginger Ale Salad
Hot Roller Curled Celery Ripe Olives

A Child's Book Shelf

By LILLIAN SHABEN

HAVE YOU ever stood in a city shop
and wondered, "Now what shall I
take home to little Betty?"

If little Betty is more than three years
old, why not buy her a book? If the
children's books in your home do not
represent any attempt to provide sensible
entertainment or development of your
child's mind, then at least the time has
come too late, to make a careful selection of
reading matter upon which the young
mind may feed.

The idea of a "child's book shelf" came
to me last vacation when a neighbor
said to me, wistfully, "I do wish we had
some good books for the children, but I
just can't buy books when they need so
many other things." The right kind of
food and clothing must be provided to
keep the child well and strong but good
reading cannot be left to chance. When
circumstances prohibit the purchase of
many books, the few that can be pro-
vided, should, at least, be carefully
selected.

Two years ago I had the fun of help-
ing select books for two school libraries,
and last summer I chose twelve books
for my two nieces and nephews. Sifting
all the children's books I knew and liked
down to twelve was no easy task so I
read many books for children, old and
new, and the opinions of the best au-
torities to whom I could find. Some of
my results may help others in choosing
books for children.

The first book in a child's literary life
will, of course, be a picture book and
the pictures will likely be colored be-
cause a child's sense of color develops
before his sense of form. Then come
pictures stories such as Mother Goose
Rhymes. As a child outgrows nursery
rhymes stories will attract him more
and he will listen eagerly, like all the
children who have lived before him, to
the Three Bears, Tom Thumb, Little Red
Riding Hood, Cinderella, Sleeping Bea-
ty and Grimms' and Anderson's Fairy
Tales.

"Fairy Tales?"

Yes, of course! Just fancy some poor
unfortunate child growing up without
ever having heard of Jack and the Bean-
stalk and Little Red Riding Hood! A
child is most interested in this kind of
story up to the time he is about eight
years old. He may know the stories be-
fore he is able to read them for they be-
long to the land of story telling and
would lose most of their charm if chil-
dren found them only in books.

Good Illustrations are of real import-
ance and one could not do better than to
secure Nursery Rhymes illustrated by
Jessie Wilcox Smith; some Merry Ad-
ventures of Robin Hood, written and il-
ustrated by Maxfield Parrish; The Story
of Siegfried by James Baldwin and illus-
trated by Howard Pyle; The Story of
Uncle Remus; Five Famous Stories
Retold; Stories for Children.

With these should go some books on
nature such as those by Earnest Thomp-
son Seton, John Burroughs, Rudyard
Kipling and Andrew Lang. Then there
are the Alcott books,: Stories for a
Child Know. Tales from Lohengrin, Bits of American
History and scores of others.

There can be no such thing as a list of
best books that will suit every one. If
there were, it would supersede all medici-
ines but there are plenty of good standard
books from which stories can be chosen
to suit individual needs.

I should feel for those children who grew
up without the above named books among their childhood friends.

Between the ages of eight and twelve
years a child becomes more interested in
legends and adventure and generally his
tastes in literature are then rather well
indicated. The following books will suit
him:

Joel Chandler Harris, Nights With
Uncle Remus.
James Baldwin, Fifty Famous Stories
Retold.
Hamilton W. Mabie, Poems Every
Child Should Know.
Jacobs, Celtic Fairy Tales, Arabian
Nights.

With these should go some books on
natural such as those by Earnest Thomp-
son Seton, John Burroughs, Rudyard
Kipling and Andrew Lang. Then there
are the Alcott books,: Stories for a

I should feel for the children who grew
up without numbering the above named
books among their childhood friends.

I should feel for those children who grew
up without numbering the above named
books among their childhood friends.

I should feel for those children who grew
up without numbering the above named
books among their childhood friends.
Whole Wheat Bread for Health

By FLORENCE E. BUSSE
Head of Department of Household Science

Mrs. W. makes the most wonderful bread, it's so white and light and has the best flavor," remarked an admiring neighbor to a friend. "I wish I could make bread like that."

Our housewives have been in the habit of selecting at the market the flour which seemed to give this ideal loaf and consequently our millers have sought to satisfy them and are putting on the market a white product. They have associated whiteness with purity and some millers are now bleaching the flour.

But has Mrs. W. thought what the loaf contained? Is it helping to furnish the body with the materials it needs to maintain good health?

"I believe I'll just have to stop fixing folks up," said a prominent doctor at one of his clinics the other day, "and spend all my time teaching them how to keep well. If I could only get people to eat whole wheat bread, I would have accomplished a lot toward right living. I believe I would be spending my time profitably if I did this."

Present day milling yields only 75 percent of the wheat grain. What is the composition of this part and what is contained in the remaining 25 percent which is fed mostly to animals?

If we were to analyze the structure of the wheat grain we would find it composed of three main parts.

1. The bran. This outer coat is made up of several layers. It furnishes bulk and it is very rich in mineral salts.

2. The germ. This is the small part of the seed from which the plant develops. Because it is so very rich in fat, millers find it necessary to remove this in order to keep the flour for any length of time.

3. The endosperm. This is the largest part of the seed and consists mostly of starch and protein. It is from this part that most flour is made.

The modern milling process differs markedly from the days when the grain was taken to the mill and was brought home ground into flour. Then only the coarse outer layers of the kernel were sifted out and the rest of the outer layers were left with the endosperm for making bread.

Now thru the process of pressure the grain is broken, not ground, and all the bran and germ removed leaving only the endosperm. Since this is rich in starch it crushes easily and the small particles pass thru the bolting cloth and we have what is called "bolted flour."

In "graham flour" we have almost the entire kernel ground into the flour and nothing is removed. The term "whole wheat" flour is really misleading. It is made not as the words indicate of the entire wheat. It is made by removing about 15 percent of the kernel which includes some of the germ and the coarser bran. Most of the commercial graham and entire wheat flours are made by sifting bran into the grade flour and so resembling the entire wheat flour.

Cereals form about one-third by weight of the American diet, and bread is by far the largest portion of these cereals. How necessary it is then that we keep for the daily diet the best part of the wheat kernel.

What do these outer layers contain which are of such great value to the human body? Next to the outer layer lies the valuable body building material, gluten. Among the minerals in these outer layers is calcium. This mineral is needed to build the framework of the growing child and to constantly renew that of the adult, so give vigor to growing cells and to stimulate the growth of the nerve tissues. The ordinary diet of the American family is apt to be short of calcium. Bran is about 6 percent calcium, while white flour contains not more than one percent.

Then there is magnesium occurring in the form of sulphates or phosphates. This mineral helps in sustaining the fluidity of the blood and regulates osmotic pressure without which the cell could not get food from the blood.

Doctor Henry C. Sherman says of phosphorus, "It appears that the phosphorus salts in cereal grains are deposited in the husk, which is removed in milling when the grain is made into white flour. As regards this important element the bran which is fed to the animals is far richer than the flour which is reserved for the making of bread. Whole wheat bread retains its bone forming elements which is one of the reasons why it is superior to white bread."

In addition to these elements there are several others: potassium, which markedly benefits the nerve life of the body; iron and manganese which act as oxygen carriers; and copper and bromine which help protect the body against disease.

And what of the vitamins? Those not in sufficient quantities to entirely protect the body yet two of these growth promoting substances are found in the entire grain in appreciable quantities.

Dr. E. V. McCollum says: "Our attachment to light bread made from bolted flour is based on habit. We have been schooled from infancy to the regular use of a light, leavened bread, and the trade has cultivated a demand for perfectly white flour for..."
Beads, the Latest Accessory to Dress

By JOHANNA M. HANSEN
Professor of Home Economics

FROM primitive times until the present day how varied have been and still are the materials that have been strung to adorn my lady's neck!

Claws, teeth, bone, various metals, shells, corns and precious stones and finally pearls have had their period of popularity.

There never was a time when one's purse felt so thin as now, because of the desire to help feed the hungry world. During the past two years we have been strung to adorn my lady's neck!

Finally pearls have had their period of being strung to adorn my lady's neck!

A sale for the relief of hungry children may read on and motivate!

The first thing to consider is the color scheme for the beads and that depends upon the gown.

Below are a few interesting combinations:

1. Red, orange or henna with black or rich blue.
2. Red, orange and green.
3. Vermilion with blue, gold or green in combination.
4. Black, white and jade green.
5. Purple, emerald green and a touch of orange.
7. Lavender, blue and silver.
8. Red and green or black.
9. Black with bronze and gold.
10. Blue-green, lavender, gold and olive green.
11. Blue, lavender and green.

After determining upon a pleasing color harmony decide upon the shape of the beads: Long cylindrical or barrel shaped, round beads, wedge shaped or irregular shapes, may be used singly or in pleasing combinations.

If round or barrel shaped beads are chosen, the wooden beads sold for children to string may be used as a foundation. This saves both time and wax.

It may be that you have a string of beads the colors of which are not good with anything you have to wear. These may also be used as a basis for wax.

If long or irregular shaped beads are desired they may be made entirely of wax.

Bankers wax, which is a beautiful henna color, forms a splendid foundation for the more expensive letter wax and can also be used in the combination. If it cannot be procured use letter-wax entirely. Ordinary sealing wax such as is used for sealing fruit cans is too sticky to remove easily from the knitting needles on which beads are made.

If, however, the gown in question has already sufficient decoration in the form of appliqué, braid or embroidered yarns, you have not the slightest excuse for a string of beads, unless perchance a birthday is near, or a sale for the relief of hungry children.

Granted that your conscience is clear and your motive worthy, you may read on and motivate!

The finish of the end in front is important. Both ends of the cord may be brought thru a large round flat or wedge shaped bead, or in the smoke. Too much heat makes the wax too brittle or to become dull. It is necessary at times to clip the candle wick to keep the flame bright and clean.

To remove a finished bead, heat the needle enough and insert it just sufficiently far away from the ends of the bead to prevent its softening, which would spoil its shape. Push the bead off the needle.

Before stringing the beads match them by twos. Place the cord around your neck, with the two ends in front, and experiment in order to secure good spacing. Unequal spaces make for a variety and both sides of the necklace should balance. Tie knots at the end of each bead or wedge a small amount of warm wax in the beads to keep them from slipping, after they are on the string.

The finish of the end in front is important. Both ends of the cord may be brought thru a large round flat or wedge shaped bead, or in the smoke. Too much heat makes the wax too brittle or to become dull. It is necessary at times to clip the candle wick to keep the flame bright and clean.

The ends may be finished in several ways. Unequal lengths of cord at ends are usually more interesting. Round beads or pendants may be used. Pendants may be made by bringing the bead almost vertically and rotating the hot wax. These also form a good finish to the ends of belts and sleeve points on blouses.

In order to acquire a beautiful string of beads some experimentation is necessary and patience and skill are requites.

A pendant hung on a colored gros-grain ribbon harmonizing with the costume will often add greatly to the appearance of the costume. On the mantelpiece one may find countless numbers of novelty ribbons in exquisite colors, and somewhere among these is just the exact hue to add the final bit of brightness to the go gown of yours. Only be sure to have the gown and pendant along when you select the ribbon because colors cannot be matched afterwards. Slip the ribbon thru the pendant and fasten as the cord was fastened, tie in a bow at the back of the neck. A very narrow ribbon, not more than one-quarter of an inch looks best in this way.
Putting Organdies to the Test
By VIVIAN MOE and MILDRED ELDER

SUCH a wilderness of organdies! How is one to know which to select for that frivolous summer frock? Merchants in the larger cities have predicted that during the summer months of 1921, organdy will be even more popular than last year.

Happily, manufacturers have not confined themselves to the production of only the plain organdies such as have been on the market for some time, but have turned out a collection of attractive and unusual figured and embroidered designs. This gives the buyer a choice of materials and greater chance for individuality in dress. The plain materials are beautiful in themselves, but do not lend themselves to such designs in the making that they are more than mediocre when finished.

The two main classes of organdies on the market are the imported varieties, most of which come from France and the United States. Both have their selling points. Probably the biggest argument for the imported material is the fact that it retains its crispness much longer than the domestic grades of the same quality. Since this is the quality so much desired in organdy it is of vital importance. Due to this superiority the imported organdies are higher in price but find a ready market among discriminating buyers.

Classes in textile buying at Iowa State College conducted a number of tests upon the various kinds and grades of organdies and governed themselves by the tests run and comparisons made with domestic brands manufactured in the United States. Both have their selling points.

Samples were cut from the material, the tests run and comparisons made with the new material. For crispness after washing a sample was washed thoroughly in soap suds, rinsed and allowed to dry. To determine the fastness of the color a small piece of colored organdy was allowed to lay in the sun for a day or two and then compared with the original. The perspiration test is one of the most important for no one wants a dress which discolors from perspiration. This was made by dipping a sample in acetic acid and drying between parchment papers without rinsing. To know whether or not to combine white or another color with a certain grade of organdy a combination color test was made. A small piece of white material was sewed to the colored organdy and the whole washed very carefully with ivory soap and dried in the shade. Some grades showed colors running while others were fast.

Tests upon the figured and flowered materials were the same except that the lasting qualities of the decorations were tried. This included washing in very hot water and close inspection to see whether or not the design had been washed out of the warp and woof, embroi­dered on afterward or merely stamped on under great pressure. The last process is not desirable since the design may crack off with wear or melt or dis­solve when the garment is laundered.

After all the tests were made the qualities of the domestic and foreign organdies were summed up. It was found that the domestic organdies were much cheaper in price but also much poorer in quality than the imported goods. The domestic organdies faded more easily and lost more crispness during laundering. The imported grades proved to be of finer quality since they held their color better, retained more crispness after laundering, and were of finer texture. They could also be obtained in a greater variety of designs and colors but they were noticeably higher in price than the domestic grades.

Organdies may be obtained in an almost endless variety of colors and designs. The plain material may be had in bright or dainty shades of all the new colors which fashion has decreed for the summer months. Some stores carry pieces in which the design is worked out in the self color in a shadow effect. These are beautiful.

Barred organdies come in checks, stripes and plaid effects shown by a heavy cord woven thru the plain material either in the same or a contrasting color. Embroidered organdies may mean plain fabric with colored dots worked on it or fancy designs are sometimes worked on plain colors in self tone or contrasting colors.

Designing of textiles bears directly upon the price. Plain organdies vary in price from 55 cents to $1.75 per yard while the figured materials range from $1.00 to $5.00 per yard. Upon examination the $2.50 figured piece proved to be no more crisp nor of any finer quality than the $1.75 plain. It is evident that if one wishes a summer frock of one of the strictly new figured or embroidered organdies of 1921 she will have to pay for it.

The possibilities for organdy are legion. The classes in costume design and garment construction at Iowa State College have worked out charming combinations of colors and fabrics in exceptional designs. Some of the favorite alliances of colors have been pale lavender and pale green, American beauty and pale blue, purple and lavender, dark brown with tan or orange, dark blue and vermillion, jade with dark blue or peach, flame and Egyptian blue, salmon and blue green, flesh and flame, lavender and orange, and yellow with deep rose or pale green.

Organdies never enjoyed such close association with other fabrics as they do this season. Charming frocks have been created from combinations of organdy with taffeta, dotted swiss, gingham, French sateen, English print, calico and percale. Sometimes a great deal of organdy is used, sometimes only an over skirt or collar and sash.

It is almost impossible to set limitations or designs. Short full skirts hold sway but they may be covered with an overskirt or carry inserts of tucked bands. The bottom may be pointed or scalloped. The blouse will probably be either quite plain with a fluffy sash, which is just as apt to be knotted jauntily over one hip as to be tied in a modest bow in the back, or a semi-tight fitting basque. The basques may be very plain or they may lace across an attractive lace vest with colored ribbon or cord. Some are finished with a ruffling peplum.

Necks are sometimes finished plain, especially for the girl with a short neck, but cape collars and fichus are very good, if planned carefully.

Crispness is at a Premium for an Organdy Frock
Before Leaving Home for the Summer

By ELIZABETH STORM

"IT TAKES days and sometimes weeks for me to get the house back in working order after having been on even a short summer vacation," said little Mrs. White one morning as she sat by her kitchen table discussing vacation plans with such pupils as could be found in for a chat. "I declare that when I do get away for a summer outing I can't enjoy myself for wondering just what perils and hazards will befall me when I get home. If the kitchen pipes, by some act of providence haven't rusted, then my silver has tarnished so badly that I must spend an uncertain sum to have it refinished. An army of ants have installed themselves in the ice box and I must wage a keystone battle for months to get rid of them," she sighed.

"I used to feel that way myself," replied the new neighbor, "for we always rushed off in such a hurry in the summer that I never seemed to have time to put the house in order, or to take the simple precautions that I should have taken. But a few years ago we returned from a several week auto trip to find that our house had been literally flooded in our absence by a bathroom faucet which we decided had been forced open by pressure from the main, (though I know that every member of the family has a guilty feeling that he may have left it open himself in the rush before leaving). And now, before we leave home we go over the house as if we were house cleaning, and take every precaution that we can. It takes several days to do this properly but we enjoy our vacation much more and have no doubt saved ourselves many minor troubles if not a few floods and fires," she finished smiling.

The new neighbor isn't the only housewife to have decided that leaving a house unoccupied for any length of time without taking special precautions is too great a risk. Before leaving home the business like housekeeper will see to it that all details of cleaning and storing are carried out and that nothing is left in a condition to be regretted later.

The house, of course, will be thoroly cleaned that no dirt remains to attract vermin. All portieres and other heavy hangings should be aired, brushed and put away from moths and dust. Lace and net curtains had best be washed and put away rough dry ready to be starched and aired and laid away from the moths. All woolens must be aired and laid away from the moths.

If the housewife has a quantity of

THE IOWA HOMEMAKER

The Right Place for Everything

By HELEN EASTER

AN ELUSIVE article known as the dust cloth gives us our idea for an article this month by suggesting that time-worn maxims "A place for everything and everything in its place." Dustcloths, polishers, brooms and mops are the homely tools of the housekeeper over the housewife these to be had, she keeps her home clean and shining; a place that invites company and affords a comfortable and restful evening to the homemaker.

Because engineering the household is not the easiest task in the world, it is the more reason why the housewife takes time to consider seriously those tools with which she keeps the engine running order. Her tool box (metaphorically speaking, and meaning the cleaning closet), is therefore important from the standpoint of location, equipment and arrangement.

This tool box contains usually a varied assortment of implements to wage war on dirt and the more heterogenous the assortment the better equipped the housewife thinks she is. Moreover she finds it just as convenient to dump a tool in one closet as in another. There is no definite place for anything. But think of the steps and the time wasted; think of the ruffled state of mind that resulted from the search after the broom Mary forgot belonged on first floor, of the cupboard last week.

A cleaning closet is one of the important conveniences to put into the new house you are building and it is preferable to have one on each floor. It need not be large. In fact a shallow closet is rather better because it is easily kept in order and there are no dark corners to be explored for missing articles. Let your closet be high enough to accommodate the brooms and to have a shelf or two above and deep enough to house a vacuum cleaner. A good size is 6 feet high by 4 feet wide by 11 inches deep.

A cleaning closet is rather better because it is eas­

Where You Will Find What You Are Looking For

But perhaps you haven't a new house to build and your house has no provision for such a cleaning closet. A good substitute can be made from an old wardrobe—painted white for the sake of cleanliness and with a shelf and hooks added, or, you can purchase white sectional closets from a cabinet maker.

For equipment. Of course you must judge your needs yourself, but avoid the mistake of not fully equipping yourself in the beginning. The makeshift tools that so many housewives buy for economy's sake often do not represent true economy. Have the right tool for the special task. Your tools need not be expensive, but let the closet contain at least these simple ones:

Two pails (one with wringer for mopping and the other for washing),

A wall mop which can be made by tying a bag over an old broom.

A long handled dust pan.

Several kinds of cleaning brushes.

Window washer.

Dust mops and cloths.

Vacuum cleaner (if possible).

Carpet sweeper.

Shelf to hold favorite cleaning and polishing agents.

Even the best tools, however, give only about 50% efficiency if poorly arranged. A cleaning closet doesn't offer any great irreparable problem in the matter of arrangement, but these few suggestions might help:

Let the broom and its companions have labeled hooks all their own and make no exception to returning them to their proper places. Shellacked tables will last for years.

A shoe bag tacked upon the door is a very handy receptacle for dust cloths, polishers and cleaning gloves.

It is a good plan to group the tools, that is, put things which are used together where you can conveniently put your hands on them.

All this does not seem important—and the time and energy saved seem trivial at first but it all counts up in the weekly time schedule of the household, and according to some very efficient household engineers, until the housewife realizes that her standard of equipment and her arrangement of it constitute about two-thirds of her household work problem she has not started on the business of housekeeping.
Safeguarding Your Pocket Book

By MARJORIE MILLER

Do I PAY dollars extra to my butcher, grocer and milkman each year or do I get value received?

This is a question which if raised by every housewife in Iowa might arouse some startling facts. Undoubtedly there are many who do not know the specific sizes of milk bottles, berry boxes and like containers. Probably just as many do not know that Iowa has a weight and measure law enacted in order to insure the people of the state honest weights and measures in the commodities which they buy and sell.

Obviously the first requisite for correct quantity is a correct apparatus for weighing or measuring. But this will not protect the housewife, for inaccuracies and fraud can easily creep in and the careless purchaser will be the victim.

Every dealer can not be condemned because of the dishonesty of a few and yet every housewife can probably recall some commodity she has purchased of her tried and true grocer which has just failed the standard. She knows he is honest. Then who is at fault? Both of course, but who shall do the checking up?

The purchaser who knows the correct amount for each weight and measure to be expected can easily verify his purchases and demand correct quantities. According to the weights and measures law of Iowa all berry boxes must be made to hold one quart, one pint or one-half pint dry measure. This sounds perfectly sane. Where does the catch come?

Before this law was passed many berry boxes were made to hold liquid measure quantities instead of dry. This is where the difference comes. A dry quart contains 9.5 cubic inches or 18% more than a liquid quart.

In regard to milk bottles, the law requires all milk and cream bottles to be of a capacity of one-half gallon, three quarts and pints. This is where the cleaner. This kind of furniture is best or better still, cleaned with a vacuum chest or bag will retard the formation of very thin oil as lemon oil may be wiped up?

Brushing and beating with a soft beater, so no two pieces touch.

Washing machines, ironers and vacuum cleaners have motors should be stored thoroughly, but it is unwise to leave them in the cellar or basement. Motors that have absorbed moisture will spark and cross circuit. This will necessitate them being rewound which will cost a considerable sum, far exceeding the trouble of removing to a dry place in the beginning.

All flush closets and traps under wash basins and other fixtures should be thoroly flooded with carbolic acid water, strong soap suds or hot washing soda solution. The latter is probably the most familiar to the housewife and may be used in the ratio of one to two pounds of soda to a gallon of water. If this is done the last thing before closing the house, the soda water will run down the pipes but some of it remains in the traps.

To prevent evaporation of this water in the traps a heavy piece of paper may be slipped over the top of the basin but the best way is to pour about one half cupful of sweet oil into each trap. Be sure that the house inlet pipe is turned off and all house pipes drained so that no one can draw water and no faucet can be forced open by pressure from the main.

Lastly all keys should be collected and each one labeled with a tag so there may be no mistaken identity when the family comes trooping in to the best place after all—home.
A Child's "Iron" Diet

What can I serve my little boy of five years to correct the lack of iron in his system? What vegetables are best as spring tonics?

The following foods are listed in the order of the amount of iron which they contain: egg yolk, dried peas and dried beans, almonds, rolled oats, spinach, fresh peas, whole wheat bread, cheese and potatoes. Prunes, pecans, raisins and peanuts furnish fairly large amounts of iron but cannot be served in any large quantities. As a whole, eggs are the best iron containing foods for children.

All green vegetables are excellent spring tonics. Spinach, asparagus, dandelion greens, chard and lettuce are easily obtained, easily prepared and far better for the system than any bottled tonic on the market.

A High School Banquet Menu

Would you suggest a menu for our junior-senior high school banquet? We would like something which may be carried out in a red and white color scheme.

A menu suitable to serve for a high school banquet to be prepared by the girls in the school kitchen is as follows:

**Strawberry cocktail**

Creamed chicken in timbale cases

Browned new potatoes with parsley

Buttered asparagus with plimento

Pear or peach pickle

Rolls, butter, jelly

Stuffed tomato salad

Wafers

Cherry ice

Coffee

Mints

Choosing Pictures to Brighten a Room

We have recently moved into a new house whose living room has a great deal of wall space. As the walls are dark I should like a suggestion of pictures which will brighten up the room.

Bright pictures are one of the best ways to lighten and cheer a dark room.

The "Song of the Lark" by Breton is beautifully colored and the bright sun glows warmly into the darkest corners. Maxfield Parish's "Garden of Allah" seems to belong over the mantle or between two windows. Corot offers a number of colored pictures well adapted to the home, as, "Dance of Nymphs," "Spring" and "Summer Day." Good color prints of these may be obtained at any art store and framed according to your pocketbook. But be sure that the frames are rather narrow and harmonize with the middle tone of the picture, being neither too light nor too dark. Dull gold frames are good for dark walls.

Reviving Badly Wilted Vegetables

Is it true that badly wilted vegetables may be revived in warm water? I have not succeeded in my efforts to I recently heard of this method.

Badly wilted vegetables may be revives by placing in warm water for five to fifteen minutes and then emersing in cold or ice water. Vegetables retain their freshness if kept in a closed jar or container in the ice box.

Setting Color in Play Dresses

Is there some way I can set the color in my children's play dresses so they will look well as long as they wear?

The following methods have been successfully used to set the colors in cotton dresses that must be laundered often.

The material is shrunk before making or the first time the garment is washed, soaked for several hours in either of these solutions: for blues and pinks, one cup salt to one gallon of water, and for lavender, one tablespoon of sugar of lead to one gallon of water.

Baking Powder Proportion

What proportion of baking powder should I use in a recipe calling for one teaspoon soda and two teaspoons of cream of tartar?

Three teaspoons of baking powder may be substituted for one teaspoon of soda and two teaspoons of cream of tartar.

Food Values of Dressings

Which is the more wholesome French or mayonnaise dressing? My two small boys are fond of lettuce and I should like to know which is better to serve them.

Mayonnaise has more food value than French dressing due to the egg and the large amount of oil it contains. However, it is far too rich for children. A plain French dressing is good, or best of all would be a cooked salad dressing containing milk and eggs and less oil and vinegar.

Pastry Flour vs. Bread Flour

How does pastry flour differ from bread flour? Is it necessary for the making of a good cake?

Pastry flour has more starch and less gluten than ordinary flour. These properties are responsible for a lighter, softer dough and a finer texture than can be obtained with bread flour. With skill very nice cakes may be made with plain flour. However, pastry flour can be prepared at home at no added expense by removing two tablespoons of flour from every cup used and adding in its place two tablespoons of cornstarch.

Carrots as Food

My little boy is very fond of raw carrots. Are they good for him?

Raw carrots are excellent food if they are chewed thoroughly. Carrots are rich in calcium and other minerals needed to build firm bones and teeth. They also contain growth promoting substances as the water soluble B vitamins which helps maintain health and wards off nervous disorders of the body. Let your little boy eat all the raw carrots he wants so they are clean and well chewed.

Pasteurized Milk is Better

It is possible for us to obtain a very good quality of milk for our children and we also have access to pasteurized milk which many have told us is better for the children, especially the baby.

We should like to know the advantage of pasteurized milk over the raw milk before we change. The baby is doing well now.

Surveys have been conducted in many cities to determine the value of pasteurization in infant feeding and have found the babies fed on pasteurized milk make slightly larger gains over those fed on raw milk. Other surveys have been made in communities before and after pasteurization had been introduced. It was found that in one year that more than 40 per cent of the infants fed on raw milk died and the following year after pasteurization was introduced, it was found that in another year that more than 20 per cent of the babies were victims to disease probably contracted thru the milk. Whether or not you should insist upon pasteurized milk for your own children depends upon you. It has been found the best plan wherever tried.

Caloric Value of Lima Beans

Will you tell me the difference in food value of dried lima beans and the canned or fresh product?

The food value of beans is measured in calories per pound. It has been found that one pound of dried lima beans produces 1550 calories while one pound of fresh or canned beans is equal to 550 calories. This shows that the pound of dried lima beans gives almost three times as much energy as the canned or fresh beans. But this does not mean that one should necessarily eat dried beans in preference to fresh beans for the mineral content and vitamins are the same in both. Drying only removes the water and not in any way change the composition.
Every man insures his life against a possible calamity that his family may be comfortably provided for. Does every homemaker assure her family that they may expect the best of her and her talents at all times?

Life insurance costs small amounts in premiums and the value is received only at death. Health assurance costs nothing but a little thought and effort on the part of the applicant and its effects are most enjoyed by the insuror at all times in available strength and energy to carry on her work.

The only requisites for health assurance are: to value health above all other things and to learn to obey the laws of life and health. Running a human body on nerve is about as profitable as running a business on credit. The reserve is soon eaten up and the effect of the applicant and its effects are most enjoyed by the insuror at all times in available strength and energy to carry on her work.

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Good citizenship isn't developed over night. It grows slowly but surely from the training the child has had while his body was growing and bringing him to man's estate. Book worms are not to be envied but a keen interest in the best literature for the age is the best indicator of the clear thinkers and loyal citizens.

The American child and mother are the chief consideration of about twenty-five major organizations in the United States whose objects are to make childhood and motherhood better and happier.

Chief among these organizations are:
- American Red Cross,
- American Child Hygiene Association,
- Child Health Organization of America,
- National Child Labor Committee,
- National Organization for Public Health Nursing,
- National Tuberculosis Association,
- Mothers' Clubs and Parent Teachers' Associations, and the various departments of the United States government.

Working with these are state health commissions, civic associations, public schools, women's clubs and many other organizations who are devoting all or part of their time to the great work of improving the conditions of American childhood and American motherhood.

How valuable the work of any of these organizations can be is measured by how widely their teachings are spread. Most of their printed material is free for the asking. Is your club interested enough to send for advice on the particular problems confronting your town or your community? These organizations stand ready at all times to furnish you help, either printed advice or personal assistance from the office nearest you.

Their mission is to spread the gospel of health and happiness throughout the land, your obligation is to assist them in their efforts, to help the mothers to apply and benefit from their findings and teachings.

You are the messenger to carry the words of advice to your less fortunate sister. There are ten million mothers in America who need the help of these organizations. More and more of them must be reached every year until America is full of happy healthy mothers and children.

"What was your ambition as a child?" asked a lecturer once asked. The responses from the group of women varied from nurses training to politics, from first lady of the land to a gypsy. One shy little woman admitted that she always regretted that her hair was not red because she had read in stories that gypsies admired and often annexed little girls with red hair. She could think of nothing more romantic than being kidnapped and following the trail of the lonely pateran. Another woman expressed the desire of her childish heart as wanting to keep an orphanage, only it was to be different from any in her story books. In her home for unfortunate children every one would be happy and there would be loads of good things to eat.

Men recall entirely different ambitions but with quite as wide variations. Presidents and tramps grew up together, each with his secret ambition growing in his heart and showing in his developing character.

When questioned concerning the formation of these desires men and women, with almost no exceptions, reply that they read of fascinating adventures in their story books and forthwith decided upon their careers.

This is probably more true today than ever before. There never was such a flood of children's books to thrill the plastic minds as may be found in every book department, to say nothing of the movies whose realism is expressed in the interest exhibited by the boys and girls in the front rows.

What the childish minds of today are absorbing will be a fair indication of what those same minds are going to be thinking about in years to come. Is it safe, then, to allow children to read everything which bursts into print? Science has at last convinced the public that the physical health is directly influenced by diet but the same public has yet to realize that loyalty, honor, and the other attributes of character are influenced by the sort of food given the child in his intellectual diet.

Good citizenship isn't developed over night. It grows slowly but surely from the training the child has had while his body was growing and bringing him to man's estate. Book worms are not to be envied but a keen interest in the best literature for the age is the best indicator of the clear thinkers and loyal citizens.
a trellis to make background for a sunset wedding in June.

**Sweet Potato and Almond Croquettes**

1 pt. sweet potato pulp  
1 tsp. salt  
2 tbsp. butter  
1 egg  
3 tbsp. chopper blanched almonds  
Hot milk (to shape)

Use one rounding tablespoon of the mixture to make one croquette. Shape them as desired, roll in beaten egg and crumbs and fry in hot fat.

**Ginger Ale Gelatine**

1 tbsp. gelatine  
1 tbsp. cold water  
1 c. boiling water  
1 c. ginger ale  
spk. salt  
% c. sugar  
2 tbsp. lemon juice.

Soak gelatine in cold water, add boiling water, salt and sugar. Stir until gelatine is dissolved. Cool, add ginger ale and lemon juice. Put one-half a peach pickle into individual molds. Fill molds with gelatine mixture. When firm turn from mold and serve as salad.

This gelatine may be whipped and served as a dessert, or the liquid gelatine may be poured over a mixture of fruit and used for salad or dessert.

**Luncheon Rolls**

2% c. flour  
½ tsp. salt  
2 tsp. sugar  
3½ tsp. baking powder  
4 tbsp. fat  
% c. milk  
1 egg

Mix as for baking powder biscuits, sifting salt, sugar, baking powder and flour. Cut in the fat and roll out on a board to about one-fourth inch in thickness. Cut and fold as for Parkerhouse rolls. Bake in a hot oven for 15 minutes.

**Brides Cake**

1 lb. butter  
1 lb. sugar  
12 eggs  
1 lb. flour  
2 tsp. cinnamon  
% tsp. nutmeg  
% tsp. allspice  
% tsp. mace  
2 tbsp. lemon juice  
% tsp. clove  
3 lb. raisins (seeded and cut in pieces)  
1 lb. currants  
1 lb. citron (thinly sliced and cut in strips)  
1 lb. figs chopped  
% c. brandy

Cream the butter, add sugar gradually and beat thoroughly. Separate yolks from whites of eggs, beat yolks until thick and lemon colored, whites until stiff and dry and add to first mixture. Add flour, (except one-third cup which should be reserved to dredge fruit), mixed and sifted with spices. Add brandy and lemon juice. Then add all fruit but the citron dredged with flour. Dredge citron with flour and put in layers between cake mixture when putting in the pan.

(Continued on page sixteen)
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**What's What When Buying Honey**

By ROSE STORM

The king was in the counting room.
Counting out his money.
The queen was in the parlor,
Eating bread and honey.

IN THESE days when we count our money twice before each purchase, honey seems a luxury, but did you know that at 30 to 35 cents per pound, it is more economical than any meat except pork chops? And did you know that the number of its energy calories exceeds those of any other food except dates? When we look at honey in this light, is the purchase of it really such an extravagance?

Did you know that from the time Jacob sent the honey as a royal offering until about 1856, it was the only form of sweetening in common use? Sugar had been discovered before this time but was not extensively used by the cooks over the country. In the foreign homes it has not yet become the substitute for honey that it has become in America.

All markets, especially those in the smaller towns, sell any and all grades of honey, many for practically the same price, so while buying, every housewife would do well to know the grades of honey and insure herself against stained, infected or adulterated honey.

Commercially, honey is divided into three grades: fancy, No. 1, and No. 2. The Colorado Exchange makes these specifications:

1. Sections well filled and combs attached on all sides.
2. Not to weigh less than 12 1/2 ounces.
3. Cappings white or nearly white.

4. Combs not projecting beyond the frame.
5. Sections to be well cleaned.

No. 1:
1. Comb not projecting beyond the frame.
2. Entirely capped.
3. Weight not more than 12 ounces nor less than 11 ounces.
4. Sections well cleaned.
5. Stamp on every section.

No. 2:
1. Sections entirely capped except not more than 50 cells next to frame.
2. Uncapped cells must have honey in them.
3. Weight not more than 12 ounces nor less than 11 ounces.

The dark cappings, which are the tops of the cells, and discolored sections are caused by the bees walking over them with dirty feet and leaving in their wake harmful bacteria and disease germs. Second hand cases are exposed to the same dangers and the efficient marketer will make sure that her honey is minus these harmful qualities.

Many housewives object to honey because it granulates easily, the this is a certain test of purity, for the water, such as there would be in the honey were adulterated with syrup, would prevent granulation. But granulation may be either prevented or cured. In the case of comb honey, if the granulation occurs there is nothing to do but use it in that state. However, if comb honey is stored in a warm place where the temperature remains fairly constant there is little danger of granulation.

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**SAFETY SERVICE SILENCE**

**The College Savings Bank**
(SOUTH OF THE CAMPUS)

extends a cordial invitation to all to make this your banking home while in Ames.
All accounts respectfully solicited.
We pay you 4% on all of your surplus funds.

Extracted or strained honey granulates more easily but is just as easily melted again by immersing the jar in warm water and heating slowly till the semi liquid state is reached. If the fresh new honey is heated slowly to a temperature of about 140 degrees Fahrenheit, and then allowed to cool down very slowly, the granulation will not appear, and there will be no injury to the glass container in which it is kept.

There is no serious objection to granulated honey and many people prefer it, saying that the granular form is not quite so sweet and yet retains all the honey flavor. No one would doubt the advantages of granulated honey over the liquid for serving to children.

Since war time experimentation, it has been found that honey is substituted in baking and fruit canning, the foods keep much longer, due to the low moisture content. All substances containing honey should be cooked slowly for bringing it to the boiling point encourages a burnt flavor and coarsens the grain of the mixture. The flavor of baked dishes is much improved if they are allowed to ripen a day or two to strengthen the flavor.

Cakes, cookies, puddings, candles...
are very appetizing and decidedly different when honey is substituted either wholly or in part for the sugar. And what is more delicate than hot rolls or biscuits and golden honey?

Honey may be substituted for molasses in any recipe without other alterations, tho it only requires 1-4 teaspoonful of soda to each cup of honey.

Contrary to public opinion, there is little danger from over eating honey nor to the ordinary stomach is honey harmful. In fact, it is even found in the diets for sufferers from indigestion and typhoid.

Every housewife is intent upon reducing the high cost of living as well as upon improving and varying her menus and the substitution of honey is one of the most easy and sure means of success.

NOVEL PLACE CARDS

By BETH THORNE

One hostess whom I know used some very original and clever place cards at an informal luncheon which she was giving.

She made tiny cakes and iced them with plain boiled icing. Then dipping a toothpick into chocolate icing she drew pictures on the tops of the cakes, each picture representing the name of a guest. One might substitute pictures representing each person’s hobby or a particular characteristic of his personal appearance.

This does not require a great amount of artistic ability for much amusement is caused by trying to guess just what each picture was intended to represent.

“Every social problem reaches back into personal work in the home.”—Mary Swartz Rose.
WHOLE WHEAT BREAD
(Continued from page four)

purely commercial reasons. Whole wheat flour does not make so attractive a loaf as does bolted flour, but there is just as little reason for our basis of judgment as to what is attractive in bread as there is for our standards as to what constitutes beauty in dress. Both are based entirely on custom.”

40 percent of our bread is made in the bakeries while 60 percent is baked in the homes. Is it not time the ingenious housewife was asking for a loaf which is more than light whiteness? The mother who makes her bread will show her wisdom by making a darker loaf in which there are many substances for the wide needs of the body.

We have been milling only about 75 percent. It would seem that the time has come for at least 80 percent to 95 percent of the wheat to be put into our daily bread.

Answering the question, “When is a woman old?” a famous tragedienne wrote, “The conceited never, the unhappy too soon and the wise at the right time.”

For your liver’s sake drink plenty of water, six glasses a day are not too many; and eat plenty of fruit and vegetables. Pills may have a quicker effect but their effect is not so beneficial or lasting.

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Announcing the latest and best
Cecil B. DeMille’s Production
“Why Change Your Wife”

There’s one time when real married life is absorbingly interesting— it’s when Cecil B. DeMille puts it in a picture

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The
Electric Sweeper-Vac
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earn its way, while you are paying for it on our easy payment plan. And, at the same time, rest while you work.

In five minutes you can do as much cleaning with the Electric Sweeper-Vac with Motor Driven Brush as you can in three hours by the old fashioned way. By this means you will soon save enough to pay for the Electric Sweeper-Vac.

A noticeable smoothness of operation makes you feel at rest while you are cleaning with it.

To make sure that you are getting the Electric Sweeper-Vac, ask for the Cleaner with the Lever, a great feature of improvement for the housewife’s convenience, comfort and satisfaction.

Let us send one to your home today. Sold on easy payment plan.

The Vacuum Cleaner with THAT LEVER

Carr Hardware Company
Ames, Iowa
Put in three buttered deep pans, cover with buttered paper, steam three hours, and bake one and one-half hours in a slow oven, or bake four hours in a very slow oven.

**Chocolate Angel Food**
(An excellent recipe for a groom's cake)

12 egg whites
1 ½ c. sugar
1 c. pastry flour
1 tsp. cream of tartar
1 tsp. salt
1 tsp. vanilla
4 tbsp. cocoa

Beat whites of eggs until frothy; add cream of tartar and continue beating until eggs are stiff; then add sugar gradually. Fold in flour mixed with salt and cocoa and sifted at least three times. Bake forty-five to fifty minutes in an unbuttered angel cake pan.

**COMMUNITY LAUNDRIES**
Recognizing the need of carefully trained workers to manage laundries, the Ohio Mechanic Institute of Cincinnati has inaugurated a new course called "Power Laundry." The work includes a careful study of the chemistry of bleaching, starching, soap compounds, planning types of laundries, piping, heating, electricity, and work on the various types of delivery trucks, studying their repair and cost of operation. The students, meanwhile, spend part of their time in the laundries of the city. There is also instruction in accounting, advertising and salesmanship.

As the new economic conditions develop, laundry will be done at more central points. Community laundries are sure to become more popular in the near future. The housewife is quick to recognize the value of trained service and will be only too glad to turn the family laundry over to efficient workmen.

**LOCAL LEADERS KEEP FARM BUREAU WORK MOVING**
"Two thousand five hundred fifty-three farm women in 332 townships of the 26 counties in Iowa organized for men and women, are in official leadership of farm bureau work," says Kneelie S. Knowles, state home demonstration leader of the extension department of Iowa State College.

"These women are township project leaders, local leaders, committee members and school district cooperators. They make the township program of work for women, decide upon the methods of presenting subject matter, arrange for the training of local leaders and the use of outside help. They secure definite data and make definite reports on projects.

"Once a month or as often as is necessary, township project leaders, local leaders and school district cooperation, hold county wide meetings and discuss the work that has been accomplished. They also make plans of work for the future."

Boys' and girls' club work is progressing in Iowa to such an extent that Miss Iida Ahrens has been appointed assistant to Miss Josephine Armquist, state leader of boys' and girls' club work. Miss Ahrens has been home demonstration agent in Pocahontas county for several years.