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Iowa Members of W.C.T.U. Meet

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Economics should mean, not only to her much beloved Iowa State but for all homes. With a generous conception of importance of right homemaking she pointed out clearly that organization, equipment, and all the rest that science can give are valuable only as they raise the standards of the home. She felt keenly that our homes cherish only the best that she had been able to instill into the character of the youth whose privilege it is to be trained there. Such a vision made one wish to think clearly and bravely.

Dean Mac Kay planned for Home Economics, her belief in people, her confidence in the direction of the Infinite in one's life has been a stimulation to her many friends. Because she put herself into the guiding light, the goal that she had set before her, the vision of what Home Economics can mean to the world in our life time. A letter from her written while she was at her home contained the following plea to the college girls and high school girls of today:

"In a recent issue of the Literary Digest there is a survey of the problem of the clothes and manners as it affects the college and high school girl. I wish that our girls could be made to see their relationship to these very serious problems and also to see that the solution must come from the young people of the same generation. We need stability of spirituality. It is only possible to set physical standards in order successfully to cope with these problems as they arise. These standards must be set in the family life and in the formation of right habits of living within the home.

"Above all we need the spiritual ideals of the Great Teacher carried out in our lives. It is my firm belief that if we can inject the right spirit into our teaching and living in schools and colleges (more especially in our home economics work) we can overcome much of the laxity in dress and manners now apparent among high school girls and young people.

Just how far Dean Mac Kay's influence has been felt is shown by these extracts from letters which have come in from people all over the United States.

Carrie Chapman Catt—President of the International Suffrage League

"Dean Mac Kay was truly a wonderful woman and the world will miss her."

Morrie Van Rensselaer—Chairman of the Home Economics department at Cornell University, Ithaca, New York

"The death of Miss Mac Kay is a loss not only to your institution but to all who are interested in Home Economics work. I feel this as a personal loss as I have admired her sterling qualities."

Cora C. Whitley—Chairman of the Iowa District of the Women's Committee of National Defense

"In the days of the war when Dean Mac Kay was secretary of the organization that absorbed most of my time and thought, we were brought together in a very close and interesting relation and she has meant much to me ever since. Somewhere there must be noble worthy work for souls like her."

The Iowa Members of W. C. T. U. Meet

By HELEN PASCHAL

How great common interests can draw together women from all ranks and positions in life was illustrated at the Iowa Women's Christian Temperance Union convention held at Ames the week of Oct. 18th. The delegates who came from every walk of life and social position from prominent club women to women who had been drawn into the work from some tragedy, perhaps, in their home. The largest state W. C. T. U. convention ever held. For the first time in history the supreme court of Iowa adjourned to allow some of its justices (in this case Judge Faville) to attend a W. C. T. U. convention.

Perhaps one of the highest tributes that was paid to the union during this particular convention was made by the Hon. Ben J. Gibson who said that the W. C. T. U., in his estimation, had done more for law enforcement than had any other organization.

The W. C. T. U. does its work so quietly and with so little self praise that it's accomplishments are often not recognized. The way in which the convention members uphold the reputation of the campus, became busily engaged in the affairs of the convention and as quietly returned to their homes when their business was completed, was typical of the way in which the organization does its work.

Isabelle Brewer—Former Head of Home Economics at University of Illinois, but now engaged in literary work. She was granted an honorary doctors degree at the Semi-Centennial.

"Her death means the loss of a fine woman and worker in the East.""

Cora M. Winckell—Formerly associated with Miss Mac Kay but at present secretary of the Home Economics Association

"Miss Mac Kay was such a noble woman and my acquaintance with her was so precious."

Grace Viall Gray—One of the four instructors in the Home Economics department when Miss Mac Kay came.

"I feel that the loss of Miss Mac Kay is the loss of a dear wonderful friend."

Julia A. Robinson—Member of the State Library commission

"To her associates at Ames her loss will come most keenly, but all in the state who knew her are conscious of a personal loss."

Helen M. Walz—Former President of Iowa Women's Clubs

"She was a noble woman and Iowa suffers a great loss in her death. We are so proud of her—nobody only did we admire her ability and her humanness, her executive qualities but her refinement and her womanly ideals."

Genevieve Fisher—Former head of Teacher Training Department, but now head of Vocational Education department at Washington.

"Those of us who have been privileged to walk closely with Miss Mac Kay know the splendid qualities and the inspiration of her personality."

Edna N. White—Director of Palmer Merrill School at Detroit, Mich.

"The workers in the field of Home Economics will feel Dean Mac Kay's loss very keenly from a personal as well as a professional standpoint. There are few women of her professional attainments who have been able to remain as sweet and lovable a personality."

Helen Taylor—First vice-president of Women's Clubs

"She was a valued friend and I mourn her loss with a deep sense of personal loss. She not only had exceptional ability but also a charm of personality that endeared her to all who had the good fortune to come in contact with her."
THE IOWA HOMEMAKER

formatory for girls, was founded in 1882. Free instruction is given at this institution for a year. Similar needs are cared for by a compulsory reformatory for women established by the legislature last year. Petitions for this reform were presented first in 1884.

Care of children is the subject of many pamphlets issued by the health department of the Union and further spread of intelligent information, thousands of mother's meetings are held each year.

W. C. T. U. plans and offers subjects for school oratorical contests on prohibition and other reforms. Forensic ability is developed with the inculcation of ideals in the youth of the state.

The anti cigarette law may be traced directly to the influence of W. C. T. U. propaganda. The repeal of this law was prevented at two different sessions of legislature by Union influence, thru the medium of thousands of letters and traveling lecturers.

Suffrage adherents may thank W. C. T. U. for being an important factor in the granting of the ballot for women. The vote as a moral agency has been a recognized fact for years and civic reform is insisted on by the Union.

Every kind of war work was supported by these women, a library at Fort Des Moines, comforts for the men in service, recreation rooms, and "mothers" at the camps.

With a record like this one, of things really accomplished, their new goal of world prohibition does not seem impossible.

What Shall We Have for Thanksgiving Dinner?

By BETH BAILEY, Associate Professor of Home Economics

Don't you want new ideas for Thanksgiving dinner?

I don't.

Why should we carry the search for new ideas into the menu of this strictly American feast day?

Why not rather preserve the old national dishes and family traditions?

Thanksgiving is a time of homecoming, a time of thanks for the harvest stored for the coming year. Never are the markets more beautifully supplied with fruits, nuts and vegetables. What better dinner can we have for Thanksgiving than one like mother used to have?

Just as the Pilgrims at that first "Thanks day" had wild turkey as their "piece de resistance," so in most homes turkey of some kind forms the main dish around which we build. Benjamin Franklin insisted that the turkey, "which is certainly a finer bird than the eagle, less vicious and infinitely more useful," should have been chosen as the national emblem. Surely nothing could more inspire national pride than the sight of a steaming, golden brown, well-trussed, goodly stuffed turkey.

As to stuffing, every family has a special kind peculiar to its line of cooks. There is a dressing made of oysters or apples or chestnuts, beside the usual bread mixtures flavored with sage or other seasonings. One woman said that her turkey never tasted like her grandmother's until she found that a bit of marjoram and thyme was used with the bread dressing. So turkey, goose or chicken comes to the Thanksgiving table seasoned according to family tradition.

For the vegetables, no doubt mashed potatoes with giblet gravy is in best favor. Some folks insist on glazed sweet potatoes or buttered peas, tho the second vegetable is quite incidental in such an interesting menu. Of course we have celery at this season. It is in its prime and it's especially very welcome.

To many families escalloped oysters are a necessary part of the meal. Gastronomically oysters would be better served at the first part of the meal as a cocktail with a piquant sauce of horseradish, worcestershire, and chilli sauce. Oyster soup is far too filling when so many good things are to follow.

As to cranberries, no Thanksgiving is quite complete without them. They may appear on the table as an ice, as strained jelly, or cooked into an old-fashioned sauce with skins and "everything" included. Cranberries are not exclusively American since they grow also in Europe, but thru cultivation the American cranberry has developed a much finer flavor than the European. So we must have plenty of cranberries for Thanksgiving dinner.

If there is a salad, it is a simple one with a French or boiled dressing rather than mayonnaise. Cole slaw with a sour cream dressing is an annual dish in some families. Sections of grapefruit and oranges with a French dressing is a pleasing salad. A sweet fruit or a meat or fish salad is too heavy for this meal. If the dinner has begun with a fruit cocktail of some kind, marinated shredded lettuce with toasted cheese or crackers is a good salad.

As to dessert—pie is as thoroly an American dish as turkey and cranberries. Thank far back as 1590, Greene in his Arcadia wrote "thy breath is like the steam of apple pie," it is not likely that there will ever be the same as our apple pies. English tarts and French pastry may resemble but never excite the savoriness of a real American pie. For one reason our apples have a much better flavor than apples of other countries.

Could any dish vary more in seasoning than apple pie. It may be seasoned with nutmeg, cinnamon, cloves, or even vanilla. The crust is, of course, flaky and tender—and speaking of crusts, could any English coat of arms be more characteristic than the design on the crust of the family pie? Be it fern or initials or a crest, the design passes down from mother to daughter with careful precision—a culinary heritage to be recognized among the thousands.

Pumpkin, next to apple pie is the most characteristic of American pies. Here again the pie may be fat or thin, dark or light, a custard or puree and possessed of much or little spice. Some kind of pumpkin pie is nearly a part of the Thanksgiving dinner.

Cheese is served with the apple pie and the pumpkin pie is topped with whipped cream or ice cream to make it perfect. Thanksgiving is a time of homecoming, a time of intelligent information, thousands of mother's meetings are held each year. Petitions for this reform were presented first in 1884.

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