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Buy Your Hat From Your Grocery Savings

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Iowa State College

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value they furnish, important factors in preventing constipation and keeping the digestive canal clean.

Of the “don’ts” in feeding, first is don’t feed too much sugar, for while it is pleasing to the taste, it furnishes only energy to the body, and gives nothing for the development of bones, muscle, blood or nerve tissue, as does gasoline give material for running the car, without keeping it in repair.

The second don’t is don’t use too much fat. This habit is not as prevalent as is the use of sugar, but the material, like sugar, furnishes only energy, and the stomach space is filled too full to allow the entrance of the much more beneficial foods that would occupy the same space.

The third don’t is don’t use too many foods made of white flour such as white bread, macaroni, cakes and pie, as they give largely starch, and practically no mineral. Whole wheat bread is preferable to white for both infants and adults.

Food is not all that the child requires. He needs baths, an abundance of fresh air, sunlight and rest. The importance of sunlight has been emphasized by the development of rickets in experimental animals. The rats on a poor diet and in cages away from the light develop rickets, while others on the same diet and in the light fail to show the symptoms.

Rest is very essential. It is while the body is resting that the recuperation of strength takes place. Relaxation and rest are a matter of habit formation. A child may be trained to be as obstinate about wanting to go to sleep as some are about not wanting to sleep.

The amount of sleep necessary for a child at different ages varies with different authorities. Many children sleep far too little, even though that given by these authorities, who give the lowest number of hours needed.

(Continued on page 11)

Buy Your Hat From Your Grocery Savings

By BLANCHE INGERSOLL, Instructor of Home Economics

A RE your grocery bills satisfactory, or would you like to save more money and still buy more food? The problem of stretching a grocery bill is not always an easy one. In many cases it isn’t a question of “what do you buy,” but rather “how do you buy it?”

Mrs. Blair and Mrs. Hayes are neighbors. Mrs. Blair spends most of her time—and a lot of carfare—running around to all the groceries in town to find the one selling butter the cheapest, or following up a sale on shredded wheat. She has no time to sew which means that she must buy ready-made clothes for even the little children. “You know with the high price of food, and the difference in stores, and the stupid clerks and all, you just have to do your own shopping.”

Mrs. Hayes makes all of her daughter’s school clothes and saves pennies where Mrs. Blair saves pennies. Mrs. Hayes goes to the grocery often enough to become acquainted with the stock and the clerks but she buys practically all of her staples by phoning orders to Clark’s—thus saving a great deal of time. She realizes the advantage of becoming well acquainted with at least one grocery, for telephone orders are not very satisfactory unless one is acquainted with the store. However, in giving her orders Mrs. Hayes is careful to state definitely what brand, grade, or size of can she wants so that the clerk is not compelled to use his imagination in filling the order. Many a poor clerk is called stupid because of a bungled order when the person who gave the order was really to blame if she did not state definitely what she wanted.

Personal shopping is almost imperative if perishables are on the list for only by seeing the grade and condition of the foods, can the housewife tell whether it is cheap or expensive at the quoted price.

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"leaders" to attract trade and are real bargains, but cut prices on cereals or vegetables or bacon may mean that the cereals are old and doubtful, the vegetables wilted or old, and the bacon poor. In such cases a bargain is certainly not a bargain but exactly the opposite.

When you do find a real bargain in groceries, take advantage of it by all means, but—better yet—make your own bargain every time you order. To do that you must train yourself to recognize a bargain when you see it. Suppose vinegar was quoted at $2, $1, and $0.50 a gallon—which would you buy? Would you be foolish enough to pay $2 a gallon for plain old vinegar and yet that is what you do pay when you buy a pint bottle for $0.25. A quart bottle at $0.35 means $1 a gallon, while plain bulk vinegar, delivered in a jug, costs $.50 a gallon.

This increase in price as the size of the container decreases, is noticed in the case of many commodities. In any case the price per can or per package is most indefinite unless one knows the amount contained. The real price can only be determined by estimating the price per pound or per quart. Take for example dried beef. A 2½ ounce glass of dried beef at 20 cents costs $1.28 a pound; a 7 ounce glass at 40 cents costs 90 cents a pound; while at the meat market you can have it freshly sliced off the piece for 65 cents a pound—and you can buy just the amount you need. It is true that the beef in the glass will keep fresh for some time but it is also true that freshly sliced dried beef will keep moist if packed in a glass fruit jar.

Another illustration is the difference in price of different sizes of cans. A small can of milk contains 6 ounces and sells for 8 cents, while a tall can contains 16 ounces and sells for 15 cents. The cost of two small cans is 16 cents for only 12 ounces of milk. This means that by buying one tall can instead of two small ones, you would gain four ounces of milk—two-thirds of a small can—and a penny besides.

Canned milk is a great convenience and in some cases a necessity but in many cases it would be cheaper—and much better—to buy more fresh milk. A small can of milk contains approximately three-fourths of a cup making the cost about ten cents a cup, or 5 cents after the milk is heated.
THE IOWA HOMEMAKER

Has Hosiery Become Your Hobby?

By MILDRED B. ELDER

A ll year long, when one pauses to remember that futures are bound to occur, the anticipation of a new wardrobe is a source of tingling wee thrills.

The woman of today does not plan her wearings without making a definite study of the different phases of it. She is driven forward by the desire to buy to the best advantage and is ever informing herself on the proper selection and care of clothing which is an all important factor for the woman who aspires to be a so-called "well-dressed" person.

Almost every woman is well informed about the more important articles of her wearing apparel, such as her suits, wraps, hats and dresses, but has she learned the best about her accessories? Does she know that she should go about her choice of the right size, and the right price?

Never have women of America been so fastidious about their hosiery as they are at the present time—perhaps because it plays such an important part in her costume.

There are many things to consider in the selection of hosiery. Perhaps one of the first should be, that it provides for the well-being of the wearer. The foot form a delicately susceptible part of our anatomy and require special care in fabric selection. The muscles and tendons of the foot are in constant use and it is of vital importance to the comfort of the individual thatfootgear should be worked in the most suitable fabric. To have hosiery made of a woven fabric is unthinkable if for no other reason than because of the seams, for they would render the wearer unable to walk in a short time. Therefore knitted fabrics have been found to be the most satisfactory material for hosiery. They also absorb perspiration more readily than do other materials.

Every woman should be familiar with the four types of hosiery so she can judge which is best suited for her own needs.

The cut-goods hose is made by cutting component pieces from a roll or web of cloth. There is much waste in this type and often the seams are bulky and uncomfortable.

There has been successfully proven that considering price, fit and wearing quality the half-fashioned hose is most satisfactory—therefore the careful woman shopper should know in what type of hose she selects so she will know which is best for her own wear.

The wear that a pair of hose can stand will be increased if the buyer purchases the correct size. A good policy is to "fit the foot and not the eye." Here is the standard table of sizes:

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The first thing after getting the right kind, the right size, and the right price is to know how to take care of the hose.

First, do not throw it to put them on. Roll the length of the hose down to the toe, holding it with the fingers of both hands, then draw it over the foot carefully, being sure not to pull it or strain to come when pulling it over the heel. Next, draw it up the leg evenly and without twisting; lastly fasten the garter band around it. Precaution is necessary in the case of "runt" hose.

The washing of silk hose in warm water with a mild soap after each wearing insures the hose of a much longer life. It should also bear a weekly mending. Remember that "a stitch in time saves nine," and immediate care of the thin places or tiny breaks may add weeks to its wear. Some large firms make guarantees for their hosiery provided they are given proper care. Others provide for mending and repairs which is indeed a great stimulus to their trade.

If your family enjoys nice big prunes, or if you are looking for a chance to economize, you may want to know what she should choose when it comes to buying hosiery. She must consider many things. The age of the wearer is a very important point in selection. Cotton hose are never right with the georgette party dress, or lace hose with a sport costume. It just seems we can't imagine certain costumes without appropriate hosiery.

Another thing to be considered is the shoes which will be worn with the hose. Fancy wool hose are dreadful with light pumps and heavy walking shoes could never be worn with fancy silk hose.

It would be well for each woman to make a more careful study of her hosiery problem. It is everyone's problem to save where she can and a careful selection of hosiery will mean a great deal in saving in money, satisfaction and appearance.
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"Back to Natur-ing With a Camp Kit"

By HELEN T. PETERSON

Do you like camping? It's the best kind of recreation—away from the hard-working business man, the "poor, tired stude," or the society woman. It gives a genuineness and relaxation after a day of work and battle. You don't have to go hundreds of miles to find a good camping place, either. There are plenty right here in Iowa—that you can get to in a day. Why not use them?

Get together with some of your neighbors and pack up a truck load of provisions, bedding, tin pans, suitcases, and fishing, pitching horseshoes, rowing, and raising thunder in general.

Natural scenery anywhere is beautiful. It is rarely possible to portray the closeness to God one feels in the great outdoors. But when you awake and look out, and see the backwoods rearing place, since he has been alone with his thoughts long hours at a time and has learned the greatest lesson of self-control and self-confidence! No wonder physicians advise the simple life as a cure for worry and nervousness! No wonder—but what I started to say this if you want to be 100% efficient and get the most out of your work, you will find that it pays in the long run to take a little time off to get "back to nature."

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White bread would cost 20 cents and the whole wheat bread 22 cents a loaf.

It is so easy to say, "I'll just take home a few chops for dinner." But did you ever realize that chops selling for 30 cents a pound may cost $1 a pound by the time they are on the table? This difference is due to the large amount of waste, in the form of bone and gristle and fat, which is not eaten. The amount of waste differs greatly on different cuts of meat, causing them to vary much more in cost than the price quoted seems to indicate. Thirty cents a pound is a high price to pay for bone that is thrown away and for fat that is used for dressings. The actual amount of lean meat on the different cuts should always be considered as well as the difference in flavor and time of cooking.

It takes some time, a little mathematics, and a great deal of common sense to manage something like this, but the satisfaction derived from feeding your family better food and at the same time squeezing a new hat out of the grocery bill is surely worth all the effort expended.

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**ARE YOU ONE HUNDRED PER CENT?**

Livestock has long been judged and stock judging has become an art. Orange Beanblossom III goes to the state fair or the international and is patterned, tested and considered from this angle and that. Finally, a decision is rendered and Orange Beanblossom is scored 75, 80 or even 100 percent.

With all the attention that is paid to animal judging, not often does anyone seriously consider the judging of humans. Of course there are baby judging contests at fairs, but after the babies have changed into little girls and little boys no one bothers to judge them.

During Farmers' Week at Iowa State College, a decided difference was done at one of the meetings of the Junior girls. They judged each other according to a posture score card. Each girl took her turn Marching slowly back and forth while the other scrutinized and considered her. Then she stood still and was still further examined. In addition to the fun the girls got out of doing this, there was some interesting surprises when the scores were added and compared.

This was the score card used:

**BUY YOUR HAT FROM YOUR GROCERY SAVINGS**

(Continued from page 3) does not count, would mean a saving of 20 cents on a can. This saving could be used to put up the French peas to serve with a leg of lamb on some particular occasion.

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Every day food in some forms is a luxury although it may not be recognized as such. In many homes it is a daily custom to send a youngster to the corner bakery for a half dozen rolls for dinner. Hot rolls are delicious, but few people realize that they are a luxury compared with bread. Just how expensive they are depends upon prices in your locality. One can save 22 cents a loaf of whole wheat bread for 13 cents, a 20-ounce loaf of white bread for 10 cents, and a half dozen rolls—weighing 8 ounces—for 8 cents. If the same price—1 cent an ounce—were charged for the bread, the