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Garden Accessories

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"COME out of the kitchen!" calls the gay little garden of nodding flowers. Tired from a long morning in the kitchen, you obey the summons. But as you look about your garden, admiring and picking the flowers, do you not feel that there is something missing? And then you realize how nice it would be to have a shady retreat where you could sit to shell the peas or pare the apples and at the same time enjoy your garden. And you dream of so many other garden features which would fit into this or that place—a sun-dial at the crossing of the paths, or a bird house standing guard over the stately hollyhocks.

And after all it is not the "flowers that make the garden," altho of course we must have flowers in the garden. But first we want enclosure and privacy so that we may enjoy peace, comfort, refreshment and charm. And then we want something to look at. In our garden, something to attract our attention, to give us comfort, cheerfulness and inspiration.

The selection and placing of these garden features is a question of environment and individual taste. Some of the most common offences in garden architecture are mixture of styles, mixture of materials and overcrowding. One should remember that the house is the dominant object in the home picture and that everything else should be in harmony with the house—for the Italian villa pretension, for the American houses a simple structure. Bird baths of the pedestal type may be placed among the shrubbery borders, but the low shallow basins placed on the ground should be in the open lawn.

Fountains and pools play an important part in the charm of a garden, but these should be simple in design, allowing the water to become the feature. Sometimes a little design in the wall fountain in which the water coursed from the mouth of a sculptured head on the garden wall into an old oil jar and from the bottom of the oil jar ran under the wall into a small lily pond on the opposite side.

Other interesting garden features are the gazing globe on the lawn, the Japanese lantern at a turn in the woodland path, a well-sweep in an old-fashioned garden, a statue symbolic of outdoor life, such as Pan playing his pipes, and the sundial which has such poetic significance.

"Shadow and Sun" means. There is more fat in the egg yolk than there is in cream. Soluble fat has been found to be essential to human growth and this is found only in butter, egg yolk and certain glandular organs of animals. The egg does not restore growth but children who are fed sufficient amount of egg grow to be vigorous and sturdy.

By good management, the housewife may have eggs in abundance even in the season of high prices. Storage provides the way. Choice eggs, bought in April and May when eggs are plentiful and cheap, may be packed so that they will be fine food many months later.

A Study in Yellow and White
Giving Variety to the Egg Program

By HELEN REIDY

As "the," "an," and "a" are important articles in our language so is the egg an important article in cooking. A simple one has put it, "the egg is a general harmonizer in the kitchen; serves to thicken custard and sauces; to clarify soups and jellies; to make a coating for crumbs adhering to chops or croquettes; it puts up soufflés; it leavens a whole group of cakes; it garnishes salads and muffins; oil into a sweet, rich dressing for them; and combined with old bits of fish or meat it makes many a savory dish of what would otherwise be lost."

An egg has food value, besides being a harmonizer. Of course the food value differs according to the kind of fowl and its food. The eggs with which we are most familiar is the hen's egg. An average hen's egg contains 7.5 percent water, 14.9 percent protein, 10.8 percent fat and 1 percent ash or mineral matter. To obtain the missing carbohydrates in prepared dishes the eggs are combined with starches, sugar and milk. The egg white contains about the same amount of water that is in milk. The egg solids are chiefly protein or albumin. These digest especially well when raw.

It is doubtful if many realize just what the usual 12 percent fat in an egg yolk