1923

It Is Not Always May

Maybelle A. Payton

Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation
Available at: http://lib.dr.iastate.edu/homemaker/vol3/iss2/2

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
It Is Not Always May

By MAYBELLE A. PAYTON

WHEN asked what an ideal high school girl should be, a member of one of my classes wrote the following: "I think an ideal high school girl is one who is polite to everyone; who applies the talents she has been blessed with, to the best of her ability; who is diligent in the pursuit of her studies; who feels herself joined to her fellow-students by a common bond of sportsmanship, school spirit, and general good-fellowship; who at home, is thoughtful of others, takes her part in the family duties, and is also interested in the home life that, if she were ever called upon to leave that home, the only memories left behind her would be those of merry smiles, kind words, and a genial kindness for all." This seems to me, to be the very essence of all that the school spirit is founded on; the girl should have a right to expect of the girl of high school age, and, coming as it does, from the pen of a high school girl, its genuineness should make a strong appeal to other teenage girls.

One who is polite to everyone.

The other day I was walking thru one of our crowded corridors, with my arms full of books and papers. In her excitement to meet me, so much so that now, when I meet her in the halls, the first thought which comes to my mind is unfavorable to her. It may be necessary, at some later time, for that girl to be in one of my classes; how much harder she will have to work, and how much more polite she will have to be, to destroy the old impression and create a new favorable one, than she would have had to, if she had been polite to me the first time. But that little incident may be only one in a long chain of unfavorable impressions which she is allowing herself to make, every day, at school and at home.

Can she afford to do that? Can any person afford to allow such thoughtlessness to control his actions? I sincerely believe that the average high school girl of today is not as polite as she could be, and it is a source of deep pain to me, since my great desire is to have the community in which I teach think well of the girls with whom I work. More often I can defend them, but there are times when I am deeply mortified and hurt to have to admit the truth of some of the accusations brought against them. And, to say the outstanding criticism of them is their lack of politeness, especially to people older than they. Where do you rank, dear girl, in the scale of politeness?

Another girl, in speaking of the ideal high school girl says, "She should be pretty. By this I do not mean pretty as it is usually interpreted, but that kind of prettiness which is in rosy cheeks and sparkling eyes of the girl who is interested in, and enthusiastic about, everything in her school life, and in her life at home." Such is this one girl's idea of beauty; but that some of her schoolmates do not agree with her is evidenced by the time, money, and energy spent in over-dressing themselves. The desire to look beautiful is, and should be, in every normal girl's heart, but too often she has a distorted idea of what genuine beauty is.

The mother of a certain girl, who was in college, received a letter in which she was told that her daughter had been voted the best-dressed girl in college. When the father of the girl read the letter, he looked very serious, laid the letter on a table, and said "I don't like that. It hurts," "Why?" asked the mother, in surprise. "Because," added the father, "I do not want my daughter to be popular because of her clothes." Then to the father's great relief and happiness, the mother said, "And I, as well as our daughter, have agreed with you; so much so, that she has been voted, not the best-dressed girl in college, but the most appropriately dressed."

Appropriately dressed! Such a contradiction presents itself in my classroom, most any day, that it is almost painful. At one side of the room, may be the girl dressed in filmy crepe (and one cannot help marveling at the confidence which she places in a few friendly snaps); wearing satin slippers with the customary French hood of which she is so fond, (and which has often I can defend them, but there are times when I am deeply mortified and hurt to have to admit the truth of some of the accusations brought against them. And, to say the outstanding criticism of them is their lack of politeness, especially to people older than they. Where do you rank, dear girl, in the scale of politeness?

Another girl, in speaking of the ideal high school girl says, "She should be pretty. By this I do not mean pretty as it is usually interpreted, but that kind of prettiness which is in rosy cheeks and sparkling eyes of the girl who is interested in, and enthusiastic about, everything in her school life, and in her life at home." Such is this one girl's idea of beauty; but that some of her schoolmates do not agree with her is evidenced by the time, money, and energy spent in over-dressing themselves. The desire to look beautiful is, and should be, in every normal girl's heart, but too often she has a distorted idea of what genuine beauty is.

The mother of a certain girl, who was in college, received a letter in which she was told that her daughter had been voted the best-dressed girl in college. When the father of the girl read the letter, he looked very serious, laid the letter on a table, and said "I don't like that. It hurts," "Why?" asked the mother, in surprise. "Because," added the father, "I do not want my daughter to be popular because of her clothes." Then to the father's great relief and happiness, the mother said, "And I, as well as our daughter, have agreed with you; so much so, that she has been voted, not the best-dressed girl in college, but the most appropriately dressed."

Appropriately dressed! Such a contradiction presents itself in my classroom, most any day, that it is almost painful. At one side of the room, may be the girl dressed in filmy crepe (and one cannot help marveling at the confidence which she places in a few friendly snaps); wearing satin slippers with the customary French hood of which she is so fond, (and which has

The Homemaker is glad to introduce to the high school girls of Iowa Miss Maybel A. Payton of Cherokee. For a number of years Miss Payton was connected with the English department at Iowa State. She is now assistant principal of New Trier high school, Wilmette, Illinois, and is from a university of experience that she writes of the high school girl. Concerning her article, she says in her letter:

"It has been a work of love, and I shall be happy if it the girls of my own state find something of value and inspiration in it."

The Homemaker is glad to introduce to the high school girls of Iowa Miss Maybel A. Payton of Cherokee. For a number of years Miss Payton was connected with the English department at Iowa State. She is now assistant principal of New Trier high school, Wilmette, Illinois, and is from a university of experience that she writes of the high school girl. Concerning her article, she says in her letter:

"It has been a work of love, and I shall be happy if it the girls of my own state find something of value and inspiration in it."

The Homemaker is glad to introduce to the high school girls of Iowa Miss Maybel A. Payton of Cherokee. For a number of years Miss Payton was connected with the English department at Iowa State. She is now assistant principal of New Trier high school, Wilmette, Illinois, and is from a university of experience that she writes of the high school girl. Concerning her article, she says in her letter:

"It has been a work of love, and I shall be happy if it the girls of my own state find something of value and inspiration in it."

The mother of a certain girl, who was in college, received a letter in which she was told that her daughter had been voted the best-dressed girl in college. When the father of the girl read the letter, he looked very serious, laid the letter on a table, and said "I don't like that. It hurts," "Why?" asked the mother, in surprise. "Because," added the father, "I do not want my daughter to be popular because of her clothes." Then to the father's great relief and happiness, the mother said, "And I, as well as our daughter, have agreed with you; so much so, that she has been voted, not the best-dressed girl in college, but the most appropriately dressed."

Appropriately dressed! Such a contradiction presents itself in my classroom, most any day, that it is almost painful. At one side of the room, may be the girl dressed in filmy crepe (and one cannot help marveling at the confidence which she places in a few friendly snaps); wearing satin slippers with the customary French hood of which she is so fond, (and which has
The Why of a Home Economics Course

By FLORENCE BUSSE

“T I W I S H I’d talked a home economics course,” sighed my college friend. There are so many things I’d like to know how to do well. This whole business of homemaking demands so much training and I’m afraid it’s been pretty hard on Jane to live thru all this experimentation. No wonder they advise men to marry young—their physique is good then.

The questions which were asked of me on subsequent visits to her home were indicative of the stage of her experience in this new job—the job of homemaking. “How do you make baking powder biscuits?” “Tell me something to have for dinner tonight.” “What kind of dishes shall I buy for daily use?” And later, “How should one cook vegetables to make them most nutritious?” “How can I take this tea stain out of my new tablecloth?” “What shall I have to eat when the girls come in this afternoon?”

And then when her little son came there were more anxious inquiries. “The doctor says baby must be fed only every four hours. Is that really often?” “How much water should a baby have?” “How much should a little baby sleep?” On my last visit several years later came this request, “Oh please help me plan the kitchen in my new home! I really don’t know how to arrange a convenient one.”

This friend had a profession which demanded of her a skill and a judgment which could come only from observation and careful training. Her’s was the great job of homemaking in which every woman participates more or less.

Someone has said that the things mother used to make are now made in a factory, not only bread and hosiery, but baked beans and button-holes. The girls of today therefore, need a more general education in household economy than their mothers had in order to detect adulteration in food and fabric, to plan well balanced meals that are economical and healthful, and to get the full value of the shrinking dollar—so the modern cook studies chemistry and biology, as well as menus and markets.

No course in home economics which has as its real motive the training of better homemakers for better homes will ignore the basic fundamentals of a college education. The casual observer will remark that cultural subjects are usually omitted from a technical program, that the girl who selects a technical college must deny herself the refining influence of cultural subjects. Examination of the subjects required for graduation in a well planned technical college are comparable with those required for graduation from a liberal arts college: English, English literature, history, economics, general psychology, sociology, modern language or perhaps mathematics, zoology, bacteriology, public speaking, general chemistry, organic and food chemistry, art appreciation, physics and hygiene. These courses offer a foundation for the special home economics subjects. These are food principles, garment construction, applied art, household care, textiles, marketing, budget making, home construction and sanitation, family and community health, nutrition and the principles of nutrition applied to meal planning.

With this training in home economics the graduate may enter certain vocations which have evolved from the household crafts.

1. There is always a need for well trained teachers. If a girl wishes to enter this field she may add to her course certain electives in education. This field offers increasing opportunity to the successful teacher. A girl may follow the line of greatest interest. She may instruct in art, in food, or in garment construction.

2. Commercial positions are opening more and more to the home economics graduate. There is need of designers, milliners, interior decorators, tea room managers, cafeteria directors, and dietitians.

3. Community service. In the larger vision of service to the community the home economics woman also finds opportunity for paid service as a social worker, a home or foreign missionary, and visiting or resident housekeepers.

Education well founded in those days is centering its attention upon education for the service the individual must render to society. Larger than the individual, the family, the state, or the nation, is the world service. This education for service promises the most desirable development of the individual.

Home economics education gives a broad training which makes possible many types of service. It is for our college girl to study her ability and to select the field where her training will let her render the broadest service. This alone will give her the greatest measure of joy.

Why I Came to Iowa State

Compiled by Clara Jordan

W H Y go to Iowa State? “It’s a school for men!”

Nearly every girl who chooses Iowa State for her college has this question thrust at her.

True, it is a school for men, but most of the outsiders and those who knew Ames only from reputation, overlook the fact that it is a school for women as well. Iowa State is the leading school in home economics in the country and it has the largest enrollment in this subject. Why should it not be a college for women? It’s full on Iowa State College of Agriculture and Mechanic Arts, may hide these facts, but they are true nevertheless and every year the college is becoming more and more recognized as an institution which offers the very finest educational opportunities to women. The enrollment of women is in excess of one thousand, five times as many as a decade ago.

Aside from the home economics studies many others are offered that are parallel with arocal liberal arts studies. Every year Ames is turning out women who are leaders on the campus but also in the communities into which they go after completing their college work. Here are compiled the reasons of some of the prominent women leaders on the campus, stating why they came to Ames.

Verna Hunter, President of the Women’s Guild, (student government body for women) for the year 1923-24:

I came to Ames because the course of home economics seemed so attractive. I will confess, however, that my intention was to remain here only a year or two at the most. But the spirit of the school, the atmosphere of the whole place, and the wonderful fellowship among the women on the campus made the place become so dear to me that I could not and would not leave.

Claire Youngclas, President of Women’s Guild for the year 1923-24:

I tried another school first, but it did not seem to satisfy. It has always been somewhat of a tradition in our family to come to Ames and that tradition seemed...
to lead me here and I wouldn't change
now for anything. The practical value
of the home economics course always
attracted me and since I wanted to take
up the line of work, Ames was the
logical place to come.
Mary Headl, "Big Sister" Chief for
1922-23:
I wanted to go to a state school so I
came to Ames. I had attended a college
in my home town but the atmosphere
there was not as democratic as the spirit
for which Ames is noted. I had to work
my way thru college and the opportuni-
ties at Ames were more abundant and
there was no distinction made between
those who worked and those who did
not. Also the Industrial Science course
made a strong appeal to me.
Gladys Watson, President of Y. W. C.
A. for 1922-23:
I was first interested in Iowa State
thru a friend of mine who was attending
Ames. All thru high school I was
found of home economics work and Ames
offered the best advantages to me. An-
other thing which appealed to me was
the efficient way in which the women
of the college were cared for and housed.
The democratic spirit among the Ames
girls whom I knew made a deep impres-
sion on me and influenced my choice.

Helen Beela, President of Home Eco-
nomics Club:
Ever since I have been a sophomore in
high school, I have wanted to come to
Ames to school. A friend of mine was
a student here and from the enthusiastic
manner in which she spoke of Ames, she
aroused my interest so that it was al-
ways my desire to be an Iowa State grad-
uate. Of course I was always vitally in-
terested in home economics so Ames was
just the place for me.

Irene Dewey, President of Jack O' Lan-
tern:
Well, you see I live right here in Ames
and I just naturally came here to school.
But I had planned on taking up home
economics work so I came here because
it was handy and because it offered me
just what I wanted.

Nita Comstock, President of Mortar
Board:
I always wanted to take up home
economics work and the democratic
spirit of the girls and the lasting friend-
ships that had been made here among
older friends made me want to come
to Iowa State more than to any other
school.

Rose Storm, past editor of the Iowa
Homemaker:
Most of my family were Ames stu-
dents and my sister Bess was a most
enthusiastic supporter of Iowa State so
I came to carry out a sort of family tra-
dition. Then I also had a desire to
know all I could about home economics
and the work that I could procure here in
journalism influenced me in my choice.

These girls who are leaders on the
campus and the rest of the girls whom
they represent have had sufficient and
worthy cause for choosing Iowa State as
their college. They have found not
only the work they wanted but have
found success along other lines as well.
With these above stated reasons from
various girls, it is proof conclusive that
Iowa State College is a college not for
men solely but most emphatically a col-
lege for women.

Picnic Ingredients
By GRATA THORN

WITH the coming of May everyone
yields to the spell of the picnic at-
mosphere and mother and sister begin
preparations for a picnic with the usual
question, "What shall we take?" Most
people make the mistake of having too
great a variety. It is much better to
have plenty of a few appropriate things
rather than a small amount of many
dishes. Why not apply the following
general recipe to all of our picnics?

Ingredients
Something Filling
Something Wet
Something Cold or Hot
Something Sweeney
Something Sour

Procedure:
Prepare plenty of each of the above
even when in the open than when at
home. Pack attractively and serve on
a grassy slope in the wood.

A bonfire always adds to the attrac-
tiveness of the picnic and makes the
preparation of the food even thn and
amore. What is more delicious than a thick
steak broiled in the woods? The steak
should be cut in small pieces the size of
the sandwich before going to the
woods so that it will be ready to serve
without further cutting. It may be cook-
ed in broilers, on a wire toaster or in a
frying pan. Perhaps the fact that the
cooking of steak has necessitated some-
one standing over a hot fire tended to
make a steak unpopular for the picnic
lunch, but this difficulty is easily over-
come. The fire should be started soon
after arriving in the woods and after it
is burning well may be pushed back and
the frying pan containing the steak
placed on the hot ground. The results
are a deliciously cooked steak without
the unpleasanctness of having to stand
over a hot fire.

If you are going to roast weiners it is
well to parboil them before leaving home
for it takes only a few minutes and as-
sures the weiners being cooked through
which it is almost impossible to do when
roasting them over a fire.

Bacon and eggs are easy to fix and are
something that everyone likes. If you
fry the eggs whole you must be sure
that the声音 and saden enough to hold
the egg. Scrambled eggs and ba-
con are much easier to eat in a sandwich
and are equally delicious.

If you are planning to spend the most
of the day on your picnic you can roast
tomatoes and corn in the ashes of the
fire but ample time must be allowed
them. A can of baked beans may be
brought from home and heated in hot
water to add another hot dish to the
menu. If you are not going too great a
distance hot things may be carried from
home by careful packing. Coffee, cream
and other beverages may of course be
carried in thermos bottles but if you do
not have these, the beverages may be
put in glass bottles wrapped very tight-
ly in several newspapers thus retaining
the heat in the jars for some time. Many
hot dishes may be packed the same way
such as baked beans, creamed potatoes,
casserole and hot meat dishes.

If the coffee is made at the picnic it
may be done much more easily by tying
it in a cheesecloth bag. The coffee should
be made in a can with a wide base for
it sets on the grate better than the aver-
age coffee pot.

No picnic would be a picnic without
sandwiches but it is very important that
the bread is fresh and that the filling is
well seasoned and wet enough to be
good. If you are making meat sandwiches
it is much better to chop the meat and
add saucen, dressing, mustard or vinegar
than simply slice the meat for it is apt
to make a dry sandwich. A meat sub-
stitute sandwich may be made by grind-
ing up roasted peanuts and chopped
sweet pickles and adding salad dressing
until it is of the proper consistency.
Jams or jellies mixed with cottage
cheese and jelled over-cooked escar-
olope potatoes and hot meat dishes.
Rye and graham bread may be
used to give a greater variety to the
menu. Nut breads may be used for
sandwiches or as a substitute for
dessert. If you are planning to have
boiled ham and potato chips, these, for
the sake of economy, should be pre-
pared at home rather than purchased.
Plain bread and butter sandwiches should
be used with such a menu. Sandwich
fillings such as a cheese filling may be
made so that the family can toast the
sandwiches over the fire. The essen-
tial things to remember however is to
make the picnic sandwich of a good size
and a good dressing, mustard or vinegar
in the picnic dinner.

Potatoes may be baked in the coals of
the fire in a short time by placing them
in a large tin can and covering this with
a slightly larger pail, thus forming a
temporary oven, and setting this in the
coals of the fire.

A cold crisp salad on a warm day is al-
ways irresistible but many people hesi-
tate to make it because of it being dif-
cult to carry. If you are planning to
make a salad choose some kind other
than the usual picnic potato salad. Vege-
table salads are easily packed and give
a variety to the usual picnic dinner.
Whole tomato salad may be made by
(Continued on page 17)
Iowa State Women Attend Voters' Convention

By ELEANOR MURRAY and JEANETTE BEYER

Speaking of the work of the league she continued: "We have merely touched the surface. It is left for YOU to make this world what you want it to be. As Mrs. Catt used to say long ago, 'nothing is worth trying for unless it is impossible.' No matter how old you are, you college girls, you're always in school. There is always someone ahead who knows more than you do."

"Remember Mrs. Catt, a graduate of your own institution. Remember the pioneers who couldn't be stopped," was Mrs. Slade's final challenge.

After the banquet special street cars took the delegation to Hoyt Sherman Place where the evening meeting was held. In her president's address, Mrs. Maude Wood Park, president of the League, stated, "the National League of Women Voters is not a political party, but is a training school for women citizens. We are neither reactionary nor radical, but are advancing straight along the road which means the advancement of our nation."

Mrs. Park wished to emphasize the word energetic in the convention motto — "The most powerful factors in the world today are clear ideas in the minds of energetic men and women of good will."

The main plank of the League's platform as outlined by Mrs. Park is to bring about a reasonable increase in the voting percentage of the nation. "Elections are examinations by which our citizenship is tested," said Mrs. Park. "The presidential election is the final examination. What was your grade in the last final? Only forty-nine per cent of the possible voters in the United States voted in 1922. Obviously less than half of the citizens of our nation did their duty."

Mrs. F. Louis Slade, President of the New York State League, a guest at the Ames dinner, was introduced by Verna Hunter, President of the Women's Guild at Iowa State.

"The League of women voters," said Mrs. Slade, "stands for better government and for human government."
A Modern Version of the Hope Box

By N. Beth Bailey

Do YOU love to look at pretty dishes, linen, and silver? I do! Just to see a quaint Royal Winton china pattern, a little tea pot, and why shouldn't it? It is instinctive for a woman to enjoy pretty table appointments. And it is often true that a woman expresses her personality more exactly in her selection of her linen, silver, and dishes than in any other of her house furnishings.

Right at first, let me say that a girl should not wait until she is of her house furnishings. The business woman of today tries before she begins to collect these things. The business woman of today soon finds out that she has a real need for a tea pot, some cups, plates and a few other pieces of equipment that will change a mere "rented room" into "her own room." I can't imagine being happy anywhere where I can't have a few of my friends in for a cup of tea or a batch of fudge. I can stand heavy china, cotton napkins and unpolished silver for the three meals a day, if now and then I can get my Wedgwood plates and Maderia napkins for a Sunday night luncheon— if the lunch is only crackers and cheese.

The joy of possessing lovely linens, dishes and silver is increased if these treasures are acquired little by little. At Valentine's day a kind friend gives me a peacock to own it. So it goes, month by month, little by little, thru one's own savings in pet extravagances, thru the kindness of friends' and family on gift days the collection grows. I am astonished to see how many lovely things are mine. Never could I afford to buy at one time such treasures.

And think of the sentiment attached to such a collection! Alice gave me my Old Leeds Spray silver. Each piece was the quaintest thing I ever saw. There was a word of caution, tho, to the girl who starts to collect silver. Of china, linen, and silver, I believe silver is the safest to start early. It really changes in style less than the other two. But most silver patterns are not run for over 25 years and many patterns have a much shorter sale. Therefore it is well to find out how long the pattern has been out and inquire if there is a guarantee as to the continuance of its price.

In buying silver, decide between sterling or plated ware, according to the purse. We all want sterling, but the price is often prohibitive. If buying plate, be sure it is of no less than triple plate or it will not give long service. It is also advisable to see a whole chest of silver because even tho one likes the design, the shape of certain pieces may be ugly, or some pieces may not be comfortable to use.

So my advice to the high school girl is, pick out a pattern of silver that you like best of all and then, let your choice be known.

Dishes come next in importance to silver. The only trouble with dishes is that they are hard to pack. For this reason, the business woman is usually hesitant about getting too many. But it is such a temptation when the stores are full of gay patterned china and semi-porcelain. Selecting china is such fun because now days with other pit a whole set of dishes all alike. Each course of a dinner may be served on different kind of dishes if one wishes.

Semi-porcelain is not expensive and we find lovely designs in Wedgwood and Royal Doulton dishes. This stony ware crackles with hard use so that it is not suitable for continuous service but it is splendid for teas, breakfasts and luncheon.

The first piece of china I bought was an Old Leeds Spray Royal Doulton tea pot. I thought it was the quaintest thing and just had to have it. That was eight years ago. The little tea pot has traveled with me in my trunk on many moving and journeys and today it remains the same charming little pot. Of course, my Old Leeds Spray family grew gradually, first to a card table service, and now it has blossomed into a full sized breakfast set, thanks to my friends! These same friends love my Old Leeds Spray too, because they, the Old Leeds, and I have had many good times together.

You see, I don't believe in packing one's treasures away in a hope box waiting for prince charming. Too often the prince is so slow in coming and at times he gets lost entirely! I for one, am going to live every day with my pet possessions. My silver will last me a lifetime, and if I should break a cup, it is replaceable.

That thought leads to the question of selection of china. If one chooses a pattern from open stock, it is possible to keep the numbers complete. It would be quite a tragedy to break a cup of a special tea set and know one would never be able to replace it. Dishes like silver may be good or bad in shape as well as design. It is therefore wise to look at a number of pieces before starting out to accumulate a certain pattern.

As to makes of china, there is a marvelous selection of dishes now in our stores. We find excellent china made in United States by the Syracuse Company. There is a wide variety of patterns in this moderate priced china and it is so suitable for continuous use. For beautiful china, there is none made more lovely than the Lenox ware with its creamy background, its original designs, and its perfect flat or enameled colors. The Ming and the Autumn patterns of Lenox ware are very popular and though this is expensive, most any of us can start a salad or dessert service by buying one plate.

English ware offers many quaint old patterns in semi-porcelain but we also find the finest porcelains in Minton, Wedgewood, and Royal Doulton ware.

Today, Haviland is again coming into our stores, but it has strong competition for first honors. There are other French chinas made at Limoges that may just be the right ware for certain uses.

There are two other centers of pottery making that turn out beautiful chinas, they are Serb Bavaria and Japan. Both countries are putting out a high grade of china with a wide variation in price.

So to the girl who wants to make a little home of her room, I suggest that she begin with less expensive semi-porcelain or possibly china. It may be quite nerve wracking to pack a Lenox plate at $3.50 per, but one can feel quite free.
The Story of Three Women

Club Work As An Internationalizing Agent

By LETA GRACE BORLAND

HARK! all you of little faith in club work. Heed all you who hint of wasted time. I am going to tell you a story — a true story about three women I know, two of them from Iowa and one of them from France. And, oh, so interested that you may know how it all came about, I think I shall tell you all about it.

Perhaps you are living in a mid-west farm and have seen a neighbor give up his land because the prices of farm products have gone down so far that he couldn't even pay the interest on his mortgages.

We all agree that this makes a serious situation for him in which we should all be concerned. There is little use however in wasting breath talking about the middle man making all the profit for the fact is there isn't much profit for any one. How can there be when every magazine we pick up tells of starving millions — whole nations who have almost forgotten what a pork chop looks like. How can we get big prices for our corn and pork when half the world cannot buy corn and pork?

Several organizations in this country have been founded upon this very basis, namely, that since our problems are so involved in the problems of other countries, the sooner some of the worst of theirs is cleared up, the sooner some of the worst of ours can be cleared up.

At Iowa State College, in Ames, this winter we have had the opportunity to become rather authentically acquainted with the work of an active member of one of the largest of these organizations, Miss Anne Morgan, daughter of the late J. Pierpont Morgan, is vice-president of the American Committee for Devastated France. We have never seen her but we have come into direct contact with her work and handled some phases of it here this winter. She it was who traveled up and down the war torn districts and studied at first hand what resources were left and how best to go about helping a country to revile industrially. She it was who shot of the possibilities of club work as an agency thru which to pass sorely needed information and as a civic center around which to build constructively. She it was who started the ball to rolling.

France today has no club work but she will have, for this is a story which largely concerns a certain inimitable little brown-eyed woman who has come to get it. She is Madeline Aydat of Puy de Dome, France, whose home is Chagourdat par St. Genis, Champanelle, meaning a farm near the town of St. Genis in the district of Puy de Dome.

Madameeille Aydat is a quaintly charming, little person, impressing one immediately with her driving and unflinching energy. Her wonderful, dark eyes sparkle with enthusiasm and shine, as with an inner vision, she sees a future France happy and prosperous once again. But when you talk to her you discover she is not only visualizing a happier day for France, but she is an exponent of the new internationalism and is dreaming dreams of a whole world made happier by learning to work together.

She seems in her eager little way to be the very embodiment of the spirit of international club work. With her expressive French accent and many gestures she says, "I believe club work to mean, 'I know something and I want you to know it.' Now that we both know it let us go and tell others that they also may know it, and so on and on and on.' It is the spirit of service. It is as altruistic as Doctor, Heed all you. It spreads and scatters helpful knowledge everywhere. It is a wonderful thing but we do not have it and I have come from France to Ames to learn how it is you carry on the work. I wish to spend part of my time learning how you go about organizing and extending your information into hundreds of communities and getting people interested. The other part I shall spend in learning to do the very things you do for the people once they are organized. I must hurry for we are in great need of much of the information I am getting. This club work will take the place of our traveling schools to a large extent and open up again an avenue of learning for the rural classes. Now that we most need to know how to save and how to make the most out of our resources we find ourselves almost entirely without instruction in our rural communities wherein lies the hope of our future prosperity. My people must know how to economize in the right way in stead of suffering while they save. They need to know more about caring for milk and cream and butter that it may be salable in other places.

"And, oh, we do not know how to can in the sterilized jar which you people seals and fill with hot fruit or sometimes fill with the clean fruit or vegetable and boil a long time. It is so simple now that I know it, but how much France has wasted by not knowing how to can and sell her surplus products. This shall be one of the very first things we shall demonstrate in our club work. And then we need to know how to feed our dairy cattle in order to get more pounds of cream in a year. I must find out all about this for our dairy work is done almost entirely by the women. And, oh, I wish to know such a number of things but first of all how you go about organizing your centers, classifying your information, and demonstrating it to each community by way of a club.'

So it has been that all winter long, in all kinds of weather, early and late, plucky little Madeline has tramped about the dairy barns at feeding time and among the chicken pens in her substantial, flat-heeled shoes and simple peasant dress. She is working for the rebuilding of rural France and she is proud to wear their costume. Some days she would cook and can industriously under a special instructor. On other days she would take long trips with the state club leader, Miss Arnquist, and study her capable way of stimulating interest in a distant community preparatory to organizing a new Farm Girl's club.

Marveling one day at the unflinching devotion of Madeline to her work even in worst of weather, I said, "Madeline, you must have been born and brought up on a farm and loved the country since first you opened your eyes, so interested are you." She gave an amused laugh and with a rougish twinkle in her eye replied, "Now, I shall tell you all about myself if you will just sit down a little. Do you know, I wasn't born on a farm at all. I was born and raised in the city of Paris. I went to school there and graduated from the Normal college. I lived there until I was twenty years old. Then I went to teaching and, after working for a while in the regular schools, I decided I would like to teach in a traveling school and see other parts of France. I suppose (Continued on page 21)
OF COURSE a homemaker can be a citizen," said Florence Allen, judge of the Ohio Supreme court, the only woman in the United States to hold such a position.

At the invitation of Mrs. R. A. Pearson, we drew our chairs closer to Judge Allen as we sat in the living room at the "Knoll" before a blazing log fire. Years ago Mrs. Pearson and Miss Allen were roommates at Western Reserve College and largely thru the influence of this friendship were Iowa State people privileged to hear Judge Allen at an all college convocation.

"A woman," said Miss Allen, "should make the same use of leisure time as a man. Men earn a living, to be sure, yet all their time is not spent in this manner. They do not give up citizenship for business and neither should a woman give up citizenship for homemaking. Conversely, we do not think of a man giving up earning his living to take the responsibilities of citizenship so why should we think that a woman must give up her work as homemaker to perform her duties as a citizen."

"In her own home," continued Judge Allen, "a woman can exert a tremendous influence for right administration of government. She can inform herself, she can vote, telephone, and write letters. She can make a special effort to get out and meet people whom a man would normally meet in his business relations."

"A woman owes a special duty to her children to be informed about public affairs. Every mother wants the respect of her children and to gain this she must keep up. No child should be broached in a community with improper administration of government."

"A man also has a home duty to his children and if he meets this responsibility the mother will have more leisure time. Then too it means more to the children to have a father as well as a mother. I was fortunate enough to have a father," and Miss Allen's eyes twinkled.

"For the first few years of marriage a homemaker is unusually busy, but after the children are well established in school she finds herself with more leisure time and it is then that she can take on more civic duties. If women take on these duties they will keep younger and find life more interesting. There are too many dried up old ladies with nothing to do. Women stifle themselves by living entirely in houses."

Judge Allen, in her plain black dress, her hair, simply dressed but soft and becoming, continued, "Many nice things but all embroidered underwear is a waste of time and no one ever sees it. Instead of spending all one's leisure in embroidery and sewing, one should read and keep informed."

In conclusion Miss Allen said, "There are no rules as to how much outside work a homemaker should take over—that depends on the individual woman. One has taken the responsibility of raising children and sees that her outside work is interfering, the outside work should be dropped. Her children must come first, but a homemaker should have some extra time."

As we rose to go, Judge Allen smiled and added, "Don't let anyone think that I'm down on marriage, for I am not. I'm for it, only I think it should be somewhat adjusted."

A Summer Living Room

By MILDRED BOYT

IN spring a young man's fancy lightly turns to thoughts of love. So sing the poets—therefore it must be true. However, the thoughts of Dad and Mother and the rest of the family turn to lovely gardens and cool porches, and so unconsciously, they prepare the stage for sister and someone else's brother.

How lovely a porch may be made! But alas, how seldom people utilize their porches for an extra summer living room. One may walk blocks and blocks and pass bare porches and verandas used only for a passage way to the door, or else covered with ugly old furniture that mother won't have in the house. But with a bit of energy on the part of some one, these same porches could become places where the young people of the neighborhood would collect on warm evenings, and where merry laughter would be heard accompanied by the tinkle of ice in lemonade glasses.

"But how," you ask. "Porch furniture is so expensive we simply cannot afford it." If you can afford nothing new, go up to your attic and look around. Here you will doubtless discover cast off furniture that has been collecting for years. Choose the plainest chairs and a table or so, take off any curlicues and decoration that may be removed, then invest in a can or two of flat white paint, and some enamel. The furniture should be scrubbed well with strong soap and a brush, then the old finish sand papered off. Apply two or three coats of flat white paint, allowing each coat to dry thoroughly before adding the next. Finally add a coat of colored enamel. It is best to paint the furniture in rather dark colors as it requires much less time and effort to care for it. A blue grey makes lovely porch furniture, especially when stenciled in some brighter harmonizing colors.

After the finishing coat has been added and has dried the furniture may be decorated by adding stenciled designs, or color or colored lines or by simply adding bright cretonne or chintz cushions and head pieces. One lovely piece of furniture I saw was made from an old wash stand. It had been painted a soft neutral color and then brightly colored squares of chintz had been pasted over the panels in the doors and pieces of molding stuck around. This piece of furniture was used on a porch to hold sewing and magazines. Furniture enamelled black takes such decorations beautifully, though most people prefer color.

Of course for an outside porch one must take the color of the house into consideration and paint the furniture in a harmonizing neutral shade. The porch must have one or more rugs of some kind. Matting is about the cheapest as well as the best covering for the floor. It also comes in cool summery shades and adds greatly to the attractiveness of the porch. However, at times one may have a rug that goes well with the furniture and that is not too good for a porch, then you can make a more appropriate floor covering than rag rugs? Where is the family that doesn't have rugs? These rags may be cut in narrow strips and crocheted into a run in a surprisingly short time. The best thing about the finished rugs is that they cost nothing. Can you imagine a more restful place on a warm afternoon than a shady porch containing pieces of furniture painted a grey blue, decorated in a brighter blue, and on the floor several blue and blue white and black mats? Now imagine a grey pottery jug filled with bright flowers on a table and green vines climbing up one end of the porch and the picture is complete. Don't you think the young people would choose such a place in preference to the movies on a hot summer evening?

A family occupying a house with unroofed verandas or no porches at all need not despair but may have an attractive outdoor room as any one. On an uncovered veranda most furniture will not do for it is sure to be forgotten and left out in the rain some night and ruined.

For such a place the most desirable furniture is rustic or made of wood with the bark still on. Rain and weather would not hurt it and the family need not be awakened by rain in the night to remember that the porch furniture has been left out.

Families with no porches at all should make one in the garden. With a tree for a roof and the thick green turf for a rug, may be made the loveliest porch of all. Here a green and white bed-hammock, hanging from a standard roofed
SPRING, glorious spring, is here again. The birds are making the blossom-scented air vibrate with their happy songs and the earth is luxuriously verdant. This is the time, too, for big, luscious berries, shiny new stalks of rhubarb and crisp, green vegetables. It just makes one's mouth water to even think of them, and the enterprising housewife is busy counting the empty cans in her fruit and vegetable closet, for she knows these spring products are not fast, and if her family is to enjoy spring goodies all the year round she must can them as soon as they are ready.

A great deal of time can be saved if the jars in the cellar are brought to the kitchen and prepared for use. They should be washed in hot soap suds, examined carefully for cracks or flaws and the covers tested. Many a can of food is spoiled because of carelessness in testing the covers. The ordinary mason or screw-top jar should be put under water, the rubber and cover adjusted, and the whole turned upside down. If there are any leaks they should be remedied by smoothing down the edges of the cover, or the top should be discarded and another one tested out. The cost of a new top is insignificant compared with the value of the food that will spoil if a defective top is used.

Glass-top jars are tested without water or rubber. If the top closes with a good click the jar will seal tightly.

All rubbers should be stretched to make sure they are pliable and elastic rather than brittle, and any that do not spring back to original size thrown away.

Choosing fruit jars of a size that will fit your needs is an important item. Many housewives every year waste much food by filling jars which happen to be convenient at the time rather than planning the size required for the needs of their own family. It is very seldom that fruit or vegetables carried over for a second or third meal are eaten. Quart or pint, or even two-quart jars are good for fruits which are to be used for pies, but the size should be determined by the number in the family. Pint or half-pint jars are a convenient size for berries or preserves. Conserves should be canned in small jars or glasses as they are very rich and a little goes a long way.

Anyone who is not familiar with the principles of cold pack canning should carefully follow the directions outlined in any of the good bulletins published on that subject. Such bulletins may be secured from the Extension Division of Iowa State College.

Strawberries canned by open-kettle method lose their red color and become mushy and very unattractive. For this reason the cold-pack method is much more satisfactory. The berries need not be blanched or cold dipped before packing in the jars. By packing tightly a quart jar in a water bath in which the water is not quite boiling—just simmering hard for thirty-five minutes. The shape, color and flavor are very much better than if the berries are sterilized in boiling water. This method may be used for any kind of berries.

Straight canned strawberries, however, are not favored by many because of their somewhat dead flavor, but a few such cans will come in wonderfully handy next fall and winter for delicious gelatin dishes, sponges, whips, puddings, ices and other frozen dishes.

The sun-cooked method has also proven satisfactory, not only for strawberries, but for cherries, raspberries and currants as well. The fruit is laid on a flat surface and covered with a very thick syrup. Allow to stand under glass cover in the sun for three or four days, depending upon the heat of the sun, bringing it indoors each night. Unless a very thick syrup is used the fruit will become mushy and difficult to handle. When the fruit is plumped and the syrup thickened almost to a jelly, can with an equal amount of sugar and you will have a product fit for a queen's taste.

Many palatable conserves can be prepared during the berry season that will satisfy the most particular tastes. One especially favorite is strawberry-pineapple conserve in the proportion of one pineapple and three oranges to one quart of strawberries. Use equal parts of sugar and plop.

Rhubarb has its place in the spring canning schedule, too, and may be used in the preparation of various appetizing dainties that everyone likes. It may be canned successfully by several methods, but in no one of them does it keep its shape and appearance particularly well. However, the rich, tart flavor is so refreshing that we do not mind the appearance. Rhubarb and pineapple in equal parts combined make a good combination both for flavor and appearance. A combination of strawberries and rhubarb in the proportion of one quart of strawberries to one pint of rhubarb makes a desirable conserve, or a marmalade may be prepared from two quarts of strawberries (Continued on page 20)

### TIME TABLE

<table>
<thead>
<tr>
<th>Products</th>
<th>Scald or Blanch Minutes</th>
<th>Hot Water bath at boiling temperature minutes</th>
<th>Pounds Pressure</th>
<th>Minutes with Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberries</td>
<td>No</td>
<td>8 to 16</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>Raspberries</td>
<td>No</td>
<td>5 to 10</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>No</td>
<td>5 to 10</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>Currants</td>
<td>No</td>
<td>5 to 10</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>Cherries</td>
<td>No</td>
<td>5 to 10</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>Blackberries</td>
<td>6</td>
<td>90</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>6</td>
<td>90</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>Beets</td>
<td>6</td>
<td>90</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>Carrots</td>
<td>10 to 15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Greens, all other kinds</td>
<td>10 to 15</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The popularity of bird study at I. S. C. has increased yearly. Seven years ago, when Zoo. 60 was first offered, only four or five students enrolled in the course. Now, however, the enrollment includes 40 members, and two instructors are necessary to take care of these many bird enthusiasts.

The population of bird study at I. S. C. has increased yearly. Seven years ago, when Zoo. 60 was first offered, only four or five students enrolled in the course. Now, however, the enrollment includes 40 members, and two instructors are necessary to take care of these many bird enthusiasts. 

The popularity of bird study at I. S. C. has increased yearly. Seven years ago, when Zoo. 60 was first offered, only four or five students enrolled in the course. Now, however, the enrollment includes 40 members, and two instructors are necessary to take care of these many bird enthusiasts.

The popularity of bird study at I. S. C. has increased yearly. Seven years ago, when Zoo. 60 was first offered, only four or five students enrolled in the course. Now, however, the enrollment includes 40 members, and two instructors are necessary to take care of these many bird enthusiasts.
Nev er before in history did haughty Dame Fashion bow down so humbly and completely to one man as she does today to King Tut. Perhaps tomorrow theickle lady of fashion will model herself to please the eyes of an Indian chief or a Chinese mandarin, but now King Tut holds full sway over her heart and influences her every slightest whim.

From the style of her hair dress to the shoes on her dainty feet My Lady of today is entirely and wholly Egyptian. Her curly hair has become straight, and on it she places a hat, with the serpent of power coiled about it; or a large buckle of red, blue, green, and yellow gems mixed with rhinestones, and fashioned in the shape of a lotus blossom or a sphinx. On her slippers may sparkle buckles to match the one on her hat. Or perhaps her feet are shod in King Tut sandals, a lovely version of the original sandals.

As to her jewelry—her earrings grow longer and dangle to her shoulders. Around her neck she wears one of the innumerable types of Egyptian ornaments. On her arms are little transparent “slave bracelets” made of colored glass. Paris has designed a new novelty which is an exact reproduction of documents in red galalith, featuring a broken ring with the pin crossing the circle. It is used to hold draperies at the waist line or in the form of a bracelet. Surely one would expect to see My Lady strolling on the banks of the Nile, rather than along Fifth Avenue or Main Street.

And every day countless miles of materials covered with strange little Egyptian motifs are turned out of the textile factories. One of the favorite types is a beige or navy ground coloring with embroidery of very intense and varied colors, worked out in typical Egyptian motifs, with human figures and medal ion effects. These materials she whisked into gowns and blouses by the flying fingers of designers and dress makers.

Even the veils and gloves and parasols, if they are of the newest, follow in line. And the earth seems to have fairly blossomed out with Egyptian handkerchiefs, worn, for some twisted reason, tied about the neck or wrist, in a most interesting way.

I saw recently an advertisement of a kind of corset and brassier which gave one the straight line silhouette of those ancient maidens of Egypt. So even the extreme faddist will possibly change her form.

The fashion has even cropped out in interior decoration. Draperies with Egyptian designs are shown in furniture magazine advertisements as well as in the shops. Wall papers are now being manufactured with a frieze-like border on which one sees a continuous line of figures which tell a story as those found on the old temples. But it is lack of discrimination that will substitute these designs for the more restful and suitable backgrounds of plain or near-tone wall paper that good taste demands.

Of course the fad cannot last for long at this high pitch. But it is prophesied by Mrs. Olive Quitman, a leading style critic, that the coming modes will have a suggestion of the Egyptian rather than the actuality.

Shall Mother Have a Vacation?

We have all told Mother that it is high time for her to have a real vacation. She admits she's never had one; at least not the kind we mean. Of course when we were youngsters she used to take from one to four of us and visit Grandmother.

But I wonder now how anyone had the temerity to call that trip a vacation. It usually occurred just after the “fourth.” She waited to see how many of us had casualties and if no one was incapacitated by lock jaw or total blindness, we started.

First of course we had to be “sewed up.” Best and second best dresses, aprons galore, new hair ribbons, hose all darned and each girl provided with a floppy hat with flowers. (They are in style again, I see by today’s paper.) Then there was the packing! Each of us staggered under the weight of a small suitcase and Mother, poor dear, was almost obliterated by the hand luggage. Of course we had to take food! It wouldn’t have seemed right to travel without provisions. Anything could happen in the 60 miles that lie between our home and grandmother’s. Didn’t we take a train once, that was two days late? A wash out on the line is no joke when your traveling companions are children of assorted ages, assorted sizes, and assorted dispositions. I think an occasional convulsion was taken for granted too.

Grandmother never has admitted that fried chicken or bananas might have been the cause. She always thought it was the excitement of coming to see her! If the train was on time, and if the horses weren’t being borrowed by the neighbors, and if the hired man hadn’t left the day before and if the mud wasn’t too deep (you know it always rains on the Fourth!) and if everything else was propitious, we usually arrived in time for supper.

We children had a glorious time, but poor Mother! She felt she ought to help with the work; the kitchen was more inconvenient then ours at home, the pump was nearer the barn than the house, the windmill squeaked and everything animate and inanimate, conspired to make Mother miserable. She simply couldn’t help worrying about the boys, they were left at home and Father was far too busy to look after them much. She was so afraid they’d play with matches or light the fire with gasoline or do any one of a thousand dangerous things. It’s no wonder that when Mother told us fairy stories, she described a calm and quiet mountain or an imaginary ocean voyage or the splendor of a big hotel.

So now we’ve decided that she must
go on a real vacation. You ought to hear her arguments against it. First and last we need her (which of course is true); then, she hasn’t any clothes (we’ll see to that). There she’ll have to stay. What to do with such long days (she’ll keep busy if it’s only writing to us); and so on and so on. But we’ve made up our minds!

... She apparently considered that the weather was better go. We don’t want her to visit and be bored by relatives. Nothing could be more exhausting. The mountains are rather far away and she’ll hate those hair pin curves. She might go East and take her choice of mountains or ocean. Well, it will have to be decided in a few days, because if she goes north she’ll need a wool dress and if it’s south—Oh dear! It is a big undertaking to get your mother ready to go away.

This is the trouble. Here is her “going away dress” and look at this lovely negligee and slippers. We girls have had more fun getting everything ready. She even has a new wardrobe trunk. She says it is far more exciting than anything she had ever done. By two o’clock I’m a wreck. And not tasting very good though I must say I’ve attained a good deal at the expense of the family. Father endured it bravely for two weeks and then he followed Mother. They are out at Long Beach now and show no signs of returning. They’ve found Iowa friends at every turn and are having the time of their lives in a big hotel. We haven’t the heart to tell them how forlorn we are. The house seems empty, no matter how many people are here. We don’t seem to have any leisure either. We three girls think it is so efficient but we don’t hold a candle to our little Mother. You know Louise teaches mathematics and the other day she figured the number of meals mother had either cooked or superintended for us in twenty years. It was approximately 130,000. We didn’t dare count the stockings she has darned nor the times she has house cleaned, nor the times she has ironed for us to say ‘Thank you.’ The Mathematics of Motherhood are marvelous. So she is justified in staying away as long as she pleases. I certainly do believe in a vacation for one’s Mother provided it is followed immediately by one of similar length for the oldest daughter.

The Fallacy of An Expensive Standard of Living

By CLAUDE L. BENNER, Dept. of Economic Science

Our social reformers and professional uplifters have been so constantly talking about the necessity for the masses to maintain a high standard of living that some very detrimental economic fallacies are becoming very popular. The idea of maintaining an expensive standard of living is quite widespread among certain classes of our people. It is a noteworthy fact that in many circles the free and careless spender is commended instead of the cautious buyer. The frugal saver, who in his endeavors to build up a little capital, abstains from some of the current foolish expenditures is too often pointed out as the undesirable citizen while his spendthrift neighbor is selected as a model, progressive, up-to-date man.

It is no infrequent thing at all to hear a well paid laborer say that he is unable to save any money, because he has to spend it all to maintain his new high standard of living. He may continue to tell you that it is all wrong to save anyway, because when money is hoarded and saved, there is always hard times. This doctrine was actually put in print a short time ago in a short book entitled “The Fallacy of Saving.” It contains all the time-worn arguments and fallacies that economists have been fighting with such apparently poor success for the last one hundred years.

The writer asserted that laborers should maintain just as luxurious a standard of living as they possibly could, because wages were set by the standard of living of the man. If the standard of living was high, then their remuneration would also be high. Free and luxurious expenditure was defended on the ground that it made a demand for goods, got them to go employment to labor, and helped the poor. The cause for the farmers’ ills consisted in the fact that he had allowed his standard of living to fall too low, that he had deprived himself of too many of the so-called good things of life.

The danger in this form of argument, as in so much specious reasoning, lies in the fact that it contains an element of truth. It is true that wages depend upon the standard of living in a community, but not in the way that our social reformers would have us believe. The standard of living can affect wages only in so far as it tends to restrict the birth rate and thereby limit the total number of laborers in the field.

The same reasoning applies to the case of the farmer. There is no doubt that if all the farmers worked from daylight till dark, made slaves out of their wives, and denied an education to their children, they would in the end only lower their own standard of living. But this would result only in the case that the farmers thereby increase the total quantity of their products which they put on the market. Then in an exchange society, such as we live in, they might be unable to get in return for their increased product as much manufactured goods as they formerly secured for a smaller amount. And this is the only way that the standard of living can affect the price of farm products.

Upon close analysis it seems that when social reformers are talking about a high standard of living they are usually referring to an expensive standard. In so far as they are referring to an expensive standard they commit the fallacy of assuming that a so-called high standard of living consists of wearing clothes that are expensive in price, eating food that is rich but not digestible, and in living in houses that are too large to be adequately taken care of by the household without making a slave of herself. And the pity of it is, that the defense for this whole propaganda is founded upon economic principles that have absolutely nothing to do with the Fallacy of Saving. What the economist is insisting is that the world must strive for an efficient standard of living. He sees the human body as a storage battery. Each day it begins with a certain fund of energy. During the day it may direct energy into channels whereby goods may be produced that will build up his body and brain, or he may fritter away his energy making goods that when consumed will dissipate his energy. Altogether too large a portion of the world’s resources goes to the production of goods of this nature.

What society needs more than anything else is rational consumption. It needs to comprehend thoroughly a few economic truths regarding spending. It must bear in mind always that saving is a virtue. The unconscious expenditure is a total loss to society. That the buying of expensive trinkets is not good for business. That the wearing of flimsy shirts has never yet, and never will, raise the wages of the laboring man, and that a community of lavish spenders and consumers will dissipate society’s wealth and leave the next generation in poverty.

Another very detrimental effect of this cry for a high standard of living lies in the fact that for some reason or other it seems always to be accompanied by a desire to abstain from work. It is really astonishing upon reflection to see how much of the fashion of the world is due to the desire to avoid the appearance of having to work, or even to go so far as to advertise the fact that one does not have to work. This point does not need the emphasis that some modern economists give it; but it realizes it very keenly. It is said that the origin of the custom of binding the girls’ feet in China was to give the world a visible sign of the fact that these ladies were not supposed to work. One can only wonder if some of the customs which were only later practiced in Christendom did not serve much the same purpose.
It is in this field of consumption that the woman trained in home economics, instead of merely domestic science, can render a very great service to our economic welfare. It is said that women make over 90 per cent of the total retail purchases in this country.

What adequate economic training have the majority of them had to perform this service? How thoroughly do they understand the fundamental economic principles which are necessary to the social well-being?

It is a matter deeply to be regretted, however, none the less true, that there is an amazing lack of information on these subjects. Home economics colleges have made some very real progress in the scientific study of food values. Vitamins A, B, and C have been caught and safely put away, and now they are chasing Door in E? But how thoroughly have they studied the proper manner of purchasing goods, the causes of price variations in food products, the results of our seasonal demands in fabrics and fashions, and the general effect of consumption upon the productive forces of the nation?

Here is where there is a real field for service. In the future, in spite of all our Leagues of Nations or World Courts, the real struggle for the possession of the earth will be between those nations who have an efficient standard of living and those who have an expensive, inefficient one. The contest, after all, peaceable, will be none the less inexorable in its outcome. Preparedness for this conflict does not consist in building up huge armies and navies, but in the study of the standards of living, and their adoption, which will increase the productive efficiency of the nation to the maximum, and reduce the cost of living to the lowest point which is consistent with maximum production, social well-being and true happiness.

In the end it is altogether possible that we may find that this efficient standard of living may not be an expensive one, and that it may be a high standard of living from the point of view of real satisfaction and achievement.

What Shall We Take?

By LUCILLE BARTA

LEAVING home for school is as thrilling as getting engaged, or taking an ocean voyage,” declared Eileen enthusiastically as she, Veronica and Margaret, three high school graduates, sat in the arbor one hot July day planning what they should put into their trunks for school next fall.

“Yes, and we won’t get lonesick or seasick there,” chimed in Veronica.

“How about homesick,” put in practical Margaret.

“Oh, we’ll have each other,” defended Veronica, “and, I’m laughing, you’ll always have an intimate for the blues. You know it is good for all aches and pains.”

“Never mind the homesick, let’s talk about something more interesting,” advised Eileen, “dresses are first on the list.”

“Mother said that I can have a new evening dress,” said Veronica.

“We’d better discuss something more practical than a party gown,” cut in Margaret, “though we shall need one. I think at least two woolen dresses are necessary. Poiré twill and tricotine are most practical as they do not become shabby very soon. One dress must be plain for school wear, the other a little more elaborate for afternoon occasions. Then we’ll need a silk dress for formal dancing, nothing fancy but . . . er . . .”

“Something chawmingly simple,” interrupted Veronica, “and head the list with the evening dress; it sounds so grownup.” This to Eileen who served as secretary.

“Many girls are wearing sweaters and skirts to school,” said Eileen, “I have my sand slipover and my tuxedo sweater to wear with my plaited skirt and I must have some blouses to wear under my sweaters. Two are enough, don’t you think—and my woolen middy.”

“I’m not planning to take my white middy even for gym work. Bernadine tells me that she had to buy a regulation outfit after she got there. Yes, and we wear regulation dresses when we cook. I wonder what they’ll be like.”

“I hope they’re not grey! I’d feel as though I were in an orphan asylum,” worried Veronica.

“One must have a good looking suit for traveling and shopping and I’m going to choose a plain one. Do you remember the ‘chic’ suit Bernadine bought, all buttons and braid? She was so tired of the gussets and wished she had a simpler one,” enlightened Margaret. “I can wear my cotton blouse with it most of the time and have one good looking silk blouse for better wear.”

“You’re not getting a new coat this winter, are you Veronica?” queried Eileen. “You have that heavy manliness one I like so well. Bernadine says that the winds get very cold and penetrating so it will be just the thing for school wear.”

“No, I’ll not get another heavy coat, but I do need something a bit dressier such as a cape or light coat,” answered Veronica.

“Next come hats, shoes, and gloves,” reminded Eileen. “Just before we leave in September I’m going to get a winter hat in which to travel and attend church. But I’ll not wear it to school until midwinter and shortly after new year, spring hats will be in vogue.”

“Oh of course, for church we will have long, black kid gloves, for winter wear, some woolen ones. Now, how about slippers?”

“Some dancing slippers,” assisted the ever frivolous Veronica. “You can get some good looking satin ones in low heels which are more comfortable than high heels.”

“We’ll need some sturdy walking slippers for school. You know what we think of anyone wearing satin slippers on the street!” Then some better looking

(Continued on page 22)
AMES WOMEN AT DES MOINES

Many of the Ames women alumni attended the banquet at Youngker’s tea room which the Ames women held in Des Moines during the convention of the National League of Women Voters.

Helen Easter, who was May queen just last year holds the position of Matron. This year carried pencils just in this year teaching home economics in the convention of the National League of Telephone office. charge of the girls’ recreation.

Alta Cooper’s mother sat at our table and told us that Alta (of the class of ’19) was married at Christmas time to Mr. William Doerr, a banker in Mankato, Minnesota but that she is finishing out this year teaching home economics in the high school.

The Ames women Journalists, Genevieve Callahan, Gwendolyn Watts and Elizabeth Canady who are all in Des Moines this year carried pencils just in case they might need them for the evening meeting held at Hoyt Sherman Place after the banquet.

Helen Greveer Carpenter en route to a new home in southern California with her husband, George Carpenter and her small son and daughter, was visiting her mother in Des Moines. She came with Helen Easter to the banquet.

BLUNDELLS TEACHING IN VERMONT

She Blundell ’22 is a teacher in the Home Economics Department at the University of Vermont at Burlington, Vermont. She has charge of elementary cookery and is Practice House Assistant. Alice Blundell ’18 is also in the Department of Home Economics at the University of Vermont.

DOWELL-LUCAS

On February 16, occurred the marriage of Ethel Dowell and James A. Lucas. Mrs. Lucas was a member of the class of ’22. They are at home at Bedford, Iowa where Mr. Lucas is practising law.

SHEAFE-BURNS

On April 11, occurred the marriage of Bertha Sheafe and Jay Burns at Ottumwa, the home of the bride. After May 1st Mr. and Mrs. Burns will be at home at Winter, Florida.

MEYER-REYNOLDS

On March 23, at Des Moines, Iowa, occurred the marriage of Ruth Meyer and William Reynolds. Ruth graduated from Iowa State College in ’20 and Mr. Reynolds will graduate in the class of ’23. Just now Ruth is assisting in the home economics department.

LOOKINGBILL-LOUCKS

On April 8, occurred the marriage of Marie Lookingbill and Lamont Loucks. Marie was a student at Iowa State for the past three years, and “Squeak,” Iowa State’s 125 pound wrestler, graduated this March. Mr. and Mrs. Loucks are living in Chicago, Illinois, where Mr. Loucks is employed with the Benjamin Electric Company.

NEWS FROM MT. SINAI HOSPITAL

Beulah Jones, who graduated at Christmas, is in the Mt. Sinai Hospital in New York City this summer as a student dietitian. She has been there since January and is enjoying her work immensely. Besides her work, Beulah enjoys New York’s Chinatown, Little Italy, and the city’s other wonders.

Ardis Pettigrue and family visited the campus on route to her home in Flander’s, South Dakota. Ardis has just completed a six months student dietitian course at Mount Sinai Hospital, New York City.

Fannie Woolston ’22 has completed her student dietitian course at Mt. Sinai Hospital. She is now Head Dietitian in a private hospital in Philadelphia, Penn.

LOUISE WEISE RESIGNS POSITION

Louise Weise ’22, because of illness has resigned her position as Manager of Killian’s Tea Room at Cedar Rapids, Iowa. Louise is now at her home in Omaha, Nebraska.

Harriet Smith ’22 is teaching Home Economics in Sac City, Iowa.

“A Guide in Meal Planning” is the title of the bulletin just published by Carrie H. Plunkett ’22.

A son, John Fritz, was born on February 28th to Mr. and Mrs. Herbert Erdman at Cleveland, Ohio. Mrs. Erdman was Esther Deutsch ’21.

Frank M. was born to Mr. and Mrs. C. Morris Pollitt at Amelia, Ohio on March 31st. Mrs. Pollitt was formerly Pauline Pim of ’23.

X-RAY SPECIALIST

Hortense Elliott is doing most interesting work in her home in Des Moines, Iowa. Hortense has been working in Dr. Grimes office as an X-Ray specialist for the past three years.

A LETTER FROM MILDRED HEATH

The following is an extract from a letter by Mildred Heath, who writes to Eda Lord Murphy and is, as you can see, very much interested over her work. Mildred attended summer school last summer, and is now teaching at Armstrong, Iowa.

“Armstrong is a small town, with a consolidated school of 556 pupils. They have a fine building with a well equipped home economics department consisting of a kitchen, sewing room and dining room combined, and the cafeteria fitted with steam heated serving counter, dishes, silverware, etc. Practically all country children eat at the cafeteria, our highest number for one day being 126. All of our cooking is done by eight sophomore girls who are divided into groups of two, who plan menus, order lists, recipes, etc. (subject to my approval). Three girls are hired to wash the dishes and to put the cafeteria in order each day.

A typical menu and prices are as follows: tomato soup $.03; mashed potato with dried beef gravy $.06; bread and butter $.02; cocoa or milk $.03; apple salad $.04; scalloped corn $.03; baked custard $.04. The menu is posted in the hall each morning, then each pupil orders his choice on a slip of paper, signs his name and puts slip in the box. These slips are counted by myself by 9:30, then I make out the definite grocery order and recipes for the class who come down at 10:40. Working slips are made out for each two girls for a week, so they know exactly what is expected for the change in soups, desserts, etc. for each day.

The children of the first three grades are served a plate lunch for ten cents, consisting of soup, bread and butter and pudding or cocoa.

The cafeteria is self-supporting, except that the school board pays for the heat used. A report is made to the superintendent each six weeks. All supplies are purchased from the local stores. Our last report shows total number served 1850—average number served daily 65—total expenses $234.67; total receipts $213.85; value of supplies on hand $15.20.

Our department plans a Home Economics day this spring with an exhibit of sewing, house plans, interior decoration and a style show followed by an informal tea to the guests.

My girls in junior class are giving a series of luncheons—each girl is hostess to six guests and is responsible for the cooking. (Continued on page 24)
May we express the appreciation of Homemaker readers as well as that of the staff to Miss Catherine Doc­little and her class in commercial design, who so kindly gave their time to the designing of some new Home­maker covers?

The design which was selected was made by Alma Irene Bunting, a junior home economics student from Lacey, Iowa.

TO THE HIGH SCHOOL GIRL

Five hundred copies of this issue of the Iowa Home­maker will be sent to the high schools of the state with our congratulations to the 1923 high school graduates. As they step out of secondary school we gladly invite and welcome them into our ranks of college women.

College days are full days, as any college woman will testify. They are days full of pleasure as well as work and study. And a truly successful and happy college career, it has been found, prepares a woman, not only to earn her living, but to do well the type of work she loves best, which means, in the final analysis, serving mankind most efficiently and ably.

Next September, when the trains crowded with college students pull into Ames, we hope that we may greet many of you.

MARRIAGE AND A CAREER

Most people of today realize that education is the greatest asset a man or woman may acquire and with it the greatest service for society can be accomplished. But there are a good many folks, too many of them, who consider marriage the chief end and aim of a woman's education. They agree with Schopenhauer, who wrote: "Women exist in the main solely for the propagation of the species and are not destined for anything else."

As parents, these people train their sons toward the ideal of professional success, but reserve for their daughters a dilute sort of education, starting with dolls, following them with dish washing, pie baking, and the making of pretty clothes and pretty faces. They rarely encourage study in any line of work, or interest in public or national affairs. What they do is all done with the view of getting the daughters married and making passable housewives out of them after they are married.

This idea of marriage as a be-all and end-all is waning. Older women have disproved Rousseau, who wrote, "Women have, in general, no love of any art; they have no proper knowledge of any; and they have no genius." For women have achieved success in the arts, sciences, and other fields.

Will not the name of Madame Schumann-Heinke, as a great artist, go down beside that of Caruso's, or Maude Powell's beside that of Zimbalist, Elman, or Kreisler? Will not Elizabeth Barrett Browning's love sonnets live as long as the dramatic monologues of her husband? Can we soon forget the Divine Sarah?

A woman it was who was one of five to receive one of the first of the Nobel prizes in 1911 for the best work done in chemistry—Madam Curie, who discovered the precious metal radium.

A woman it was who painted the "Horse Fair" when only 28 years old, the largest canvas ever attempted by an animal painter.—Rosa Bonheur.

Lady Maude Royden is said to be the greatest woman in England, came to America this winter, and calmly stood before huge audiences answering questions put to her by our most learned men concerning world problems.

The National League of women voters, a most unique organization for the training of women citizens, was founded by women, the most outstanding among them being our own Mrs. Carrie Chapman Catt.

Among the women of the day who are winning national fame is Florence Allen, judge of the Ohio Supreme Court, who recently spoke at an Iowa State convention.

One can but begin to cite a few of the instances where women have been successful, there have been so many of them. But these are enough to indicate the tremendous possibilities which lie within reach.

Let it not be understood that we are arguing against home training and marriage. Indeed no. We believe in both. But why should it be made the only ideal of a girl's life? Is it not better that parents bring their daughters up in such a way as to develop and bring out all their powers and abilities, and to endeavor most of all toward the ideal of noble womanhood?

"Choose! Marriage OR a career?"

The girl who has answered "marriage," has simply folded her hands and marked time while waiting for the "Prince." Up to the time of his arrival she has wasted the most of her time. And some of them are still wasting it.

But the girl who answers "Marriage AND a career," has come into touch with the very best of life. She has gone to school; she has studied, and worked. She knows the joys of professional accomplishment. She has roughed against the world. When marriage comes to her she is prepared and ready to be, to her husband, something more than a housekeeper, and to her children a real mother!
FOOD SELECTION
Will you please tell me in a general way what foods are required in the diet of an average person and how often they are required?

One-half pint of milk a day for an adult and at least one pint a day for a growing child; a cooked cereal at least three times a week; at least one vegetable beside potatoes and dried beans daily; some fruit daily, preferably fresh; a raw fresh vegetable or fruit at least three times a week; sweets should be served at the end of a meal only.

KINDS OF SALMON
Will you please distinguish for me the Red or Sockeye salmon and the other kinds which are marked red meat on the can?

Red or Sockeye salmon is the name of a grade or variety of salmon. This has red flesh, of good texture and flavor and is a small fish. Many other varieties of salmon may have red flesh but that has little to do with the worth of the fish. There may be good and poor varieties marked “red meat.”

PLACE OF THE GUESTS OF HONOR
Does a gentleman who is the guest of honor at a dinner sit at the right of the hostess?
If the guest of honor is a gentleman he is placed at the right of the hostess, if it is a lady, at the right of the host.

CHOCOLATE STAINS ON SILK
How may chocolate stains be removed from silk material?
Sponge the spotted material with lukewarm water and if there is grease remaining after this treatment, use a grease solvent such as chloroform or other rubbing gently.

BONE AND TEETH BUILDING FOODS
My six-year-old boy has undeveloped teeth and bones. What foods would give him more teeth-building material?
Foods containing calcium, or phosphorus would build teeth and bones. Milk, cheese, buttermilk, cottage cheese, spinach, egg yolks, whole cereals, figs, red meat, dried beans, dried peas and peanuts will supply him with minerals he needs.

WHOLE WHEAT AND GRAHAM FLOURS
What is the difference in the food value between whole wheat and graham flour?
Graham flour is more nourishing because it has more of the bran or outer layers of the wheat kernel left in it than the whole wheat flour has.

COVERING OF FOOD DISPLAYS
Is there a law compelling merchants to cover their foods on display?
Sec. 25271 of the Sanitary Law of Iowa states: “Confectionery, dates, figs, dried and fresh fruits, berries, butter, cheese, and bakery products, while on sale or display, are required to be properly screened or covered to effectively protect the same from contamination or damage by flies, dust, vermin, or other means.”

(Continued on page 23)
It Is Not Always May
(Continued from page 1)
back, no matter how long I am needed at home."

Three years later, I was registering students for the next year's work, when a registration card, bearing the name of this former student, was placed upon my desk. I looked up into her smiling, resolute face, and rose to greet her. In that same determined tone which she had in her voice the last time I had talked with her she said, "I have come back, after three years of hard work at home, with the small amount of money which I have been able to save from my wages as clerk in a small town store, and I am going to see this thing through now."

I have watched that girl, and advised with her, during the last two years, in which time she has been able to finish all the work required for graduation. Very little of her time, outside of school hours, has been her own, as she has worked for her room and board the entire, two years, and has assisted two small girls in their piano practice, in order that she might get the money necessary for her books and incidentals. But, through it all, there has never been a moment's doubt as to whether she would carry her burden to the end.

Yesterday, at the end of three years in our high school, I saw her to the desk. I looked up into her smiling, resolute face, and rose to greet her. In that same determined tone which she had in her voice the last time I had talked with her she said, "I have come back, after three years of hard work at home, with the small amount of money which I have been able to save from my wages as clerk in a small town store, and I am going to see this thing through now."

Yesterday, at the end of three years in our high school, I saw her to the platform to receive one of the honor pins which are given, each year, to certain members of our graduating class, as a reward for high scholarship. When I talked with her later, I said to her, "I have recommended you as the one girl who should receive the three hundred dollars which our Girls' Club is offering, as a scholarship fund, to the most worthy girl in the senior class." With tears in her eyes and voice she said, "That is beyond what I have ever dreamed of. If I get that, I can go on to college, as I have always hoped I might. I can use that money for my tuition, and can work for the rest." That story speaks for itself. Are you, oh girl with all the necessities and comforts of life at your command, doing as much to develop your talents as this girl is doing, with almost nothing in her favor, except a determined spirit?

Every student out of the thirty who were asked what an ideal high school girl should be, said that she should have a desire to rank among the highest in her school work. High schools and colleges all over the United States are raising their entrance requirements and their continuation standards. The girl who is unwilling to do her best will, in a few years' time, find herself out of the running.

At the present time there are too many girls who show a disinclination to serious, thoughtful work in high school. Much of this, I feel, is due to the fact that the girl has no definite responsibilities in her home. There are no set tasks which she must perform. Not long ago, I asked a class of eighteen how many of them had certain duties to perform, either before or after school, which, if left undone by them, would be done by no one else. Out of the eighteen—in most appalling discovery—only two said they had such responsibilities. Most of them said they were supposed to do certain things, but if they did not want to do them, someone else would. Several of them said that nothing was expected of them except to get to their meals on time, and make some show of studying.

Surely the home must expect something of the girl if she is to feel that she has a part in her family life. That is one element in her character building which the home could, and I believe should, foster and develop much more seriously than is being done in many homes today. The girl inherits from the mother, so the mother must see that the heritage is built upon the foundation principles of unselfishness, earnest endeavor, and decision. That decision, that power to reach a conclusion, must, of necessity, be the balance wheel of her life. Without it, she is like a mariner without a compass.

One of the big decisions which the high school girl has to make is what she is going to do after she leaves high school. This is something which should have serious consideration, even during her freshman year. For, again and again, a girl, who has reached her senior year, suddenly finds she has not taken the necessary courses to allow her to enter the school which she has chosen, or which will serve as a foundation for the work she wishes to take up in college. The tragedy of all this is that she drifts thru high school, and thru college, only to find herself forced to do something, without having yet reached a decision as to what that something may be.

One of the finest girls in our gradu-
At the end of her senior year, she had no idea what she wished to do, although she had known, all along, that she would have to do something. She worked in an office for two years, always restless, hoping to be able to satisfy herself that she was doing the thing she wanted to do. Finally, she decided, much to our joy, that she would go to college, where she did. But just as late, as at the end of her freshman year, she does not know what line of work she wishes to go into. She enrolled in the Department of Physical Education, when she entered the University last September, changed, at the end of her first semester, to the Department of Home Economics, and, now, does not think she cares for that.

That girl could not afford, either financially or psychologically, to have reached the age of twenty-one without having some idea of what she is especially interested in, or fitted for. Too many people drift through their teens and twenties to be halted in their thirties by the fact that their drifting has prevented their landing in the harbor of success. "By the street called By and By." Much of the unhappiness in this world is caused by trying to fit the square peg to the round task. The trouble is, the girl does not see, early enough, that she must get ready for the task which later will be set before her. The truth exists that she cannot fit the task to herself, so she must fit herself for the task, and do it early; for how necessary it is, that, as she reaches womanhood, she be able to do the thing in which she can find the greatest amount of happiness, and into which she can work the prettiest pattern.

So, we agree, do we not, that being a high school girl presents its own problems which the girl must face, each for herself? Creating a desire, within herself, for beauty of thought, conduct, and speech, is so necessary if she is to be a force, both during her high school days, and in the years to come. She need never fear for herself, no matter what work she undertakes, if she has thought and acted along right lines, for she will carry with her, in every fibre, a charm against defeat. But if she has followed a false desire, and lost her admiration, she need fear much, for there will be no strong wall of defense within herself, when she steps from girlhood into womanhood.

Picnic Ingredients

Prepared from page 3)

Preparing the tomatoes at home and packing them in a box. The stuffing of celery, cabbage, and peppers may be put in a glass jar along with a jar of lettuce so that the salad can be finished in a very few minutes after arriving at the picnic and served on a crisp lettuce leaf if desired or not according to the amount of room that has been left in the car for carrying the food. Sliced tomatoes and peppers may also be carried in a jar and made into an attractive salad as may carrots and string beans or cabbage, celery and peppers.

Stuffing or devilled eggs are easy to carry if packed in a box and are usually liked on a picnic.

Ice cream or other frozen desserts have become popular for picnics since every one travels in cars so that the freezer can be easily packed and carried for some distance. Cake and cookies are always good with frozen desserts or as a dessert themselves if they are not too dry. It is well to serve some beverage as coffee or cocoa if you are having cake or cookies only. Thick cookies carry much more easily than a very thin crisp cookie for they are certain to crumble and break regardless of the care taken in packing them. Cup cakes are much more easily packed in a layer cake, so the housewife should keep this in mind when making her cake.

Pies are sometimes made but they usually prove hard to carry unless there is a great deal of room in which to pack the dinner.

Plain fruit is always good to use as a dessert and is easily packed, while no picnic would be complete without fresh marshmallows to toast over the glowing embers of the picnic fire.

Pickles and olives are often used to give tartness to the menu. It is well to open the olives and turn them into a pail or paper at home rather than having to open the bottle when you reach the woods.

In packing the picnic lunch mother must plan more for each person than they would eat at home for the out-of-doors gives every healthy person a good appetite. Always have plenty of a few things rather than a small amount of many things. Picnic sets may be purchased at a very low price containing a tablecloth, napkins and dishes, so that everyone can use these instead of having to carry heavy dishes to the woods and home again. Always put in extra paper plates and napkins.

When going on a picnic it is essential that you remember to take matches, a can or bottle opener, a knife, a blanket to sit on and something to carry water in. Picture sets may be purchased at a very low price containing a tablecloth, napkins and dishes, so that everyone can use these instead of having to carry heavy dishes to the woods and home again. Always put in extra paper plates and napkins.

The Iowa Homemaker