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The Why of a Home Economics Course

By FLORENCE BUSSE

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

Why 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, overlooked the fact that it is a school for women as well. 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 now 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 so-called liberal arts studies. Every year Ames is turning out women who are leaders not only 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.

Clara Younglas, 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 work of home economics the logical place to come.

Mary Head, “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 opportunities 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.

Gingdaw 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 fond of home economics work and Ames offered the best advantages to me. Another 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 impression on me and influenced my choice.

Helen Beela, President of Home Economics 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 always my desire to be an Iowa State graduate. Of course I was always vitally interested in home economics so Ames was just the place for me.

Irene Dewey, President of Jack o’Lantern:

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 friendships 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 students and my sister Bess was a most enthusiastic supporter of Iowa State so I came to carry out a sort of family tradition. 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 those various girls, it is proof conclusive that Iowa State College is a college not for men solely but most emphatically a college for women.

Picnic Ingredients

By GRATA THORN

With the coming of May everyone yields to the spell of the picnic atmosphere 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 Sweeter
Something Sour

Procedure:

Prepare plenty of each of the above for everyone eats a great deal more when out in the open than when at home. Pack attractively and serve on a grassy slope in the wood.

A bonfire always adds to the attractiveness of the picnic and makes the preparations for it a thin and pleasant one. What is more delicious than a thick steak broiled in the woods? The steak should be cut in small pieces the size of the sandwiches before going to the woods so that it will be ready to serve without further cutting. It may be cooked in broilers, on a wire toaster or in a frying pan. Perhaps the fact that the cooking of steak has necessitated someone standing over a hot fire tended to make a steak unpopular for the picnic lunch, but this difficulty is easily overcome. 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 unpleasantness 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 assures 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 sandwhich is large enough to hold the egg. Scrambled eggs and bacon 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 potatoes 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 glasses and wrapped very tightly in several newspapers thus retaining the heat in the jars for some time. Many hot dishes may be packed the same way as baked beans, canned potatoes, escalloped potatoes 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 average 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 salad dressing, mustard or vinegar than simply slice the meat for it is apt to make a dry sandwich. A meat substitute sandwich may be made by grinding 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 make a filling enough to hold a sandwich. Rye and graham bread may be used to give a greater variety to the menu. Nut breads may be used for sweet 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 prepared 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 essential things to remember however is to make the picnic sandwich of a good size and avoid dressing, mustard or vinegar as their college. They have found success along other lines as well. With these above stated reasons from those various girls, it is proof conclusive that Iowa State College is a college not for men solely but most emphatically a college for women.

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