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Pleasant, Practical Porches

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THE IOWA HOMEMAKER

Nutrition Work in Iowa

BY VIOLA JAMMER

THE WOMEN of Iowa are being kept in close contact with the new experiments and fundamentals of nutrition thru the service of the Extension department of Iowa State College.

The nutrition specialists establish a training school among an organized group of local people interested in the subject presenting to them a definite course of study. These local leaders are responsible for taking the instruction back to their own communities where it will reach all the families of the township.

It is the object of these local leaders to promote an interest for the better food selection by giving practical information concerning the food needs of the family, and simple ways of preparation. The desire is to establish better practices in child and adult feeding, to increase the percentage of underweight children in the state and to improve standards of health.

The plan of the work in nutrition is to hold discussions and lectures and to assign regular lessons to all local leaders. This instruction is accompanied by demonstrations of the preparation of simple dishes which contribute to a meal. The outline of the course is:

A. Fundamental food principles.
B. Cereals—coarse vs. refined.
C. Milk and milk products.
D. Eggs, meat and fish.

The Extension Department is doing very helpful work for the homemaker, the teacher and the college woman. We hope to keep in close touch with their work during the coming year.

E. Vegetables and fruits, simple table service.

The purpose of the demonstration is to help create an interest in the nutrition project by emphasizing the relation of food to health.

All local leaders fill out report blanks which cover the results and progress of extension work each month. After a leader has filled out a satisfactory blank for each of four months, she is given credit for having established a home demonstration.

All over Iowa the people are responding with enthusiasm to the work in nutrition. One mother reported that her child asked, before she started to eat any thing, if it were nutrition. She says she wants to be a "nutrition girl."

Another woman said, "While we all perhaps think pretty well how to cook, things were presented in such a way that we received many valuable ideas of different and better ways of preparing foods. In a vague sort of way we knew that dark breads and whole

Pleasant, Practical Porches

BY EDNA ARMSTRONG

WHAT is more pleasant than to come home from a weary day's work on a hot June afternoon and be able to sink down into a big comfortable chair in a cool shady corner of the front porch and perhaps partake of a sparkling glass of iced lemonade? The porch is a haven of rest—but apparently few people realize how alluring this part of the house may be made for many of the porches or verandas we pass are undecorated and unfurnished and they only present a dusty, bare, uninviting scene to the passerby.

The day has passed when a few broken-bottomed chairs, a hammock and a or the pot of red geraniums were considered the ultimate achievement in porch furnishings. Today a carefully planned color scheme chosen for comfort and utility as well as for decorative effect is carried out in the porch as well as in the rest of the house. In place of the odds and ends which formerly adorned the porch have come furnishings especially designed for outdoor use.

First of all we will consider the furniture for the porch. Since it is almost impossible to take in the furniture every night or at an approach of every storm, it is very important, if the porch is really to be lived upon, that the furniture will withstand rain and be unharmed by dampness or heavy dew.

Wooden porch furniture of familiar hickory and in plain design and form is very desirable for the small porch of the modern home. It can be painted in a dark green, gray or brown, or perhaps a cream, and a gayly stenciled basket design on the back of each chair gives bright touches of color. Covers for the backs, if made of brightly designed cretonne or chintz, are most attractive. Striped awning cloth is very good looking with furniture enameled in black.

It is better to start with a color such as green, brown or gray for the background, and the larger pieces of furniture, then touches of brighter colors may be added by means of cushions, awnings and bits of pottery.

The table for the porch should be large enough so that an afternoon tea can be served from it, or what could be more delightful than to have your summer supper on the porch? A gate legged table is quite effective.

Reed furniture which is very attractive ly upholstered in bright chintzes or cretonnes is best for the enclosed porch of the more elaborate home. The heavy wrought iron and rustic furniture are used mostly on the porches of summer cabins or cottages.

Who ever saw a porch that had too many cushions? Striking and unusual ones in size, shape and color can be made to put into the porch swing and into the chairs. Almost every porch has a place for a couch or cot and when piled with pillows and cushions it makes a very enticing place to take an afternoon nap.

The newest braided rugs are made of cretonne strips and the finished effect is very unusual. Grass rugs of all sizes and colors can be purchased which make most desirable floor coverings since they are so easily cleaned.

If no rug at all is used on the porch, it is nice to stain the floor a dark green, or some other dark color that will harmonize with and bring out the colors of the furnishings.

Suitable screens and awnings which will give adequate protection from insects, sun and rain are very necessary for the livable porch. No one enjoys sitting on (Continued on page 15)
under a light weight. Put on ice and keep until ready to serve. Cut in one-fourth inch slices for serving, then cut in halves crosswise. Butter may be colored to carry out the color scheme desired.

**Sandwich Loaf.** Cut slices lengthwise of the loaf of bread, one inch thick. Trim to have all the same size. Place thin slices of crisp cucumber, tomatoes and green pepper on one of the layers. Add thick mayonnaise dressing. Place on top of this another piece of bread and cover with the vegetables and mayonnaise, as done before. On top of this place still another piece of bread and cover again with vegetables. Pour on enough mayonnaise to cover the entire loaf. Garnish with the vegetables and serve at the table.

**Mosaic Sandwiches.** Cut three slices each of white and graham bread one-half inch in thickness. Spread a slice of white bread with creamed butter and place a slice of graham on it; spread this with creamed butter and place on it a slice of white bread; repeat this process, beginning with a slice of graham. Put both slices in a cool place under a light weight. When butter has become firm, trim each pile evenly and cut each pile in three one-half inch slices. Spread these with hot jam and put together in such a way that a white block will alternate with a graham one. Place again in a cool place, and when butter is set, cut in thin slices for serving. The sandwich has the appearance of a checker board.

The Food With the Flowers’ Flavor

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cults and hot breads as salad dressing is to salad. It bears the same relationship to waffles and griddle cakes. Honey is not much more expensive than molasses and maple syrup when purchased on the market, and it should be cheaper when produced by one’s own bees.

Honey when it becomes cold will often granulate. This is a sign of pure honey for only as such will it granulate. It may change back to syrup by heating. The temperature must not be too high as the flavor of the honey may be injured in this way. Granulated honey, however, has its use and can be made into a very delicious filling for layer cases. Use one part of honey to two parts of crushed fruit and mix together. This may be spread on the cake or served with shortcake.

Honey may be substituted in almost all cases for sugar, but it is well to use especially tested honey recipes if such are at hand.

Once Upon a Time

(Continued from page 6)

simple, brought about by repetition or by modulation of the voice; but for the older child there may be a number of events leading toward the climax. Climax “knots the thread of the narrative” and makes the whole a complete picture.

Story telling will be a joy to the mother or “big sister” of the neighborhood who will choose from the long list of good stories and live them over many times. Stories that children like cannot be told too often; they like to hear the same

story even after they know every word by heart. There is satisfaction in giving little children stories upon which they can build their dreams in the big story book of life.

Pleasant, Practical Porches

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the porch on a summer evening if they are “bitten-up” by mosquitoes. Porch curtains of split bamboo or awning cloth can be purchased (or awning cloth curtains can be made at home) which can be raised and lowered by means of cords or pulleys and which are very satisfactory in shutting out both sun and rain.

If the porch is glassed in, gathered shades of tinted fabrics or draw curtains of sunfast silks will shut out the sun on a hot afternoon.

But over half of the charm of the porch is due to vines and flowers. These add the finishing touches. Climbing roses, honeysuckles, morning glories, moon-flowers or vines form a charming covering for the porch. Rose bushes and hollyhocks are especially suitable for use with the Colonial porch. Porch boxes in which can be planted one’s favorite flowers are an addition to the porch as well as affording protection from the glances of passersby. Hanging baskets help to overcome the crudity of the house exterior as a background.

The view from the porch should be as attractive as possible. When a garden off the porch is not practical, a smooth, green well-kept lawn will be a welcome sight.

But after all, beauty, durability and comfort are the three important essentials to consider in furnishing the summer porch. Make it a place where one may rest, entertain, eat or even sleep. On warm evenings it is the setting for pleasant conversations and is a delightful place to spend a leisure afternoon with a book. The porch should be the summer living room.

C. W. Dudgeon

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