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Home Economics in New Zealand

Lillian B. Storms

Iowa State College

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Recipes for the refreshments mentioned are:

**Somerset Sandwiches**
- Moisten cream cheese with French dressing. Spread in thin slices of graham bread and sprinkle with finely chopped nuts. Remove the crusts, cut in slender pieces and toast on both sides. Serve hot with salad.

**Malaga Salad**
- Mix one-half cup each of shredded pineapple, celery and Brazil nuts with mayonnaise dressing and arrange in a nest of lettuce. Skin and seed five Malaga grapes for each salad, marinate them with French dressing and place on the top of the salad.

**Riboon Sandwiches**
- Cut four slices of white bread and three slices of graham bread in one-fourth inch slices. Spread two slices each of white and graham bread on both sides with creamed butter, and spread the other two white slices on one side only. Pile in alternating layers, wrap in cheese cloth and press lightly in a cool place. Cut in one-fourth inch slices for serving, then in halves crosswise.

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**Home Economics in New Zealand**

By LILLIAN B. STORMS

A friend in the States wrote me, "It seems peculiar for you to be attending afternoon teas and luncheons in New Zealand for I've always thought of New Zealand as being at the end of the world as to be only partly civilized." Before leaving home I heard my father say he thought I was going to New Zealand to teach the cannibals how to prepare their food! I assure you we are very much civilized here. I went to a dance last winter wearing the sleeveless evening gown purchased on Fifth Avenue and I was not in the least conspicuous.

The New Zealand people are English and Scotch and have come out here as colonists as did the early settlers in the eastern states. The main difference is that the early settlers here came only about eighty years ago. Habits of life therefore are much as they are in England and Scotland, at least they seem so to us, tho the recent arrivals from Great Britain think it is quite colonial and different from "home". Of course, the country is new compared to the old country and there are "raw edges" as in our newer districts. The people follow much the same food habits, houses are built much in the same styles as in England, fireplaces supply the heating, dictionaries give the same pronunciation as those of Great Britain, but the differences from the customs in the States are in degree and not fundamental. It is just because we are fundamentally the same as the English that the differences are the more noticeable. The different accent, or perhaps infection would be the better term, of the New Zealander varies from that of the Englishman and from that of the Canadian and Australian and from ours, as does that of our northerner from the southerner.

We have been much amused when people have said in surprise that we do not seem to have the Yankee twang. Some who have read O. Henry have asked us if most of the Americans do not talk that way, that they would expect to have great difficulty in understanding them. They can understand us and we assure them we are representative. Indeed, I would not wonder if they have decided we are more civilized than they had thought we were.

There is not as much antagonism toward the States as I had thought there might be. It is not the fault of the press that the feeling is as good as it is. All the news we get from America is really quite amusing, if it were not serious. The circus-like tactics of the Democratic convention were played up for all they were worth as showing of what our politics consisted. Furthermore, that was all the news from there which was published during the two weeks of the convention. We have so little news from there and what we have does not give as favorable an aspect on our life in the States as do the comments and articles about New Zealand which appear in our press. Many of our poorer grades of films are shown here and but few of the better ones.

Sometimes prohibition there sound to me very much like "wet" propaganda and most of the people coming back from the States are those who do not wish prohibition introduced here and go well out of their way to tell us that this is not the fault of the press but the press are apt to be unfair and engender prejudice. Hence I wonder that there is not more misunderstanding about us. We have been most royally treated and cordially welcomed in fact, quite lionized, by the newspaper editors from little New Zealand would be received there with such courtesy. We Americans are so busy with our own interests and we have so many of the same, that we are less distract on here, but we are none the less appreciative of the friendliness with which we have been received.

The University of New Zealand is di-

(Continued on page 13)
And Yet
with all their wonderful Health and Comfort features, these famous shoes are in perfect harmony with the present-day style preference.

Bauge & Son
Shoes That Satisfy
Ames, Iowa

Creamery Candies for Christmas
(Continued from page 3)

FONDANT
This is the foundation for chocolate creams and other fancy candies.
- 2 c. sugar
- 2 c. sugar
- 2 c. water (or) 1 c. water
- 2 tbsp. corn syrup
- 1 4 tsp. cream of tartar
Flavor as desired.

Variations in the Fondant Recipe
(1) 1 c. brown sugar and 1 c. white sugar.
(2) 1 c. white sugar and 1 c. maple sugar.
(3) Add 1 sq. grated chocolate or 2 tbsp. cocoa for chocolate fondant.
(4) Use 2-4 c. water and 1-4 c. strong coffee for Mocha fondant.

The Home Guide
(Continued from page 4)

10. Is hot water furnished the year around?
11. If a house, have it understood who is to pay the water-tax.
12. See that any special agreements are written into the lease.
13. See that all repairs and decorating agreed upon are made if possible before moving in, or before paying a full month's rent in advance.
14. If the place in view is rented, will any furniture have to be stored?
15. Is there an attic (if a house)?
16. Are there windows in the attic, if any?
17. Are ceilings in good condition; do floors or walls need refinishing, window shades or sashes repaired, etc?
18. Do the doors shut properly?
19. Are all window cords in good condition?
20. Are gas burners, tips, keys, globes or other lighting fixtures present and in order?
21. Are all faucets in proper condition?

Although perhaps, all of these points are not of equal importance to all home-seekers they ought to serve the purpose of jogging the mind of the prospective renter and helping to protect him against having "something put over on him."

Home Economics in New Zealand
(Continued from page 7)

vided into four institutions, one at Auckland including the schools of law and liberal arts, one at Wellington, which in-

THAT CHRISTMAS DINNER
and dance will mean more to you if your feet are comfortable. If you have foot troubles see the Chiropodist at the

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Commercial Bank Bldg. Phone 1252

LOWRY AND THEIS
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THE NEW ENGLAND
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Take advantage of our low prices on
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- Umbrellas
- Linens
- Silks

Do your Christmas shopping here. A large assortment at rock bottom prices.

E. R. LAY
Our store is Headquarters for Christmas toys.

A. H. Hagen

Hardware Shop

211 Main St.  Phone 389

Sports Frocks

$15.00

Unanimously chosen for the smartness, they show the world; the serviceability they show the wearer; and the modest amount that shows up in the clothes budget.

Incluclse certain kinds of law and liberal arts, one at Christchurch, where is located the school of engineering beside general subjects and the one here is Dunedin, where we have medicine, dentistry, mining engineering, home science and general subjects as sciences, education, and some liberal arts subjects. At Auckland and Wellington they do not have much more than what we would call continuation colleges, and few but local students. Canterbury College at Christchurch is larger, but the University of Otago at Dunedin is the oldest and the largest institution. We have about eighteen hundred students, about one hundred of them are in home science. When I think of Ames, things here seem pretty small, but the University buildings, about nine or ten of them, are substantial looking stone structures uniform in style and really quite imposing. Both medicine and dentistry are soon to have new buildings.

The Home Science Department is housed in a two story building, with three classrooms, four laboratories and offices. The cooking laboratory has working space for twenty-four students, the sewing rooms have more space and the chemistry room would accommodate thirty students at one time. At present my largest class is nineteen in organic chemistry.

The degree course is four years and includes more science, except that there is no mathematics than does our course at Ames, but there are no general subjects like history, English and languages. Girls who go to the States for advanced work have to make up those deficiencies. Miss Alda Wilson of Ames and New York City is giving a course of lectures on History of Art and Architecture. But she will not be here longer than the present term.

Beside the four year course we have what is called a diploma course, in the first years, for which the entrance requirements are slightly lower than for the degree. All of the diploma course work is given in our department, while the four year girls take one year each of chemistry, physics and physiology and one term each of bacteriology and biology in the university departments. My work includes first year chemistry (inorganic and organic) for the three year girls, second and third year chemistry for all and nutrition and dietetics for final year students in both courses. After the first year most of the work in home economics subjects in the two courses is taken together.

I brought with me from Honolulu, thru the kindnes of Professor Carey D. Miller of the University there, a pair of white rats for experimental work. It is now four months and so far they have failed to do their duty by the race of albino rats and I am using some of the strain of smaller rats which they have supplied me from the medical school here. It was quite an undertaking traveling with rats, for hotel and railway officials do not appreciate that they are not just common rats, and that they must be treated like aristocrats. The girls are very much interested in the rats and especially in the little ones which we have had.

The chief industries in New Zealand involve meat and dairy products. Much frozen meat is exported and dairy products, to the value of $80,000,000 were exported last year. It means that meat is much cheaper with us and therefore much more evident in the dietary, to the extent of three meals a day in most homes. Vegetables are expensive and hard to get.
During the winter we have had carrots, cabbage, onions, parsnips and no others. People do not have vegetable gardens, tho there are plenty of beautiful flower gardens. There is a general aversion to canned foods, which I think is because of a fear of poisoning and in addition to that there is no canning industry here. Canned goods are shipped from California and are very expensive. Building, rents, clothing and If you secured the kind of food we have in the States (i. e. plenty of fruit and vegetables) are all more expensive than with us, while salaries and I think the general scale of wages are lower. The result is a different standard of living, especially evident in the type of clothing generally worn and in the inconveniences which are everywhere apparent. Walter Page said in his letters that the English clung to inconveniences and the same is true here. The houses and especially the kitchens are most inconvenient and the lack of central heating in a climate as cold as this is a serious hardship to us and move of a hardship to them than they appreciate. In fact, I have heard several hundred times in the last four months about how unhealthy "superheated houses" are. I will reserve what I think about that question until I get back to the States. The cold houses and the inconveniences are customary and therefore not questioned.

There is no extension work in connection with home economics and there should be. However, the present staff is too busy to take up that side of the work very seriously. Some of the junior staff will have to go away for training along that line; perhaps some will come to Ames.

There is so much to do and so little time to do it all that it is slightly discouraging, but the girls are fine girls and already we have some very good friends here, hence our lives are busy ones, but also enjoyable.

It is interesting to realize that we are nearly half way around the world from Iowa and under the Southern Cross instead of the Great Dipper. But I have viewed the Southern Cross from the equator down to Stewart Island which is about as far toward the south pole as one can go and I warn you the Cross is disappointing. The stars are not of the first magnitude and it is small, not nearly as impressionable as the Great Dipper and the North Star. Of course, the tropical moon and skies as seen from ship board were lovely indeed and the Fiji Islands more interesting than civilization, but that is another story.

The Iowa Homemaker gets here a month after you receive it in Iowa. I give it to one of the alumnae who has charge of newspaper articles on home economics topics.

TEST WHEN CANS ARE OPENED
As the can is being opened, notice whether there is an out rush of air or spurring of the liquid. These indicate spoilage. If the air sucks inward this is a good sign and shows that the vacuum seal has not been broken.

Smell the contents at once. The odor should be characteristic of the product. Any "off" odor probably indicates spoilage.

Look at the contents carefully to see whether they appear sound and natural in color and texture. If the can is tin, notice the appearance of the inside. It should be clean and bright or well lacquered, not extensively blackened or markedly corroded.