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V-E-I-S-H-E-A

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Veishea is Iowa State College on display. As an all-college exposition it gives an opportunity for the people of the state to view the mechanism and accomplishments of “Science With Practice.” It is a celebration with a purpose—a task requiring the labor of all the students. The fourth annual exposition will be held this year in State Gymnasium. As an occasion, it will vary from the beautiful to the humorous.

The program Friday afternoon will include high school baseball games from 1 to 6 p.m. A baseball game between Washington and Ames at 2:30 p.m., another dance from 4 to 6 will furnish amusement for those for whom baseball holds no fascination.

In the evening the Agricultural and Engineering divisions will hold their open house. This is a free demonstration of their work and accomplishments in “Science With Practice” since at that time their laboratories and work shops will be open to the public for the purpose of exhibiting the manner in which they conduct their work. There are special displays for each branch of Engineering including civil, electrical, mechanical, mining, chemical, ceramic and architectural. The Agricultural division likewise represents animal husbandry, dairy, farm crops and soils, genetics, horticulture and forestry.

The first presentation of the night show “Going Down” will be given at 8 p.m. Friday. This event occupies the same place on the program as “Yaiami” of last year. The play will well represent the active life of Iowa State College since the play is written, cast, directed, costumed, and staged by Ames students and faculty. According to Frank Reck, student director, the setting for the play is to be an especially gorgeous one and is now under construction in the Veishea work shop where artists meet every day to wield a decorative brush and exchange ideas. The ballet is under the direction of Miss Shannon of the Physical Education department with Beulah Roberts, H. Ee., ’26 as assistant. From the marked advancement in technique this is sure to be a work of art, Mr. Reck states that the possibility of the comedy attaining the snap and speed of a professional show will depend on the faithful sweat of every member of the cast.

Home Economics, Veterinary and Industrial Science divisions will hold their open houses Saturday at 9 a.m. Home Economics open house is famous for its cherry pie. This year the open house will be held on the first floor of Home Economics building, in Home Economics annex, and on the first floor of Physics building and Beech home management house. The general theme is “Homemaking”. The various departments will have displays and “The Homemaker” will be on exhibition in the lobby of Physics building.

Veishea plans are being very carefully worked out by the Veishea committee and not only a fascinating all-around good time but also an instructive event (Continued on Page 14).
VITAMINS IN CANNED FOODS

Dr. D. F. Kohlman was a guest on the Iowa State campus during the Canners' short course, and also spoke before the American Chemical association about the vitamin content of canned foods. Vitamins in canned goods have and is one of Dr. Kohlman's research problems as a chemist for the National Canners association with headquarters in Washington. It was thru the study of the corroding of cans that the presence of vitamins in canned goods was discovered. Experiments so far have largely been carried on with apples, peas, spinach and cabbage. From this work it has been learned that canned spinach and cabbage, are rich in vitamin C.

The contents of commercial cans are not exposed to oxidation to the extent that open cooked foods are subjected because they are hermetically sealed. That accounts for the statement that commercially canned goods are richer in vitamin content. It is due to the boiling process that the vitamins pass off as steam. By reheating the canned goods in the cans some vitamins are saved, but it is seldom that canned goods are reheated for any length of time or at a very high temperature so there is little danger of any appreciable amount being destroyed in reheating. When the housewife pours away the water in which hermatically sealed canned goods have been processed much of the food value has been washed away because the two vitamins B and C are soluble in water and are thus largely dissolved in the liquid.

According to Dr. Kohlman of all the vegetables worked upon canned spinach is richer than any other food accept cod liver oil in vitamin A. It is also rich in vitamins B and C. Canned tomatoes are being used as baby food in place of or along with the orange as a source of vitamin C. It is often advisable to use canned food which is known to be rich in vitamin content rather than some fresh vegetable which has had opportunity to oxidize to the extent that the vitamin content is appreciably low.

V-E-I-S-H-E-A

(Continued from Page 1)

program is promised to all who attend. It is an especial opportunity for the people who have not definitely decided which college they wish to attend to judge the merits of Iowa State, and also for the parents to see the type of education offered here.

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We have just overhauled and remodeled our place and will be pleased to have you call.

DIFFERENT CUTS OF BEEF

(Continued from Page 10)

tive tissue and to make more tender the muscle walls.

We have found, of course, that in order to soften connective tissue, we must have moisture, and we have also found that hot temperatures make the fibers tougher. The principle then in the cooking of tough meats, is to retain the flavor and to soften the connective tissue and muscle fibers. For the purpose of keeping the flavor in a piece of meat, the housewife usually sears over the sides of the piece in hot fat, then she adds water and cooks it at a long low temperature, either on top of the stove or in the oven. Most poorly cooked meat is due to too hot an oven, too short a period of cooking, or too little moisture. The latter does not mean that the meat necessarily should have an abundance of water in the pan.

There are many names and many ways of preparing the meat of toughened cuts. For instance, we have Swiss Steak and Crown Steak, in which there are added vegetables. There are pot roasts, and many other suggestions. Sometimes when the cook wishes to be very sure of the tenderness of her meat, she grinds up the tough cut, making hamburger, which can be used either in patties or in a loaf, or she may wish to break the fibers by pounding them. The cheaper cuts are usually high in extractives. This means then that they have good flavor.

The tender cuts of meat come from parts of the animal which are less used so that our finer steaks and roasts come from the back of the animal. These cuts should not need the forementioned cookery or devices for making them tender, nor should the fine flavor be lost by frying or by dipping them in flour. So many cooks feel that every steak they cook must be dredged in flour. The larger pieces should be roasted with little or no water added. The smaller cuts should be broiled.

Many of the commercial firms furnish excellent charts, which you may get by writing direct to them. It is possible that the National Meat Board, Colony Building, Chicago, may have some material for distribution now. Then Swift & Co., and Wilson and Co. have splendid charts.

To Remove Creases and Wrinkles

How can I remove creases and wrinkles from silk canton crepe?

Moisture not only spots canton crepe but also shrinks the fabric, which of course makes it impossible to use water in pressing.

The very best advice I can give you is to lay the fabric wrong side up on a well padded board, cover the portion to be pressed with a clean piece of paper and press with a warm iron. We have found that paper sometimes takes the place of water when pressing fabrics upon which water cannot be used.

Clarice lies Chief Dietitian

Clarice lies, '24, has been appointed chief dietitian at the new sanitarium at San Joaquin Springs, Tampa, Fla. Miss lies took her student dietitian work at Ohio Valley general hospital in Wheeling, W. Virginia.