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As for the Neck

By THIRZA HULL

Flaxing, flamboyant flairs of color float out upon the spring breezes and conclusively draw our attention to the fact that you are no one this spring unless you are correctly “necked”. Unquestionably a becoming neckline has more to do with this spring look of and anteater than almost any other single feature. There is a great variety of necklines any one of which is very chic—from such an angelic and delightful neckline as the V-neckline which is usually made up with a discussion the whole affair with a discussion the whole affair with. The jumper is the most outstanding in sport costumes gives much prominence to the club collar and the neckline but has yet to fit snugly up to the pit of the neck. It is then comparatively simple to add a high collar containing in front and with a tiny visible turnover to make it more becoming and to match the turnover cuffs, likewise small and white. The third way of fixing the bateau neckline is to cut it in a V-shape in front, fill up the space over the shoulders and cover the whole with a lapel collar that will successfully conceal all the seams. Any one of these three ways means a becoming and up-to-date neckline.

A dress can be freshened up by the addition of one of the bright ties that are so popular among the young men. Red ties have seen their better days here at Ames, but there is a large variety of striped and plaided ones to choose from. Make one of them the chief decoration to some degree around the neckline of a dress. First we notice the hem line of dress to see if it has the correct flare and then our eyes center on the neckline. Since it is a vital part of the costume we should see that it is both original, and yet in the mode. Costumes are judged on their individuality and we are not far from being individual if the neckline of our dress is different.

New Healthy Ways Make Happy Days

By FLORENCE E. BUSSE
Professor of Home Economics

“Not going to eat your dessert, Miss Williams?” inquired our hostess. Miss Williams looked longingly at the concoction of whipped cream, sugar, nuts and cake. “Surely it was fit food for the gods and must have taken hours to prepare. There was such evident disappointment on her face. “No, it can’t be done,” sighed Miss Williams with more evident disappointment in her voice, “but I can’t go the round of parties and eat all the tempting goodlies, I tell you I gained a pound last week and I will not go back to my old weight. The disappointment of our hostess was too real. “I tell you,” she said, “I am getting so loathe the word calory. I never go to a dinner anymore, I never am invited out to a luncheon, I am never tempted to an afternoon treat of a “double chocolate with nuts” but someone spoils the whole affair with a discussion of calories or reducing. I am sick of the whole business and it bores me to death,” Miss Williams sighed again, “But I’ll tell you it’s just a matter of choice, I know that I’ll gain if I eat your goodies and nuts which may be butted previously he’schief claim on the ground of freedom of movement a desirable qualification for the clothes of the health reformers is the need for healthful relaxation. All modern advertising gives the health slant to their products.

One wonders sometimes if the great modern interest in health is not the natural outgrowth of a democracy such as ours. Our democratic civilization could not be content with a philosophy of health like that of the Greeks. “Health for health’s sake” meant only the development of the body. It might have had justification in “Health for beauty’s sake” but our present civilization asks many questions in challenging terms: “Why should I be interested in health?” “Will it make me more efficient?” “Will it contribute to my happiness?” “Will it make me a more desirable and helpful member of society?”

The scientist has proven and is proving that health does make for efficiency. The psychologist has proven that good health is fundamental to happiness. The sociologist has shown us that not only does health make for the individual’s best service to society but that in order to be a good member of society it is necessary that one care for one’s health. A new idea this: “I must live my best physically as well as mentally and morally if I am to be a desirable member of society.” Modern education is recognizing this fact and is setting education in health as one of its aims. The curriculum must give information as it has always done but it must be more than a preparation. It must give vital stirring information that will lead to real ideals of health. America’s health program is just beginning. It has yet a long way to go. Teachers in the schools.