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An Iowa Home

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Strawberry Days

ARTHULA MERRITT

RIPE, red, luscious strawberries tempt the summer appetite and can be used in a variety of ways in desserts, salads and fruit drinks.

The berry season is a joy to every housewife, but as it is very short, they usually try to serve the fresh fruit from the vines while they may. Strawberries furnish some of our most delicious and easily prepared preserves when an abundant supply of them is available. The tendency of many housewives is to overlook the possibility of canning and of variety in dishes and they serve simple strawberries and cream or strawberry shortcake. When in reality, there are innumerable variations for serving strawberries.

With a freezer, one can make a delicious cream with only berries, a little sugar and the whites of eggs. Mash and sweeten berries and for each quart of berries allow the whites of three eggs. Place berries in the freezer with the unbeaten eggs. Freeze as for ice cream. To serve, pile lightly in sherbet glasses and garnish with the whole berries.

An easily prepared dessert is strawberry cup, which is very delicious and refreshing. The top is cut from as many oranges as you have people to serve, the pulp taken out and diced with a sharp

knife. Enough strawberries are quartered to make an amount about equal to the diced orange. Add a diced slice of pineapple and mix the fruit with enough sugar to taste, usually about one teaspoonful for each orange, and fill the orange cups. Serve very cold with a tablespoon of sweetened whipped cream.

For the luncheon or afternoon tea, strawberry salad is unusual and tempting. Chill fresh ripe strawberries and arrange on crisp lettuce leaves. Sprinkle broken nut meats and finely sliced celery over them and garnish the top with several circles of green pepper. Serve with French dressing or whipped cream flavored slightly with mayonnaise.

During the strawberry season there is no punch quite so tempting as that prepared from strawberries. It is easily made by mashing one quart of strawberries and adding the juice of three lemons. This is strained into cold syrup which is made by boiling one quart of water and one pint of sugar twenty minutes. Dilute with two quarts of water and turn into a jar, allowing it to stand for two hours on the ice. Garnishing with whole berries adds to the attractiveness of the drink. This amount will serve about 25 people.

As a garnish, strawberries always add an attractive, colorful touch to food. Whole strawberries dipped in fondant, white or colored, make unusual favors and can be served in nut cups or as tea candies.

Besides being a great factor in helping the housewife plan summer menus, berries serve an important function in the body, and are a valuable constituent of the diet. Like fruits, the water of the juice helps regulate body processes. The acids and lime salts are also of importance. However, the citric and malic acids are so pronounced in their composition that they cause distressing disturbances, commonly called "strawberry rash", among some people, and should then be avoided. Strawberries also appear to be relatively rich in Vitamin C, and are thus antiscorbutic. An interesting experiment was carried on with guinea pigs that were suffering with scurvy. After having been given ten cubic centimeters of strawberry juice for seven days, the symptoms disappeared. Previously, boiled strawberry juice had the same effect, showing the antiscorbutic potency of strawberries after cooking.

An Iowa Home

R. H. HOLBROOK

Engineering Extension Department

IOWA—what a magic word in these days of hot weather, cold weather, rains, showers and sunshine. A very common query of the present day is, "How are the crops coming along?" The answer is a variable one. All business is vitally interested in the fields of corn, wheat, oats, hay and potatoes, for it is from these that a large portion of Iowa's wealth is obtained. A land that produces one-seventh of the world's corn and one-tenth of the food products of the United States is an important one and that is what Iowa claims as her right. We do not grow everything in Iowa, but that is not possible in any land in the world. However, it is surprising to know that there are so many things grown and manufactured in this state. In order that we may not go along life's journey grossly ignorant it is my intention to build, equip and run a house with Iowa products as far as possible.

Starting with the location (dirt) we will survey it accurately with men who are graduates of Iowa State College; the cellar will be dug with shovels and utensils made in Fort Madison (if there are any stumps in the way they will be pulled by a machine made in Centerville); if the foundations be of stone, that material will come from any of a hundred or more places, but if the material be of cement it will come from Mason City or Des Moines. The foundation completed, the house proper may be constructed of wood, which will have to come from outside the state or from brick and tile, which is manufactured in Iowa.

The window and door frames may all be bought in many cities in Iowa, but in Dubuque and Clinton we will find the largest manufacturers of mill supplies in the world. Our gypsum plaster will come from Fort Dodge or Centerville.

The construction of the house is finished and ready for the paint and accessories. The paint is made in Burlington. The water will come from wells that have been supplied with pumps from Cedar Rapids or Fort Dodge. If it be a farm home and an automatic water supply under pressure is desired, we will go to Dubuque for an outfit. The lighting for an Iowa town home is furnished by electricity from one of the greatest cobwebs of wires of any state in the union. The heating for the house, if it be by warm air, will be from a furnace made in any number of Iowa towns, but if it be by steam or hot water, the furnace will be purchased in Cedar Rapids or Sioux City, the boilers and radiators will come from Burlington and the valves from Marshalltown. Lightning rods for the house and other buildings will come from Des Moines, Cedar Rapids or Brighton. The telephone and radio, such assets to the Iowa home, can be installed in a most satisfactory manner.

The lawn for the home will be prepared with seeds bought either in Clarinda, Shenandoah, Sioux City or Council Bluffs, as will our shrubs. Our fruit trees and evergreens will be obtainable from Charles City, Hampton, Center Point, and Osage.

The house and yard completed is now

ready to be furnished. Rugs will come from the School for the Blind at Vinton, most of the furniture bought will have been manufactured in Fort Madison, Burlington, Clinton or Cedar Rapids. The furniture not manufactured in Iowa may be secured from the largest furniture distributing house in the world, located at Burlington.

Breakfast, the first meal to be served in the newly completed home, will be served from dishes manufactured outside the state, because Iowa manufactures no crockery. "Quaker Oats" or "Three Minute Oats" will be ready to serve and with the addition of some real cream from our large herds of Jerseys, Holsteins, Guernseys, Ayrshires, Brown Swiss and possibly Shorthorns. The sugar used will come from Cedar Rapids (out of corn) or from Mason City or Belmont (if out of beet). Our wheat products will come from any of many mills in the state, while the cornmeal muffins or "Johnny cake" may possibly come originally from the Amana Colonies. If we are using syrup it will come from Cedar Rapids, Clinton or Keokuk, and if it really and truly is maple syrup, it will likely come from West Union.

The early meal over, Mother puts on her street shoes, made in Keokuk, and an overcoat coming directly from the Sheurman Woolen Mills of Des Moines, and starts on a morning marketing trip. "Junior" accompanies her, riding in a coaster wagon produced in Cedar Falls or Charles City. It is Mother's privi-

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An Iowa Home

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lege to select from Iowa canned corn, tomatoes, spinach, peas, sauer kraut, catsup, sweet pickles, pumpkin, squash, beets, beans and milk. She may purchase Iowa made crackers, bread, spaghetti, macaroni, cookies, cakes and pies. "Junior", if so permitted, has his choice of candies, ice cream, beverages and even mineral waters, all of which are manufactured in this state.

The Iowa household is kept clean by the many soaps made in Burlington, Dubuque, Sioux City and Des Moines. The laundry, once the housewife's weekly drudgery, is now easily done with the assistance of a washing machine and ironer manufactured in Newton, Grinnell, Perry or Davenport.

Mother buys buttons made from clam shells in Muscatine and our overalls, work shirts, cotton gloves and mittens all come from some of the largest factories in the world located in this state. In business and at home we find use for a Sheaffer pen or pencil from Fort Madison or a "Jiffy" manufactured in Sioux City. The day and date of the month will be remembered by reference to the calendar manufactured in the largest printing house of its kind, located in Red Oak.

For the family recreation the Brunswick phonograph may be bought directly from the mill in Dubuque and the piano may be bought from the factory at Bellevue. Among our magazines and papers will be those published in Iowa, for Des Moines alone is one of the largest printing centers in the world.

The house has been built and our family is living in it. Iowa has contributed well toward its maintenance and happiness.

Artificial Feeding

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food should bear a close analogy to that of human milk fails in many cases in practical applications. After experience in percentage feeding of infants in a London hospital, Burgess (1925) decided that there was something more in human milk than is expressed in its percentage formula and caloric value. That until a fat is found that can be tolerated by the infant we are doing incalculable harm to the infant population by insisting on strict adherence to percentage feeding. In some cases after a few days breast feeding fat was borne where before it couldn't be tolerated.

Investigators abroad are firmly convinced that the premature as well as the new born infant will thrive much better on more concentrated milk mixtures. Vomiting is less frequent than with more dilute mixture. In cases of severe vomiting, whole milk not diluted is recommended owing to the fact that quantity can be lessened. For children with poor appetites it is of great advantage inasmuch as the quantity can be materially lessened.

Thus it is evident that the many experiments are being carried on at the present time on infant feeding and as no one method or plan has been adopted by all specialists, no definite conclusions can be drawn as to which is the better of the numerous methods in use.

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