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Birch Hall
By MARGARET ERICSON

"ENOUGH seats for all," says Dean Stanton. What might that mean? Birch Hall is the new dormitory—luxuriously furnished, and a source of pleasure. Not only is it a delight to the eye, but it is also a place of comfort. The entire hall is furnished in charming colors and in the best of taste.

Coming up the stairs of the spacious front entrance, one comes almost directly to the parlors. The south parlor is furnished in blue and gold. In this room are many of the comforts that girls want when they come away to college. There is a piano and beautiful over-stuffed chairs and davenports. One of the most striking features of the room is the type of chairs. They are clever, little Windsor chairs, painted blue with gold trimmings. The curtains of that room are blue and tan striped.

The other parlors are similar to the south one, except that the color schemes vary. All of the curtains are of the blue and tan and the rugs all have a taupe cast. Every room has the Windsor chairs with beautiful over-stuffed furniture.

Perhaps the most attractive room in the building is the west parlor. This part of the hall is for girls only. The furniture is over-stuffed wicker. The wicker is tan with a touch of orange on it. The cloth of the over-stuffing is striped with orange and blue. There is a touch of blue and orange on the taupe-gray rug. The Windsor chairs in this room are decidedly unusual and clever. They are painted orange and have black trimmings. There is a dear little desk to match the chairs, a wicker lamp, with an orange shade, on a little wicker table decorated like the other furniture with a touch of orange.

To the west is an alcove with six windows. The curtains for these windows are of a tan with orange, blue and green stripes. A fire place and a piano added to all this, makes it a clever and comfortable place for home-sick freshmen to forget their "blues."

The bedrooms are furnished very nicely and have many modern conveniences. Both single and double rooms can be had, and some have private baths. Each room has a table, a chair, rocker, cots, chests of drawers, mirrors and all the rest of the equipment that goes to make up an ideal room in a dorm. The laboratoriaes are in little closets which hides them from sight when not in use. Each closet is large and well lighted and there is a full length mirror on the closet door. No excuse for hanging petticoats, if you wear them, or uneven hem! All the furniture is nicely finished, which is an encouragement not to mar them in any way.

The recreation room is on the third floor, it is all in white and has built-in seats in the walls. In one corner of the room is a Victrola from which issue the haunting strains of some popular tune, to which the co-ed may "trip the light fantastic" all she pleases on the nicely polished floor.

The three dining rooms are in the basement, and it is indeed a pleasure to eat there. Eight girls can eat at each table. The curtains are of bright cretonne, which lends cheerfulness and color to the room. Neat services tables are handy for the waiters, and best of all, is a comfortable looking fire place.

There are so many other features that (Continued on page 18)
Safe and Adequate Food Supply
(Continued from page 2)
cubs. Programs that deal wholly or partially with questions similar to this may
well be worked out by numbers. These
free discussions the proper frame
or attitude of mind cannot help being
created. Not only would interest among
women be awakened by such a program,
but it would set the merchants to think-
ing, perhaps groups as the dairymen,
also.
Respect for and strict enforcement of
pure food laws would most surely be a
plank in the platform of any progressive
home economists club. It would result in
inurying grocers to keep better quality
products. Probably there are many food
laws on the statute books of whose ex-
istence many women are ignorant.
No subject on a safe and adequate food
supply would ever be complete unless it
considered that all members of society
have proper foods in sufficient amounts.
There is always the dependent class with
us and must be cared for by society.
Supply for food for needy families
with its direction for use in the
hands of educated officers.

“In the Candle Light”
(Continued from page 5)

is used in its natural color the woodwork
and hangings finish the color. The floor
might be brown tile and the woodwork
ivory and brown. If it had blue and or-
ange in the hangings the candle sticks
might be glass painted blue with orange
trimmings. A bowl of the same in the
center for fruit would balance and help
to carry out the color scheme.
The type of candle to be used on a
buffet in the dining room might be simi-
lar to that for the service table in the
breakfast room. But it is more nece-
sary that it is carefully made. Either
decorative or conventional designs might
be used. Such bright colors are not al-
ways so pleasing in a dining room as in
a breakfast room. Just now lustre ware
is very popular in dining rooms. Candle
sticks and a flower bowl in orchid or
blue shades of lustre ware are very ef-
fective on a buffet. They are prettiest
with nothing or small doilies under them.
The bowls for flowers often have a wood-
en stand on which they are placed. The
should be painted the same color
and a raised fruit design place near the
top. These might be made by hand with
the use of sealing wax.
The decoration of candles is fascinat-
ing work for we enjoy decorating our
own homes. It is really not difficult and
is very useful in making gifts. Hand
decorated candles also hold a personal
value and there is a large field for ex-
pression of originality and individuality.

Birch Hall
(Continued from page 15)
could be mentioned. The chamberma-
changes are spacious and convenient.
Office is to the left of, the front en-
trance and is very handyly equipped.
Surely this new dormitory is one of
the dreams of Iowa State college come
true. It might well be termed the per-
fected dormitory. Every little detail is so
in keeping with the wants of the modern
college girl. There is a home-like spirit
about it and at the same time a collec-
tive spirit that the girl wants in her col-
lege life. Freshmen living in Birch hall
are getting an ideal start in their college
life. With the new Home Economies
building too, women of Iowa State col-
lege are having the best opportunities
that any college could offer to them.
Birch Hall—the new dormitory, is one of
the finest additions to the college.

McCollum Heads Health Show
Dr. V. E. McCollum, international au-
thority on nutrition and professor of
health hygiene at Johns Hopkins Uni-
versity, had charge of the health show
held recently in connection with the Na-
tional Dairy Exposition at Indianapolis.
The Food Show, in addition to being
the first of its kind ever held in the
United States, is of special importance to
the field of Home Economics since Dr.
McCollum discovered Vitamin D. the food
element so necessary for proper bone
growth and disease prevention.
Exhibits of milk, cereals, fruit, vege-
tables, meats and fish were charted and
their preparation demonstrated by nutri-
tion workers.
“Most of our common foods are whole-
some when properly compounded, but indi-
vidually they are incomplete. We can-
not condemn all foods because of their
shortcomings, but we can learn the proper
balancing of foods, so that what is lack-
ing in one will be supplied in another.
The purpose of this Health Food Show is
to educate the public to the quality of
agricultural foods and to emphasize in
particular the relation of certain foods to
others,” said Dr. McCollum.

Alice Stewart ’24 and Ila French ’24
began their student dietitian training at
Michael Reese Hospital in Chicago June
and Mabel Roed ’22 is getting her train-
ing in Sessa Hospital, Long Beach,
Calif. All three write enthusiastically
of their work.