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Selecting Your Spring Wardrobe

Betty Barker
Iowa State College

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Opportunities Offered in Hospital Dietetics

By GRACE MAGEE
Assistant Professor of Home Economics.

A
n outstanding opportunity that the hospital offers our college girl is that of placing herself. There are few positions that depend more on personal initiative and ability to select the things of importance. Because hospital dietetics has not been so standardized and conventionalized the girl has an opportunity to find her niche herself. The chances are about equal for progress or retrogression. The doctor usually knows very little about foods but he does know their importance and is glad to recognize and aid any gleams of intelligence shown about them. If a girl will allow herself to be buried under the multitude of tasks and high pressure demands made daily upon her, I can think of no better place for her to be quickly and completely submerged than in the hospital. But if one girl is able to select those tasks that she must do and those that must be delegated to others, if she can demonstrate her ability in her own field to supplement and assist the doctor, her work will see that the time and means are at her disposal and make it possible for her to enjoy a spirit of professional comradeship that is delightful.

The hospital field offers our college girl too an opportunity for growth. There are things more stimulating than contacts with well trained minds that expect one to speak in a most casual way of the most atrocious and unheard of names and it is necessary to keep on tiptoe to understand their vocabulary, so gradually a working knowledge of terms and methods of dealing with disease is acquired that makes all the difference in interpreting an article or a case.

There is a stimuIum too as well as the satisfaction, of seeing results. It is such a great deal of work. This patient is strong and well because of your intelligent cooperation with his doctor; it is the height of embarrassment to find you have fallen short of what is expected of you.

Last of all there is the opportunity of contacts with all sorts of people; not alone a relatively small professional group who tend to become crusted over with complacency concerning their own special work, but those who know comparatively little of foods from the standpoint of nutrition but their knowledge of digestion and physiology is apt to make one hunt up a text book, doctors speak in a most casual way of the most atrocious and unheard of names and it is necessary to keep on tiptoe to understand their vocabulary, so gradually a working knowledge of terms and methods of dealing with disease is acquired that makes all the difference in interpreting an article or a case.

Perhaps this last opportunity should have been placed first. Certainly the field of hospital dietetics offers our girls a chance to become well developed professional women of character.

Selecting Your Spring Wardrobe

By BETTY BARKER

"I
n the spring a young girl's fancy often turns to thoughts of clothes." So might the well-known quotation run, and be very appropriate for today with the shops filled to over-flowing with intriguing frocks, and the windows a mad riot of color. It would be an unnatural girl who would not be interested.

This season will be especially marked by its variety of materials, everything from halftone pastels to colors of highest intensity. It is this variety of color that gives the individual such a great opportunity for choosing the most becoming hue.

Another delightful feature of this season is the lovely color and design in the less expensive materials. It is now possible to have even house dresses like spring flowers.

It is practically impossible to say that any one style is best, and that all clothes must be made that way, for one sees almost everything. Only a few of the general rules can be stated. The circular flares are still popular, altho plats are being used more and more. The straight silhouette, relieved by plats is popular along with the bone gift flares. The ever-changing waistline, which lately has been climbing, has taken a sudden fall, and is now even lower than it was a year ago. With the lowering of the waistline, there has come shortening of the skirt, if that is possible. However, it should be remembered that the individual who is wearing a skirt should be considered. A good rule to follow is that one should sit down in front of a mirror when having a dress cut, or, rather than stand up, try on a dress with a tight abbreviated skirt on a plump, short person, the results may be disastrous.

The college girl has no limit in her choice of color, material, or style. For the Miss who is clever with her needle and daintily turns out her own tips, for the stores are filled with yards of bewitching material. There are the prim little English prints, as well as prints of larger design; soft, lustrous frost crepes; and quaint, demure printed voiles. Right now printed materials of all kinds are queen of the realm of fashion, but just as a little girl of five, it is predicted that by summer plain materials will usurp the throne, with plain navy blue as first lady in waiting.

With all these materials the next thing to be considered is how they shall be made. A college girl needs four types of dresses: sport, street, formal and informal.

Without doubt the sport dress is the most popular. It is used for school, as well as sport, outing and informal dances. Who would not be happy in a grey dream of a dress, buttoned trimly from collar to hem, flaunting a scarlet ribbon at the throat? Two-piece dresses, made with a long waisted blouse over a skirt of the same material are very popular. The sweater and skirt outfit is again coming into favor. They may match or be of contrasting colors, the most popular skirt has narrow plaits all around. For tennis, the short-sleeved sweater may be worn, otherwise the long-sleeved slip-over sweater, or the mannish sweater, opening all the way down the front are used. Blouses are high neck and turtleneck or V, and open at the throat.

Sport and street wear overlap in much the same way that sport and school do. However, street wearing is better than the tailored suit. While speaking of suits it is well to note that the coats are straight and short, closed by one loop fastener, or buttoned over in a double breasted effect. These suits, however, can only be worn by the slim, young girl — the short coat and contacts listed skirts are not for matrons. The dress and coat are also good for street wear.

For informal dances the sport dresses are worn as well as lovely printed crepes, flowered voiles and georgettes.

For formal wear, there are the soft georgettes and chiffons as well as the bouffant taffetas.

Dresses, coats, and skirts demand hats. Altho the small felt has gone, the large brimmed felt, called the "Collegehat," "Cow-Girl," or "Cross-Country," is worn. Soft straws have replaced small felt and stiff straws. Two of the lovely, flexible straws are Vosca and Ballibuntl. It is interesting to note that this Vosca from which the hats are made is grown in Switzerland and crocheted in Italy in cone shapes. They are shipped in this form, and in this country they are pressed and blocked into the desired shapes. The straw hats are both large and small, with the straw Tam-o'-Shanter as a new shape. Some of the most popular color are baby yellow, navy, grey, and Bois de Rose.

Footwear must also be considered. For sports the light colored, or two-toned shoe is best. Altho the small felt has gone, the large brimmed felt, called the "Collegehat," "Cow-Girl," or "Cross-Country," is worn. Soft straws have replaced small felt and stiff straws. Two of the lovely, flexible straws are Vosca and Ballibuntl. It is interesting to note that this Vosca from which the hats are made is grown in Switzerland and crocheted in Italy in cone shapes. They are shipped in this form, and in this country they are pressed and blocked into the desired shapes. The straw hats are both large and small, with the straw Tam-o'-Shanter as a new shape. Some of the most popular color are baby yellow, navy, grey, and Bois de Rose.

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HART BEAUTY SHOPPE
Facials a Specialty
Phone 250 Fair Store

The Designer—Her Place
(Continued from page 4)
names of a country. In Paris and New York there are celebrated designers, Lucien Lelong, Drecoll, Madame Marie-Louise, Jacquet, Lantef, Marthe Pinchart, Paquin, Mollie O'Hara, Saks-Fifth Avenue, Worth, Chanel, Lanvin and Premet—who are rated among the prominent men and women designers.

Soft Water for the Housewife
(Continued from page 3)
Why use so much soft water? Primarily to save soap. The saving varies with the hardness of the water, ranging from 50 to 90 percent, the latter figures being not uncommon. Furthermore, soft water does not leave the flesh of the body in a harsh condition, clothes are whiter, less fuel is used in cooking many foods, special enamel cleaners are reduced to a minimum.

The question of cost arises, and should. Zeolite water softeners range in price from $45 to $700, depending on size and softening ability. Those below $150 are small and tend to be in the portable class, that is, a renter can move them from laundry to bath room and then to kitchen. This is not the most advisable means of use. Experience shows that it is more desirable to select a water softener costing $200 which will supply a medium-sized family a sufficient quantity of water per "re-generation" or "re-conditioning" so that it will have to be re-conditioned but every three or four weeks.

Discuss the water softener situation with your local dealer, see how many gallons can be softened for each re-generation. This will vary somewhat because the amount of hardness in the water varies in different localities. Then select one that gives good capacity for the investment. When installed, you will be overjoyed with the experience of having an abundance of real soft "velvet water."

Selecting Your Spring Wardrobe
(Continued from page 2)
just what is right to wear with what, for one sees everything.
If you have not yet visited the shops you have missed a real joy, for they are filled with lovely things. There is such a variety that the shopper must use discrimination in order to get the thing best suited to her individual type.

THE TEN COMMANDMENTS OF DRESS
1. Thou shalt not follow fads and follies regardless of thine own individuality and type.
2. Thou shalt clothe thyself in simplicity.
3. Honor thy body and keep it clean.
4. Thou shalt dress appropriately for the occasion and thine own purse.
5. Thou shalt not covet thy neighbor's clothes or accessories.
6. Thou shalt zealously study thy type, coloring, temperament and physique.
7. Thou shalt dress in harmony with thy type.
8. Thou shalt learn the principles of Balance, Proportion and Dominant Interest and their application.
9. Thou shalt see thy self as others see thee and endeavor to correct thy mistakes.
10. Thou shalt persist in determination to make the very best of what God has given thee.

—Educational Press Bulletin.