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Who's There and Where

By CLEO FITZSIMMONS



Omicron Nu Initiates Alumnae and Faculty

Gamma Chapter of Omicron Nu, national honorary home economics fraternity, invited to membership and on June 10 initiated alumnae of classes of Iowa State College who were deserving of the Omicron Nu key, but who were graduated before the chapter was installed upon the campus in 1913.

The women who were initiated were: Class of 1912, Miss Regina Brennan, Grand Forks, N. D.; Miss Marie Stephens, Ames; Class of 1911, Mrs. Nina Madson Duncombe, Hinsdale, Ill.; Mrs. Amy Parsons Anderson, Keokuk, Iowa; Class of 1910, Mrs. Gertrude Jones Patty, Brookings, S. D.; Class of 1909, Miss Florence Walls, Ames; Class of 1908, Mrs. Eva Forman Mosher, Urbana, Ill.; Mrs. Sophie Hargis Barker, Columbus, Ohio; Class of 1907, Mrs. Ada Hollowell Rule, Fort Dodge, Iowa; Miss Angeline McKinley, Ames; Class of 1906, Mrs. Olla Johnson Hedinger, Memphis, Tenn.; Miss Ruth Walker, Seattle, Wash.; Class of 1905, Mrs. Ethel McKinley Bliss, Ames; Mrs. Mary Davidson Budge, Ames; Mrs. Caroline Grimsby Guthrie, Portland, Ore.; Class of 1904, Mrs. Gertrude Curtiss Paxton, Nevada, Iowa. Miss Marcia E. Turner, Miss Winifred Tilden, Miss Joanna M. Hansen, Miss Viola M. Bell were initiated as honorary members.

After the initiation which took place in the Seminar Room of the new Home Economics Hall, the initiates, alumnae and active members of the chapter attended a reunion banquet at the Maples.

Faculty members of the Home Economics Division of the college who are members of Omicron Nu are: Dean Anna E. Richardson, Miss Iva L. Brandt, Miss Pauline Drollinger, Miss Margaret Haggart, Mrs. Vivian Moe Jones, Miss Cora B. Miller, Miss Medora Grandprey, Miss Miriam Rapp and Miss Lydia Swanson.

Since Omicron Nu elects its members from among students who complete a four year home economics course, the class of 1904 at Iowa State contained the first women eligible for membership in Gamma chapter, for no such course was offered in the college catalog until 1900. Previous to that time, all the work given in Home Economics was offered as a part of a general science course for women. The new initiates are furthering the interests of homemaking in their communities.



Miss Millie E. Kalsem

Miss Millie E. Kalsem, H. Ec. '20, is at present in charge of a training course for student dietitians at the Iowa Methodist Hospital in Des Moines. In a recent letter to the *Homemaker*, she outlined the course of her work since the time of her graduation from Iowa State College.

"The first year after graduating, I taught Home Economics and Psychology in the High School at Monticello, Iowa. The following summer I began the work that has been most interesting to me, hospital dietetics. I entered the Michael Reese Hospital August 1, 1922, as a student dietitian, taking special training in hospital dietetics. After finishing their course of six months, I accepted a position as hospital dietitian with the Beaver Valley General Hospital at New Brighton, Pa. I had been there but a short time when the present position was offered to me and I couldn't resist coming back to Iowa, especially when it was just exactly the work that I wanted. I came to the Iowa Methodist Hospital at Des Moines in the early summer of 1923, and have now been here for nearly three years.

"My work here is chiefly metabolic work. Our special diets vary in type and number with an average of about thirty with a low point of about twenty and a high point of forty-eight. Last

summer the work here had increased to such an extent that I thought the field was fertile enough to establish a training course for student dietitians. A six months course has now been taken advantage of by home economics graduates. This is, so far as I know, the first training course for dietitians to be organized in Iowa. I have had two students from Iowa State College, both of the class of '24. Marie Horst, who finished her course here and is now dietitian at Memorial Hospital at Cheyenne, Wyo., and Anna Sorensen, who is still with me. It is a pleasure to work with girls who have had training and qualifications such as Iowa State College gives to her students."

Triple I Becomes Phi Upsilon Omicron

Triple I, a local honorary home economics fraternity at Iowa State College, Ames, Iowa, was installed as Omicron Chapter of Phi Upsilon Omicron June 6.

Members of the newly installed chapter are: Kathryn Ayres, H. Ec. '26; Julia Beth Whiteside, H. Ec. '26; Helen Elliott, H. Ec. '27; Lucile Lindstrom, H. Ec. '27; Virginia Buck, H. Ec. '27; Ella Fae McCue, H. Ec. '26; Josephine McMullen, H. Ec. '26; Margaret Cleghorn, H. Ec. '27; Edith Ruggles, H. Ec. '27; Susan Scurr, H. Ec. '27; Jean McDirmid, H. Ec. '26; Ruth Jahn, H. Ec. '26; Virgil Kelley, H. Ec. '27; Florence Willson, H. Ec. '27; Gladys Koenig, H. Ec. '27; Mable Blom, H. Ec. '27; Eva Donelson, H. Ec. '27, and Helen Swinney, H. Ec. '27.

Phi Upsilon Omicron is a professional fraternity to which women may be elected in their junior or senior year of college or during the last quarter of their sophomore year. Faculty members of the organization in the college are: Miss Georgia Elwell, associate professor in home economics; Dr. Rachel Edgar, assistant professor of chemistry; Miss Ruth Lindquist, associate professor in home economics; Miss Elizabeth Rivers, instructor in home economics, and Miss Lillie Swanson, extension specialist in nutrition work. Dean Anna E. Richardson is an honorary member of the national organization.

The members of Omicron chapter were hostesses at the Isabel Bevier house to Dr. Aurelia Reinhardt, president of Mills College; Dr. Isabel Bevier, former head of home economics work at the University of Illinois, and Dr. Kathryn Blunt, head of home eco-

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ETERNAL



QUESTION

C.M.S.

Fuel Value of Fats and Sugars

I. Can you send me a table giving the relative fuel values of fats and sugars?

Ans. Regarding the fuel value of fats, the different food fats have nearly the same fuel value when in the same state of purity. Lard, olive oil, cotton seed oil, etc., are practically one hundred percent fat and have energy values of about 4000 calories per pound, while butter, which contains a considerable percentage of water, has usually eighty to eighty-five percent fat and furnishes about 3300 to 3500 calories per pound. Goose and duck grease are like butter and would have about the same fuel value.

The sugars have fuel values as follows:

Honey, 1480 calories per pound.

Cane molasses, 1300 calories per pound.

Brown sugar, 1723 calories per pound.

Granulated sugar, 1840 calories per pound.

Maple sugar, 1502 calories per pound.

Powdered sugar, 1814 calories per pound.

Maple syrup, 1295 calories per pound.

The powdered and granulated sugars are the purest and hence have the highest value. Honey, brown sugar and molasses contain some water and their fuel value is decreased accordingly.

When You Paint on Silk

II. What kind of paint can be used on silks, georgettes, chiffons and other silk materials?

Ans. Paintex, a kind of dye that can be painted directly on silk, cotton or wool is perhaps the most satisfactory thing to use for painted patterns on white or light colored cloth. Two kinds are made, one for silk or woolen materials, the other for cotton or linen. Paintex may be purchased from the Paintex Company, 30 Irving Place, New York. Most art shops in the country now handle it.

Eighteen different colors are made. A trial set of six colors with directions for use costs 1.75. It unfortunately is not practical to mix the colors—for in that case they do not launder satisfactorily. In the trial set the col-

ors are very bright—almost raw. If used according to directions they stand either laundering or cleaning.

Oil paints are still used for painted patterns on cloth. If mixed with the fluid 1P.H. Indelible, they too stand laundering and cleaning. Most art stores handle the 1P.H. Indelible in 25 cent bottles. The oil paints are satisfactory on the darker colored silks as well as on light ones, but are stiffer and more opaque than Paintex.

Appropriate Menu

III. What menu would be appropriate for a "Mary, Mary, Quite Contrary" banquet? The color scheme, already selected, is lavender, gold and white.

Ans. Any menu might be adapted to such a banquet provided you have menu cards. Your menu cards might have the foods listed in a manner contrary to what your guests expect.

I would make no attempt to color any food lavender, but would use this color in the nut cups or in the candies you wish to serve. A suggested menu follows:

- Orange cocktail served in orange baskets
- Creamed or escalloped potatoes
- Breaded Veal Cutlets
- Fresh green peas and new carrots mixed (butter sauce)
- Hot Rolls—Apricot or Grapefruit marmalade
- Salad—Asparagus tips with hard cooked egg
- (Serving gold and white mayonnaise dressing)
- Ice cream or Angel parfait, using Gold Cake
- Coffee—Candies in colors desired

Apportioning an Income

IV. How should a net income of \$3,000 be apportioned for two people?

Ans. It is very difficult to set up figures which would be applicable to

	Monthly	Yearly
Savings	\$ 76.00	\$912.00
Food	38.00	456.00
Shelter (rent or taxes)	35.00	420.00
Fuel	7.50	90.00
Operating	27.00	324.00
Clothing	42.00	504.00
Advancement	24.50	294.00
Total	\$250.00	\$3000.00

all situations for the family is very largely an individual matter, dependent upon conditions and circumstances.

This is a recommended division of the income:

Advisability of Canning Fish

V. Could the common variety of fish found in Iowa streams be cold packed successfully with a steam pressure cooker?

Ans. Fish may be canned just as you can meats and poultry providing you can use the cold pack steam pressure cooker satisfactorily. I would suggest precooking the larger fish, such as carp, enough to remove the bones before packing them in the jars. Use the fat that you like best, corn oil or the margarines will do very well. Process in the pressure cooker, using the higher temperatures, for an hour at from ten to fifteen pounds pressure after precooking.

Your Summer Vacation

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garet McCarty, Yellowstone Park Camps Company, at Livingston, Mont.

I know of no more pleasant way of spending a summer vacation with work and play commingled in just the right proportions to be always interesting.

TRIPLE I BECOMES OMICRON CHAPTER, PHI UPSILON OMICRON

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nomics work at the University of Chicago, during the time which these women spent at the college for the purpose of attending the dedication of the new Home Economics Hall, June 11.

Miss Arnquist Sees Activities of Danish Girls

Miss Josephine Arnquist, in charge of girls' club work, writes that she had the pleasure of attending two meetings of Danish girls, accompanying Miss Ulla Christensen, who visited Iowa last year to study our club work. Miss Christensen is now organizing club work for the girls of Denmark.

Club folks all over the state are awaiting with interest an opportunity to hear all about Miss Arnquist's fine summer in Europe.