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Farm and Home Week

by SYLVIA PEDERSEN

Master Homemakers Awarded

At the annual Farm and Home Week banquet, the five Master Homemakers of Iowa were honored. These women were nominated, with 55 other farm homemakers, by five of their neighbors and were later selected on the merits of general homemaking, management, family life and community life. The five honored women are: Mrs. J. O. Smith, Marshall County; Mrs. Warden Logan, Scott County; Mrs. Roy M. Joslin, Jones County; Mrs. M. H. Runkle, Delaware County.

Awarding of this new title denotes the first time in Iowa and the eighth time in the history of agriculture when the value of the farm woman's job has been publicly announced. The Farmer's Wife magazine, with the cooperation of the Iowa State College Extension Service, has been sponsoring this movement. The event is one of the 23 planned in various states thruout our country during the year of 1928. The movement is a national one to pay tribute to farm women, to dignify their job as a profession and to emphasize high standards of rural homemaking.

"Homemaking is one of the few occupations of the country that has been affected by the industrial revolution," stated Dean Genevieve Fisher of the Division of Home Economics, at the annual banquet. "We are more appreciating the woman as a homemaker. She has to be a woman of great intelligence and one who can meet and make the most of her opportunities.

"Ninety percent of the income is placed in the hands of the homemaker," continued Dean Fisher, "and she has that much responsibility of the welfare of the home. She cares for the food, the clothing, furnishing, comforts and even, in some cases, buys the husband's belongings. It is obvious that, in order to be a Master Homemaker, she must be very capable.

"Not only is the homemaker the business manager of the home, but she is the doctor and the nurse, in time of emergency; she is the one who sets the standards for the home life; the one who makes the home the place where the children's friends can gather and want to gather; who makes a memory of the home that lives on after the children leave it."

The official registration for the 1928 Farm and Home Week totalled 1,450. We are proud to announce that over half of these were homemakers of Iowa. In all, there were 75 counties represented.

It is an impossibility to make a full report on the many interesting and varied presentations and speeches during this week, but the IOWA HOMEMAKER will give its readers as much as can be presented in this manner.

Miss Neale S. Knowles, state leader of home demonstration agents, explained the methods by which these Master Homemakers were chosen, and the requirements, which included dependability, friendliness, cooperation, honesty, type of foundation laid for the highest standard of living, appreciation of music and an appreciation of the beautiful. Miss Knowles told how the woman of today, and especially the farm woman, is not only a power within her own four walls, but is a power in the building of the standard of living in her community.

Miss Bess Rowe, of The Farmer's Wife, gave in detail the plan of the Master Homemaker movement, in explanation with the plan of the Master Farmer movement. Miss Rowe emphasized the fact that the women who have received this distinction are the very women who realize that homemaking does not begin and end in the home, but is carried out into the community. Miss Rowe pointed out that each of the five women chosen voted in the last county, state and national elections.

The emblem which represents the accomplishment of the Master Homemaker is a pin, with a circle for the foundation. This circle represents the family circle, which is formed, and whose influence circles out into the community. Upon the circle is the wheat, the Goddess of Agriculture, chosen because the farm woman is the one woman who has the opportunity to be the husband's real business partner.

Light is the other symbol on the circle, and this represents the home.

The farm home is the last boulevard of the long road to fine ideals for real American homes. The future of agriculture depends on the farm home. "Disguise our bondage as we will, 'Tis woman—woman rules us still."

Farm Home Life

"A farmer isn't a farmer if he hasn't a wife," stated George C. Seaman, World War veteran, now managing a 3,000 acre farm near Taylorville, Ill., in a mass meeting lecture during Farm and Home Week. "It is impossible to draw the line between the male and female members on the farm."

Declaring that the prosperity of our country must come from agriculture, Mr. Seaman pointed out the great need for education in agriculture. Intelligent management is one factor that, when more improved, will ease the farmer's situation, continued Mr. Seaman. He stated that education plays a big part in the success of farm life, not only for the man, but also for the woman.

Walter Burr, of Kansas State College, spoke on culture in the farm home, and pointed out that culture is not necessarily schooling; it cannot be obtained by going to college; it is a misunderstood term, and one has culture if he understands the culture of others.

"There is as much culture in raising the right kind of hogs as there is in putting paint on the canvas," he said. "Farmers need not leave the farm to seek culture. One of the most cultured men I know is one who raises fine hogs and writes poetry based on his idealization of his work."

Mr. Burr called attention to the fact that culture is, not affectation of the dress of others, not the actions of others, but is within one's self and can be developed on the farm as well as any other place.

On Family Relationships

"Strained relationships between parent and child at pre-school age will lead to strained relations at adolescence," was the statement made by Dr. T. F. Vance, professor of psychol-

ogy, in one of the meetings of the week.

The child needs someone to serve as an emotional outlet, and should be able to go to the father and mother with its joys and sorrows. However, this relationship ought not to be too close or the child will not develop originality or initiative, said Dr. Vance, and the weaning from the parental roof later on will be very hard. Also, a child needs love, he said, but too much expression of it in the physical sense is not desirable.

In speaking of the adolescent child, Dr. Vance said, "Treat him as far as possible as you would treat an adult friend. Answer his questions and tell him the truth. Be wise in discipline, and let him have a share in planning and executing the family program. And, most important, give him your companionship."

Square Meals Needed

"Let's have food that is food, not that recommended by food faddists, but a square meal," advocated Miss Ida M. Shilling, assistant professor of foods and nutrition, in a talk during the week.

The square meal, according to Miss Shilling, may be illustrated in diagrammatic form. Proteins of a good kind fill one corner and may consist of milk, eggs, cheese, meats and nuts.

Vitamins, Miss Shilling considers as an important part in both the children's and adults' diets. Vitamin A, which helps the children to grow, and prevents colds and sinus trouble, she states, may be found in cod liver oil, butter and whole milk or cream, in eggs, in leafy vegetables as spinach and lettuce. Cottage cheese was cited as being good for children providing it is not too rich with cream.

Vitamin D, which prevents rickets, the disease of malformation of the bones, is found in cod liver oil, eggs and sunshine. Bow legs, Miss Shilling said, are often caused by the lack of this kind of food in early childhood.

Vitamins B and C, she called the water solubles, and may be found in milk. B is found even in skimmilk and in the whey, helping to stimulate the child's appetite. B and C are both found in tomatoes, canned tomatoes serving just as well as fresh in supplying this element. B is also in oranges and fruits in general. Vitamin D, she added, is found in milk, and C, which prevents scurvy and swelling of the joints and rheumatic tendencies, is in

fresh, uncooked fruits and vegetables, with the exception of cooked tomatoes.

The third corner of Miss Shilling's square meal is the minerals. Lime, which is necessary for teeth and bones, she summed up as being contained in milk; phosphorus in eggs and meat; iron, needed for good blood and to prevent anaemia, in eggs, spinach, red meats, liver and leafy vegetables; iodine in salt water fish.

The fourth and last corner was that of plenty to eat. Not stuffing oneself, but it is her belief that children should eat as much as they desire and adults as much as is necessary to keep up their vitality. People who decide against eating food without tasting it, were ridiculed by Miss Shilling, and she added that it is a good policy to train children to like wholesome foods and to speak well of them in their presence.

Training of Girls

"The average American girl must be self-supporting," said Miss Genevieve Fisher, dean of home economics. "Educate the girl to fit her for her own home, and educate her to fit her for a wage earner before she has her own home, and even after she is married."

"When home economics was first started at Iowa State," Miss Fisher continued, "it was that of training only in cooking and sewing. The course has developed and ideas have changed, making it grow into a course which aims to make, first of all, a good mother and a good housekeeper, who knows diet, how to cook, sew and keep a sanitary home and how to be economically independent if necessary."

Women and Legislation

"The Farm Bureau women of Iowa have done much toward the passage of social legislation," said Mrs. James Devitt, Oskaloosa, member of the State Board of Education, in an address to the women attending the Farm and Home Week meetings.

"The most important federal legislation before the country today is that to end war," according to Mrs. Devitt. "The three suggested theories are the outlawry of war, the arbitration treaties and arms embargo."

Farm legislation, both state and federal, should be of primary interest to women, Mrs. Devitt maintains, whether from rural or urban districts. Farm women should be especially alert on the subject, and have definite opinions as to which line of thought is best, that

of no legislation, or a little state legislation, government control, or the inevitable result of rural and urban competition, ending in the decay of agriculture and the nation.

County Projects

Miss Neale S. Knowles explained, at one meeting, county project work. She stated that Achievement Day of a county project takes the form of an exhibit. Each township exhibits its activities and results relative to the project adopted, to be judged. Farm women in each county are conducting one organized piece of work which they have chosen from the following groups: nutrition, clothing, home management, home furnishing, millinery and parent training and child care.

Watch That Humidity

Iowa most assuredly has not the climate of the Sahara, but according to J. E. Smith of the Geology Department, air in the home is kept too low in humidity during the winter months for health and comfort. Thus, for the time, the desert dryness is transplanted into the home.

Hot air systems of heating in homes supply the most difficult problem of keeping enough moisture in the air, but one solution has proven fairly good, says Mr. Smith. The water pan of the furnace should be reached by large wicks or strips of canvas suspended from above it, or moisture should be provided by some other means.

In steam heated houses, opening the jets on the radiators and permitting the steam to escape is the easiest method of supplying the requisite moisture. Large humidifiers or containers full of water and placed on the radiators or back of them, where the hot water heating system is used, will also help.

"If, for example, outdoor air at a temperature of 20 degrees F. and containing 70 percent moisture is admitted to the house and heated to 68 degrees F. without increasing the amount of water vapor in the air, the relative humidity or percentage of moisture falls to 18, which is about one-fourth of what it should be," declares Mr. Smith. "This extreme dryness causes evaporation to take place rapidly, thus producing a sensation of feeling cold. It dries the skin and makes one feel restless and uneasy.

"Instead of correcting the deficiency

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New Jersey Knows About Us

In January, Miss Josephine Arnquist, state leader of girls' clubs, attended a State Extension Conference at New Brunswick, N. J., where she had an opportunity to explain the Iowa 4-H girls' plan. In return, she learned of the New Jersey way of doing things.

En route she stopped off at Ithaca, N. Y., for a conference with the New York club staff. Miss Hazel Spencer, formerly of the Iowa staff, is doing a fine piece of work as clothing specialist for girls. Beginning the first of February, the New York staff took on another former Iowa person, Miss Lillian Shaben, who will do nutrition work for the club department. She was at one time a home demonstration agent with headquarters in Council Bluffs and then later was a home economics specialist on the Iowa State staff.

Office Moved

When next you call on the state 4-H family in Morrill Hall you will find it has moved. It is now in the southwest corner, in the room formerly occupied by the district supervisors. One visitor, when told that the club people now had larger quarters, looked around and said, "Yes, I believe you do have six square inches more of floor space." Anyway, when they are out of the office there is enough space—the whole space.

Being a Girl

Being a girl is a great adventure;
Being a girl is a wonderful thing,
Something like being a great explorer,
Something like being a king.

Being a girl is going a journey
Into a country strange and new;
And I am proud to be chosen to go
there.
Oh, aren't you?

Being a girl is ruling a kingdom,
The kingdom of self, with a firm, sure
hand.
I am glad I'm a king, and a daring
traveler
Into an unknown land.

Being a girl is a great adventure;
Being a girl is a wonderful thing,
Something like being a great explorer,
Something like being a king

—May Carolyn Davies.

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by adding more moisture to the air, we commonly fire the furnace more heavily, which, if it increases the temperature, only makes the air of the rooms dryer and more irritating. It also kills or injures house plants, especially ferns, which require moist air. In some cases it has caused shrinking and cracking of the inside walls, finishings, picture frames and even the victrol and the piano," he concluded.

Music Essential for Children

"The first singer was the first mother and music is as old as the race," said Miss Fannie Buchanan, Grinnell, of the Victor Talking Machine Company, in an address to the Iowa homemakers during Farm and Home Week. Music affects the child mentally, spiritually and physically. Therefore a mother should be just as sure that the child hears good music as that he is served good food, Miss Buchanan stated. The first lesson should start when the baby is about two weeks old and continue every day. The piece can be played, sung or hummed very softly to the baby.

Good Meat Needs Fat

"Quality in meat is determined largely by the proportion of lean to fat," said Prof. M. D. Helser of the Animal Husbandry Department, who was in charge of a meat demonstration at the meat laboratory during Farm and Home Week.

"If a group of people were given a plate with nicely prepared lean meat on one side and equally well prepared fat meat on the other," said Mr. Helser, "probably 90 percent would eat only the lean and yet if they would put about 25 percent of fat with 75 percent of lean the result would give an improved flavor.

"In high priced cuts such as the choice steer produces, there is a decidedly higher percentage of fat, which gives the meat a better taste," he continued. "In the more common beef types, if the meat has started to mold, all the seasoning one can throw in does not help very much. But a different result is obtained if a piece of choice fatty meat has started to mold. For this reason, if for no other, the higher priced meats are the cheapest."

Produce Quality Eggs

"Cooperative production, not cooperative marketing, is what the poultry raisers need," said R. G. Clark of the state department of agriculture, in a talk at the poultry farm during Farm and Home Week. "If the women who raise the poultry will form groups and learn what kind of eggs are of the best quality, and how to produce these eggs, they will be able to receive a higher price from the shippers. By starting in small groups the idea will spread until gradually a state cooperative marketing system will be formed with less expense than by trying to start a cooperative marketing organization in a large way over the whole state."

"Sell" the Child Food Habits

"In getting your child to eat things he does not like, approach him in much the same manner a salesman uses to approach his future customer," said Clifford Goldsmith, better known as "Professor Happy," of the National Dairy Council, in a talk given during Farm and Home Week. "Children have a right to their likes and dislikes as well as adults. The parents, not the children, are responsible for bad eating habits."

If parents imitate salesmen in their tactics, the disagreeable problem of convincing children that they should eat foods like milk and spinach will be solved, he said. Discipline and force may work in some cases, but it generally builds up a negative reaction toward those foods, he added.

"Before you place food before a child, be sure that it is appetizing and attractive. Do not expect your child to eat anything you refuse to take," advised Professor Happy. "Then give your food some publicity to the child by casually remarking that some hero, Lindbergh, for instance, eats it. The supply of food must be limited, however, for quantity is revolting to the child," he continued.

When you're feeling kinda blue
If you're all down and out,
And you haven't got the courage,
Just to jump around and shout,
Go pull on your knickers
And get into the game
And roll up a score
That will lead your class to fame.