1928

Home Economics Research at Iowa State

Melba Nisewanger
_Iowa State College_

Mildred Deischer
_Iowa State College_

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the _Home Economics Commons_

Recommended Citation
Nisewanger, Melba and Deischer, Mildred (1928) "Home Economics Research at Iowa State," _The Iowa Homemaker_: Vol. 8 : No. 3 , Article 9.
Available at: http://lib.dr.iastate.edu/homemaker/vol8/iss3/9

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
Home Economics Research at Iowa State

By Melba Nisewanger and Mildred Deischer

Vocational Education Research

Lucile Magruder, a graduate student in the Vocation Education Department, carried out a problem on the study of factors which seem to influence high school girls for or against the election of home economics courses.

The problem was carried out in cooperation with teachers in the High Schools of Iowa, and was studied by means of a list of questions covering one of the factors that would enter in to cause high school girls to elect or not elect home economics subjects. The questions were answered by 648 seventh, ninth, tenth, eleventh, and twelfth grade girls in eleven different high schools in eight states. These girls ranged in age from 10 to 21 years.

Indications from this study are that the factors which influenced the 504 girls who elected home economics were as follows: they realized the need for knowledge of home economics, their interests were in the field of home economics, or they thought that it would be easy. Indications are that the factors which influenced the 144 girls who decided not to elect home economics were: they were not able to get it in with the course that they desired, their interests were not in the field of home economics, or they did not realize the value of it to them.

Survey of Home Economics Activities of Girls Outside of School

This survey was carried out by Mildred Johnson and was for the purpose of getting a knowledge of the activities of the majority of the girls outside of school so that the course of study may be based on the needs of the girls and the situations can be made more real. It was also for the purpose of finding out whether the home economics courses of Muncie, Indiana are meeting the needs of the girls and if not, how the courses may be changed to better meet the needs.

The activity information was gathered by means of a checking list given by the teachers of the home economics department under close supervision, to all the girls of the seventh and eighth grades and to those in the ninth grade who were taking home economics. The results were tabulated according to school districts and grades. They are to be used by the superintendent of Education in the Muncie Schools in revising the city course of study for home economics.

Deep Fat Frying in Large Quantity Cookery

By Hazel I. Schraek

Fried foods are popular on restaurant menus because they are attractive and palatable. Properly fried foods have a crisp and characteristic "nutty" flavor that cannot be produced by any other method of cooking and the absorption of fat during the frying process increases the food value. The nature of the cooking process, however, makes this group of foods difficult to prepare, with the result that a great amount of poorly fried food is served in public eating places.

The problem in deep fat frying is to produce a well done, attractive food with a minimum of fat absorption. Consistent results can be obtained only by the use of accurate methods and the thermometer furnishes the only accurate method of controlling temperatures. The progressive restaurant manager is concerned with and interested in proper methods of frying and the selection of a fat that will produce good results.

The purpose of this experiment is to determine (1) the temperature at which different fats used in frying fritters produce the most palatable product and (2) the relation of temperature to fat adsorption in the various fats.

Lard, Crisco, Wesson oil and Mazola were selected for the fats to be used. Corn fritters were chosen for the food to be fried because they are extensively used in public food service, no experimental work had been reported on them and the variation in quality of fritters generally served would indicate a need for such work. The results obtained in frying corn fritters would hold for those made of other vegetables and fruits.

Preliminary experiments lead to the adoption of a formula and a method of manipulation which would insure a light fritter of fine, even grain. The temperatures used were 360 degrees, 380 degrees and 400 degrees F. and the frying period was five minutes. A series of five fryings was made at each temperature in each of the four fats and the fat was not allowed to vary more than five degrees above or fifteen degrees below the temperature stated.

From the results obtained the following conclusions were made:

1. Mazola, Crisco and Wesson oil at a given temperature produce fritters similar in appearance.

2. These fats at 360 degrees and 380 degrees F. give a fritter of the best volume, of the most delicate color, and of greatest smoothness.

3. Lard produces an unpalatable fritter at a temperature higher than 360 degrees F.

4. Fritters cooked at 360 degrees, 380 degrees and 400 degrees F. show a negligible difference in the amount of fat absorbed.

5. Within this range of temperature, the differences in the amount of fat absorbed when using Crisco, Mazola, lard and Wesson oil are measurable, but not large enough to be a determining factor in the selection of a fat.

6. Fat absorption in fritters is influenced more by variations in formulae, manipulation, size of unit and length of time of frying than by differences in temperature and fat.

Exhibit at the International Art Congress at Prague, Aug., 1928

An exhibit to represent the United States at the International Art Congress at Prague was selected from the many exhibits of art schools and colleges shown at the Western Arts Association meeting in Indianapolis, May 2 to 6. Eleven large mounts, 22 x 28 inches, of textile and symbolic designs, posters and interiors were selected from the Applied Art Department exhibit of the Home Economics Division of Iowa State College.

At the general meeting, Miss Joanne Hansen gave an address on "Art as Related to the Unpretentious Home," and at the Home Economics Round Table at which Miss Julia R. Grady, supervisor of the Art Department of the Vocational School at Madison, Wis.