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Estonia Sends Another Student

Isabel Leith

In 1926, Mrs. Alma Lossman Martin came to Iowa State to get her master's degree in home management. This fall Dr. Leida Adamberg of Vandra, Estonia, is here. Her traveling expenses are paid by the Estonian government and her college and living expenses by the American Association of University Women and the Women's Guild. She left Estonia Sept. 4, and arrived in the United States Sept. 17, and is now living at Gray Cottage.

Estonia is a small republic on the east coast of the Baltic Sea and south of the Gulf of Finland, with Russia on the east. Following the collapse of the Russian military power in 1817, Estonia became independent, so it is a comparatively new country. The climate and soil are especially suited for dairy farming and agriculture.

Dr. Adamberg has her degree in medicine and physiology. At Iowa State she is studying problems in dietetics, such as the amount of food value due to the vitamin and mineral content, and measuring their content in different foods. The qualifications for degrees are different in Estonia than they are here, and she would like to get her master's degree from Iowa State College.

Educational work in home economics is comparatively new in Estonia, there being but one college of home economics. It is more a part of the high school work than the higher institutions. Those who plan to go no further with their education take home economics in high school and those who go on to college usually study medicine, commercial work or law. It is quite common for girls to become physicians and lawyers. There is also considerable interest in commercial and industrial work, the same as in America.

Dr. Adamberg says the girls there dress much the same as they do here on the campus, altho there is more handwork used. There is considerable embroidery made by hand. They have a national costume, which is worn on special occasions.

In the Estonian college the girls do not live in dormitories, but room and board in private homes. Dr. Adamberg says she likes the life in the cottage very much. She thinks dormitory life would help her to meet more of the American girls and thus learn more of their characters and ideals.

Instead of wearing a sorority or fraternity pin to distinguish one group from another, a cap is worn. It is made up of the colors of the corporation to which he or she belongs. At the opening of the year, candidates are entertained and whether or not they can join depends on their conduct and ideas on various matters. This is similar to the rousing by the Greek letter societies here.

"I don't know much yet, but I am very much interested in farm life here," Dr. Adamberg said, "because most of our land is agricultural and my home is in the rural district. I wish to compare the conditions here with those in Estonia."

She says that many of the rural young people are sent to college and they often return to their country homes. She thinks this is caused by the fact that the rural homes in Estonia are being made more convenient and life in them is becoming more luxurious.

Her farm home comprises 450 acres, which is a large farm in Estonia. Most rural families have servants who do the heavy work. Telephones, radios and newspapers are common in these homes. Kerosene is used mostly for light, but electricity is being used more and more. The Estonians are quite particular about their provisions for bathing. The rural homes usually have a bath house separate from the house. In this house there are provisions for vapor or steam baths, or most any kind one might wish for. The farmers feel this is quite necessary and enjoy their baths considerably.

Dr. Adamberg speaks the American language well considering the short time she has been here. She likes the Americans and finds they are friendly people. She plans to return within a year to Estonia and promote home economics work there, especially teaching our methods of conducting research.

"A thing of beauty is a joy forever; its loveliness increases, it will never pass into nothingness."—Keats.

Suggestions for the Christmas Shopper

Now is the time when all of us are thinking of what to buy for our families and friends for Christmas gifts. Already the shop windows are full of attractive articles which bewitch us with their novelty and beauty.

For mother, slippers and robe to match form an unsurpassed gift. The newest slippers are of velvet in colors to match the rest of the ensemble, and they may be either plain or ostrich trimmed. Negligees of gorgeous transparent velvets lined with crepe de chine in pastel shades come in all colors, and black, that most used color in Paris at the present moment. Other robes are of plain crepe de chine, with self ruffles or lace or tailored trim.

The collegiate girl will revel in the new French flannel robes in gay aying stripes, and the pajama ensembles consisting of the jacket, pajamas and the knee length coat. These are particularly attractive in the gayest of colors. For instance, one shown recently was of heavy black silk with modernistic design in coral, green and gold, the entire outfit bound in gold braid.

Handkerchiefs, the ever-popular gift, to tuck in with a greeting, to send by the dozen, are welcomed by everyone. For general use we find them with plain hems of varying depths. Then we have the more elaborate ones with filet corner and edge, or the all-lace handkerchief for evening or for wear with the much lace trimmed afternoon gowns of velvet and satin. All handkerchiefs of the planter types may be ordered with monograms or one or more initials in the finest embroidery.

Costume jewelry, the finishing touch to the complete costume, plays an important part in milady's wardrobe now more than before. Pendants on longer chains are coming into their own. Sets—choker, bracelet and earrings to match—complement the costume of the well-dressed woman or girl.

It is always so nice to receive a purse or bag, especially after we have been using ours so strenuously just preceding Christmas. This year they are of all sizes—from the small afternoon bag in antelope, metallic cloth or velvet, on up to the huge bag of nine by twelve inches. These latter are shown in velvets, suedes and leathers of all colors.