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Freshman Hall
Ruth Stewart

Freshman girls of Iowa State College have moved into Mary B. Welch West, the recently finished hall. The dormitory is named after Mary B. Welch, who was the wife of the first president of Iowa State and was the founder of the Home Economics Department.

This freshman hall readily takes its place among the five other dormitories on the campus. Altho attached to Mary B. Welch East, the hall is an entirely separate unit with the exception of a common kitchen. It will accommodate 120 girls with 14 single rooms and 61 double rooms.

The hall is a dignified brick colonial of four stories. On entering thru the solid massive door, one is confronted by the spaciousness of the three parlors. Comfortable fan-backed chairs; davenport and chairs in futurisitc design; red leather chairs; chests for magazines; and tables make the parlors attractive. A specially designed davenport table is of the right height for writing or playing bridge. The huge, odd fireplace in the Fireplace Lounge is a special feature of the hall. In the Music Room is another fireplace which carries out the colonial idea.

A very complete office with the counter shows the efficiency of the hall. A buzzer is connected with each room from the office. There is also a service closet for packages and a long distance telephone booth. A kitchenette is near one of the parlors for the girls and their friends to make candy. It may also be used for teas and parties. Hard wood floors are in the dining room and the tables may be placed in a storage room when the girls give their party every quarter.

At the head of each of the three stairs is a large mirror. A suite of rooms for the hall director is tastefully furnished with colonial furniture of walnut.

The girls' rooms are similar to those in the other dormitories. They are furnished with cots; chests of drawers; study table, and chairs. The three straight, posture chairs are designed especially for girls. Each room may be decorated by the girls to carry out their own individual tastes. Bright, gay curtains are made for the windows; and covers for the beds, chest of drawers and table. Pillows, pictures, and lamps add to the comfort of the rooms. Hot, soft water as well as cold is in each room.

On the first floor is a suite for four girls. The middle room has two double-decked cots and on each side is a study and dressing room for two. A tower room on the fourth floor accommodates six girls.

Thru the Dean of Women's office, upperclassmen are chosen as sponsors, according to Mrs. F. R. Conaway, chapman, to act as advisors. This is valuable experience to a girl in any line she may follow. The sponsors are: Maude Charbon, Macedonia; Harriett Dickinson, Sabula; Carolyn Cecil, Anita; Ethel Pierce, Missouri Valley; Dorothy Ruggles, Birmingham; Shirley Williams, Piersson; Josephine Simpson, Montrose, Colo; and Ellen Ruebel, Brighton, Colo.

Cozy living room in the new Mary B. Welch Hall

Milk For Health

One quart of milk supplies practically as much protein and energy as three quarters of a pound of beef, or eight average eggs. Besides, milk is a valuable addition to the daily menu for its calcium, phosphorus and butter fat.

Milk is not a beverage to be used as tea or coffee, but is a food and should be used more extensively in preparing our meals, to take the place of other foods, especially meat. Fresh milk contains about 87% of water. "Evaporated" milk is cow's milk evaporated to the consistency of thick cream and hermetically sealed and sterilized. Evaporated milk is a perfect emulsion of a large quantity of fat, together with a reduction in water which offers a uniform liquid milk of increased richness.

Condensed milk is also fresh cow's milk deprived of much of its original water, but it has a considerable amount of cane sugar added. Since condensed milk is such a perfect blend of sweet milk and sugar, it can be more rapidly incorporated into various mixtures than can its fresh milk and granulated sugar equivalent. Canned milk is often more economical, richer in fat and so it requires less sugar or butter than fresh milk. However, in using evaporated milk it is necessary to replace some proportion of the original water before combining with other ingredients. Generally a 50-50 combination of milk and water is satisfactory for general baking and sauces. Evaporated milk may be whipped if the can is placed on ice for several hours. However, it must be used as soon as whipped for it does not stand well. Combined with whipped egg white it makes an economical substitute for real whipped desserts. Another advantage of condensed milk is that it does not curdle when it is used for cream pies and gives a delicious velvety appearance and taste. Evaporated milk may be most successfully used in making gravies where fresh milk separates. In making ham with milk or veal or fish baked in milk, or even in chowders the evaporated milk makes a sauce which does not curdle.

Since one quart of milk is considered the standard for children per day, there is always a demand for some recipe which will successfully use enough milk to offset the amount which the child refuses to drink. For breakfast milk toast made in a "very special way," as my small cousin described it, will actually have the children calling for more. For this brown bread is well toasted and buttered. Then it is put into a shallow dish which may be set into the oven. Cold milk is poured over it, when the milk has soaked in, more milk is added.

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