

1930

Iowa State "Mans" the Kitchen

Helen Melton
Iowa State College

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Recommended Citation

Melton, Helen (1930) "Iowa State "Mans" the Kitchen," *The Iowa Homemaker*: Vol. 10 : No. 3 , Article 2.
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THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemakers' School"

VOL. X

JUNE, 1930

NO. 3

Iowa State "Mans" the Kitchen

By Helen Melton

"WHO says we can't make biscuits? Look at these—light, fine-grained, melt in your mouth!" Bill Klug, popular Iowa State forester, breaks open a biscuit and flourishes it masterfully in the air.

"Say, the spoons go on the right side of the plate, don't they?" With a puzzled look on his face, Roy Holmberg, president of the Ag Council, sorts over a handful of silver and doubtfully places the spoons on the table.

"Watch out—don't put too much chile in that con carne. It's hot!"

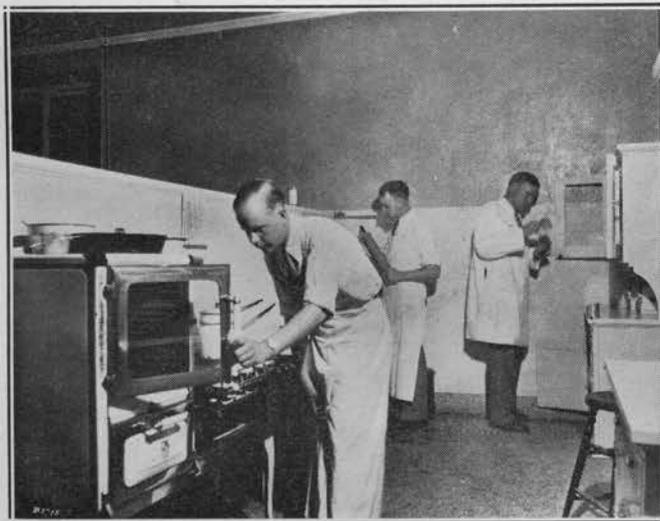
Odors of corn bread, cocoa, stew—clatter of dishes—occasionally a deep bass bursting into song—here they are—Iowa State's male cooks in action.

It's not a bachelor's establishment or a bunch of fellows on a camping trip—nothing amateurish like that. It's an "honest-to-goodness" foods class composed of men who are seriously trying to learn how to cook and what to eat and why.

Foods and Nutrition 358 had its beginning this quarter with an enrollment of 12 men, under the instruction of Miss Louise L'Engle, of the Foods and Nutrition Department. The class started out as a lecture period, meeting twice a week for an hour, but a desire on the part of the men to do some actual cooking resulted in the arrangement of three laboratory periods during the quarter.

In the lecture period the men are given some of the fundamentals of food values and selection. They study the different classes of foods and the purposes for which they are used in the body. Demonstrations give the men a concrete idea of how much food is necessary to meet caloric requirements, and which foods are rich in vitamins, proteins or minerals. As one lesson, the men worked out caloric

requirements for their own needs, taking into consideration the amount needed for the individual activities, exercise or sports in which they indulged. Another project used to bring a more concrete understanding of calories was the planning of a breakfast which would give from 600 to 800 calories.



A breakfast in progress.

The laboratory periods are held in the evening from 7 to 9 o'clock. The first period was given over to the preparation of a breakfast. The class was divided into four groups, with each group preparing a different menu. Wheat cakes, hot biscuits, eggs cooked in various fashions, bacon, fruit and coffee were prepared. According to Miss L'Engle, the products were very good. Perhaps some of the bacon was a trifle too crisp, but then, "We like it crisp," said the cooks.

During the second laboratory period, the boys prepared luncheon menus with one hot dish and a hot bread of some kind. Again the class was divided into four groups with each group using a different menu. The four hot dishes prepared were fish loaf with carrot and

pea sauce, rice pilaf, chile con carne and beef stew. Different kinds of corn breads and muffins were made by each group, and hot cocoa completed the menu.

After both the breakfast and luncheon lessons, the boys sat down to neatly set tables and ate the food they had prepared. This necessitated a lesson in

table setting and service.

The boys all had a general idea of how a table should be set, from their own observation, but most of them had not actually manipulated the knives and forks with the object of putting them in proper order on the table. A few suggestions from the instructor, however, set them right as to the "P's" and "Q's" of table setting.

At the close of each laboratory period, the boys wash the dishes, clean up the equipment and leave the laboratory in a spotless condition.

The last laboratory lesson will be the preparation and serving of a dinner. This will be the most complex lesson of the three and the boys are looking forward to it with the hopes

of producing a meal that will rank favorably with any meal prepared by their home economics sisters. They will include in this lesson some of the principles of carving. This was one of the first requests by the boys—that they be taught how to carve meats.

Judging from reports of boys in the class, they are well satisfied with the course. "It's a lot of fun," one boy said, "but that's not all. We are really learning some things about cooking and food selection."

Most of the boys are foresters who are interested because they will have a need for some knowledge of cooking when they get out on the range. There are several from other departments, how-

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Just east of Capitol Theatre.**Debunking the Health Foods**

Health can not be bought by the package at a store as some recent advertisements would have us believe. Readers of current magazines have been swallowing an overdosage of unwarranted health claims for food in the United States.

The Foods and Drugs act states that labeling and advertisements must conform to the truth. Health claims in connection with the labeling of foods is a case of misbranding.

There are three classes of foods which have particularly abused this act. Whole wheat grains, rye, bran and mixtures of grains have been overstressed for their laxative qualities. Any normal person with a normal diet should not need an extra supply of these foods. Mineral waters supposed to cure all ailments have also been over emphasized. Medicated candies, iodized salt, vitamin bread flour and irradiated foods have also been given undue attention in advertising.

Iowa State "Mans" the Kitchen

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ever—an engineer, a dairy student, one from the Vocational Education Department, another from the Graduate College

A few of the boys are taking the course because they feel the need of help in the perplexing job of planning meals for the men in their organized houses. Miss L'Engle hopes to give the boys the sort of training that will go away with the old cry of fraternity stewards: "What in the name of heaven will I give them to eat this week?" and the complaining comment of the men, "Oh, today's Monday—we'll have stew for dinner again."

The men work efficiently in the laboratory, Miss L'Engle says, and they are taking the work seriously. They are anxious to learn all they can about food preparation and the instructor is bombarded continually with questions: "How can we tell when it's done?" "In what kind of pans shall we bake the corn bread?" "What made these biscuits lighter than those?"

That the boys are happy in their work is indicated by an occasional outburst of song, especially after they have consumed a meal and are cleaning up the laboratory. Perhaps the song is for the purpose of cheering up the dishwashing job but more probably it results from the satisfied feeling that comes after a good meal.

None preaches better than the ant, and she says nothing.—Franklin.

A friendship that makes the least noise is very often the most useful; for which reason I should prefer a prudent friend to a zealous one.

—Addison

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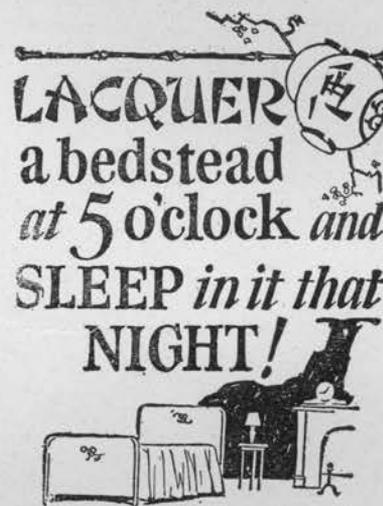
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