1931

By Katherine Goeppinger...

Katherine Goeppinger
Iowa State College

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

Part of the Home Economics Commons

Recommended Citation
Goeppinger, Katherine (1931) "By Katherine Goeppinger...," The Iowa Homemaker: Vol. 11 : No. 6 , Article 6.
Available at: http://lib.dr.iastate.edu/homemaker/vol11/iss6/6

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.
THE IOWA HOMEMAKER

Whatever Miss T. Eats...

By Elinor Acheson

CHRISTMAS! What joyousness and excitement are hidden in that word.

What a picture it brings before your eyes—dazzling bright lights, gaily decorated shop windows, people bustling from store to store, through the toy department, past the jewelry section, past the novelty counter, past the—stop! Here we are at the book department and right before a gorgeous display of children’s books! You need go no further, for that Christmas present for young Billy or that niece of whom you are so proud.

But which to choose from that bewildering supply? Here is something that one must think about seriously before buying for a book, if it is a good one, in the most valuable gift one can give a child, because “books are the food of youth,” and you know—

“It’s a very old thing,
As old as can be,
That whatever Miss T. eats
Turns into Miss T.,”
—Poe’s “Eenoy.”

If one were to choose by the outside of a book one’s task would be comparatively easy, for all the books, good and bad, are very attractive with their brightly colored covers. But one should go farther and examine not only the content, but the printing, paper and illustrations. Of the content we shall speak later, and take up briefly the make-up of the book.

For that very small niece, an unattractive picture book is desirable, for a child loves to look at the brightly colored pictures, but is quite as likely to test its durability by chewing upon it or throwing it vigorously upon the floor. A great many of these little picture books are very inept, and one must pick carefully, for those done by really good illustrators are of more value to the child.

“The Old Mother Goose,” compiled and illustrated by Anne Anderson, is a charming example of good illustrating.

Kate Greenaway and Smith are recommended; “Aesop’s Fables” (illustrated by Rackham); “Arabian Nights,” “Child’s Garden of Verses,” by Stevenson; “Little Women,” by Alcott; “Heidi,” by Sperry; “Treasure Island,” by Stevenson—all of these and scores of others that have tested their worth by their continued popularity.

Of course, one must buy with the tastes of the particular child always in mind. If you are buying for the very young child who has a fondness for animal books, he is sure to like Boyd Smith’s “Farm Book,” or Beatrix Potter’s “Tales of Jemima Puddleduck,” or any of her tales of animals. If it is a child who likes something which appeals to his imagination, he would love A. A. Milne’s “Winnie the Pooh,” or, for older children, “Robin Hood,” by Howard Pyle. If it is nature they are interested in, let them have “The Earth for Sam,” by Maxwell Reel. There is a great variety of fascinating history stories for those historically inclined—“Otto of the Silver Hand” (another Howard Pyle book), about a boy who lived in the Dark Ages, and “Alison Blair,” by Gertrude Crompton, an exciting story of a young English girl’s adventures in early America, will be found in this group.

Books about children in other lands are becoming the most popular choice of all with the children. It is indeed something to be encouraged, for it is the best road

By Katherine Goeppeinger...

(A reprint from the November Alumnus)

Katherine Goeppeinger, 24, of Boone, recently realized the ambition of every college man or woman who has supplemented the studies of a prescribed technical course with a little work in journalism. It is the dream of every student who “eats” on the AG or Engineer or who holds down a “desk” job on the STUDENT or HOMEMAKER to, some day, see his or her name in the signature line of a headline story in some national magazine or metropolitan newspaper.

As is true with most undergraduate dreams, the realization of such an ambition is often long delayed. Not so in the case of Miss Goeppeinger, who has been “free-lancing” in the field of home economics ever since her undergraduate days. When the November issue of the LADIES’ HOME JOURNAL appeared on the news stands an article, “Roasting Equipment, by Katherine Goeppeinger,” appeared on page 10 of the magazine.

Knowing of Iowa State’s nation-wide reputation for outstanding work in the testing of all sorts of household equipment, Miss Goeppeinger returned to the college after receiving her degree in home economics, for additional work in the household equipment laboratory, where she worked under the direction of experts. Since then she has continued to specialize in household equipment and today is in constant contact with manufacturers and public utilities, writing for so many of the various kinds of cooking utensils. To be sure, someone is paying Miss Goeppeinger for her work, but to the average housewife the benefit of this experience comes at most without cost.

The influence of work done in the experimental kitchens at Iowa State is becoming more far reaching every year. The discovery of how to properly prepare a roast, make good rolls or correctly heat the baby’s milk, when the knowledge is distributed through the household magazines, brings untold blessings to the home homemaker. Not every homemaker has the knowledge of chemistry, bacteriology and electricity needed to run her own kitchen into a research plant.

(Continued on page 16)
When you come to Des Moines to shop, come to BOEKENHOFF’S CAFE CO. for a good lunch. Across from the Register-Tribune Building 712-14 Locust Street

Merry Christmas in Old Russia
(Continued from page 2)
dough, then flatten out, fry it in a greased frying pan or deep fat. This is served with rich, thick, sour milk, which, by the way, is one of the favorite dishes in the Russian household.

The Russian people use many of the same vegetables that we do, but as a whole vegetables play a very minor part in their diets, with breads, meat and rice taking the first rank in popularity.

Bake in a Gentle Warme Oven
(Continued from page 2)
the preparation of the pans consists in fitting the oiled paper snugly into the corners so that the folds will not protrude into the batter and cause an uneven, broken crust.

After the cakes have been removed from the oven, they should be cooled thoroughly in the paper in which they are baked, then wrapped securely in a layer of heavy waxed paper and tied with twine. An old storage crock or a boiler such as is used for canning are good storage containers.

Having put your cake safely away from curious fingers and hungry mouths, you may forget all about it until Christmas, when it will be produced like magic before the amazed eyes of your family and you will be perfectly justified in complimenting yourself on your foresight. Remember, there are only 30 more days until Christmas, so bake your fruit cake now!

By Katherine Goeppinger
(Continued from page 3)
to say nothing of the time and materials used in running such experiments. It is far more pleasant and less expensive for the average housewife to try out suggestions made by the home economics expert who has proved that young beef or fowl should be cooked in a covered roaster; that cold water poured into a hot baking dish will result in a total loss of the dish, or that one bay leaf is sufficient for seasoning an average size beef roast.

The young women now entering Iowa State from high schools are prepared for going on with work in chemistry, physics and other subjects necessary for specializing in the various branches of home economies. When the electric iron fails to heat or something goes wrong with the waffle iron, the home economics graduate, instead of sending for an electrician, locates the trouble and makes the necessary repairs.—(Reprinted from the November Alumnae.)