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Will They Even Eat Spinach?

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Will They Even Eat Spinach?

By Gertrude Hendriks

"Won't you come to my party up in the 'Wee Cookroom' this noon?"

That is Patty asking Rea Jane to come up to the third floor of the nursery school annex, there to help prepare dinner, then eat it in party style.

But what is this "Wee Cookroom?"

It is a kitchen with equipment to fit three, four or five-year-olds who cook there. Even though it is a place to do work, everywhere there is the spirit of a party—from the cheery equipment and bright window drapes to small pictures the children select and bring up for the day.

There's a small ivory enameled sideboard and work table, and a dining room table and chairs enameled in blue-green and ivory. At one end, on top of a special table just the right height, stands a two unit electric stove on which the children do the cooking. On the shelves in the pantry are gaily flowered dishes, "find the bottom" bowls, an orange frog plate with a place for a special glass that matches, and small colored glasses. On the hooks where used to hang tiny rubber aprons now hang snowy white foods smocks (just like the college girls wear) for the girl cooks, and white chef uniforms for the boys who come to "Wee Cookroom."

Gayly figured chintz in orange and tan curtains the two large windows on the north. And now that summer has come there are window boxes with pansies and other flowers.

In the drawers of the sideboard are knives that small hands can easily grasp, spoons with long round handles, and a bright orange pitcher from which milk is easily poured. All of this is comfort for the young cook. Equipment in the "Wee Cookroom" is especially adapted to its wee cooks—the work table is not too high, nor are the tables or chairs awkwardly out of proportion. Furthermore, every piece of equipment is usable by the children—the use of no piece is forbidden. Table linen with bright, happy colored borders—the cloth and napkins matching—makes eating in the cookroom different from the nursery school dining room, where plain paper napkins are used.

And who comes into this gay setting? Each Wednesday a child who has developed a particular food dislike is invited by the senior home economics student advisor, to come to "Wee Cookroom" for lunch. This child asks a playmate to come up and help her prepare the dinner, and together they ask a third child to be their guest.

"Wee Cookroom" is such a novelty, a piece so different and apart from the nursery school dining room, that the children are thrilled with an invitation to cook there. Surroundings are different up there, although the food served is usually the same, with occasionally a dish substituted when the particular food dislike is not included on the menu being served in the school dining room. But the outstanding feature is that here the child with a particular food dislike prepares that food and creates a new liking for it.

The child who does not like carrots, or eggs, or cauliflower, or spinach, or white sauce, or some other food, helps to prepare that food, watches it cook, tastes, tests and serves it, all under the supervision of the senior college home economics student. Since he chooses a playmate to help him and another one to eat with them, a real party is made out of the whole affair.

IT HAS been found that children will eat a formerly disliked food if they prepare it themselves. And in "Wee Cookroom" that very thing is being done. Whether it's mashing potatoes, scraping or cutting carrots, or mixing ingredients for the white sauce, the child who has the food dislike, assisted by her playmate guest, does the preparation. And what an interest the children take! They find it great fun, and indeed a special privilege, to have a part in the preparation—from cleaning the vegetable, putting it in the boiling water and seasoning it, to cooking the white sauce until just the right consistency. It's really great fun, and these critical cooks test by taste the finished product.

These little tots do more, though, than merely prepare the disliked food. They arrange the table, set it with the gayly flowered plates, two spoons and a fork (when they're having sandwiches), not forgetting, however, the colored cloth and napkins. Then, too, often on their own suggestion, they help the student supervisor wash the dishes after they have finished eating.

While the food is cooking, often a really special party is made out of the dinner in "Wee Cookroom. Recently there was the "dog party," for which Scotty, the chimpanzee, was the honored guest, and squatted during dinner in the very center of the table. Then there was the April showers and special flowers party. The three children having the party, under the supervision of the student director, pasted cut-out pictures of special flowers and children in the rain on their napkins, which for that day were paper. There's usually a special centerpiece for the dining table—something the children themselves have contributed. The other day just at the height of the dandelion season, a green...

Always at Ease

By Gretchen Prouty

"Always at ease herself, she makes others feel so." What girl wouldn't feel complimented to have such a statement made about her? And isn't this really the essence and aim of all social training? Of course, courtesy and the little niceties of life are all essential, but after all, "the charm of fine manners" spoken of so often is really feeling at ease, realizing so truly one's own capability of handling any situation into which one may be thrust that others are made to feel quite natural and not self-conscious.

Mrs. Iza W. Merchant, director of social life at Iowa State College, is vitally interested in the personality development of college students, and much of the credit for the well-balanced social program on the campus is due her.

There is a remarkably extensive plan of social training in effect here at Iowa State. Something unique about the system is that it includes everyone. That is a condition which exists on very few campuses. Democracy is its keynote. The dormitories, the town-girls, the sororities—all have the same social privileges, are allowed the same number of social functions each year, and each group is organized so that it can make its parties really successful. Economy enters in, too, for...
fraternities and sororities, or between wards and dormitories, many new friendships are formed.

For those who do not dance, but would like to, there is an opportunity to learn in the social dancing classes taught by one of the outstanding recognized teachers of the dance. Attempts have been made to dignify and vary non-dancing parties for those who are not interested in dancing at all.

A girl graduating from Iowa State College has had the opportunity of being equipped socially by direct teaching and by a wide variety of chances for practical application. Her college career has not been devoted entirely to chemistry and dietetics and she should be able to fit into any social group with ease and grace.

**Even Spinach?**

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bowl was filled with fat, flabby dandelions.

One of the reasons for food dislike, it is believed, may be an unpleasant association with that particular food. "A changed environment and the chance to prepare food stimulates the child's interest," says Mrs. Lulu Lancaster, head of the Child Development Department. This is manifest in comments: "I went upstairs to cook today." "When can I go up again?" or "Will you take me up today?"—from the children who have been up to "Wee Cookroom."

At the present time the "Wee Cookroom" experiment by the Child Development Department at Iowa State College is the only known one of its kind.

**Are You Anemic?**

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and highly seasoned foods must be omitted. Instead of cakes, pies and pastry, it is better to use fresh or cooked fruit, and sometimes simple milk puddings.

High blood pressure, of course, uses essentially the same type of diet, only the meat is best restricted to small amounts two or three times a week. Simple meals, avoiding overeating at all times, and regular hours for meals are important. Again, fruits and vegetables are good and should be used freely. Highly seasoned and highly spiced foods should be avoided, as in kidney trouble.

Iowa has a large amount of anemia, as in fact there are more deaths from pellagra than in any other state in the Union. Among the girls who attend Iowa State College, we find many cases of anemia. To be sure, this is not pellagraanemia, but a much milder form, known as secondary anemia. Secondary anemia is the result of low hemoglobin in the blood. Persons having this disease are pale, tire easily, and are often tired all the time. Thus they can not work as well as they should, nor ac-

**DIABETES** is the disease which requires the most rigid and consistent dieting. With the exception of sugar and very starchy foods, a diabetic may now have almost as wide a variety in his diet as anyone else. How much he may eat of these different foods, of course, depends on his own individual case. I can tell you, in a general sort of way, what to eat for many conditions, and you can secure diet lists from many sources, but for diabetes it is entirely a different story. Just as each individual's eyes need different kinds of glasses, so every diabetic needs a different diet from almost every other diabetic. But his food can be selected largely from the things that are being prepared for the rest of the family. There is no food which will cure diabetes. Perhaps you have heard of the so-called 'diabetic foods.' These usually contain less starch than the ordinary food, but they are not a cure and since many of them contain some carbohydrate they should not be used unless figured into the diet. They are all very expensive and so should be used only occasionally, if at all. I want to say just a word about insulin. It is this wonderful extract which now allows diabetics such a wide variety in diet. Until its discovery about ten years ago, diabetes lived largely on celery, cabbage, lettuce, tomatoes, and other bulky vegetables. Potatoes, carrots, bread and many of the things they have today could not be used then. Children invariably died because they could not secure enough food and the days of the diabetic adult were numbered. Today all this is changed, and the diabetic child has every opportunity to grow to manhood or womanhood; while the adult, if he sticks to his diet, may live longer with diabetes than he ever expected to live without it. Insulin is not a habit forming drug. Neither is it a medicine. It supplies to the diabetic a substance which he cannot manufacture in his own body, but which non-diabetics do manufacture. This substance is neces-