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Margaret Marco

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The New Uniforms Are Smart...

By Virginia Rowe

HAVE you seen the new foods uniforms? What? You didn't even know there *were* any? Well, you might have known that those ill-fitting, unbecoming garments we've had to wear to foods lab for so long would go sooner or later. Now we can actually look *smart* pattering around in foods classes!

These new dresses are certainly improvements on the ones we bought when we first launched the campaign to cultivate those well-known culinary arts. The white uniform is one of those sleek, new fitted styles which are so popular. The notched collar, the shorter sleeves, and the longer length skirt are much more becoming, especially to some of us "stylish stouts." Then, too, the fact that aprons are not required is a relief. Those aprons we've been wearing fit so awkwardly!

Speaking of these new outfits, did you know that Iowa State women wore uniforms before there was even such a thing as our Home Economics Division? Yes, they did! In 1901 the first ensemble was adopted. It was only partly a uniform, since there weren't many girls taking the economics course. In those days, the nobby dress for school was a white shirt-waist, with a black ribbon around the neck, and a dark skirt. The costume was completed with the addition of a white apron. This was gathered on a band around the waist, and completely covered the skirt, since it was both full and long.

You've doubtless heard how the Home Economics Division was established in 1911. At that time the first real, honest-to-goodness Iowa State College foods uniform was ordered. This outfit consisted of a pink dress, a white apron, and a

white cap. The dress was made in the fashion of the hour—long sleeves, high neck, full waist, the very long skirt gathered on a band at the waist line. The material was heavy gingham. The apron was of the same general cut—long, full skirt gathered to a band, and held up with cross straps in the back and a bib in front. The cap was of the nearly extinct variety commonly called "dust caps."

In 1913, we are told, some of the details were changed. The pink gingham dress still held sway, but you'd never have recognized it. The neck was lowered—and a white pique collar was added. The sleeves were shortened and finished with cuffs of similar cut and material. The skirt was slightly shorter, and not quite so full. The cap was discarded shortly after this change took place, and since everybody wore hairnets anyway, this was not designated as part of the ensemble. The apron was the only part of the earlier uniform to last through those drastic changes. It continued to be as before, and almost covered the lovely pearl buttons which now decorated the front of the dress.

We've heard some reports of the changes made by the art students in the garb of the cooks! In 1915, or thereabouts, any pastel color would pass inspection—and green was often used to trim the fetching pink dress of the years before.

By 1910 the girls were getting quite brave, and had chopped off another inch or so from the bottom of both dresses and aprons. The dresses were of much the same type, but the aprons were really changed. Instead of gathering the skirt to the waistband, we find our first fitted skirt. These aprons still completely cover the dress, however.

The uniforms that started most of us in our kitchen careers were adopted in 1924. At the time these were first worn, skirts were very short and straight, so these were right in the vogue. Since there is no way to adjust the waist line, they are not particularly becoming, as judged by our present day standards.

And so we have with us a new uniform, which is neat, smart, and modern.



Margaret Marco

By Regina Kildee

This is the first in a series of stories about home economics students who "do things."—The Editor.

SOMEWAY Margaret Marco, senior in home economics, just fits the idea I've always had of how a Y. W. C. A. president should appear and act. Looking at her, you just know she's peppy, friendly, and full of good ideas, and, when you know her, this opinion is strengthened. One of the busiest and most prominent women on the campus, she's never too rushed or too worried to flash a smile and "hello" at a lonesome freshman.

Margaret has known since attending a national home economics convention in Minneapolis when a sophomore in high school, that she wanted to take home economics at Iowa State College. However, a friend persuaded her to spend her first college year at the Illinois Teachers' College at De Kalb. "After that," she said, "not even friendship could keep me away from Iowa State."

She first learned of the Young Women's Christian Association when she was a member of a large Girl Reserve organization in her Chicago high school. At De Kalb she was a member of the social service and world fellowship committees of the Y. W. C. A.

"I think I came over to the 'Y' my first week on this campus," Margaret smiled. "I first joined the social service group; then, the next year I had charge of that group and the personnel work—and then I changed." That was her modest way of saying that last spring

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They used to wear 'em like this!

in bits, adding it gradually while stirring constantly. When smooth add the fat and the beaten egg, stirring all the while. Serve on slices of hot, buttered toast. This recipe serves four or six persons.

And these are only hints of what can be done with all these cheeses that we have at our finger-tips. So don't buy cheese and THEN decide what to do with it. Figure out what you think would be the most unique and piquant flavor, then set out to find just the cheese that fills the bill!

Here Are the Answers

(See inside front cover)

1. In the South. Gumbo is a rich Creole soup made of mixed vegetables, herbs, meats, poultry, shellfish, and usually okra.
2. The onion family. They are used in soups, stews and salads as a substitute for onions.
3. A Russian urn of copper or other metal, used especially in making tea.
4. A starchy food obtained from the pith of the trunks of tropical palms.
5. Long, podded red peppers, grown chiefly in Louisiana.
6. Fish that has been split, salted, dried and smoked.
7. Chopped meat mixed with herbs and condiments, and used for stuffing fowls, or for croquettes.
8. An old world legume, round like a pea, but flat and thin, varying in color from gray or yellow to brown. Used in soups and stews.
9. Clear, savory jelly made from meat, and used to decorate entrees and salads.
10. Cream soup of shellfish.

Cook With the Oven

By Dorothy Burnett

ALL days are out-of-door days and wise is the housewife who plans her meals so that she will not be tied down with indoor housework. Not only one meal, but additional dishes for succeeding meals may be prepared at one time in the oven, thus economizing on time, fuel, and effort.

Furthermore, oven cookery is healthful cookery. None of the valuable elements of food so often lost in the cooking water are lost in the oven. By using utensils with tightly fitting covers, little or no water is necessary.

One of the most important benefits of oven cookery is its economy of fuel. It costs very little more to cook a whole oven full of food than to cook only one dish.

Most oven meals are planned around the meat. After it has been chosen the housewife will pick vegetables that will be done in the length of time and at the temperature allowed for the meat. If she wishes to cook a custard with a meat that requires two to two and a half hours the custard may be put in the oven for the last hour of the cooking time.

Another economy measure of the oven meal is that the heat in the oven may be turned off, in the case of a well-insulated electric range, sometimes as much as 30 minutes before the meal is to be served. The retained heat in the oven will complete the cooking process and less electricity will be used.

And while she is preparing one meal, additional dishes for the next meal also may be prepared. Potatoes for salad or creamed potatoes may be cooked, dried fruit may be stewed, or the biscuit part of a shortcake may be baked.

With a meal in the oven and the heat adjusted, the housewife may go about her other work. She need stop only a few minutes before she wishes to serve dinner to set the table and take up the food.

The following are suggested menus for a meal of this type:

Macaroni and cheese, baked onions, apple and celery salad, and mincemeat pudding.

Breaded veal chops, au gratin potatoes, baked new beets, fruit shortcake.

Baked lima beans with crisp bacon, tomato salad, and apple pie.

Margaret Marco

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the women of Iowa State College elected her president of the Y. W. C. A.

In fact, Margaret is so modest about her many honors that it is only because they are so well-known on the campus that I am able to record them here. She is a member of Mortar Board, senior women's honorary, and of Phi Upsilon Omicron and Omicron Nu, home economics honoraries. Last year she served as secretary of the Home Economics Club. As a sophomore she received a scholarship which entitled her to attend the Y. W. C. A. camp at Geneva during the summer.

By virtue of her position as president of the Y. W. C. A., Margaret is a member of the Cardinal Guild, student governing body, and of the Women's Self Governing Association. She was one of the prominent college women selected to serve this year as Campus Keys, assisting the Campus Sister Chief in looking out for freshman girls. Margaret is affiliated with Chi Omega, national social sorority.

The speech she made at the Honors Day Banquet last spring was enthusiastically commented upon by the most learned professors and the "greenest"

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freshmen as being one of the most outstanding talks ever given by a student.

Margaret is undecided as to her future work. She is a most enthusiastic foods major and would like to do experimental research or welfare work along this line. However, she is also "crazy about people" and is thinking of doing personnel work after her graduation. Whatever Margaret's chosen career, we're sure it will be successful.

Pop Is Good for You

(Continued from page 7)

Further experiments and investigations were carried on to determine conditions under which our popular brands of "pop" were prepared for market. The product is entirely wholesome, for all work is done through machine controlled processes. The bottles are washed in hot alkali to guarantee a perfectly sterile container. Syrup is now prepared in clean metal or glass-lined tanks. There is no contact with human hands. The better class of bottling plants put out a wholesome food drink which does not contain bacteria.

So eat, drink pop, and be merry, for no diseases, no poisoning, nothing but a healthy appetite will be the result!

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What's in an Egg

(Continued from page 7)

lished. Occasionally special testing must be done to enable us to answer special questions, or to acquaint us with the qualities of a product. For example, in order to talk intelligently with food manufacturers who use large quantities of eggs, it was essential to become familiar, through first-hand experience, with the qualities and performance of different types of eggs—fresh and refrigerated shell eggs, frozen eggs and dried eggs. In order to be able to speak with conviction about fresh and frozen poultry, drawn and undrawn poultry, we cooked dozens of birds, tasting and carefully judging both the uncooked and the cooked.

AT PRESENT several special problems are occupying much of our thought. One of these is the task of telling the consumer, especially the homemaker, the story of modern cold storage and of the service it renders, both to her and to the producer. It is our hope that eventually she will take full advantage of it in her household economy.

Another thing is the development of a plan for creating in trade channels nearest consumers an appreciation of the perishable nature of eggs. Still another is a plan for a survey of consumer preferences in eggs. These are the so-called *big* things. But around and between these larger activities are the many smaller ones, such as the preparation of the new turkey bulletin, "The All-American Bird," which has just been completed, and the carton inserts on storage and candling. At present we are testing recipes and preparing copy for a booklet on eggs in the low cost diet, and for some weeks now we have been collecting interesting information for an article on the uses of dried eggs. Another article, one of a series on refrigeration, must be prepared, and in our spare moments we will write the article on eggs and one on refrigeration which have been requested by two publications other than ours.

"Tell us about your work with the Institute of American Poultry Industries." That was the editor's request. Whether or not I have filled her assignment she is best able to judge. But one thing I *can* do, and that is to send hearty greetings to other alumnae, and to extend my sympathy to those who may be in for a similar assignment to "tell us about your work."

The Fashions

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capelets of fur, which may be worn with wool suits or street dresses. Other coats are made with a fur top and cloth skirt, and sometimes matching muffs are seen. Even if you have hands that someone said were "little white snowflakes," you