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Studying at Merrill Palmer...

Ruth Hansen
Iowa State College

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Ruth
Hansen

Studying at Merrill Palmer . . .

By Ruth Hansen

It's Good Training

The author of this story is one of two senior students in child development to win scholarships to Merrill-Palmer winter quarter. Miss Hansen and Jane Heynen, the other Iowa State representative, will return next month.

THERE are nine girls living in the house where I live here at Merrill-Palmer, and they represent schools in Ohio, Michigan, Pennsylvania, Illinois, Nebraska and Iowa. Five of them are here for the quarter as I am, and the others will study at Merrill-Palmer for a full semester.

We live on a slightly cooperative basis. We plan menus, set the table, cook our own breakfasts, dust our own rooms occasionally, and buy flowers, but the duties are never as heavy as they are in any of the Iowa State home management houses!

Our work in nursery school consists of

a week of observation in each of the two schools, from 9:00 to 12:30 every morning, followed by a week of actual work in each school. The consecutive days of observation or work help you to know the children much better than as if the observations were scattered throughout the quarter.

Perhaps I should explain something about Merrill-Palmer school. The purpose of the school as designated in the will of Mrs. Lizzie Merrill-Palmer, is to give experience and training in child care and family living. It is quite fitting that such a school should be located as it is, in six large, old homes. These houses are grouped on both sides of a street quite near the heart of Detroit. One house is used as a residence for a number of faculty members, and the house students, office and class rooms, and two nursery schools.

The subject matter of the course here is supplemented by field trips to the City Department of Health, and other clinics, the Juvenile court settlement houses, and trips with visiting nurses and visiting housekeepers to unfortunate homes in the city. We receive additional valuable material from the lectures of such eminent authorities at Dr. W. E. Blatz, of St. George's School for Child Study, Toronto, Dr. W. B. Cannon, of Harvard, and Dr. Johnson O'Connor, of Stephens Institute of Technology.

AMONG the school faculty are Dr. Edna Noble White, Miss Mary E. Sweeney, Dr. Rachel Stutsman, Dr. Elizabeth Lee Vincent, and Miss Winnifred Rand, all recognized authorities in home economics, psychology and sociology.

The Merrill-Palmer School might be called a melting pot for college women of the world, so many parts of the globe are represented here. The undergraduate and graduate group of about 50 represents colleges from Utah to New York, and countries such as England, Switzerland and China. In addition to this, factors in the home life of Japanese and Koreans have been presented to us by two missionaries from these countries who visited the school last month.

The city of Detroit also offers much in the way of recreational and cultural opportunities. The Detroit Institute of Arts and the Detroit Public Library, both of which are only a block from school, as well as musical comedies and symphony concerts are a constant source of pleasure to all of us.

By far the greatest value of the school to us as individuals lies in our contact with rich personalities due to the nearness of faculty and students.

Buy a Pound of Peanuts . . .

They're Cheap and Healthful

"PEANUTS!" No, nobody is going to try to sell you a bag or to sing the "Peanut Vender" to you. But we are going to tell you a few things which you perhaps didn't know about peanuts and their use in the diet.

According to the Bureau of Home Economics of the United States Department of Agriculture, peanuts are an excellent investment for food value. They are cheap and filling, and very nutritious. Furthermore, they may be used in all sorts of interesting ways in the menu.

The peanut—or goober pea, as it is sometimes called, is a crop of our southern states. As the name suggests, it is related to the common pea and belongs to the well known legume family. Like its relatives, the bean plant and the pea plant, the peanut plant is useful in all its parts. Its roots fertilize the soil, as the cow-pea does. Its stalks and roots are used for hay. Its nuts, which are really peas, are used as food and as a source of oil—salad oil, oil for preserving sardines and other foods, oil for lubricating fine machinery.

The peanut vine behaves differently from the vines of beans and peas. Its young pods point downward on their stalks and bury themselves in the soil to ripen underground, and eventually to be harvested as the familiar peanut in its shell.

Peanuts come from several different countries as well as from the southern states. They grow in South America, Africa, India and Manchuria. In fact, the plant was introduced into southern North America from tropical America in colonial times, but it had no commercial

value in the United States until the Civil War, when the soldiers discovered its sustaining power as food.

During the year 1931 more than two million acres of land were planted to peanuts. And more than a billion pounds were gathered for use—some fresh roasted, others salted, some for peanut butter, and some for peanut oil. This was almost four hundred million pounds more than the yield of the year before and more than for any previous year.

Peanuts are a good investment in food value because of their high content of protein, of fat and of vitamin B. A pound of whole peanuts contains nearly half a pound of fat and nearly one-fourth of a pound of protein. Both the oil—or fat—and the protein are of very high grade and easily digested.

THE peanut can do a deal to aid the economy diet. For young children peanut butter is more digestible than whole or ground peanuts. But ground fresh-roasted peanuts mixed with a little cream or with salad dressing, make a good sandwich spread for a school lunch. You can use this spread by itself or with lettuce or a thin slice of raw onion. Peanut and onion make an especially good filling for a sandwich of whole wheat or rye bread.

Ground fresh-roasted peanuts are good creamed and served on toast for dinner. Fresh-roasted peanuts, either chopped or whole, have many uses in salad. Cabbage and peanut salad is a favorite. So is apple and peanut salad. A banana rolled first in mayonnaise and then in chopped

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