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Eat, Sleep and Be Thankful...

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Not for One-Track Minds . . .
By Ruth Cook

A FEW days ago I happened in on a most interesting "kaffeklatch." Over in the Student Activities Room of "Hec" and at the noon hour, you can find a little knot of jabbering girls any day in the week. These students are working for their room and board. They bring their lunches with them and meet here to eat and talk over their troubles.

Working "gals" make up one of the busiest groups on the campus. They often find this little breathing spell at noon the only relaxation in a long, hard day. While we were sitting at the table they told me a little bit about their day's work. It's not a job for a person with a single-track mind, for doing two things at once is the timesaver most often practiced. Ruth Burns, H. Ec. Jr., iron and gets dinner at the same time. Lettie Bradley, H. Ec. Jr., does the morning dusting while the water for the cereal heats in the double-boiler.

RONING is generally the job that takes the most time. Fortunately it is the piece of work that combines most readily with other tasks. You can iron while the potatoes are boiling, and you can even iron while you study. One clever girl plans her talks for public speaking while she smooths the wrinkles out of the family wash. Another does all her theme-writing then (the head-work part of course). A third used that time in deciding how to make her quilt, though how she will ever find time to make the quilt is a mystery.

At meal-time speed counts. Almost all of the girls said that they do all they can in preparing the evening meal when they first get home from school. Everything is done but setting the food on the fire. They are free to clean, iron, tend the baby or do whatever else falls to their lots. All steps in food preparation require some thought; so that "lets out" any hope of doing other things "on the side" while getting the meal.

One morning Clarice Torkelson, H. Ec. Jr., was asked to fry chicken for the breakfast of the southern family for whom she works. She set the alarm for 5:30, but there was a slip some place and she didn't get up till much later. By frying the chicken in a deep skillet with the lid on, she managed to have it done in 20 minutes. Little tricks like this help working girls to stand the grind.

"You can get a lot of work done," Edith Blood, H. Ec. Jr., says, "between the time you call dinner and the time that the family sits down to eat." Dishes can be stacked, utensils set to soak and the kitchen made tidy.

One girl found that by eating alone she could begin washing the dishes used in the first course when she finished serving the second. Thus she had most of the dishes done by the time the family was through eating.

Ruth Burns uses newspapers on her work table. When she is through working she folds up and discards the paper, and the table is clean.

The acid test for "board and room" girls comes on week-end nights. "I can get done twice as fast on a Saturday night, and I thought I had been doing pretty well all along," said one girl. Another was "shocked at herself," she burst into such a spurt of speed. Most of them find it practical to be "all ready" when they go down to prepare dinner except for changing a dress. One "just didn't have time" to change her dress after the dishes were finally done.

EAT, SLEEP and Be Thankful . . .
By Rosemae Johnson

WATCHING your roommate pack, listening to impatient letters from homes not your own, trying to feign interest in plans that don't concern you, hungering for a wedge of the only mince pie, your mother's, realizing the amazing capacity of one week-end bag, not yours. Will this home-hunger go on for four days? Will Monday find you mad?

Sometimes you regret the dutiful letter in which you volunteered to stay at school. But, of course, the fare was too great; the time was too short; and a Thanksgiving exile was your only choice, perhaps a happy one. You can make up all the sleep you have lost since Holloween and accumulate enough more to last until Christmas. Or as a last resort, you can always study.

Wednesday evening, when the last of the going are gone, you leave your deserted corridor to join your companions in grief; surprisingly, they, like yourself, are quite gay, and with reason. For the first time you may investigate the possibilities of campus leisure; no studies to prepare, you are free to concentrate on recreation, even idleness. The hours do not drag.

THANKSGIVING DAY itself is a real occasion. You lie long in bed or you walk in the sun; you scrutinize the entire Thanksgiving extra, and you turn on the radio long before twelve. In any case you allow a deliciously long time to prepare for the holiday meal, for Ames, too, celebrates. The Presbyterian Church invites all students and faculty who remain on the campus to be its guests at dinner. And if the table has not the savor of your own traditions, it substitutes the color of newness and the warmth of kindling friendships. Before you rise from the table, the first afternoons almost promises a future home, where each dormitory chaperon, meritorious to the memories of high noon, serves light tea. The coziness and cheeriness in smallness of your group are almost homey.

The second day you already anticipate. Thursday's mail pours in—letters from everyone, a card from your roommate, and beside them a hard-to-lift package.

(Continued on page 14)
Coeds Choose Clever Clothes
(Continued from page 3)
well, and a tie of black fits closely under her chin. Margaret wears black suede oxfords and a close-fitting little black hat with this frock.

Anna May Sokol has a darling fur capelette with capelike sleeves.

At convocation I saw a striking costume. The dress was black, very simple. The interest was achieved with a bright orange turban and gauntlet gloves. The turban, very close fitting of course, has a band of black in the crown and a pert bow on top. The gloves have bands of black on the wide cuffs. And that reminds me of a glove and scarf ensemble that Doris Iean Draper has. Hors are of orange plaid, and she wears them with a brown suit.

Lois Sundeen looks charming in her rose-colored sheer wool, with its very straight, severe lines. The dress is fitted at the waist-line with darts, and no belt is worn. Two large black buttons at the left shoulder both in front and back are the only trim.

An advocate of the serviceable Oxford gray is Marian Crain. She wears it in a tailored wool dress with clever scalloped trim at the neck and on the epaulettes. Five black and metal buttons carry the eye down center back.

Just by way of closing, I must remind you that good-looking clothes are not only the coed’s privilege. Miss Louise L’Engle has a lively looking black-and-orange sweater, in guy stripes. The stripes are vertical in the waist but run diagonally in the sleeves. Large black buttons down the front mark the closing.

Tomatoes and oranges prevent tooth decay, because they are rich in vitamin C.

Did You Know That?
By Deliah Bartow
Painting the inside of bureau drawers makes them easier to clean and more attractive than using paper lining.

Addling vinegar or lemon juice to the water in which greens for salad are being crisped draws out any hiding insects.

Outline the bottom of a cake pan on a piece of paper and then cutting on the line makes a smooth lining for cake pans.

Removing the printing on flour bags is easy if they are smooched with lard, laid away for two or three days, and then boiled.

Adding well-beaten egg whites to whipped cream is a good way to increase the amount.

Cracking of doughnuts while frying is often due to excess baking powder in the batter.

Chipping of china during washing is much more likely if the water is too hot.

Wrapping cheese in a cloth saturated with vinegar keeps it moist and free from mold.

Washing a fresh ink stain on a carpet with skim milk, followed by soap and water, will probably remove it.

Covering cheese with melted paraffin prevents it from molding.

Exposing a mirror to strong sunlight causes it to become cloudy.

Souring the milk rapidly in making cottage cheese gives a sweeter-flavored product.

Pricking baked potatoes as soon as they are done prevents them from becoming soggy.

The choice of a dye should be on the basis of the fiber or the material—specific fiber dye if the fabric is pure, general fiber dye if it is mixed.

Before dyeing any garment you should make certain it is free from all stains.

Ironing a dyed garment should be done before it is thoroughly dried.

Striking of a dyed garment may result from too small an amount of water in the dye bath, not enough stirring, specks of the solid dye, or improper drying.

How many cups in a can? 8 oz. can—1 cup
No. 1 tall—2 cups
No. 2—2½ cups
No. 2½—3 cups
No. 3—4 cups

A dress fits well when the grain of the material has been observed in cutting the garment and adjusting it to the figure, when the size is sufficient to allow freedom of movement while conforming to the style, and when the seam lines are in the correct position for the particular figure being fitted as well as conforming to the style.

Press Clothes Often
(Continued from page 6)
brushing clothes makes “all the difference in the world” in their appearance.

She never wears a dress or coat unless she is sure it is free from lint and dust. And she always brushes wool clothes thoroughly before pressing them.

“Another thing that keeps you looking well-groomed,” she says, “is having washable collars and cuffs on dark dresses and changing them often.” She has several attractive collar-and-cuff sets that she has made herself. And they are always spotless. “I never attempt to wear a set more than one day, unless it happens to be a dark one or to get especially good treatment,” she says.

Because of her striking coloring she needs little make-up, and she wears very little to classes. “Every girl needs a little rouge and some lipstick, but it is so easy to overdos it,” she declares. “If everyone would just remember to try to look as natural as possible, it would be easy to use ‘make-up.’”

This coed believes in good, old-fashioned soap and water for the face. “She washes her face every night and ‘when it needs it’ during the day. And doesn’t her skin looks cleaner and fresher than most confirmed cream-and-lotion users.

She washes and mends her own hose. She mends each little run and hole when she finds it, not the last minute—not on finding that her last ‘decent’ pair of hose must be mended before she can go to class.

She keeps her shoes repaired and polished. And she attends to the latter herself. “It’s a good idea to take a little time out on Saturday to clean and polish all your shoes,” she says. “Then you have every pair ready to wear any time you want to wear it.”

Eat and Be Thankful
(Continued from page 4)
and beside them a hard-to-lift package, accentuated by a note from the parents, explaining that they thought it best not to spoil Thanksgiving dinner. In other envelopes you read the news you would have heard, or most of it. That done, you and your fellow fortunates shoulder several bundles to start for the woods—on a picnic. There is no “Student,” hence no social calendar, but could you see a record of your time, you would find it very full. The last two days almost surpass the first two in things to do.

Monday morning you gently try to reuse your play-worn roommate. You are rather glad you stayed.

A man does not go mad because he makes a statue a mile high, but he may go mad for thinking it out in square inches.

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