The Art of Packing Lunches...

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Start Sewing for Christmas . . .

By Elizabeth Foster

You Can Begin on These

EVERY girl who makes her wardrobe or a part of it wants to learn the secret of achieving a smart, tailored appearance. Her success depends upon the finishing details, for each season these become increasingly important. The only way for the home dressmaker to secure style in her garments is through the use of sewing-machine attachments.

Through the demonstration of a Singer Sewing Machine representative in the sophomore textiles and clothing classes, students learn that it is just as easy to make hems, plaits, ruffles and bindings as to sew simple seams, for the attachments do the actual work.

Although the new styles appear difficult, even a beginner can create a dress which has worlds of chic. A gathering-foot quickly shirrs rows after row of gathers for the top of a sleeve, a new neckline or a dainty ruffle. Cording is the very latest type of trim or finish. It is used in every material to pad shoulder rolls, to make sleeves stand up and ruffles stick out. These clever details, besides many more, the cording-foot readily accomplishes.

Another of the newest devices comes in the form of an edge-stitcher. For tiny, crisp finishes on ruffles or bows this simple aid saves effort and produces such an attractive result that your friends will query, "How did you do it?"

FOUR more commonly-known attachments are the binder, hemmer, tucker and ruffer. For finishing the edges of dainty undergarments scallops, for making collar and cuff sets, plackets, or even buttonholes, the binder proves very convenient. Furthermore, it fulfills the two-fold purpose of applying lace or rickrack braid at the same time that it binds.

There are two hemmers—the foot and the adjustable types. With the first, French or flat fell seams can be run up and tiny hems completed at a great time-saving, while lace may be applied in the same operation as hemming. The adjustable hemmer stitches wider hems and performs the valuable service of preparing hems on table linens for hand sewing. Tiny seams or hems with lace attached at the same time are just the thing for fine lingerie and dainty dresses.

For finishing the finer materials like organza or batiste, tucking comes to the front as a natural trimming. You can make the tucks just as narrow or wide as you wish. Use them on blouses, frocks, tea aprons, underwear, babies' clothes and pillows to achieve the effect of expert workmanship.

Ruffling has been and doubtless always will be a popular method of decorating clothing. Plain gathers or plaiting may be made alone or, usually to save time and achieve a well-tailored effect, the ruffles may be made and sewn to the garment in one operation. A facing may also be added during the ruffling. So you can put as many ruffles on your "undies" as you want without spending hours doing it. Puffed ribbon and rosettes of plaited material are easily and quickly finished, too.

ANY of you are probably planning Christmas gifts fashioned by yourself. And a gift made by the giver is appreciated more than a purchased one. Why not give filmy undergarments luxuriously trimmed with tucking, ruffling or binding? Dainty tea aprons or practical kitchen aprons will delight someone older. Perhaps you might like a cunning pair of rompers trimmed with binding or a soft little bonnet for a very young acquaintance. And your desire for creative art can display itself with boudoir pillows, fancy lamp shades and other articles for home decoration.

For gifts or for one's own clothes sewing-machine attachments are so easy to operate and save so much time that any girl can use them with the assurance of a successful result.

The Art of Packing Lunches . . .

By Rosemae Johnson

LONG gone is the day when cooks trusted their palettes for the proper proportions of crackers and cheese or potatoes and meat, to give the needed fats, starches and proteins. There is no newspaper now without its scrap of dietary wisdom. And if the homemaker at times forgets which vitamin is yielded by what fruit, her latest canner's pamphlet or her cooking file will set her right.

It isn't fundamentals, then, that trouble her who packs the lunch; it is the supplementary touches, the applications of fine art. For a meal is a composition of pattern and design, a piece of craftsmanship which soon or late is required of all who tread linoleum.

If this seems to you unfortunate or immaterial, you need not let it go at that. For if you sell deck originality, you have at least the ingenuity of rule. What rules? When preparing meals that travel, you have need of only three.

First, put in something filling; next, tuck in something fresh; and for the indispensable third ingredient use something which will tempt.

For the safety of the first of our three requirements we are looking more and more to equipment. The well-furnished lunch kit never lacks its thermos bottle, by aid of which most things are possible and with which erstwhile luxuries have become accustomed treats. Besides, for all but very young children, a small penknife is safe and useful. With these and the paper requisites—cups, plates, waxed sheets, napkins and spoons, the kit is ready for service.

NOW to fill it! The something hearty, we have said, will usually journey in the insulated flask. Frequently it takes the form of soup, but creamed dried beef, croque spaghetti and baked beans are all within its scope. As often as not last evening's toothsome leftovers exactly fill the space.

But if you have no thermos? Your culinary reputation still is safe. The sandwich you have always with you; and the sandwich never is despised. As fillings, ham, corned beef and cheese have earned their fame and leftover breaded loin is choice. And if the children go to country schools or make long country hikes, they'll star your crown for this innovation. Scrum your smoothest potatoes, rub their skins with batter, pack them, and an hour before 12 o'clock let the children lay them in a gypsy, in the coals or

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anyone else. Religious speakers are not so important as they were when she was a freshman. Instructors have moved up a notch so far as influence is concerned, and they now hold the position that chapel speakers did when she was a freshman. College has taught her the value of books, for she now ranks books third.

Miss Senior has allowed her church attendance to lapse. She doesn’t attend as regularly as she did when she was Miss Freshman. More of her classmates go to church occasionally, however.

As far as friendships and confidences go, she still feels the same about them as she did when a prep. She is not quite so self-conscious. Talking to masculine classmates doesn’t bother her as often as it did.

Balancing the budget has become a problem now. It’s even a bigger worry than studying.

THAT home economics course is going right along changing her taste. She would like to rearrange the pictures at home and even to discard some of them after taking art appreciation. She is still dissatisfied with the furniture and wants to discard some of it and buy new.

Miss Senior is a tiny bit less positive about that marriage and career business. Oh, she feels even more positive that the combination will work, but in her own particular case—um, that depends. (Perhaps she has met some interesting “Ag” or engineer.)

What do you think of Miss Freshman as she will appear four years from now? Of course, there are senior classes and senior classes. The women who are freshmen now may be entirely different when they graduate from seniors of last year.

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atop the school stove. Sixty minutes later, crumbly under butter and salt, they will taste... let the children tell you how.

For something fresh your simplest resource is a fruit or plum tomato. The luncher may use the knife for this. On hot days crisp, chilled slaw or tangy punch may fill the thermos bottles, and pickles or a relish will top off the meal.

With your bill of fare thus far complete, you have probably squeezed in that bit of special goodness, that snack which is going to tempt. Experience will show that in the average lunch a sweet is present by demand. At this point you may leave originality for old, secure traditions, of which each age has its own. For father, apple turnover; for mother, jelly roll; for the very young, custards; and for a healthy, hungry person like yourself, filled cookies, nut fudge, doughnuts—let instinct be your guide.