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Miss 4-H Goes to College...

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Not Just Plain Bread . . .

By Olive Jenson

HAVE you been worrying about winter menus? If you have, here’s good news. You may make your menus varied, yet economical and substantial, by including winter breads. Yes, bread, that old standby, again resumes its importance. Winter breads can be served in so many alluring ways that there is no excuse for always having plain, dry bread on the table.

First of all, hunt out your favorite bread recipes. Don’t forget the hot breads like muffins, waffles and rolls, for they’re among the best for winter. With these recipes you have a basis for your new creations.

In the stores can be found the first aid. There are countless old and new recipes on the market to vary breads and muffins. Last fall cracked wheat was introduced into Iowa homes as a wholesome and economical product. For something unusual try potato flour muffins. You will find them light and somewhat moist. Furthermore, there are whole wheat, graham, rice and bran flours and cornmeal for your convenience.

There are so many variations that can be prepared from the basic recipes that winter breads can always be different. Try adding jelly or jam to your muffins some noon for a delightful luncheon surprise. For breakfast, chipped bacon and drippings substituted for the fat are delicious. Children especially will enjoy peanut butter muffins. In them substitute fresh peanut butter for the fat.

Baking powder biscuits can be disguised, too. For some luncheon, why not try adding grated cheese when cutting in the fat? Cheese biscuits are extremely tasty with a fruit salad.

Another suggestion is to roll biscuit dough out as for cinnamon rolls and add sugar and cinnamon for baking powder cinnamon rolls! Or make surprise biscuits. Cut your dough into squares. On one-half the square spread jam, fruit or a sweet mixture and fold the other side over to form a triangle.

Yeast breads can be varied, too, by a simple change in the proportion of ingredients. In this way you can make the rich butterhorn roll or the modest Parker house.

Raisins, currants and nuts are frequently mixed with the dough. Have you tasted those tempting prune rolls? They are easily made by pressing the dough down firmly in the center of the roll and filling the space with prune pulp. Apricot pulp can be nicely substituted for the prune. Lemon, orange, date and fig fillings can be used, too.

These are only a few suggestions for gaining variety in breadmaking. Let them help make your winter meals attractive.

Miss 4-H Goes to College . . .

By Edith Blood

A COLLEGE girl lives a busy life, if she attends a progressive college and is a wide-awake person. Sometimes she becomes so busy with her parties, her chemistry—and her boy friends!—that she almost forgets some of the things that meant much to her when she was at home.

Perhaps the most real thing in a farm girl’s life before she comes to college is her 4-H Club work. Because Iowa State students don’t want to forget the organization which is giving so many opportunities to rural girls, they have organized a Campus 4-H Girls’ Club.

This campus club is not too active an organization, for it does not want to interfere with college activities. Its main object is to connect college and 4-H clubs more closely together. Through it many girls are made to feel at home when they become freshmen at Iowa State.

The club extends hospitality to Farm and Home Week guests and to home demonstration agents when they come to Iowa State for the Extension Conference. And, most important of all, the Campus 4-H Club helps the girls to remember, even during the rush of college life, the needs and possibilities of their home communities. At the end of a college year the girls hope to fit easily and helpfully back into their home activities, taking with them some of the things that Iowa State College has given them.