Hints on Keeping Food Cool...

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Dr. Mabel Nelson Tells Hazel Moore About Jobs for Foods Majors

"I N THE field of foods and nutrition most girls are looking forward to another year of study or apprenticeship," stated Dr. P. Mabel Nelson, head of the Department of Foods and Nutrition, recently.

The largest percentage of girls are dietetics majors. They take a fifth year of training in an approved hospital and after that look for jobs.

Girls who are interested in chemistry may get fellowships here or in other schools to work for an M. S. degree, become graduate assistants, and gradually work into more complex experimental research, Dr. Nelson said.

For those who elect a straight nutrition course the most emphasis is put on social welfare work. Economics and sociology are studied closely with the nutrition courses. Many Iowa State girls are in infant welfare work in Chicago, and at present a large number are with unemployment bureaus, directing and planning the work.

COMMERCIAL work is usually not available without experience, according to Dr. Nelson. "The girl who has just completed her 4 years of college training has as yet very little to offer a large concern in the way of something new and successful. However, many jobs on the radio, in advertising and journalism require foods and nutrition training. It is a great deal easier to work up into such positions after several years of teaching or extension service," Dr. Nelson said.

Recently an Iowa State foods graduate who had just completed her training at Michael Reese Hospital in Chicago went east to work in the research department of the Kelvinator Company.

In the whole field of home economics an essential qualification for a job is experience. This requires more than the average senior possesses, but an extra year's apprenticeship gives her background. A pleasing personality with the ability to sell herself and her ideas to others is very important, Dr. Nelson thinks. She must have something to offer for people. Girls who make themselves attractive by careful grooming and consideration of style and occasion are more likely to succeed than those who don't, according to Dr. Nelson.

A T PRESENT remuneration in dollars and cents is very low, and some foods graduates are working for maintenance alone. These are mostly girls who can live at home and work in the same town, however. The dietitian is usually ahead of the teacher, Dr. Nelson believes, for besides room and board she may also receive a salary as large as the teacher's. Salaries now are lower than ever before; formerly they have been from $80 to $100 a month, but recently they have been cut to a small amount. Social work pays quite well, Dr. Nelson stated. An average wage is $100 a month.

Things will be better, for, as Dr. Nelson said, "There isn't any use in going on if they won't. "And even now they are picking up.

"It is hard to put one's hands on things to cite that are definite, but we have occasional calls for our graduates," Dr. Nelson said. Already this year there have been one commercial appointment, work for a dietitian and several social welfare positions.

The department is turning out girls with a good educational background, and with a return of better times and the experience gained by working at anything that comes along, these girls will be ready to step into good positions, Dr. Nelson believes.

Hints on Keeping Food Cool...

By Virginia Trullinger

FOOD spoils, when not kept cool enough, due to the growth of molds, yeasts and bacteria. According to the National Committee on the Relation of Electricity to Agriculture, the lack of adequate facilities for keeping food cool enough results each year in the loss of millions of dollars worth of food in American homes. Data compiled by Prof. E. R. Miller of the Oklahoma Agricultural Experiment Station indicate that the value of the food and produce allowed to spoil from lack of refrigeration in the average farm home is sufficient to pay for the refrigeration needed to prevent this spoilage.

EXPERTS in engineering and home economics in state agricultural experiment stations have found the electric refrigerator to be an ideal source of refrigeration for the home, especially the farm home. The automatic control maintains a constant low temperature at all times. The temperature in the refrigerator may be changed by manipulating the thermostatic control to give the degree of refrigeration desired for different classes of foods.

One of the most attractive arguments in favor of the home electric refrigerator is that, if properly managed, the cost of the electricity required for its operation is no more than the cost of ice, and all the inconvenience of an ice refrigerator is done away with. It has also been shown, however, that poor management of the home electric refrigerator and indifference to its proper operation may result in unnecessarily high and prohibitive costs for the electricity used.

Here are a few suggestions for getting the best and least expensive service from an electric refrigerator:

1. The refrigerator should be of sufficient capacity to fully meet the needs of the family without overcrowding the storage compartments.
2. The refrigerator should be installed in the coldest portion of the room, free from frequent temperature changes and with ample ventilation space.
3. Storage of hot foods and unnecessarily frequent opening of the refrigerator door should be avoided.
4. All foods should be covered.
5. Not more than three-eights inch of frost should be allowed to collect on the cooling unit.

It has been brought out that it is unwise to select a refrigerator that is too small for the family needs with the idea that there will be a saving in electricity. Such a refrigerator not only does not meet the needs of the family but inevitably is overcrowded. This results not only in improper and inefficient cooling but increases the amount of electricity re-

(Continued on page 15)
Healthy Children in Happy Homes . . .  

An Interview With Estella Ford Warner

By Bernice Borgman

The home has three responsibilities in the promotion of a child health program. The first is to maintain a healthy mental attitude of each member of the family. Next comes the need of providing correct diets for the children. Last is the prevention and control of communicable diseases.

That is the way Dr. Estella Ford Warner, director of the Division of Child Health of the United States Public Health Service, in a recent interview pictured this work of the modern home.

Dr. Warner spoke on child hygiene to Iowa homemakers at several of the home economics meetings of Farm and Home Week.

Dr. Warner placed mental health first because she believes that it is vitally reflected in homes today.

"When papa and mamma become edgy about finances the atmosphere of insecurity at once leaves its ill effects upon the children's health," she said.

She explained how home difficulties are increased when aunts, uncles and cousins must move in with the family and the conversation continually revolves about what they can and cannot afford.

People accustomed to a high standard of living develop an inferiority complex when they are forced to do without the things they formerly have had, she said.

In these situations the child is the first to suffer, she believes.

The home's second duty in the health program, Dr. Warner stated, is to provide the child with correct diets.

"And by diets I mean not only the food that goes into the meals but also the manner in which it is prepared and served," she added decisively. "I do not blame any child for revolting at the sight of a plate of watery spinach set before him. I've disciplined myself quite severely in this matter of eating spinach, but if it is served to me like that—well, I simply—" Dr. Warner shrugged her shoulders and laughed lightly.

A third big function of the home is the prevention and control of communicable disease, Dr. Warner stated. Children should be immunized, she said, particularly to smallpox and diphtheria, before going to school. Dr. Warner thinks the neglect of parents to have their children immunized is largely a matter of indifference.

"The expense may be a drawback in some cases, but usually there are ways and means if one is really anxious to have it done," she said. "It's something that people plan to have done—oh, sometime."

As to Iowa's major problems in child health, Dr. Warner conservatively remarked, "I haven't been asked to make a study of Iowa's health problems, so I cannot say what her major ones are. But some problems which I know exist in this state are those of inadequate prenatal care and respiratory and infectious diseases."

Of the infectious diseases, smallpox is the most prevalent, she continued, and much to Iowa's disgrace, because it is controllable through immunization.

In a talk on child hygiene which Dr. Warner gave on Tuesday of Farm and Home Week she challenged Iowa mothers to have their children immunized against smallpox and the other infectious diseases. "Iowa, she said, has a long way to go in the health program, and much can be accomplished through education of parents and physicians.

The United States Public Health Service, with which Dr. Warner has been employed for the last 15 years, carries on vast research in child hygiene. Studies are made of seasonal and sex variations in height and weight of children, the first appearance and progress of visual and hearing defects, especially of school children, the effects of different types of birth upon the behavior and mental development of the children and mortality rates of infants and mothers.

Application of results follows the research. Schools are informed how to detect and prevent ear and eye defects.

Another phase of the Public Health Service is that of assisting state health departments in administrative problems of child health, analyzing local problems and giving advisory service.

There is also the educational program, which consists of preparing material for distribution and cooperating with other organizations engaged in child welfare projects.

Before entering her present work Dr. Warner was engaged in many different phases of child health work. For a time she practiced pediatrics in Portland, Ore. She also directed various health movements, one of which was a 5-year program in child health in Marion County, Ore.

She considers her medical work in northern Russia during the World War the most interesting of her health projects. Here she worked with women and (Continued on page 16)
College Needn’t Be Expensive

But college is so expensive!” exclaims the modern mother. “I’d like so much to have Jane go, but we just can’t afford it. They say it costs about $1,900 a year, and since John’s salary cut——”

Jane’s mother ought to investigate this matter of college expenses. She hasn’t, or she’d know that Jane may take a year of college on less than half this sum. The solution is: Put Jane in a cooperative dormitory. Let her learn to manage her time and her money; let her acquire a feeling of responsibility by earning a part of her own expenses.

A college education is not an expensive luxury to coeds who live in cooperative dormitories. For with accurate budgeting and account-keeping and “watching the corners” on expenses, girls at Clara Barton Hall, Iowa State College, have found it possible to spend less than $1,600 in 4 years of college. And they have a good time doing it!

Fifteen Clara Barton girls, each of whom has lived in one of Iowa State’s “coop dorms” for at least a year, had expenses varying from $300 to $675 a year, with an average of $387, a figure quite different from $1,600—the amount regarded necessary for a year of college by the average adult.

Some of the girls buy very few clothes when away from home and consequently do not include clothes in their yearly college expenses. But one coed, including everything, even Christmas gifts, and all clothes bought at school and at home, spent only $400 last year.

Very few of the girls know just what percentage of their money is spent for clothes. Some said that they buy most of their clothes when away from home and include them in their yearly expense figures. One girl, who spent $380 last year, estimates that about 15 to 20 percent of this sum went for clothes, and that her parents bought about half her clothes at home. Clothes bought at home are not included in her college expenses.

In most cases the girls who buy their clothes at school and include them in their expense accounts have the highest yearly expenses. The only girl who spent over $450 last year has a set allowance and buys all of her clothes from it. Her expenses total $675 a year. She spends “whatever is left” after paying other bills for clothes.

Now how do these girls manage to spend so little during a year in college? First, they pay only $2.15 a week for board. They prepare and serve all of their own meals, cutting the price of board in two. (In non-cooperative dormitories at Iowa State College board is $4.15 a week.)

Next, tuition and fees at Iowa State amount to about $100 a year, much less than the average for colleges over the country. And some of the girls who live in cooperative dormitories have fee exemptions, which cut registration expenses considerably. Each of two girls who have fee exemptions of $20 a quarter.

Seven of the girls budget their expenses carefully, allowing certain amounts for fees, board, room and clothes. Two others have a definite amount of money to use each quarter and keep within this limit. Another “starts out to” budget her money every now and then but doesn’t “keep it up.” The rest don’t budget their expenses, but use what money they have and then “send home for more.”

Most of these “coop dorm” girls know the value of money, especially when you have a meager supply of it. And they are careful not to spend it on frills and furbelows. They think that the inconvenience of “watching expenses” is more than made up for by the benefits they receive from learning to manage money.

Typical replies to the question, “What benefit do you get from watching expenses?” were:

“You know just where you are, how much you are spending for each thing.”

“You know just where your money goes.”

“You learn how to manage money. I like to keep an expense account. It helps with future budgeting. You can see what your money is going for and cut down in some places if necessary.”

“You learn how to budget expenses and how to count your pennies.”

Only two of the coeds said that they were not “watching expenses” carefully. And both of these spent more than the average for the 15 girls last year.

What benefit do you get from living in a cooperative dorm?” was the next question.

All of the girls think that they do benefit greatly from the practical experience in home economies that they get by preparing meals and managing work time in the dormitory. One of them, an industrial science student—an unusual person at Iowa State, where most girls are “home coes”—thinks that the practical experience is especially valuable to her. She doesn’t get it in classes.

“It’s one class you don’t have to pay tuition for,” said a sophomore. “I’ve learned a lot about cooking.”

“You learn economy, for one thing,” said another. “I think you spend less on shows and eating than you would if you lived somewhere else.”

Almost all of the girls agreed that they spend less on shows and knickknacks in food than they would if they lived in an ordinary dorm or sorority house. The reasons for this are that they have less time for “fooling around” and that the average girl in the cooperative dorm has less money to spend on such things.

“I like the coop dorm because you learn to manage time. You just can’t fool around and you just have to make things come out,” said a girl who budgets her money and “sticks to” her budget.

(Continued on page 15)
Sally the Style Scout
Gets Advance Notice

On Scheming Coeds’ New Spring Clothes

FIRST Feminine Voice: “I'm so actually sick of every dress I own. I could scream—but thank goodness, what with spring just around the corner, I'm cheering up. I want a swagger suit, and—”

Second Feminine Voice: (breaking in) “So do I! Blue, navy blue! I read that it's going to be a nautical spring, everything very smart, tailored and fresh—and the new prints—why I can hardly wait!”

This cross section of co-ed conversation may aid professors in diagnosing the reason for so many late arrivals at class. Anyway, we've been having such a grand time hearing about what everybody's planning for her spring wardrobe that classes do seem rather a nuisance.

We met Helen Nyweide on the steps of Science Hall the other day and we just can't resist telling you about what she’s planning for spring, we were so impressed ourselves. Of course, it may all turn out differently, but that's part of the fun. Anyway, she thinks a light blue suit (hip-length jacket) with sleeves trimmed in blue fox fur will interpret her ideas of chic. The blouse will be grey taffeta, Helen says, and she's going to choose grey accessories—bag, shoes, gloves. She insists that she has a weakness for good-looking sport clothes, but her new white crepe formal spells “spring, 1934.” It's very high in front, very low in back, and sweeps the floor in perfect planness except for a band of crepe flowers curving around each shoulder. Silver shoes, drop earrings with brilliants, long white gloves and a white bunny wrap complete the ensemble.

TUE other night, hurrying home to dinner, we heard about the new “for-the-nice-occasion” dress that Florenda Schoon is planning. It’s to have four gores in front and two in back. There will be buttons all the way down the back of the waist, continuing the seam-line of the skirt—that straight, slim effect, you know. Fullness is showing up at the back, this spring, says Florenda, so she is going to achieve the fullness she wants by inserting flat pleats in back, the kind that lie one-on-top-of-the-other. There will be cap sleeves coming around over the shoulder as a continuation of the front of the dress. It's going to be orange, or perhaps red-orange, very happy selections, considering Florenda's bruntene coloring.

We were, oh so innocently, talking to Virginia Kirstein at lunch recently and discovered that she had practically decided on a dark blue swagger suit, but that's the only hint she'd give us about her spring plans. Only as "Sally" will she speak her mind, we guess.

Several girls are considering swagger suits, especially in dark blues—but each one has her own individual ideas for working out the ensemble. Mary Stewart's will be dark blue tweed. Marian Lage wants one of wool in a plain smooth weave, featuring a three-quarter length jacket. With it she plans dark blue and white accessories. It sounds very smart, doesn't it? Marian is also making herself a white corduroy jacket for formal wear. It, too, will be three-quarter length, swagger style, with a small collar in dark growing into an ascot tie in front. She will wear a red formal with it now, and later she plans to get a white one. Still later, Marian would like to have a white wool flannel swagger suit trimmed in brown fur.

Ruth McElhinney has a new dark blue dress with elbow-length sleeves. It's showing the new drop shoulder effect with a yoke all the way 'round in a very handsome Roman stripe—yellow orange and red. And that's the reason Ruth thinks a seven-eighths length swagger coat, dark blue, of some light weight wool material would fit in with her wardrobe nicely.

AWANDA LARSON is one of the people who stresses careful planning as the secret of smartness. She has a new blue formal, very clever and low that is, low until she puts on her jacket, which is banded in tightly at the waist and ties in a bow in the back. This jacket is fastened at the neck in back, but is slashed to the waist, a trick designers are using this season. Thus fortified, Andanda feels ready to fit into almost any "dress-up" occasion gracefully, until time for organic.

Among those who know how "right" prints are going to be this spring is Hazel Moore. Hazel has visions of a crepe suit, dress and short jacket, in charming blue and lavender pastels with lingerie touches at the neck and godets in the skirt to give it the new wind-swept feeling, it sounds as though she were sure to catch the spirit of spring.

Blue seems to be the general favorite, but it by no means carries off all the honors. A brown and yellow plaid linen dress with drop yoke and brown lacing at the shoulders, finished off with a brown patent leather belt, is Evelyn Davis' choice. She wants a brown linen three-quarter length jacket for it, too. As if that weren't enough clever ideas, she is thinking about a rose linen formal, with a brown velvet wrap. It all goes to prove that Evelyn is "contrust-wise."

WE CAN'T overlook what the Titian-haired co-eds are conjuring up for warmer days. Having red hair must be thrilling, but we are given to understand that it makes choosing clothes rather complicated. Kathryn Smith thinks a brown swagger suit with just a hint of orange fleck will do the right things to her hair. With it she plans to wear reptile oxfords and bag. A brown linen dress, cut high in front and fashioned in severest simplicity except, perhaps,

(Continued on page 15)
Planning Will Give You Time to Read That New Book...

By Regina Kildee

"But we haven't any time!"

That lament is always heard when anyone on this campus dares suggest that student here might conceivably devote a little more of their time to reading for pure enjoyment, to going to plays and lectures, and even to getting acquainted with other students.

In one of my classes a constant cause of dissension between instructor and students is the question of whether or not students on this campus have time for reading things outside of their regular assignments. The instructor, of course, says yes, the students, no. In this case, I'm "rushing in where angels fear to tread," that no two students have the same schedule, outside duties or initial abilities—in short, that I am beset with danger on all sides. And yet, I do believe that most students on this campus could, with profit to themselves, spend more time in doing the things mentioned above. What's more, their grades would not need to suffer at all.

Let us say you carry 16 hours of school work. Each hour of credit is supposed to cul] for three hours of work a week—either one hour in class and two in preparation, three in laboratory work or two in laboratory and one in preparation. This would make 48 hours to spend weekly on school work. Thus, if you spent nine hours at your school work on the five regular school days and three on Saturday, you would be fulfilling all expectations.

You will doubtless find that in preparing some lessons you will require less than two hours, and for others you may need more. There the matter of individual differences enters into the picture. Each student must make his own adjustments in that matter.

If you go to school (and that includes studying) from eight to twelve and from one to four, that takes care of seven of the required nine hours handily. It should be easy to get in the two remaining hours sometime during the day. They say it is better to do it in the evening than from four to six, but in case there's a good movie or concert in the evening, an occasional four-to-six-o'clock study period never hurt anyone.

"But my activities!" you moan, or "My work!" Outside work may mean a readjustment of the above schedule—again a matter of individual planning. Activities surely will not take so much time that you do not have, almost every day, some time to do exactly what you want to, if you plan that planning goes for everything. It is a good idea to make a list in the evening of the things you want to accomplish next day and the time you expect to spend at each. If you keep this list before you while you work, you will find yourself keeping to it and hurrying along just a little to keep within the allotted time. It will also help prevent hurried trips home from the library to get a forgotten list of references you absolutely must have before you start preparing your history lesson. In this way, too, you can plan to 'do up' a lot of library work at one time so that you won't waste so much time and energy going back and forth.

If you now waste time worrying about planning that convention, you'll find you're much calmer and more efficient after you know just what you're going to do and at what time. You will feel better when you realize that you have time and to spare to do everything necessary.

Yes, a plan's a great thing—if it's flexible. I've actually known students to refuse to go to Des Moines to see a very special play because they always study history Tuesday evenings. There is always another time to study anything for the sake of "something special." After all, taking care of an emergency like this is just a matter of planning to study at an odd time in order to do something else during your regular study period.

Let us say you study from eight to twelve, from one to four, and from eight to ten. That leaves you from four to eight and from ten o'clock on free. Your "ten on" period may not be very long if you need as much sleep as a lot of us seem to. But what can't you do in the four hours from four to eight? If you are an ultra-activity girl you will, doubtless, immediately see the splendid possibility for four whole meetings. If, on the other hand, you are satisfied with one or two meetings a day, think of the possibility of reading, walking or listening to the radio, entirely conscience-free because you have carried out your plan for this day and tomorrow will carry out another.

Then there are still other ways of adding to your free time. One of the best of these is increasing your reading rate. Experiments have shown that this rate may be increased from 50 to 100 percent, and what a time saver this increase is!

Taking one subject alone, if you can learn to read your English lesson in one hour and it took two before, you will have three extra hours a week in which to read books, have dates or do anything else you enjoy. Multiply this by the number of courses for which you do reading, and you'll see how much fun you're going to have when you get your reading rate up to where it should be! How to do this? It's easy! Just time yourself on reading pages in your different text books. Keep a daily record of your speed and consciously and continuously try to increase it. Push yourself in your reading speed. Concentrate on it. And you'll improve!

Concentration is an important time-

Making Quilts Is a Modern Hobby
Hobbies Insure Happy Old Age
By Gladys Johnson

Do YOU want to know what YOU'll be doing when you are "after forty?" Here's a test that is far sounder than the mystic revelation of a crystal ball, according to Dr. Elizabeth E. Hoyt, professor of economic science.

Look around your room. What do you find? Is there a tennis racket over the door? What books are sandwiched between the textbooks on your shelves? Is there a scrapbook on your table with a lot of things yet to be pasted in? Do you have a stack of ragged music sheets under your bed? Is there a pine cone or a sprig of larch tucked somewhere that you picked up on your way home from school? Do you have black prints on your wall?

Your hobbies in college are a significant index to your leisure-time activities after you are forty, Dr. Hoyt thinks.

"In fact," she said recently, "college is the ideal set-up for planting seeds for hobbies. Opportunities for discovering interesting hobbies for yourself and for developing these lines of interest are abundant in college. Courses in music appreciation, crafts, bird study, creative writing, art, pottery, period furniture and campfire are all hobby-building.

ALL aspects of nature are important," Dr. Hoyt stated. "When other senses grow dim, you can still identify forms of nature. I knew a man who, after 70, learned to know all the trees in the community by their bark and by their branches." Dr. Hoyt has written an article in Social Forces (March, 1933) on "Research in the Social Problems of Old Age." In this she emphasizes the fact that, of all the fields of social research based on the problems of normal periods of the life cycle, the most neglected is that of life as it approaches its close. "All other age periods," she says, "carry with themselves some regenerative capacity, so that when social conditions are disadvantageous, the individual by virtue of his own vitality yet has a chance to triumph."

"Such is not the case with old age. The vigor, the expansive quality of life, has gone. If the individual has no resources within him, it is too late for him to get them. New resources of thought are not arising. He is dependent as he has never been before."

Financial independence and physical handicaps are less important than interets. This is the conclusion reached by Frances Conkey, graduate student under Dr. Hoyt, in her thesis, "Adaptation of 50 Men and Women to Old Age." Among these cases, in which she considered various factors relating to old persons' adjustment to life, she found no instance of poor adjustment among persons of broad and keen interests.

The moral of all this is: Begin now to build for your life after forty. You soon will be choosing your electives for spring quarter. Look around your room. Try to visualize what you want to have in it 25 years from now. Then classify in that photography course, that crafts course or some other hobby-builder.

Washing soda is a cheaper water softener than soap.

Buyers get more goods and less package for their money when they buy one large package instead of many small ones.

Pink salmon costs less than red salmon, and serves just as well for salmon loaves, salads, and casseroles dalmens.

Alkaline-forming foods are most fruits except cranberries and some prunes, vegetables except corn, and milk. The acid group of foods contains meat, fish, eggs, cereal and bread.
Alumnae Echoes . . .

. . . news bits from the front lines

Edited by Ila Pierce and Edith Fezler

Zorada Z. Titus, M. S. '27, is the author of a book entitled "Better Cooked Foods." It is a series of recipes which have been compiled and issued by the Coleman Lamp and Stove Company of Wichita, Kan. Miss Titus is director of the Household Searchlight, testing laboratory of the Capper Publications, Topeka, Kan.

*  *  *

Virginia Brokaw, '33, is in charge of the Art and Needlework Department at the Boston Store, Fort Dodge.

*  *  *

Anna E. Richardson

Anna Richardson, Educator . . .

By Hilde Kronsage

in foods and nutrition at the University of Texas.

WHEN Miss Richardson went to college for the first time, her father presented her with a check book to be used carefully and with discretion. Her schoolmates, knowing the trust her father had in her, tried to influence the amount of her expenditures; but her reply always was that because of the respect she had for this trust she could not violate it.

Although in 1922 she was chief of the Home Economics Education Service of the Federal Board for Vocational Education, she accepted the offer of Iowa State College to become dean of the Home Economics Division. At that time plans were being laid for remodeling and adding to the building. Miss Richardson worked unceasingly on these, that there might be finer and more complete laboratories for the development of home economics. She revealed to many of the numerous possibilities for graduates of this profession in other lines besides the usual cooking and sewing.

She was much interested in child development, and in 1926 resigned her position at Ames in order to promote a program in this field for the American Home Economics Association.

Her chairmanship of the White House Conference Subcommittee in Education for the Home and Family Life at the Elementary and Secondary Levels brought many new and important viewpoints to light. She believed that—

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Let's Enjoy Ourselves

Never a day goes by but we hear some new plan for improving ourselves—our minds, our bodies, our personalities. We examine ourselves critically and decide that perhaps we don’t know enough about philosophy or history, that perhaps we aren’t taking our college work seriously enough, and that we are eating too many sweets and exercising too little.

We sit down to think matters over. We decide to arrange our time so that we can read a little philosophy each night, study each lesson the required two hours and get in a few minutes of calisthenics at some time during the day. We also decide to eat all of our prunes for breakfast and to refuse the next piece of candy offered us. And finally we resolve to take a more serious attitude toward things in general. Then we go to bed feeling very virtuous, courageous and capable.

To be sure it’s good for us all to go through this process every so often to keep from becoming self-satisfied, fat and lazy. But even self-improvement can be carried to extremes. A perpetual self-improvement campaign can drive both the “campaigner” and all his friends to distraction.

Everyone needs to take some time each day to “be silly”—to enjoy whatever happens to amuse him. But, whatever you do, don’t plan the time of day when you’ll do it. There may be nothing to laugh at between 7:00 and 8 o’clock in the evening. It’s best, after all, to laugh when you’re amused, regardless of time of day.

And if your best friend drops in for the week-end, don’t insist upon getting in your half-hour of serious mind-improving reading and let said friend entertain himself (or herself) while you read. Ten years from now you’ll remember a lot more of your conversation about old times with your friend than you will of your philosophic reading. And you’ll enjoy conversation more at the time, too.

The people we like best are those with whom we have good times—the people who laugh at our jokes, eat lots at midnight spreads, “kid” us about our little mistakes and, perhaps, even giggle in the library when something funny happens. They may be engaged upon real self-improvement campaigns (worthy projects), but they forget them now and then and enjoy friends, human nature and even food.

Homemaker Officers Chosen

Once again the Homemaker takes a new lease of life. New officers have been chosen to plan better stories, sell more ads and get more subscriptions.

The new editor is really a veteran as far as the Homemaker is concerned. She has written features for the magazine for the last 3 years and has been associate editor the last year as well. Gertrude Hendriks will edit the April issue, assisted by Ruth Cook, the newly elected associate editor.

Ruth has been a Homemaker feature writer ever since she transferred from Drake a year ago last fall. She’s a persistent journalist who gets her story if she can, and if she can’t, gets another one.

Della Buell continues as business manager. She was chosen in December to take the place of Leona Neubert, and was re-elected this month. And it’s said that she gets the ads as well as Ruth gets the stories.

Laura Christensen steps into the job of circulation manager, a job which promises to be more interesting since the advent of the activities fee on the campus. Next year Laura can confine her sales campaign to registration lines. Laura has written features for the Homemaker during the last two quarters.

New Style Scout Takes Job

Sally the Style Scout has become a different person. No, she hasn’t taken up a self-reform program—she has changed identity entirely.

Virginia Kirstein, who has been Sally to Homemaker readers for more than a year, has chosen her successor as style writer. Gretchen Prouty begins with this issue to fit into her role.

With home management house, student teaching and outside work besides, Virginia has found style-scouting a bit hard to get into the program this year, and, too, she plans to graduate in June. Gretchen is well qualified for fashion-writing, having written a newspaper fashion column for several months last summer and fall.

According to a survey made by members of the editorial staff last quarter, Sally the Style Scout’s page is the most popular feature in the magazine. During the last few months an attempt has been made to make it more popular by featuring campus clothes and outfits worn by Iowa State coeds.
You Can Be a Hero . . .

By Claire Chadwick

The first-aid information in this story was given Miss Chadwick by Miss Fern A. Goelding of the Hygiene Department. It suggests a few things that the homemaker may do for minor injuries or before the doctor arrives.

You can be a hero if you know what to do in case of an emergency. And the whole idea is really just as much “don’t” as it is “do.”

For instance, contrary to the general belief, heat is no general cure-all for headaches, tummy aches, back aches and whatever aches may be the thing of the moment. If your stomach is tied up in a cramp, it’s not appendicitis you’re dealing with—an ache which calls for an ice bag and a temporary lack of blood in the head, and if the head is lowered, it gives the blood a chance to get back where it belongs.

There’s a fine treatment for burns that aren’t of too serious a nature, and it’s easy to apply. Tannic acid, a 5 percent water solution or the 5 percent ointment, has a way of keeping the poisons from burned tissue from circulating through the body and counteracting any after-effects which may prove serious. Wounds come in assorted sizes, shapes and kinds. There’s the simple wound, bleeding nicely and taking care of itself. It only calls for a clean dressing—no washing, please. Nature is doing the washing process and a dash of water from the faucet may only introduce germs that otherwise would not have been present. If the wound does not bleed freely, wash it in boiled water. Just remember that there is time to boil the water; don’t hurry.

Punctured wounds, caused by nails or splinters, must be made to bleed. A hearty pinch will generally produce the desired results. Be sure that a doctor treats the punctured wound, for blood poisoning and lockjaw are the diseases that thrive in such cases. Treat all wounds, irrespective of kind, with a good antiseptic.

Too much bleeding is worse than not enough and must be controlled at once. A tourniquet, although very technical sounding, is merely a scarf, handkerchief or anything that can be tied in knots, wrapped around the arm or leg between the wound and the heart, with a knotted handkerchief or stone placed directly above the artery for more direct pressure upon the artery and the hole. Caution here: Never leave a tourniquet in position for more than 5 or 10 minutes without reducing the pressure for an interval. It may be applied again after the rest period, but too long pressure at once may do serious damage.

Even emergency treatment for broken bones is not hard if you are “in the know.” Apply a splint, a “bone substitute,” to keep the broken ends from rubbing and injuring the tissue. Any straight stick that will hold the break in an even line will do. Put the broken part at rest and, above all, avoid unnecessary motion.

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Shock is one of the primary results of accidents. Shock calls for rest. It’s better to let anyone in such a condition simply lie where he is than to carry him to another car. A few minutes’ rest to allow his disturbed heart to catch up and start pounding normally means a lot more than saving 5 minutes on the trip to town. It’s not a bad idea here to use any heat available—wrap the person in any coats you may find. If there’s a hot dog stand within shouting distance—and that’s quite the usual thing—dash over for a cup of hot, black coffee to help the heart action.

There are general first aid rules that never fail. Remember, only two instances call for immediate action—putting out fire and controlling excessive bleeding. Everything else allows time to think. Use your head. Be sure you’re right and then act. But keep thinking and do not be afraid to delay until you have done a good job of this mental process. The result is sure to be gratifying. Then don’t be too cocky about your ability. Eyes and ears call for delicate treatment. In this day and age doctors are usually within calling distance. Leave such jobs to them.

The expensive grades of canned fruit cost more than others because of “looks” and added sugar. The standard grades are just as useful for salads, fruit cups and general family use.

When rolling in egg for deep frying, dilute the egg with 1 or 2 tablespoons of water or milk.
There’s the Dinner Gong!

By Edith Fezler

Do you know that since I came to college I’ve learned to eat a lot of things that I never ate before? For instance, I had never eaten squash. The first time they served it here I thought it was impossible, but now I think it is good. Don’t you think it tastes like sweet-potatoes when it’s baked and mashed with butter?”

“Yes, a little bit, but I’ll tell you what I think is good. You know that Italian spaghetti that we have on cold days? That’s what I like. It must be made like we fix it at home.”

“It’s almost worth freezing a little outdoors, just to enjoy it more for lunch.”

This conversation, and many more on the same subject, may be heard around a sorority house. “She knows her onions!” is no idle phrase, and “She counts her calories!” should be sung in the same breath.

A recent magazine article describes the average high school girl’s lunch-can, stating, “This is the luncheon on which your high-school daughter does her studying, gymnasium work, tennis playing and archery practice.”

Does your mother know on what foods her college daughter learns her chemistry, walks up three flights of stairs in Central Building, cooks cornstarch pudding in Home Economics Hall and dances at the Union tea-dance? Of course, she knows the average breakfast daughter eats, if she eats breakfast. But the girl who rushes a sorority house. “She knows her onions!”

In general, even home economics students, who should know the food value of spinach, turnips and parsnips, do not like them. Like the rest of the 2,000,000,000 people in the world, they prefer candied sweet potatoes, peas, carrots, asparagus and green beans. These vegetables are especially popular when served in combinations and baked with white sauce and cheese.

One house because the girls wish it to be.

In general, even home economics students, who should know the food value of spinach, turnips and parsnips, do not like them. Like the rest of the 2,000,000,000 people in the world, they prefer candied sweet potatoes, peas, carrots, asparagus and green beans. These vegetables are especially popular when served in combinations and baked with white sauce and cheese.

Of the soups, a meat-base soup with vegetables is the favorite. Noodle soup is the next in line. Oyster stew tops the list of the cream soups, even though the oyster in some servings is the unknown quantity. (Some of the girls do not like oysters). Good cream of tomato soup and chili con carne are also well liked, judging by the way the dishes go back into the kitchen for more.

Next come the salads. It seems that all college girls like salads. Mixed fruit salad is the favorite. Popular combinations are pineapple and apricot, pineapple, apple and bananas, and apple, peach and apricot, diced and served on a lettuce leaf.

Shrimp are good; but when luncheon comes a shrimp salad disappears. A salad that I never have seen wasted consists
Mrs. Smith had a headache. She didn’t feel like working.

“This old dark house never looks clean anyhow,” she told her next door neighbor, Mrs. Miller, “and besides, the family doesn’t appreciate all my digging and scrubbing.”

“Do you know what I think is wrong?” asked Mrs. Miller suddenly. “I think there’s something wrong with your lights. You know, bad lighting can give you bad headaches. And it can make you think your ‘old dark house’ is never clean.”

“What’s wrong with our lights? And what do they have to do with the house looking clean?” asked Mrs. Smith.

“Well, those colored light bulbs in your living-room. It seems to me I’ve read that they cause headaches,” Mrs. Miller explained. “And your walls are so dark and gloomy—that’s another thing.

“What do you think I ought to do?” Mrs. Smith was ready for a change.

“I think I’d get rid of those orange bulbs and get these walls painted a light cream,” Mrs. Miller suggested.

And Mrs. Miller was right. For Kathryn Cornell Waldron, M.S., former home economics graduate student at Iowa State College, found, in extensive experiments on home lighting under various color conditions, that tinted light bulbs do have an irritating effect upon people who use them.

People who spent time in the experimental room were irritated by the tinted lamps and remarked that such lighting would cause them to lose their sweet dispositions in a short time.

Flame-tint lamps give a most disagreeable result, especially when used in rooms with dark walls. This may be due to the effects upon the emotions of two opposite factors—the stimulating flame light and the depressing, dark background.

People who lived in the experimental house and used flame-tint, unshaded lamps continually in the living-room complained of headaches most of the time. When ordinary unglazed, Mazda A lamps were substituted, the headaches vanished.

Like Mrs. Smith, most modern people prefer unshaded lamp fixtures equipped with tinted bulbs in the living-room. They consider primarily the artistic effect which has been greatly stressed in recent articles, rather than the effect upon dispositions. They do not realize, perhaps, the difference in illumination obtained from different types of light bulbs.

Miss Waldron in her experiments measured the intensity of the light given by four kinds of bulbs, using a five-socket, unshaded central lighting fixture in a room with a northwest exposure. Environmental conditions were uniform for all of the experiments, except that the color of the wall was changed by the use of different hangings at different times.

TINTING and frosting a bulb reduce its specific output of light. Miss Waldron found. The Mazda A lamp, un-frosted and untinted, gave the greatest illumination per watt at a given voltage. The frosted ivory bulb was next best, then the painted lamp and last the flame-tint lamp. Dark colors reduce the illumination per watt more than light colors, and a combination of tinting and frosting reduces it more than either used alone.

Dark walls and dark objects in a room diminish the useful light. Miss Waldron found. Colors of walls and ceiling greatly affect the efficiency of a lighting system, as well as the dispositions of the family.

Light walls absorb less light than dark ones, of course. Miss Waldron used a light wall-paper and tangerine, red, yellow blue and black wall hangings as backgrounds and found that with each bulb the greatest efficiency was obtained with wall-paper background and the least with the black covering.

The wall-paper and tangerine covering were good reflectors, and the other coverings poor reflectors. The highest light intensity was obtained when the Mazda A lamp was used with the wall-paper, and the lowest when the flame-tint lamp was used with the black wall covering.

The Mazda A lamp was too bright, however, at any ordinary voltage to be used unshaded, Miss Waldron found. The human eye should not be subjected to a brightness greater than 3.5 candles per square inch. At a voltage of 110 (perhaps the most common voltage) the A lamp gives a brightness of 14.7 candles per square inch.

The ivory and painted lamps also would need to be shaded unless used at low voltages (below 100 volts), she found. But the flame-tint lamp was not too bright to be used with an unshaded fixture at any time of the voltages tried.

It is easy to see that Mrs. Miller’s suggestions were good ones. The Smiths’ orange light bulbs and dark brown walls were evidently too much for the lady of the household. They very probably caused her depressed feeling, bad disposition and headaches. Shaded Mazda A lamps and light walls are what Mrs. (Continued on page 11)
NEW things, spring things—whatever your needs—we find real variety in shopping this month.

If it's beauty there's the Memorial Union Beauty Shop waiting to get you all ready for the party. . . Casey's are suggesting permanent waves. . . Field's, downtown, are the "oldest establishment but the most modernly equipped."

Tinted sandals for formal wear are offered by Trueblood's. . . Swagger suits—the chic thing for spring—some with dress to match, are at the Brown Shop. . . The College Shop of Younkers presents swagger suits "windblown from the style centers."

A change in seasons is the inspiration for sewing. Skinners crepes and McCall patterns are at the Fair. . . Beau Monde Silks in spring tints and designs come from Stephenson's.

The "finishing touch for every occasion"—flowers—from Everts. . . Hazel Bucknam at the Treasure Shoppe will be pleased to serve you—neckwear, lingerie and hosiery.


Pressure cookers, Speed Queen Washers, Universal gas ranges—things for the homemaker—are offered by Carr Hardware Company. . . Small needed items are at the Campus 5c-$1.00 store . . .

Bates Baking Company offers baked goods—an idea for the spread. When plumbing and heating go wrong, it's time to call Palmer Plumbing Company for repair service.

The Carter Press for commercial printing—and that includes dance programs—with price, delivery and quality. . . Of course it is Rexall goods at the Frank Theis Rexall Store.

A broom kept just outside the door and used for brushing snow from feet saves work for the housewife. And a little broom, small enough for a child to handle easily, hung within convenient reach just outside the door, will tempt the youngsters to brush themselves off before coming inside.
If you wash and scour your tea kettle every week, you will prevent a thick deposit of lime from forming on the bottom of it. Furthermore, if this deposit is kept removed you will lose less fuel in heating the water. If the deposit has been formed, it may be removed by one of two methods. The first is to heat vinegar and water together in the kettle; if the mixture bubbles, the deposit is softened and soon can be scraped out. If the acid does not soften the deposit, pouring in cold water. The cold water will cause the scale to crack.

**THE IOWA HOMEMAKER**

Homes for the Future

By Isabella Palmer

CAN you imagine what the airmail pilot will see when he flies over our fair cities of tomorrow? He will probably look down upon multitudes of cubicles which could very well be compared to blocks strewn about a child's nursery.

The modern age demands a distinctly new and individual type of architecture, strikingly different from that of any previous period. Our needs are quite dissimilar to those of our forefathers, who developed the style of architecture after which we have patterned our home. We are extremely health conscious and realize the necessity of good ventilation and plenty of sunlight. Unlike our Victorian grandmothers, we despise hair wigs and the endless lace-trimmed doilies which inevitably cluttered up the dim recesses of their best parlor.

The day of efficiency has arrived, and women demand homes which are easily kept in ship-shape condition with minimum effort. They realize the importance of keeping in touch with world affairs and refuse to bury themselves with brooms and dusters from one year to the next. Utility is the principal qualification of the house of the future, and the modern type of architecture most certainly fulfills this requirement.

ARCHITECTS are designing homes in which simplicity is the dominating note. Beauty is found in line and proportion rather than in extreme ornamentation. Houses are being planned so that facilities for working, playing and resting are practical and conveniently situated. Experiments with new and cheaper materials are being conducted, so that this type of dwelling may be constructed inexpensively. Although most of them are of fireproof materials, wood is also used. City building restrictions are always carefully considered.

It has been thought by some that home owners would hesitate to change to this type of architecture because of its severe plainness. This should not prove to be a stumbling block, however, since plain, streamlined automobiles have been very generally accepted.

An important decision will be made by the woman in the home within the next few years. It is up to her. Will modern architecture come into extensive use, or will the styles of our ancestors suffice for our ultra-modern population?

Evaporated milk is just as useful in building bone and teeth as is whole milk. Its calcium, phosphorus and nitrogen content is easily utilized in the body. Vitamins A, D and G are also present in the same proportion as in normal whole milk.

**Look to Your Lighting**

(Continued from page 13)

Smith needs to brighten her home, and her soul as well.

Psychological factors like these need consideration along with efficiency in this matter of lighting. Warm-colored lights are stimulating, but they may not prove disagreeable to some people. Subconscious associations may make them either agreeable or disagreeable. They may make some people nervous and put others at ease. Temperament and experience enter into here.

Artistic values need, too, to be considered, of course. Some rooms seem to require colored lights; others can stand strong white illumination. Of course, on the whole colored bulbs are less efficient than clear glass ones. But in some cases it is perhaps wise to sacrifice some efficiency for the sake of beauty.

The individual homemaker must study the qualities of her home that need emphasis and light her rooms to their best advantage. But she must not be so engrossed in getting the right artistic effect that she ruins the dispositions of her family. She must remember that some colored lights cause headaches and depressed feelings. And if she's at all interested in color she will consider efficiency in lighting—the illumination obtained per watt of electricity used.

**Mulled Grape Juice**

A good hot drink comes from a favorite old German recipe for mulled grape wine. But you use unfermented grape juice, instead, and call the drink mulled grape juice.

Beat the yolk and white of an egg separately, and to the yolk add 1 tablespoon of sugar, a dash of cinnamon and cloves, and 1 cup of unfermented grape juice. Place this over hot water until the mixture is slightly thickened, fold in the stiffly beaten egg white with a little salt, and beat them for 2 minutes over the hot water. When the egg white is completely incorporated and the beverage is piping hot, serve it at once.

This drink, served with wafer-thin sandwiches with a filling of cream cheese and chopped olives, makes a delicious, inexpensive and distinctive refreshment for any "tea" or supper.

A platter of crisp, curle bacon and fried pineapple slices or broiled enameled peach halves is something different for a Sunday breakfast treat.

Some of the new hostess colors for spring are a pale beige, designated as dawn or honeydew, for wear with beige, string, or natural costume. Mocha or tobacco is a darker neutral shade to wear with the gray-browns and the dark neutral tweeds. Putty beige is a last summer color.
Sally the Style Scout
(Continued from page 5)

for some interesting buttons, will be appropriate for school.

You've probably all noticed the new mode in hair arrangements that has made its appearance on the campus this year. Being inquisitive, we tracked the matter down and discovered Mary Gerlach. Mary says she doesn't know just how it happened, but it seemed unfair that only girls with long hair could wear braids. A Joan Crawford picture came to town one day and Mary got her idea. She began pulling her hair down tightly on each side in a braid and catching the ends into a froth of curls in back. And so began an Iowa State College fad.

Mary is an advocate of prints for this spring. Her dress will have a print hat to match and, perhaps, gloves, too. A color-ful orange-red pattern will be her choice.

Another of Mary's dream ideas is a white knit suit—unusual in that it will be a tunic outfit. A black band at the bottom of the tunic and touches of black at the sleeves and neck will be accentuated by black accessories for early spring wear. She thinks white ones will be more appropriate later.

Because she already has some grey spring shoes and other grey accessories that match her fur coat, Wilma George is wisely assembling her outfit in greys and blues. A grey dress is one of the items. It will have a plaid skirt—red, green and yellow on a grey background—with a very clever cape that may button up high around the neck or lie serenely back. The blouse will be plain grey taffeta. A blue spring coat will complete the ensemble.

MARTHA BRANDT and Dorothy Bloedel prove they have eyes for real chic by choosing shirt-waist dresses. Martha's is of bengaline crepe—brown, orange and white in inch-wide stripes. Brown buttons and a large brown bow are its smart finishing touches. A wide-brimmed white hat and brown and white pumps are the correct accessories, Martha thinks. Dorothy's dress will be of red and white tie print with a dark blue three-quarter length coat.

We'd love to describe to the last detail Millie Martin's new formal—white net over blue crepe, with rows and rows of ruchings—in all its delectable daintiness, and Josephine Ringrose's new outfit—wool jacket in light blue unbalanced plaid and dress matching rough crepe, its belt tying cleverly in front. It's such a fascinating subject.

We can't stop, though, without giving you an idea of how really far-sighted our co-eds are in this matter of being successfully and appropriately dressed. Arlene Brubaker is designing, already, for the time when warm days are really here, an outfit superbly complete in every detail. It is of dark brown and pastel peach pique, combined. The dress is dark brown, joined with cording to a deep peach-colored yoke, the joinings being marked in back by dark brown "frogs" fastening over into the peach.

Keeping Food Cool
(Continued from page 2)

required to maintain the desired temperature.

The refrigerator should be located as far from all sources of heat as possible. Tests have proved that more electricity is used by refrigerators standing in the warmer parts of the room.

Experiments on the temperatures maintained in electric refrigerators show that the amount and the temperature of the food placed in the refrigerator have a great deal to do with the amount of electricity required to maintain the proper temperature. Hot foods should be cooled to room temperature before being put into the refrigerator.

Experiments have also shown that too frequent use of the refrigerator doors raises the operating costs.

Another important consideration in the efficient operation of an electric refrigerator is the amount of frost allowed to accumulate on the cooling unit. This frost acts as an insulator and retards the absorption of heat by the cooling unit from the air inside the refrigerator. A little care in operation will prevent this frost formation, thereby saving on the electric bill and making defrosting to get efficient cooling necessary less frequently.

S T O R I N G uncovered foods in the electric refrigerator increases frost deposit on the cooling unit. Any well constructed refrigerator maintains an active air circulation, resulting in evaporation of moisture from stored foods. This means that all foods, whether liquid or solid, should be covered when they are placed in a refrigerator to retard, as much as possible, the loss of moisture to the air.

Thus, efficiency in refrigeration may be increased by care in management and by the observance of a few simple, common-sense principles.

Clara Barton Girls
(Continued from page 4)

The girl who spends $675 a year said that she "thoroughly enjoyed it," liked having to budget her time and thought the girls more congenial than in most dormitories.

Several said that the experience of working with others was invaluable. One remarked that there is a "better feeling" in a "cozy dorm."

"It's something you can't get anywhere else. You get to know the girls better than in other dorms," said a senior.

All of the girls like the work they do and enjoy saving half on board.

To obtain onion juice, cut an onion in halves, crosswise. With a knife, scrape the cut side of onion and the juice will flow.

To remove starch and syrup stains from table linen, wash in lukewarm water.

Art Training Through Home Problems
by Mabel Russell
and
Elsie Pearl Wilson
of
Iowa State
for sale by
COLLEGE BOOK STORE
ON THE CAMPUS