Artificial Lights Give Plants a Break

Janet E. Davenport
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Dutch Treat Your Irish Spread
by Frances McTigue

IT MAY be the Irish in us—but doesn’t a St. Patrick’s day spread appeal to you? It’s fun, even in the none too large college girl’s room. Of course, we’re much too busy to do any decorating, but what a difference a desk makes—when it’s covered with a green crepe paper luncheon cloth and used with matching napkins, and maybe a few shamrocks pinned to the curtains. It’s inexpensive, too! Here is a menu and market list for a spread for eight. The prices are all approximate and you may do even better.

Menu

Corned-beef-lettuce sandwiches
Olives
Mint-Grapefruit juice cocktail
Cake
1 pt. grapefruit juice ................................ $ .15
1 qt. ginger ale ..................................... .20
Few mint leaves .................................... .10
Corned-beef ...................................... .25
Lettuce ............................................... .15
Bread .................................................. .10
1/2 lb. butter ....................................... .11
Olives .................................................. .29
Cake .................................................... .25
Total ................................................ $1.70

“Dutch treat” makes this “Irish spread” come to approximately 22 cents per person.

If you want to get by on still less money, this is always popular.

Menu

“Irish”
potato chips
Cheese dreams
Dill pickles
Tea with lemon
Tea balls ................................ $ .08
1 lemon ........................................... .03
Cheese ............................................. .25
1/4 lb. butter ..................................... .11
1 loaf bread ...................................... .18
Dill pickles ....................................... .25
Potato chips ...................................... .39
Total ................................................ $1.12

This amounts to approximately 14 cents each for eight girls. The “cheese dreams” are made by buttering the outsides of two slices of bread and putting slices of cheese on the inside, and toasting the whole sandwich in a grill until it is a golden brown.

Artificial Lights Give Plants a Break
by Janet E. Davenport

IN SPITE of limited window space, many folk find it practicable to keep house plants in good, healthy condition by using plant lighting fixtures. This is possible even when the plants are located at the far side of the room. Most plants require from 14 to 18 hours of light. During the fall and winter months there are not that many hours of daylight, so supplemental artificial light is necessary. Such light can be supplied with the plant lighting fixtures. These fixtures operate on the same principle as lamps and reflectors in greenhouses, providing a longer lighted period for the plants when the hours of daylight are few.

Plant lighting fixtures are similar in construction to regular wall, table and floorstand lamps, but have in addition containers for flower pots suspended from the shafts of the units so that the maximum intensity of the downward flux of light from the reflector or shade, designed to give from 100 to 300 foot-candles, falls directly onto the plants. The units need be burned only during those hours when artificial light is ordinarily used, that is, from dusk until (Turn to page 16)
Textiles

Here's a fashion hint that will add a note of spring to your winter wardrobe. Wear one of these new gaily colored shirtwaists with your winter suit skirt. A gingham rayon blouse is most practical, for it launderes and wears much longer than one of a medium quality silk. A sleeveless, low necked sweater worn over this shirt-waist is an added bit of comfort and chic.

The introduction of spun rayon in towels will be hailed as good news by all who love luxury in the bath, for it brings new absorbency and unrivalled style. The story is this—rayon is highly absorbent; thus by interweaving it with cotton in just the right proportion, you get a soft pile towel which will envelope and dry you, without rubbing or friction.

A rich shadow stripe damask effect is achieved because the two yarns produce different textures, and also take dyes in different fashion. This, plus the fine styling, and warm color tones of yellow, green, rose and blue, leaves little to be desired in good looks.

If you have struggled with tangled knitting yarn, you'll be interested in an agile, collapsible little gadget made of white Pyralin and elastic, which stretches itself to accommodate your ball of wool. It is made with a looped cord which lets the container hang conveniently from the wrist.

Complete elimination of the slippery rug peril is now a practical possibility. For there is a new double-action type of Rug Anchor which grips not on one side but on two—nothing like it ever shown before. It clings to the rug as hard as it does to the floor. And the harder you push the more firmly it grips. Each side of the material is a crepey sponge-like surface.

The latest news of cellophane in the decoration field is ready-made glass curtains which combine the natural color slit cellulose film with ecru cotton. These curtains are presented in an open fishnet weave. The very slight

Equipment

Soapless Soaps are now available as the latest dirt-chasing agents. Quick suds even in cold hard water, no soap scum or "rings," and instant rinsing are some of their selling points. They come in two forms—for laundering and shampoos.

Hostesses will find the new electric serving table a big help in entertaining. It is no trouble to set up, for the legs drop into place automatically when the top is held out. It can also be used as a fireplace screen or a card table. It is equipped with a triple outlet and an 8-foot detachable cord.

The newest kitchen table has a 25-cent serving top and a two-way electric outlet, the cord leading to the wall or floor socket being concealed in the tubular steel legs.

Frankfurters and rolls can now be baked at the same time on a machine designed for commercial use. Hamburger, veal loaf, and other meats can be substituted for the frankfurters. Capacity—216 units an hour.

Dust protectors to fit electrical equipment—electric mixers, waffle irons, sandwich grills, and dripolators—are now available. With bright bindings of yellow, green, red or blue, they will work into your kitchen color scheme. They are of a Cellophane cellulose film over gauze.

Miscellaneous

If you have never been afflicted with hay fever, nose colds or asthma, you may not be acquainted with the term allergist. It is a comparatively new word identifying a specialist in one branch of the medical profession that deals with these ills. Allergic individuals are super-sensitive to a great many substances that are harmless to normal persons. And the sources of irritation are not all in the open fields and gardens; they may and often do originate in the home from ordinary house dusts traceable to pillows, the stuffing in upholstered furniture, cattle hair made into rug cushions, and, in particular, mattresses that collect and spread "dust atopen."

Something has been done to minimize that menace, for du Pont technicians working with a Cleveland, Ohio, manufacturer have developed a dust-proof mattress encasing that has proved helpful in many if not all cases. If determinative tests show that an asthma patient reacts to dust from bedding, and a competent physician recommends that the mattress be encased, then that is the thing to do.

The "All Guard" label which will appear on yard goods and ready-to-wear garments in March will assure consumers of a permanent washable fabric with only a small additional price of 2 cents a yard.

Our responsibility as home economists in buying goods this spring is to know how to judge materials intelligently," Miss Gladys Winegar, associate director of the Textiles Education Bureau, New York City, told textiles and clothing students recently.

"Consumers must make demands on their own part for labeled garments, they must complain and ask for garments which will neither fade nor shrink," stated Miss Winegar.

Two of the essential points that consumers should consider when buying materials were given by Miss Winegar: good quality and a yarn count which will stand up under severe laboratory tests.

Muslin, shantung, linen, sheeting, weight, and broadcloth, which will be exceptionally popular this summer for sports wear, travel and everyday use were displayed by Miss Winegar.
THE IOWA HOMEMAKER

How Some People Feel About It

JOB Satisfaction—the way the individual reacts to unpleasant situations; the facility with which he adjusts himself to other persons; his relative status in the social and economic group with which he identifies himself; the nature of the work in relation to the abilities, interests, and preparation of the worker; security; and loyalty.—ROBERT HOPPOCK.

Even a simple knife and fork purchased at a five and ten cent store may have great beauty if they are properly designed. The fact that a large price is paid for a work of art does not necessarily mean that the object has great beauty.—KARL S. ROUSANDER.

Art has two major purposes—to hold up a mirror to life and to idealize life in the hope of making it richer.—DEAN NEWCOMB.

A demand for well-trained and recently trained home economics teachers which is in excess of the supply on the personnel rolls at Iowa State College, was reported by Miss Regina Friant, associate professor of home economics education.

"Of the 79 girls who were registered in the teaching course during the past 12 months, all but 3 have been placed in teaching positions." Miss Friant explained, "and those 3 did not indicate a desire for a position."—IOWA STATE STUDENT.

The depression is over as far as teachers are concerned. The outlook is the best it has been in several years. There is a distinct shortage of teachers in the whole North Central area, and salaries have been increasing. It looks to me as if there would be a still further increase.—DEAN J. E. FOSTER.

"Fitting into environment is the secret of happiness and personality adjustment. It is that feeling of being out of step with situations around us that makes us uncomfortable and probably unhappy."—GERALD B. WADSWORTH.

The humble dwelling places of the peasantry of Europe are interesting because they were built by the same people who constructed the great cathedrals.—DOW F. AYRES.

It's a great day in anybody's life when he begins being a person with a purpose.—DR. HAROLD C. CASE.

A dull student, who, by working up to his capacity, barely makes passing grades or even fails to do so is entitled to much more consideration than a brilliant student who, without working, can maintain an average academic grade.—COMMITTEE ON STUDENT PROGRESS.

THE IOWA HOMEMAKER

Food

DRIED young cereal grasses such as oats, barley and rye are proposed as an addition to our daily dietary by Dr. C. F. Schnabel, a chemist. In a New York Times story he says, they have a much greater nutritive value than vegetables such as spinach, carrots, lettuce, collards, endive and chard. Another talking point, according to Dr. Schnabel, is that the grasses taste and smell like malted milk and contain from 30 to 40 per cent protein. He warns that one-half of their content of vitamins, minerals and fat depends on their being harvested at the right time. They can be combined with other foodstuffs in addition to being eaten as vegetables.

NEARLY 14 percent of all nuts eaten in the United States are cashews. The U. S. Bureau of Agricultural Economics says that whereas in 1929 cashew nuts made less than a third of one per cent of all nuts (not counting peanuts) eaten in the United States, by 1935 they had reached 13.9 per cent and were exceeded by only walnuts and pecans. All cashews on our market are imported. 98 per cent coming from India and the rest from other parts of Asia and from Haiti. The duty is 2 cents a pound. New methods of husking and packaging have improved the keeping and other qualities.

For variations in the salad dressing, Roquefort cheese may be added.

New York State College of Home Economics says a canton or outing flannel sack is better than the old sugar or flour sack for making clear, shimmering jellies. Formerly the bay leaf, under the name of laurel, was used to crown the victorious leaders of Rome. Today this aristocrat of herbs has fallen off its throne into the housewife's soup.

IF YOU can imagine eating 21-year old potatoes, you will have an idea of some of the foods taken on the second Byrd Antarctic trip", Dr. Poulter, who was second in command of the Expedition, said in an interview while on the campus lecturing.

These potatoes, which were dehydrated for the army in 1915, were only a few of the dried vegetables which they took, in addition to the canned fruits, cereals, 100 tons of beef, mutton and pork, butter and other staple products.

Even though most of their milk was canned, they had four cows in camp to furnish fresh milk in case of sickness. The favorite cow was nicknamed "Southern Girl".

"When we first arrived at Little America, we found some eggs that had been 'left there four years before. After they were cooked, we discovered them to still be in good condition", Dr. Poulter related as he sat on the edge of a desk in Physics Building.

"On the trail," said Poulter, "Pemmican was the chief food—it is made from beef, fat and dried foods and is very concentrated. Cooking off base was celebrated with a very special supper," he added.

The menu was as follows:

<table>
<thead>
<tr>
<th>Vegetable soup</th>
<th>Roast pork</th>
<th>Cream gravy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snowflake potatoes</td>
<td>Creamed carrots (dehydrated)</td>
<td>(dehydrated)</td>
</tr>
<tr>
<td>Hot apple pie</td>
<td>Coffee</td>
<td></td>
</tr>
<tr>
<td>Orangeade</td>
<td>Bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Butter</td>
<td>Marmalade</td>
</tr>
</tbody>
</table>

With the oncoming of arctic day, the discovery was made that the expedition was nearly out of beef, but they had ample amounts of salt horse, pig knuckles, ham, mutton, and ground seal, which was prepared in camp and used for both dogs and men.

"No more dehydrated vegetables for (Turn to page 16)
Graduates Teach Vocational Homemaking

Others Serve as Dietitians, Home Demonstration Agents

LA MISBACH, Dec. '35, is home economist with the Hubbard Ice and Fuel Company, with headquarters at Cedar Rapids, Iowa.

* * *

Naydine Blume, '33, began work in January as assistant dietitian in the Denver General Hospital, Denver, Colo.

* * *

Alice Knudson, '34, who took hospital dietetics training at the Philadelphia General Hospital in Philadelphia, was retained as metabolic dietitian after she completed her training on Jan. 15.

* * *

Helen Clemons, '35, is employed as a copywriter in the packaging department of Sears Roebuck Company, Chicago.

* * *

Clella Jenkins, M. S. '31, is engaged in Red Cross nutrition work, St. Louis, Mo.

* * *

Myrle Anderson, '35, is employed by the Twin City Unit of the National Dairy Council and works through the schools of St. Paul, Minn., promoting the use of milk.

* * *

Adeline M. Church, M. S. '35, went to Bowling Green, Ky., on Jan. 27, where she teaches nutrition, dietetics and household equipment in the Western Kentucky State Teachers College.

Dorothy Dorris, '32, who has been assistant dietitian at the State Juvenile Home, Toledo, begins work Feb. 3 as dietitian of the Dixon Public Hospital, Dixon, Ill.

* * *

Mildred Beeler, '30, is home demonstration agent in Des Moines and Lee Counties. She began work the week of Jan. 12, 1936.

* * *

Florence Schuerman, '31, was selected in November to serve Poweshiek and Iowa Counties as home demonstration agent.

* * *

Manetta Heidman, '23, M. S. '27, has a sabbatical leave from her duties at Kansas State College, Manhattan, Kan., and will study at New York University during the second semester and summer of 1936.

* * *

Lillian Lewis, '29, is working full time in Fayette County as home demonstration agent. Mabel Phipps, '19, now devotes her entire time to home demonstration work in Madison County.

* * *

Maude Glenn, M. S. '33, who has been teaching in the Mt. Vernon, Illinois, High School has accepted a fellowship at the University of Minnesota and will begin study towards the Ph. D. degree at the beginning of the second semester.

* * *

Mary Louise McIlvaine, M. S. '35, is teaching foods and living in the home management department at the Washington State College, Pullman, Wash. Miss McIlvaine began her new work at the beginning of the winter quarter.

* * *

Margaret Dunkelberg, '35, who has been teaching at Modale was elected as home demonstration agent of Palo Alto County, effective Jan. 30.

* * *

Beatrice Ferguson, '34, manages the Harding Restaurant in the Fair Store, Chicago.

* * *

Katherine Herrig, '34, is production manager of the Colonial Tea Room kitchen of the Harding Restaurant Company in Chicago. She started Jan. 27.

* * *

Margaret Liston, '27, is local supervisor and Margaret Werts, '35, is assistant local supervisor for Vermont in the Cost of Living Survey being conducted by the Federal Government under the auspices of the Bureau of Home Economics.

* * *

Helen Newcomer, '34, left Jan. 4, for Cleveland, Ohio, where she has accepted a position as assistant dietitian in the University hospitals.

Vocational Work Offers Challenge

WE ARE very proud of our newly established Home Economics Department. Our department was remodeled and newly equipped previous to the present school term and is housed in a building apart from the other classes.

Upon entering this building one finds himself in a very cozy vestibule, furnished attractively with a wicker set, a neat little table on which we keep flowers or bookends. The rug on the floor also adds to the coziness of the room. A large oil painting on the wall gives much beauty to the room.

The vestibule is a large hall on either side of which are four unit kitchens decorated in green and tan. Each kitchen is very large and light. Leaving the kitchen, one enters the recitation room. In this are six serving tables, and a large built-in cupboard at the back of the room provides adequate room for materials used in our work. Two pots of ivy add a homey touch to the room.

Vocational work offers a great challenge and is a marvelous way to help and be of service. I'm truly glad I am located in a vocational school.

Adult classes are fascinating; we have been working on a unit in home nursing and Bondurant women are vitally interested in it. Following our class (discussion type as a rule) we play volley ball with the men's class, then imbibe coffee and doughnuts.—Francine Frakes, '30, Iowa Falls, Iowa.

Scrapbooks Is Theme

SCRAP books have been the theme of our freshman homemaking classes. They are full of art in everyday life, apron construction, planning and preparing for breakfasts, everyday manners (the story of our teas and play come under the courtesy unit). Christmas gifts and candies. Soon we will be learning how to tell stories to children and preparing our plans for hot lunches. After that any need that seems to be uppermost will be the topic of learning.

Canning, slip covers, house-planning and home furnishings, make-over work in clothing and hot lunches for the school has been the course followed by the sophomore girls. They soon will begin clothing construction work. —Janice Stillians, '35, Bondurant Iowa.
Iowa State Faculty Makes Science

MAKING science occupies as much time as teaching it, many of the home economics faculty find.

Albino rats, test tubes, statistics—these are the instruments our professors use for learning new facts about nutrition, textiles and economic problems. Below are lists of research problems now in progress.

Foods and Nutrition:

Growth, reproduction, lactation, longevity, and hemoglobin formation in albino rats on meat diets contrasted with their response on the Steenbock stock diet and on the Sherman milk diet, 10/24/31, P. M. Nelson and P. Swanson, assisted by M. Gunson (Purnell and State).

A study of the conditions influencing the production of uniform experimental animals in the stock colony, 10/24/31, P. M. Nelson and P. Swanson, assisted by G. Timson (Purnell and State).

The influence of experimental technic during the depletion period in vitamin A determinations on the response of the test animals to supplementary feeding of the vitamin, 10/24/31, P. M. Nelson and P. Swanson, assisted by G. Timson (Purnell and State).

The association of vitamin A with plant pigments, 10/24/31, P. Swanson and (E. S. Haber, Vegetable Crops) (Purnell, State and Misc).

The relationships of the physical and chemical characteristics and constants of lard to its culinary value, P. M. Nelson and B. Lowe (State).

The effect of hydrogenated lard, storage lard, and heated lard on the destruction of vitamin A in foods, P. M. Nelson and B. Lowe (cooperating with chemistry) (State).

The influence of the feeding of certain fats upon the quality and palatability of beef (M. D. Helser, F. D. Beard, and C. C. Culbertson, Animal Husbandry), and P. M. Nelson and B. Lowe (cooperating (Purnell).

Household Equipment:

A study of the application of heat to cooking utensils of different materials, 10/14/33, L. J. Peet and L. O. MacDonald and (F. E. Johnson, Electrical Engineering), B. Lowe, and J. W. Woodrow, Physical advisers (Purnell and State).


Textiles and Clothing:

The deterioration of weighted silks under the conditions to which fabrics are subjected in service and maintenance, 10/28/32, revised 8/19/33. Effect of stem on iron-weighted, lead-weighted, tin-weighted, and zinc-weighted silk, R. Edgar (Chemistry) (Purnell and State).

Housing:


PUBLICATIONS OF THE YEAR

Progress reports in Iowa Sta. Rpt. 1934, pp. 81, 144-151.

Housing:


Household Equipment


Foods and Nutrition:


Textile Chemistry:


Research in progress is indicated by project title, date of approval by the Office of Experiment Stations, U.S.D.A., if the project is supported in part or as a whole by Federal funds, names of project leaders and research workers, and sources of financial support. The terms Purnell, Adams and Hatch refer to Federal funds provided for research at the State agricultural experiment stations under these Congressional Acts. Brackets are used to indicate the departments other than Home Economics either cooperating in the research, in which case only the names of the cooperating research workers and departments are bracketed, or entirely responsible for the research, in which case the project titles are also included within the brackets.

Hot Breads Popular

Tea Room Fare

Hot breads have proved to be the most popular food in the Institutional Tea Room this quarter, according to Miss Lenore Sullivan, Institutional Management Department. Miss Sullivan says there are certain foods more popular than others in any group of people. The group being served recently is especially fond of hot breads, and so these have been made a daily feature.

The winter quarter has been a very busy one because of the extremely cold weather and the number of short courses held. During cold weather many persons eat at the tea room rather than walk back to their homes at noon.
Toward More Pertinent Reading

Posture

Remember how irritated you used to be when well-meaning mothers and aunts and grandmothers would chide: "Goodness, child, do stand up straight! You're getting to be terribly round shouldered." You knew perfectly well that you did slouch along pretty badly at times, but you always hated to be told about it.

Maybe you still ought to be told, and if so, Janet Lane, in her little book, "Your Carriage, Madam!", can tell you in a way that will make you unconsciously slide those hips back in your chair and hold your head up before you've even gotten through the first chapter. Her delightfully gay and chatty style makes you forget that you must know if one does care to be well-dressed.

Dress Design

"Oh, I could talk for an hour," said Nell.

"On the psychic basis of dressing well. It isn't a figure, it isn't looks. It isn't going to first-rate places. Believe me, the thing has a psychic basis. It's caring...caring a terrible lot.... Whether you're right, or whether you're not."

These eight lines of Alice Duer Miller's precede the first chapter of the book, "Dress Design and Selection," by Marguerite Stotts Hopkins, former instructor of costume design at Iowa State College. Mrs. Hopkins' book is a presentation of the practical and fundamental principles of design which one must know if one does care to be well-dressed.

Food Buying

"Food Buying Today," a recent foods book by Alexander Tordorff, presents many interesting food facts and accurate food information. This unique book makes it possible for all to become intimately familiar with the foods we eat and to be able to distinguish between the different grades and varieties. This volume, written by a food authority, tells precisely what one should know about all lines of foods. It contains interesting little photographs specially made to convey accurate information with each one telling its own story. The book is written in the form of foods questions and answers. The following are examples taken from various sections of the book:

Question. How can one tell what kind of salmon is in a can?

Answer. The name of the species usually precedes the word "Salmon" on the label; as, for instance: "Chinook Salmon," "Pink Salmon." Q. Is it to the advantage of the consumer to buy the large-sized prunes or the small-sized?
**New Booklets**

**LOW Cost Special Diets for Adults,** a booklet prepared by a joint committee of the Dietitians Association of Philadelphia and the Pennsylvania State Dietetic Association has been revised, and the new edition is obtainable from Dr. Marion Bell, Temple University, Philadelphia, at 25 cents a copy.

**The Iowa Homemaker**

**Coming Up in the Movies**

PICTURES which you will probably be seeing soon are Show Boat whose cast includes such musical talent as Paul Robeson, Helen Morgan, and Irene Dunn; Little Lord Fauntleroy, in which Freddie Bartholomew makes another star performance; Strike Me Pink, an Eddie Cantor fantasy; and Desire, with Marlene Dietrich and Gary Cooper.

**Romeo and Juliet**

After years of waiting it seems that William Shakespeare's final work will have its première recognition as a movie writer, although we can't say the movies always do him justice. "Romeo and Juliet," recently played by Katherine Cornell in Des Moines, will be portrayed by Norma Shearer upon the screen. Leslie Howard will be her Romeo. The costumes especially designed for the picture by Adrian, are beautiful, and have already had their influence on the fashion trend. Perhaps you've noticed the cunning pearl Juliet caps.

**For Home Economists**

A BIBLIOGRAPHY FOR HOME ECONOMISTS in which books and pamphlets dealing with entertainment and etiquette are listed was recently compiled by the San Francisco Section of Home Economics Women in Business.

Some of those recommended are:

- "The Book of Games and Parties" by Theresa Hunt Wolfe. It is an excellent "never fail" party book for all ages and is arranged by months.
- "Brain Teasers" by Julian Longstreet. This book contains short problems of the type, "Brothers and sisters have I none, but this man's father is my father's son."
- "Cokesbury Party Book" by Arthur M. Depew. Planned parties arranged by months using 600 games and stunts for all ages are described.
- "Dame Courtney's Art of Entertaining" by Ellye Howell Glover. This is a general party book arranged also according to themes containing plans for holidays, anniversary parties, showers, etc.
- "Dame Courtney's Book of Games for Children, for Indoors and Outdoors and All Occasions" edited by Ellye Howell Glover. Many schemes, some old, some new, and some from foreign lands, all practicable for children between the ages of three and fifteen are included in the book.
- "Dame Courtney's Book of Guessing Contests," by Ellye Howell Glover. It is a collection of old and new contests, easy and hard, for young and old.
- "Entertainment for All Occasions," by Corrine Wentworth. Parties completely planned for all occasions are described.
- "Everyday Games Book," by V. C. Alexander. Organizers of club, givers of parties, and teachers will find in this game for every occasion.
- "Everybody's Party Book," by Wil-
MANNISH STYLES FOR WOMEN 
HERE TO STAY

STYLES OF TRUE INDIVIDUALITY

Tailored to your personal measure now—for less than the cost of a ready-made garment. You may enjoy the luxury of Any Style coat, suit or ensemble, tailored to fit your personal figure and designed to express your true individuality.

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AS
YOUR FIRST EAR-MUFFS

AS NECESSARY
AS
YOUR PENCIL

THAT IS WHY WE ARE HERE
TO SERVE
YOUR
Every Classroom Need

College Book Store
ON THE CAMPUS

RUTH TAYLOR, New York business woman and experienced writer and editor has completed "The Kitchenette Cook Book." This compact cargo of menus and suggestions is designed to meet the problem of limited space, time and finances. As published by Charles Scribner's Sons it will be bound so that the natural tendency of cook books to close up during a session despite milk bottles and spoons will be defeated. A spiral binding keeps the book open to the chosen recipe.

What's New
(Begins on page 8)

IT'S something new and efficient. For two years the Corning Glass Company has experimented on glass to find one that can withstand extreme temperature changes and direct flame cooking.

At last the Top-of-the-Stove-Pan is the answer to their efforts. After making 36,000 tests in which 9 tons of potatoes and several thousand pounds of hamburger have been used, Miss Lucy M. Maltby, home economics advisor to the glass company, has recommended it for efficient cooking.

Chicken a la king, creamed potatoes, caramel dumplings, Yorkshire pudding, and cream of tomato soup are some of the most successful recipes.

And here's a tip for you who don't like to wash dishes. Chicken a la king, for example, may be cooked in glass, served in the same dish, put away in the refrigerator in the same one and the next day back on the stove without being transferred from one dish to the other.

And here's a help to the newly-wed. There won't be any scorched creamed potatoes, so that the groom has to say the doctor prescribed charcoal for his indigestion. The very bottom of the pan can easily be watched.

And one for the hostess, too. Prepare the Yorkshire pudding on the stove and then serve it piping hot in the same dish by merely removing the handle.

And for those who have to "count the pennies." That extra spoonful of caramel sauce on the dumplings can be saved by not having to transfer it to another dish. Also, you will find that the glass will heat up more rapidly than other kinds of utensils.

There is one thing that should be remembered—the Top-of-the-Stove-Pan is not a substitute for glass oven-ware, which is only for oven use, while the new pans are for direct flame cooking.

One of the latest spring style trends is the divided skirt. If you're buying a new spring suit this spring, why not inspect one of these new style skirts which are designed for greater freedom and comfort. Many of the spring suits include three pieces, a jacket, a skirt of contrasting material and a divided skirt.

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At last the Top-of-the-Stove-Pan is the answer to their efforts. After making 36,000 tests in which 9 tons of potatoes and several thousand pounds of hamburger have been used, Miss Lucy M. Maltby, home economics advisor to the glass company, has recommended it for efficient cooking.

Chicken a la king, creamed potatoes, caramel dumplings, Yorkshire pudding, and cream of tomato soup are some of the most successful recipes.

And here's a tip for you who don't like to wash dishes. Chicken a la king, for example, may be cooked in glass, served in the same dish, put away in the refrigerator in the same one and the next day back on the stove without being transferred from one dish to the other.

And here's a help to the newly-wed. There won't be any scorched creamed potatoes, so that the groom has to say the doctor prescribed charcoal for his indigestion. The very bottom of the pan can easily be watched.

And one for the hostess, too. Prepare the Yorkshire pudding on the stove and then serve it piping hot in the same dish by merely removing the handle.

And for those who have to "count the pennies." That extra spoonful of caramel sauce on the dumplings can be saved by not having to transfer it to another dish. Also, you will find that the glass will heat up more rapidly than other kinds of utensils.

There is one thing that should be remembered—the Top-of-the-Stove-Pan is not a substitute for glass oven-ware, which is only for oven use, while the new pans are for direct flame cooking.

One of the latest spring style trends is the divided skirt. If you're buying a new spring suit this spring, why not inspect one of these new style skirts which are designed for greater freedom and comfort. Many of the spring suits include three pieces, a jacket, a skirt of contrasting material and a divided skirt.
Business Hees
(Begins on page 4)

...needs a personal magnetism, the sort of something, which, in teachers, that noted western educator, Brother Leo, calls "pedagogical it" and which is illustrated in a rather exaggerated manner by Sister Aimee McPherson. Frequently overlooked is the fact that buoyant health contributes to this magnetism of which we speak. We need scarcely remark that good health, both physical and mental, is a matter of vital necessity to the home economist in a business position. "Days off" are almost out of the question.

A winning, charming personality is not one hundred percent dependent upon natural endowments; it is something that can be developed and improved by constant attention to one's best traits, and by unremitting work at weeding out the less desirable ones. The building of a pleasing personality cannot be done merely by reading books on charm and the like; it can be done by working to apply to oneself what one reads or hears or thinks might be desirable.

This winning personality that means so much to the business home economist—and, of course, to every other human being under the sun—is largely founded upon a sincere interest in and liking for people as individuals. This trait, which also may be encouraged to grow and flourish is vitally necessary because it makes it easy for one to meet the public. Even if one is inclined to be bashful and timid, she can learn to forget herself and thus overcome her timidity by means of her interest in others. There is no place for the misanthropist in the field of home economics in business.

There are dozens of other helpful traits that could be and perhaps should be listed: tact; versatility, adaptability, and resourcefulness; a sense of the significant; the ability to concentrate, yet keep an eye on details—one's tickets and trunks, for example, or one's stenographer's or cook's progress with a piece of work, and so on; quickness of mental and physical reactions, but slowness of such emotional responses as anger. Particularly must one be impersonal in her viewpoint. She must not look upon criticism from her superiors as a personal affront. A college girl does not flare up, or worse, cry, when her teacher gives her a B-grade; and she must not flare up, or cry, when her employer or office superior points out something poorly done. By the same token, if her boss does give her a kind word now and then (not many of them do it often!) she is not justified in imagining that he is in love with her, or has any designs whatever except to increase his business. The rule, as expressed by successful business women generally is, be a charming, delightful person always, but keep an impersonal viewpoint of it is humanly possible.

The value of good personal appearance must be not only acknowledged, but stressed. Beauty is not demanded, though it is surely no handicap; but that well-groomed look of sparkling, positive cleanliness is tremendously well worth striving for, when applying for a position and ever afterward. Hair, nails, teeth, shoes, and clothing are all subjected to searching scrutiny. In this connection, the importance of a clear complexion and of normal weight should be stressed. If you are conscious that you are even five or ten pounds overweight, and that your skin is not all that it might be, do something about these drawbacks before you set out to look for a position.

A NEW brochure, "The Sciences at Iowa State College," has just been released. It was compiled by R. W. Beckman of the Journalism Department.

In it is a new aerial view of the campus and over 60 pictures of students, professors and campus scenes.

A booklet is being distributed by the Division of Industrial Science to high school libraries, where it may be read by students interested in Iowa State College.
Tap Dancing is fun—good exercise. Learning is surprisingly easy—inexpensive
12 Lessons $5
BILL PATTEN STUDIO
2803 West St. Phone 2104

What's New
(Begins on page 9)

me!”, concluded Dr. Poulter, even though he was rather complimentary concerning the Marine Corp cook and the rest of the food.

"CAN she bake a cherry pie, Billy Boy, Billy Boy?” the old song used to go. And in the days when Grandpa asked it of Papa about Mama it wasn’t such a bad criterion of a woman’s capabilities as a cook.’ But the cherry pie to cinch any Leap Year bargain is one that has a crust made with sharp Old English Cheese. If the way to a man’s heart is through his stomach, as others before us have believed, here is the most direct route, with no cut-offs and no “Stops.”

Give a man a pie, brimming with cherry juice, its crust meltingly flaky and rich with the robust flavor of cheese—and he is happy. The cheese crust for cherry pie is a new variation on this interesting old theme, and an unusually happy one. The cheese, used as a part of the shortening ingredient, gives delightful zest, and unusually piquant flavor to the crust—a perfect background for the sweetness of cherries fairly swimming in their own juice. The cheese also gives the crust an unusual richness of color.

Cherry Pie With Cheese Crust

2 lb. Old English cheese

1 1/2 c. shortening

2 c. flour

1 tsp. salt

Cold water

Cream the “Old English” cheese with the shortening. Work in flour and salt. Mix to a dough with as little cold water as possible. Preferably place in a refrigerator a few hours before baking.

Plant Lighting
(Begins on page 7)

bedtime and on dark, gloomy days. They should, however, burn continuously for 4 or 5 hours an evening. The wall and table type units use 60-watt lamps, and 100- or 150-watt lamps are used in the floorstand units.

These units not only serve to keep the plants vigorous, but also are attractive decorations in any room. There are approximately 22 styles of plant lighting fixtures, and surely an appropriate fixture can be found to harmonize with any style of furniture. The light enhances the beauty of the plants and brightens up many dark corners where heretofore it was impossible to grow plants.

It must be remembered, however, that providing artificial light for house plants is not a solution to all the difficulties common to growing plants in the home, such as too high temperature, lack of sufficient humidity, difficulties due to gas, and the like. If conditions in the home are such that plants can be grown successfully at the window, these units can be grown in the floorstand units.

Skin of the Cheese
(Begins on page 6)

gates, slowly beautifully, incredibly, that float eased through the White House gates as if they, or it, had been carefully buttered. With a flourish of reins, a jingling of bells, and a smart clatter of hoofs, the horses, sleigh, cheese, girls and all drew up before the White House steps, cameras clicking all the way.

The event caused a genuine stir in Washington, where a stir is rather a difficult thing to cause in these stirring days. For a week the city engaged in conversation about cheese to the exclusion of international politics, the Canadian reciprocity agreement, and even a local murder full of baffling detail. And the success of all of this program may be laid directly to that one and a half inch clearance of the White House gates, and to the fact that nobody in the United States has seen a white horse in years!