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**Phi U Fruit Cakes**

**Combine Profit With Pleasure**

by Barbara Fisher

**ATTRACTION**

spicy fruit cakes, wrapped in colorful cellophane are the annual contribution of Phi Upsilon Omicron, the home economics professional honorary fraternity, to the Christmas spirit on the Iowa State College campus. Perhaps you are one of the many who have discovered what appropriate gifts they make, thereby lessening your Christmas shopping problem—or perhaps you are a person who simply delights in munching on a slice of delectable fruit cake during idle or preoccupied moments.

But unless you are one of the people who did the actual work connected with the making of these fruit cakes it is hard to realize the extent of the project. An average of 15 to 20 girls, working for 27 hours, was required to shape 70 pounds of nuts, 110 pounds of raisins, dates and candied fruits, 35 pounds of flour, 30 pounds of butter, 50 pounds of sugar, 14 quarts of grape jelly and grape juice, and 25 dozen eggs into 400 pounds of Christmas fruit cake. An attempt has been made this year to still further satisfy individual likes, by making 50 of the 400 pounds of cake into light fruit cake, using white raisins, figs, and coconut, with citron and cherries added for color.

Another change which has been made this year is the use of a new recipe for the dark fruit cakes, the main variation being the addition of citron and the use of smaller amounts of almonds and candied pineapple and cherries. They say “variety is the spice of life”; perhaps you will agree that variety has added a new spiciness to this year’s fruit cakes.

The making of fruit cakes each year gives, of course, a certain monetary return to Phi U, which is used to establish and increase its part in the national and local program of work. The broadening and strengthening of the interest of Iowa State College women in Home Economics, and the establishment of a fund to be used for professional purposes are among the major objectives of Phi U, which are supported by the fruit cake sale. Each year on Ellen Richards Day Phi U, in cooperation with Omicron Nu, brings a nationally recognized leader in Home Economics to the campus to speak at the home economics convocation, thereby increasing the students’ range of experience and aiding in the development of a professional spirit toward their individual fields of work.

Also, the national Phi U organization, working with the American Home Economics association, has made possible the services of a woman, skilled in consumers’ research problems, which makes available to home economics women everywhere the latest findings in regard to consumers’ research. The local chapters may make an annual contribution to the fund which makes this service possible. Locally, the organization contributes a certain amount yearly to the College Women’s Loan Fund maintained on this campus.

Thus, the brightly wrapped packages of fruit cakes serve as a means to greater ends than most Iowa State students realize. While one relatively small project can do nothing but satisfy local needs, the proceeds, united with results of numerous other efforts from all parts of the country, become the instrument through which nation-wide projects are conceived and carried on.