

1938

Freshmen are Vitamin Conscious

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Recommended Citation

White, Eleanor (1938) "Freshmen are Vitamin Conscious," *The Iowa Homemaker*: Vol. 18 : No. 9 , Article 5.
Available at: <http://lib.dr.iastate.edu/homemaker/vol18/iss9/5>

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Freshmen Are Vitamin Conscious

Eleanor White finds cereal the most neglected of coed foods

IT'S AN OLD story that freshmen should follow the advice and actions of seniors and prosper thereby, but there is an exception to this rule.

Eating habits of Iowa State freshmen women are matched against the eating habits of senior women in a graduate thesis by Mary Eleanor Holme, M.S. '38. The survey shows that senior women could stand to be more cautious or the freshmen will be dietarily ahead of them.

Although the freshmen were reported as consuming more food between meals it was often fruit or similar food which adds more beneficially to the diet than do high calorie foods. But the upperclass women consumed more sweets between meals and indulged in more coffee, tea and cokes daily.

However, more senior women were found who consumed yellow-green vegetables regularly and ate 3 meals daily. Along with this comparative study of senior and freshmen Miss Holme discovered that the majority of college women at Iowa State are receiving little more than maintenance food requirements.

Choosing 100 as the score of a standard diet she studied 200 menus served by residence halls and found they averaged 95. The food actually eaten by the women scored only 56.9. Consequently it is the fault of the coed when she is deficient in body protein, carbohydrates or minerals.

An almost complete lack of whole

grain products in the coed's diet partly accounts for this low score. Although milk drinking is strongly emphasized on the campus, milk was not included in the meals of many women students. Less than one-fourth of the women consumed the standard one pint a day.

Home economics students are career conscious while in school but many partially at least abandon a professional career to serve as homemakers.

Interested in attempting to discover the value of home economics training to homemakers, Flo Hallie Jones, M.S. '38, investigated a group of homemakers of Taylor, Texas.

Twenty-two women of the group had taken courses in home economics and eighteen had not. Of course the findings cannot be considered conclusive indications but they do afford an interesting comparison.

In such budgeting matters as family finances and the keeping of household accounts, those who had received high school home economics training tended to show the best practices. They were aware of more ways to economize; some of their regular means of saving were renovating garments, paying cash for everything, buying grocery specials and using left-over foods.

Families of the home economics trained group were found to enjoy a larger percentage of activities together, and the number of hobbies in the family was also slightly higher. The women who had had no home economics instruction showed the same excellence in the phase of child development, using such practices as child participation in housework and sex education for children.

Half of the women in both groups were assisted in some of the housework by their husbands but little difference was observed in the homes where the men gave a helping hand. In planning their schedule of work for the week rather than the day, the trained group ranked higher.

Every woman knows the tonic of a

new hat or dress but men evidently fail to appreciate the glamor of buying clothes. In preparing a master thesis Lea Edna Weidman, M.S. '38, found that few boys plan their clothing expenditures. Nor are they very scrupulous when they buy their clothing; they ask few questions and give little thought to brand, guarantees or label.

"Boys need to understand and appreciate financial problems involved in meeting clothing needs," says Miss Weidman who recently carried on an investigation in a senior high school in Des Moines.

However, when it comes to the material itself boys are found to be a bit more practical-minded. They often ask whether the material will remain in press. But as to suitability of color, design or texture they again appear indifferent.

Miss Weidman also found that boys need to be encouraged to realize the importance of care of their clothing. Over one-third of the boys interviewed reported that they seldom brushed their clothes; less than one-half pressed their trousers and only about one-fourth removed stains.

The preceding information is included in Miss Weidman's graduate thesis "Home Economics Curriculum Implications Developing from Certain Practices of a Selective Group of Boys."

"The trend of modern thought is positive rather than negative," reports Mrs. Alison Comish Thorne, Ph. D. '38, "that is, there is emphasis on what people ought to do rather than on what they ought not to do."

The three keynotes of modern thought seem to be a belief in the importance of abundant life, education and freedom of choice. Today, in our aim for the goodness, wisdom, happiness and satisfaction—virtues that Mrs. Thorne sums up in the one word, "well-being," we think we ought to have leisure time, a variety of interests and comforts in the home.

This modern attitude is easily explainable, the main reasons being that today we have the conveniences available and the sanction of our religion. The utter lack of these in the middle ages made even thinking about individual pleasure impossible.

These and many other conclusions are to be found in Mrs. Thorne's thesis, "Evaluations of Consumption in Modern Thought."



"V" is for vegetables and vitality