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Men Must Eat

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Men Must Eat

Ben Brown, Ag. Jl., Jr., describes the specialties of Iowa State men who prepare their own meals

AFTER mother's home cooking becomes a happy memory, independent Iowa State men prepare their own meals and like it.

These students room together in small groups averaging four or five men per unit, renting approved apartments near the campus.

Because students are busy with schoolwork the time for these chores is limited. Usually a work schedule is arranged and strictly followed.

Some groups work on a one-man one-week basis. Each man in the group has his week in which it is his responsibility to prepare two meals a day for his roommates. The duties are passed from man to man.

In groups of six men or more, meal preparation usually rotates every meal. Other groups are agreed that the best method is for all members to pitch in on every meal.

In any work arrangement, plans usually are made to cook all three meals at home. Breakfast is prepared individually, as the students arise at different hours. The noon meal usually includes a hot dish, drink, sandwiches and soup and the evening meal is complete with meat, vegetables, salad and dessert.

For the first few weeks in the fall when the students are new to the job, canned dishes are predominant and hamburgers get a workout. However, in time the bill of fare includes more complicated preparations such as the spaghetti favorite of Ben Bookless, Ag. Ec. Jr., who, with three roommates, rents an apartment in campus town.

Another favorite of Bookless' group is liver smothered in onions. These men drink little coffee, a large amount of milk and some tea.

A favored recipe of Joe Loucks, V. M. 4th, which appears again and again is rice and raisins with cinnamon and milk. When Joe's roommates decide that this dish deserves a rest on their menu, Loucks is prepared to meet their demands with welcomed changes.

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These include browned meat roast cooked in a pressure cooker with carrots and potatoes, and chocolate pudding.

Although this group has confessed to the frequent use of a can-opener, soup and pork and beans are considered out of the question. Living in Iowa, they often get supplies of meat and fruit from home.

Potato pancakes are a specialty of the house in the apartment of David Paretsky, Bact. Grad., who with his partner, David Hendlin, Bact. Grad., share an apartment off the campus. Paretsky and Hendlin take over the food preparation and cleaning responsibilities on alternate weeks.

At the Lincoln Apartments, another group of men is maintaining a self-feeding program. Favorite dishes include meat loaf, breaded pork chops, scalloped potatoes and ham, and oven dinner served on Sunday. A favorite dessert is apple upside down cake.

These men work on the day-of-the-week plan. From Monday to Saturday each man has his day as cook and on Sunday they all take a hand. In the hands of the cook for the day is a twofold responsibility, marketing and cooking, while the others clean the apartment and wash the dishes. Varied and balanced meals are a special concern of this group. They have a salad and dessert at least once a day and all like vegetables.

Cook books seem to be used only if the cook is stumped completely. All the campus student cooks are proud of their originality and use the recipe lists sparingly, relying instead on proved favorites.

A resume of campus home cookery would not be complete without mention of the Frisbie House home-cooking system. Here, eight men live and keep house with one meal a day to prepare. A cook is employed to direct the evening meal, but the members of the group prepare their own noon meal under the planning of their house director, Mrs. George Graves.

Paul Burke, M. E. Jr., is the only student cook known to can his own food supplies. During the fruit canning season, Burke prepares and cans it using the hot pack method.

The economy of cooking at home is listed by these campus bachelors as the most important reason for going to all this extra work and planning. The home-like atmosphere, food prepared according to individual taste, food in larger quantities to suit man-sized appetites stimulate bachelor cooks in menu-planning and food preparation.

The men say they can eat what they want and are able to fit their work schedules into meal-time hours. Students who have cooked their own meals find that it makes them more critical of poor cooking and that their training is useful outside college.