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Applied Art on display

by Gwen Olson
General Home Economics Junior

ART WORK by 26 Applied Art graduates is now on display in the Gallery, Memorial Union, to show "What Some Applied Art Graduates Are Doing." The exhibit is the largest the department has ever assembled and will be on display until March 15.

One of the graduates, Mrs. L. W. Boothby, '42, is showing jewelry of ebony and silver that she created in her make-shift studio. She uses a "dining table in the kitchen of her too small apartment." The jewelry is free-formed and simple to enhance the structural beauty of the material. Many of her pieces are refined adaptations of fish, but the subtle influence might not be noticed unless the designs are seen in a group.

Besides making jewelry, Mrs. Boothby teaches part-time and has a family of two children. She has instructed children and adults in the craft almost every year since her graduation. In 1950, she began making jewelry in her own workshop and now her crafts are sold in many New England stores. She writes, "The jewelry started in an effort to make ends meet and is becoming almost more than I can handle."

Another alumna project that is displayed is a machine which knits 9,200 stitches in 1 minute. Faye Van Roekel, '48, has organized a business to prepare this German home-knitting machine for the United States market. She has worked on both the business and artistic phases of organization which included such jobs as gathering information and promoting the machine; learning how to use it, making samples and developing the company name and symbol.

Miss Van Roekel has found the varied background she received at Iowa State very valuable. She says, "Economics, technical journalism, propaganda analysis—all have their place."

The machine is just as amazing as Miss Van Roekel's job. With a simple motion of the hand, 160 needles knit 160 stitches. A sweater can be made in 3 hours and a dress in less than a week. Socks, baby clothes and other garments can be knitted with any pattern and have a hand-made look. The machine weighs 8 pounds and is only 2 by 6 by 36 inches.

Many experiences in Applied Art typify the career of Mrs. Esther Dendel, '37. The development of Denware Pottery is perhaps her most widely known achievement. The shape of the dishes, as can be seen in the display, is based on the oval, but the ends have been cut off for practical storage. The pottery comes in such colors as bamboo smoke, guinea gold, thatch and cola brown.

Mrs. Dendel has also illustrated three books, the first of which, A New Song in a Strange Land, took her to Liberia, Africa. Another project is weaving upholstery, draperies and some of the rugs for her new home in California. She and her husband are building their home themselves, and it will be partially constructed of Venetian glass in mosaic-sized squares.

Another Applied Art graduate, Mrs. Charles Ba-
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con, '45, combined her talents with those of her husband's in a home workshop. Together they create silver jewelry in simple and contemporary forms to bring out the texture of the materials. Driftwood mobiles is another of their arts. They first used driftwood in table mobiles, then hanging mobiles and recently they started making driftwood jewelry.

Their work is contemporary in feeling, but it has been inspired by designs of other periods. They by no means reject the traditional, which is verified by their 1782 salt box house in Amesburg, Mass. In fact, some of their favorite pieces are inspired by other times.

The display cases for the exhibit were also made by women in the applied art field. The Iowa State Applied Art Department instructors built and finished all of the show cases in preparation for this, their largest exhibit.

Help control weight  
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lotte Young, School of Nutrition, Cornell University. Dr. Young states that the nutritionist and physician can easily help the well-adjusted individual to reduce. These people are very willing to analyze and improve their eating habits so they can maintain good health.

"Individuals with 'superficial emotional problems' need more encouragement," Dr. Young says. This group composes a rather substantial portion of the overweight population, and they need a motivation to reduce. Often they eat to relieve the stresses and strains of everyday life.

In working with these individuals, she gives them frequent small goals in weight reduction that are easy to attain. She also helps them adjust to the negative comments of friends. Friends do more harm than good when they say they like you better the way you are and encourage you to eat just a little more.

For that reason Dr. Young recommends taking in your clothes as you reduce. "Friends are bound to tell you to eat if your clothes hang," she laughs.

She also stresses the importance of helping the patient to maintain his weight loss; the only worthwhile loss is a permanent one.

In summing up the work of the many speakers at the colloquium, Hundley emphasizes that nutritionists, physicians, social workers, psychiatrists, research workers and public health authorities will have to work as a team to solve the overweight problem.

Home economists are a part of that team, and their most important contribution will be to teach the American family good eating habits. You as a home economist can advise people of all ages - first of all your own family, then those you met on the job - children, junior high and high school students, homemakers, farm women, hospital patients and others. The best way for you to combat overweight is to prevent it.