1955

Introducing: Pilar Garcia From Manilla

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Recommended Citation
Available at: http://lib.dr.iastate.edu/homemaker/vol35/iss11/7

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STORAGE HINTS

by Martha Burleigh
Technical Journalism Sophomore

...IN YOUR CLOSET

The old reliable hanger is an invaluable space saver and can be made more versatile with a little imagination. For example, if the bottom of the hanger is bent upward so that it parallels the two sides, a hand shelf for storing paper articles or Dailys is created.

A blouse rack can be made by hanging each hanger on the bottom of the hanger above it. This will save you closet space. Tape can be wrapped around the hanger to keep the hanger below from sliding. A foam rubber cover on the two sides of the hanger or wrapping the hanger with yarn will keep a low necked blouse from slipping.

...IN YOUR ROOM

Add a little paint and perhaps a decal or a sample of the article inside to a Scotch tape can and a "Drawer-organizer" is made.

Paste matchboxes on top of each other, paint them and you have a handy addition for your desk just the right size for storing paper clips, rubber bands and the like.

By cutting the ends of shoe boxes so that they fold down, shoes can be pulled out, making restacking unnecessary.

A hat stand can be made from an old lamp shade frame. Covered with material it makes a decorative addition to your closet.

Extra shelves can be made from bricks and boards. The bricks are placed on the ends of the boards supporting the shelf above. A table can be made in the same fashion, using bricks for support.

INTRODUCING:

Pilar Garcia From Manilla

by Margot Copeland
Technical Journalism Sophomore

MANILA, Metropolis of the Philippine Islands, was the home of Pilar Garcia until she came to the United States seven years ago. Miss Garcia received her B.S. in pharmacy at the University of Michigan before coming to Iowa State to study nutrition. She now teaches Introduction to Food and Nutrition 107 and helps conduct nutritional research projects.

"Dietetics," Miss Garcia relates, "wasn't taught at the University of the Philippines until 1916, and analysis of food for a food composition table (a basic item in all food research) has just begun.

Food tastes in the Philippines differ from ours according to Miss Garcia. Milk is not a regular part of the Filipino diet and salads are served only on special occasions.

Miss Garcia's after-work hours are occupied largely by her hobbies of sewing, gardening, and yes,—cooking! She chooses this tart chicken-pork combination as her favorite recipe.

CHICKEN-PORK ADOBO

\[
\begin{align*}
  1\frac{1}{2} & \text{ lbs. broiler chicken} \\
  (cut into 8 pieces) & \\
  2 & \text{ lbs. pork (cut into 2 cubes)} \\
  3 & \text{ cloves garlic (crushed)} \\
  \frac{1}{2} & \text{ c. vinegar} \\
  1\frac{1}{2} & \text{ t. paprika} \\
  2 & \text{ T. lard} \\
  \text{Salt and pepper} & \\
  \end{align*}
\]

Combine all ingredients and let stand for two hours. Brown the meat in the lard, add the liquid mixture and cook slowly until tender. Serve over hot rice.

The Homemaker is pleased to present the first in a series about foreign students studying foods and nutrition at Iowa State. Each student will share with Homemaker readers a recipe for one of her favorite native dishes. —editor