On the Homemaker's Book Rack

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and sloped to the underarm. The strips are then alternated from side to side and lapped. The first worker done can cut 30 or 40 short strips from 3 to 4 inches long for the neck, clinching the sides to allow for the shape of the neck.

The collar of the vest is then sewed up tightly around the neck and the head held high while the neck of the form is finished by pasting the strips vertically around the neck. The distance of the bottom of the form should be measured and the line around the bottom made the same distance from the floor. Note of the distance should be put on the form.

All parts of the form except the neck should have a second layer of paper by this time so the form is cut off the individual by cutting up the center back, care being taken not to cut the Individual, and the form opened as little as possible to allow the wearer to get out of it. The individual will probably be tired from laboring and rest while the workers close the opening in the form by pasting short strips of the gummed paper on the inside of the form as the opening is pressed together. A long strip down the back then covers it up. The neck is reinforced by strips of paper placed on the inside after the form is off. The arms and neck of the form are trimmed out carefully and finished by folding the gummed paper over the entire form, then pasting the neck and bottom of the form should next be made on paper and then cut out of corrugated pasteboard or wood and pasted or tacked on.

The arm may now be made if the individual is rested. The sleeve cut from the vest is smoothly put on and may be fastened in place on the shoulder by pinning to a band fastened around the neck and the opposite arm. The first strip is placed from the shoulder to the waist and a band put around the wrist to hold the sleeve in place. The strips are then placed and rest while the workers close the opening in the form by pasting short strips of the gummed paper on the inside of the form as the opening is pressed together. A long strip down the back then covers it up. The neck is reinforced by strips of paper placed on the inside after the form is off.

The sleeve is then cut off on the inside line of the arm. The form fits fairly tight that great care must be taken in cutting it off. The sleeve is then closed with small strips of paper and reinforced and the first and the top and bottom finished neatly.

The arm and body of the form are now ready for shellac. While they are drying there is a frame that the form can be made by making two wooden bases the size of the base of the form, and fastening these a distance apart that will bring the distance from the floor that it was on the individual. They may be fastened with lathe. This stand takes from six to eight lathe, or yew sticks may be used if the individual is not too tall.

The form when finished is the exact shape and height of the individual. The form when dry is covered with the extra vest to allow for something to pin the material or dress to in fitting. The sleeves are cut out and used to cover the arms.

All physical peculiarities are brought out in these forms and can be taken care of easily by the home dressmakers when she has the form to work with. If the individual changes materially in a few years another form can easily be made and anyone will be willing to stand the few hours of fatigue when it eliminates the many useless fittings required for each garment made.

The form could be taken by customers to their dressmakers to be used for the fitting and would eliminate the personal trips usually involved.

While the use of the form may not be entirely up to expectations so far as neatness is concerned it only takes a little experience to put out a neat and finished product.

The forms may be filled with exceedior or straw to keep the shape better as heat causes the paper to shrink.

On the Homemaker's Book Rack

By EDA LORD MURPHY

LET us sit down at this big table by the reading lamp and look over these books, my dear, and find many kinds, from cook books and care of children all the way up to essays and poetry.

First, let us look at these on the mechanical side of housekeeping. There are two by Mrs. Christine Frederic, "The New Housekeeping" and the later one called "Household Engineering." These are two delightful little books called "The Efficient Kitchen" by Mrs. Georgie Boynton Child. In all of these we shall find lists of equipment, methods of housekeeping, schedules, systems with and without maids, suggestions for budget making and account keeping and discussions of many topics in which homemakers are deeply interested.

And while we are thinking of the practical affairs of every day we'll find in C. W. Ribe's "Business of the Household" much food for thought. It is the kind of book that men will read with great surprise and interest and if the "partnership plan" is not operating in your case it will be a good $2 investment.

These two books are not very new but they are from the pen of our incomparable leader, Mrs. Ellen Rich- ardson, who is an inspiration and always gave to others. "The Art of Right Living" and "Euthenics" give the broad fine outlook on the work of homemaking that the modern woman needs.

"Home Problems From a New Standpoint," by Mrs. Caroline Hunt and "The Woman Who Spends" by Mrs. Anna Steese Richardson are as fine now as when they first were published.

As an antidote to restlessness and discontent and for the recipe for living on "nothing a year" read "An American Idyll" by Mrs. Carleton Parker. There is a delightful little book by Mrs. Tynen called "Speaking of Home," being essays by a contented woman! Rara Avis! A little book of American Idyll by Mrs. Carleton Parker. There is also a little book of poems by Edgar A. Guest called "The Joys of Being a Woman!" and many essays by her in a book called "The View Vertically Taking the Place of All Other Methods for it and meanwhile subscribe to magazines and open an account in the local section of your favorite patent medicine store.

You will make better bread, and smoother beds, your house is more liked and run on ball bearings if you, the wife and mother, are awake and your soul revived, not with Bromo Seltzer or spirits of ammonia but by varied reading—the daily paper and magazines of various kinds and best of all the books and better than all the Book of Books.

FOR THOSE WHO PLAN TO CAN

"Every Step in Canning" by Grace Viall Gray is a book explaining fully the canning of fruits and vegetables by the cold pack method, which is taking the place of all other methods because it is the easiest and quickest way to can and prevent waste. Cold pack canning was introduced by the government during the war to stimulate the preservation of foods and products with such wonderful results that the women who adopted it will never go back to the old-fashioned laborious and wasteful ways of preserving. Grace Viall Gray was at one time associate professor of Home Economics at the State College, Montana.

"Every Step in Canning" is priced at $1.50 and may be obtained from Forbes & Company, Publishers, 443 S. Dearborn St., Chicago, Ill.