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Turning the Corners Up

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IN FAIRNESS to the Division of Home Economics, in whose official publication this article appears, let it be said that full responsibility for all statements contained is assumed by the author, a mere man, and nothing is to be construed as having the sanction of anyone connected with the above named division. We realize that, were the dietician’s measuring stick applied to the formula proposed for the wish described, many readjustments would be indicated. If the nutritive ratio were determined or the number of calories calculated, doubtless great discrepancy would be shown in the blending of the ingredients. One thing can certainly be claimed, however, and that is that the mixture contains all the vitamins known to science.

Confessing, then, at the outset that a mulligan is not a scientifically prepared concoction, we lay claim to one thing only: that it is a dish that a man can prepare, and that all men and most women who have tried it are willing to admit is edible and, indeed, eatable.

The first authentic record of mulligan preparation is contained in Macbeth and proves that as early as the Shakespearian age some were familiar with it. The witches were making preparation for a feast as best they could.

Round about the cauldron go;
In the poisoned entrails throw.
That under the cold stone,
Round about the cauldron go;
Sweltered venom sleeping got,
Boil thou first in the charmed pot.
Lizard’s leg and owlet’s wing.
Adder’s fork and blind worm’s sting.
Lizard’s leg and owl’s wing.
For a charm of powerful trouble
Like a hell broth boil and bubble.
Lizard’s leg and owlet’s wing.
Adder’s fork and blind worm’s sting.
Lizard’s leg and owl’s wing.
For a charm of powerful trouble
Like a hell broth boil and bubble.

The up-to-date mulligan is concocted on the same broad lines as laid down by Shakespeare in the above. True, there are a number of ingredients enumerated that have no appeal to modern tastes, but the general hit and miss plan of selecting what is at hand to form an integral part of the mulligan is commendable.

In planning a mulligan the number of individuals to be served is to be considered. If all participants are men, the quantity prepared must be at least double that estimated, because no group of men ever sat down to a feast of this kind and was satisfied if the usual rules of the caterer were followed in estimating quantities.

The utensils to be used in the preparation of a mulligan may be just as plain or just as elaborate as fancy dictates. It may be cooked in an aluminum fireless cooker, in an open granite kettle, in a tin dishpan or a galvanized pail. But prepared in any of these there is something lacking. The expert mulligan cook will not guarantee his product, nor will he make a public demonstration of his art except the vessel used be an old-fashioned iron pot. This vessel is at its best only when suspended by a wire from a cross pole, supported at the ends by forked sticks set inversely in the ground. Beneath this swinging pot the fire must be laid properly. The wood to use must be good, dry, hard wood, such as oak. It must not be used too liberally. Only the quantity is to be used for replenishment that will keep the mess simmering gently.

A mulligan is like good wine. It requires time to prepare it properly. Six hours is not too long to cook it. All the time during the cooking a faithful attendant must be watching to prevent the accidents that might befall. To the mulligan artist this vigil is a labor of love and he will entrust the task to no one, but will insist on assuming it himself.

Much is added to the enjoyment of a mulligan if there be the proper setting. In early November with its invigorating air and bright sunshine is the time. A secluded ravine flanked by beautiful trees is the place and should be both kitchen and dining room. Given the above there is nothing to compare with a liberal helping of well-prepared mulligan.

As to just what makes up the mulligan it has been intimated before that whatever is at hand is the material to use. The more ingredients, the better. Several varieties of meat, including fowl, pork and beef, should be used. Vegetables of every obtainable kind may be incorporated. Following is a suggested list of “fixins” that the author has tried on some one thousand or less individuals, among them deans, professors, janitors, and just folks, all of whom have apparently met the test without flinching, and have come out none the worse for the encounter. Menu for twenty
1. Fat hen
2. Pounds salt pork
3. Pounds fat beef
4. Onions
5. Tomatoes
6. Head cabbage
7. Carrots
8. Corn
9. Peas
10. Tomatoes
11. Head celery
12. Beans
13. Salt, pepper and paprika to taste.

Cook the meats until the bones remove easily, at one hour to two hours. Add the vegetables and sufficient water so there will be no scorching and allow “her” to simmer for hours and hours. It is absolutely essential that the cook, assuming the same is a man, should smoke a pipe while watching the pot. This keeps him awake.

He who partakes liberally of the above may “wrap the drapery of his couch about him and lie down to pleasant dreams.”

Turning the Corners Up
By LAURA E. BUBLITZ

ARE YOUR corners turned up? Ah, there is no time like the present to do this little but most vital thing of life. Oh, this life of ours is so taken up with innumerable good things that it is a crime to miss any of them. You’ll miss a whole lot if you’re not in trim with living and healthy enough to be glad you’re alive. You are absolutely out of trim and harmony with the world unless your mind and body are working together and tuned in the same key.

Let us hope you have listened to a great violinist and wished that some day you might do something half so wonderful and joy-giving and inspiring? Or, maybe you have turned around while on your way to classes to watch a person whose smiling face or easy way of gliding along made him stand out from the other passersby. Probably at the time you didn’t think about it, but the thing that made the person with the happy expression and cheerful free way of walking stand out from all others was the magnetism of his (Continued on page 18)
I FEEL properly apologetic for venturing to introduce the Amateur Homemaker to her sister professionals; for, quite frankly, the amateur is not highly regarded by the finished artist. It is much as if the first-reader class should call on Professor Noble to give him some pointers on literature. Still, there may be a place in some corner for the amateur also, when she scrupulously refrains from encroaching on the preserves of the professional, and contents herself with housekeeping as a sport.

Now, a sport should not be tainted with professionalism. The game is the thing. It should have an element of chance, and not be taken too seriously. The amateur is a free lance. She has no standard to maintain. She may admiringly and candidly admit that standardization is one of the front wheels of progress, and yet have her little fling at standardized diets, color-schemes, and kitchens. Let the amateur stalk forth blithely to her impossibly irresponsible, and adventurous housekeeping. It is a good, sane, homely game, if you take it that way. Only, you must shut your ears to the everlasting Hallelujah chorus of the amateur等于s of the professional, and contents herself with housekeeping as a sport.

But whatever you lack, be sure to have a kitchen. I insist on that kitchen. It is the visible manifestation of a spiritual need. I know the social millenium is going to do away with the kitchen, and a few hundred expert cooks will cater to the million consumers. All the more reason to enjoy the fragrant, spicy hours and cook in the kitchen while you have a chance. Try one of “Bettina’s salada,” or “1000 ways to please a husband” (even if you haven’t any to please!). Kitchen literature is full of delights if one chooses judiciously. There is a real thrill when you come across “Living on $600 a year”; and if you yearn for the pencil-figure, take courage: you may “Eat, and grow thin.” There are other thrills, too; for cooking, like aeropaining, has its little explosions and sudden falls.

It is a mistake to regard the kitchen as devoid of romance because it deals with primitive elemental things. To scrub, to cook, to bake, to plow, to sow—all the plain, hard manual tasks—bring one to closest contacts with life and exist its starkest and simplest. That, indeed, is the inmost charm of housekeeping, as it is of farming. Do you remember the sowing of the seed in Hamsun’s “Growth of the Soil”? That is the epic of the farm, but there is a humble epic of the kitchen, too. Not that the kitchen is a “literary” place—Heaven forbid! But for all that, it has an honored place in literature, from Theocritus to Rupert Brooke.

Everyone knows what an inimitable Roast Pig came out of Charles Lamb’s kitchen, but Carlyle’s and Emerson’s amusing correspondence on camembert and Johnny-cake is less well known. Characteristically, Carlyle ends with a ditty-ramb on the transatlantic Johnny-cake:

“It is really a small contribution towards world history, this small act of yours and ours. ** How beautiful to think of lean, tough Yankee settlers, tough as gutta percha, with most occult, unapproachable fire in their bellies, ranging over the western mountains to annihilate the jungle, and bring bacon and corn out of it for the posterity of Adam. The pigs in about a year eat up all the rattlesnakes for miles around, a most judicious function on the part of the pigs. Behind the pigs comes Jonathan, with his all-conquering ploughshare, and of course glory too! Oh, if we were not such a set of cant-ridden blockheads there is no Athenes or Herakles equal to this fact:—which will find its real Poet in some day or other!”

You may not be one who can sing the song of the Johnny-cake and its relations; but when the all-too-short day of housekeeping comes to a close, you view your handiwork and declare it good. Now comes the reward of your toil. In this closet space of time you savor life, happy, indeed, if you have a beloved guest to share with you the lovely, homely things in quiet companionship:

“Filled may thy fair mouth be with honey, Thyrsis, and filled with honeycomb; the sweet dried fig mayst thou eat of Aegilus, for thou vanquishest the cicada in song! Lo, here is thy cup: see, my friend, of how pleasant a savour! Thou wilt think it has been dipped in the wellspring of hours.”

An Interview With Scottish Hockey Coach

(Continued from page 5)
Who's There and Where

By HELEN I. PUTNAM

SPENT YEAR IN PORTO RICO
Ida Jane Forest, '16, was at her home in Mt. Vernon during the summer, after spending a year teaching Home Economics at Ponce, Porto Rico. Miss Walsey, who is at the head of the work in Porto Rico, was on the Home Economics faculty at Ames when Miss Forest was in school there.

TAKE UP GRADUATE WORK
Mary Brown, '18, has been teaching in Salt Lake City since graduation, but expects to spend the coming year in graduate work in Columbia University.

Julia E. Berks, '16, entered Chicago University this fall to take up graduate work.

IN MISSION SCHOOL
Kay Lester Kerr, '14, of Clermont, Iowa, is teaching at Lincoln Normal School in Manon, Alabama. This is a mission school for colored children.

EMMA BAIE COMPILES BOOK LIST
Emma A. Baily, '15, who is supervisor of teachers' training in New Hampshire University, did a notable piece of work last year. She compiled a list of books, bulletins and illustrated material on Home Economics for the use of the teachers throughout New Hampshire. The material was put in usable shape and published in bulletin form by the State Department.

A daughter, Beverly Gene, was born to Helen Secor West, October 17, 1923.

WORKING OUT HOME ECONOMICS PRINCIPLES
No Iowa State girl has had a better opportunity to work out her home economics principles than Lillian Albert, '18, of Scranton, Iowa. She is now living on a farm in Greene County, Iowa, and is fortunate enough to have a home with all modern conveniences—electricity from the high line, running water and also an electric iron, sweeper, washer, etc. She assisted in the organization of a Girl's Reserve in Redfield, and is also doing her bit in club, civic welfare and church work.

ESTABLISHES CLUBS
Eleanor Hallcock, '14, whose home is on a ranch fifteen miles from town, is taking a great interest in everything which tends to develop her community and further educational work. She has been instrumental in establishing a Community Club, a Woman's Food Nutrition Club, and is also very active in Farm Bureau work.

RECEIVES MASTER'S DEGREE
Kathryn Horst, '17, received a Master's Degree from Columbia University last June.

SPENT SUMMER IN EUROPE
Rev. Cora Van Velser Lambert, '90, was in Europe last summer. The Lamberts spent last winter in California, where Mrs. Lambert supplied a pupil in a Long Beach church for part of the winter.

TO WED
Mrs. Emma D. Ahrens of Sac City announces the engagement of her daughter, Ida Virginia, to Mr. Emil J. Mildenstein of Sidney, Iowa, son of Mrs. E. Mildenstein of Clinton.

Miss Ahrens and Mr. Mildenstein are both graduates of Iowa State College. Miss Ahrens, for the past two years, has been connected with the extension service at Ames as agent in club work. Mr. Mildenstein is county agricultural agent in Fremont county.

Louise Weise, '22, is teaching Home Economics at St. Paul, Neb., this winter.

Helen Beels, '23, is going to be a Student Dietitian in the Peter Bent Brigham Hospital in Boston, Mass., during the coming year. She takes up her duties the first of November.

Elsa Lord Murphy, '22, who was formerly on our Home Economics faculty at I. S. C. is teaching Institutional at a girls' school in Constantinople this winter.

Olive Stewart, '15, is now head of the Economic Department in a high school at Berkeley, Calif.

Mary Broadhead Wallace, '89, wife of the Secretary of Agriculture, and daughter, Ruth, of Washington, D. C., spent the past summer in Europe. They were accompanied by three of Miss Wallace's friends.

Laura Mae Seward, '19, enjoys her work. She is with the extension service of the University of Kentucky.

Blanche Waters, '19, has charge of the high school cafeteria at Murphyville, Ill., and is also teaching foods there.

Edna B. Fry, '15, is with the Colonnade Company, operating the Colonnade Lunch System at Buffalo, N. Y.

Genevieve Callahan, '29, Household Editor of Successful Farming, visited on our campus during the past week.

DESIGNS OWN HOME
Katherine Watts Mulvihill has put to practical use her knowledge of house design gained at Iowa State College. Her home, which is about eighteen miles from Des Moines, is the material realization of the house she planned while attending school here. She is also very proud of her two little boys, Jack and Jimmie.

Gwendolyn Wattenberg, '21, has been Household Editor of Fruit, Garden and Home, in Des Moines, teaching in Madison, North Dakota, this winter.

Grace Martfeldt Kirkpatrick, '14, who is now located at Clarendon, Virginia, helped establish a new tea room in the city.

Laura Pratt Spends Summer Asking Questions
By MARGARET WHISTLER

WORKING for an advertising company—that is the usual way that Laura Pratt, an Iowa State College graduate of last spring, spent her summer vacation. The work she did was certainly something different and especially interesting. Miss Pratt worked with a young woman who had taken her master's degree in Home Economics from Columbia University, and their main occupation was simply running a Ford and asking questions. Can you imagine any better combination?

"We didn't have to sell anything, but had to interview farm women on their cleaning and baking problems."

"Our territory would include a representative county in each of three states, Missouri, Iowa, and Minnesota. Best of all, we were to have a Ford to drive.

"We spent three days in Chicago, where we had several conferences with the various people who were interested in the work. You see the advertising company was having this work done for two companies, one a yeast company and the other a friction cleanser company. Therefore we met representatives of each company that we might get directly their point of view as to just what they wanted us to find out.

"Finally we started for our territory, where we became veritable question boxes. We tried to find out why some people bake their own bread and others don't. How much bread baking is done at home and how much in the bakeries. Do women like an oil stove for baking? What is the hardest part of bread making for a girl to learn? On the cleaning problem we tried to find out what kind of utensils predominated and how they were used.

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THE IOWA HOMEMAKER
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THE IOWA HOMEMAKER

“The Evolution of Home Economics at Iowa State,” by Ruth Elaine Wilson, will be given. The fourth installment of the fascinating story of “The Evolution of Home Economics at Iowa State,” by Ruth Elaine Wilson, will be given.

THE HOMEMAKER

Who is the homemaker? If you were to put this question to a group of people, probably a majority would respond very quickly, “Why the woman who carries on the duties of the home, of course.”

But is this really the correct answer to the question? While the woman, undoubtedly, plays a most important role in maintaining the home, one must not lose sight of the fact that it takes two—the man and the woman—to make a successful home. Neither can it be said, truthfully, that the contribution of the man is complete when he has brought home the family income.

Yet, thus far, colleges and universities have been content to train men with the one idea in mind of their earning a livelihood, while courses which would give an appreciation of their privileges and responsibilities in home life have been entirely overlooked. Classes in “The Family” in many institutions have been composed largely of women; the occasional man has felt quite out of place, tho the content of such a course is just as important to the one as to the other.

When we reach the point where training is considered essential for the husband as well as for the wife then— and only then—will we be working toward the most complete solution of family problems. The term “homemaker” must imply two persons instead of one. Important as is wage-earning for the man, it is not more important than the responsibility which he shares with his wife for the health, happiness and character building of all family members.

GOOD THINGS WE HAVE TO SERVE

Ingredients for our big twenty-four page Christmas number are now simmering gaily in the pot and will soon be ready for December serving. There will be holiday gift suggestions, and aids in planning the Christmas dinner. In fact, Miss Viola M. Bell has promised a story on “Stuffing the Turkey.”

“Books for the Home” is the title of the article Prof. Brown, Iowa State librarian, is offering for your benefit. Echoes from the State Home Economics Convention will be given good space.

And in this Christmas number a mother is to have her chance at “Who Is Responsible for the Child?” A successful mother at that, who has three children, is a professor’s wife, and a student herself.

For the solving of the homemakers’ own particular Christmas problems we remind you of our Eternal Question page. We will be glad to serve you. Remember that all queries for a given month must be in our hands before the twetieth of the month preceding.

These are but a few of the fine, juicy sugar plums to be found in our Christmas pudding. If your appetites are much whetted by their mention, extra helpings may be had by writing our circulation manager.
MAKING AMERICAN CHEESE
Will you kindly tell me how American cheese may be made in the home?
We are sending under separate cover a copy of directions which we have been sending out to persons inquiring in regard to the method of making American cheese on the farm. It should be kept in mind that we are not advocating the making of American cheese during the summer months, as at that time the conditions for curing are not so favorable, and one is more likely to be disappointed with the results secured. If there are any questions regarding the method do not hesitate to write us concerning them.

ZEPHYRETTES
Would like to see printed in the Homemaker the recipe and method of making zephyrettes or saltines.
Zephyrettes or saltines are commercial products and we cannot give a recipe for them.

POSI TIONS AT TABLE
On which side of his companion should an escort sit?
The escort should be seated at his companion's left.

SETTING A BANQUET TABLE
What is the approved form for setting a banquet table when knives are not used?
When knives are not used the fork is placed on the right side of the plate and the other silver is laid the same as usual.

TABLE ETIQUETTE
If you do not wish to eat a certain course, should it be refused or allowed to be served and then not eaten?
The course should be allowed to be served by all means, and partly eaten if it is not possible to partake of the entire course.

RUST SPOTS ON CLOTHING
What causes rust spots on clothing when it is laundered?
Rust spots are caused usually by a failure to remove all the soap in rinsing, and the use of a bluing which contains chemicals which form a rust spot with the soap left in the fabric. Most liquid blueings do this.

CHILDREN ENTERING DINING ROOM
When should children enter the dining room first or last?
The hostess enters first, and the children may come after her with the guests.

SHARPENING MACHINE NEEDLES
When the points of machine needles become bent or blunt, how may they be sharpened and made usable?

TEST FOR BOILED ICING
Do any of the "Homemakers" know of a trick by which they can tell when boiled icing is done?
I use this method when my icing does not seem quite stiff enough. Set it in a pan of hot water, over a double boiler, or I have used the tea kettle. When it begins to swell and form crystals around the edge and over the surface I take it off, cool, and beat until ready to spread.

CURLED TOMATO SOUP
I wonder if anyone else has trouble with tomato soup curdling. If there is some special way of making it to avoid curdling I would like to hear of it.
Heat tomatoes. Heat seasoned milk. Add tomatoes to milk very slowly and stirring all the time. It is best to mix the tomatoes and milk just before ready to serve.

SILVERFISH
I have discovered silverfish among my clothes in the closet. Would some one kindly tell me what to do to rid the house of them?
Silverfish are attracted by starch. This fact may be made use of in getting of them. Mix 1 tsp. powdered white arsenic with 3/4 c. flour. Add enough hot water to make paste. Spread on cardboard and place where silverfish are found.

SHOULD POPOVERS BE BEATEN?
Does continued beating improve popovers?
No. It is not necessary to beat popovers after all bumps are out. The liquid condensing to steam when heated gives the puffiness to popovers and not the beating.

COLOR OF SHOES
What shoes could be worn with a golden brown dress if the material is heavy brown or beige, suede may be worn. For a lighter weight material white satin pumps could be dyed the color of the dress.

HANGING MEAT
How long should meat be allowed to hang?
Should be allowed to hang ten days to three weeks at a temperature of 24 degrees to be in prime condition.

REMOVING GREASE SPOTS
How may grease spots be removed from rugs?
Sponge the stain with a clean cloth moistened with chloroform or gasoline may be used with care taken because of its inflammability. Work from outside of spot toward the center to prevent spreading.

TO MEND SWEATERS
Can you tell me of a good way to mend a sweater inconspicuously?
When the sweater begins to wear thin, reinforce the places with yarn of the same color and weight. Use a large needle and run the thread back and forth following the thread of the sweater.

FALL COLORS
What colors are being worn this fall?
Softer shades in grays and wood browns. For evening blue shades—sapphire being the favorite, black, flame and black and white combinations.

REMOVING OIL FROM CHICKEN SKIN
How may oil be removed from the skin of a chicken?
The chicken may be washed with soap and water after it has been singed. The soap cuts the oil. The chicken should not be put in the soapy water, but washed off with it. It should be well rinsed afterward.

SPORT CLOTHES
What are the new ideas in sport clothes?
Three pieces sport suits of silk knitted material are being worn in tuxedo mode, cape frocks, and the vogue for brushed wool in plaids and stripes continues. The tans, yellows, rusts, and browns are the prevailing sport wear colors.

WOOD BLOCKING
Would you please explain wood blocking?
Wood blocking is a transfer of a design upon a material with the medium of oil paints. It may be rather small and cover the material heavily or it may be a large design with open spaces.

DRIP COFFEE
Will you please print a recipe for drip coffee?
Finely pulverized coffee, 1/2 cup
Freshly boiled water, 4 cups
Place coffee in close meshed bag or top of filter coffee pot freshly scaled. Pour freshly boiling water thru coffee very slowly. Pour thru once. If desired very strong, pour thru again.

(Continued on page 20)
Dressing the Homemaker

By MARGARET DIX

Every woman should be attractive in her home. Here she is an example for others and is judged for her true worth. Simple house dresses in attractive colors are very good. Dark, unattractive material should be avoided. It is not difficult to find patterns to fit the individual. One who is large and rather heavy should avoid designs that tend to broaden and wear straight lines. The length of the dress depends on the individual as well. Anyone who is large cannot wear short dresses. They should at least reach the tops of the shoes. No house dress should be extremely long and full for it will always be in the way.

Neatness, convenience and attractiveness are three essentials for a house dress. The popular apron is very good, but should be made to give the effect of a dress. Evenness around the bottom of the skirt is most important. Nothing gives the appearance of shilliness more quickly than a dress or apron that is uneven. Today there are many attractive aprons worn over the house dress. If one does not care to dress for dinner these can be worn as a protection during the morning, and taken off during the noon hour, leaving the dress fresh and clean. Many prefer to wear the simple house dresses without aprons and slip on another during the dinner hour. Every housewife should have a number of small aprons to use when needed. Unbleached muslin trimmed in some bright color is attractive as well as inexpensive and durable. Gingham and percales are commonly used. A black sateen apron for cleaning saves laundering.

With many it is the general opinion that any kind of a shoe is good enough for home wear. This is not true, for one cannot look trim and neat while wearing shoes with runover heels and in need of shoe polish. If appearances mean nothing to one, health should. Runover heels cause one to walk and stand incorrectly and often lead to the breaking down of the arch in the foot. This can lead to nothing but illness. Light-colored shoes give a better appearance with light house dresses than dark shoes. The white canvas shoes are very inexpensive and durable. They clean easily with Bon ami or white shoe polish. Carpet slippers should be avoided when working around the house.

THANKSGIVING DAYS

"And they went out into the field, and gathered their vineyards, and trode the grapes and had festival, and went into the house of their God, and did eat and drink."—Judges.

The giving of thanks has been a custom of mankind. The Greeks celebrated the festival of Demeter. The Romans honored the Goddess Ceres and celebrated Ceras in processions in the fields, music, rustic sports and feasting.

It is not strange then that the Pilgrims in 1621 put apart one day for Thanksgiving after their first harvest and set an example for the future. Canada, in keeping with early Saxon precedent, has long celebrated an autumnal feast day, with the date subject to dominion proclamation.

Worship, family reunions and Thanksgiving dinners that prove the generosity of our fields portray modern Thanksgiving days. We repeat with Whittier,

"What moistens the lip and Brightens the eye? What calls back the past like The rich pumpkin pie?"
The Goal of Home Management Courses at Iowa State

(Continued from page 3)

to using more efficiently the time which each spends. Group meetings are held frequently to discuss equipment, its arrangement and other problems which arise. The cost of food and a part of the operating expense are borne by the members residing in the house at a rate which is practically the same as the amount paid for board by students living in the halls on the campus.

It should be said, in connection with this laboratory course, that it is far more than a course in which credit is given for work done. It furnishes an opportunity for young women to live together as a family and to appreciate the fact that cooperation is, truly, one of the most important characteristics in enduring family life. It makes possible, also, a center in which new associations are formed and can mean one of the most valuable and enduring experiences of four years of college life.

Finally, it may be said of the two courses that they supplement each other and that together they aim to give to the girl who is looking forward to her own home, or to the one who is expecting to teach others, an ideal of homemaking which will be both practical and inspirational.

Two and One-half Miles Saved a Day

(Continued from page 8)

Rone found the east side of her room could be used for other purposes. She decided it could best be used by moving her sewing table and sewing machine into the kitchen before one east window and a magazine stand and rocker by the other, so that she could sew or read while baking her bread and thus spend every minute to good advantage. By this arrangement she was able to save time and steps as well as having a pleasant place in which to sew and read.

Many housewives may feel that this plan does very well, but that expense has been given no consideration. Mrs. Rone, however, kept expense accounts on the rearrangement of her kitchen and at the same time restocked her kitchen with the following items:

**Expense Items for Remodeling Kitchen**

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oilcloth</td>
<td>$2.10</td>
</tr>
<tr>
<td>Molding</td>
<td>.75</td>
</tr>
<tr>
<td>Hooks, hinges and castors</td>
<td>1.50</td>
</tr>
<tr>
<td>Sink pipe and strip</td>
<td>1.75</td>
</tr>
<tr>
<td>Varnish</td>
<td>.75</td>
</tr>
<tr>
<td>Paint</td>
<td>.25</td>
</tr>
<tr>
<td>Curtains</td>
<td>2.40</td>
</tr>
<tr>
<td>Linoleum</td>
<td>1.75</td>
</tr>
<tr>
<td>Ashes-back of stove</td>
<td>.50</td>
</tr>
<tr>
<td>Lineoleum binding</td>
<td>.75</td>
</tr>
<tr>
<td>Lineoleum lining</td>
<td>1.75</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$8.50</strong></td>
</tr>
</tbody>
</table>

**Expense Items for New Kitchen Equipment**

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double roaster</td>
<td>$1.50</td>
</tr>
<tr>
<td>Paring knife</td>
<td>.25</td>
</tr>
<tr>
<td>Oven thermometer</td>
<td>1.75</td>
</tr>
<tr>
<td>Kitchen stool</td>
<td>1.35</td>
</tr>
<tr>
<td>Material for large fireless cooker</td>
<td>1.50</td>
</tr>
</tbody>
</table>

The expense totaled $47.00, which is very reasonable considering the steps and time saved Mrs. Rone. The work was done by Mr. and Mrs. Rone during spare time.

Thus Mrs. Rone rearranged her kitchen so that she was able to cut down the steps taken in doing her work one-half; saved one and one-half hours time per day or six and one-half weeks per year and at the same time increased the interest and attractiveness of her kitchen. Mrs. Rone believes what she has done every other housewife can do by simply...
observing two rules when rearranging her kitchen.
1. Articles used together should be grouped together.
2. Articles used oftentimes should be kept in the most convenient places.

There are many unforeseen things arising in household duties every housewife should have a time for doing the routine work, and by placing things in their correct places these duties need require only one-half the time ordinarily given. Every housewife should ask herself the question—are short cuts in housekeeping worth while? Is my kitchen so planned that it is a step-saving kitchen? If these questions cannot be answered in the affirmative, the housewife should study her kitchen for undoubtedly, rearrangement is her solution to short cuts in housekeeping.

Who is Responsible for the Child?

(Continued from page 8)

than can the fifth generation. That is, one's immediate parents are in a better position probably to affect the environment of a child than are his grandparents, great or otherwise.

Well, after all, who is responsible for the child? If it be the race, then I am tempted to repeat the subheading, "Is Anyone Responsible for the Child?" To me, someone is responsible for the child. To me, the immediate parents are largely responsible for the child.

"Life is a peculiar mess." (Philosopher quite unknown.) Someone has aptly compared life with a person walking along a railroad and trying to keep his balance. It is difficult work at times, for although one becomes more expert with practice, it calls for an unusual effort, an almost comically tragi-comic, series of contortions, to remain on that small pathway. And people will fall off, either to the one side or to the other. And even with much experience that comes with years, one occasionally will find it difficult to focus the attention on the track, and falls come which may be of varying severity. It is probably true that no one ever succeed in going ahead without some close calls, or an occasional slip or mis-step, or even a fall. How remains on the track, going ahead, and yet diminish the number of falls? Man acts both by reason and instinct. A crisis comes into one's life. Immediate decision and action are required. There is practically no time for deliberation, and possibly deliberation will help little because of the almost balanced and conflicting emotions. At that time one who has been brought up with a goodly measure of the so-called homely virtues will probably instinctively recall such virtues and automatically govern his conduct accordingly.

And from where are those homely virtues recruited? From the home in large part, and thru the efforts of the mother and father in large part, and of the child, quite probably more from the mother than the father.

But what on earth have homely virtues to do with child responsibility? What responsibilities should one have in mind in considering the child's welfare? Health? Religion? Morals? Careers?—to mention only a few, and not including the tolerance, the deference due a lady, even tho she be an Old-Maid Aunt!

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**Furnishings**

**and**

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**Gus Martin**

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Down Town College
Turning the Corners Up
(Continued from page 10)

health. Everyone can enjoy health if he only will.

When I was a child the people in my community thought that girls who indulged in any kind of physical exercise were "tom boys." They were simply shocked at the idea of girls playing baseball and riding horseback. All I can say is, "God bless the tom boys. If there were only more of them!"

What a large number of people go around with the vapors of despondency so thick on them that the people whom they meet become clouded with them. Watch people after they have watched a game of football, basketball or tennis and you will find that there is no vapor there, but it is all a gleaming surface.

Altho every American woman and girl realizes that exercises make for health and the shining personality, many of them go around with a weary, heart-burdened look. If they would stop to think that half of everybody's body is muscle and that our vital organs, such as the heart and stomach, are muscle, maybe they would stand on their heads or turn a few somersaults.

Natural expression of muscle is thru movement and if it is not used it weakens. Muscle must be constantly exercised to be kept healthy. To have a shapely body one must have healthy muscles, as they form the outline.

Seven-tenths of the brain is used for exercises of the senses and for the control of the muscles. Therefore, inability to make our body act the way we desire, or to guide our movements properly by sight, sound or touch, means a very poor development of a large part of our brain.

If it were not for muscle we could not express a single feeling, thought, or even make a movement. Talking, writing, expressions of the face as well as movements of the trunk, arms and legs all depend on the contraction of many muscles. Since by muscle alone we can explain ourselves, it is absolutely essential that we train our muscles to express what we want them to do in the way we desire.

The road to good, healthy muscles is by exercise. Exercise takes the place of medicine. Drugs weaken the body in every respect. Exercise tones up and strengthens.

Keeping fit should be on the schedule of every person. Athletics is the sure means of changing exercises, either indoors or outdoors, from work into play. The more things you do well, the more fun you'll have and the more interesting person you'll be. Did you ever know a girl who could play a topping game of tennis, or pitch a baseball (straight) over the plate, or throw a basketball, handle a golf or hockey stick, or ride a horse with ease, who wasn't popular?

Athletics develop a spirit of comradeship. One on the athletic field people are just what they are. The formalities are shaken off. You will always find this to be true; no matter how burdened down you are with troubles your load has vanished and you look at things in an entirely different light after you have played a brisk game of hockey or tennis. You can enjoy doing things with people, be-

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A Satin or a Crepe for the new silk frock? There is the lustrous, radiant face of satin, the Silk Beautiful, and there's the flattering subtlety of Crepe, the Silk Individual. Fashion talks much of a satin season, though continuing to express many of her happiest thoughts in the Crepes, featuring

Mallinson's Silks de Luxe
Veiora Brocade
Veiora Broche
Chinchilla Satin

Rochanara Crepe
Mollo O Crepe
Laura Pratt Spends Summer Asking Questions

(Continued from page 12)

cleaned, what kind of floor coverings people had and how cleaned. How much running water is found on farms. Besides interviewing the farm women, we called on the grocer and the baker to find out what they thought about the trend of the bread baking business in the farm house. Records were kept of each call. For this purpose we had four questionnaires which we filled out and mailed in each evening.

Various kinds of questions were asked Miss Pratt, especially about the manner in which her questions were answered.

"Didn't the women resent being questioned?"

"Not if we first explained to them that we were asking them these questions because they knew more about these problems than anyone else and that the reason we wanted their opinion was to help the advertiser to know how to meet their needs more successfully."

"Were people nice to you?"

"Nearly every one received us cordially, particularly after we convinced them that we had nothing to sell. To be sure, there was one woman who told me, 'I have no time to talk to the likes of you. I'm busy washing and I think you would be better off if you were home doing the same thing or some such.' But she was only one and we found many who were eager to discuss their problems and who wanted suggestions. One woman I shall remember always. She was a lovely Danish woman, refined and well educated, who lived in the midst of a German-speaking neighborhood. She spoke excellent English and I could hardly believe that she had grown to young womanhood in Copenhagen. Altho this was the second year that they had lived on this farm, there was no one who had tried to be neighborly to her. She visited with us, invited us to remain for supper and to call again."

Of course, sometimes things did not go just as per arrangements. You remem-

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