A Parent "That Needeth Not to be Ashamed"

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IF I SHOULD be permitted to evaluate, in a word, the answers which have been given in these pages to the question: Who is responsible for the child? I should say that all of the contributors have answered correctly. Everyone who has reached the age of discretion and judgment is responsible for the child. No one can escape the responsibility which all the powers that be—biology, civilisation, God—have placed upon him.

Civilisation has its roots deeply and intricately entwined in the biological world in which the "next generation" is the all-important problem. Figuratively, nature has a way of losing interest in the individual once that individual has reproduced himself. In many forms the parent life goes out in the process of bringing a new individual into the world. Civilization cannot escape its biological parentage. It must in a very real sense conform to type, and work toward nature's goal—the next generation.

In a growing civilisation the child is the primary and the fundamental problem and every unit in it is, in a measure, responsible for the child's welfare. The professor of psychology, the old maid aunt, the bachelor, the mother, the primary teacher, are all to the point. If any individual or group fails in meeting this responsibility, all of the other individuals or groups are to that extent handicapped in attaining the goal: social efficiency thru the development of the child. My own contribution to the discussion is along the line of how the parent may best meet his responsibility.

Our qualifying adjective, "successful", may need a word of definition. What is the criterion of success in parenthood? It lies fundamentally in the aim of education which we are now stating in terms of "social efficiency". The successful parent is one who has "brought up a child in the way he should go" and that way is straight and narrow with the guiding and enlightening influence of a parent shining clearly above the horizon. It leads to an attitude of cooperation.

To realize this objective the successful parent must follow the same general principles which must be observed by anyone who would attain success in any enterprise. What are some of the more fundamental principles of success?

Success demands, in the first place, a clearly defined objective tenaciously held in mind. Secondly, it involves a knowledge of the ways and means of realizing this objective. And, finally, one who would attain success must be filled with an overwhelming desire to reach his goal. While these three principles do not, in all probability, entirely cover the field, they do make up a fair idea of the way to approach the problem. How do they apply to the business of being a parent?

It should be clear that success in parenthood is biological considerations excepted, cannot be achieved in terms of output—a child that has developed into a socially efficient adult. A child may have developed into a high-minded, socially inclined individual in spite of a very bad father. Nature of times reaches her goal in spite of obstacles of considerable moment which man may have placed in her path. As indicated by the dear old auntie in a former article the child is likely to turn out pretty well in spite of inhibitions which a blundering parent may have set up unwittingly. But it must be admitted that an ideal parent is a valuable asset to any child.

The parent who is eager to meet successfully the responsibilities which parents are made by nature to bear has a very clear objective. At any rate, the aim toward which he is striving must be as clear in his own mind as it is possible for it to be with conditions as complex as they are. The writer is fully conscious of the fact that it is infinitely easier to state this principle than to observe it. But what does that mean in terms of one's own child? The parent has in mind not a few adults who are satisfactorily provided for, at least as far as the common good is concerned; one is an engineer, another a minister, a third a dietitian and the fourth a surgeon. Toward what particular profession or vocation should the child in question be guided?

The conscientious parent need not be too greatly distressed if he cannot find an immediate answer to this question. Science is fast coming to his aid. The child can be taken to the vocational counsellor who can be of high service in clearing up this momentous problem of the choice of a life work. And after all, it is something of a secondary problem. The primary business of the home, its abiding function, is to make the man or the woman, the professional being but one of the means, for the realization of those ideals of service which should be implanted in every home. The aims of the home are spiritual in terms of human relations. As character building, the establishment of altruistic motives, the development of such traits as poise, humanistic attitudes and breadth of view.

A knowledge of how these eternal values may be inculcated in the child does not come easily. Human behavior is infinitely complex and a lifetime of painstaking study leaves much to be desired. But the real parent shrinks from no difficulty, however great, when the welfare of his child is at stake. He seized eagerly upon any law, upon any fact that offers some promise of application to this, the one big problem of his life. Limitations of space permit me to offer but a very few constructive suggestions which may possibly add a little to the technique of parenthood.

As a parent you should set yourself to your task in much the same manner as you go about it to succeed in any enterprise. One thing is certain: it is your heart and in which your associates pass definite judgment upon your degree of success. In filling your part on the club-program you succeed admirably, of course, because you "go in" for success. Or you make a good margin of profit on the herd or the flock, because you are duly impressed with the necessity of careful planning and hard work if your project is to pay.

Let it be remembered that every day counts in the growth and the development of children. We cultivate the corn plant intensively, for it is either made or ruined in a very few weeks. Since it takes twenty-one years to rear a man we should strive to rear a child towards the highest endowment along one line of character building. We certify our teachers and the professional standards are gradually being increased. What of the parent? Along the line of character building is concerned! We certify our teachers and the professional standards are gradually being increased. How many parents, for example, have held a child to irksome piano emphasis. How many parents, for example, have held a child to irksome piano practice in a vain attempt to build up a musical interest when nature has not provided the necessary foundation? But if nature seems to have disappointed us in a parsimonious endowment along one line the chances are favorable that she has been more than generous in some other aspects of the child's nature.

A quick and ready insight into the mysteries of the out-of-doors as revealed in plant and animal life is full compensation for a lack of musical appreciation. Nature has thus provided the starting point for leadership in plant or animal husbandry. In addition to special talent along some particular line or lines, which sometimes is not discovered until the child is of school age, the aid of scientific knowledge, nature has provided capacities of a more general nature. Only one or two can be given by way of illustration.

And children have an imperative impulse to behave in ways which result in satisfaction, or, negatively stated, to refrain from doing those things which have in former experiences proved to be annoying. It is this psychological law of... (Continued on page 18)
ORN—whose praises are sung by many! The crop that has made Iowa famous; the food that has fattened her hog and beef cattle. The food of which we could make much of if we, as Iowa's citizens, would realize the possibilities locked up in those little yellow kernels. Let's feed our corn to our people as well as to our pigs.

Long ago in Egypt, Greece and Rome corn was an important food and today it is for the Mexican what rice is for the Chinese.

The origin of corn is as yet a mystery, but the Indians who gave the first seed to the white men have an interesting little legend which explains it for them.

The story is told of an Indian youth who went into the woods to fast. He lay there a spirit came down, in the form of a young man dressed in green with green plumes upon his head.

The young man told the Indian youth to arise and wrestle with him. The Indian did as he was told and found that he was much stronger than he had supposed, as he was able to throw the green­clad stranger. The spirit returned for three days, and at each time the Indian became filled with an unnatural strength which made him able to conquer the visitor. On the third day the spirit said to him, "Tomorrow will be the last day that I shall wrestle with you, and you will again triumph over me. As soon as you have thrown me, strip off my clothes and bury me in the soft fresh earth and leave me there; but come occasionally to keep away the weeds."

The next day the Indian did as the stranger had told him to do and in a few days saw the green plumes of his friend coming up thru the ground, and in time the mature plant was seen. He invited his parents to see the new plant and they prepared a feast for all their friends. Thus was the beginning of Indian corn.

But, to be more practical, let us consider the food value of corn. Scientifically speaking, corn contains the constituents—protein, carbohydrate and fat. Before cooking, there are in its make-up some of the much-sought vitamins, but these are largely destroyed thru cooking. Corn also contains a fair amount of calcium, phosphorous and iron, especially when used in connection with milk.

Besides these dietary advantages, corn has an added charm in that it is pleasing to the taste and to the eye. Who does not await with keen anticipation the first roasting ears of summer, or the tempting rich brown corn bread or boston brown bread that is so acceptable on a cold winter night?

All parts of the plant are now used—even the husks. Most of us are familiar with many of the products of corn, canned corn, dried corn, hominy, corn meal, corn syrup and corn starch, but perhaps we did not know that from the husks are made a kind of paper filling for mat­tresses, packing for fruit, cigarette wrappers and so on.

But we must hasten to return to the consideration of our product as a food, not as a door mat.

There are two main varieties of canned corn—cream corn and whole kernel corn. The cream corn may be used for scalloping or for baking with tomatoes. The following recipe is for corn baked with tomatoes:

**Corn Baked With Tomatoes**

1 qt. Cream Corn 4 Whole Tomatoes or 1/2 C. Canned Tomatoes
1 C. Cream 1 Onion
1 C. Bread Crumbs Salt
Pepper

Butter a baking dish; put in a layer of corn, then one of tomatoes and one of bread crumbs; dust with salt and pepper and dot with butter. Proceed in this way until all the materials are used. Add the juice of one onion, and the cream. Bake in a medium oven for thirty minutes.

The whole kernel corn may be satis­factorily used in fritters. The follow­ing recipe uses three of the products of corn:

**Corn Fritters**

1 C. Flour 2 T. Cornstarch
1 tsp. Baking Powder Salt
Pepper
2 Eggs 1/2 C. Milk
1 T. Corn Oil 1 C. Cocoanut

Sift the dry ingredients. Beat the eggs, add milk, corn oil, and corn, and stir into dry ingredients. Sauté in hot fat or corn oil. Drop one pint of batter in hot fat, spread out, let brown and turn.

An unusual way of treating corn is to can it on the cob. If there are only two of you and you sometimes feel the desire to store corn for winter, this may be the answer. Boil the corn in cold water, then cut off the cob. Store in a jar.

Corn oil is a product which has just recently come into its own. It is now used in place of other fats in cooking, and in deep fat frying. It has a much higher smoking temperature than lard and hence decomposes less easily. It is the oil most generally used for mayonnaise, a recipe for which follows:

**Mayonnaise**

1 pt. Corn Oil 1/2 tsp. Paprika
2 Egg Yolks 1 tsp. Salt
1 tsp. Mustard 2 T. Lemon Juice
Pepper 2 T. Vinegar

Have all ingredients and mixing uten­sils cold. Mix dry ingredients. Add egg yolks and when well mixed 1/4 teaspoon of vinegar. Add oil drop by drop until the mixture begins to thicken, beating slowly. As soon as the mixture thickens, add the remainder of the vinegar a little at a time. Now beat in the remainder of the oil gradually until all is used. The mayonnaise should be thick enough to hold its shape. Put in a glass jar and cover closely.

Delicious, creamy candy may be made by using corn syrup as good for use in making other syrups for hot cakes. The following are some good candy reci­pes:

**Coconut Candy**

3/4 C. Coconut 1 T. Butter
1 C. Brown Sugar 1 tsp. Vinegar
1 C. Corn Syrup

Spread the coconut on dishes in a warm place to make soft and pliable. Boil the other ingredients without stirring until the sugar is dissolved in cold water. Stir in the coconut lightly and pour onto tins well buttered.

**Chocolate Caramels**

4 squares Chocolate 1 C. Brown Sugar
1 C. Milk 1 T. Butter
1 C. Corn Syrup 1 tsp. Vanilla

Cut up the chocolate and add to the milk. When dissolved add the syrup and sugar and cook till it forms a hard ball in cold water. Add the butter when nearly done. Remove and pour into greased pan at once. Chopped nuts may be added.

Let my final word be a plea that we eat more of that crop which is the pride of our state; that we be loyal to our state by using her valuable corn for our own use.
American Home Economics Association Meets

By LELA JOHNSON

"The mid-winter meeting of the American Home Economics association, held at New Orleans December 28 to January 2, was a great success," declared Dean Anna E. Richardson on her return from the south, where she had attended this meeting.

Seven hundred delegates from all parts of the United States were present and each and every one was royally entertained. Dean Richardson said the hospitality shown them was wonderful and that not only New Orleans but all the teachers of Louisiana helped to make the meeting a success. Seventeen hundred dollars were raised for the entertainment of the delegates which made possible automobile drives, banquets and luncheons in the beautiful city of New Orleans.

The theme of this year's meeting of the association was, "The Realization of Our Responsibilities in the Development of the American Home". Each session brought out some different phase of this large subject.

It is interesting to note how the program of this meeting corresponds to the large subject.

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The Iowa Homemaker

Hints for the Spring Wardrobe

By Grace L. Heidbreder and Helen Brennan

The cold blasts of winter winds may easily be thought of as heralds of spring. To the well-dressed woman the signs of spring are a warning to her to think of a spring wardrobe. Every woman wants to be well dressed, and this privilege is becoming more possible every day thru the numerous fashion magazines and daily papers. The first essential for the well-dressed woman is to be appropriately dressed and this is really the hard part. However, by close observation of the fashions, with consideration of her type and the occasion, a very pleasing result may be secured.

The real well-dressed woman takes into consideration every detail of her costume from the tip of her head to the soles of her shoes.

The question in every woman's mind today is what to wear for spring. The box coat, mannish style with self-trimmed collars and cuffs will again be worn for sport. The bright colored scarf will be one of the first words to every suit costume. The white gardenia is an all important note in the tailored suit.

The long loose coat will again be seen this spring. Rivaling the long coat is the short jacket of suede and leather in bright shades trimmed in appliques and bright buttons. For the more elaborate afternoon wrap heavy satins and crepes richly embroidered will be worn. The cape effect is seen on many models.

In dresses the long slim tunic will be much in evidence. Printed crepes are seen in many interesting styles. Bright colors are running a close second to the popular black and white so in vogue this winter. Pleated and embroidered motifs are used in various ways and beads are having their usual run of popularity. Apron skirts, four feet long, are in many tailored models. Flannels, moahirs and bretons will be used for the sport costume. These are trimmed in contrasting colors, flat leather, crepe de chine and crepe with harmonizing belts. Mandarin effects are shown in many knitted models either with or without sleeves.

Now, something to crown milady's head—the cloche shapes are predominating. There are also many hats with high crowns and narrow brims. Flower trimming in the form of appliques is most used. Milan hats again hold their place in the millinery world, having for their trimming, pleating, either of self or contrasting colors. Felt hats to match sport dresses are often appliqued in contrasting colored leather and suede.

Lingerie, such an essential, is designed to fit. Tubeknit, so sort of knitting to wear, will be in popular in very tailored models with hemstitching as trimming. Volles and cotton charmeuse, a new material, will be fitted in very simple lines. Wherever possible the underwear is to match the costume. Brassieres are being made up in very fancy designs of lace and ribbons.

The French cuffed glove will be popular and the long glove is heralded as coming back into its own. The once popular under the arm bag is back again as an essential detail to the tailored costume. However, beaded pouch bags will be seen with the less tailored costume.

To the woman who selects her entire spring and summer wardrobe early, the (Continued on page 19)
WATCH YOUR ETIQUETTE!

Etiquette for College Girl
By MARCELLA DEWELL

What's wrong with this picture? It has often been portrayed in an advertisement for some "famous" book of etiquette to our amusement, but how many times have you found yourself a participant in just such a picture and have been unable to solve it?

The average college girl at one time or another has played a role valuable to the publisher of such a book of etiquette, had he but had his photographer near by. She may have been unconscious of her error and true to the old adage there is a certain amount of bliss in ignorance, and again she may have realized her blunder and proceeded to suffer one of her most embarrassing moments. And so to bridge the period before you are able to gather the 85.50 necessary for purchasing one of these books of etiquette that "solves every social difficulty, that tells you exactly what to do, say, write and wear on every occasion"; perhaps here are some of the points that have worried you.

Dress is an everlasting question and an important one for it helps make the individual. Every college has its overdressed student—the one who wears earrings and a fancy comb on the campus, who persists in silk dresses for the classroom, high heels, sheer hose, and impossible shoes tagbood from the campus. Especially are shoes of correct build necessary not only for etiquette's sake but for the health. (It is always good etiquette to be healthy.)

A formal party requires formal dress but an informal party demands informal dress.

If your purse allows only one hat a season then let that hat be attractively plain. Long feathers and streamers clash with the proper campus attire. (Asuming you are properly attired.)

A college girl is not primarily a chorus girl. (This axiom intends to insult the over-generous use of cosmetics.)

The college girl, however, must do far more than dress properly. There are points of etiquette concerning her life in dormitory or sorority house that cannot be overlooked.

A third type is the one who does the half-way thing. She tops off her entirely suitable sweater and skirt with jeweled comb, earrings, extreme coiffure or French heels. She has been seen wearing a veiled hat with her middy blouse or sport sweater. She appears at dances dressed in an appropriate neat silk but wearing crude oxfords, purchased for her mother on the campus. In fact, she does the unexpected thing in the unexpected place.

In trying to recall our past demeanors in dress with a desire to improve in the future these axioms of dress may prove helpful.

1. Earrings and fancy combs which have the possibility of adding a delightful touch to the afternoon or party dress are not proper when worn in the classroom. They reek of the "dime store clerk".

2. Likewise are such things as extreme coiffure, elaborate silk dresses, sheer hose, and impossible shoes tahted from the campus. Especially are shoes of correct build necessary not only for etiquette's sake but for the health. (It is always good etiquette to be healthy.)

3. A formal party requires formal dress but an informal party demands informal dress.

4. If your purse allows only one hat a season then let that hat be attractively plain. Long feathers and streamers clash with the proper campus attire. (Assuming you are properly attired.)

5. A college girl is not primarily a chorus girl. (This axiom intends to insult the over-generous use of cosmetics.)

The college girl, however, must do far more than dress properly. There are points of etiquette concerning her life in dormitory or sorority house that cannot be overlooked.

The proper college girl rises when the chaperone or an elder dignitary comes into the room out of deference to her position and age. If she has been occupying the most comfortable chair she offers it and is not seated until the chaperone or dignitary is seated. She introduces her gentleman friends to her chaperone, presenting him to her. She may say, "Miss B.—may I present Mr. S?" Consideration for her escort should be shown by answering her parlor call promptly. When she enters the parlor, causing the various men awaiting their ladies, to rise she is careful to be seated or leave the room very shortly that they may resume their seats. The co-ed living in a dormitory or sorority house should feel her responsibilities as a hostess and receive her friends as a gracious hostess always does. She does not wear her hat or coat to the parlor unless special arrangements have been made to leave immediately. As she greets her friend she offers her hand. She never falls to wish her chaperone "good evening" as she leaves.

If she spends the evening at a dance, the proper college girl meets the chaperones before the evening is over. In reply to her various dancing partners' assertions that they enjoyed their dance, she merely thanks them instead of returning the compliment, and proceeds to return to your escort with tales of the marvellous dancing of Mr. J., with whom you have just danced. Nor is it wise to make remarks to your partner concerning Miss A., who comes from another sorority house. The man draws the natural conclusions that you are jealous of her and oftentimes derives much satisfaction from repeating it. Above all, be democratic with all associates. One should always thank their host or hostess, therefore it is proper to thank your escort for his evening's entertainment.

While passing to and from classes the gentlemanly fellow who holds open a door for a crowd of girls is often fairly pushed aside by their attempt to enter rather than thanked by them for his efforts.

"Politeness is to do and say, the kindest thing in the kindest way." If the uncertain girl can remember this little couplet and govern her actions accordingly she will have solved her etiquette problem. For the truly gracious, refined person there exists no such thing as "society manners," which may be put on or taken off quite as one would put on a glove or a gown for each special occasion. Good manners go much deeper than that. In fact, they are the person himself, well meant, true and sincerely expressed. If they be not so, they are superficial sham, and despicable. As is the true world over, simplicity and sincerity manifest the gentlewoman.

The loud girl who noticeably rushes the men, who laughs and talks loudly, who whispers and giggles in company, who continually crabs her instructors or her college, or who talks at great length about herself is quite as denounced on a college campus as in the outside world.
HOMEMAKER as Citizen

In introducing to the readers of the Iowa Homemaker this new page on "Homemaking and the Nation" we are going to endeavor to put before you the present-day problems which are most concerning women. It seems fitting that in a magazine which is chiefly concerning women there should be some space devoted to the problems and politics in which women have a prime interest.

With the cooperation of the Iowa State College League of Women Voters and the State League of Women Voters in securing materials from both the state legislature and the national Congress, we hope to keep our readers informed on such laws, bills, and amendments as seem fitting at the present time.

The next election will soon be at hand, and it is up to the women of our state and nation to be informed on the candidates and what they stand for. The time has arrived when the women are tired of being beguiled into voting for one who makes promises and then when he attains the power he breaks his word. Carrie Chapman Catt says, "The women in our country are not afraid to ask questions, and the problems of today are largely women's problems principally because, unlike the men, they have not reduced their politics to such a low level."

Women are looking ahead and they are striving toward a goal which will be hard to reach. The work together in a homemakers' school and who are in school are all potential homemakers now. Therefore we must know the field of American citizenship and its problems as well as the facts of the classroom.

MARGARET BROOKHART,
President of College League of Women Voters.

WORK OF THE NATIONAL LEAGUE OF WOMEN VOTERS

Herbert Adams Gibbons, Princeton University.

"The National League of Women Voters is regarded by all students of contemporary politics as one of the most encouraging and healthiest signs of the times. It is making the participation of women in voting a sane and vital force. Our representative institutions are based upon the two-party system, and the great task of women voters is to support our two great parties loyally, but at the same time act as a wholesome and irresistible influence for better politics and more intelligent policies within the parties."

"The recent Des Moines Conference is the demonstration we have needed of what women's suffrage is going to mean to our country. Ability of a high order, restraint, earnestness and good humor were shown in handling the topics under discussion, and the resolutions adopted showed that our women voters are not to be stamped by their emotions, nor are they ready to take the party intrigues and what the newspapers call "considerations of practical politics, to prevent them from outlining and working for the triumph of the democratic policies worthy of this nation's traditions and opportunities for service."

WILL PROVIDE FOR DEPARTMENT OF EDUCATION

The Education Bill, a measure of 1917, originally as the Smith Bill and first introduced in Congress in 1918, has been revised and during December was again introduced and referred to the House and Senate committees on Education.

Patterned after the Smith Lever and Smith-Hughes Acts, it is designed to promote education and provides particularly for research work on immigrant education, public school education including rural education, physical education including health education, recreation and sanitation, and the preparation and supply of competent teachers for public schools.

A Department of Education with a Secretary appointed by the President in his Cabinet is provided for in this measure to pass both Houses. The purpose of this Department as indicated in the Bill is to authorize appropriations for the conduct of research, to authorize appropriations of money to encourage the states in the promotion and support of education and for other purposes.

A National Council on Education made up of representatives from each state, and in addition a group of leading educators and of public-minded citizens outside the field of Education but interested in it is provided for.

Advocates of the measure point out that a Federal Department of Education will strengthen the State systems, make for greater correlation and raise the standard of the nation. Those who oppose it do so on the ground that it is a matter for state rather than national supervision, and that the proposed system of appointment will result in more offices to be filled by politicians rather than by those fully qualified.

It is being supported by Senator Sterling of South Dakota in the Senate and Representative Reed of New York in the House.

MARK ALL EGGS

A law was passed recently in Connecticut requiring that all eggs on the market must be stamped with the date laid. This means will insure the consumer the exact knowledge of the age of the eggs. Purchased as fresh eggs. In large cities where there is a decided difference in the price of eggs sold as strictly fresh, fresh or cold storage eggs, a law of this kind would be a check for the consumer.

MILK IN RESTAURANTS

The Health Department of Chicago has passed an ordinance, effective November 15, 1923, requiring restaurants, cafes, and other eating places to serve milk to patrons direct from the bottles into which it was placed at the dairy.

This ordinance is the result of an investigation of conditions in Chicago and of a study of practice obtained in the twelve largest cities in the United States according to a summary published in Public Health Reports for October 26, 1920.

A state law recently passed in California requires milk to be served to patrons from the original bottles, as do also the codes of Cleveland, Ohio, and Baltimore, Md.

None of the seven other cities report service from the original bottles as compulsory, tho in practically all of them the health officials urge proprietors of eating places to adopt the practice. Many restauranteurs voluntarily use individual bottles and consider them preferable to the old method of dippling milk.

Sacramento reports that the new practice has increased the consumption of milk in restaurants from 12 to 23 percent.

AID THE FESS AMENDMENT

At the American Home Economics Association meeting in New Orleans, December 27: "Every member was charged with individual responsibility for aggressive support of and enlistment of her congressmen's aid in the passage of the Fess Amendment."

The purpose of this measure is to amend the Vocational Education Act (Smith-Hughes), operative since 1917, in such a way that Vocational Training in homemaking pursuits may receive as much aid from federal funds and that these funds may be as suitably administered as is the case with Vocational Training in agriculture and industrial pursuits.

A present home economics may receive one-fifth as much from federal funds as either of the other two groups of occupations, or one-tenth as much as the two together.

NATIONAL AND STATE LEGISLATION FOR PHYSICAL EDUCATION

Efforts for universal Physical Education have been made by national and state groups and altho progress has been slow several states have faced the issue squarely and enacted laws providing for medical inspection, health education and physical training.

National legislation for universal physical education began in December, 1917, when the War department reported that one-third of the men examined under the draft had been found unfit for military service. Since then progress has been made as shown in the National Physical Education Service Report.

November, 1918, the National committee on Health and Education reported less than one-fourth of the nation's school children as fully fit physically.

February, 1919. Thirty national organizations joined a campaign for universal physical education in the schools of the nation.

February, 1920. Original Fess-Capper Physical Education Bill introduced in Congress proposing federal leadership and stimulus to states in extending physical education to all children.

June, 1920. Promise of national legislation for physical education included in Republican campaign platform.

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TEACHING A GREAT EXPERIENCE

Juliette McIntosh, H. Ec., '23, Box 246, Oakes, North Dakota, writes, "I'm teaching way up here in North Dakota. My work is not hard—have just three high school classes in cooking and sewing and one class of eighth grade which I give some of both. It's a great experience as the life and standards are quite different. I surely wish I could have been in Ames for Homecoming."

AN ACTIVE HOME ECONOMICS GRADUATE

Mrs. Jeanette E. Broome (Jeanette Younie), who received her B.S. degree in Science in 1899 and of Home Economics in 1915, lives in Alton, Illinois. She was for some time head of the home economics work in Brookings, South Dakota. During the school years from 1915 to 1918 she supervised the Home Economics work in the senior high school at Houston, Texas. Since she went to Alton she conducted a special course of twelve lectures in dietetics to twenty Alton women at the request of the Educational Committee of the Y. W. C. A. At present she is doing some research work and expects to go to Columbia University for her Master's Degree.

Her most interesting work, however, is that for her two sons and two daughters. Joyce Eleanor will enter Iowa State in September, 1924.

Y. W. WORKER IN CHINA

Daisy Brown, a former student of I.S.C., is on her second term of service in China. On her return from furlough in the fall of 1919, she became National Director of Religious Education, under the Y.W.C.A., with headquarters in Shanghai, now at No. 1 Young Allen Court.

Her work takes her to various parts of China, wherever the Y.W.C.A. has an organization. She remains in each place, some days or even weeks, conducting classes in Bible study in the different mission schools. She has been in Mukden, Peking, Tientsin, in the north, Foochow, Canton and Hongkong in the south, Changsha (the Yale Mission in China), and Nanking, and other places.

Last fall she went, by request, away out to Chengin, in Szechuan Province, West China, the first one of the National staff to make this trip of 2000 miles by water, via the Yangtze to Sulfu, and then on the Min to Chchengtu. In this city she is teaching classes in several schools in various parts of the city, and at the Y.W.C.A. building. She expects to remain there until May and then return to Shanghai.

"How the Bible Came to Be" was written by Miss Brown, to be used as a text book, and was published in 1922 in both Chinese and English. When she went into West China, she left in the publisher's hands two more study books, which she thought would be out in January. These are Early Christian Adventures", on the early church and the church of China, and "What Is Our Faith?" which is a simple course on some Christian teachings for Chinese girls. The Y.W.C.A. of Des Moines claims Miss Brown as their representative in China.

She expects to leave for home on furlough late in 1924, coming by way of India, Palestine, and Europe.

ADVENTURING IN BOSTON

Helen Beels, '23, is in nurse's training at the Peter Bent Brigham Hospital, at Boston, Massachusetts. The following are excerpts from her letter:

"Christmas the first time away from home wasn't so bad. As it happened, I was on duty twelve and a half hours so I did not have much time to feel sorry for myself. Christmas eve five of us went up to Beacon Hill to hear the carols and see the lighted tapers in the Beacon Hill windows. The bluest of blue bloods live there and every year they put candles in their windows on Christmas eve, while choirs from various churches roam from door to door and street to street singing.

"The Commons is just below the Beacon Hill and I've yet to see a lovelier sight. Here was old Beacon Hill ablaze with light to the right and to the left, and in front of it was the first thing in the center a huge Christmas tree brilliant with many lights. The fountain in the Frog Pond was turned on and from somewhere a spotlight played colored lights on the spray. And above all this the old moon shown at its fullest as if not to be outdone. Of course that which most noticed of all was the words on mere paper was the Christmas Spirit. One could just feel the 'Peace on Earth Good Will Towards Men'."

"About three weeks ago three of us had our afternoons off together so we went to Revere Beach, a very popular summer resort. Imagine such a place a week before Christmas! Anyway, we had to be ferried across the harbor and such a thrill as we got out of it. It was biting cold so near the ocean but we rode across on the open deck in spite of it all."

"You know how you've always wondered what the salty tang of the sea air was like? Well, I've learned. It's a marvellous smell, but it is a regular tonic, one feels so invigorated and that tired feeling just flows away."

"Finally we reached the beach and such a sleek, desolate place I never hoped to see. Not a soul to be seen, all the buildings closed—silent as a tomb except for the ceaseless splash of the sea. No lights, no sound anywhere. There were a few white caps and no surf for the water was at low tide, but it is so beautiful. I love it."

"We got so hungry we nearly perished. We started in search of food. We had agreed to return a different way so we walked and walked. In desperation we hailed a bus and asked the driver to take us to Boston but he could only take us to the carline. We rode and rode over cobble stones and rough roads and in course of time reached the carline. By the time we reached the Brigham we had ridden on nine street cars, a ferry boat, a narrow-gauge steam train and a bus; had covered a distance of some sixty miles at the cost of forty cents."

"My work is very enjoyable. I am on duty from eight until two and from four until seven."

Priscilla Dodds has charge of the home economics work at Delhart, Texas.

Ardith Martin, who also finished her work last quarter, is teaching at Lawlar, Iowa.

A daughter, Margaret Elaine, was born to Mr. and Mrs. John Jessup on Sunday, January 13th, at the Mary Greely hospital, Ames, Iowa. Mrs. Jessup was Sadie McCune, '20.

CAMPUS CHAT

Throng of rural visitors attended the annual Farm and Home week held by the College, Jan. 23 to Feb. 2. Over 400 men, 100 women, and 200 juniors increased the enrollment over 10 per cent of last year. Interviews with well-known leaders of home economics will appear in the March Homemaker.

Two thousand three hundred and forty students have signed up for the Memorial Union, pledging $175,000. The Vet department leads with 93 per cent life membership, and four other divisions have above 80 per cent life membership. With such encouraging results, we can expect to lay the Memorial cornerstone in a year or two.

Dorothy McCarroll, '25, has been elected manager of the Hec Vedvill, to be given Feb. 15.
THE IOWA HOMEMAKER
"A Magazine For Homemakers From a Homemakers' School"

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One more title we add to that of the homemaker. For a long, long time she has served in trio capacity as housekeeper, wife and mother. But she is also a citizen. And to help her to meet the new responsibilities, to keep up on what’s going on, we’ve assigned her a page in our magazine. “HOMEMAKER as Citizen.” Look for it in this issue.

PURE ENGLISH AND THE HOMEMAKER

“Too many times it happens that a man well trained in technical work in this College has been held down, solely because he could not use the English language properly,” said President R. A. Pearson to the general faculty committee, appointed to aid students in bettering poor English by providing individual help and special courses.

And what President Pearson says is just as applicable to the homemaker as to the engineer or the agricultural student. It is true that technical skill, while an integral part of success, is not the whole of it; that a good housekeeper may not always make the best wife, mother or citizen. What then is lacking? Intangible, subtle essentials, which include good breeding. The person who speaks seven languages is highly rated, and justly so.

But unfortunately we aren’t all so gifted. Nevertheless we may speak and write our own language purely and fluently which manifests the best of breeding, the highest of culture and refinement.

ENLIGHTENED SELFISHNESS.

Long-suffering mother—we don’t want her any more. The day of the worn-out wife, slave to her family and home, is past. The teacher who never lifts her nose from the grindstone, her eyes from her papers, is not the teacher we want in our schools. In fact, we’ve been too generous too long, and we’ve now to learn how to be selfish.

It is an unkind mother who serves her daughters so faithfully that they grow to womanhood with no knowledge of household duties, equipped with none of life’s tools. It is a thoughtless mother, who because of her willingness and devotion, sends forth children that are petulant, helpless and senseless.

It is an unkind father who so generously provides for his sons, perhaps at the expense of his own comfort, that they are unable, when the test comes to meet realities squarely, that laziness and procrastination have totally unnerved them and they can do nothing but float thru life. Depriving children of the right to shoulder responsibilities, to meet unpleasantness, to earn, partially at least, their livings, is robbing them of character itself, and future success.

And to everybody—young or old, man or woman—he selfish enough to sleep eight hours a day, to read, to play, to have friends, to laugh a bit and be young. Be selfish enough to be the very best person you know how to be, tho you think your life claimed by others or other things. For it is thru this self-culture and self-development that you will be able to fill your particular niche, be the best possible father or mother, teacher or neighbor.

Enlightened selfishness.

THESE WOMEN!

Not because we are egotists or conceited creatures, but because we, as women, do appreciate a little acknowledgement of the ideals and the roles played by women in society, I am going to quote from an eminent sociologist, Dr. Edward A. Ross, professor of sociology at the University of Wisconsin.

Some time, when it seems that “women’s work is never done”; that we bear the heaviest burdens, and discouragement, dissatisfaction and black despair stare at us, it will be good to know that we are useful, that our work has been good, that we are vital to the welfare of the nation and the people of the world, and tho we may feel submerged by family and home our influence is widespread and tremendous. I quote:

“The all-men community has a character of its own. In case it is too remote or rude to attract home-making women its population is a continual flux, for the men tire of a womanless life and presently return to ‘God’s country’ to marry and ‘settle down’. Such a community becomes the theater of a ruthless greed, for its denizens treat it not as home, but as merely a place for making money.

“In the male community law is weak, public opinion scarcely exists, and each does what is right in his own eyes, save in so far as he is checked by respect for the other man’s ‘gun’. Life—one’s own as well as another’s—is held cheap and is stamped out on small issues.

“With the coming of women, homes, and children, the temper of the community changes. The sense of responsibility for his dependents makes the man slower in risking his own life or in taking that of another. A new-born love of quiet and security causes brawl and duel to be stamped out. Men begin to lay deep foundations for law and morality when they expect to rear their children in the community. From women, who love security and abhor the wanton creation of risk, emanates a sentiment against the wild gambling by which the male community relieves its ennui.

“In the wake of women come schools, churches, and shops to help them make homes which will outpull the bar-room.”

May the homemaker ever walk proudly, even chestily, with her head held high. Hers is the best vocation in the world. To those who doubt she may smile and hum—do you remember the tune?

“Reuben, Reuben, I’ve been thinking
What a strange world this would be,
If the girls were all transported
To that land beyond the sea.”
TO MAKE PASTRY FLOUR
How is it possible to make pastry flour from bread flour?
Use two tablespoons of cornstarch to ¾ cup of flour. This is very successful and cheaper than prepared pastry flour.

VEGETABLES OUT OF SEASON
Is it worth while, and does it pay to purchase vegetables out of season?
The flavor of fresh vegetables out of season is inferior to vegetables in season, and they are much more expensive. In short, it does not pay and is a foolish luxury unless others are not available.

FRESH AND STORAGE EGGS
What is the difference between fresh and storage eggs? Can the same egg be used in the same way as fresh eggs?
Storage eggs do not stand up the same as fresh eggs. The yolks also break easier. Storage eggs may be used the same as fresh eggs, but they are not so good for egg dishes such as omelet, boiled, poached or fried eggs as are the fresh eggs. For cakes they are very satisfactory.

CURDLING OF TOMATO SOUP
What causes cream of tomato soup to curdle?
When cream of tomato soup curdles, it is usually due to the fact that the milk has been added to the tomato instead of the tomato added to the milk. It will also curdle if it is allowed to stand very long. If the curdled soup is beaten vigorously with a dover eggbeater its texture will be improved.

PLACING OF SALAD
When salad is eaten with the dinner course, where should it be placed?
Salad, if eaten with the dinner course, should always be placed at the left.

SETTING A TABLE
What is the proper method of setting a table?
The knives and spoons are placed on the right of the plate, the forks on the left of the plate, one inch from the edge of the table. It is a safe rule to place them in the order in which they will be used, beginning from the outside and going toward the plate. The glass or goblet is placed a little above the top of the knife. The bread and butter plate is placed at left and a little above the fork. The bread and butter knife is placed near the edge of the plate either vertically or horizontally with the edge of the table. The napkin is placed at the left, outside of the fork.

SALAD DRESSINGS
What types of salad dressings are best to use with fruit and vegetable salads?
With fruit salads it is best to use sweetened boiled dressing. The sugar may be omitted if desired. Mayonnaise dressing may be used. A boiled dressing thinned with whipped cream or sour cream is very good. With vegetables unsweetened boiled dressing may be used if oil is disliked. The mayonnaise dressing or French dressing is excellent with vegetable salads.

SAVE TIME IN MAKING MAYONNAISE
Is there a method of making mayonnaise dressing in a shorter length of time?
If mayonnaise dressing is made in the following manner it may be made in about ten minutes. Use the whole egg. To it add the seasoning, and the acid lemon juice or vinegar, and then the oil, slowly at first and then more rapidly. The important thing to keep in mind is that the egg should be well mixed at beginning and the beating area should be small at first.

VEGETABLE SALADS
What vegetables may be used in combination for salads?
There are many possible combinations; the strength of flavor and the quality of the vegetables must be taken into consideration. Carrots and peas; cabbage and green peppers; celery, apples, and nuts; beets and eggs are possible combinations.

SOUPS
When is it proper to serve thick and thin soups?
Thick soups are served at luncheons, and thin soups with a dinner. The difference is due to the fact that dinner is a heavier meal than luncheons, therefore a thick soup is not needed for nutrition.

"MANUFACTURED GAS IN THE HOME"
Smithsonian Institution Bulletin 102, Part 8.
This is a 24-page bulletin covering the public's interest in manufactured gas, showing correct use and discussing the economic aspects of the manufactured gas industry. It is especially valuable to teachers of Home Economics. There are 156,000 domestic manufactured gas consumers in Iowa scattered in 66 towns. This bulletin could be of value to all Home Economics teachers in these towns or to club groups who want to get more information on their local manufactured gas problem.

DESSERTS
With what type of meal should a heavy dessert be served?
When the meal is light in character a heavy dessert such as puddings, pies, ice creams, and parfait may be served. A light dessert such as fruits, sherbets, ices and gelatins are served with a heavy meal.

IRON RICH FOODS
Would you please list some foods that are especially rich in iron?
Beef, eggs, beans, peas, green vegetables, especially spinach, raisins, figs, dates, and prunes are especially valuable as iron-containing foods.

"FUEL MANUAL FOR THE HOME"
A 16-page pamphlet giving correct use of bituminous coal, coke, manufactured gas and oil in the home which has been prepared especially for home use.
The instructions are simple enough to enable anyone willing to take the trouble to read the "Manual" to get many valuable suggestions on the more efficient use of fuel in the home.
This "Manual" may be obtained from the Smithsonian Institution, Washington, D. C.

BUYING A NEW MATTRESS
Purchasing a new mattress always brings forth the inevitable question, "What kind shall I buy?" and, "How can I pick out a good one?" A new mattress should be a superior one, for cheap grades will not only give poor service, but are often unsanitary.
Fine quality hair mattresses as have been produced by the high grade manufacturers are made of hair, cut from live horses and put thru a process of sanitation. These mattresses usually bear a government guarantee for the protection of the public.
Consideration should be given mostly to the length of the hair in buying a new mattress, since it is only the breaking of the hair into small pieces that brings on the ageing and deterioration. A reliable dealer will therefore assure the customers that his new mattress, if it is a good one, is made of long horse hair, "permanently waved", thoroly washed and sterilized, and not mixed with flax or cotton.

This page is a free service to our readers. Address your questions to the Query Editor of the Iowa Homemaker, Ames, Iowa, and they will be answered on this page.
Winner in Health Contest Attends Ames

The health contest which was one of the main features at the International this year had a very simple beginning in the girls' division of the Iowa State College a few years ago. The teachers of several high schools which were to visit the campus asked that physical education be prepared which the girls might judge. The committee thought that high school girls should also be able to judge the physical well being of the girls. The Physical Education Department prepared a score card which was used by the girls and which was later used in Boys and Girls Club work of the State. Edith Brewer who won the State Health Contest last year, is now a freshman at Ames. Miss Esther Cation of Clay County and James Evans of Des Moines County represented Iowa in the Health contest in Chicago.

The Responsibility of American Women to Citizenship

(Continued from page 3)

d of the question in government as they arose, but she should become a leader of other women who have had less chance than she to study the economic principles on which government rests.

For some reason American women did not take the same interest in political questions before suffrage came as did their sisters in England. There, for many years, women were a real force in helping candidates to office. They studied the policies for which their men stood, made speeches for them and assisted in every possible way in elections. Speaking in England is not easy, for the audience holds the right to question the speaker on any statements. No woman can speak under such circumstances unless she knows her subject exceedingly well. (Possibly this method applied to public speakers in our own country might bring to light a few weaknesses in some of our so-called statesmen.)

Walter H. Page said in one of his letters home after he went to the embassy in London, "These English women know their politics as no women among us do." Just a few days ago, one of our graduates was in my office as he returned from a visit to Ottawa, the Canadian capital. He had met at a reception there a number of prominent English and Canadian women and, was amazed at their skill in conversation on political questions. Evidently this interest is awakened in the girls while still in college, for when Mary Heald returned from her Y. W. C. A. Conference in Canada last year, she said that when Canadian girls began to talk on economic and political questions, American girls both from the East and West felt it wise to keep quiet.

The nineteenth amendment gave women the right of suffrage and either intelligently or unintelligently women must take their share in making the future policies of the country. Unless women read and study and think along the lines of the big questions which are facing them, the country will not be advanced by the women's vote.

Every one of the public questions at issue now is just as vital to women as to men—for example, the great economic question of getting American agriculture back onto a paying basis. There is no business in the world in which women are more essential than in the farm. They provide good wholesome food for the workers, selecting the time of meals to the work of the day. They are largely responsible for the poultry, the dairy and the garden parts of the business which often contribute a considerable portion of the yearly income. The solution of the farmers' problem is not simple, but it must be found. No country ever progresses unless its agriculture is successful. In the past, farmers have not thought enough for themselves. They are vitally interested now and the remedies suggested are legion. Conditions will be made better only if all the people, women as well as men, when they vote on the men and measures connected with this question think things thru to conclusions based on sense, not sentiment.
Again, are women interested in the right solution of the railroad question? They should be, first, because every economic enterprise of the country is more or less connected with it and, second, because the selfish reason that freight rates form a part of every commodity they use. When the present prospect that a small railroad in Southern Iowa may cease to operate, causes the inhabitants in a line of towns and the surrounding country to become desperately concerned about their future markets, it is brought home to us that this is a question of vital concern to us all. There are many deep questions involved. Women must decide between candidates who have in mind different solutions of this question. Are they studying the problem?

These are only two of the national questions at issue. There are many others. Perhaps the greatest strictly American question is—Are we going to enforce our laws? We passed an amendment to our constitution which every one admits has been of great economic and social benefit to our nation. We practically believe in it, yet we allow some of the lowest types of our citizens to over-rule us for their personal gain. Good women can do as much as good men to build up the much needed public sentiment for enforcement; and foolish women, who do not sense their obligations to society, may by word and deed do as much as wicked men in setting laws at defiance. We claim to be people who love justice, yet we continue to have lynchings. Our papers are filled with the outrages committed by the Ku Klux Klan, all in defiance of law and escaping the consequences of the law.

Women should join with men in a determination to make our nation once again a law-abiding people.

Then last and most important of all is the great question of international relations. It is idle for us to talk of “splendid isolation”. We have been taking part in world affairs for many years, and we shall continue to do so. It is foolish to think that we can isolate ourselves in a corner of an infected world and not catch their diseases ourselves. If America can help save the world it is her duty to do so. If she does not do her share, her civilization will perish with the others. We did not keep out of the last great war. We shall not keep out of the next one. It is our business as thinking men and women to prevent its occurrence. We need not fear entangling alliances if we join the other nations with high motives for war. We have done good work in many quarters of the earth before the Boxer Revolution, in Panama when we cleaned up yellow fever, in our early work in developing Cuba and the Philippines; if for these there was no selfish motive. There should be none in any new moves we make.

Many of our best thinkers and writers believe that only a great spiritual awakening can bring about a real and lasting solution of the world’s problems. Surely women who have been able to do their share in the uplift of the home and school and church should make some contribution toward more spiritual ideals, in their work for their country.

That women will grow into their new responsibilities seems certain. The indications are all encouraging. Women’s clubs have grown to be a potent force for good in every community. The League of Women Voters is expanding its work of teaching women to stand for principles and clean candidates. The measures which it has sponsored and pushed through into law have all so far been in the direction of human betterment and the fact that one of the earliest and most ardent advocates for the outlawry of war was

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**Far Superior to Any Other Coffee**

**More Economical, Too, Than Cheap Coffee—Says This User of Chocolate Cream Coffee**

*Forest City, Ia. (Special)—“I can truly say that Chocolate Cream Coffee is the best I have ever used,” advises Mrs. Louis H. Nyhus. “I do not call it expensive coffee because one pound goes as far as 1½ pounds of any other coffee, and it does not leave a bitter taste in your mouth as do so many cheaper coffees.

“The package—with the six walls of paraffin—is very fine for keeping the coffee in perfect condition. Six of us drink this coffee and the men folks always ask for more.”

“You, too, will find it is economy to buy the best coffee. Ask your grocer for Chocolate Cream Coffee.”*
Judge Florence Allen indicates that it is possible for women to become leaders in the great uplifting movements.

It is not, however, the time for undue self-congratulations. There are too few women of Judge Allen's type giving deep and serious consideration to public questions. Women do not reach positions where their opinions have weight until they have served a long apprenticeship of hard and serious work. It matters not whether a woman is in her own home, is a teacher or is a professional woman, unless she throws herself into her work with vim and energy, finds time to continue to grow and also time to contribute something to the community in which she lives, she cannot hope to go far. This often means that the pleasures of the moment must be put aside for the prospects of the future. There are many women with such ideals, but the reputation of all women is often injured by those less serious ones who do their duties in a halfhearted way, as a means of making a living, and always hoping that something or somebody will come along to relieve them of their drudgery.

Only last week I learned that some school boards in Iowa were finding it necessary to ask their teachers to sign contracts in which teachers agree to stay in the town in which they teach at least every other weekend. It is to be hoped that this practice did not originate as a consequence of the attitude of Ames women. If a really professional teacher would be there when needed and would want to make her life a force in her community both in and out of school. Only thus can she hope for growth and consequent advancement.

I hope I am not pessimistic, but I sometimes wonder in this age of autos, and bridge and golf and jazz, if the rank and file of people, old or young, men or women, give as much thought to serious matters as their fathers did. These are innocent pleasures, but if they occupy off the leisure of the people, from what source is to come the wisdom of the voters, without which a democracy is bound to fail. It may be that President Coolidge has been called at this time to set us an example of more simple and worthwhile living.

It is to be expected that there will be some among the women who are not equal to their new responsibilities. Men have not always been true to the obligations of citizenship—some have been indifferent—some have used their privileges for selfish aims and to the detriment of society—but always there have been enough earnest, straight thinking men to keep our country ever moving to higher limits. If we are not to retrograde in the future, these new women citizens must produce leaders of thought equal in correctness of judgment to the best of those who have in the past made for national development. Nor should we be satisfied unless we are improving on the work of those past generations. We are no less patriotic citizens, if while we believe we have the best country in the world, we admit that it is possible for it to become infinitely better; and we are more patriotic in proportion to the help we render in bringing about this improvement.

It should then be the aim of all college graduates, men and women, who have received so much from state and nation to work together toward still higher ideals of government than the past has ever known.
Hearth and Home  
(Continued from page 4) 

during the last years of the reign of Louis XIV became a prominent feature of decoration above the fireplace. The graceful curved lines were now used in the mantle construction and in the ornament. The period of Louis XVI and the Emperor brought back again the straight lines.

Paneling of rooms in wood became popular the first half of the eighteenth century. The fireplace and mantle, therefore became part of the architectural construction. The colonists of this period adopted the best styles of fireplaces and mantles which were in vogue in the mother country. After the Revolution the French styles became popular. America was fortunate because she received inspiration from the French models of possibly the period of greatest refinement.

Architects lost interest in the designing of fireplaces during the nineteenth century because they were being made on a commercial basis. Individuality in design and workmanship was almost lost. Steel grates became the vogue because people were using coal instead of wood. The last quarter of the nineteenth century brought about a reaction. There was a breaking away from the heavy Victorian traditions and a revival of the Louis XV-Louis XVI and Georgian models. This classical note in fireplace design is still very popular. The tendency has been to flatten the chimney piece and confine the fireplace within the thickness of the walls. The modern grate has done much to bring about the decrease in the size of the fireplace. This change in size and proportion is also due to the popularity of the small house and the modern apartments.

The bungalow and cottage interiors lend themselves beautifully to the use of brick and stone for fireplaces. These materials with a combination of wood or without are also used in the formal home. Brick and tile bring color into an interior which might otherwise be dull and uninteresting.

The fireplace plays an important part in the structural unity of the interior. It might therefore, be advisable to place it in a central position in relation to the wall space and not near a corner, in other words, on an axis of the room.

Built-in bookcases or furniture on each side of the fireplace is very useful. It saves space, and adds to the decorative treatment of the interior. A mirror or a fine picture may be built in above the fireplace mantle.

The fireplace with its glowing logs is always a joy to children. They wait for the hour of twilight when mother waves her wand and they are transported into the world of magic. You climb the golden stairs straight up to heaven, you wear your best shoes and glorious red ribbons in your hair. You sing with the angels, and you talk to a prince. You penetrate the innermost parts of the earth and see the elves at work.

Before a blazing fire, you see ghosts and goblins, you come out in time to see Thor throw his mighty hammer. You are dazed by the lightning and frightened by the crashes of thunder. Finally the child comes back from the land of magic to the world of reality. He will, however, have with him always as a priceless jewel, the dreams, the love, and the hopes that were kindled by the glow of the fireside.

As the years come and go, the fireplace will remain the center of interest because around it will cluster the youth of the home and the hope of the nation. February is the month that will always bring with it dreams of "Hearth and Home."

When you want to look your prettiest

Dinner downtown, the theatre, and perhaps a little supper and dancing after the show. An entirely informal, happy evening with "him." On such occasions, when you want him to be proud of your smart appearance, you'll appreciate the air of distinction, mingled with a great deal of individual charm that is a part of Bauge & Son's Shoes for informal, afternoon and evening wear.

We invite you to inspect our new early spring showing.

BAUGE & SON
Shoes That Satisfy
AMES, IOWA

"CRANE'S"  
STATIONERY

"Dress your thoughts as you would your person."

Student Supply Store
South of Campus
A Parent "That Needeth Not to be Ashamed"

(Continued from page 5)

life which operates when we spoil the baby. We at first reward him by very evident signs of approval for doing those many little things which are "cute" for which later we shall have to punish him. We know, of course, when we stop to think about it that such inconsistency on our part is not only so much lost motion in these very precious years of childhood, but, from the point of view of the child, bewildering and disconcerting, giving rise to unwholesome attitudes not only towards parents but toward the world in general. We have in this law the biological foundation of rewards and punishments, a lengthy chapter in itself in applied psychology.

As another illustration, the parent finds in imitation a natural tool of development of the very highest significance. For the child to observe another assume an attitude, display an emotion, or perform an act is to attempt to make that particular experience his own by living thru it. We must be clear. Imitation does not get the act performed for the child. It merely is the suggestion or the motive for attempting to do it. Whether or not the act shall eventually enter into the child's repertoire of activity depends upon a good many factors, such as the frequency of the opportunity of observing the trait in question in another, the age of the child, the previous habits which he has formed. Anything which comes within the range of the child's senses is imitated, "from the crowing of a cock to the whistling of a locomotive, from the wriggling of a snake to the preaching of a sermon, profanity or prayer".

The child's environment, particularly the psychological aspects of it, are, then, matters of very great concern. The organization of the home, the attitude of parents, the one to the other, good or bad, is reflected mirror-like in the personality of the child. Heredity is a concrete starting point for the training of the child. The successful parent has given due attention to the type of behavior which he exemplifies in the presence of his child.

We come now to our third general principle of success,—the necessity of a strong desire or an impelling motive for success. In the application of this principle to our special problem we are brought face to face with the parental instinct, a tendency that is deep-seated in original nature.

Nature has endowed us generously with the tendency to assume a tender and a protective attitude toward the child. We have but to observe its expression in the animal world to be impressed with its instinctive character. But we have few instinctive traits which are as perfect at the outset as we would like to have them. Many times they are crude and inadequate means for meeting the complex problems of civilized life, tho they do have wonderful possibilities when properly disciplined. Further than this, if what is given us by nature is not utilized it will have a tendency to lose its strength and may, for all practical purposes, be lost. The parental instinct, while strong in its initial stages, may lose thru neglect or thru rigorous give and take with other instincts, such as...
competition, much of its original imperative force.

If we are to profit by nature's gifts we must use them. The richness of life which seems to fill the life of the parent to overflowing when he first feels the touch of his baby's hands upon his cheek is the power, the motive force, which impels him to make every sacrifice in the interest of babyhood. Now this energy is needed quite as much when this same baby has reached the awkward years, when as a general rule, no one loves him much but his mother.

The parent who has allowed the parental fires to burn low because of the failure to replenish them with the proper fuel—many and varied sought out contacts with the child—will prefer the lodge or the bridge-party to the companionship of his own child, particularly during these important years of transition. But the one who has kept the fires glowing warmly will, on the contrary, find these years the open gate to a still sweeter companionship and an even greater opportunity.

"My boy is growing into manhood! He will soon be living in my own world, a companion in every sense. I must use every resource at my command to guide him unerringly through this critical period. His interests are calling him forth into wider activities; I must have a share in them. I must be his right-hand man, his closest friend ready to advise him in every new experience."

Such is the nature of the soliloquy which passes through the mind of the parent in whom the parental instinct has waxed stronger and stronger as the years of growth and development have sped by.

The successful parent is one who has studied, in season and out, to keep this parental urge very much alive. With this vital urge he advances fearlessly and hopefully into his task with the determination to "study to show himself approved", a parent "that needeth not to be ashamed".

Hints for the Spring Wardrobe
(Continued from page 8)

summer fabrics are numerous. For afternoon there are hand-embroidered voiles, organdies and chichinette, a sheer fabric corded with fine stripes and bars. For less dressy occasions hand-blocked crepes, English prints, percales, gingham and linens. There will be much hand-drawn embroidery on the plain colored linens. The popular summer costume will be made of some member of the ratine family. With these will be worn matching or contrasting scarfs.

Homemaker As Citizen
(Continued from page 10)

July, 1920. Democratic leaders promised support.
February, 1921. Pea-Capper Bill H. R. 22-S. 416 (revised to overcome a number of reasonable objections) was introduced in Congress.

Leaders in Congress assure us that national legislation for the stimulation of Physical education will be enacted in the

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Miss Baker will be with us again the first week in February to give instructions in "Dennison Craft." Come and see her.

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Ames News Stand