"Woman's Place in the Home?"

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Recommended Citation
Murray, Eleanor (1924) "'Woman's Place in the Home?',' The Iowa Homemaker: Vol. 4 : No. 7 , Article 9.
Available at: http://lib.dr.iastate.edu/homemaker/vol4/iss7/9
Since time immemorial “woman’s place” has been considered to be “in the home,” with no one venturing to designate just what “home” in this case is or may be. With very few exceptions—Sappho, Cleopatra, Queen Elizabeth and one or two others for each of the periods of history—woman stayed “in the home,” accepting this as her ordained course. A few objected.

Then woman went “out of her home” and someone else objected, and if the entire truth were always spread out that everyone might see, it might have been observed woman herself was not entirely satisfied. Now she strives for a possible medium. She goes out of her home but she comes back at noon or evening or both to enjoy lunch or dinner or both with other women—or even in the company of her husband.

In due time psychologists, feminists, economists, Freudians and cranks may utopianize completely the woman question. Until then we suggest methods, many of which have been actually tried out under the above mentioned conditions, for increasing palatability, attractiveness and practicality of informal gatelegged table lunches and evening semi-dinners hints for those who enjoy the “sport of amateur housekeeping,” experiments for playing house.

Sandwiches originated as time savers. History informs us that the Earl of Sandwich, too fond of gaming to stop to go to his meals ordered a butler sent to him carrying “slices of bread with meat between.” To the Earl, with all due respect we may give credit for the name, to woman, in her constant struggle to find her rightful place in the universe, as well as “in the home” for the idea.

Sandwiches may be simple or elaborate. Everyone has ideas for a few kinds of each in her recipe file, in her mind or on a loose piece of paper stuck in the family cook book—some day it is to be placed in permanent form in the recipe file. The following may be additions to the simply prepared sandwich.

**Toasted Orange Sandwiches**

Spread orange marmalade on hot buttered toast. Sprinkle with grated cheese and place in moderate oven until the cheese melts. Serve hot. Nutrition experts will immediately catalog mentally, carbohydrates, 160 calories, fat, 100 calories, protein, 190 calories, terms of 100 calorie slice of bread for toast, that is and conclude that it is a good sandwich. After tasting it, the conclusion will be “a very good sandwich.”

**Cheese and Cucumber Sandwiches**

Take one large cucumber and put thru the food chopper, removing all seeds possible. Mix with two cakes of cream cheese, a little cream to make a paste smooth and spread on one slice white bread. Cinnamon toast made by sprinkling a mixture of cinnamon and sugar on hot buttered toast and then placing in the broiling oven or on the electric toaster for just a minute, altho not generically a sandwich is closely related and is delicious with tea, particularly if the tea is made from tea leaves to which two tablespoons of dried mint leaves have been added to a half pound can of tea.

**Tomato Cream Toast**

For more elaborate sandwiches Clubs are always good. The deliciousness of a club sandwich depends on the ingenuity of the cook. Practically any combination of cold meat, bacon, sliced tomatoes, lettuce, mayonnaise, green pepper, olives and toast is desirable.

**Maryland Sandwiches**

For Au Gratin Sandwiches make a thick cream sauce, and to this add the yolks of an egg, season with paprika, a little onion juice and mustard. Add one half cup finely chopped cold left over meat—chicken, ham, beef or pork. Make scalloped hot, turn on a thick plate of buttered toast, sprinkle with grated cheese and place in the broiler for a few minutes. Such sandwiches may well serve as the main dish for lunch or supper. They incorporate food principles in that they are well balanced as regards the required food elements and in addition they are satisfying as well as delicious.

**Tomato Cream Toast**

Cut some thick slices of tomato, dip each into flour seasoned with salt and pepper and fry. Make some rounds of toast and place the tomatoes on them and put a poached egg on each. Sprinkle with chopped parsley.

**Baked Tomatoes**

Take ripe, round tomatoes, peel and hollow stem end. Drop an egg in this cavity, dust with salt, pepper, grated cheese and handful of butter. Bake un-
American cheese and stir until the cheese melts. This should be served immediately on crackers or toasted bread with red pepper sprinkled on the servings. Chopped onion, olive or green pepper added to the sauce make attractive variations.

Jelly sauce with any of the above sandwiches is delicious.

The following are luncheon or supper dishes which require more time for preparation than sandwiches and will probably be more satisfactory to the use of the amateur housekeeper for preparation in the evening.

**Buttered Corn and Bacon Soup**

Put in a saucepan with one half cup of butter, one half cup of sugar, three tablespoons flour, one tablespoon minced onions, one teaspoon paprika, one cup French peas. Cook slowly until soft and glazed. Drain and rinse thoroughly one cup French peas. Add salt and pepper and heat thoroughly. Turn into a dinner dish and serve hot with salads and soups.

**Escallopated Potatoes With Pork Chops**

Wash and cut four potatoes in thin slices. Put a layer in buttered baking dish, sprinkle with salt and pepper, and dot over with one-half tablespoon butter; repeat. Mix one tablespoon flour with milk. Add to potatoes until may be seen through top layer. Place prepared pork chops on top of potatoes, sprinkle with salt and pepper. Bake until potato is soft.

**Cheese Noodles**

Beat one egg slightly, add one half teaspoon salt and flour enough to make very stiff dough. Knead, toss on floured board and roll thin. Roll like jelly-roll and cut into slices not too thin; unmold and drain. Cook twenty minutes in boiling salted water; drain. Put a layer of noodles in buttered baking dish. Sprinkle with grated cheese and dot with butter; repeat, having cheese on top. Bake until cheese is melted.

**Spaghetti Dinner**

1/2 pkg. spaghetti, 1/2 lb. beef steak ground, 1/2 oz. salt pork ground, 1/3 C dry cottage cheese, 1/3 C butter.

2 pimentos.
1 large onion.
1/2 cup mushrooms.
1/2 C butter.

Cook spaghetti and drain. Melt butter and fry the cut onion and the chopped meat in it. Mix all ingredients and put in casserole to bake. Grated cheese may be put on the top.

**Pimento Cream Soup**

Measure and combine two cups hot milk, one cup milk, and two cups veal or chicken stock—bouillon cubes may be used. Place in top of double boiler and heat well. Cream together four tablespoons fat, three tablespoons flour and add two tablespoons cold milk. Blend well and add gradually to the mixture in the double boiler, stirring constantly. Take two pimentos (large) and press through potato ricer, add one tablespoon finely grated onion, one bit of cayenne pepper, one half teaspoon salt, one eighth teaspoon peppercorn and one fourth teaspoon tabasco sauce. Mix well and serve very hot.
accompanied with toast strips on which grated cheese has been melted.

For variety from “butter nut” or “Mother’s” or “Everybody’s” emergency biscuits are quickly and easily prepared by mixing quickly two cups flour, four teaspoons baking powder, one teaspoon salt, four tablespoons fat and two thirds cup milk. Drop from a spoon on a greased baking sheet or bake in muffin tins.

Most salads may be quickly prepared if mayonnaise is kept on hand.

Desserts no doubt present the greatest difficulty with regard to preparation at home, but no matter how good the food from the bake shop on the corner or the brand of canned fruit kept by the grocer across the street there comes a time when one longs for “homemade” dessert. At such a time take home oranges from the grocer and make a plain cake which can cool while the dinner course is being eaten. Then make a shortcake of it with the sliced oranges and top with powdered sugar. A good plain cake recipe is,

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\frac{1}{2} \text{ C fat, } \frac{1}{2} \text{ C sugar, } \frac{1}{2} \text{ tsp. salt, } \frac{1}{2} \text{ C flour, 2 tsp. baking powder, 1 egg and } \frac{1}{2} \text{ C milk or orange juice. Flavor with vanilla.}
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A very delicious frosting, which can be used to top Lorna Doone cookies, or between two graham crackers for creme sandwiches, may be made in ten minutes. One egg white unbeaten, 3 tablespoons cold water and seven eighths cup granulated sugar are placed in the top of a double boiler over boiling water and beaten with a dover beater for seven minutes.

Successful Cake Baking

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grain of the sugar; second a thorough mixing of the ingredients. Water may usually be substituted as the liquid for milk. Heat the knife before cutting warm bread or cake.

If paper has been used to line the tin and then sticks, it may be easily removed by brushing chilled water over the paper. Flour lightly dredged over a loaf of cake before icing it prevents the spreading and running off of the latter.

Cake should be nearly, if not quite, cold, before being iced.

The use of a pastry tube may add considerably to the appearance of an otherwise commonplace cake. Complete pastry tube outfits may be secured for a very reasonable sum.

A little experimentation and icing are all that are necessary to develop skill in the use of the pastry tube.

HOMEMAKER AS CITIZEN

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gram depends upon the administrator’s appreciation of the problems involved.

CONFERENCE A SUCCESS

The Home Economics Vocational Homemaking Conference held at Iowa State College, July 14-18 called together about seventy-five school teachers of home economics to consider methods of introducing some recent developments in home economics subject matter. Under the guidance of Dr. Florence Brown Sherbon, director of the Kansas Bureau of Child Research and Dr. J. E. Evans, professor of Psychology at Iowa State College, the work of the conference cen-