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Foods and Nutrition Department

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When you catch your first glimpse of the exterior of Home Economics Hall, even tho you have been assured that the original building is incorporated as a part of the completed whole, you may have a moment's difficulty in discovering its exact whereabouts. But once inside, you will find a great deal to remind you of the building you knew. For example, the foods laboratories will be much the same; but now, practically all of the space in what has become known as the west wing, belongs to the Foods and Nutrition Department. 

Open a door into a former clothing laboratory and presto—it has become a group of charmingly equipped kitchens, three of them at each end of the room with a large dining space in the center. Here the meal planning course is taught. A formal luncheon, buffet luncheon and a tea are given as class problems. Last quarter two "corn luncheons," prepared as nearly as possible from corn products, were served to the Board of Education and to the Governor's Conservation Commission.

A comparative study of beet and cane sugar was made in experimental foods last year under Miss Lowe's direction. It was found that there was no difference in the products made from the sugars of the same physical characteristics. Products were only different if the sugars were soft and fine, or coarse and hard, and either cane or beet might have these characteristics.

The course in foods marketing is proving more interesting each day, and a new file is nearing completion. There are all sorts of enlightening lectures and demonstrations given on the economics of purchasing by men and women who are specialists in their subject. Dr. Hoyt of our own home economics department; Mary Barber, who demonstrates Kellogg's products; Miss Dahns, who tells us all about cheese; Merritt Green of the Marshalltown Canning Company, who talks on commercial canning.

The meat demonstrations are as important as ever. Professor Helser seems to make them more valuable each quarter and we are most grateful to him. Summer projects add variety to vacations now. They are making it possible for students in meal planning to prepare their meals in less time.

The girls in abnormal dietetics make frequent visits to the college hospital and the menus they plan are actually prepared and eaten by patients at the hospital. Miss Magee's joint affiliation with the hospital and Foods and Nutrition Department make possible this excellent plan.

From Sadie Hook Passig '98
President of Alumni Association

Among the many lessons learned at Iowa State College there is one which, to me, is outstanding in value and which had a decided influence in the molding of my ideals. It was the valuable one of the Dignity of Labor.

It changed my viewpoint concerning my work. Any task, I saw, was splendid or menial, depending upon the attitude in which it was approached and the spirit in which it was done.

A course in Home Economics elevates the homemaker to the plane where she realizes that the smallest or the most disagreeable task is necessary to the health, beauty or harmony of life has a dignity and is not only worth while, but contributes something toward the building of her own character.

This is one idea that we alumni should make an effort to impress upon young people who are seeking education. It is one of the fine things that Iowa State College is doing.

Others has now under way a number of research problems designed to improve the health and well being of Iowa farm homes. Dr. Gladys Leavell of the University of Chicago has recently been added to our staff as a research specialist. She is just now working on the vitamin content of diets, using rats for her experiments.

With the opening of the New Year two members of the department decided to practice hereafter instead of preach. Miss Florence Buse, greatly beloved head of the department for the past six years and actively known in campus affairs, left us to become Mrs. Roy Melville Smith of Porter, Indiana. Miss Ruetta Day, in charge of marketing, became Mrs. Albion Blinks, but consented to remain until summer. Last month announcement was made of the marriage of Blanche Ingersoll, former instructor in the department, to Mr. Merlin L. Seder. Perhaps you know that Miss Ingersoll has been one and the same person as "Betty Crocker" of the Washburn-Crosby Company.

On the subject of former members of the department who have left us by the same road, perhaps you haven't heard that Beth Bailey McLean lives in Hood River, Oregon, and that she has a perfectly beautiful baby son.

A new addition to our staff is Miss Margaret Haggart, formerly head of Foods and Nutrition at Kansas State College, who teaches family health and dietetics. She also directs our radio program, so perhaps you know her voice.

During the summer we plan to publish a new cook book. Just what it will be called or what it will contain has not been definitely decided, but you may be watching for its announcement.

Mable Campbell, '05, to Missouri
Miss Mable Verne Campbell, '05, has recently accepted the position of Dean of Home Economics in the University of Missouri. Since her graduation, Miss Campbell has served most successfully as state supervisor of Colorado; as head of the Teacher Training Department of the University of Kentucky, and for several years past as home economics agent for the Federal Board for Vocational Education, in charge of the Central and Pacific regions.