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Ann Siefke
Iowa State College

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Where Are You Spending Your Vacation

By ANN SIEFKE

WHAT are you, a college girl, planning to do with your summer vacation? For two summers I faced this question. After much consideration I found, with it seemed to me at least, a worthwhile answer. Commercial training is a valuable asset to the college girl—just how valuable she is apt to find out on her college and seeks a job. The principles and theories of business may be taught in college but the practical experience is obtained out in the business world. The summer vacation is the only time the college student has to make an adjustment to conditions of the business world. The answer I found—and it will suit the cases of hundreds of other college girls was vacation employment in the summer camps and resorts.

When they leave college all girls must earn a living. Some leap into matrimony. Others leap into business. And the jump in one case is as long and difficult as in the other. Thus says Mrs. Linda Spence Brown, head of the Institutional Department at Iowa State College, who has placed many girls in summer employment and who believes that it offers an important preparation for four years of college.

Mrs. Spence says college girls have had training in Home Economics and especially those who are interested in institutional cookery and have had courses which particularly train them for the work as waitress, salad and pantry girl or lodge maid. I was employed as a salad girl at the Elizabeth Inn in Colorado Springs last summer and every day was a waitress. We treasure the experiences very much and wish that the readers of this article might have enjoyed many of the good times we had at work and play.

Minnesota and Wisconsin lake resorts offer many opportunities for summer employment. In Wisconsin there are the Wisconsin Dells, Wisconsin Dells Inn, Wisconsin Dells Inn, Delavan Lake, and resorts which employ college students. Highland Hotel at Lake Delavan is just 35 miles out of Chicago. It has established a trade of the wealthy Chica-goans. At this resort the girls live in furnished cottages. The head cottage girl calls everyone at 6 o'clock for breakfast and there is no cutting breakfast to reduce avoidirdups in Lake Delavan. The summer climate of the Wisconsin Lake region is a very invigorating one for Iowa summer girls. The girls here work for $35 for the season, June 15 to September 1, plus a bonus of $50 if the girl keeps her contract. In addition the girl usually makes pocket money from tips.

The girls are off duty about two hours in the morning, when they attend to their correspondence and other personal things. In the afternoon they are off duty about three hours, which gives them ample time to get some recreation. The Yorkes Observatory is within hiking distance from the hotel. Swimming, rowing, hiking, movies and dancing make up a complete recrea-tional program. "Rent a Ford and drive it yourself!" was a popular form of outing for the girls last summer.

The National Y. W. C. A. and Y. M. C. A. Camps are withing hiking distance from the hotel.

Miss Hazel Allen, national camp secretary for the Y. W. C. A., with headquarters in New York City, was on the campus last quarter interviewing girls for camp work at the Y. W. C. A. Camps for the next summer. She interviewed about twenty-five co-eds for the prospective jobs as cook, dietitian, cashier, bookkeeper, life guards, waitresses and salad and vegetable girls.

Grand Lake Lodge, Idaho Springs, and Estes Park Chalets are the three lodges in Estes Park at which college girls are employed. At Grand Lake Lodge the girls live in dormitories, where they are furnished lodging and board. At 5:30 o'clock the gong sounds and everyone is up. The girls get up, make the beds, and dressing and braying that they are ready to rise at that hour. The pay is $50 for the season, July 1 to September 15, plus a bonus of $20 if contract is kept plus tips. The employees are free from 2 to 3 hours in the afternoon, which gives them an opportunity to enjoy the wonderful scenery of the Rockies. Yachting, hiking, steak fries, horse-back riding, and dancing are popular sports with the girls at Grand Lodge.

At the Elizabeth Inn in Colorado Springs, where I worked last summer, everyone put in an eight hour day. We did not work Sundays, which gave the girls an opportunity to enjoy the mountains. The dining room girls wore black dresses with yellow collars, yellow aprons, an attractive costume which blended with the color scheme of the hotel.

Every Sunday we were there we took a hiking or motor trip into the mountains. I think the mountains are very fascinating to the Iowan who is only familiar with the rolling plains. The first Sunday we took the motor trip, which is known as the "Little Circle Trip." The trip took us to the cave of the Winds. Garden of the Gods and Shelf Road. We thoroughly enjoyed the trip, plus the thrills the bus driver added by skimming, at 40 miles per hour, the edge of the mountain highway.

We took the sunrise trip to Pike's Peak, where on the summit we made snowballs on the fifteenth of August, and the motor trip over to Estes Park, the Royal Gorge. At the top of the Gorge we could look directly down about one-half mile onto the Arkansas River and the Rio Grande Railway. On our return trip we went through the gold mining district and Cripple Creek and back over the Cripple Creek and on to the Chey-wa-ha mountain highway, which bankrupts the English language for description.

All the girls who have had the experience of vacation employment in summer camps treasure that experience most highly. There were approximately 70 college girls employed at Estes Park last summer, 229 at the camps in Yellowstone National Park and 40 at the Highland Hotel at Lake Delavan.

Aspirants for positions may obtain application blanks by writing to the Highland Hotel Company at Lake Delavan, Wisconsin, or to Miss Mary.
Fuel Value of Fats and Sugars

I. Can you send me a table giving the relative fuel values of fats and sugars?

Ans. Regarding the fuel value of fats, the different food fats have nearly the same fuel value when in the same state of purity. Lard, olive oil, cotton seed oil, etc., are practically one hundred percent fat and have energy values of about 4000 calories per pound, while butter, which contains a considerable percentage of water, has about the same fuel value. Goose and duck grease are like butter and would have about the same fuel value.

The sugars have fuel values as follows:
- Honey, 1480 calories per pound.
- Cane molasses, 1300 calories per pound.
- Brown sugar, 1723 calories per pound.
- Granulated sugar, 1840 calories per pound.
- Maple sugar, 1502 calories per pound.
- Powdered sugar, 1814 calories per pound.
- Maple syrup, 1295 calories per pound.

The powdered and granulated sugars are the purest and hence have the highest value. Honey, brown sugar and molasses contain some water and their fuel value is decreased accordingly.

When You Paint on Silk

II. What kind of paint can be used on silks, georgettes, chiffons and other silk materials?

Ans. Paintex, a kind of dye that can be painted directly on silk, cotton or wool is perhaps the most satisfactory things to use for painted patterns on white or light colored cloth. Two kinds are made, one for silk or woolen materials, the other for cotton or linen. Paintex may be purchased from the Paintex Company, 30 Irving Place, New York. Most art shops in the country now handle it.

Eleven different colors are made. A trial set of six colors with directions for use costs 1.25. It unfortunately is not practical to mix the colors—for in that case they do not launder satisfactorily. In the trial set the colors are very bright—almost raw. If used according to directions they stand either laundering or cleaning.

Oil paints are still used for painted patterns on cloth. If mixed with the fluid 1P.H. Indelible, they too stand laundering and cleaning. Most art stores handle the 1P.H. Indelible in 25 cent bottles. The oil paints are satisfactory on the darker colored silks as well as on light ones, but are stiffer and more opaque than Paintex.

Appropriate Menu

III. What menu would be appropriate for a "Mary, Mary, Quite Contrary" banquet? The color scheme, already selected, is lavender, gold and white.

Ans. Any menu might be adapted to such a banquet provided you have menu cards. Your menu cards might have the foods listed in a manner contrary to what your guests expect. I would make no attempt to color any food lavender, but would use this color in the nut cups or in the candies you wish to serve. A suggested menu follows:
- Orange cocktail served in orange baskets.
- Creamed or escalloped potatoes.
- Breaded Veal Cutlets.
- Fresh green peas and new carrots mixed (butter sauce).
- Hot Rolls—Apricot or Grapefruit marmalade.
- Salad—Asparagus tips with hard cooked egg (Serving gold and white mayonnaise dressing).
- Ice cream or Angel parfait, using Gold Cake.
- Coffee—Candies in colors desired.

Appportioning an Income

IV. How should a net income of $3,000 be apportioned for two people?

Ans. It is very difficult to set up figures which would be applicable to all situations for the family is very largely an individual matter, dependent upon conditions and circumstances.

This is a recommended division of the income:

Advisability of Canning Fish

V. Could the common variety of fish found in Iowa streams be cold packed successfully with a steam pressure cooker?

Ans. Fish may be canned just as you can meats and poultry providing you can use the cold pack steam pressure cooker satisfactorily. I would suggest precooking the larger fish, such as salmon, pike and perch, both the bones before packing them in the jars. Use the fat that you like best, corn oil or the margarines will do very well. Process in the pressure cooker, using the higher temperatures, for an hour at from ten to fifteen pounds pressure after precooking.

Your Summer Vacation

(Continued from page 9)

Your Summer Vacation

(Continued from page 8)

TRIPLE I BECOMES OMICRON

(Continued from page 8)

Gamma 7 Becomes Omicron

(Continued from page 8)

Chapter, Phi Upsilon Omicron

(Continued from page 8)

Economics work at the University of Chicago, during the time which these women spent at the college for the purpose of attending the dedication of the new Home Economics Hall, June 11.

Miss Arnaquist Sees Activities of Danish Girls

Miss Josephine Arnaquist, in charge of girls' club work, writes that she had the pleasure of attending two meetings of Danish girls, accompanying Miss Ulla Christensen, who visited Iowa last year to study our club work. Miss Christensen, now organizing club work for the girls of Denmark, Club folks all over the state are awaiting with interest an opportunity to hear all about Miss Arnaquist's fine summer in Europe.