1926

Boston Beans vs. Turnip Greens

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NOBODY asked me for my opinion for any stray information I might have on this subject. As a man of straw, upon the advice of the old swede tram Nebraska similarly ad­
a lot more enjoyment in writing on One tends to lose its romance and there is a
lot more enjoyment in writing on some subject that isn’t too drably every day in its setting. Any New
Yorker who writes about Minnesota cotton fields knows that. The other
reason is that I have just read the article on “Southern Cooking and Northern Appetites” by my friend, Mrs. Linda Spence Brown, in the De­
cember Homemaker, and I am no more responsible for what I write than one
whom I am supposed to be stern and rock bound descent. But I
Acting on the principle, if a little lard is
good, a large quantity is that much bet­

The necessity for saving food ma­
terials resulted in dishes like hash,
which no one but a New England
woman can make. In other sections
of the country it is a dish to be justly
despised or at the very least, regarded
with suspicion. It has a gloomy ap­
appearance and a mushy texture. If you
know what I mean. New England
hash, finely chopped, slightly moist,
but crumbly, delightfully browned,
subtly flavored and never, never
greasy is a dish to inspire awe and
reverence. And bread—to this day my
mother doubts the social and even the
moral status of people who throw
away bread. For the New England
woman has a number of secret formu­
las for using stale bread in the most
delicious ways. A skillet bread like this
bread when it is ready for serving,
whether as pudding or hot cream toast,
or poultry dressing.

The necessity for storing food for
winter use resulted in sun dried
fruit when enough was enough,
looking currant bushes too but not
know the taste of genuine currant
jelly, so famous in that region. In other sections
I have never quite understood
why there has not been formed an
Eastern apple growers association but I
suspect that the well known New
England conscience hesitates to create
the havoc which would result, from

I became very fond of Southern
grown vegetables while I lived in the
Gulf coast region. But a thing I
could never understand was why ve­
getables were usually cooked with pork
and so seldom dressed with milk or
cream or even buttered. Snap beans
for example instead of being cooked
only until tender and then creamed
or battered came out of the kettle
after several hours of cooking, dark hued,
shrunked and often quite impreg­
nated with bacon fat. No wonder
indeed that the razor back hogs of the
South are so wild and rangy! I learned
that to hang from our attic rafters is

Asparagus, sweet corn, string
beans, Irish potatoes and green peas
of unequaled sweetness and flavor;
tart, picklerel and bass from northern
streams and clams from fritters or
chowder! When it comes to the ques­
tion of fruits which belong to the
North, I scarcely know where to be­
gin or to stop. Blueberries, huckle­
berries, and cranberries are probably
the most typical of New England but
the berry fruits, in eating the thin, rather solid (since
indeed! The Southern biscuit has the
Southern corn bread in that it may
contain as much as a third part of
wheat flour and is usually baked in
pans about two inches deep. Milk,
Milk, eggs and a moderate amount of fat and
sugar are used in the making. I re­
member distinctly my first experience in
eating the thin, rather solid (since
it contained no gluten) slices of South­
ern corn bread at a hotel on our way
South. My mother remarked that the
chef must have had “bad luck” with
his Johnny cake and to this day she
so regards it. It is the same way with
biscuits. Ours, to be considered just
right, should rise straight up an inch
and a half high with a white, delicate,
floury, counter impression between two
flaky, golden brown crusts. “Atrocitv”
indeed! The Southern biscuit has the
two flaky brown crusts, which are
quite all right, but which lack the de­
quate middle part between. But the
bread is just as well for, alas, they have no
Vermont maple syrup to go with them.

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The Iowa Homemaker

Omicron Nu Activities

Founder on Campus

A great inspiration to Gamma active and alumnae, chapters of Omicron Nu is the presence on the campus of Miss Mande Gilchrist, founder of Omicron Nu. Miss Gilchrist is now living at Cedar Falls, Iowa. She was instrumental in supplying a girls' dormitory in the Botany Department.

With her ancestral and educational background, no one is more fitted than she to be the founder of an honorary scholastic society. She was born at California, Pennsylvania, where her father was a teacher in the Southwestern State Normal School. He was then called to the presidency of the State Normal School at Fairmont, Virginia, his daughter attending the Model Training School there. From Virginia the family came to Cedar Falls, Iowa, where Mr. Gilchrist helped to build and organize Iowa State Teachers' College, known then as the State Normal School, and became its first president.

Miss Gilchrist attended college at Cedar Falls, receiving her Bachelor of Science degree there, and a year later, at the age of eighteen, her second degree. She then became a student at Wellesley.

Her first college teaching was done in the department of Science at the State College in Iowa while her father was still president. She returned to Wellesley to teach and spent her summers in advanced study or at her home in Iowa. In 1897 she went to Europe, where she spent a year in study at the famous university at Gottingen and two summers of travel in England and on the continent, following which she was appointed to the chair of Botany in the University of Illinois College at Jacksonville, Illinois.

Her next advance was to the office of Dean of the Home Economics Division at East Lansing, Michigan, where is located the oldest of land grant colleges, Michigan State College, which opened in 1857. At the time Miss Gilchrist went there, the Home Economics Division was new, as girls had been enrolled in the college only five years. They usually elected agriculture or engineering, until a special women's course was provided for those who might care to come. The experiment was watched with much interest by the state board and also by the faculty, some members of which doubted the advisability of organizing a separate "woman's department". Dr. Kidzie, a fine, gray-haired gentleman from Oberlin, who at first said that it wouldn't do and that it had really been a success and was the thing for the college to do. The department proved to be something the people of Michigan, especially the young women, wanted. For the women's bond which they had thought sufficient for several years, was filled to capacity two years after being opened, and they had to get houses in the village for the overflow. Much of the credit for this progressive step was due to William James Beal, Professor of Botany for forty years, a man of great character and influence and one who held several eminences positions.

It was here that Omicron Nu thru the insight and persistence of Miss Gilchrist was born. There were Alpha Zeta for the students of agriculture, and Tau Beta Pi for students of engineering, but no honorary for the girls in home economics. It was found that Michigan State College was not eligible for either Sigma Xi or Phi Beta Kappa. With the permission of the faculty, eight or ten girls of high rank, and some faculty members were called together and became charter members of Alpha Chapter of Omicron Nu. This was in 1910. Inquiries came from other institutions with the result that Beta Chapter was organized at New York College for Teachers at Albany in 1912, and Gamma Chapter at Iowa State College in 1913. Other chapters followed until now there are twenty-three active chapters and four alumnas chapters.

In 1913 Miss Gilchrist returned to Wellesley to spend a year as Associate Professor of Botany. Since that time her work has been in Iowa with the Red Cross, Liberty Loan drives, Women's Club work, Daughters of American Revolution, Y. W. C. A., American Association of University Women, and other worthy organizations where she has shown remarkable administrative ability. She came to the college campus last year to fill a temporary vacancy as chaperone, and saw fit to remain with us. From her storehouse of knowledge and experience, Miss Gilchrist is giving such a wealth of inspiration and help, not only to Omicron Nu but to every one with whom she comes in contact. Miss Gilchrist represents a high ideal worthy to be the goal of any young woman on the campus.

Hold Fall Initiation

Omicron Nu fall initiation was held Tuesday, December seventh, at five o'clock in the Seminar Room of Home Economics Hall. Seven new members were taken in at that time. There were four seniors: Marie Graham, Lois Jane Munn, Mary Wilson, and Luella Wright; and three juniors: Mildred Boswell, Frances Jones, and Jane Rhoades. A banquet was served to thirty-five members, active and alumnae, immediately after the initiation ceremony in the Intutional Tea Room. Helen Swimney, the president, presided as toast-mistress, and toasts were given by Miss Brandt, Miss Orrine Johnson, and Estella Sill.

Ruth Pohlman McKee has a fine young son. She and Wallace are living in Chicago, so we don't see her often.

Alumnae Column

Would you still have time for club work, parent-teacher meetings, church work, or boys and girls club work if you were a busy homemaker with children and husband to care for? Our most active alumnae homemakers here in Ames certainly practice home economics to the full. You will be interested in hearing about some of those we manage to keep in Ames. Many of these names will be familiar to you.

Mary Montgomery Pride. Florence Brown Quist. Lois Ruth Maney. Elizabeth Ingersoll Aitkin. Amy Middleton Goss. Ethel McKinley Bliss. Mary Davidson Budge. Georgetta Witter Waters. Mabel Bentley McDonald. Last year Elizabeth Aitkin taught foods in the Home Economics Division in time spared from caring for her two year old son. Lois Ruth Maney is trying to take good care of her young son and herself as well. Florence Brown Quist with her lively youngsters manages to keep busy. Then Mrs. Bliss has a house full besides being most active and interested in Parent-Teachers work. Mrs. Budge works in clubs and church when time from her son and busy doctor husband permits.

Mrs. Georgetta Waters, at one time Head of Home Economics, is active in state club work and is a staunch supporter of Home Economics at all times.

Amy Goss and Mabel McDonald, also with busy households, are helping in church and club work.

Dorothy Proctor, who graduated in Home Economics in '22, and received the degree Master of Science in '24, will take Miss Ida Anders place on the Vocational Education faculty of Iowa State College, after January first. She will supervise student teaching in the Senior High School at Ames.

Dorothy has been an Instructor in Foods, and Head of the Home Economics Department of Stephens Junior College, at Columbia, Missouri, for the past two years.

A letter from Ellen Dahl who is teaching in Moravia is of interest to us. She writes, "I noted the page for Omicron Nu in the last Homemaker. It is good to read about one's old friends and Iowa State. I have had my first banquet—for the football boys. We served about fifty in Mrs. Goldner's home. My basketball girls cooked and served. I hope they had as much fun in the dining room as we had in the kitchen.

"Best Wishes for the New Year." Sincerely, Ellen R. Dahl.
Have You Analyzed Your Headache?

HEADACHE is a common and frequent complaint. A number of theories have been advanced as to the cause of headaches and many suggestions given for its treatment.

There are various kinds of headaches and they differ greatly in respect to cause, location, severity, frequency and effect on the individuals. Dr. Favey-Smith of England says, "Headaches are not limited to any one age. Most any form of illness may be so trivial and so persistent as in time to be regarded as normal; may be so severe as to make life nearly intolerable; and there is hardly a symptom so common and at the same time so little understood."

The second type of headache, as sick headache and blind headache, is known as migraine. Medical authorities differ as to its origin. Heredity and nervous disorders have been suggested as possible causes. Confinement of the eye during early childhood or youth may continue for years, but rarely does it begin after a person reaches twenty years of age.

A partial list of the general causes of headaches includes eye strain, nervous strain, acute infection as cold or grippe, constipation, worry and infection of tissues. However, some headaches cannot be explained by any of the above causes. Dr. Brown of Baltimore thinks that in such cases diet plays a role. An excessive intake of carbohydrate foods, as rice, potatoes, macaroni, bread and sugar, or an excessive intake of protein foods, as meat, fish, eggs and cheese, are thought to be possible causes of headache. Distention of the stomach is also suspected of causing headache.

An excessive carbohydrate intake may mean too much carbohydrate, or it may mean an intake of carbohydrate in excess of the body's ability to utilize it thoroughly. This suggests some defect in the individual's carbohydrate metabolism. Many instances have been noted in which patients have a headache following an excessive intake of some carbohydrate food, frequently sugar.

The treatment suggested for this type of headache is to put the patient on a diet for two or three weeks on a diet consisting largely of proteins, fats, greens and acid fruits with no sugar or starch except that found in the above foods. An effort is made to keep the weight constant by giving cream, fat, olive oil and later adding small amounts of carbohydrate such as one or two slices of bread or toast and one or two potatoes daily. This diet, more or less restricted in starchy, must be adhered to for a long time, with sometimes indeterminate. For example, one of Dr. Brown's patients who suffered terribly from headaches was put on the above diet for several weeks, and for the past year has been practically free from headaches. It is Dr. Brown's belief, based on his extensive experience, that a real cure may be obtained in many cases of headache and a very marked relief in others if the proper dietary treatment is followed.

If it is found for the individual that a lowered carbohydrate intake does give relief, then for the individual to continue permanently on the lowered carbohydrate diet. The person afflicted with headaches should determine for himself just how much carbohydrate he can tolerate in his diet. If relief from the headache is obtained on the low carbohydrate diet and the headache returns when more carbohydrate is eaten, then the low carbohydrate diet should be followed and the carbohydrate food which brought on the return of headache should be excluded, as previously treated the diet.

Headaches due to protein intake may be as frequent or more frequent than those resulting from an excessive carbohydrate intake. Dr. Brown of Mentone, France, says that all nitrogeneous foods—animal or vegetable—contain potential poison and if the metabolic capacity of an individual is insufficient to deal with the poison of the particular protein concerned, then certain manifestations occur, of which headache is the most common. These manifestations or results may be slow in developing as in nephritis, or they may be sudden as in migraine.

In treating headaches caused theoretically by protein intake, the results are obtained by complete removal of the protein, especially the animal protein, from the diet for several weeks and then gradually adding small amounts of the various proteins. The foods found most potent in producing headaches are meat, fish, poultry, game and extracts in the form of soup and gravies made from them; eggs, milk and cheese; fruit and fruit juices; coffee, tea, chocolate and alcohol and vegetables as tomatoes and mushrooms. This leaves cereals, butter and vegetables which may be consumed freely. Dr. Brown's basic diet is made up of polished rice, butter, toast, green vegetables and water. He states that the results of treating patients on the above diet are usually as follows:

The first week: Many patients respond with an immediate improvement, but a few are worse.

The second week: Considerable improvement noticed.

The third week: In the majority of cases a decided improvement is noticed.

When the headache is distinctly improved on the restricted diet, other foods should be added to the diet slowly, beginning with vegetables, then small amounts of meats once daily. Milk may be used in cooking and different protein foods added from time to time until a tolerance for different foods is obtained.

Soups, meat, fruit and eggs are foods which usually cannot be taken in any quantity. Sweetbreads, mushrooms, chocolate and tomatoes are frequently banned entirely. In some instances, one particular protein may be the only offending one. For example: some people can take coffee, but they can drink tea. In other instances several proteins may have to be eliminated from the diet. A good plan to follow is to suspect each food until by the experience of the individual they have been proven harmless.

In general, a fairly generous diet may be taken if certain offending proteins are omitted and the diet kept fairly low in protein food.

The theory of dilation or distention of the stomach as a cause of migraine is discussed by Janet L. Grogg in the British Medical Journal. She thinks that recurrent attacks of dilation of the stomach cause migraine and suggests the following scheme, which endeavors to return the stomach to the normal physiological condition. Results from the following of her suggestions have been found satisfactory. The plan of treatment is as follows:

Exclude rigidly from the diet:

1. Cakes, scones, biscuits, pastry.
2. Steamed puddings, sponge puddings, cakes.
3. At night:
   1. Alcoholic drinks, fruit salts, sal hepatica, etc.

Allow any of the following:

For breakfast: Porridge, fish, eggs, bacon, chops, bread and butter, toast, marmalade, jam, tea or coffee.

For luncheon: Soup, fish, meat (all kinds), potatoes, marrow, pumpkin, marrow, milk puddings, custard, junket, stewed fruits, baked apples, fresh fruit.

For afternoon tea: Bread and butter, toast and butter, sandwiches, tea or coffee.

For dinner: Soup, fish, meat, poultry, potatoes, marrow, pumpkin, tomatoes, custard, jellies, fruit salad, ice cream, fresh fruit, coffee.

Sleeping without a pillow and exercising in the open air are advised as being of benefit to the patient.

In comparing the above theories of cause of headache to the protein theory, it is apparent that the two theories differ greatly. The above dietary treatment permits a great deal of protein to be included in the diet, while the protein theory permits only a low protein intake. These two theories differ decidedly from the carbohydrate theory.

Medical folks do not agree that any one type of diet is best to use for all cases of headache. This is due to the fact that headaches vary, and the cause must be sought for each person and treated accordingly.

Food does have frequently a causal relation to headache and if foods are carefully selected, many headaches may be relieved; others permanently avoided.
Kinds of China Ware

What are the two main kinds of china ware?

The size of the pocketbook and the number of dishes that must be bought with a given sum are the two main points that must be considered first in selecting china for the home. Roughly, there are two main kinds of china ware—porcelain and semi-porcelain. Porcelain is the name for china and is by far the more expensive.

Porcelain or china is vitrified throughout and so if it chips its broken surface will not absorb dish water. The semi-porcelain, on the other hand, presents a porous surface when broken or chipped, which will absorb dish water and food. It is this absorbent quality of semi-porcelain ware which causes it to turn dark where chipped. Semi-porcelain ware is much heavier than china.

So far as attractiveness is concerned, some of the semi-porcelain kinds are very desirable. Among those of attractive design and color are: The Wedgewood, Royal Doulton, Spode-Copeland and Willow Ware. These dishes are above medium in price and need to be cared for carefully to prevent chipping and cracking.

An excellent dinner set of dishes may be secured in American made china. These are cheaper than Haviland or Bavarian, but will wear much better for general use and are good looking.

One need not buy a regulation set of dishes unless that many are needed. For instance, a luncheon size of plate may serve in place of both the lunchon and dinner plate sizes.

An Aid in Pressing

When pressing seams on wooden material, what may one do to prevent impression of the seams showing on the right side of the garment?

Pressing over a soft pad or slipping a slip of paper between the seam and the garment on the wrong side will eliminate this difficulty.

Selection of Dishes

What dishes should be selected if one wishes to set an attractive table and at the same time buy a minimum number?

A suitable number of luncheon or dinner size plates, bread and butter plates, salad plates, dessert plates (dessert plates and salad plates may be the same size), sauce dishes, cereal dishes, cups and saucers and drinking glasses.

And also serving dishes such as extra plates for bread and cake, a platter, two vegetables dishes, a water pitcher, a cream and milk pitcher and a sugar bowl.

Before you make your final decision, ask your merchant to have a table set for you with all the dishes you wish. This will satisfy yourself about the size, shape and decoration. Too much decoration will tire you if you have to use the dishes for every purpose.

The shape of the dishes is important, also. Notice if there are indentations in the inside of the cream pitcher or sugar bowl. Notice if it will be difficult to keep the dishes clean around the handles. All these things count when one is selecting china for the home.

Efficiency in Pans

For heating, shallow pans with straight sides and well-fitting cover are the best and will make the most efficient use of heat.

For mixing are recommended deeper pans with smaller, conical bottom. The conical bottoms make it possible to mix small amounts of material that could not be mixed in a large, flat-bottomed pan.

A Recommended Book

How many have had the privilege of reading and studying the book, "Art in Every Day Life," by the Misses Harriet and Vetta Goldstein, published by the MacMillan Company?

What are some suggestions which may either conceal or emphasize fleshiness?

Don't wear tight clothes, is the first admonition to the buxom, for it emphasizes size. Long, unbroken lines give the appearance of height. Folds, pleats, tucks, stitching and other trimmings which run from shoulder to hem are good.

Horizontal lines make one look broad and for this reason fleshy folks should avoid wide belts, tucks or trimmings that run around the blouse. Tunics and blouses with separate skirts are likely to give this same effect. It is also well to avoid trimmings on the upper parts of the sleeves and the sides of the skirts. Buttons, pockets and panels also make the fat one look fatter. Avoid fussiness in design. Stick to the loose fitting, plain dress, with unbroken lines. Use soft colors and avoid fancy shoes and hose, for they were created for the slender woman.
In Defense of the Boston Bean

(Continued from page 11)

And that brings up the thought of our typically northern buckwheat griddle cakes, which, try hard, on the marriage must be accompanied by maple syrup or by clover honey. Another favorite hot bread with us is graham bread, which grows exclusively in the North and so is not to be had except in the North. I do not know of any hard wheat that has grown in the South, when people discuss the merits of pumpkin pie, you may know they are not just as much in the South.

I shall not go at length into the subject of New England desserts. Indian pudding, a corn meal dessert which my grandmother flavored with ginger, is one of the oldest. And that brings up the thought of our grandmother's interiors and you have a piece of history. The Saturday baking in Yankee homes, which resulted in rows of brown crusted loaves of white and graham bread, flanked by pans of "light bread" and cinnamon rolls, is fast giving way to the baker's products—poor makeshifts, which therefore will last longer and are well made. Perhaps we need only to know each other better, and that is one reason why I have chosen to place my Boston baked beans and brown bread alongside Mrs. Brown's spoon bread and turnip greens!

How to Select Kitchen Knives

(Continued from page 6)

with a sharp knife, as a coarse grained one will wear away the metal of the knife very quickly, thus shortening its life. It is well to run the knife over a steel after having used a grinder of this type.

Another sharpenner which gives good temporary results has two sets of steel disks, which clamps to a shelf. There is also one which has two sets of wheels placed opposite each other. These wheels are turned by means of a handle. The knife to be sharpened is inserted between the revolving emery or carborundum disks. In choosing one of these, decide on one having a fine grade of emery or carborundum, as a coarse grained one will wear away the metal of the knife very quickly, thus shortening its life. It is well to run the knife over a steel after having used a grinder of this type.

Another of the same type has screw holes so that it may be securely fastened to the wall or shelf, which is most convenient.

CARE AND STORAGE

No knife, no matter how good, will keep its sharp edge if it is mistreated by being put carelessly into a drawer with other tools. There are many devices which will prevent this. If the man of the house is at all handy with tools, he can fix a section of the kitchen table drawer with a slotted piece of wood so that the blade of the knife will have its own place. Of the small amount of time used in putting each knife into its place is saved by having sharper tools whose edges do not have to be refinished so frequently and which therefore will last longer and give better service.

A rack might be placed on the wall above the working surface with a place for each knife. (See View II.) Some knives may have a small screw eye in the end by which they may be hung on nails conveniently near the space they are to be used.

A strap of leather tacked to a board in such a manner that there are loops between the tacks just large enough to hold the knives makes a convenient holder.

Another method is to use two small strips of board. These may be fastened together so that there is just room enough between them to slip the blades of the knives into the space left.

Cutting devices which also need care are the vegetable slicer or cabbage cutter, fruit corer, chopping knife, food chopper, soap shaver, pineapple eyeer, strawberry huller, kitchen shears, can openers and fish scalers. As these tools are more difficult to sharpen than those previously mentioned, it will be well to provide places for them so their edges will not become dulled or easier to keep them sharp than to sharpen them later.

It is interesting to note that the knives we use in the kitchen are a development of the hunting knife and sword. Knives were not used by each individual until a little over three hundred years ago, when for quite a long time each person carried his own set in a case at his belt or girdle. The first knives were fashioned of bamboo, shell, then copper, bronze and a mixture of tin and copper. The industry has grown until today, each little process in the manufacture is highly specialized. These processes include forging the blade, heating and tempering, grinding, polishing, assembling, honing and finishing.

If each piece of equipment or each tool in your kitchen could tell you something of its history and manufacture, you would hear some wonderful interesting tales and I am sure it would give you a great deal of respect for the little paring knife. I hope you will treat it as I do, that is a loving of time, patience, energy and money to follow the few simple suggestions which have been stated here.

"I live not in myself, but I become a portion of that around me."—Lord Byron.

"The beautiful rests on the foundation of the necessary."—Emerson.