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Home Economics Research at Iowa State

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Effect of Cleaning and Pressing of Garments

The statement made by the dry cleaners that cleaning and pressing of garments are means of preserving the life of the material seems to be true, according to a recent study of Miss Marion Etta Griffith on "The Effect of Dry Cleaning and Pressing Upon Woolen and Worsted Materials Used for Men's Suits."

"In no case was there any decrease in bursting after dry cleaning nor was there after ten cleanings," says Miss Griffith.

Two methods used in testing the materials were the bursting and breaking methods. In the bursting method the material was placed on the circular face of a tripo-d of the Mullen tester and the upper wheel turned to the left, fastening the material securely over the rubber bulge which is forced up by pressure exerted by turning the hand wheel continuously to the right at a speed of approximately two revolutions a second until the material breaks. The gauge recorded the bursting pressure in pounds per square inch.

In the breaking method, strips of material of a definite size were placed in a Scott Universal tester and strained to the breaking point.

Of the four types of materials tested, serges had the highest bursting and breaking point. This is perhaps due to the quality of the fabric and the construction of the yarn. Tweed and mixture were next and flannel tested the poorest. This is perhaps due to the short length of the fiber.

Points to be considered in choosing men's suitings, says Miss Griffith are:

- See that the fabric is firmly woven and the poorest. This is perhaps due to the quality of the fiber and the construction of the fabric rather than price are the best guides to wearing quality.

Dietary Study in a Home Management House

SHERMAN'S recommendation for apportioning 20 percent of the budget among each of the five classes of food: eggs, milk and milk products; cereals; vegetables and fruits; sugars and meats, has been established as a desirable standard in food buying. Whether menus planned in compliance with these rules are proving nutritionally adequate and safe for home or institutional use is a problem which has rather recently begun to receive consideration.

At the request of Miss Ruth Lindquist, professor in household administration and director of the home management houses, a dietary study of the menus so planned by senior girls in the Mary B. Welch house, was undertaken. The research problem for her master's thesis was to "study the effect of lettuce on weight and the quality of the fiber and the construction of the fabric rather than price are the best guides to wearing quality."

Effect of Shoes on Feet

Only 28 of the 311 high school and junior high school girls examined had shoes of the correct length, 14 had shoes of the correct width and 289 had shoes both to short and too narrow," says Mrs. Maude Eastwood Little in a recent study of "Study of the Effect of Various Types of Shoes on the Feet of the High School Girl."

Mrs. Little, with the assistance of the school nurse, another nurse and teachers, made a study of the feet of the girls of the junior high school and high school in the Ames public schools, and also a study of the shoes worn by these girls.

The most serious foot defects are among the high school girls. Out of the 311 girls tested, 13 had flat feet, which means that both arches have fallen. The cause of the frequency of this defect was in most cases due to wearing shoes too short and narrow and in some instances are due to high heels. Far more pumps and strap pumps are worn by the older girls than the younger girls, indicating an increased interest in appearance and a willingness to sacrifice comfort for fashion. A calloused condition of the feet, more prevalent in high school girls probably due to the fact that they wore this type of a shoe which usually has thin soled shoes probably making it easier for the feet to be injured.

Some points to be considered in choosing shoes for a high school girl, says Mrs. Little, are: "For school wear, choose oxfords; shoes with broad toes and low heels; shoes of correct length and width, that is, sufficiently long and wide to insure comfort and freedom of movement; choose a shoe with a flexible arch; in general, buy shoes of leather; avoid pumps with high heels and short vamps; avoid shoes with narrow pointed toes, and always have shoes properly fitted at the time of purchase."

Research at Iowa State

Do you realize the amount of research in Home Economics that is being done right here at Iowa State College? At least 32 major problems in research have been completed by the graduate students in Home Economics this year. In Foods and Nutrition, nine have been completed; in Applied Art, four; in Textiles and Clothing, six; in the Home Administration, three; in Institutional Management, two and in Vocational Education, six. In addition to these problems done by graduate students, faculty members have done some studies, and at least 15 minor problems have been studied by undergraduate students.