Mrs. Scott Takes a Vacation

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Mrs. Scott Takes a Vacation

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"Mother, did you read about the camp these farms are having in Ringgold county?" asked Marian glancing up from the paper. "It says it's just for mothers. You better read it and see if you would like it."

"Yes," said Mrs. Scott, "I heard Mrs. Carroll say she was going, but I couldn't go because I must take care of the chickens and the garden. Besides there's the cooking and cleaning and washing to do, and, if I leave something might happen to some of you, and too, it would cost so much."

"But Mother, read the article and see what it says," Marian insisted.

Mrs. Scott read the article:

"From Tuesday until Friday of this week, a recreation camp will be held for farm women of the county. It will be at Sunny Point, and every mother is urged to attend.

The routine program will be one third of the day for education, one-third for recreation and one-third for rest. During the educational period, trained leaders will give instruction in crafts, millinery, dressmaking, permanent patterns, beautifying the home, cooking and diet demonstration, height of working devices and a demonstration of brooder houses.

The recreation period will be given over to swimming, picnics, campfires with songs, recitals of poetry written by the women and one evening for stunts originated by the campers."

Mrs. Scott stopped reading and said, "Now, Marian, this would be a nice vacation than going to visit Aunt Josephine's, when they have so much work, we always feel we must help, and we really have no rest at all. It says--'

'This movement of camps for farm women was first started eight years ago, when a Montana farm woman asked the home demonstration agent whether it would be possible. Today, three-fourths of the states have camps for farm women, supervised by the extension departments of state agricultural colleges with the extension department of state agricultural colleges with the assistance of the home demonstration leaders of the different states and the cooperation of the United States Department of Agriculture. In 1926, 141 counties held camps of this kind.

"One of the most important discoveries of this generation is the value and importance of play in life. The purpose of these camps is to give the farm women a chance to play, something new and interesting to think and dream about while washing dishes and making the beds, to give her rest and diversion, recreation and learning, and to give her an opportunity to see new faces. It aims to broaden her vision of life, give her new energy, so she will be ready to help in the community work, and in general, to make a higher standard of living.

"The cost will be 50 cents to $1 per person, per day. This should not keep any mother from attending. One mother decided, since her husband used $1 per month for tobacco she could use $3 or $4 for a vacation. The cost is reduced also, when staples such as bread, potatoes, cakes, and eggs are brought from home."

"My, just think," burst out Mrs. Scott, "I could take a quart or two of the strawberry preserves I made last week, besides some butter."

She continued, reading to herself.

"The meals are usually planned by the home demonstration agent and prepared by a hired cook, or by the women, who take turns preparing them. The meals are often served cafeteria style. In this way the women have the food without always having to prepare it. There is no grumbling if the food is poor, but instead it is usually an occasion for considerable humor. Besides, there is the recreational value of watching others work.

"Rules of the camp are not very string­

The first, which is strictly enforced, is that no babies, children or young girls are allowed, but only mothers whether they are 20 or 80, from the youngest matron to the oldest grandmother. They shall bring their own bedding, make their own beds and help keep the grounds clean. All are requested to use first names instead of saying Mrs. James or Mrs. Smith."

Mrs. Scott put down the paper and thought how nice it would be to go. She had had no real vacation alone, away from the children, for 17 years, since she was married. Just then the telephone rang. It was Mrs. Carroll. She said she was driving to the camp the next morning and would take her along, if she could go. Mrs. Scott thought for a minute. If Mrs. Carroll could leave why couldn't she? If she should die suddenly they would have to get along without her, so why not for three days? She told Mrs. Carroll she would go.

Mrs. Scott went to the camp for the three days. She felt like a girl again. They were all having such a happy time. When they were away from the men and the children, they threw off their poise and enjoyed themselves. She came home refreshed, with an inspiration for doing many new things she had learned. Her

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New Ideas

Margaret Marnette

(Ed. Note: If you have any perplexing problems (and who doesn't, occasionally!) please feel free to consult this department. Members of the faculty will aid in giving information.)

Did you know that the biggest berries are not always the best? That is why we should not overlook the strawberries which are medium or even small size. A small berry will be sweeter and is often better suited for our purpose than the large, flavorless berry. Did you ever try smel­ling berries when purchasing them? A fresh berry will smell of dew on it. The two or three-day old berry will smell over-ripe and taste more tart.

Have you ever tried peeling the spines from pineapples to test for ripeness? They should be brown and come off easily.

Wouldn't you like a new salad dressing for Friday salads? This Italian fish dressing may be your goal: Make an emulsion of one-third cupful of olive oil and two tablespoons of vinegar. Add one hard-boiled chopped egg, one-half teaspoon of salt, one-fourth teaspoon of pepper, one-half teaspoon finely minced onion and three minced sardines. This is excellent on lettuce, tomato or cauliflower salad.

Did you know honey and sour cream were delightful when beaten together for a salad dressing? Use one-fourth cup of honey to three-fourths cup of thick sour cream, one-fourth teaspoon of salt and one-half tablespoonful of lemon juice. This is a fruit salad dressing.

When buying colored material, do you look for the guarantee of fastness? A color should be carefully washed and dried, but if your material fades you are justified in returning it to the dealer. Manufacturers are still working to perfect their dying methods.

Did you know that Turkish towels are always made from cotton, and their most common defects are tendency for the pile to pull out, and failure of the background threads to withstand the strain? This is why you should examine the selvage for a firm edge which will withstand laundering, count the filling threads between each set of loops, and try to untwist a loop of the pile thread. If you cannot untwist it, you will be buying a single ply towel which will give poor service.

The pilot burner on your gas stove may be used to save gas. It is wise to keep a teakettle of water over it for emergencies. Never turn a gas burner so high that the tips of the flame more than touch the bottom of the cooking utensil.

Have you ever added a tablespoon of (Continued on page 16)
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family appreciated her more and she had many new things to give them. She felt she was actually doing her part better than ever before.

"To know what you prefer, instead of saying amen to what the world tells you you ought to prefer, is to have kept your soul alive."
—Robert Louis Stevenson.

STATIONERY
for the
Particular Person
"Eaton's Best"
Student Supply Store
Next to Theater

SALE ON!
Our Semi-Annual
CLEARANCE
SALE
Starts May 22
Don't Miss!
TRUEBLOOD'S
Campus Town
"Down Where the Florsheim Shoe
Sign Shines"

What the Graduate May Do
(Continued from page 1)

institutional training may operate her own tea room, cafeteria, or catering service.

Department stores are using home economies trained women in their personnel work and as managers of various departments and as personnel representatives. Due to the constantly increasing importance of the style element in all types of merchandise, it has become necessary for progressive stores to employ women trained in art and clothing and household furnishings to tell the style story to the public, the salespeople and the rest of the store. There is good opportunity for advancement along those lines but it does require many years of hard work. There are also a few positions open to women trained in chemistry and textiles and manufacturing companies are seeking women with applied art training as designers.

The day has passed when a man can act as home economies editor of a paper or magazine and it will soon not be possible for a woman who has not had home economics training to do such work. Magazines and many newspapers are employing trained women to head their home economics departments. Milling companies are employing women trained in journalism and home economies who are capable of writing news stories about nutrition and diets for newspapers and magazines. Manufacturing organizations are seeking women with journalism and home economics training to work in their publicity departments. Meat packing companies employ women who have had training in experimental cookery to work in their experimental laboratories and assist in their advertising campaigns and radio work. The field in journalism is unlimited to the home economics woman who has thorough training in journalism and who has ambition and the capacity for hard work.

It is still true that the largest number of home economics graduates enter the teaching profession. There is a wide variety in the opportunities open to teachers—in vocational homemaking courses, in high schools, in settlement and Y. W. C. A. classes, and in colleges. College teachers are usually specialists in some one phase of home economics and demand specialists' salaries. The Home Economics Placement Bureau receives requests for candidates for such positions from all over the United States and from some foreign countries.

A general training in home economics is preparation for the practical application of all these subjects in homemaking. The successful administration of the home, whether it be for the family or for the larger institutional group, depends upon the wise expenditure of time, money, and effort, the maintenance of healthful and comfortable home conditions, and an appreciation of the importance of the family and the home and their relation to the rest of society. Eighty percent of home economics graduates marry within four years after leaving college.

The Red Cross Nutritionist
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of nutrition, as well as of the social and medical points of view. Added to this, the Red Cross Nutritionist must be an able organizer and teacher, capable of adapting herself to all groups with which she works—pre-school and adult as well as school.

The field of Red Cross Nutrition Service is an expanding one, and the work grows slowly, as a real integration in community life. In the Midwest during 1927-28 all of the 15 itinerant programs were repeated. This year 15 itinerant programs have been returned, and of this number 11 have been carried for 3 or more years, indicating efficient organization effort. By June of this year, 30 Red Cross Nutrition Services will have been completed in the Midwest. The organization is making substantial strides forward in this greatly needed instruction, and those interested should communicate with Dr. Marietta Echelberger, Assistant National Director, Nutrition Service, Midwestern Branch Office, American Red Cross, St. Louis, Mo.

Equipment Short Course

Latest developments in gas and electric household equipment will be shown and demonstrated to about 100 women equipment demonstrators and promoters in the third annual household equipment short course at Iowa State College, May 27 to June 1.

All demonstrations and lectures will be open to the public, according to Mrs. Vivian Brashear, head of the household equipment department. A number of women in and near Ames are expected to visit the classes as well as the professional demonstrators.

Head-liners on the program include Miss Eloise Davison, National Electric company, New York, former head of the Iowa State College household equipment department; Miss Mary Barber, home economies director for the Kellogg company, Battle Creek, Mich.; Miss Lucile Harris, home economies director of the Kansas Gas and Electric company, Wichita, Kan., former student at Iowa State; and Mrs. Fred Weitz, Des Moines, editor of the Iowa Clubwoman.

Leading household equipment manufacturers plan to have exhibits of their latest developments at theshort course, according to Mrs. Brashear. Those attending the course will actually use the equipment in various experiments in an attempt to acquire the housewife's point of view.