Watch out for Measles

Elizabeth Armstrong
Iowa State College
at the Fayette County Fair. The gavel remains the property of that club for one year, after which it is returned for a new award.

WANTED—AN ALL-DAY TEA

Girls who attended the tea at the home of Mrs. Josephine Arnaquist Bakke on Friday evening, Feb. 28, decided they would like to hold a tea that would last all day so that they would have a chance to see the seemingly unlimited supply of things that Mrs. Bakke brought back from her European trip last summer.

The tea was the regular winter quarter meeting of the Campus 4-H Girls' Club. The girls drank tea together—or rather a spicy concoction of hot gingerale and "suhed" and "ahed" over the linens and embroideries and quaint articles that Mrs. Bakke has collected.

A short business meeting was held, at which a sample copy of a year book of the club for 1929-1930 was presented. A feature of the book is the appearance for the first time of an emblem which has been adopted by the campus club—the regular 4-H emblem on an outline of the campanile. Enough copies of the year book will be made so that all campus 4-H girls may get a copy from the club office in Morrill Hall.

Julia Bourne, president of the club, appointed committees to make plans for the annual spring breakfast which will be held in May. Officers for the new year will be elected at that time.

RADIO HOUR

On the first Saturday of each month, Iowa 4-H girls tune in on their radios and get the latest club news from the state college.

Mrs. Edith Barker had charge of the program this month. Oscar Hatch Hawley, associate professor of music at Iowa State College, completed his talk of the previous month on the instruments of the orchestra. He discussed the percussion instruments specifically. He also gave a talk about operas in general, giving the themes of some of the different operas, with the idea of helping the girls to know not only the opera "Martha" which they are studying this year, but to have a knowledge of opera in general.

Mrs. Barker, in her "4-H News", emphasized the importance of the training schools which are now in progress. "The success of the 1930 club year depends on perfect attendance at these schools," she said.

Mrs. Barker played two records from the opera "Martha"—"Lost Proscibed," "Humble Stranger," and "The Porter Song."

The more we sympathize with excellence, the more we go out of self; the more we love, the broader and deeper is our personalty. —Chupin.

Watch Out for Measles

By Elizabeth Armstrong

Sneezles

Christopher Robin
Had wheezles
And sneezles,
They bundled him
Into
His bed.
They gave him what goes
With a cold in the nose,
And some more for a cold
In the head.
They wondered
If wheezles
Could turn
Into measles,
If sneezles
Would turn
Into mumps;
They examined his chest
For a rash
And the rest
Of his body for swellings and bumps.
They sent for some doctors
In sneezles
And wheezles
To tell him what ought
To be done.
All sorts and conditions
Of famous physicians
Came hurried around
At a run;
They all made a note
Of the state of his throat.
They asked if he suffered from thirst;
They asked if the sneezles
Came after the wheezles,
Or if the sneezles
Came first.

—A. A. Milne.

But seriously, from a report of the Iowa State Department of Health we find that measles is assuming serious proportions over the state. Iowa is at present time suffering from an epidemic of measles. In December the number of cases reported reached 683, which is the largest number that has been reported in December for six years.

Why is it we seem to take measles so calmly? We merely regard them as one of the disagreeable but unavoidable things which parallel youth. So many take little precautions to keep their children from contracting the disease. And often they forget the whole incident as soon as the rash is gone, overlooking, if failing to realize, the great number of physical ailments of later life which have their origin in a neglected case of measles.

Measles is highly contagious. The phenomenon of immunity accounts for the fact that the disease runs in cycles of from two to four years, catching the "new crop of susceptibles" as they appear.

Parents should make every effort to protect their children from exposure, for measles is a serious disease and the younger the child contracts it, the greater is the danger of complications. The situation is summed up very well in a report of the Iowa State Department of Health: 'It may be difficult for an individual to escape measles for a lifetime, but it is easy to postpone an attack until after the age of five. After this age the danger of such serious complications as pneumonia is very much less.'

The child with a persistent cough, watery eyes and runny nose should be regarded with suspicion and kept at home. If he is in the preliminary stage of measles he is in a condition to spread the disease to all with whom he comes in contact. A few days will tell the tale, for if he is in for a siege of measles he will be broken out in three or four days. If he does not have them nothing is lost, for he will get over his cold more quickly if he rests and will be in better condition to enjoy work and play when he goes out again.

As soon as the diagnosis is made the warning card should be officially placed on the house by the health officer to give warning to the public of the danger of contracting the disease.

The sick child is, of course, to be kept in bed. He should have a diet of light food such as milk and soft cooked eggs and he should be encouraged to drink large quantities of water. On the disappearance of the cough, fever and rash, the child should be put back on a more nourishing diet of heavier foods. As he gains strength he naturally begins to get restless and anxious to be up again, but for some time he should be kept from indulging in strenuous exercise, which might injure his heart. Two days in bed after apparent recovery is a wise precaution as it lessens chances of a relapse and also lessens the danger of tuberculosis following. For it is known that lowered physical resistance after a case of measles leaves a definite predisposition to this dreaded disease. A physical examination five or six weeks after recovery is a fine way to detect any possible ill effects of the disease in their early stages and thus avoid more serious results which are likely to appear later in life if they go unnoticed.

By following a nation-wide program for curtailment of the spread of measles (Continued on page 14)
Putting Life Into the Living Room

By Mabel Russell
Assistant Professor in Applied Art Department

Have you ever noticed how many people need new furniture in their houses? I mean when you talk with them they tell you how badly they need new furniture. It is usually a new davenport, but the one they want costs a hundred and fifty dollars, or an over-stuffed chair, but the latest style, like the one Mrs. Jones has in her new house costs eighty-five dollars and they simply can't afford it.

In most cases it isn't an eighty-five dollar chair, or a hundred and fifty dollar davenport they need. Twenty-five or even ten dollars would work such wonders in most living rooms that everyone would forget the old furnishings and feel only the charm of the room. The starting place is to bury all sentiment and remove everything from the room which is neither useful nor beautiful. Just imagine it is your living room we are rejuvenating. You might start with the pictures. They are always the most difficult to part with. That dingy, faded print in the tarnished gilt frame with one corner chipped off, and that pale, anemic water color might just as well come down. They add neither interest nor beauty to your room. You'll forget them unless they have their outline on the wall where they hang. If they have, I'd venture to say the walls look pretty bad in other places and it's fresh paper or paint your room needs rather than a hundred and fifty dollar davenport. There are undoubtedly other things you might discard now you have started looking at them critically. What about the soft furnishings? Are they preserved for their beauty or because you spent many hours embroidering them ten or twelve years ago and it seems a shame to throw them away? If you really need pillows buy enough material to cover them all alike, in either plain color or figured cretonne. Be sure you don't get them too light colored, nor too bright colored or they will call too much attention to the old davenport. If your high school daughter has made or acquired a dainty organdy or taffeta and lace pillow, suggest that she might like to have it in her own room. It is an inconsistent put a boudoir pillow on the family davenport as it is to wear hiking boots with a dainty colored organdy or with a pink taffeta dress trimmed with ruffles of lace. As you look around the room aren't there some useful little vases and other objects on the mantel, the top of the bookcases, the piano, or on the reading table which have served their day and are neither useful nor beautiful? That pile of magazines—it has no claim to beauty and most of them will never be opened again. Do you use all that music stacked on the piano?

While you are discarding, let us think about the window shades. You tried rolling the shades clear up or taking them down entirely? In many of the newer houses roller shades are dispensed with, especially in the downstairs rooms. It may be the glass curtains which you will want to discard. Two sets of curtains at your windows are not necessary. If you use glass curtains you do not need overdrapes, or if you use overdrapes you do not need glass curtains. Your husband will gladly help you take them down. He has always felt it a nuisance not to be able to look out of the window. There is often a lovely view or beautiful foliage if one only could see it. If you use drapes, push them well back or loop them back. If for privacy you feel you must use glass curtains, choose some plain, transparent material and hang it in soft folds to cover the entire window. In many houses it is the change of the window attention and the hundred and fifty dollar davenport can wait. But why don't you make a slip cover for the davenport? It takes time and careful work to make one look well and incidentally about fifteen yards of material if there are loose cushions. If in your zeal to discard you decided that old gold cushions you do not need dispensed with, look it over carefully and see if maybe sawing off the rockers and some of the protruding parts would not make it into a simple, straight line chair, which, with sufficient padding, might be easily slip covered. A loose cushion in a chair adds to the comfort and helps keep the slip cover in place. If the slip cover is of plain color a figured cretonne cushion is attractive. If the walls seem bare a wall hanging of unusual design and color might be placed above the mantel or hung on the wall behind a table.

A few glass covers of colored pottery or glass, a lamp or two with simple shades, inviting a new magazine, a bowl of fresh flowers and your room will be so attractive I am sure neither you nor your friends will miss the hundred and fifty dollar davenport.

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(Continued from page 7)

and for the scientific care of the patient, which will evolve a high degree of cooperation between parents and schools, the danger from the disease should be minimized. As a result there would be many less deaths, weak eyes, bad ears, damaged kidneys, weakened hearts and tuberculosis.

—Material released by the Iowa State College Hygiene Department.

NEWS FROM ABROAD

In the busy round of college life, do you ever stop to think of the great opportunities and privileges of the American college girl? Do we absorb, contribute and take away all that we might from our classes? Some of us who have been fortunate enough to become acquainted with our students from foreign lands, learn a little of their background and their desire for education of the finest type, begin to realize just a little more poignant what home economics means.

Mrs. Alma Martin, a former student of home economics at Iowa State College, M. S., '27, writes interestingly of her experiences in aiding the development of home economics in her native land, Estonia.

Upon her return from America, Mrs. Martin began to teach a home economics seminary made up of a group of interested women students. There she had to give her course in two months, which required that she give from six to seven lessons daily. She also wrote many articles for newspapers and magazines and gave several talks on American home and college life. Mrs. Martin says that her students appreciate and feel the need of home economics education as well as the need of higher education in home economics and approve of developing a department at the university. The greatest difficulty lies in obtaining suitable instructors. Mrs. Martin writes, "It is a pity that America, toward whom we are all looking with appreciation is too far and too expensive for our poor students and we can't get them from Europe, and our young and small country."
Curtains—New for Old

ARE you going to entertain the club soon, or are some long expected guests coming to pay that expected visit? Perhaps you're going to have a party. Then you desire that your house shall look its best. Really, there's nothing like letting a special occasion start us when we want to get things done. How can you make your home look smarter? If the window treatments are shabby, you can greatly change the appearance of the room merely by selecting proper curtains.

You know how bare and uninviting a room seems when the draperies and curtains are down during house cleaning time, and the charm of many rooms carelessly planned otherwise, is lost because of poorly chosen draperies. In choosing draperies for the more formal rooms of the house, great care should be taken in the selection of material. If your side draperies are of damask, velvet or brocade, it is appropriate to have the glass curtains made of silk or rayon gauze and laces, while with cretonne, chintz or linen drapes use the cotton materials, such as net, scrim, marquisette, etc. The design and color of the curtains exert a strong influence on the atmosphere of the room. The north room needs warm colors which will give the effect of sunlight. The southern exposure, through which comes a quantity of sunlight, needs softened colors that are restful. The western exposure, besides giving the quantity of sunlight, needs softening materials to prevent glare. The eastern exposure is usually the best light. The eastern exposure, through which comes a quantity of sunlight, needs softened colors that are restful.

If the rug or wall paper is figured, a plain drapery is often the wisest selection, though striped materials often do well in this sort of room. If the curtains and walls are plain, a figured material is always a happy choice for overdrapes—too much pattern gives a confusing effect. The rug may also be patterned if it is inconspicuous in color and design.

Daintiness is usually the keynote of the bedroom. Sheer ruffled white curtains are always attractive. The color scheme of the room may be carried out in various ways, such as colored ruffles, colored bindings, dotted materials or, perhaps, a colored valance.

Kitchen curtains must be made so that they are easy to wash and iron. They are pretty if they are gay in color, but the color should be of the sort that is tub proof. Unbleached muslin curtains bound with a colored scalloped border make a stunning effect in the kitchen.

There is beauty and distinction in the design of cretonnes and all the more appreciable because they can be purchased at a moderate cost. It can be used effectively in the living room, sun porch, breakfast room and dining room, as well as kitchen. Some good housekeepers have two sets of draperies for the living room as well as for the bedrooms, one for winter and the other for summer use. In this case, there is an advantage in having a set to use while one is being laundered and cleaned.

Hanging the curtains affords another problem. If a valance is used, it should hang from a rod of its own placed over the side draperies. Draperies may hang straight to the floor or you may tie them back with a cord or with a cuff of the material. If you have groups of two or more windows, decorate them as one unit, using the draperies at the extreme ends with a valance to complete and tie together the whole group.

Glass curtains should extend to the sill or apron of the window and may either be hung straight or tied back. One wide curtain or two narrower ones may be used. The fullness should be one and a half times that of the window opening.

Window trimmings are so simple to make that even the most inexperienced need not hesitate to undertake it; and there is nothing like new curtains to add new beauty, when you wish to dress your home for spring, fall or any special occasion.

We jest at ease, that never felt a wound—Shakespeare.

All men are by nature equal, made all of the same earth by the same Workman: and however we deceive ourselves, as dear unto God is the poor peasant as the mighty prince.—Plato.

Our doubts are traitors And make us lose the good we oft might win By fearing to attempt. —Shakespeare.

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