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And How They Came-

Elizabeth Flynn
Iowa State College

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"A Garden Is a Lovesome Thing"

By Margaret McDonough

WHY, I'd no idea rock gardens were so beautiful!

"And did you notice that the left side is much prettier because the rocks are all the same kind?"

"Oh, I like this winter scene—and look at the birds—why, there's some quail and a woodpecker!"

These, and similar remarks, well repaid the workers who built the rock and bird gardens in MacKay Auditorium for the Annual Garden Show Short Course held at Iowa State, Jan. 27 to 29.

Three hundred and ten people representing 41 of the Federated Garden Clubs of Iowa attended the show. Of this number, three were country clubs from Warren County. About 90 percent of the visitors were women.

Unusual displays featured the entire show. Guests were particularly interested in Wednesday morning's program when the construction of shadow boxes, miniature gardens and table decorations was actually demonstrated by the speakers.

Wednesday afternoon Prof. C. V. Hol-singer, extension specialist in Horticulture, presided over a meeting at which plans and progress of Garden Clubs were discussed. All phases and problems of the organizations were presented by the different speakers. Prof. F. H. Waugh, guest speaker, who is head of the Horticulture and Landscape Architecture Department at Massachusetts State College, spoke on "Planning the Small Home grounds."

Everyone realizes the importance and pleasure a child takes in having his own little plot on which to work. This point was emphasized in the speeches Thursday afternoon. Mrs. Fa.e Huttonlocker, the Cousin Marian of the Junior Garden Club page in Better Homes and Gardens, spoke on "Training for Leadership." Children from the grade schools in Ames, and from the Nursery School presented a short program.

Throughout the country, garden clubs are beginning to be recognized for their great civic worth and helpfulness. Attractive homes are enhanced by beautiful surroundings and it is the purpose of the garden clubs to arouse civic pride and encourage the spirit of competition. What person does not enjoy driving a guest around the city and pointing out the beautiful homes and parks? The beauty and influence of gardens has been printed and sung since time began, in every known language. To flowers have been attributed qualities people would like to possess. It was Low Sarett, one of our contemporary poets of nature, who said:

"Hollyhocks, hollyhocks! What should I do Without the morale Of a troop like you!"

People who realize man's need for a place in which to weep, to laugh, to love and by guy make gardens. And the more people who become interested enough to form garden clubs and to cultivate beautiful spots, the more happiness and contentment there will be in that community; for man loves beauty.

"The Little Kitchen Garden"

By Dorothy Giles

The first of the month brings not only bills, but also seed catalogs, and how thrilling they are! The flowers are pictured in the gayest colors, while even the onions are made to look attractive in their shades of green and yellow.

The first catalog inspires one to make a garden, and with the arrival of one or two more, each with gayer illustrations, no one can evade the desire, so a garden is planned.

This little book, one of a series on the subject, "Gardens," is very informative in regard to vegetable gardens, and flowers that are nice to be planted about and in them. At last we may learn how to grow vegetables yet have them disguised by flowers!

—Reviewed by Anafred Stephenson.

And How They Came—

By Elizabeth Flynn

The 30th annual Farm and Home Week descended upon Iowa State campus with more enthusiasm and interest than ever, if enrollment can be used as an index. There were 34,366 visitors on the campus during the week of Feb. 4 to 7, 794 more than were registered last year. This year 1,009, or 29 percent of the visitors were women.

Farm and Home Week was started in 1924 and is made up of conferences between farmers and homemakers with members of the college faculty and with visiting experts, on all phases of farm life. For 24 years before this time the people of Iowa gathered here for an annual short course program.

This year the slogan of the campus hosts seemed to be, "Ask me another." If a mother wanted advice about bringing up unruly Johnny back home, she sought out meetings of the Child Development or Psychology Departments. If some other homemaker had a new kitchen and wanted to know the latest in furnishings for that room, she attended a lecture on kitchen units.

Food problems of all kinds were discussed from every angle. Art and its application to the home was the subject of several lectures and conferences. In fact, everything from "egg marketing" to "the theater in the country" was discussed.

Some of the prominent speakers to the homemakers were: Dr. Alfred G. Arnold, North Dakota Agricultural College, Fargo, N. D.; Catherine Cleveland, Cotton Textiles Institute, New York City; W. E. Coughlin, Celanese Research Association, National Association of Dyers and Cleaners; Dr. Amy L. Daniels, Child Welfare Research Station, University of Iowa, Iowa City; Marietta Eichelberger, Assistant in National Division of Nutrition Service of American Red Cross, St. Louis, Mo.; Ella Gardner, Recreation Specialist, Children's Bureau, Department of Labor, Washington, D. C.; Sally Luens Jean, Health Education Consultant, New York City; Mrs. Elizabeth Macdonald, Educational Division of the Fridigaire Corporation, Detroit; Mrs. H. W. Spaulding, State Inspector for Women and Children. (Continued on page 13)
was left a widow and mother of five children.

She then turned naturally to the field of home economics, her early training and experience having fitted her to appreciate the practical value and social significance of the ideas being formulated by Mrs. Ellen H. Richards and her associates, and began a period of studying, teaching and lecturing. Her graciousness, generosity, good sense and wide vision made her a welcome and outstanding figure at the first Lake Placid conference.

In 1905 she began her work at the University of Chicago, where she was assistant professor of household administration from 1904 to 1913. Then followed an interesting year of pioneer experience as diettian of Cook County (Illinois) institutions. Her summers she spent mainly at the school of domestic science at Chautauqua, N. Y.

**VARIED experience and good judgment were only a few of the qualities possessed by Mrs. Norton which made her the logical person to fill the place of editor of the Journal of Home Economics left vacant in 1915. Under her editorship the number of issues increased from five to twelve a year. The magazine increased in size and attractiveness but lost nothing of its scientific-professional character.**

In 1921, Mrs. Norton accepted the invitation to establish home economics courses in the Constantinople Women's College and spent two and a half years there demonstrating the value of home economics to her near Eastern students and to local hospitals and welfare workers.

From the point of view of every home economist person but most particularly of the girls who live in the house named in her honor, the most significant thing about Alice P. Norton is that in the midst of all her active professional career, she still found time to be a successful homemaker and companion to her children. She has demonstrated her own ability and set a goal for others to work for in translating theory into practice and in distinguishing essentials from non-essentials in everyday life.

As her friend Anna Barrows has said, “Mrs. Norton lived home economics.”

T**he color and quality should be an important factor in considering the selection of fish oils for their vitamin A and D potency.**

**One to the fact that cod liver oil is coming more and more into use because of its two-fold nutritive value, the vitamin A and D content, it seems necessary to find more available sources of vitamin in our own country.** It has been found that salmon, eelfish and many other common fishes used in the home for food contain body oils as high in vitamin A and D potency as the liver oil of the cod.

We now have on the market fish oils other than cod liver oil which are as pure and contain as high content of vitamin A as the cod liver oil. One can usually distinguish the good and bad oils by the color; those rich in A content are a golden straw color free from any foreign matter, while those that are darker in color are shunned. The vitamin A potency of any given brand cannot be determined, except for that particular lot under investigation, as the content varies from time to time as it is made.

When comparing the characteristic “fishy” flavor of cod liver oil with that of other fish oils, there seems to be little difference in the ease with which people accept the different varieties. Authorities discredit the belief that a person may have a natural aversion for fish oils. It has been found that children started on fish oil in the first few weeks of life, seldom develop a distaste for it later.

**Farm Week Tops Scale**

(Continued from page 19)

Department of Labor, Des Moines; Dr. Frank H. Richardson, Children's Clinic, Black Mountain, N. C.; Dr. George D. Stoddard, Director, Child Research Station, University of Iowa, Iowa City; Dr. C. J. Galpin, Head of the Division of Farm Population and Rural Life, Bureau of Agricultural Economics, Washington, D. C.; Dr. A. H. Ryan, Head of Hoover Research Laboratories, Chicago; and Clara Gebhard Snyder, U. S. Egg Society, Chicago. There were also important Farm Bureau members here who were on the programs, as well as members of the college faculty.

A brave endeavor To do thy duty, whatever its worth, Is better than life with love forever And love is the sweetest thing on earth.

—James Jeffrey Roche

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