1932

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Ruth Hansen

Iowa State College

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Recommended Citation

Hansen, Ruth (1932) "Studying at Merrill Palmer...," The Iowa Homemaker: Vol. 12 : No. 9 , Article 5.
Available at: http://lib.dr.iastate.edu/homemaker/vol12/iss9/5

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THE IOWA HOMEMAKER

Studying at Merrill Palmer - It's Good Training

By Ruth Hansen

The author of this story is one of two senior students in child development to win scholarships to Merrill-Palmer winter quarter. Miss Hansen and Jane Heynen, the other Iowa State representative, will return next month.

We live on a slightly cooperative basis. We plan menus, set the table, cook our own breakfasts, dust our own rooms occasionally, and buy flowers, but the duties are never as heavy as they are in any of the Iowa State home management houses.

Our work in nursery school consists of a full semester. Others will study at Merrill-Palmer for four months.

PEANUTS! No, nobody is going to try to sell you a bag or to sing the "Peanut Vendor" to you. But we are going to tell you a few things which you perhaps didn't know about peanuts and their use in the diet.

According to the Bureau of Home Economics of the United States Department of Agriculture, peanuts are an excellent investment for food value. They are cheap and filling, and very nutritious. Furthermore, they may be used in all sorts of interesting ways in the menu. The peanut—or goober pea, as it is sometimes called, is a crop of our southern states. As the name suggests, it is related to the common pea and belongs to the legume family. Like its relatives, the bean plant and the pea plant, the peanut plant is useful in all its parts. Its roots fertilize the soil, as the cow-pea does. Its stalks and roots are used for hay. Its nuts, which are really peas, are used as food and as a source of oil—sulphur oil, oil for preserving sardines and other foods, oil for lubricating fine machinery.

The peanut vine behaves differently from the vines of beans and peas. Its young pods point downward on their stalks and bury themselves in the soil to ripen underground, and eventually to be harvested as the familiar peanut in its shell.

Peanuts come from several different countries as well as from the southern states. They grew in South America, Africa, India and Manchuria. In fact, the plant was introduced into southern North America from tropical America in colonial times, but it had no commercial value in the United States until the Civil War, when the soldiers discovered its sustaining power as food.

During the year 1921 more than two million pounds were gathered for use—some fresh roasted, others salted, some for peanut butter, and some for peanut oil. This was almost four hundred million pounds more than the yield of the year before and more than for any previous year. Peanuts are a good investment in food value because of their high content of protein, fat and of vitamin B.

A pound of whole peanuts contains nearly half a pound of fat and nearly one-fourth of a pound of protein. Both the oil—or fat—and the protein are of very high grade and easily digested.

THE peanut can do a deal to aid the economy diet. For young children peanut butter is more digestible than whole or ground peanuts. But ground fresh-roasted peanuts mixed with a little cream or with salad dressing, make a good sandwich spread for a school lunch. You can use this spread by itself or with lettuce or a thin slice of raw onion. Peanut and onion make an especially good filling for a sandwich of whole wheat or rye bread.

Ground fresh-roasted peanuts are good creamed and served on toast for dinner. Fresh-roasted peanuts, either chopped or whole, have many uses in salad. Cabbage and peanut salad is a favorite. So is apple and peanut salad. A banana rolled first in mayonnaise and then in chopped (Continued on page 14)