A Real Home Project...

Grace Raffety
Iowa State College
Alumnae Echoes . . .

. . . news bits from the front lines

DORIS VECKER, '32, has completed her dietetics internship in the Children's Department of Cook County Hospital.

Lydia Whitehouse, '32, is employed in the Main Department of Cook County Hospital.

Louella Shoer, '30, who was in charge of the Atlantic and Pacific Tea Company experimental kitchen at A Century of Progress, is now doing experimental work in a New York City laboratory.

Dorothy Spence, '33, is assistant manager of Plaza Snack Shop of the Milburn Green Cafeteria in Kansas City.

Alice L. Thayer, '24, is assistant to the chief social worker in Laclede Parle County, Minn., with headquarters at Madison.

Maurine Marquart, '33, is social case worker in Reno County, Kan., with headquarters at Hutchinson.

Helen Thompson, '31, is now manager of the Austin Y. M. C. A. Cafeteria in Chicago.

Dorothy B. Anderson, '30, is in charge of the employees' cafeteria in McCrady's Department Store, New York City.

Ruth Ellen Lovrien, '33, is society editor of the Cherokee Daily Times. She writes that she likes her position very much and finds it much like her work on the Iowa State Student last year. Viola Wright, '31, is city editor of the Times.

Kathleen Vaughn, '30, Prudence Gronlund, '31, and Lucella Kohstedt, '25, are employed in the tearoom at the Carson Pirie Scott Store, Chicago. Miss Vaughn is kitchen manager of production, and Miss Gronlund is hostess.

Mary Jenkins, '31, and Freda Emery, '32, are employed in the Candy Box, Chicago.

Carolyn Clausen, '33, is assistant to the dietitian of the Lutheran Hospital in Fort Dodge.

Julia Meter, '32, is teaching home economics at Limeville.

Helen Smith, '28, is now dietitian of the Altadena, Calif., hospital. Miss Smith was formerly dietitian in the American Legion Hospital at Twenty-nine Palms, Calif.

Thelma Lowenberg, '32, has been employed for two years as social case worker in the Providence section of St. Louis.

Marie Krause, '29, formerly with the Cook County Board of Welfare in Chicago, is now dietitian at Mt. Sinai Hospital in Philadelphia, Pa.

Charlotte Kirchner, '21, is the home demonstration agent at Blue Earth, Minn., having taken the position left vacant by Helen Kallenberg, '28, who is studying on a fellowship at Cornell University this year.

Josephine Burkett, '30, is home demonstration agent in Brown County, Minn., with headquarters at Sleepy Eye.

Helen R. Hunt is in charge of the diet kitchen of the Wilson Memorial Hospital, Johnson City, N. Y. Miss Hunt writes, "Whenever you mention Iowa State, people look up with interest and ask questions. Of course, I tell them all I can."

Inez Kaufmann, M. S., '32, is supervising student teachers from the University of Alabama, who teach in the Northport, Ala., private high school.

Nell E. Dearmont, M. S., '32, is teaching at Necoana, Tex.

Blanche Dunn is teaching in the Hurley, N. M., high school, where she has a boys' class in home economics.

Margaret Liston, '27, M. S. University of Missouri, '33, is doing Purnell research for the Vermont Agricultural Experiment Station, Burlington, Vt.

Elizabeth Borgman, '32, is in charge of kitchen management and meal planning in a sanitarium for tubercular Indian children at Winslow, Ariz. The sanitarium is on a government reservation.

A Real Home Project . . .

By Grace Raffety

PLAYING dietician, seamstress and nursesmaid last summer influenced me to major in child development and to plan to have, some day, a nursery school of my own," Marvene Howes, home economics sophomore, who for three months acted as a governess to a wealthy family of Miami, Fla., stated recently.

"My first job while living with the family at the Chicago Bench Hotel was to take the children to the World's Fair every day. Honestly, I don't believe there was a thing on the grounds that we missed," said Miss Howes. Each of the children had his own allowance beside that which Miss Howes was allowed for him. They generously bought souvenirs for many of their friends.

"Bobbie, aged three, was very good to hang on to my hand most of the time. Deliver me from a 6-year-old like Tommy! He surely had a strong will of his own," told Miss Howes. She believes that she will have to exclude 6-year-old tots from her nursery school.

When the mother decided suddenly to take a trip to Europe, Miss Howes plunged into making clothes for her. "Within 5 days I had completed three silk ensembles and two blouses," Miss Howes said. Her other sewing consisted of darning stockings, sewing on buttons and the like.

Miss Howes said that everything she learned about food at Iowa State College was put into most practical use when it became necessary for her to plan menus for a few days. On Thursday, the maid's day off, Miss Howes planned the menus, ordered food and cooked lunch.

"I prepared their favorite dish, and okra became quite tiresome," she said.

In the evening of this day Miss Howes took dinner with the family at some elite restaurant downtown.

While visiting in the home of a millionaire in Indianapolis, Ind., Miss Howes had the thrill of eating out of silver and gold dishes. "They were beautiful," she said, "and the tray bearing the potatoes and chicken was at least 3 feet long." The maid served them (Continued on page 15)
Your Salesmanship . . .

By Marian King

HAVE you ever heard remarks similar to these about a certain girl of your acquaintance? "She certainly wears her clothes well," or "She always appears to have just stepped out of a fashion magazine," or "Isn't she simply stunning?"

And have you ever stopped to analyze the true reason for such remarks? Is it that the dress is of the latest style, that it is just new or that the girl has smart accessories to go with it?

These things all play important parts, but they are not the only elements which make the woman. Let us picture in our minds a young woman passing us on the street. Her dress is of the latest style; her accessories go perfectly with it; everything about her is in perfect order but for one defect. Her posture is poor. Her movements are not graceful. Does anyone make such remarks about another person? But she was a poor saleslady. She could not sell to us a favorable impression of herself. Her display was poor, her sales talk weak.

TO SELL any merchandise three things are desirable—a desirable article, an attractive display and a convincing sales talk. The merchandising a woman has to sell is a favorable impression. Her display is her posture. Is it erect and well-balanced? Her sales talk is the way in which she moves. Are her movements graceful and does she appear to have confidence in herself? Does she give the impression that she knows where she is going, what she is going to say and how she is going to do it? If she can answer all of these questions, "Yes," she is certain to have sold a favorable impression.

Just what is this thing that we refer to as good posture? First, the body is well-balanced when in a standing position. The head is directly above the feet, and a plumb line dropped from the ear passes through the middle of the shoulder, hip, knee and ankle. The back appears almost flat; the neck is upright and the head erect. The chin does not protrude. The chest is slightly arched in front, the ribs widespread, the shoulders down and back. The hips are not prominent at the back; the abdomen is flat, and the legs are straight.

This type of posture deserves designation as the best not on any arbitrary basis, but because it has been shown in practical experience to give best results in health, comfort, efficiency and appearance.

Good posture is not only desirable when standing but also when sitting. Many people mistakenly think that it is permissible to relax entirely while sitting, to crumple at the waistline, to allow the chest to cave in and the head to fall forward. They think that this position is most restful when comfort is the aim. But how tired such a position makes anyone in a few minutes!

TO SIT correctly and comfortably one must sit squarely on the chair with the lower spine against its back. If the work requires leaning forward, bending should be at the hips and not at the waist. The maxim should be, "Sit tall!"

Undeniably, poor posture, unclothed, is never pleasing to the eye. Nor is it pleasing to any guise to the discriminating for the clothing upon which many people rely to hide their defects cannot entirely hide poor posture.

"Apart from mere beauty, the appearance conveys certain impressions that are socially useful or harmful, as the case may be." Good posture suggests good breeding. It suggests that the individual comes from a family intelligent enough to provide good physiological care and good training. Good posture is universally recognized as a mark of the high-born. The bent, distorted bodies of laborers, and the awkward, shambling gait of peasants have always served to distinguish them from those of better breeding and culture," to quote from Hygiene, by Meredith.

There is but one correct way to stand and sit, and there is also but one correct way to utilize the body mechanism in whatever activity it engages. "Good form" is the expression used by physical trainers to describe the correct way of managing the body. Motions made according to the principles of body mechanics are easy, unrestricted and graceful.

Even in so simple a task as walking almost every joint in the body from toes to cervical spine must move in cooperation with all of the other joints to make the movement graceful. Those who know how to stand correctly have an advantage in learning graceful and skillful bodily motions.

"Everyone is prone to associate an erect bearing with intelligence and alertness of mind and with fearlessness and assurance of personality. Conversely, a stooping attitude suggests heaviness of wits, cringing subservience, and even lack of self-respect. It has often been noted that those who are well set-up are seldom imposed upon.

"Of course, it is true that people may possess more character and personality than their bearing indicates—Nature's noblemen may not look the part; but unjust as it sometimes may be to judge people in this way, the world is prone to do so," states Meredith.

Hints for Homemakers

Have you ever thought what slip covers could do for some pieces of your furniture? Maybe the piece has become shabby; then put an attractive slip cover on it. Maybe you want to change the color scheme of your room; a new slip cover is the thing. When you select the material for these slip covers, try to get some which is not too heavy but which does not wrinkle easily. However, if you quit it on a firm piece of unbleached muslin, material which does wrinkle can be used satisfactorily.

Do you know that yellow vegetables are valuable sources of vitamin A—the vitamin which helps build up our resistance to certain diseases? An abundance of this vitamin is particularly desirable during the winter months when colds are so prevalent.

Hot stuffed eggs are a welcome change from the cold ones of picnic days. These eggs may be stuffed with bits of veal or chicken and placed in a baking dish, and a white sauce may be poured over them. Then bake them in a moderate oven until thoroughly heated.