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Jobs for Foods Majors

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Iowa State College

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Dr. Mabel Nelson
Tells Hazel Moore About
Jobs for Foods Majors

"IN THE field of foods and nutrition
most girls are looking forward to
another year of study or apprenticeship," stated Dr. P. Mabel Nelson, head
of the Department of Foods and Nutrition, recently.

The largest percentage of girls are
dietetics majors. They take a fifth year
of training in an approved hospital and
after that look for jobs.

Girls who are interested in chemistry
may get fellowships here or in other
schools to work for an M. S. degree, be­come graduate assistants, and gradually
work into more complex experimental
research, Dr. Nelson said.

For those who elect a straight nutrition
course the most emphasis is put on social welfare work. Economics and so­ciology are studied closely with the nutrition
courses. Many Iowa State girls are
in infant welfare work in Chicago, and
at present a large number are with un­employment bureaus, directing and plan­ning the work.

COMMERCIAL work is usually not
available without experience, according
to Dr. Nelson. "The girl who has just completed her 4 years of college
training has as yet very little to offer a
large concern in the way of something new and successful. However, many jobs
on the radio, in advertising and journalism require foods and nutrition training.
It is a great deal easier to work up into such positions after several years of
traveling or extension service," Dr. Nel­son said.

Recently an Iowa State foods graduate
who had just completed her training at
Michael Reese Hospital in Chicago went
east to work in the research department of the Kelvinator Company.

In the whole field of home economics
an essential qualification for a job is ex­perience. This requires more than the
average senior possesses, but an extra
year's apprenticeship gives her back­ground. A pleasing personality with the
ability to sell herself and her ideas to
others is very important, Dr. Nelson
thinks. She must have something to of­fer for people. Girls who make themselves at­tractive by careful grooming and consider­ation of style and occasion are more likely to succeed than those who don't,
according to Dr. Nelson.

AT PRESENT remuneration in dollars
and cents is very low, and some
foods graduates are working for mainte­nance alone. These are mostly girls who
can live at home and work in the same
town, however. The dietitian is usually
ahead of the teacher, Dr. Nelson believes,
for besides room and board she may also
receive a salary as large as the teacher's.

Salaries now are lower than ever be­fore; formerly they have been from $80 to $100
a month, but recently they have been cut
to a small amount. Social work pays
quite well, Dr. Nelson stated. An aver­age wage is $100 a month.

Things will be better, for, as Dr. Nel­son said, 'There isn't any use in going on if they won't. 'And even now they
are picking up.

"It is hard to put one's hands on things to cite that are definite, but we
have occasional calls for our graduates," Dr. Nelson said. Already this year there
have been one commercial appointment,
work for a dietitian and several social
welfare positions. The department is turning out girls
with a good educational background, and

Hints on Keeping Food Cool...

By Virginia Trullinger

FOOD spoils, when not kept cool enough, due to the growth of molds, yeasts and bacteria. According to
the National Committee on the Relation of Electricity to Agriculture, the lack of
adequate facilities for keeping food cool enough results each year in the loss of
millions of dollars worth of food in American homes. Data compiled by Prof. E. R. Miller of the Oklahoma Agri­cultural Experiment Station indicate that
the value of the food and produce allowed to spoil from lack of refrigeration in the
average farm home is sufficient to pay
for the refrigeration needed to prevent
this spillage.

EXPERTS in engineering and home
economies in state agricultural experi­ment stations have found the electric re­frigerator to be an ideal source of
refrigeration for the home, especially the
farm home. The automatic control main­tains a constant low temperature at all
times. The temperature in the refrig­erator may be changed by manipulating the
thermostatic control to give the degree of
refrigeration desired for different
classes of foods.

One of the most attractive arguments
in favor of the home electric re­frigerator is that, if properly managed,
the cost of the electricity required for its
operation is no more than the cost of ice,
and all the inconvenience of an ice re­frigerator is done away with. It has also
been shown, however, that poor manage­ment of the home electric refrigerator
and indifference to its proper operation
may result in unnecessarily high and pro­hibitive costs for the electricity used.

Here are a few suggestions for getting the best and least expensive service from an
electric refrigerator:

1. The refrigerator should be of sufficient
capacity to fully meet the needs of the family without overcrowding the storage compartments.
2. The refrigerator should be installed in the coldest portion of the room, free from frequent temperature
changes and with ample ventilation space.
3. Storage of hot foods and unnecessarily frequent opening of the refrig­erator door should be avoided.
4. All foods should be covered.
5. Not more than three-eights inch of
frost should be allowed to collect on the cooling unit.

It has been brought out that it is un­wise to select a refrigerator that is too
small for the family needs with the idea
that there will be a saving in electricity. Such a refrigerator not only does not
meet the needs of the family but in­evitably is overcrowded. This results not only
in improper and inefficient cooling but increases the amount of electricity re­

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