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Even If You Burn the Midnight Oil...

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Even If You

Burn the Midnight Oil...

by Betty Melcher

A NEW science has been developed! It has grown out of the Better Light—Better Sight Campaign. It is called the Science of Seeing.

This new Science of Seeing has a closer to home feeling than any of the other sciences, because even those of us who aren't scientifically minded can understand it. Why? Because it affects every one of us—in our comfort, health, efficiency, appearance, and in our general adjustment to life. The reason is that it has to do with our eyes and our use of them. Consequently, it has to do with our whole physical and nervous well-being, since that is linked with our eyes and inevitably reflects their condition. This new science proves that normal healthy eyes are dependent on the quantity and quality of light they see by.

Four college students out of every ten suffer from defective eyesight. The tasks we use our eyes for cannot be changed very much. To a great degree they are prescribed for us. All of us have preparations to struggle over, an occasional movie to ‘take in,’ and magazines to read.

In the past, if the school nurse found we weren’t seeing all that we should, we were sent to a doctor, and if glasses were prescribed, we wore them as begrudgingly as any other crutch.

It seems that a majority of college women are studying under insufficient light—at least so visits to several sorority houses and dormitories on the campus show. Flexible study lamps with 50-watt bulbs covered by metal shades proved to be the popular source of light for studying. Few of the girls questioned used any additional light in the room when studying. A smaller percentage used bridge lamps with 40 or 30-watt bulbs. Most of the shades on these lamps were under 12 inches in diameter. The rest of the girls in the sorority houses used only central, unshaded light. And some used short, squatty boudoir lamps that were seldom above the eye level.

According to Dr. Louise J. Peet, head of the Household Equipment Department, the old style flexible study lamp is not good. It gives only a small circle of light and this light is spotty and produces glare in one place. If an unshaded light is used or if a bright light is put in front of a very dark surface, the result is glare. Floor lamps—if they have a shade open at the top and at least 12 inches in diameter at the bottom, are all right for studying, providing they are set to the left and slightly behind the chair so that no shadows fall on the surface of the study table. Table lamps, as well as floor lamps, should come from a point above the line of vision and if it is well diffused, it must be covered with a shade of a light color with the top of the shade open.

It is because of this that light specialists advise having light well distributed throughout the room. This is obtained most easily if there is a central light with a shade that will diffuse the light over the entire room. If you are studying, you should have general illumination throughout the room with increased illumination on the study table.

Many of the lamp shades which girls have in dormitory rooms are colored to match the color scheme within the room. The best lamp shades are light in color, yellows and creams preferably. A shade should be thick enough so that the outline of the bulb does not show through, otherwise the light is not well diffused. The shade should be wide enough to give a broad circle of light and deep enough so that from across the room the light cannot be seen beneath the shade.

The Science of Seeing brought all of these factors to our attention. To fully appreciate this new science's work, a little of the past must be understood.

Primitive man used his eyes almost entirely out-of-doors under very high intensities of daylight. When the sun went down, he crawled into bed and slept until daybreak the next morning. Since he had no books to read, he did not use his eyes for short distances; instead, he used them for long distances in hunting, fishing and the most menial of seeing tasks.

But today! Modern civilization has changed all this. The fact that our eyes were in the process of developing for hundreds of thousands of years has been hurriedly brushed aside. Now America spends most of its time indoors with extremely low levels of lighting, making the most of a long day, and per-

(Turn to page 4)
The Red Side of the Ledger

by Viola Locker

RING out the old, ring in the new—so say the thoughts the next few months. Battling old depression, students arm themselves with pencil, paper, and good resolutions, and set to work. So then—resolve to start keeping a budget, or keeping a better budget.

Money, money, money! It seems to be in most minds at least half of the time. "Should I buy this dress or do I need a new pair of shoes?" The habit with most students seems to be to spend as long as there is anything in the pocketbook or a balance on the checking account; but if Dad doesn’t replenish the account or when after graduation there is a job on a salary basis, there may be anxious moments resulting. After a suitable scheme has been devised, and one has formed the habit of making it work, at last, there may be some peace of mind. Money seems to go farther for the girl who consults her budget before buying. The budget frequently says, "No, not this month." She takes the tip and finds that is pays.

Why do girls often say, "I just can’t keep a budget; it takes too much of my time." The budget fails most often because it is too rigid. If worked out on a monthly basis, there is possibly more chance for success. Lita Bane, who was a recent visitor at Iowa State College, says it takes time because the keepers of the budgets are too exact. Accounts ninety per cent correct are better than none at all, she believes.

Whether students are going through college on Dad’s checking account, S.-R.E. work, loans, school funds, or possibly money saved from some previous job, each student can keep a budget. It is easier if the monthly income is fixed, but if it is not, a conservative amount must be estimated. Each student knows approximately how much she’ll be paying for board, room, registration, house dues, and such. Surely even students have some idea how much they spend for all the little extra things.

MISS BANE says that to arrive at an individual ideal budget, first, put down present expense; second, put down the amount laid aside a month for investment and reserve fund; third, adjust one’s living expenses to the best advantage and so achieve the surplus wanted; fourth, follow the budget; fifth, check one’s self every 3 or 4 months to see how well the budget is being conformed to; sixth, make a new budget when there is change in income, health or family relationships; and finally, really try the budget before condemning it.

An inexpensive budget book has been a big help to students. Check book expenditures can be noted; a pocket memorandum is a convenient place to jot down cash expenditures. Each month copy all the expenses, and carry the excess over as receipts.

The virtues of a planned economy might well be considered. Budgeting has never taken on such important aspect as today when hundreds of people have had drastic reductions in incomes. Forming the habit of keeping a budget prepares students for after graduation, when the first pay check comes. Besides, a budget is interesting as a reference to know where the money goes. A budget gives a sense of financial success, not because it enables one to get more than a dollar’s worth in return for the dollar she budgets, but it prevents her from trying to do more than is humanly possible with the income at her disposal.

Most girls at Iowa State don’t have to worry about having too much time, but how often one hears, "If I only had more time!" Do these students budget their time? Freshmen are required to list the tasks and the amount of time required with the frequency of each. How many senior college students will have a plan? Some students with innumerable activities say that if it wasn’t for the budgeting of their time they simply couldn’t do nearly all the things they now do. An easy plan is to list, just before going to bed, the many items to be done the next day. It’s so gratifying to be able to check off the things before the end of the following day.

Isn’t it easy to see that the budget gives peace of mind instead of worry, order rather than chaos, and foresight in place of chance? No one who has kept a good budget for 3 months will ever go back to ragged planlessness. Do join the students already keeping a budget; they have found it a real way to live!

Burn Midnight Oil

(forming abnormally severe tasks.)

Can it be that we are careless with our eyes? If any of us were asked with which one of our five senses of seeing, hearing, smelling, tasting or feeling we would be least willing to part, most of us would say, "Seeing."

Seventy-five percent of all we do depends upon our ability to see. In other words, three-fourths of our work and play uses our eyes—and 25 percent of our energy is used up, too, in seeing when we have good light; even more is used when either the eyesight or the light is poor.

Scientists report the following degree of damaged eyesight among people of various ages: Grade school—20 percent; through college—40 percent; 40 years—60 percent; 60 years—95 percent.

When 7:30 comes around at night, most of us turn on a 40 or 50-watt bulb in a study lamp and proceed to make an effort at absorbing a little chemistry.

(Turn to page 14)
THE IOWA HOMEMAKER

Burn Midnight Oil
(Begins on page 3)

Do we get 1,000 foot candles? By no means. We do well to get 5 foot candles. Just stop and count over the spectacled members in your own crowd and you will be amazed! Some defective vision, of course, comes as a result of accident and illness, but 60 percent of poor eyesight in America today is caused by eyestrain.

Everyone knows that how much daylight comes in depends on the number of windows in the room, but it also depends upon how those windows are taken care of. From one-fifth to one-fourth of the total light which is available outside may be absorbed by dirt on the glass. But if the window is clean, we really get more light in the room when the window is shut than when it is open, for glass spreads the light when it is open, for glass spreads the light comes in depends on the number of windows in the room, but it also depends upon how those windows are taken care of. From one-fifth to one-fourth of the total light which is available outside may be absorbed by dirt on the glass. But if the window is clean, we really get more light in the room when the window is shut than when it is open, for glass spreads the light.

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For Gift Making
(Begins on page 7)

Carrot pudding, a favorite recipe which has been given by Mrs. Zenobia B. Ness, director of WOI’s Homemakers’ Half-Hour. Mrs. Ness says the pudding may be sent in the can in which it was baked with a copy of the recipe fastened around it before the gay outer wrapping is added.

**CARROT PUDDING**
1 c. sugar 1 c. nut meats.
1 c. raw carrots, run through food chopper 2 tsp. fruit juice
1 c. new potatoes 1/2 c. butter
run thru food chopper 1 tsp. nutmeg
1/2 c. sour milk 1/2 c. flour
1 tsp. cinnamon 2 tsp. baking powder
1/2 tsp. cloves 1 c. English currants
1/2 tsp. soda Orange peel and cinnamon may be added
1 c. raisins

Cream sugar and butter, and ground carrots and potatoes. Sift all dry ingredients with flour and add to fruit mixture alternately with the milk and fruit juice. Add raisins, currants, and nut meats last.

Fill large-size baking powder cans three-fourths full of the batter, having first greased the can, especially the bottom, well. Put lids on. Steam 2 hours, then bake about 15 minutes in a slow oven. Pudding may be reheated by putting cans in hot water and simmering gently.

If pudding is served hot, use a hard sauce.

**CARROT PUDDING**
4 tbsp. soft butter 1 tsp. vanilla
1 c. powdered sugar 1/2 c. lemon extract
1/2 c. white beaten tract

Make bowl and spoon hot with boiling water. Cream butter, adding sugar gradually and flavoring drop by drop. Fold in the egg white and set in cool place until needed.

Here is a unique serving suggestion which will add a bit to the Christmas cheer. Saturate a cube of sugar with lemon extract, place in the center of each serving of the pudding, light, and send each serving to the table lighted.

With the making and wrapping of gifts no doubt plans for Christmas day menus will be of help to you.

**BREAKFAST**
Orange Juice or Tomato Juice
Bacon and Eggs, or Eggs only
Toasted Coffee or Milk

**DINNER**
Tomato Juice Cocktail
Roast Turkey with Chestnut Stuffing
Gilbert Gravy
Cranberry Relish
French Potatoes
Buttered Spinach
Raw Carrot—Cabbage Salad
French Dressing—Rolls
Plum Pudding—Hard Sauce

**SUPPER**
Meat Timbales or Cold Meat Loaf
Sliced Escallopied Potatoes
Celery
Nut Bread Sandwich
Apples and Nuts
Milk or Coffee
Burn Midnight Oil
(Begins on page 3)

light so that some of it reaches even to the farthest corner from the window. Better get out the shining cloth!

Draperies and the length to which the shades are drawn are equally important. Glass curtains are much better than heavy draperies because the latter tend to form shadows and make the room darker. Our home training has taught us that the shade should be drawn so that the upper half of the window is covered. Now we are told to draw them only one-fifth of the way or not at all. Shades drawn halfway cause a loss of two-thirds of the usable daylight and those only one-fifth of the way give a loss of one-seventh. The difference is due to the kind of light which is transmitted. Light from the upper half of the window is reflected almost entirely from the sky, but light coming through the lower window pane is reflected from the ground, surrounding buildings, and perhaps from the dark green shrubbery. Try lowering your shades to only one-seventh of the way during the daytime and note the difference.

Dr. PEET generalizes the things one should look for and strive for in selecting proper practical lighting for the college room. "There are five rules that I would give for proper lighting in a study room. First, have enough light—25-50 foot candles. This can be obtained by using two 100 watt bulbs in the room of average size.

"Second, there must be a proper distribution of light. There should be general light distribution throughout the entire room and increased light on the study table. There should not be a difference of more than 10 foot candles between the best and the poorest spot lighted. For studying, a lamp with a 75-watt bulb is the very minimum—100-watt is the best to furnish sufficient light—providing the rest of the room is well illuminated. There should be one watt for every square foot of floor area in the room.

"Third, there should be an absence of glare. This is simple: Have all light sources adequately shaded so that at no time bare lamps strike you in the eye.

"Fourth, there should be enough light in enough places so that you or your roommate can move about the room and still read in comfort.

"Fifth—and last—always hold your book slanted so that a line could be drawn perpendicular to the eye when the head is bent slightly forward. If the book is laying down, only half as much light is reflected from it."

Perk up your lighting—invest in a 100-watt bulb and a new lamp shade, and if your lamp is one of those affairs that strikes you in the eye, put some

books under it and raise its level. All of us can do something about it, and as she does will she personally benefit.

From Jacksonville
(Begins on page 10)

dle of the day and to enjoy it. Yesterday when I was in Gainesville, where the University of Florida is located, poinsettias were in bloom in the yards. They are the first heralds that Christmas is coming. Right next to them roses were in bloom.

"My work is going along nicely, and instead of correcting dietaries, I spend much of my time preparing family budgets. I am sure that any of my dietetics majors would feel they were getting an 'inning' on me if they could see me working low cost budgets."

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