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New Wrinkles in Lingerie

Rosemae Johnson
Iowa State College

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Let Cupid Be Host at your Valentine Supper
by Louise Peterson

FEBRUARY the fourteenth! What warm memories we have of that cheery day. Remember those adorable, chubby valentines, and how we used to cluster about the traditional school Valentine box, so eager and patiently excited? And what an honor it was to be the one chosen to convert that drab old hat box into a lovely creation of red and white?

For memory and friendship's sake we must not forget that gala day. What could be a simpler way to entertain your friends than by a buffet supper? It's really simple—and practical, too. The idea of such a meal as this is to feed and entertain more people than can be fed and entertained in any more formal way. It is sort of an indoor picnic—fun for those who like the adventure of waiting upon themselves and each other. It promotes that atmosphere of good fellowship and gaiety so essential in every successful friendly gathering, so often lacking in the more formal occasions.

What would be lovelier than a heart announcement party—buffet style? The after theater supper, too, can be conducted buffet style, the table being set and left with the cold foods at hand and everything else in readiness. The menu should be so planned that it may all be placed on the table at once.

You'll want to arrange your linen, silver, salad, coffee service, piles of plates, groups of cups and saucers invitingly and in such an arrangement that no confusion will arise among the guests in their "self-service." Incidently, much confusion can be avoided by using plates large enough to hold all the food for one course, the essential silver, and beverage cup.

There are scores of possibilities to choose from when you dress up your table. Why not have your cake as the centerpiece? A fluffy angel food with a luscious filling makes a delicious foundation for any decorative scheme. One possibility would be to convert one of those sweet celluloid baby dolls into a cupid and place it on this white velvety throne, surrounded with heart-shaped candies of red and white that add color to your cake. And you mustn't forget the bow and arrow, easily made with two toothpicks and some string. If your bow simply won't "stay put" try dampening the toothpick to make it stick, or better still, try using two toothpicks so that your arrows cannot slip out and dangling on tiny white satin ribbons. Gay red candles in charming candle holders would lend radiance and cheer to the occasion.

You'll want to have a menu, too, that can be previously prepared so that only the hot dishes and rolls will have to be thoroughly heated before serving.

Of course there are any number of menu possibilities for such a gala day. Use interesting dishes, colorful food, attractively garnished and deliciously appetizing, that require very little last minute preparation. It is wise to limit the menu to two courses and eliminate knives, butter spreaders, salad forks, sherbet glasses, goblets, sauce dishes and salad plates.

By careful planning you can keep your pep and vitality so that you may make the party a success by being a charming hostess. Here's one menu I think you will like:

| Heart shaped rice croustades with lobster filling |
| Hot buttered bowknot rolls—Radish 
| Strawberry lettuce cup |
| Cupid angel cake |
| Coffee |

RICE CROUSTADES
1 c. rice
3 c. veal or chicken stock
1/2 c. croquette sauce
1/2 t. pepper
1 egg yolk slightly beaten
Slight grating nutmeg
1/2 t. salt

Steam rice in stock. Cool, add sauce, egg yolk, and seasonings. Spread mixture two inches thick in buttered pan, cover with buttered paper, and place weight on top. Let stand until cool. Turn from pan and cut into heart shapes, remove centers, crumble and fry in deep fat heated to 390° until a rich golden brown.

This tasty filling fits in with the color scheme of red and white.

LOBSTER FILLING FOR CROUSTADES
2 T. of butter
1/2 T. chopped onion
3 1/2 c. hot, boiled rice
1/4 c. lobster dice
1/4 c. tomato juice, slightly thickened with flour
Few grains soda
Salt
Celery salt
Cayenne
1/2 c. heavy cream

Cook butter with onion 5 minutes, stirring constantly. Add lobster, rice, and cream. When heated add tomato juice in which soda has been added, and season highly with salt, celery salt and cayenne.

(Turn to page 14)
Let a Centerpiece of Flowers or Fruit
Make Your Table Sparkle

A HOSTESS is known by the table she sets and at this time of year, particularly, decorations are needed to brighten up and to enhance the winter dinner table.

Many times a clever centerpiece or fresh flowers add the necessary sparkle to meals that temperamental and jaded appetites need.

For a centerpiece that is refreshing and fragrant, try a low, large bowl of several narcissus bulbs burst into full bloom. The bowl may be shiny, dull dark blue or black to contrast properly with the delicate green and white of the plants and white table linen.

A gay assortment of fruit or colorful vegetables will invite favorable comment from all members of your table. Wooden bowls set off the colors used in the arrangement and add a natural touch. Copper and silver furnish the brightness and the neutral tone for many color schemes and can be used very successfully with highly colored fruits and vegetables.

For a table long enough to carry two arrangements two low cream or copper bowls may be heaped high with delicious fruit and vegetables, with a pineapple topping one, which is surrounded by apples, a cluster of bananas, yellow tomatoes, and a green avocado, and a cluster of green grapes on the other, born by red–violet onions and various reds and oranges worked into the water add to the beauty of the bud bowl.

Valentine’s day is approaching and red hearts will be called into action once again. Place-cards can be easily made by pasting lifesavers on propped hearts to make eyes, and eyelashes and mouth may be painted on with ink. Red candles and hearts placed on the table complete the decorations.

Buffet Supper
(Begins on page 2)

To make the radishes resemble roses, leave about two inches of stem and leaves and cut the radish in small wedge petal designs.

You’ll love these hot buttered bow-knot rolls.

BOWKNOT ROLLS
1 c. scalded milk
1/2 c. butter
1 T. sugar
1/2 t. salt
1 yeast cake dissolved in 1/4 c. lukewarm water
1 egg white. well beaten
1/2 c. flour
Add butter, sugar, and salt to milk. When lukewarm, add dissolved yeast cake, egg white, and flour. Knead. Roll one-fourth inch thick, cut strips three-fourths inch wide, and braid.

No menu for Valentine’s Day would be complete without strawberries—those delicious frozen ones you can purchase at your grocers. Make sure they’re firm.

Strawberry Lettuce Cup:
Drain strawberries. Sprinkle with sugar, and chill. Arrange in form of a heart in a crisp lettuce nest, small enough so that no salad plate is necessary. Garnish with chopped pistachio nuts.

Since your cake will perform the two-fold duty of centerpiece and dessert you’ll want it to be a grand success.

CUPID ANGEL CAKE
12 egg whites
1 c. pastry flour
1 1/2 c. granulated sugar
1 t. cream of tartar
1 t. flavoring
Beat egg whites slightly, and add cream of tartar and salt. Continue to beat until stiff. Sift sugar and flour each five times, and sift and fold carefully into beaten egg whites using whisk, first the sugar and then the flour. Add flavoring. Bake in angel tin for one hour in slow oven. (325° F.) Invert on cake cooler until cold.

Spread with seven minute frosting and decorate with candy hearts on sides and top, and that chubby little cupid doll.

Home Economics
(Begins on page 12)

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Home Economics
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In 1912, the year Miss Catherine McKay became dean of the division and the year after the occupation of the first home economics building, there were still but four women to instruct 196 students. But the domestic science classes had now attained dignity and unity as the Division of Home Economics.

Today the division, which started as one lecture course, offers 14 curricula leading to the degree of Bachelor of Science. Its departments are Applied Art, Child Development, Foods and Nutrition, Household Equipment, Home Management, Institution Management, Physical Education, Textiles and Clothing and Home Economics Education.

The beautiful and well equipped building which now houses the division was erected in 1926. It is staffed by 13 professors, 19 associate and assistant professors, 18 instructors and five graduate assistants.

Enrolled in the division for the fall quarter of 1935 were 181 students.

But changing giddy freshmen into skilled senior technicians is not the only activity of modern home economics. Although at the turn of the century every land-grant college in the North and West boasted a department for the newly hailed science, other forces were at work for the improvement of homemaking.

Cooking and sewing classes of the Y. W. C. A. and of churches, the Kitchen Garden Movement, the scientific exhibits and congresses of the Chicago World’s Fair in 1893, the National Household Economics Association, the food demonstrations of the Rumford Kitchen, the studies and publications of the United States Department of Agriculture and the leadership of Mrs. Ellen H. Richards in the Lake Placid County schools.

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