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Calling on a Kitchen

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Lydia Cooley, who was graduated in Foods and Nutrition, gives you the pleasure of

**Calling on a Kitchen**

**Variety**, they say is the spice of life—and life in the Martha Logan Test Kitchen of Swift & Company is indeed well spiced with variety! Hams, poultry, roasts, steaks, fancy meats, cheese, butter, eggs, ice cream, shortening and soap, are all part of the day's work.

The function of the Home Economics Division of Swift & Company is to interpret to the various departments the needs, wants and ideas of the woman buyer. In the Martha Logan Test Kitchen all new products are tested to determine cooking directions. By continually working with products in the regular line, we aim to keep items up to a high standard. As we see the need, we suggest modification or improvement of products. Packages and labels are checked to be sure they give helpful information to the housewife. Here too recipes and pictures used in consumer booklets, newspaper articles and national magazine ads originate.

Another feature is the development of new products. If there is anything new under the sun we want to be the first to discover it. Accepted ideas are then tried out in the production department and the results retested in the Martha Logan Kitchen.

In Chicago the staff includes three college home economics graduates who have had several years commercial home economics experience. Mrs. Beth Bailey McLean, M. S., well known to "Iowa Staters," heads the department and supervises all its activities. My work is confined to the Test Kitchen activities.

As you know hams, with the rest of the world, have gone modern and we had to get acquainted with them before introducing them to the consumer. That is part of my job—learning the qualities of old and improved products so that they can become the friends of the consumer. During the past year we have baked about 400 hams to give Mrs. Housewife the inside story of how to prepare and serve ham.

Fresh frosted drawn poultry, another modern trend in food industry, had to be worked with until we knew the best and simplest way to recommend its preparation and cookery. Three hundred chickens, ducks and turkeys came to our kitchen and were turned out as broiled, fried, roasted or stewed poultry. On all of our tests, whether the problem is method, flavor, eating quality or cooking shrink, we keep complete cooking data together with the history of the product tested.

Perhaps a glimpse into the activities of the Test Kitchen for a week will show you just how interesting and varied is the Test Kitchen work. While the tests do not always originate in the Test Kitchen, our cooperation and participation keeps us in close touch with the developments of other departments and gives us an opportunity to express the consumer point of view.

On Monday we were in quest of the answer to "How much does ageing beef affect the flavor and tenderness of rib steaks." So 48 rib steaks from carcasses aged for various periods of time were broiled. These were tested objectively and subjectively and records kept of the cooking shrink and the preference of 10 or 12 testers was recorded. The same day we roasted legs of lamb which had been frozen for several weeks to see what, if any, difference could be detected between fresh and frozen meat.

On Tuesday we made preparations for photographs which would be used later to illustrate newspaper articles. On this particular day photographs were made of fried chicken, half a ham baked and garnished, a work table showing the "makings" of ham salad, barbecued frankfurts, baked Daisy with lima beans, and a process picture of how to make bacon curls. Between times we tested the frying qualities of two sam-
THE NAME of Mrs. Josephine Arnquist Bakke brings to the minds of the many people to whom she is a friend a picture of a charming woman with golden-brown hair and soft brown eyes that portray a character that is strong, that is understanding and a mind that has vision for invaluable service.

"To know her is to love her" could apply to no one more genuinely than is does to Mrs. Bakke. She is the ideal of thousands of 4-H girls who consider her their friend even though they are not personally acquainted with her. There could be no higher tribute to her leadership.

Mrs. Bakke received her bachelor's degree in home economics at the State College of Washington. She also attended Columbia University. An outstanding student, she became a member of Phi Upsilon Omicron and of Omicron Nu, professional home economics honoraries. Her college honors were not concentrated in lines of scholastic achievement however. Jo Arnquist reigned as the college queen of the May Festival at Washington which is an honor similar to that of being the Veishea Queen at Iowa State.

In Iowa Mrs. Bakke is best known for her work during the 15 years she served as the state leader of 4-H club girls. Coming to Iowa in 1920 from the Extension Service of the State College of Washington, she undertook the work of establishing a state 4-H organization.

The club program at that time existed in only a few counties for about six months each year. The work of Mrs. Bakke and those whom she supervised speaks for itself. Today about 15,000 girls between the ages of 12 and 21 take part in an organized program of educational work in all of the Iowa counties throughout the entire year.

Mrs. Bakke introduced such features in 4-H as the health contests, the "better-groomed girl" contests, the county club committee plan, county training schools and general organization on a twelve-months basis with study in a sequence of projects such as clothing, home furnishings, nutrition and home efficiency.

Her contributions in 4-H club work are not limited to Iowa nor are they even confined to America. She has appeared on club programs in the following states: Minnesota, Illinois, North Dakota, South Dakota, Missouri, Washington, Oregon, Virginia, New Jersey and Massachusetts.

While in France with the national canning demonstration team in 1923, Mrs. Bakke helped organize the Beehive Clubs of France which are the parallel of 4-H clubs in America. In 1926 she again went abroad and this time helped establish 4-H clubs in Denmark. The Department of Agriculture in Denmark presented her with a special award in recognition of her service.

Mrs. Bakke retired from state 4-H club leadership several years ago and is now a homemaker in Ames. Her husband is Dr. A. L. Bakke, professor in the Botany Section of the Agricultural Experiment Station. Many Iowa State College students are familiar with the beauty of the Bakke home and the hospitality of the host and the hostess.

At the present time Mrs. Bakke is the state president of the Iowa Home Economics Association, the only person retired from a professional career who has held that office. In addition she finds time to serve as the college sponsor of the League of Women Voters and to assist with other campus organizations with which she has been affiliated.