

THE IOWA HOMEMAKER IOWA STATE COLLEGE



A GENUINE SERVICE

IN YOUR COMMUNITY some senior high school girl is puzzling over the question of whether she shall go to college next year or not, and where.

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THE IOWA HOMEMAKER

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Creamy Candies for Christmas

By BETH BAILEY MCLEAN

Christmas is coming and we will all be making candy in preparation for the event. This year shall we not have candy that is rich and creamy instead of that which would be recognized only by its name? An understanding of some of the reasons why candy frequently is sugary will surely prevent the occurrence another time of sugar crystals.

Here are a few facts about making any candy:

Boiling liquid will dissolve more sugar than will cold liquid. Therefore, as the candy is brought to a boil, more and more sugar dissolves. When the liquid boils, all the sugar should be dissolved. When the candy is cooked and is put to cool, the natural tendency is for some of the sugar to drop out of solution and form large sugar crystals. This happens if there is a rough spot on the pan on which the crystals may form. Or if the candy is moved or stirred while it is hot, the sugar quickly drops out in hard crystals. The aim in candy making is to keep all the sugar in solution and to beat in air, causing the candy to set in very tiny crystals that give a smooth texture to the candy.

These directions may be followed for any creamy candy:

Put the sugar, liquid and butter into a smooth surfaced pan. Stir well. Put over the fire and stir until the sugar is dissolved. Put a cover over the pan. The steam will then wash down all the crystals from the sides of the pan. If these crystals are not washed down, they may start the formation of big crystals thruout the candy.

Don't let the candy boil until every sugar crystal is dissolved.

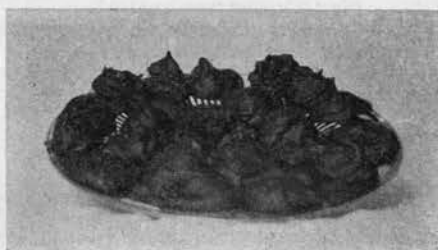
Cocoa or chocolate cut fine may be added at this stage.

Remove the lid and let the candy boil. Stir once or twice to prevent burning. If the candy is made of sugar and water as is fondant, there is no danger of burning; therefore there is no need of stirring.

To test the candy, use plenty of cold water. The object is to cool a bit of the candy to see how firm it will be when it is ready to beat. If one uses a cup, the test candy makes the water too warm to give a true test. Therefore, at least a quart of water should be used in making the test.

Set the candy off the fire, while making the test because it may over cook in that time. If a half teaspoonful of candy dropped into a big pan of very cold water makes a soft ball when rolled between the thumb and forefinger, the candy is done.

Set the candy pan into a large pan of cold water. Caution! Do not stir or jar the candy pan! If you do, the sugar



crystals will form. When the water in the pan gets warm, change it for cold water again.

Let the confection set until cold, that is, the candy should not stick to the finger when the surface is touched. If the candy gets too cold, it is hard to beat it.

Add the vanilla and beat hard. Do not stir. Beating brings in air. Stirring simply mixes the candy.

When the candy sets, one may add nuts and drop it by spoonful onto oiled paper. Or the candy may be beaten until it is stiff enough to knead. Turn it onto a board or smooth table top and knead the candy as bread dough. If the candy is the least bit grainy this kneading will tend to make a more creamy texture.

Pat out and cut in squares or keep the kneaded candy in a loaf until ready to use. In sending candy it is often best to send it in the uncut form to prevent drying out.

The fat added to the sugar and liquid at the first of the cooking helps to keep the candy from forming large sugar crystals. That is also why it is easier to make candy with cream than with water.

If sour cream is used a pinch of soda must be added. Be careful that small curds do not settle to the bottom and burn. Brown sugar contains acid and therefore soda is used also with brown sugar.

In making fondant or other candies where no fat at all is used, one must take other precautions to prevent the formation of large sugar crystals. In these recipes a small amount of corn syrup is used or a little cream of tartar is added. This acid changes some of the sugar into a non-crystalline form similar to corn syrup. If too much corn syrup or cream of tartar is used, the fondant will not set up.

In all the following recipes the above general directions should be carefully followed to secure a creamy product.

FUDGE

2 c. sugar	2 tbsp. butter
3-4 c. milk	1 tsp. vanilla
2 sq. chocolate	pinch of salt

Fudge Variations for this Recipe:

- (1) 3-4 c. water and 4 tbsp. butter.
- (2) 1 c. cream and no butter.
- (3) 3-4 c. condensed milk, 1-4 c. water, and 2 tbsp. butter.
- (4) 4 tbsp. cocoa instead of the chocolate.
- (5) Marshmallow Fudge is made by using 12 fresh marshmallows cut into quarters. Add to the fudge just before taking the candy from the fire.
- (6) Add 1 c. salted peanuts, pecans or almonds.
- (7) Use fudge to stuff dates.

SPICED FUDGE

2 c. sugar	1-4 tsp. cinnamon
1 c. brown sugar	1-4 tsp. cloves
1 c. thin cream	2 sq. chocolate
pinch salt	1-2 c. pecans
1 tsp. vanilla	1-2 c. seedless raisins
	1-8 tsp. soda

Cook the sugar, cream, salt, soda, spices and chocolate as for plain fudge. Add the seedless raisins just before removing the candy from the fire. When cold, beat until set. Add the pecans and drop by spoonful or shape into small balls.

PENOCHÉ

2 c. light brown sugar	pinch salt
1 c. white sugar	2 tbsp. cream
1 c. rich milk	1 tsp. vanilla
1-8 tsp. soda	1 c. nuts

Peanuts or cocoanut may be used in penoché.

MAPLE CREAM

2 c. sugar	2 tbsp. butter
1 c. maple sugar	1 tsp. vanilla
1 c. rich milk	pinch salt
	1 c. pecans

PEANUT BUTTER CREAM

2 c. sugar	2 tbsp. peanut butter
3-4 c. milk	1-2 tsp. vanilla
	pinch salt

Add the peanut butter just before the candy is removed from the fire.

COCOANUT CREAM

1 c. grated cocoanut	2 c. sugar
1 tsp. vanilla	1 c. thin cream
	pinch salt

Add the cocoanut just before removing the candy from the fire.

FIG CREAM

2 c. sugar	4 tbsp. butter
3-4 c. milk	1 tsp. vanilla
pinch salt	1-2 lb. figs

Chop the figs fine or put thru a food grinder. Add just before removing the candy from the fire.

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The Home Guide

By DOROTHY G. MILLER

This "Home Guide" which was worked out in a class in Home Management, suggests some of the important points to be considered in selecting shelter which will make life "safe, physically, mentally and morally," or in the building of one's home which will conform to the above requirements.

LOCATION

1. Character of the neighborhood.
2. Convenience to markets.
3. Distance from schools, and churches.
4. Convenience of transportation.
5. Probable development of the neighborhood.
6. Proximity to transportation, coal yards or factories.
7. Nearness to still water which furnishes mosquitos.

EXTERIOR

1. How many exposures?
2. Are any rooms deprived of sun or air? Do they open on a court?
3. Is there a front porch? Summer porch? Sleeping porch?
4. Are there screens and blinds?
5. Are the window panes whole and secure?
6. Are there storm windows and doors?
7. Does the exterior need paint?
8. Does the house need repair?
9. Is there a fence? In good repair? Are the steps strong?
10. Is there a front and a back yard?
11. Is there space to dry clothes?
12. Is there space to play?
13. Where and in what condition is the cesspool, if any?
14. Are there good basement windows?
15. Does the ground slope away from the foundation?
16. Is there a sill cock and hose?
17. Are the chimneys in good condition?
18. Examine the roof and gutters.

KITCHEN

1. Is it too large or too small?
2. Is there plenty of air and light?
3. What is the exposure?
4. Is the pantry far from the dining room?
5. Does the pantry have an outside vent or window?
6. Where is the ice box? Does the ice man cross the kitchen to the ice box? Is there an outside entrance to ice box?
7. Is there an incinerator for garbage in the basement?
8. Is there a laundry chute?
9. Is there a garbage vent in floor or wall?
10. Is the sink too high or too low? Has it two drainboards?
11. Is there sufficient room between sink and stove?
12. What built-in equipment?
13. Is there a space for kitchen table and chair?
14. Number of steps from stove to sink, to table, to pantry, dining room to basement door?
15. What is the character of the floor, rough, cracks? Is it covered with linoleum? Is it in good repair?
16. Is the hot water boiler jacketed?
17. Is there gas and electricity?
18. Is there a pantry? Does the pan-

try have separate light?

19. Is there a place for a flour barrel?
20. Is there a separate light for porch?
21. Are there any closets off the kitchen?
22. Is there a well situated and ventilated toilet?

BASEMENT

1. Is there a good well-lighted storeroom?
2. Is there a vegetable and fruit room? If not is temperature of storeroom or basement suitable for fruit and vegetables?
3. If a house, is there an entrance to the kitchen from the basement?
4. If a house, what kind of a furnace is there? Must fuel and ashes be carried in and out thru the basement door?
5. Are there bins for heating and cooking fuel?
6. What provision is there for hot water?
7. Can basement windows be opened? Are they securely screened?
8. Is the floor in good condition?
9. Are the stairs safe, and easy to take?

BEDROOMS

1. Notice the exposure of each.
2. What about light and air? Are there two windows giving cross ventilation?
3. Note the size of each room. Will they hold the necessary furniture and allow doors to swing?
4. Is there room for a bed without placing it across a window?
5. Has space been left for a dresser? For a chiffonier? Are there lights over both?
6. Are there mirrors in doors?
7. Is there sufficient closet space? Are closets well lighted? Are there windows in the closets?
8. What is the condition of the floors, walls and ceiling?
9. Is there sufficient radiation for heat, if radiators are used?
10. Will your rugs fit?

DINING ROOM

1. What is the exposure?
2. Is there a built-in sideboard? Will it interfere with your furniture?
3. Are there any side lights? Center lights?
4. How many windows?
5. Is there a porch off the dining room?
6. Is there a swinging door between dining room and kitchen or pantry?
7. Will the room hold your furniture and allow passage around table?
8. Will your rug fit the room?
9. What connection has the room with other rooms? May it be closed off from them by folding doors?

LIVING ROOM

1. Note the size in regard to rugs and furniture.
2. Is there a gas log? A wood and coal grate? If so, is the opening into the chimney large enough?
3. What is the exposure?
4. How many windows?
5. Are there any side lighting fixtures, center fixtures?

6. Is it equipped with both gas and electricity?
7. If there is a sun parlor, are there separating doors?
8. Is there a good space for light for a piano, desk?

BATH AND TOILETS

1. Is the plumbing modern? (It may well be tested.)
2. Note the condition and character of the tubs.
3. Is the furniture in the bathroom well arranged?
4. Are there medicine closets? Towel storage?
5. Do any of them connect with more than one bedroom?
6. Is there a lavatory and toilet on the main floor?
7. Are there toilet facilities in the basement?

LAUNDRY

1. Does the laundry have three tubs, are they high enough?
2. Is there proper light at tubs?
3. Is there electric light and power outlets? Are these at safe distances from the tubs?
4. Is there a drying room?
5. Is there a room for washing machine, ironers?
6. Is the floor cement or wood?
7. Are there hooks on the walls?
8. Is there a laundry stove or a place for one?
9. How is the dry-yard or roof reached?

HALLS

1. Note size in relation to rugs or carpeting?
2. Is there a clothes closet in the front hall?
3. Is there a linen closet in the upstairs?
4. Is the hall well lighted?
5. Note the position of the stairs, if any, to the hall?
6. Is there a vestibule between the front hall and porch?
7. Are there radiators in the hall?

OTHER ROOMS

1. Note all other rooms for size, exposure, light, etc.
2. In what way may they be used?
3. Will they require new furniture?

IN GENERAL

1. Can it be leased?
2. Will new curtains be required?
3. Will any new furnishings be necessary?
4. Are there any awnings needed or furnished?
5. What system of heating is used?
6. Note carefully radiators in each room and see if they have enough radiating surface? Have the registers screens?
7. What is the reputation of the janitor service (if apartment)? Does the landlord live in the building? What do tenants say of him?
8. Ascertain from other tenants, if any, whether building is kept properly warm during the cold seasons.
9. What is the period for which the landlord agrees to keep the apartment heated, according to the terms of the lease?

(Continued on page 13)

Christmas Deserts

By ADELE HERBST

What is Christmas without an old time plum pudding or a delicious fruit cake? Christmas brings a multitude of joys and among them are these. What would be a more appropriate gift than a small fruit cake decorated with a pastry poinsetta, or a plum pudding wrapped in Christmas paper, tied by red ribbon with a jaunty spray of holly caught in the bow and recipes for appropriate sauces slipped in the package? If made well in advance of the holiday seasons they ripen and mellow with age if kept closely covered in tin boxes, and may still be used many months and even years after they are prepared.

The old adage "the proof of the pudding is in the eating" has never been controverted; neither will these recipes for fruit cakes and plum puddings. And to complete our plum pudding we must have also a selected sauce. Here are some recommended by the Foods and Nutrition Department.

Carrot or English Plum Pudding

Sugar 1 cup
Butter or Suet 1-3 cup
Grated carrots (raw, dried or soaked), 1 cup
Flour 1 cup
Allspice 1-3 teaspoon
Cinnamon 1-3 teaspoon
Cloves 1-3 teaspoon
Salt 1-3 teaspoon
Raisins (finely cut) 1 cup
Potatoes, grated, 1 cup
Soda 1 teaspoon

Add in order given. Put in greased vessel. Steam 2 1-2 or 3 hours. The cooking of steamed pudding needs to be continuous and boiling water must be used to replenish the supply as needed. If a steam kettle is not available a sauce pan tightly covered will answer the purpose if the mould containing the pudding be raised to allow the passage of water between it and the bottom of the sauce pan.

Recipes for carrot and other kinds of plum puddings may come—and go—but we must still have "Ye Olde Time Plum Pudding." to rely upon.

OLD TIME PLUM PUDDING

Perhaps it was upon a plum pudding made from this very recipe that the brandy burned so brightly for Tiny Tim long ago.

Suet 1 lb
Raisins 1 lb
Currants 1 lb
Citron 1-2 lb
Lemon peel 1-4 lb
Orange peel 1-4 lb
Currant jelly 1 glass
Almonds 1-4 lb
Eggs 10
Fruit juice 1-2 cup
Salt 2 teaspoons
Brown sugar 1 lb
Bread flour 1 1-4 cups
Soda 1 1-2 teaspoons
Cinnamon 2 teaspoons
Nutmeg 1-2 teaspoon
Mace 1 1-2 teaspoons

Shave and chop citron, lemon peel and orange peel which has been heated in a slow oven. Chop raisins. Blanch and cut almonds. Combine dry ingredients

and fruit. Beat eggs and add liquid and jelly. Combine wet and dry ingredients. Steam in covered, greased molds 6 hours. This makes four one-pound coffee tins almost full. This may best be stored in coffee tins as the fat hardens when cold. To serve reheat in the tins in boiling water.

Have you ever seen or heard of making Plum Pudding from Jello? Then truly here is something different—"There's a Reason."

Jello Plum Pudding

Dissolve one package of orange jello in one pint of boiling water. Add to hot jello—

3-4 cup Grape Nuts.
3-4 cups cooked prunes, stoned, and sweetened.

3-4 cup Raisins.
1-2 cup Currants and a few nuts.

A pinch of cloves, cinamon, nutmeg and allspice. Set and serve with whipped cream.

Plum puddings are all very well but the question arises, "Which is more important, the pudding or the sauce?" Let's answer it by saying that one is not complete without the other. Here is a recipe for hard sauce which would improve any plum pudding.

Butter 1-3 cup
Powdered sugar 1 cup
Salt 1-8 teaspoon
Lemon extract 1-2 teaspoon
Vanilla 1-2 teaspoon

Cream the butter. Add sugar gradually, beating well. Add salt and flavoring, blending the mixture until light and smooth. Chill. Upon serving garnish the hot pudding with the sauce.

Variation:—Wild grape jelly added to this in place of vanilla makes a nice hard sauce.

SHERRY WINE SAUCE

Sugar 2-3 cup
Butter 3 teaspoon
Salt 1-8 teaspoon
Flour 2 tablespoons
Boiling water 1-2 cup
Sherry Wine 2 tablespoons

Cream butter, add vinegar, salt and flour to wine, combine the two and add 1-2 cup boiling water gradually, stirring constantly. The sauce should be clear. Serve hot with pudding.

Some puddings need cold sauce and some need hard sauce. Perhaps a hot sauce will be right for some. We in-

clude this recipe for sauce which may also be used in other ways than on plum pudding.

Hot Pudding Sauce

Sugar 1 cup
Cornstarch 2 tablespoons
Salt 1-4 teaspoon
Boiling water 2 cups
Butter 2 tablespoons
Vanilla 1 teaspoon or,
Nutmeg 1-4 teaspoon

Mix the sugar, salt and cornstarch thoroly. Add boiling water gradually and boil 5 minutes, stirring constantly. The sauce should be served hot on plum pudding.

In our enthusiasm for plum puddings we must not neglect the equally interesting and palatable dessert—the Fruit Cake. Dietitically, esthetically and theoretically it measures up besides being just plain good to eat.

Delicious Fruit Cake

Citron 1 lb
Raisins 2 lbs
Currants 2 lbs
Almonds 1 lb
Butter 1 lb
Brown sugar 1 lb
Flour 1 lb
Eggs 1 doz
Salt 2 teaspoons
Liquid (ginger ale or fruit juice) 1-2 cup
Cinnamon 2 teaspoons
Mace 2 teaspoons
Nutmeg 1 teaspoon
Allspice 1 teaspoon
Cloves 1-2 teaspoon

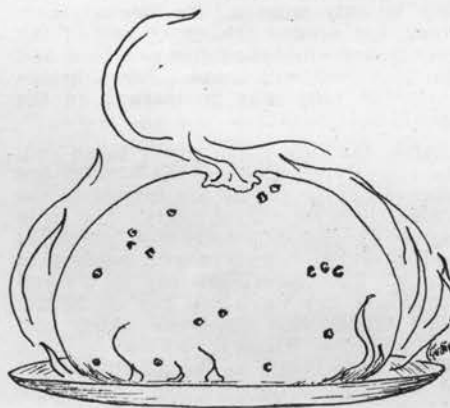
Shave and chop heated citron. Chop raisins. Blanch and cut almonds. Cream the butter, add the sugar gradually and beat thoroly. Separate the whites from the yolks of the eggs. Beat the yolks until thick and lemon colored, and the whites until stiff and dry, and add yolks to first mixture. Then add flour mixed and sifted with the spices and well floured nuts. Fold in egg whites. Put in greased pan lined with greased paper. Bake 3 or 4 hours in very slow oven.

And here's a recipe for fruit cake that is different but just as good.

Fruit Cake

Butter 1 cup
Sugar 2 cups
Molasses 1 cup
Sour Cream 1 cup
Eggs 4
Flour 4 cups
Cloves 1 teaspoon
Cinnamon 2 teaspoons
Nutmeg 1-2 teaspoon
Soda 1 teaspoon
Baking Powder 1 teaspoon
Raisins 1 lb
Currants 1 lb
Citron 1 cup
Nuts 1 cup
Dates 1 cup
Figs 1 cup

No, Christmas would not really be Christmas without one or both of these desserts. They're not difficult to make and are certainly well worth the effort.



A Project in Homemaking

By ELIZABETH STORMS FERGUSON

A model apartment in the department store of Pelletier Company in Sioux City served as the setting for the program given by the Home Economics departments of the Sioux City schools during "Educational Week," held in November.

Various phases of the work as given in the practice departments and laboratories of the schools were carried on before the guests.

The Monday classes began with a ninth grade home planning class with Miss Gertrude Satorius in charge. She developed a plan for a one hundred percent home, using Miss Lita Bane's suggested nine topics as the spokes of a complete wheel. These were illustrated by suitable posters. The class then arranged a bedroom suitable for a girl of their own age.

A junior eighth grade class in foods, under the direction of Miss Caroline Kriege, planned, prepared and served a breakfast on Tuesday morning. The breakfast consisted of oranges a la marguerite, wheatina, top milk, omelet, popovers and cocoa. The food value of the materials used in the breakfast was explained and illustrated with posters.

Miss Gladys Mackey, in charge of a group of girls from one of the prevocational schools, took up the various types of work undertaken in this kind of school. It included a variety of work showing in individual problems. Some of the girls worked on house dresses, aprons and gym bloomers, while others made over dresses. One girl so skillfully remodeled a woolen dress that she was to receive a dressmaker's wage for doing it. This group had an exhibit of hand made gingham and linen handkerchiefs, cookery holders, towels, and luncheon sets, which will be disposed of later at a Christmas sale.

Wednesday morning the senior eighth grade class, under the supervision of Miss Harriet Jorgenson, planned, prepared and served a formal luncheon to which Super-

intendent M. G. Clark and the presidents of the following clubs were invited: Woman's Club, American Association of University Women, Rotary, Lions, Kiwanis, Hi-Twelve and Knights of Columbus.

The menu: braised chicken, mashed potatoes, buttered string beans, baking powder biscuits, vanderbilt salad, blanc mange, sponge cake and coffee was fully appreciated by the guests, who decided that this phase of Home Economics was worth while.

On Thursday the girls from a ninth grade, with Miss Jessamine Hedgecock as director, made and sold cookies. Dough for the ice box cookies was prepared by the class the day before and they were baked soon after the class assembled at the model department. While part of the class baked the prepared dough, the others prepared chocolate drop cookies. Cookies made at school were sent in to the sale and the two girls who sold the delicacies reported the sale of forty-two dozen.

Miss Hanna Gunderson from North Junior High, chose as her class problem a lesson in fancy stitchery with junior seventh grade girls. Decorative work suitable for guest towels, lingerie and handkerchiefs was developed.

Miss Helen Graeve from East Junior High worked with a group of ninth grade girls making cotton house dresses. She also gave a very interesting drill on the correct way to make buttonholes.

Miss Irene Coulson from West Junior High selected seventh grade pupils for her class demonstration. The problems of this grade include tea towels, cooking aprons and bloomers. The girls were all attention and seemed to enjoy the "down town school".

Friday forenoon a home planning class under the direction of Miss Dora Baldwin demonstrated by the use of pictures, materials and discussions various topics

relating to home planning work. The subjects discussed were: selection of a home site, type of home, construction of the house plan, floor finishes, wall decorations and color harmony, curtains and draperies, proper selection and placing of furniture, selection of rugs, refinishing furniture picture frames and hanging of pictures and types and uses of pottery in decoration.

Thirty-two girls under the direction of Miss Minnie Opfer and Miss Gladys McCord presented the style show entitled, "Correct and Incorrect Dress for a High School Girl". Two girls, dressed as pages, recited the lines as each type appeared.

A clothing exhibit of work completed in high school classes this fall was no small feature. Woolen dresses bearing the unmistakable marks of skill were much commented upon. Likewise was the display of millinery. Hats of various fabrics of the present mode and millinery books showing samples of tailored trims and ribbon work were also on exhibit.

A very attractive display showing a few garments from each building was on inspection during the week. Dainty "nighties" showing bits of hand work, princess slips and practical garments for real service were all there.

An afternoon tea served by eighth grade girls under the direction of Miss Ethel Lennon completed the week's program. Sandwiches, chocolate cakes, candy and tea were served.

Miss Lillian G. Orr and Miss Emma Bliven, Home Economics Supervisors in Sioux City, were in charge of the week's work. They feel that "Educational Week" gave them an opportunity to make their work and ideals better known to a larger number of Sioux City citizens. Much credit is due the clubs, business houses and organizations of Sioux City for their part in making the week a success.

Let's Have a Christmas Party

By ANN LEICHLITER and MARVEL SECOR

When everyone is home from school during Christmas vacation and there are parties galore, it is always a puzzle to find some different way to decorate the table. If you take some stiff paper, your pencil, eraser, paints, paste and some bits of bright silks and laces you can soon make some place cards that will give you opportunity to express the individuality of your guests.

Cut your paper into pieces four by six inches. Then draw a little lady on each one. If one of your guests is quite demure and old-fashioned, draw an old-fashioned miss and use colors which are the favorite ones of this guest. Leave a space at the bottom for the name. Some sort of background gives a chance for color and design. For the little ladies with full skirts a semi-circular piece of silk may be cut and pasted at the waist and the sides of the skirt and then allowed to ripple at the bottom. The bodice can be painted

the same color and a bertha from a scrap of lace may be added.

For the rather sophisticated girl a modern miss may be used. Material may be used for the slender silhouette or it may be only painted. To make them stand, cut around the upper half of the background—fold the outer part back and the placecard will stand. For a bridge party the tally may be marked on the back.

After the card game comes to an end, the scores are added and the winners are announced, the guests are invited to the dining room for refreshments. The table may be dressed informally with individual doilies or linen runners with napkins to match. The centerpiece may be a small Christmas tree on which gay clothespin dolls stand with outspread skirts and smiling faces. These favors may be made of the same colors as the place cards or of a definite color scheme. Any color

looks well with the green background.

One can easily make a full crepe paper skirt for each clothespin, with a tight bodice to complete the costume, paint a face on the head and glue or tie on a paper bonnet.

Candle light is an effective means of producing an hospitable, cheery atmosphere, so if the party is given in the afternoon the shades may be drawn in the dining room.

Suggestions for light refreshments are: Somerset sandwiches and Malaga salad, or ribbon sandwiches and Christmas salad. Coffee, tea or cocoa, salted nuts and colored hard candies may also be served.

Little drop cookies, creamy foudant or fudge and luscious divinity just seem to carry the Christmas cheer with them and are delightful additions to the rather informal party.

Recipes for the refreshments mentioned are:

Somerset Sandwiches

Moisten cream cheese with French dressing. Spread in thin slices of graham bread and sprinkle with finely chopped nuts. Remove the crusts, cut in slender pieces and toast on both sides. Serve hot with salad.

Malaga Salad

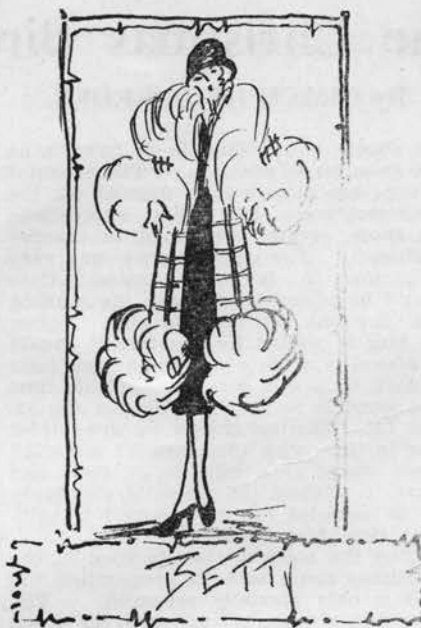
Mix one-half cup each of shredded pineapple, celery and Brazil nuts with mayonnaise dressing and arrange in a nest of lettuce. Skin and seed five Malaga grapes for each salad, marinate them with French dressing and place on the top of the salad.

Ribbon Sandwiches

Cut four slices of white bread and three slices of graham bread in one-fourth inch slices. Spread two slices each of white and graham bread on both sides with creamed butter, and spread the other two white slices on one side only. Pile in alternate layers, wrap in cheese cloth and press lightly in a cool place. Cut in one-fourth inch slices for serving, then in halves crosswise.

Hermit Drop Cookies

Fat 1 cup
Sugar 1 cup
Eggs 2
Flour 2 cups
Rolled Oats 2 cups
Milk 4 quarts
Chopped Nuts 1 cup



Chopped Raisins 1 cup
Cinnamon 2 teaspoons
Salt 1-4 teaspoon
Baking Powder 2 teaspoons
Vanilla 1 teaspoon
Cream fat and sugar, add slightly beat-

en eggs and mlk. Dredge raisins in flour and add dry ingredients. Drop by teaspoons onto greased baking sheet.

Christmas Salad

Pare and chill six tomatoes. Cut in eighths without severing and open like the petals of a flower on a lettuce leaf. Mash cream cheese, add a little French dressing and make into balls the size of a pea. Place six or eight of these balls in the center of each tomato. Serve with Delmonico dressing, which is made as follows: one-half teaspoon each of salt and chopped parsley, one-fourth teaspoon pepper, two tablespoons vinegar, four tablespoons olive oil and one tablespoon of chopped red peppers.

If the hostess wishes to serve more than salad, sandwiches and a beverage, brick ice cream or a fancy sundae and small frosted cakes delight the eye as well as the appetite. Cakes baked in small muffin tins may be covered with white frosting and decorated with round slices of colored gum drops. These are the long narrow variety which one can buy in lavender, green, pink and yellow. A tiny lighted candle may be placed in the center of each cake if they are passed on a serving plate.

Everyone can give a party during the holidays which is different from others by spending a little time in planning decorations and favors. Every girl returned from school will take delight in making her the most clever one given.

Home Economics in New Zealand

By LILLIAN B. STORMS

A friend in the States wrote me, "It seems peculiar for you to be attending afternoon teas and luncheons in New Zealand for I've always thought of New Zealand as being so far at the end of the world as to be only partly civilized." Before leaving home I heard my father say he thought I was going to New Zealand to teach the cannibals how to prepare their food! I assure you we are very much civilized here. I went to a dance last evening in a sleeveless evening gown purchased on Fifth Avenue and I was not in the least conspicuous.

The New Zealand people are English and Scotch and have come out here as colonists as did the early settlers in the eastern states. The main difference is that the early settlers here came only about eighty years ago. Habits of life therefore are much as they are in England and Scotland, at least they seem so to us, tho the recent arrivals from Great Britain think it is quite colonial and different from "home". Of course, the country is new compared to the old country and there are "raw edges" as in our newer districts. The people follow much the same food habits, houses are built much in the same styles as in England, fireplaces supply the heating, dictionaries give the same pronunciations as those of Great Britain, but the differences from the customs in the States are in degree and not fundamental. It is just because we are fundamentally the same as the English that the differences are the more noticeable. The different accent, or perhaps inflection would be the better term, of the New Zealander varies from that

Miss Lillian Storms, who has written for us this interesting account of the university and people of New Zealand, is a graduate of our Home Economics division in the class of '08.

of the Englishman and from that of the Canadian and Australian and from ours, as does that of our northerner from the southerner.

We have been much amused when people have said in surprise that we do not seem to have the Yankee twang. Some who have read O. Henry have asked us if most of the Americans do not talk that way, that they would expect to have great difficulty in understanding them. They can understand us and we assure them we are representative. Indeed, I would not wonder if they have decided we are more civilized than they had thought we were.

There is not as much antagonism toward the States as I had thought there might be. It is not the fault of the press that the feeling is as good as it is. All the news we get from America is really quite amusing, if it were not serious. The circus-like tactics of the Democratic convention were played up for all they were worth as showing of what our politics consisted. Furthermore, that was all the news from there which was published during the two weeks of the convention. We have so little news from there and what we have does not give as favorable an aspect on our life in the States as do

the comments and articles about New Zealand which appear in our press. Many of our poorer grades of films are shown here and but few of the better ones.

All the press statements about prohibition there sound to me very much like "wet" propaganda and most of the people coming back from the States are those who do not want prohibition introduced here and go well out of their way to tell what a farce it is there. Some of those published statements are exaggerations, as I well know. It may not work satisfactorily there, but it certainly is a big improvement over what we have seen here.

Very few Americans ever come here, so most of the impressions of us come second hand thru New Zealanders who have been to the States, and many of them have seen but very little of the country except New York City. Such sources of information as those mentioned are apt to be unfair and engender prejudice. Hence I wonder that there is not more misunderstanding about us.

People ply us with questions and apparently are very interested in all we say. We have been most royally received and cordially welcomed in fact, quite lionized. I sometimes wonder if visitors from little New Zealand would be received there with such courtesy. We Americans are so busy with our own interests and we have so many of them. There is less distraction here, but we are none the less appreciative of the friendliness with which we have been received.

The University of New Zealand is dis-
(Continued on page 13)

The Christmas Bird

By GRACE HEIDBREDER

Long years ago the proverbial goose of today's Christmas was valued as a delicacy by the ancient Egyptians and the people inhabiting Briton. At the time of Julius Caesar's invasion into Briton the bird was a great favorite with the people of that land. He took the goose back to Rome where for a long time it was regarded as a sacred bird. From Rome the bird was taken into France and from there to other countries of Europe. It came to America with our forefathers who established the custom of goose as the "Christmas Bird." The longevity of the goose as a favored meat is due to the attractiveness of the flesh of the bird. As in all meats there are good meat and bad meat, and the goose intended for food has certain specifications.

The points to be considered in the selection of the goose are not very different from those of other fowl. In a dressed fowl the most satisfactory test is to have the breast bone pliable and in a live bird the best test is age. A goose is at its best a little under or a little over one year. When buying a goose it is essential to know the size in relation to the number of guests to be served. The average size serving is one-quarter pound of edible meat, and it is possible that fat and refuse will average about three-quarters of a pound. A twelve pound goose will serve from eight to ten people. It is possible to save the fat which when rendered makes very delicious frying fat. Because of this large amount of fat it is necessary to develop the flavor of the flesh with seasonings.

As any other fowl the goose must be drawn and trimmed. Many famous chefs advocate leaving the lungs or "soal" adhering to the chest walls. However this is a matter of choice. It is very essential to have the fowl free from all down to prevent any danger of a "feathery" taste. Fannie Merritt Farmer advocates washing with soapy water after singeing as the safest means of preventing this undesirable taste.

There are several stuffings adapted to goose meat. The point to remember in

the choice of a filling is to have it as free from fat as possible. The chestnut stuffing has always been popular for the Christmas goose, but other suggestions are apple, potato, rice bread, or cracker stuffings. The consistencies may vary according to personal tastes. Care should be exercised to have the stuffing well flavored but not too rich. After the bird is stuffed for roasting it should be placed in a hot oven for one-half hour or until it is well seared. At this time it is possible to pour off some of the excess fat. Basting should be done from time to time with some non-fat material, either water or a mixture of flour and water. Unless the goose is extremely old 20 minutes for each pound is sufficient time for cooking.

Also the meat is the big item in the Christmas menu with its preparation the meal is only partially prepared. The other dishes must balance with the goose and should be appropriate for the Christmas season. If a first course is desired it may be either a fruit or fish cocktail or a clear well-seasoned consommé. A variation of the ordinary mashed potato is the potato apple or pear which is prepared by mashed potatoes molded into the shape of pears or apples dipped in egg, a clove on the top to form the stem, colored with vegetable coloring and then placed in the oven to heat. These potatoes are very satisfactorily prepared in advance except for the reheating which may be done just before serving.

In the choice of a vegetable and trimmings, color and season as well as flavor are important factors. It is well to choose a creamed vegetable because of its adaptability to goose meat. Possibilities are cauliflower, brussels sprouts, white cooking onions, turnips or a good grade of canned peas or asparagus. Celery and green olives add color and flavor to the menu. It was a very old custom to serve apple sauce with goose and a very delightful digression from this feature is to prepare a well seasoned apple sauce of grimes golden or greenings, coloring the sauce green and freezing it.

bert to serve with the dinner course. Cranberry sherbert may be substituted for the apple or the cranberries may be served as sauce or jelly.

The salad may be served either with the dinner course or as a separate course. For a simple salad, head lettuce with thousand island dressing is easily prepared or an apple and celery combination. It is possible to have a very delicious frozen salad from a good grade of canned fruit salad. Remove the paper from the can—this is a very important point—and pack the can in salt and ice for three hours. The salad is removed from the can, sliced and served on lettuce leaves with desired dressing.

The plum pudding and its first cousin the mince pie, are both direct descendants of the old Teutonic "blood pudding" or sausage, which differs from the common sausage because it was sweetened and had plums in it. Of late years it has been baked in crusts and thus our mince-meat pie has evolved. Substitutes for these when desired are date pudding, fig pudding, or Krummal Torta which is made with 2 eggs, beaten until light, 1 cup of sugar, 1-2 cup bread crumbs, 1 cup chopped dates, 1 cup chopped nuts, and 1 teaspoon baking powder mixed well together and baked in a slow oven three-fourths of an hour. Cut in squares and serve alone or with whipped cream.

The "Christmas Bird" is the primary consideration in the planning of the meal for Christmas dinner, but it is also necessary to consider when planning, the number of guests to be served, the proper dish to give the goose best flavor and the appropriateness of the dish as to season and then the amount of time the hostess has to prepare the meal and the amount of assistance she will receive. It is entirely possible to choose dishes that can be prepared early or even the day before and it is advantageous to choose food which is in season because seasonable food is not only more palatable but it is also more economical which is an important point to remember.

Helps from Our Extension Office

By VIOLA JAMMER

Playlets are becoming very effective as a means of popularizing an unpopular subject. They may be adapted as successfully to the interest of older people, as to children.

Gertrude Lynn, home management specialist, of the extension service, Iowa State College, directed a very fascinating play during the Iowa State Fair this fall to interest people in keeping home accounts. "Dollars and Sense" was written especially for the Iowa State Fair. Many of the incidents of the play are reproductions of actual experiences, reported by farm women, who have taken the five month course in Home Accounts and who have kept records during the past year. The play itself was then written by Mignon Quaw, the recreation extension specialist from Montana.

As a result of this play, 50 counties have requested copies. The play, in four episodes, represents two typical families. The one family, realizing the need and value of home accounting, have a very happy and prosperous home and business life. Contrasted with this, is the other family, who lives from day to day, working and worrying, never knowing where the money has been spent, or never planning for future advancement because of present circumstances. As the play proceeds, little incidents disclose the reason why. Finally the unhappy family comes in contact with a home demonstration agent who helps them to plan their future spending by assisting them to make an inventory of their past records. They see how disproportionate their spendings

have been and decide to plan a budget for their future happiness. The final scene shows them two years later, a progressive family, enjoying their income, and each member sharing a responsibility toward the family well being.

A "Home Account Book" for keeping family expenditures is being revised and may be secured in December. Two thousand copies of the Home Account Book, especially planned to meet the needs of farm homes, were sent out from the extension department during the last year.

A home economics bulletin No. 58 on Home Accounts, published in June 1924, may be had by writing to the Extension Service Department of Iowa State College. These bulletins contain recent and valuable information to people concerned with spending and saving problems.

Who's There and Where

By PEARL HARRIS



Frances Johnson, '17, is now at Columbia University working toward her master's degree.

Miss Coles at Missouri

Jess V. Coles is head of the clothing department of the Home Economics Department at the University of Missouri.

Working for Master's Degree

Lillis Knappenberger, who has been an associate professor in the Textile and Clothing department for five years, has gone to Columbia to take her master's degree.

Son Born to Mr. and Mrs. Walters

October 22nd a son was born to Mr. and Mrs. "Deac" Walters of Waukon, Iowa. Mrs. Walters was formerly Margaret Graham. "Deac" is in charge of athletics there this year.

Cafeteria Director at Boone

Dryden Quist, '24, is now cafeteria director of the Boone Y. W. C. A. During the summer after her graduation she was engaged in Boys' and Girls' Club work at Council Bluffs.

In a recent issue appeared a notice that Alice McClure March, ex. '15, spent the summer in France with her husband. It was later learned that Mrs. March passed away after being at sea for three days, her body being taken to France for burial.

Practicing at Santa Barbara

Dr. Elsie Carlson, who has been Home Demonstration Agent at Orange City for two years, was back on the campus a short time ago. Dr. Carlson studied four years at Los Angeles and is now practicing at Santa Barbara, California.

Director of Dormitories and H. Ec. Dept.

Florence N. Lewis, '15, is this year in charge of the Home Economics Department at Montana State Normal College Dillon, Montana. She also is director of dormitories there. She reports that the equipment and furnishings of both departments are excellent and that her work is a real pleasure. She is also enjoying the Montana scenery and climate.

Miss Corbett in the Orient

Miss Virginia Corbett, '93, who has been in the Orient the past year, has returned to her home at Ft. Collins where she is Dean of Women at the Colorado Agricultural College.

Miss Corbett, in company with several other college women, has been teaching for a year in Ginling College at Nanking where 100 Chinese girls are taking college work in preparation for later life as doctors, social workers, teachers and religious leaders.

Taking Student Dietitian Training
Ella Larson, '24, is at Michael Reese Hospital, Chicago, taking Student Dietitian Training.

Dean of Home Economics

Muriel Hopkins, '15, who took advanced work in Chicago, is now Dean of Home Economics at the University of Kentucky.

Teaching at Indianapolis

Pearl Apland, '21, who was formerly an assistant instructor in the Home Economics Division, is teaching Costume Design and Applied Art in the public schools at Indianapolis, Indiana.

Excerpt from Letter to Miss Busse

Eunice Longworth, who graduated in June 1923, took her student training at Santa Barbara, California, and is now in the Ford Hospital at Detroit, Michigan. The following excerpt is taken from a letter received from her:

"I can scarcely realize that I have been here six months. In some ways it seems like a long time too.

"Detroit is a big, busy place and there are always more things one would like to do than can possibly be crowded in, but we try to get as much as we can as we go along. We have a Dietetic Association of Southeastern Michigan, which meets once a month, nine months of the year for a dinner meeting. At the October meeting Dr. Icie Macy of the Merrill-Palmer School talked to us on Infant Feeding and presented some of the problems that confront the research workers along that line. Last Wednesday evening we went to Ann Arbor and there we heard Dr. Newberg on the Nitrogen Requirement followed by an informal discussion which lasted till nearly train time. Detroit, Ann Arbor, and Battle Creek are represented at these meetings. About thirty were present, some of course being student dietitians.

"It was a great surprise to me when Ethel Huebner called and told me she was in Detroit. We have spent several evenings together, since then. Ethel enjoys her work very much.

"The four of us (dietitians at Henry Ford Hospital) have little supper and theater parties every two weeks or so. We are quite a congenial group and enjoy working and playing together. The summer was brightened by my three days at Miss Kelley's home at Oberlin, and by her trip here before she went back to Ames.

"I received a nice letter from Gladys Dodge yesterday, saying that she's enjoying Santa Barbara this year. She has the more interesting end of the work now, the Potter Wing work.

"Dr. Steiner of Grinnell comes to Central church next Friday evening. Shall have to hear him, I think, on 'The Making of a New Race.'"

Ruth Grimes, a graduate of 1924, is now Mrs. Wetlack and lives at 614 Sixth Street, Ames.

Doing Social Science Work

Miss Ruth Robertson, '24, now holds a position in connection with the Social Science department of the Tennessee Coal, Iron and Railroad Company, with headquarters at Adamsville, Alabama.

Alda Wilson who is now in New Zealand, writes to us from that "land of summer."

"The Islands of New Zealand hold the same position in the British Empire as do Australia and Canada and the inhabitants are much more British than either of the Dominions named. They pride themselves upon that. The city of Dunedin was settled by the Scotch and is not as progressive as some of the other cities here, on account of their Scotch conservatism.

"The University is modelled on English lines and is separated into four branches, Auckland and Wellington on the north island and Christ Church and Dunedin in the south island. The branch in Dunedin is the largest and is known as the University of Otago for the province in which Dunedin lies. All of the buildings are well equipped and efficiently staffed. The medical school is doing splendid research work along the lines of certain diseases prevalent in New Zealand, especially goiter.

"One of the most striking things about living here is that the seasons are the reverse of those in the northern hemisphere. June has the shortest days and is midwinter while December is the height of the summer season. Winter is quite mild when compared with Iowa, as the mercury does not get much below freezing even during some of a few days duration and roses and some of the hardier flowers bloom all winter long, much as they do in California.

"All of the fruit trees are in bloom now and daffodils, hyacinths and narcissi grow almost wild, by the thousands over lawns and gardens. Everyone here has a garden, some very small and others large and very beautiful. The places are separated from the streets and from each other by walls or hedges or both in the English manner.

"The best scenery of New Zealand is along the western coast of the south island and the "Southern Alps" and as that region is only accessible during the summer season I am spending the time in Dunedin, awaiting the opening of the hotels and the resuming of the motor bus service on November first. We are planning a month's trip thru the mountains at that time and will then depart for Australia and the island of Java where we plan to spend Christmas in the tropics."

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THE CHILD LABOR AMENDMENT

In a newspaper from a small Iowa town there recently appeared an editorial opposing, and incidentally misrepresenting the Child Labor Amendment. To quote "We see children working, and yet have our first time to note any indication of 'slavery' or cruelty or brutality on the part of those for whom they work. We want them to have an opportunity to get an education, of course. But there is no reason why they should not attend to small tasks, during the time they would otherwise be idling."

The wrong view point has been taken in this case as in all other cases where the amendment is being misrepresented to farmers and others. This Amendment will **not** prevent children from helping at home as long as the work done does not interfere with attendance at school and the hours are not too long. It will give Congress power to regulate Child Labor so that uniform laws may be in effect all over the country.

Anyone who has read unprejudiced literature on the conditions which have brought about the agitation for the Child Labor Amendment and the qualifications of that amendment could never conscientiously misrepresent the aims of a movement as vital to our country as is this one.

It is a common fault of ours to judge a large measure by our limited experience. Perhaps in our own small communities we are not troubled with the problem of Child Labor. This does not mean that Child Labor is not a common evil in other parts of the United States. We must not be blind to the fact that in many agricultural states of the middle west and in manufacturing centers of the east childhood is being denied its natural right and thousands of children, many below the age of six years, are working from eight to ten hours a day.

The women of America can put this thing across if they will support it as they did the Sheppard-Towner bill not so very long ago. Many women's organizations are working for the amendment now. The organized groups can do much, but they need the support of unorganized women as well.

If every woman who loves her children or some one's else children will push this all-important issue to the limit it can be passed and its victory will be one more proof that the women of our country have truly earned their right to vote!

HOMEMAKERS

Are You Equipped for Your Job?

If you knew that better equipment in your home would increase your precious hours of leisure, could you afford more of it?

Is one of your big problems managing to get your work done?

Do not miss the series of articles, "Sidelights on Home Equipment," the first number of which appears in the January issue.

MESSAGE FROM THE PRESIDENT OF THE IOWA HOME ECONOMICS ASSOCIATION

By Lillian G. Orr.

The Iowa Home Economics Association makes its initial bow in the "Iowa Homemaker".

In recognition of the fact that the Homemaker has just become the official channel thru which the work of the association may be brought before the reading public, it is with keen enjoyment we acknowledge our satisfaction that such a thing has been accomplished. Standing, as we do, for the greatest institution on earth—the Home—we Home Economics workers feel the need of a stronger bond between home and school.

While there is a growing interest in Home Economics thru extension work, clubs and affiliated organizations, we crave the success which may be ours when the team work spirit is evident everywhere and the home and school pull together.

One of the surest ways of bringing this about is the cooperation of the press. Successful business men realize the value of the newspapers to them and they have created the slogan, "It Pays to Advertise". Herein lies a wonderful opportunity for the one thousand Home Economics teachers of Iowa. The doors of the Press are open to us!

Can we not show that we are 100 percent teachers?

1. By supporting our official organ—the Iowa Homemaker.
2. By spreading the gospel of "Good Homes" on its pages.
3. By being a real Booster for the things for which the Association stands at all times.

Elsewhere in this issue you will find a report of the part the Home Economics departments of the Sioux City schools took in "Educational Week". Probably every school in Iowa is doing something just as interesting that all the other teachers would like to hear about. Boost your school and help this department in the Iowa Homemaker by sending an account of your work to the Editor of the Iowa Homemaker, Ames, Iowa.

"O, holy child of Bethlehem!

Descend to us, we pray!

Cast out our sin, and enter in,

Be born to us today.

We hear the Christmas angels

The great, glad tidings tell;

O, come to us, abide with us,

Our Lord Emmanuel."

—Phillips Brooks.

The Work of the Juvenile Court

By VIRGINIA DREW

In an analysis of the juvenile-court legislation, it is well to note the extent to which the effort to obtain this form of control has prevailed in the states. Juvenile-court laws have been enacted throughout the United States with the exception of Connecticut, Maine, and Wyoming. These states have passed laws dealing with some problems usually covered in the juvenile-court laws.

The jurisdiction of the juvenile court in 14 states, including Iowa, extends to children under 16 years of age. In 17 states, jurisdiction extends to 17 years, in Maryland the limitation is extended to 18 for girls and 20 for boys, and in California, to 21 for both boys and girls. A number of states provide that jurisdiction once obtained over any minor may continue beyond the age limits, usually until he reaches 21.

Before the enactment of juvenile-court legislation, the courts dealt only with those juvenile offenders charge with (1) violating a state law or local ordinance, (2) committing a criminal offense, (3) being incorrigible. This is still the situation in Connecticut, Delaware, the District of Columbia, Georgia, Mississippi, New Jersey and Pennsylvania.

Most of the laws, however, formulate a more inclusive definition of delinquency, in order that the court may not be prevented by lack of technical jurisdiction from assuming the care of the child. Most states now consider as delinquent any child who (1) violates a law or local ordinance, (2) is incorrigible, (3) associates with thieves, vagrants, prostitutes, criminals or vicious persons, (4) in growing up in idleness or crime (5) knowingly visits a poolroom, or gambling place, (6) knowingly visits a house of ill-fame, (7) wanders about the streets at night, (8) wanders about railroad yards, jumps on moving trains, or enters cars or engines without authority, (9) habitually uses or writes vile, indecent, or obscene language, (10) absents himself from home without just cause or consent of guardian, (11) is immoral or indecent, (12) is an habitual truant.

In dealing with the child who is charged with felony or crime punishable by death or life imprisonment, the legislatures of most states have refused to apply the essential principles of juvenile-court legislation. In some states in which the juvenile court may have jurisdiction, the judge may, in his discretion dismiss the case and allow the child to be tried under the ordinary procedure of the criminal court.

In most states proceedings are begun in juvenile cases by petition, filed by some reputable person who believes that the child is within the provision of the law. A further step in differentiating the juvenile court process from the ordinary procedure is made by securing the presence of the child and parent or guardian by summons instead of by warrant. A majority of states provide by law for a preliminary investigation of the case by the probation officer before the child is brought in for a hearing. Other states which require an investigation do not specify when it shall be made. The rest do not mention it at all.

The method of detaining the child be-

Feeling that the woman citizen will always be primarily interested in the child, we are presenting a number of articles on child problems, physical, mental and civic, which have been prepared in the "Child Care and Training" classes of the college. The article on Child Labor Legislation which appeared in the November issue was the first of this series and others will follow.

fore and during the hearing is a most significant feature of juvenile-court legislation. Under the criminal law the child who could not give bond for his appearance was sent to jail to await his trial. A number of the states, including Iowa, now provide that no child who comes under the jurisdiction of the juvenile court be retained in a police station or jail. Several of the states have this provision only for children under certain ages. In Alabama, "if absolutely necessary," a child "may be kept in jail for safe-keeping." Mississippi prohibits placing a child under 17 in jail unless he is to be remanded to the grand jury. A number of the states require that children who are confined in any jail, police station, or house of detention shall be kept apart from adult prisoners.

In the majority of cases it is considered best to allow the child to remain at home pending trial, unless the surroundings are such as to warrant his immediate removal. When it is evident before trial that the child should not be allowed to remain in the custody of parents or guardians, there should be a suitable place provided for his care. This is usually a detention "home" or "school."

The purpose of the juvenile-court legislation is not to prove that the child is or is not guilty of an offense, but to find out what surroundings and circumstances are responsible for his delinquency and to make sure that the unsatisfactory conditions do not continue. South Dakota provides that all hearings may be informal, and conducted under such rules as the court may prescribe; and designs to inform the court fully as to the status of the child, its history, environment, physical condition, mental and moral conditions, and its parents or guardian. Other states have similar provisions, designed to disarm the fears of the child and win its respect and confidence.

In a great many of the states, including Iowa, the public may be excluded from trials in the juvenile court. In some states the law prohibits any publication of the case in newspapers. In Colorado it is unlawful to take a photograph or make a sketch of any child in court.

California and New Mexico are the only states that provide by law for the appointment of a woman to hear cases of girls. Colorado, Georgia, Mississippi and North Dakota make provision for the appointment by the judge of persons to hear cases. Rhode Island requires that a woman probation officer shall be present at all hearings of petitions concerning girls.

There has been a great deal of discussion as to whether the child should be saved by the state any more than by the father. The informal nature of the proceedings makes it almost impossible to have a jury, but in many states, the child, parent, guardian, or interested person may demand a jury trial.

The Illinois law provides that "a disposition of any child under this act or any evidence given in such case shall not, in any civil, criminal or other cause or proceeding whatever in any court, be lawful or proper evidence, against such child for any purpose whatever, except for subsequent cases against the same child under this act."

A child needing medical care may by order of the court be placed in a hospital in several states, including Iowa. In seven states provision is made for committing mental defectives to institutions for their special care. A number of states provide that the court may inquire into the financial ability of the parents or guardian, and may order them to contribute to the support of the child placed in the care of an individual association or institution. In Rhode Island, failure to pay may be punished by imprisonment. Virginia provides that the procedure shall be as that in cases of non-support.

Laws vary as to whether the court has any further jurisdiction over a child once disposed of, or over the institution to which he has been committed.

At the present time the great problem before the court is the working out of practical methods by which the principle of the juvenile court may be universally applied. It has been especially hard for courts in rural areas to develop effectively their work for children. One most difficult problem to solve is the provision of a suitable method of detention for children who cannot be kept in their own homes, pending the disposition of their cases.

The great need for early recognition and treatment of abnormalities in the child's physical, mental or moral development, has been conclusively shown, and in this field the responsibility reverts to the home, school, and other social forces of the community. The adequate fulfillment of those obligations will result in the prevention of a considerable amount of juvenile delinquency, and in the consequent reduction of the number of children who come before the courts.

Massachusetts adopted two amendments to the state constitution at the recent election. One strikes the word "male" out of the qualifications for voters to conform with the national amendment. The other gives women the right to hold any state county or municipal office and provides that the marriage of a woman who is a Notary Public will not take away her commission, as it has formerly done.

In a recent issue appeared a notice that Alice McClure March, ex-'15, spent the summer in France with her husband. It was later learned that Mrs. March passed away after being at sea for three days, her body being taken to France for burial.

ETERNAL



QUESTION

SUGGESTIONS FOR HOME ECONOMICS COURSE

Would you give me suggestions for a Home Economics Course which would be completed within 7, 8, 9, and 10th grade, one-half year each in 7th and 8th grades?

We are now giving one-half year work in H. Ec. in the 7th grade, one-half year in the 8th, and a full year in the 9th and 10th grades. In the 7th and 8th grades we are giving units of work in foods, clothing, and child care. Other units in these subjects are given in the 9th grade, and to them are added units in Family Relationship. An attempt is made to emphasize the selection and costume design phases of the clothing work. In the 10th grade, the food work is based on the cafeteria lunch.

WORK OFFERED IN INSTITUTIONAL TRAINING

Do you give a course that would fit one for tea room work?

Iowa State College gives work to train tea room, cafeteria, and lunch room directors. We offer three courses in the order mentioned—Large Quantity Cooking, Institutional Equipment and Institutional Organization. We offer some graduate work in the some lines.

Is there much demand for tea room managers and for new tea rooms now, and does tea room work pay better than teaching?

There is always a demand for experienced tea-room managers but one must be willing to work up from the bottom even after having had training.

When one has "arrived" in tea room work, I believe the salaries average a little more than those in teaching, but you must remember that the hours are long, vacations are few and far between, and the work is very heavy in any place which serves food to the public and one does not arrive at the top without going thru an apprenticeship, of much hard work.

A NOVELTY DINNER

I am planning a novelty dinner served as a semi-formal affair. I should like to have the various vegetables named so that the guests will have to guess what they are ordering from the menu. For example, potatoes, named "Apples of the Earth." Can you suggest plans, menus, names for dishes and decorating for such a dinner?

Tomato Soup (Potage a la Creole)
Croutons (Sippets)

Roast Lamb (Agneau Roasted)

Mint Sauce

Mashed Potatoes (Pommes de terre)

Buttered Peas (Pois Beurre)

Rolls (Pain & Beurre)

Salad—Mixed Vegetables (Jardiniere)

Wafers (Pain)

Apple Pie and Ice Cream (Tarte aux Pommes) a la mode

Cafe Noir (Black Coffee)

Some of these terms are French. You might transpose these words into anything that sounds like them as they are.

Your color scheme could be green and red if you used the suggested menu.

Instead of the tomato soup you could substitute a fruit cock tail. This is a combination of any fruit you may wish to conform to a desired color scheme.

The croutons are small cubes of toasted bread. The English call them "Sippets."

Other meat may be used in place of the lamb. Veal cutlets-breaded would be very nice.

"Pommes de terre," translated, means "Apples of the Earth". You might serve these scalloped.

Place cards with a touch of such color along with a center piece would be sufficient. Decorations would be very pretty if you used the autumn colors.

BULLETINS ON FANCY STITCHING

Could you tell us where we can secure pamphlets on Fancy Needle Work Stitches, Making Tufted Bed Spreads from candle wicking?

In regard to your inquiry concerning fancy needle stitches, you may secure them from extension department bulletins on Decorative Stitches, which should be of help to you.

CLOTHING TEXT BOOKS

I am desirous of securing an up-to-date text book for class work on stitches, wearing apparel, and textiles. Would you advise me as to text books having models of present day styles?

I regret to say that there are no very good text books on Textiles and Clothing. I doubt whether it is advisable to use texts in clothing classes, since this material is constantly changing and each year must be adapted to the new students.

The following books contain valuable references material:

Dyer—Textile Fabrics, Houghton Mifflin Co.

McGowan and Waite—Clothing and Textiles—McMillan Co.

The Fuller Series.

Fales Dress Making—Charles Scribner's Sons.

Woolman—Clothing. Choice Care and Cost—J. B. Lippincott & Co.

Collins, Harry—The A. B. C. of Dress, Modern Modes Corporation, New York City.

For foundation work I would suggest Woolman's Sewing Course, Fernald, New York, publisher. It is an old book but the stitches and processes are well worked out.

FRUITS WHICH CONTAIN PECTINS

Would you please send me a list of the fruits containing pectin in relative amounts?

We do not have the list of the relative amounts so it is impossible to put them in order. The following do contain a large amount of pectin when not ripe:

Apples, crab apples, currants, gooseberries, quinces, black berries, Concord grapes.

Those that contain little or none at all are:

Peaches, pears, strawberries, and cherries.

"THE HIGH SCHOOL GIRL'S CLOTHESLINE"

Several years ago there was a play in your magazine called "The High School Girl's Clothesline." Can you tell me where I can obtain a copy?

You can obtain a copy of this play by writing to the Extension Department of the Clothing Department.

HOME ACCOUNTS

Will you please send me all available material on Home Accounts and I would be glad for suggestions on "How to Plan the Family Budget?"

Our new account book is now on sale and you may obtain a copy from the Extension Department for 20 cents. The title of the book is "The Home Account Book."

BULLETIN ON RUG SIZING

Would you please send me a booklet on "Rug Sizing?"

We do not have a bulletin on "Rug Sizing." The best method is to place your rug on a flat surface, face down. Make a glue of fish glue and water and brush it over the surface. Do not try to size just a portion of the rug. It is better to size the entire rug. Make glue thick enough so that it will spread well. Be careful not to get it so thick that it will beropy.

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ORIGINAL
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A BANK ACCOUNT

is the thermometer that tells the temperature of business. When the mercury goes up the forecast is "Fair and Warmer".

Story County Trust
& Savings Bank

Ames, Iowa

Creamery Candies for Christmas

(Continued from page 3)

FONDANT

This is the foundation for chocolate creams and other fancy candies.

2 c. sugar 2 c. sugar
1 c. water (or) 1 c. water
2 tbsp. corn syrup 1-4 tsp. cream of tartar

Flavor as desired.

Variations in the Fondant Recipe

- (1) 1 c. brown sugar and 1 c. white sugar.
- (2) 1 c. white sugar and 1 c. maple sugar.
- (3) Add 1 sq. grated chocolate or 2 tbsp. cocoa for chocolate fondant.
- (4) Use 3-4 c. water and 1-4 c. strong coffee for Mocha fondant.

The Home Guide

(Continued from page 4)

10. Is hot water furnished the year around?
 11. If a house, have it understood who is to pay the water-tax.
 12. See that any special agreements are written into the lease.
 13. See that all repairs and decorating agreed upon are made if possible before moving in, or before paying a full month's rent in advance.
 14. If the place in view is rented, will any furniture have to be stored?
 15. Is there an attic (if a house)?
 16. Are there windows in the attic, if any?
 17. Are ceilings in good condition; do floors or walls need refinishing, window shades or sashes repaired, etc?
 18. Do the doors shut properly?
 19. Are all window cords in good condition?
 20. Are gas burners, tips, keys, globes or other lighting fixtures present and in order?
 21. Are all faucets in proper condition?
- Altho perhaps, all of these points are not of equal importance to all home-seekers they ought to serve the purpose of jogging the mind of the prospective renter and helping to protect him against having "something put over on him."

Home Economics in New Zealand

(Continued from page 7)

vided into four institutions, one at Auckland including the schools of law and liberal arts, one at Wellington, which in-

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here. A large assortment at rock
bottom prices.

E. R. LAY

THAT CHRISTMAS DINNER

and dance will mean more to you if your feet are comfortable. If you have foot troubles see the Chiroprapist at the

MARINELLO COMFORT SHOP

Commercial Bank Bldg.

Phone 1252

Ladies' Apparel Shop

Boone, Iowa



Sports Frocks

\$15.00

Unanimously chosen for the smartness they show the world; the serviceability they show the wearer; and the modest amount that shows up in the clothes budget.

cludes certain kinds of law and liberal arts, one at Christchurch, where is located the school of engineering beside general subjects and the one here is Dunedin, where we have medicine, dentistry, mining engineering, home science and general subjects as sciences, education, and some liberal arts subjects. At Augland and Wellington they do not have much more than what we would call continuation colleges, and few but local students. Canterbury College at Christchurch is larger, but the University of Otago at Dunedin is the oldest and the largest institution. We have about eighteen hundred students, about one hundred of them are in home science. When I think of Ames, things here seem pretty small, but the University buildings, about nine or ten of them, are substantial looking stone structures uniform in style and really quite imposing. Both medicine and dentistry are soon to have new buildings.

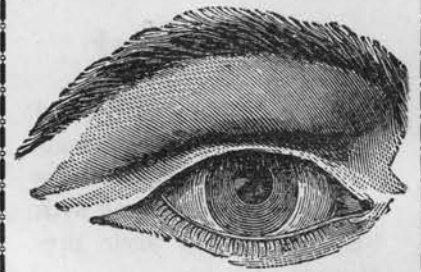
The Home Science Department is housed in a two story building, with three classrooms, four laboratories and offices. The cooking laboratory has working space for twenty-four students, the sewing rooms have more space and the chemistry room would accommodate thirty students at one time. At present my largest class is nineteen in organic chemistry.

The degree course is four years and includes more science, except that there is no mathematics than does our course at Ames, but there are no general subjects like history, English and languages. Girls who go to the States for advanced work have to make up those deficiencies. Miss Alda Wilson of Ames and New York City is giving a course of lectures on History of Art and Architecture. But she will not be here longer than the present term.

Beside the four year course we have what is called a diploma course, of three years, for which the entrance requirements are slightly lower than for the degree. All of the diploma course work is given in our department, while the four year girls take one year each of chemistry, physics and physiology and one term each of bacteriology and biology in the university departments. My work includes first year chemistry (inorganic and organic) for the three year girls, second and third year chemistry for all and nutrition and dietetics for final year students in both courses. After the first year most of the work in home economics subjects in the two courses is taken together.

I brought with me from Honolulu, thru the kindness of Professor Carey D. Miller of the University there, a pair of white rats for experimental work. It is now four months and so far they have failed to do their duty by the race of albino rats and I am using some of the strain of smaller rats which they have supplied me from the medical school here. It was quite an undertaking traveling with rats, for hotel and railway officials do not appreciate that they are not just common rats, and that they must be treated like aristocrats. The girls are very much interested in the rats and especially in the little ones which we have had.

The chief industries in New Zealand involve meat and dairy products. Much frozen meat is exported and dairy products, to the value of \$80,000,000 were exported last year. It means that meat is much cheaper with us and therefore much more evident in the dietary, to the extent of three meals a day in most homes. Vegetables are expensive and hard to get.



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Iowa

During the winter we have had carrots, cabbage, onions, parsnips and no others. People do not have vegetable gardens, tho there are plenty of beautiful flower gardens. There is a general aversion to canned foods, which I think is because of a fear of poisoning and in addition to that there is no canning industry here. Canned goods are shipped from California and are very expensive. Building, rents, clothing and if you secured the kind of food we have in the States (i. e. plenty of fruit and vegetables) are all more expensive than with us, while salaries and I think the general scale of wages are lower. The result is a different standard of living, especially evident in the type of clothing generally worn and in the inconveniences which are everywhere apparent. Walter Page said in his letters that the English clung to inconveniences and the same is true here. The houses and especially the kitchens are most inconvenient and the lack of central heating in a climate as cold as this is a serious hardship to us and more of a hardship to them than they appreciate. In fact, I have heard several hundred times in the last four months about how unhealthy "superheated houses" are. I will reserve what I think about that question until I get back to the States. The cold houses and the inconveniences are customary and therefore not questioned.

There is no extension work in connection with home economics and there should be. However, the present staff is too busy to take up that side of the work very seriously. Some of the junior staff will have to go away for training along that line; perhaps some will come to Ames.

There is so much to do and so little time to do it all that it is slightly discouraging, but the girls are fine girls and already we have some very good friends here, hence our lives are busy ones, but also enjoyable.

It is interesting to realize that we are nearly half way around the world from Iowa and under the Southern Cross instead of the Great Dipper. But I have viewed the Southern Cross from the equator down to Stewart Island which is about as far toward the south pole as one can go and I warn you the Cross is disappointing. The stars are not of the first magnitude and it is small, not nearly as impressionable as the Great Dipper and the North Star. Of course, the tropical moon and skies as seen from ship board were lovely indeed and the Fiji Islands more interesting than civilization, but that is another story.

The Iowa Homemaker gets here a month after you receive it in Iowa. I give it to one of the alumnae who has charge of newspaper articles on home economics topics.

TEST WHEN CANS ARE OPENED

As the can is being opened, notice whether there is an out rush of air or spurting of the liquid. These indicate spoilage. If the air sucks inward this is a good sign and shows that the vacuum seal has not been broken.

Smell the contents at once. The odor should be characteristic of the product. Any "off" odor probably indicates spoilage.

Look at the contents carefully to see whether they appear sound and natural in color and texture.

If the can is tin, notice the appearance of the inside. It should be clean and bright or well lacquered, not extensively blackened or markedly corroded.

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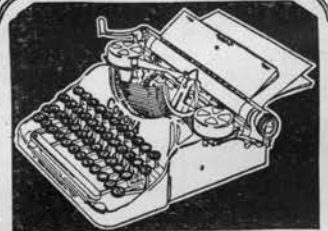
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