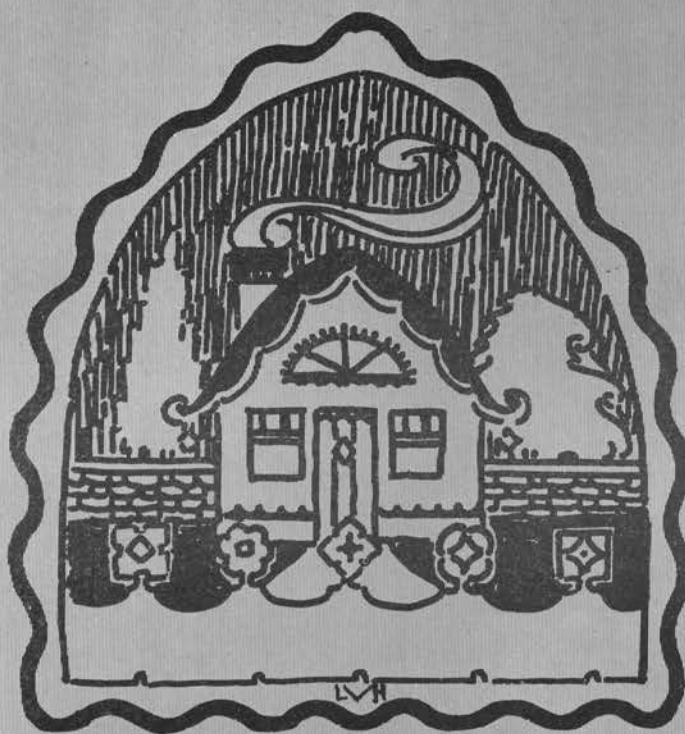


# THE IOWA HOMEMAKER



IOWA STATE COLLEGE



AMES AMES AMES AMES



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# THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemakers' School"

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## American Home Economics Association Convention

By KATHERINE L. GOEPPINGER

**M**ONDAY morning, June 28, Minneapolis welcomed over 1,500 women to the nineteenth annual American Home Economics Association Convention, which met at the Hotel Radisson.

Practically every state was represented by delegates, which included educational workers, teachers, homemakers, journalists, women in business, institutional workers and women (as well as a few men) interested in economic phases of the American home.

Monday was devoted to registration and educational trips in and near the Twin Cities.

Tuesday the program opened formally, Dr. Katharine Blunt, national president, presiding. In an address on "The Unity of the American Home Economics Association," Dr. Blunt said:

"The growth of the association has been phenomenal. Few organizations can boast a seven fold increase in five years. What holds the 8,200 people together? What are the bonds of unity? The American Home Economics Association is the only organization in the country that includes all varieties of home economists. One of the strongest bonds is the similarity of the state organizations, which makes it possible to formulate a national plan. The student club organizations thruout the country are promising sources of future members with a national acquaintance of home economic problems. The chief single event of the year as a unifying factor is the initiation of our work for child study and parental education under the able leadership of Miss Anna Richardson, Dean of Home Economics at Iowa State College."

Alice L. Edwards, executive secretary, stated that the American Home Economics Association is seeking to define the place of home economics in the program for human advancement.

"Only as imagination is stimulated to vision on the possibilities, and minds held to thinking clearly may we hope to project plans which will be worthy of the cause which we seek to serve," said Miss Edwards.

At the meeting of the Committee on Economic and Social Problems of the Home, Miss Hazel Kyrk, University of

Chicago, discussed the Field of Research in Economic Problems of the Home. The problems centered about income, expenditure, cost of living and housekeeping or management. She emphasized the need of research on the two problems, expenditures and housekeeping, as these are under the homemaker's control and have as yet been little studied.

Chase Going Woodhouse of the United States Bureau of Home Economics discussed the various methods employed in the study of household expenditures and the aims of this study.

Eloise Davison, Iowa State College, discussed Electrical Equipment in Farm Households; Maude Wilson, Oregon Agricultural College, reported on The Homemaker's Use of Time; Lucy A. Studley, University Farm, summarized the results of her research on The Expenditures of Minnesota Farm Families; The Relation Between Income and Standard of Living was discussed by Andrew Boss, University of Minnesota.

The Committee on Child Study held its meeting Tuesday afternoon with Miss Anna E. Richardson presiding. A digest of the state program of the Iowa Child Welfare Research Station was presented by Bird T. Baldwin, director. The keynote which Dr. Baldwin sounded was "better children make a better state." The state of Iowa is convinced of the value of preventing mental, moral, physical and social defects in children and thus influencing child behavior thru parent training. Information and courses of study are available to parents thru the State University, State College of Agriculture, State Teachers College and the cities of Des Moines and Council Bluffs. Study groups are already organized thruout the state. Others besides mothers are recognizing their responsibility and taking advantage of these opportunities.

Mr. John E. Anderson, Institute of Child Welfare, University of Minnesota, presented the topic, "The Value of Nursery School Education for the Child." The outstanding influence seems to be the development within the child of resources with which situations may be met. This is sound

mental hygiene. Parents feel that after a nursery school period children are more easily controlled at home, that they play more effectively, that they cooperate more effectively and cooperate better with other children.

At the Textile Section meeting, Alan A. Phillips of the Dayton Company, Minneapolis, spoke on "Why All Your Clothing Is Not American Made." He declared that the style consciousness of the American woman which makes her continually hanker after "what's new" is one of the prompters for foreign trade. "The fact that there is no such thing as commercial isolation is another reason for buying in Europe. A third big reason is the demand of a wealthy nation for what is exclusive and unusual," said Mr. Phillips.

Problems of homemakers and their children was the theme of discussion at the general session Wednesday evening, at which Frances Swain presided. Anna E. Richardson, newly appointed field worker in Child Care and Parental Training, presented the program of the association in its promotion of this recently developed field, under the grant of the Laura Spellman Rockefeller Memorial. It is the plan of the field secretary to make a study of the newer trends in Home Economics as they relate to the problems of child care, family life and parent education; to cooperate with representatives of other organizations or associations working to like ends; to analyze and make available the work that has been done, pointing out experiments and principles which should guide in organizing new undertakings and in more successfully reaching girls and women thru Home Economics institutions.

Edna N. White, in charge of nutrition work at Merrill-Palmer School of Homemaking and chairman of the Council on Parental Education, spoke of parent education as the newest child in the education field.

"The movement for pre-school education which has developed so rapidly in the last few years, has turned the educational searchlight on parents," she said. "This has brought a realization of the fact that this most important job of all has been undertaken with no appreciation that training was



even desirable. Individual parents have groped for light at times, but so little information was available that the results were far from satisfactory. For the most part, results were remedial rather than preventative. Child study laboratories are now added to our stock of information. Our next task is to devise ways and means of reaching parents."

Miss White emphasized the fact that responsibility for the progress in educating parents to fitly perform their duties to their children rested with home economics trained women. There were more representatives from the home economics group than from any other at the first conference on parent education.

"Parental education is not the exclusive task of any one group," said Miss White, "because it cannot be organized without the aid of many specialists. We are not specialists except in the sense of having abiding interest in the home."

Miss White felt, however, that although home economics trained people are not specialists that they may be the group best equipped to see the problem from the parents' angle and so reach those who are and those who will be fathers and mothers. "No other educational group except agriculture," she said, "has such well organized machinery for reaching both parental and pre-parental groups. Extension workers have already reached into the most remote regions; vocational and public school groups reach city parents, colleges and universities may develop courses for the highest academic levels and now thru our newly acquired partnership in the Purnell funds we may hope to add to the sum total of our knowledge thru research. Parent education is a new and pressing challenge to home economics trained women."

P. Mabel Nelson, acting head of the Nutrition Department at Iowa State College, presided Thursday at the Foods and Nutrition session. "Marketing for the Consumer," was the topic for discussion.

"The consumer's lack of understanding of the complexities of the food marketing process is one of the chief obstacles that stands in the way of many needed improvements in the distribution of food and other commodities," said Dr. Arthur E. Albrecht, member of the New York State Department of Farm and Markets.

On Friday, the last day of the convention, meetings were held at University Farm, St. Paul, where a picnic luncheon was served on the campus. Following the afternoon sessions guests were entertained at a tea given by the local chapter of Omicron Nu.

R. K. Bliss, Director of the Extension Service at Iowa State College, addressed the Extension group on "Socializing Influences of Home Demonstration Work."

Miss Josephine Wylie, Home Editor of Wallace's Farmer, read Blanche Ingersoll Seder's paper, "What the College Can Do to Help the Homemaker," before the Homemaker's Section. Florence Busse Smith addressed the group

on "What the Homemaker Can Do to Help the Colleges."

Mabel Russell, Assistant Professor of Home Economics at Iowa State College, spoke to the Related Art Section on "The Functioning of Related Art in Departments of Home Economics."

Mrs. Lulu R. Lancaster addressed the Committee on Child Study on "Child Care and Management as a Part of College Courses in Home Economics."

Frances Zuill, head of Home Economics at the State University of Iowa, presided at the Educational section. Discussions were initiated by brief reports of work in various states on "How Schools and Colleges Are Providing for Individual Difference in Experience, Training and Abilities of Students." Miss Cora B. Miller reported on methods used at Iowa State College for taking care of individual differences. Miss Vera Mintel is carrying out a project at Simpson College for this purpose.

Ruth O'Brien, Bureau of Home Economics, Washington, D. C., presided at the Research Division of the Textile Section. Katharine Cranor reported for Iowa State College on "Graduate Work in Textiles and Clothing."

Miss Furry, graduate of Iowa State College, was awarded the first fellowship offered by the Textile Section for research in standardization of textiles.

The following research reports in textiles and clothing at Iowa State College were presented by Miss Cranor:

Mrs. Elwyn Cady, "Wearing and Fading Tests of Cotton Material Used for Children's Clothing."

Mary Alice Dunn, "A Preliminary Study of the Need for Standardization of Pattern Sizes."

Mildred Dodds, "The Wearing and Fading Qualities of Curtain Materials as Determined by Chemical and Physical Tests."

Mildred Briggs, "Costume Silhouettes of the Ages With Factors Influencing Them."

Stella Schnack, "A Study of Clothing Problems for College Classes."

Frances Seeds, "Reasons for Choice in Purchasing Clothing."

Anita Keuhn, "The Effect of Bleach Upon Tensile Strength of White Cotton Materials."

Mrs. Ada Herrmann, "Physical and Chemical Analysis of Silk Materials Suitable for Office Dresses for Professional Women."

Cecelia Abry, "The Comparative Wearing Quality of Bleached and Unbleached Linen Toweling of Plain and Twill Weave."

Among research reports presented to the Food and Nutrition Section were a number from Iowa State College:

Beatrice T. Olson, "Corn Sugar in Home Cookery."

Belle Lowe and W. H. Vernon, "Poultry for the Table as Influenced by Market Grade, Class and Grade."

Clara Cramsey, "Study of the Cost of Feeding Children in a Nursery School."

Ada M. Dinsmore, "Indices of Food Spoilage."

Pauline L. Hall, "Methods of Determining the Specific Heats of Meat."

Virginia Messenger, "Dietary Study in a Nursery School."

Miriam Rapp, "Factors Affecting the Efficient Operation of Electric Ranges."

Ashville, North Carolina, was selected as the Home Economics convention city for 1927. New officers elected were: Juliet Lita Bane to succeed Dr. Katharine Blunt as president; Wylle B. McNeal, University of Minnesota, and Agnes Ellen Harris, Alabama Agricultural College, to fill the vice-presidential vacancies left by Frances Swain and Lita Bane; Jean Kreuger, Michigan Agricultural College, secretary and treasurer.

## Alumnae Dinner

Tuesday evening, June 29, fifty Iowa State alumnae attending the Home Economics convention dined at the Radisson Hotel Teco Inn and enjoyed a program which had been arranged by Beatrice Olson, now with the University of Minnesota.

Iowa State was well represented by faculty, extension staff, graduates and several undergraduates.

Mabel Campbell, '05, who becomes Head of the Home Economics Department at the University of Missouri this fall, acted as toastmistress.

Speeches were given by Dean Richardson, Florence Busse Smith, Katharine Ayres, representing Omicron Nu, and Ella Fae McCue, representing the Home Economics Club. During the talks, pictures of Home Economics Hall, the Home Management Houses and Nursery School and the Home Economics Memory Book were passed among the alumnae.

Miss Richardson stated that there are now 1,753 Home Economics graduates of Iowa State College and the present yearly enrollment in the division is 1,200 (including Homemakers, 1,322). This summer 72 students are taking graduate Home Economics work. Seventy students were placed in tea room and dining room work for the summer.

Miss Richardson presented the following available data on the number of Home Economics graduates in various occupations:

Teaching positions .....	558
Dietetics work .....	54
Extension .....	56
Institutional .....	31
Commercial .....	24
Journalism .....	10
Now homemakers .....	643

Other occupations as welfare directors, nurses, bacteriologists, assistants to dean, etc. .... 27

At home or occupations unknown 240

The following women attended the Iowa State alumnae dinner:

Marie Young, Marie Hanson, Esther Pond, Hazel Bown, Beulah Rogers, Mable Russell, Anita Andrews, Ethel Greenway, Ruth Freegard, Vera Waite,

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# It Will Be Pleasant to Remember

By MARCIA E. TURNER

Assoc. Prof. Home Economics

**D**EDICATORY services for Home Economics Hall on June 11 marked a happy and appropriate climax to the hopes and efforts which have reached fulfillment in the new structure.

Faculty, students and visitors filled the State gymnasium at the opening convocation at 11:00 a. m. Mrs. Pauline Lewelling Devitt, of the State Board of Education, formally presented the building to Iowa State College and acceptance was made by Acting President Herman Knapp. George T. Baker, president of the State Board of Education, presided.

In her address of presentation, Mrs. Devitt reviewed the development of home economics at Iowa State College, beginning with the first courses taught by Mrs. Mary B. Welch in 1872. She contrasted the first of 36 students with the present enrollment of 1,400 students and the 65 faculty members.

"The time has come," Mrs. Devitt said, "when parents realize that they must prepare their daughters as well as their sons for their life work. We have built Home Economics Hall for the girl of the future as well as the girls of today.

"In presenting this new building of Home Economics to Iowa State College, we trust that we may comply with the standards already employed here and may aid in sending out into the world, young women better cultured, higher minded and broader in vision; young women who will make better world citizens."

In accepting the building, Acting President Knapp said, "We accept this building for the daughters, sisters and mothers of the future. May they receive from these halls an uplifting inspiration for the betterment of their homes.

President Knapp expressed regret and sympathy on behalf of the college in announcing that Dr. Aurelia H. Reinhardt, president of Mills College, who was to have made the dedicatory address, was unable to come because of the death of her mother.

The academic processional preceding the convocation was led by Acting President Herman Knapp and Dean Anna E. Richardson. In the procession were members of the State Board of Education, the deans, distinguished guests and delegates from other educational institutions, members of the home economics faculty and senior class.

Twenty-four delegates, representing other colleges and universities, were introduced by Acting President Knapp. Of this number, fourteen are connected with Iowa State College. Those who came as guests of the College included: Miss Jean Krueger, Dean of Home Economics, Michigan State College; Miss Edith Pierson, Dean of Home

Economics, South Dakota State College; Miss Leita Huebsch, head of home economics, Cornell College; Miss Mattie Rae Sebastian, director of home economics, Louisiana State University; Miss Willetta Moore, Oregon Agricultural College; Charles A. Jones, Colorado State Agricultural College; Miss Hazel Manning, University of Wisconsin; Mr. C. R. Smith, Western Union College; Miss Ella J. Day, Iowa City, representing Pennsylvania State College; Miss Persis M. Bower, Drexel Institute.

## Dedication Luncheon

Invited guests were entertained at one o'clock luncheon in the Campus Tea Room in Home Economics Hall. In the program that followed, brief informal talks were made by Mrs. Georgetta Witter Waters, former head of home economics in the college; Miss Maria M. Roberts, dean of the junior college; Mrs. Florence Busse Smith, former heads of foods and nutrition department, and Mrs. Ellsworth Richardson of Pella, Iowa, representing the homemakers of Iowa. Miss Lennadore Berg of the music department sang a group of songs. Dean Anna E. Richardson presided.

## Dedicatory Services in Catherine MacKay Auditorium

At two-thirty o'clock there were gathered in front of the main entrance of Home Economics Hall, the deans, guests and representatives, home economics faculty and senior and junior students. Up until this time the day's program had been characterized by the formality usual to such occasions. Now a note of fantasy was about to enter.

As the home economics orchestra, inside the building, began to play, the doors opened and heralds and prologuer appeared to beckon the guests within:

## INVITATION TO THE HALL

Behold! The Key of Opportunity unlocks the doors  
Which open wide, inviting all within.  
Ascend the steps  
Whereon the feet of generations yet to come  
Will leave their imprint.  
Enter in  
To view the charmed interior, where dwell  
That Spirit, Education called, whose task it is  
To lead the young along that pathway at whose end  
Stands—Womanhood Enlightened.

In the dedicatory service that followed in Catherine MacKay Auditorium, Home Economics Hall was formally presented to Dean Anna E. Richardson by Acting President Herman Knapp. In her speech of acceptance,

Dean Richardson traced the significant factors in the development of the building from the ideal to the completed structure, paying tribute to the faithful ones who had made the realization possible.

Greetings to the Division of Home Economics were presented by Miss Adelaide S. Baylor from the Federal Board for Vocational Education; Dr. Katharine Blunt, for the National Home Economics Association; and Miss Mabel V. Campbell, '05, for the Home Economics alumnae. The principal address of the afternoon service was made by Dr. Isabel Bevier, professor emeritus of the University of Illinois.

In the presentation of memorials, Miss Iva L. Brandt made the address formally naming the auditorium in memory of Catherine J. MacKay, dean of the Division of Home Economics from its organization in 1912 to the time of her death in 1922. The presentation of the memorial fountains, gift of the MacKay family, was made by Mr. W. A. MacKay, of Winnipeg, Canada, brother of Dean MacKay. A Saruk rug, gift from the Home Economics Club, for the fireplace room in the auditorium, was presented by Miss Mabel Blom.

Both the fantasy, "The Spirit of the Building," and the masque—"Womanhood Enlightened," which concluded the afternoon ceremonies, symbolized in beauty and dignity the high purpose of home economics in the education of women.

At four-thirty in the afternoon and again at the evening reception at 8:30 the building was open for inspection and members of the home economics faculty, assisted by Omicron Nu women, were present to greet guests and show them about the hall. Among the many interesting exhibits was a unique historical collection, designed to show the evolution of home economics at Iowa State. Included in this exhibit was a part of the first set of dishes, blue willow ware, bought by Mrs. Welch in 1875.

There was also shown the founder's book, made by Gamma Chapter of Omicron Nu, and presented to the division. This book, attractively designed and bound in tooled leather, contains short biographies of all the women who have served as head of home economics at Iowa State College. The founder's book, as well as the historical display, will become a part of the permanent exhibits of the division.

Many of the alumnae and former faculty members helped by their presence to make the dedication a happier and more significant occasion. Others who were unable to come sent messages of congratulation and good

(Continued on page 11)



# Ellen H. Richards, Pioneer in Home Economics

By CORA RYE

**O** MICRON Nu, the Home Economics honorary society, has for a part of its aim, the promotion of scholarship and leadership in all fields of Home Economics. Gamma chapter makes some special effort each year to acquaint the freshmen girls with the organization and to instill in them the desire to make the time spent in college count for mind and character development and for professional growth.

This year in addition to awarding a certificate and pin at the first all college convocation to the girls who received the highest grade in the freshman year, an essay contest for freshmen was planned. A prize of ten dollars was offered for the best essay on any of the following women who had been active in the promotion of home economics: Ellen H. Richards, Isabel Bevier and Mary B. Welch.

The award has been given to Cora Rye and her essay on the life of Ellen H. Richards follows.

## Ellen H. Richards, Pioneer in Home Economics

In every field of Home Economics one hears often spoken the name of Ellen H. Richards. In the minds of many people, there may be questions of, "Who is this woman?" and "What relation does she have to the Home Economics world?" She it was who unified many diverse interests in the Home Economics movement, so that schools were organized, courses of instruction were formulated, and a succession of teachers and dietitians were trained. She is, in reality, the pioneer of our Home Economics of today, and as such it may interest us to know something of her life.

Ellen H. Richards was born December 3, 1842 on the Swallow homestead in rural New England. She was an active and adventurous, but a dainty and frail child. Her doctor advised her to run freely in the open air, and from that time on she spent most of her time out-of-doors, riding horses, driving the cows to pasture, pitching hay, and weeding her small garden. Nevertheless, her household tasks were not neglected. "At the age of

thirteen she had mastered the house-keeping arts under the tutelage of her mother."

She climbed with zest the difficult paths of science. After graduating from the academy at Westford and from Vassar College, she entered, in January, 1871, the Massachusetts Institute of Technology. She was the first woman to enter the Institute, but had decided to take chemistry for a life study. She received her degree of Bachelor of Science in Chemistry from the Institute in 1873, and in the same year was given a Master's degree from Vassar upon the presentation of a thesis, and a long and searching examination.

On June 4, 1875 she was married to Professor Robert Hallowell Richards, head of the Department of Mining Engineering of the Institute. At first she furnished her home with carpets as everyone else did, but later, because of the greater efficiency, she substituted rugs for carpets, used gas instead of coal for cooking, installed a telephone, and operated a vacuum cleaner. She counted the cost not only in money, but in time and steps as well. She was, in all, a perfect housekeeper.

However, she still devoted part of her time to her profession of chemist. Through her efforts, a woman's laboratory was opened in November, 1876 in the Institute of Technology. She devoted all of her time to the service of its students, and contributed some money for its support. She was given a place on the faculty of the Institute of Technology, and, in reality, performed all of the duties of Dean of Women, although she was never given that title.

At this time she entered upon an undertaking; namely, the New England Kitchen of Boston, which was an attempt to feed the poor scientifically. After a long series of studies, beef broth, vegetable soup, pea soup, corn meal mush were placed on sale by weight or measure. The New England Kitchen was a forerunner of

other kitchens, and of school lunch projects. From it the new profession of "Dietitian" developed.

The organization of the Home Economics movement, was the crowning labor of Mrs. Richards' life. It had its beginning in the Lake Placid Conference of Home Economics held in 1899, but was finally organized on December 31, 1908. "She was its president, its prophet, its interpreter, its conservator, its inspirer, and to use her own word, its engineer." Under her leadership, the Home Economics Journal was published, and Manual Training and Domestic Science were established in schools.

This indomitable courage and service was shown until the time of her death on March 30, 1911. Her influence will go on forever. One hears of her in schools and colleges and other educational institutions. Her life goes on in a thousand forms and in a thousand places. "She was the center of a great outpouring," adopting no service from others but giving it unstintingly herself, seeking knowledge that she might give it back to the world in helpfulness, and making patient unremitting efforts to multiply the talents which she had received. To her, we the Home Economics of today, owe a tremendous debt which can only be paid by carrying to still further development the work which she began for us. The sentiment which is expressed in that beautiful poem written by Laura E. Richards in her memory vividly portrays our love and respect for her:

"A voice is hushed: but ere it failed,  
The listening echoes caught its tone,  
And now its message clear and keen  
On every wind of heaven is blown.

A staff is broke: but ere it snapped,  
Those who had leaned on it so long  
Had made its steadfast fibre theirs,  
And fare now forward, straight and strong.

A light is quenched: but ere it paled,  
It lit a hundred torches' flame,  
That shine across the darkening sky,  
And star with gold one honored name."

## Clippings From the American Home Economics Convention Daily

Miss Neale S. Knowles, State Leader, Iowa State, reports her extension staff attendance 100 percent.

The Iowa delegation is well represented but teary-eyed over the resignation of their beloved Dean Anna Richardson.

The largest student delegation comes from Iowa. When you can't find them in the dining room, page them at the meetings. You'll find them.

We are notified that Mrs. Blanche Ingersoll Seder of Chicago is unfortunately detained at home because of the illness of her husband. She was to have been on the Friday program of the Homemakers' Section.

Mabel Russell of Iowa State College got her hair bobbed just before starting on the ride Wednesday afternoon. Catherine Landreth of New Zealand is held responsible for the final persuasion.

Cupid has been shooting a lot of arrows—the professionals are not immune. Last December Miss Florence Busse (six years food professor at Iowa State College), became plain Mrs. Smith. Two days later Blanche L. Ingersoll, the former Betty Crocker of WCCO, changed her name to Mrs. Seder.

The "truant officers" refused to admit Dr. Blunt, Anna Richardson and Margaret Edwards because they had forgotten their badges.



# GIRLS' 4-H CLUBS

## Club Work Is Glorifying the Iowa Farm Girl



### ROTARIANS PAY TRIBUTE TO MISS 4-H

Mr. Sam Block, president of the Rotarians in Muscatine, said on the day five Rotarians were entertained at the 4-H camp, "It gives me a wholesome feeling to find girls who do not take their exercise doing the Charleston, who do not use lip stick and rouge, who have wholesome color from with, in, who play in a free, wholesome way, enter into the spirit of the game, and who are able to meet and entertain people with ease and unconsciousness."

The 4-H girls of Muscatine county have one week of camp each year, camping at the Rotary Hut, provided by the Rotarians for the use of all young people of the county. It is located in a lovely spot about twelve miles from Muscatine. Miss Henrietta Safely, Home Demonstration Agent, assisted by Mrs. A. J. Altekruze, chairman of the club committee, the Misses Blanch Barclay and Jessie Hargreave, club leaders, had charge. That the camp was well managed is proven by the fact that eighteen dollars has been added to the county club treasury, although each girl brought only 75 cents in addition to a contribution to the food supply.

The daily program at camp included setting up exercises, the flag raising and flag lowering ceremony, singing and games.

The forty-nine girls were divided into groups, each group responsible for some phase of the camp work. The two musical evenings will be long remembered by the girls; on one, the Rev. Wm. Hawsworth gave musical readings; on the other, the evening was devoted to negro spirituals sung by Mr. and Mrs. Lee Slaught, colored singers of Muscatine.

Miss Florence Forbes of the Club Department, in the two days she was at camp, taught the girls to make marbelized paper and to develop it into attractive book covers, blotter covers and envelope linings.

Miss Gladys Coon of the National Dairy Council, always popular at club events, put on the Health Fashion Show and helped with several stunts for rally day.

The girls learned many interesting things about tree identification, preservation of our forests and wood craft from Mr. Perkins Coville of the Forestry Department. Miss Catherine Landreth of New Zealand told of life in New Zealand. Mr. H. Metcalf of the publicity department spent two days at camp, training the girls in news writing. Each girl wrote a newspaper article. These are to be judged

by the editor of the Muscatine Journal, the best one to be published in the Journal and sent to several leading farm journals. The editor of the Journal is giving a book as a prize to the girl who writes this best news story and Mr. Metcalf will give a book to the girl who writes the best review of his course in news writing.

All in all, a most worth while week for all the girls attending.



Miss Josephine Arnquist With a Group of Holland Girls.

### Miss Arnquist Sees Work of Danish Girls

Miss Josephine Arnquist, in charge of 4-H Girls' Club work, spent several days in June with Miss Ulla Christensen of Denmark, visiting girls' meetings while there. Miss Arnquist will have many interesting things to tell about the girls of other lands at the State Fair and Short Course.

### 4-H CLUB CAMPS

Club girls will enjoy the good fellowship, the outdoor sport and the wholesome outdoor recreation of camp life in several counties. The camp dates are as follows:

Muscatine, June 21 to 26.  
Franklin, June 22 to 25.  
Plymouth, July 21 to 24.  
District Camp—Camp Brewster, July 26 to 29.  
Marshall, August 2 to 6.  
Black Hawk, August 9 to 14.

Among those who will help with the educational program at the various camps are Miss Florence Forbes, specialist in club work; Misses Gertrude Owen and Esther Pond, clothing specialists; Miss Adeline Wurdeman, home furnishing specialist; Miss Gladys Coon of the National Dairy Council, Mr. G. B. MacDonald of the Forestry Department, and Mr. H. Metcalf, who is giving the girls training in news writing.

### CLUB RALLIES

June is the month of 4-H Club county rallies; the month when club girls renew old friendships and make new ones; the month when they renew their zeal for club work by taking part in a real club program. There have been so many wonderful rallies this month that the 4-H Club page could not hold an account of all of them.

Sac county clubs distinguished themselves by making their first rally day a 100 percent affair, twelve clubs represented and a number of them 100 percent in attendance. Louisa county conducted its first music memory contest and set a real pace for other counties. Eleven clubs competed. The H. W. Club of Concord Township scored 193.6 out of a possible 200. Four girls made perfect scores. They were Carol Bessinger and Lenore Foster of the Airline Club of Jefferson Township and Viola and Violet Shellabarger of the H. W. Club of Concord Township.

A profusion of beautiful flowers, arranged in attractive bouquets, added much of beauty to the Louisa county day.

Davis county's first rally was marked by a perfect attendance. Scott county conducted its sixth annual music memory contest. Thirty numbers were played. The Pleasant Valley Willing Workers placed first for the fifth time. They presented the Victrola given as a prize to the county club committee for the use of all clubs in the county. The afternoon program was a very lovely pageant, "Club Work in Its Glory." It is impossible to describe the beauty, finish and dignity with which each phase of club work was presented. Every club was responsible for one of the episodes, as listed in the following outline:

Pageant, "Club Work in Its Glory."  
Spirit of Club Work—Katherine Koch.  
Attendant 4-H's:

Hand—Myrtle Wiese.  
Heart—Alma Hebble.  
Head—Fern Holst.  
Health—Marjorie Schumacher.  
Pages—Carma Wiese and Florence Illian.  
Episode One: Organization — Blue Grass Sunshine Workers.  
Episode Two: Club Emblem—Sheridan Hustlers.  
Episode Three—Initiation Ceremony—Busy Bees of Belmont.  
Episode Four—Parliamentary Law—Wohelo.  
Episode Five—Music Appreciation—Pleasant Valley Willing Workers.

(Continued on page 12)



# Home Projects in Food Preparation

By JOSEPHINE McMULLEN

"THIS was the greatest help of my college work." "At least I've learned what I can't cook and I'm sure I learned to cook some things more skillfully than I could last Tuesday." These are two comments made by sophomore home economics students on their efforts last summer to prepare the meals for their families for two weeks—a project required now of all home economics sophomores.

This project grew out of a felt need for more actual cooking experience. Frequently senior girls in the home management houses lamentingly say, "I've never cooked a thing in my life except what I've done at school" or "I've cooked but I haven't planned, and everything seems so impossible."

The first such project planned in the summer of 1919 emphasized minimizing the number of utensils used and the length of time of preparation. Although the girls wrote enthusiastic reports of their work—one girl telling of taking an exceptionally good chocolate cake to a picnic and hearing the whispered comment, "She goes to Ames"—and another one writing, "Mother wishes me to congratulate the foods faculty for requiring me to get the experience the project has given me"—yet, the Food and Nutrition Department decided that home economics girls would have an opportunity for helping at home anyway and the work was discontinued.

Still the need was evident. Girls were spending their summers away from home, working, traveling, or visiting, and seniors were still saying, "I haven't had any experience," so in the summer of 1924 a different project of food preparation based on serving meals to the family for a series of days was worked out and after being improved each year is now a prerequisite for the course in meal planning. Thus the motto of Iowa State College "Science with Practice" is further applied.

Letters are written to the mothers from the foods and nutrition faculty explaining the nature of the project and asking their cooperation, and girls have the opportunity to write to their laboratory instructors or confer with them about the project. The report is mailed in as soon as it is finished so that the instructor is prepared for a personal conference early in the fall. Add to this the comradeship between mother and daughter, the understanding and confidence gained in planning together in the home, and the project is truly a pleasure as well as a valuable experience.

The results desired are:

1. Ability to plan series of meals, giving attention to family's food needs and resources.
2. Ability in meal preparation; good management in the use of time, energy, and food materials.
3. Ability to prepare standard products—noting that as skill increases,

the time required and the number of dishes used decrease.

Since results are what we expect and consequences are what we get, the 200 reports of these projects show a great variety of consequences. At least several hundred tragedies, surprises, joys and sorrows are recorded in these sheets. Each girl records the menus prepared and in the summary lists (1) the name of every product prepared, (2) the number of times prepared, and (3) remarks, questions, suggestions or criticisms about recipes; management; menus, etc.

The number of people served; location of the home (rural or urban) size of the kitchen, kind of fuel used, water supply for the kitchen, labor saving devices and methods are also included to give a better picture of the actual working conditions for each girl.

Usually the story begins "It was very difficult at first to plan, cook and serve all of the meals, but at the last the work was easier and I could do it much quicker" or several say "I have always cooked, but I never planned my work before." The size of families ranged from 3 to 10 persons with an average number between six and seven, so it was not just playing house. As many as 115 foods appeared in some reports and most of them averaged 70 differently prepared foods.

Many of the menus still show an over abundance of fried potatoes and meat with a lack of fruit, whole grain cereals and milk, but because the work was done in the summer months, vegetables are used frequently and with a great variety of planning. The girls tried—that they have proven in their explanations that "The family has been in the habit of having potatoes for breakfast and it doesn't seem right not to"—or "poached eggs did not appeal to the men on work days."

Only one girl interpreted her results in terms of fair or good "luck." In general they were working to please the family and to educate them to eat the foods they ought to have, as well as to improve their own technique.

Imagine the pathos of situations which brought on conclusions like the following:

1. It is not a good plan to make gelatin desserts in the summer time if you have no refrigerator.
2. Toast is very easily burned.
3. Meat croquettes—did not keep their shape.

But these situations were balanced by others like:

1. Strawberry shortcake—tasted just like pictures look.
2. Omelet—father's delight.
3. Boston baked beans—we like them. Oh! so well! The family wanted them every night.

And perhaps the heroic efforts on the part of both the cook and the family when:

1. I tried to brown parsnips carefully, but I couldn't rid them of that taste we didn't like.
2. Spinach stayed nice and green and went pretty well considering they don't like spinach.

Surely the conclusion to be drawn is that the summer project is helping the college girl to develop skill in manipulation, to make a wider application of factors in cookery, to gain confidence, and to develop ability in the management required in meal preparation.

The main responsibility of planning and the complete preparation of the meals should be done independently by the student. Each recipe should be prepared a sufficient number of times to insure a palatable and desirable product—and the Extension Service Bulletin on "Meal Planning and Table Service for the Family" is enclosed as a guide.

To make it possible for all girls to include the project in their summer schedule, the time units are arranged on a selective basis, the first one being preferable.

1. Two periods of one week each.
2. Five periods of three days each.
3. Seven periods of two days each.

The following group of foods is recommended for the students to select those which best fulfill the aims of the project.

1. Beverages.
2. Cereals (cooked) (left overs).
3. Confections, frostings, fondant or fudges.
4. Desserts (cornstarch custards; fruit, frozen, gelatin.)
5. Eggs, cheese (poached, omelet, rarebit, souffle, fondue.)
6. Fish (fresh, dried, canned; left overs.)
7. Flour mixtures (griddle cakes or waffles, muffins, biscuits; cakes with and without fat, pastry, cookies, drop and roll; yeast bread and rolls; doughnuts.
8. Meat and poultry (tender and tough cuts; left overs.)
9. Salads and salad dressing.
10. Sandwiches.
11. Vegetables—green, red, yellow, white. (Strive for variety in preparation and service; left overs.)

Surely meal planning and preparation will be less dreaded after completing such a project, and in thus serving themselves are the girls not serving others?



# THE IOWA HOMEMAKER

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## DEAN ANNA E. RICHARDSON

A ship without a pilot or helmsman is soon lost in the deep troughs of a sea of difficulty. From it may go up many an S. O. S. in vain, its pilot gone, it is as good as lost.

With the resignation of Miss Anna E. Richardson as Dean of the Division of Home Economics, we find ourselves without a pilot. Enjoying to the utmost the privilege of being a part of the life in the new Home Economics Hall, we will yet feel deep regret that Dean Richardson will not be with us. We will constantly be reminded that she was the person around whom the new home was built.

When Dean Richardson came to Iowa State College it was with a recommendation of what she would mean to us. When we start to enumerate the things done by her, where she was educated, of what honorary societies she is a member, what she has done for Home Economics, we realize that Dean Richardson has an enviable background, that she has a wealth of experience behind her.

A leader who cooperates so astonishingly with her colleagues and staff members that a vast building grows around them, encompassing a great area of ground and housing an entire division, is a worthwhile worker. Under her deft touch a mass of stone was warmed into livable halls and rooms and a spirit of homemaking breathed into every nook and corner.

Miss Richardson has long been interested in Child Care. On September 1 she will take up her new duties as field secretary in Child Care and Parental Training, a new research field recently developed under the Laura Spellman Rockefeller Memorial. It is her plan to make a study of the newer trends in Home Economics as they relate to the problems of child care, family life and parental education; to analyze and make available the work that has been done, and in more successfully reaching girls and women through Home Economics.

Although we so deeply feel the loss of Dean Richardson, we appreciate the fact that we should share her with a larger world and we wish her the best of luck and assurance of success.

## "HOME ECONOMICS AT THE CROSSROADS"

Juliet Lita Bane is the new president of the American Home Economics Association. She has a definite idea of the position of Home Economics, and we are quoting her ideas from an article that appeared in the *Convention Daily* at the recent convention.

"This is not the first time that Home Economics has come to the crossroads. Our field is so new that within the memory of most of us there has been definite changes in its trend. 'Which way shall we take?' is again a question for us to consider.

"The times have called into frequent use such words as dynamic, conflict, challenge, the firing line, as opposed to static, passive, dead center and others. There is constant suggestion of active, striving forces, of confounding and important problems clamoring for solution.

"In the attempt to seek out and grapple with the enemies of human happiness that exist today, what is the role of the home economist?

"We have long assumed that contributing to the proper feeding, housing and clothing of the human family was one of our obligations and we have acquitted ourselves with credit in this field. But other needs must be met if the good life is to be made more easy of accomplishment. Is the home economist interested in the rapidly rising divorce rate, the crime wave, strikes, workmen's wages, city congestion, family incomes, wastes in industry and the many other questions growing out of the new social order?

"It is not enough to say that the industrial revolution changed the nature of the home. So it did, but it is more than a fact of historical interest. It is a fact so significant as to cause the question to be raised as to whether we any longer have need of homes. There is little to indicate that the home as an institution is passing, but much to indicate that there is confusion and uncertainty as to how it can best meet the family needs of the present day.

"Some of our fellow-workers in related fields are interested in this question from their particular point of view. We are interested from the point of view of the family itself. Social workers have some suggestions to make born of their experience which has been largely with deficient homes, psychologists have had something to say regarding children, family relationships and the relation of mental health to the homes in which we live, educators and ministers point out some function which the home might perform in re-enforcing the work of the school and church, economists are interested in the family's income and in the standard of living.

"Are we sufficiently aware of the unanswered question calling for truthful answers? Is our place among those on the firing line where the struggle with these vital problems is going on? Not laying down old responsibilities, are we nevertheless ready to take on new? Which way shall we take?"

# Who's There and Where

By CLEO FITZSIMMONS



## Omicron Nu Initiates Alumnae and Faculty

Gamma Chapter of Omicron Nu, national honorary home economics fraternity, invited to membership and on June 10 initiated alumnae of classes of Iowa State College who were deserving of the Omicron Nu key, but who were graduated before the chapter was installed upon the campus in 1913.

The women who were initiated were: Class of 1912, Miss Regina Brennan, Grand Forks, N. D.; Miss Marie Stephens, Ames; Class of 1911, Mrs. Nina Madson Duncombe, Hinsdale, Ill.; Mrs. Amy Parsons Anderson, Keokuk, Iowa; Class of 1910, Mrs. Gertrude Jones Patty, Brookings, S. D.; Class of 1909, Miss Florence Walls, Ames; Class of 1908, Mrs. Eva Forman Mosher, Urbana, Ill.; Mrs. Sophie Hargis Barker, Columbus, Ohio; Class of 1907, Mrs. Ada Hollowell Rule, Fort Dodge, Iowa; Miss Angeline McKinley, Ames; Class of 1906, Mrs. Olla Johnson Hedinger, Memphis, Tenn.; Miss Ruth Walker, Seattle, Wash.; Class of 1905, Mrs. Ethel McKinley Bliss, Ames; Mrs. Mary Davidson Budge, Ames; Mrs. Caroline Grimsby Guthrie, Portland, Ore.; Class of 1904, Mrs. Gertrude Curtiss Paxton, Nevada, Iowa. Miss Marcia E. Turner, Miss Winifred Tilden, Miss Joanna M. Hansen, Miss Viola M. Bell were initiated as honorary members.

After the initiation which took place in the Seminar Room of the new Home Economics Hall, the initiates, alumnae and active members of the chapter attended a reunion banquet at the Maples.

Faculty members of the Home Economics Division of the college who are members of Omicron Nu are: Dean Anna E. Richardson, Miss Iva L. Brandt, Miss Pauline Drollinger, Miss Margaret Haggart, Mrs. Vivian Moe Jones, Miss Cora B. Miller, Miss Medora Grandprey, Miss Miriam Rapp and Miss Lydia Swanson.

Since Omicron Nu elects its members from among students who complete a four year home economics course, the class of 1904 at Iowa State contained the first women eligible for membership in Gamma chapter, for no such course was offered in the college catalog until 1900. Previous to that time, all the work given in Home Economics was offered as a part of a general science course for women. The new initiates are furthering the interests of homemaking in their communities.



Miss Millie E. Kalsem

Miss Millie E. Kalsem, H. Ec. '20, is at present in charge of a training course for student dietitians at the Iowa Methodist Hospital in Des Moines. In a recent letter to the Homemaker, she outlined the course of her work since the time of her graduation from Iowa State College.

"The first year after graduating, I taught Home Economics and Psychology in the High School at Monticello, Iowa. The following summer I began the work that has been most interesting to me, hospital dietetics. I entered the Michael Reese Hospital August 1, 1922, as a student dietitian, taking special training in hospital dietetics. After finishing their course of six months, I accepted a position as hospital dietitian with the Beaver Valley General Hospital at New Brighton, Pa. I had been there but a short time when the present position was offered to me and I couldn't resist coming back to Iowa, especially when it was just exactly the work that I wanted. I came to the Iowa Methodist Hospital at Des Moines in the early summer of 1923, and have now been here for nearly three years.

"My work here is chiefly metabolic work. Our special diets vary in type and number with an average of about thirty with a low point of about twenty and a high point of forty-eight. Last

summer the work here had increased to such an extent that I thought the field was fertile enough to establish a training course for student dietitians. A six months course has now been taken advantage of by home economics graduates. This is, so far as I know, the first training course for dietitians to be organized in Iowa. I have had two students from Iowa State College, both of the class of '24. Marie Horst, who finished her course here and is now dietitian at Memorial Hospital at Cheyenne, Wyo., and Anna Sorensen, who is still with me. It is a pleasure to work with girls who have had training and qualifications such as Iowa State College gives to her students."

## Triple I Becomes Phi Upsilon Omicron

Triple I, a local honorary home economics fraternity at Iowa State College, Ames, Iowa, was installed as Omicron Chapter of Phi Upsilon Omicron June 6.

Members of the newly installed chapter are: Kathryn Ayres, H. Ec. '26; Julia Beth Whiteside, H. Ec. '26; Helen Elliott, H. Ec. '27; Lucile Lindstrom, H. Ec. '27; Virginia Buck, H. Ec. '27; Ella Fae McCue, H. Ec. '26; Josephine McMullen, H. Ec. '26; Margaret Cleghorn, H. Ec. '27; Edith Ruggles, H. Ec. '27; Susan Scurr, H. Ec. '27; Jean McDirmid, H. Ec. '26; Ruth Jahn, H. Ec. '26; Virgil Kelley, H. Ec. '27; Florence Willson, H. Ec. '27; Gladys Koenig, H. Ec. '27; Mable Blom, H. Ec. '27; Eva Donelson, H. Ec. '27, and Helen Swinney, H. Ec. '27.

Phi Upsilon Omicron is a professional fraternity to which women may be elected in their junior or senior year of college or during the last quarter of their sophomore year. Faculty members of the organization in the college are: Miss Georgia Elwell, associate professor in home economics; Dr. Rachel Edgar, assistant professor of chemistry; Miss Ruth Lindquist, associate professor in home economics; Miss Elizabeth Rivers, instructor in home economics, and Miss Lillie Swanson, extension specialist in nutrition work. Dean Anna E. Richardson is an honorary member of the national organization.

The members of Omicron chapter were hostesses at the Isabel Bevier house to Dr. Aurelia Reinhardt, president of Mills College; Dr. Isabel Bevier, former head of home economics work at the University of Illinois, and Dr. Kathryn Blunt, head of home eco-

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# Where Are You Spending Your Vacation

By ANN SIEFKE

**W**HAT are you, a college girl, planning to do with your summer vacation? For two summers I faced this question. After much consideration I found, what seemed to me at least, a worthwhile answer. Commercial training is a valuable asset to the college girl—just how valuable she is apt to find out on a certain day in June, when she leaves her college and seeks a job. The principles and theories of business may be taught in college but the practical experience is obtained out in the business world. The summer vacation is the only time the college student has to make an adjustment to conditions of the business world. The answer I found—and it will suit the cases of hundreds of other college girls was vacation employment in the summer camps and resorts.

"When they leave college all girls must make a leap. Some leap into matrimony. Others leap into business. And the jump in one case is about as long and difficult as in the other." Thus says Mrs. Linda Spence Brown head of the Institutional Department at Iowa State College, who has placed many girls in summer employment and who believes that it offers an important training. The college girl has been preparing for four years to meet this adjustment, but on going into the business world she will find that experience is the one thing in which she is lacking. Summer camp employment is one field in which this experience may be obtained.

The employers at summer camps and resorts are looking for girls who have a practical business sense, girls who are capable of realizing that they are employed at a vacation resort and not on a vacation, and girls who have good work and play habits. Girls who have had training in Home Economics and especially those who are interested in institutional cookery and have had courses which particularly train them for the work as waitress, salad and pantry girl or lodge maid. The girls who take the course in large quantity cookery get practical experience in all the jobs connected with the tea room—jobs similar to those of the lodge, inn or hotel.

Twenty years ago the college girl would have lost her social position if she had dreamed that she dared to do lodge maid work or wait on table at a summer camp. Today it is the perfectly proper thing to do. The employer and the employee both benefit from such a contract. The employment problem for the summer camps has been a serious one due to the season, which varies from two and one-half to three months, usually from June 15 to September 20. The schedule of the college student fits this season. The fact that college students are working in them, gives the summer camps a certain prestige.

I think the service they render is not to be classed as amateur.

Mrs. Madge McGlade, assistant dean of women at Iowa State College has been matron at Roosevelt Camp in Yellowstone National Park for several summers. She is very enthusiastic about summer camp work for college girls. She says it is a wonderful experience. The work is hard, however, and only physically fit girls should undertake it. Such a job puts a girl on her own resources. She is her own chaperone. "The freedom of the West is appealing. The girls must have a strong physique and strong moral character," said Mrs. McGlade.

Girls are usually employed as dining room waitresses, salad and pantry girls or lodge maids. I was employed as salad girl at the Elizabeth Inn in Colorado Springs last summer and my roommate was a waitress. We treasure the experiences very much and wish that the readers of this article might have enjoyed many of the good times we had at work and play.

Minnesota and Wisconsin lake resorts offer many opportunities for summer employment. In Wisconsin there are the Dell resorts, Lake Geneva, Sturgeon Bay and Delavan Lake resorts which employ college students. Highland Hotel at Lake Delavan is just 85 miles out of Chicago. It has established the trade of the wealthy Chicagoans. At this resort the girls live in furnished cottages. The head cottage girl calls everyone at 6 o'clock for breakfast and there is no cutting breakfast to reduce avoidpous in Lake Delavan. The summer climate of the Wisconsin Lake region is a very inviting relief from the hot Iowa summers. The girls here work for \$35 for the season, June 15 to September 1, plus a bonus of \$30 if the girl keeps her contract. In addition the girl usually makes pocket money from tips. The girls are off duty about two hours in the morning, when they attend to their correspondence and other personal things. In the afternoon they are off duty about three hours, which gives them ample time to get some recreation. The Yerkes Observatory is within hiking distance from the hotel. Swimming, rowing, hiking, movies and dancing make up a complete recreational program. "Rent a Ford and drive it yourself" was a popular form of outing for the girls last summer. The National Y. W. C. A. and Y. M. C. A. Camps are withing hiking distance from the hotel.

Miss Hazel P. Allen, national camp secretary for the Y. W. C. A., with headquarters in New York City, was on the campus last quarter interviewing girls for camp work at the Y. W. C. A. Camp at Lake Okoboji next summer. She interviewed about twenty-five co-eds for the prospective jobs as cook, dietitian, cashier, bookkeeper, life guards, waitresses and salad and vegetable girls.

Grand Lake Lodge, Idaho Springs, and Estes Park Chalets are the three lodges in Estes Park at which college girls are employed. At Grand Lake Lodge the girls live in dormitories, where they are furnished lodging and board. At 5:30 o'clock the gong sounds and everyone is up. The girls say the mountain air is so invigorating and bracing that they are ready to rise at that hour. The pay is \$50 for the season, July 1 to September 15, plus a bonus of \$20 if contract is kept plus tips. The employees are free from 2 to 3 hours in the afternoon, which gives them an opportunity to enjoy the wonderful scenery of the Rockies. Yachting, hiking, steak fries, horse-back riding, and dancing are popular sports with the girls at Grand Lodge.

At the Elizabeth Inn in Colorado Springs, where I worked last summer, everyone put in an eight hour day. We did not work Sundays, which gave the girls an opportunity to enjoy the mountains. The dining room girls wore black dresses with yellow collars and cuffs, yellow head bands, and white aprons, an attractive costume which blended with the color scheme of the Inn.

Every Sunday we were there we took a hiking or motor trip into the mountains. I think the mountains are very fascinating to the Iowan who is only familiar with the rolling plains. The first Sunday we took the motor trip, which is known as the "Little Circle Trip." The trip took us to the cave of the Winds, Garden of the Gods and Seven Falls. We thoroughly enjoyed the trip, plus the thrills the bus driver added by skimming, at 40 miles per hour, the edge of the mountain highway.

We took the sunrise trip to Pike's Peak, where on the summit we made snowballs on the fifteenth of August, and the motor trip over to Canyon City and the Royal Gorge. At the top of the Gorge we could look directly down about one-half mile onto the Arkansas River and the Rio Grande Railway. On our return trip we went through the gold mining district and Cripple Creek and back over the Corley Mountain highway, which bankrupts the English language for description.

All the girls who have had the experience of vacation employment in summer camps treasure that experience most highly. There were approximately 70 college girls employed at Estes Park last summer, 220 at the camps in Yellowstone National Park and 40 at the Highland Hotel at Lake Delavan.

Aspirants for positions may obtain application blanks by writing to the Highland Hotel Company at Lake Delavan, Wisconsin, or to Miss Mar-

(Continued on page 10)



## ETERNAL



## QUESTION

## Fuel Value of Fats and Sugars

I. Can you send me a table giving the relative fuel values of fats and sugars?

Ans. Regarding the fuel value of fats, the different food fats have nearly the same fuel value when in the same state of purity. Lard, olive oil, cotton seed oil, etc., are practically one hundred percent fat and have energy values of about 4000 calories per pound, while butter, which contains a considerable percentage of water, has usually eighty to eighty-five percent fat and furnishes about 3300 to 3500 calories per pound. Goose and duck grease are like butter and would have about the same fuel value.

The sugars have fuel values as follows:

Honey, 1480 calories per pound.  
Cane molasses, 1300 calories per pound.  
Brown sugar, 1723 calories per pound.  
Granulated sugar, 1840 calories per pound.  
Maple sugar, 1502 calories per pound.  
Powdered sugar, 1814 calories per pound.  
Maple syrup, 1295 calories per pound.

The powdered and granulated sugars are the purest and hence have the highest value. Honey, brown sugar and molasses contain some water and their fuel value is decreased accordingly.

## When You Paint on Silk

II. What kind of paint can be used on silks, georgettes, chiffons and other silk materials?

Ans. Paintex, a kind of dye that can be painted directly on silk, cotton or wool is perhaps the most satisfactory thing to use for painted patterns on white or light colored cloth. Two kinds are made, one for silk or woolen materials, the other for cotton or linen. Paintex may be purchased from the Paintex Company, 30 Irving Place, New York. Most art shops in the country now handle it.

Eighteen different colors are made. A trial set of six colors with directions for use costs 1.75. It unfortunately is not practical to mix the colors—for in that case they do not launder satisfactorily. In the trial set the col-

ors are very bright—almost raw. If used according to directions they stand either laundering or cleaning.

Oil paints are still used for painted patterns on cloth. If mixed with the fluid 1P.H. Indelible, they too stand laundering and cleaning. Most art stores handle the 1P.H. Indelible in 25 cent bottles. The oil paints are satisfactory on the darker colored silks as well as on light ones, but are stiffer and more opaque than Paintex.

## Appropriate Menu

III. What menu would be appropriate for a "Mary, Mary, Quite Contrary" banquet? The color scheme, already selected, is lavender, gold and white.

Ans. Any menu might be adapted to such a banquet provided you have menu cards. Your menu cards might have the foods listed in a manner contrary to what your guests expect.

I would make no attempt to color any food lavender, but would use this color in the nut cups or in the candies you wish to serve. A suggested menu follows:

Orange cocktail served in orange baskets  
Creamed or escalloped potatoes  
Breaded Veal Cutlets  
Fresh green peas and new carrots mixed (butter sauce)  
Hot Rolls—Apricot or Grapefruit marmalade  
Salad—Asparagus tips with hard cooked egg  
(Serving gold and white mayonnaise dressing)  
Ice cream or Angel parfait, using Gold Cake  
Coffee—Candies in colors desired

## Apportioning an Income

IV. How should a net income of \$3,000 be apportioned for two people?

Ans. It is very difficult to set up figures which would be applicable to

	Monthly	Yearly
Savings	\$ 76.00	\$912.00
Food	38.00	456.00
Shelter (rent or taxes)	35.00	420.00
Fuel	7.50	90.00
Operating	27.00	324.00
Clothing	42.00	504.00
Advancement	24.50	294.00
Total	\$250.00	\$3000.00

all situations for the family is very largely an individual matter, dependent upon conditions and circumstances.

This is a recommended division of the income:

## Advisability of Canning Fish

V. Could the common variety of fish found in Iowa streams be cold packed successfully with a steam pressure cooker?

Ans. Fish may be canned just as you can meats and poultry providing you can use the cold pack steam pressure cooker satisfactorily. I would suggest precooking the larger fish, such as carp, enough to remove the bones before packing them in the jars. Use the fat that you like best, corn oil or the margarines will do very well. Process in the pressure cooker, using the higher temperatures, for an hour at from ten to fifteen pounds pressure after precooking.

## Your Summer Vacation

(Continued from page 9)

garet McCarty, Yellowstone Park Camps Company, at Livingston, Mont.

I know of no more pleasant way of spending a summer vacation with work and play commingled in just the right proportions to be always interesting.

## TRIPLE I BECOMES OMICRON CHAPTER, PHI UPSILON OMICRON

(Continued from page 8)

nomics work at the University of Chicago, during the time which these women spent at the college for the purpose of attending the dedication of the new Home Economics Hall, June 11.

## Miss Arnquist Sees Activities of Danish Girls

Miss Josephine Arnquist, in charge of girls' club work, writes that she had the pleasure of attending two meetings of Danish girls, accompanying Miss Ulla Christensen, who visited Iowa last year to study our club work. Miss Christensen is now organizing club work for the girls of Denmark.

Club folks all over the state are awaiting with interest an opportunity to hear all about Miss Arnquist's fine summer in Europe.

## "It Will Be Pleasant to Remember—"

(Continued from page 3)

cheer, which served to bring them in spirit into the home circle.

A letter from President Raymond A. Pearson, expressing regret that he and Mrs. Pearson were unable to attend the dedicatory exercises, was read by Acting President Knapp at the general convocation. The letter follows:

Florence, Italy,  
May 28, 1926.

Acting President Herman Knapp,  
Iowa State College,  
Ames, Iowa.

Dear President Knapp:

We are sorry to be unable to attend the Home Economics Hall dedication exercises. Will you please express regrets and extend greetings and good wishes for Mrs. Pearson and myself?

With the splendid record made by our Division of Home Economics, it is right that Iowa State College should be equipped to carry on work in this field in a building and with an equipment that are commensurate with all the requirements of our state.

The tax payers, through the general assembly, have generously provided necessary funds, plans have been made by Proudfoot, Rawson and Souers with the aid of Dean Richardson and her colleagues, these have been approved by the board of education, and the contractor has now completed his work. It is a pleasure to call attention to the helpful interest shown by Mrs. Devitt of the board, who has given many hours to the details of plans and equipment. I believe that members of the Home Economics staff and all responsible officers of the college realize the challenge given them.

We have waited a long time, but now we have a building that is well adapted to its purpose. It is a fine addition to the campus. Our faculty and students in Home Economics will do their utmost to bring about the realization of the highest hopes for it.

We will dedicate the new Home Economics building with confidence that it will be a mighty factor in helping the homemakers and thus the whole citizenship of our state.

Mrs. Pearson and I will think of you on the day of the dedication and we hope that the excellent program will be carried through to your entire satisfaction.

Truly yours,

R. A. Pearson.

Home Economics Hall, standing serene and gracious on the green campus of Iowa State College today, indeed extends to young women the "Key of Opportunity." Within its wide doorways are housed the eight departments of the Division of Home Economics, each possessed of the best of individual facilities for education, in homemaking and all united in a plan of education to prepare for true life service.

Two floors and the ground floor contain class rooms, laboratories, art studios, offices, seminar and student activity rooms, the auditorium seating 800, and the tea room. The third floor, which extends over the central portion, houses art laboratories.

As one walks thru Home Economics Hall there is constantly present the impression of beauty and simplicity and service, and of a unified plan combining every feature.

Home Economics Hall, the finest of its kind in the country, is a just source of pride to the state of Iowa; a tribute to the generosity of its citizens, and a mark of their fine standards for the education of Iowa girls.

## From the A. H. E. A. Convention Daily

### Charleston Contest Draws Crowd

This afternoon extension workers staged a Charleston contest at the Minneapolis Garrick Theater. The contest was scheduled for 2:30 and at 2:00 o'clock the S. R. O. sign, although prominently displayed, did not daunt the line of Charleston enthusiasts.

Convention members were chagrined to learn that extension workers only (because of their agility in stepping around the states) were eligible for the contest. In spite of the stringent ruling, Dr. Katharine Blunt and Dr. Louise Stanley attempted to join the group of entrants, but were ruled out because they knew too much about anatomy. Miss Anna E. Richardson was admitted. Judges made this exception in view of the fact that Miss Richardson is to travel throughout the United States and the contest training would be invaluable to her. Contestants as accepted were as follows: Julia Newton, Agnes Ellen Harris, Neale S. Knowles, Gladys Stillman, Ann Beggs, Blanche Lee, Madge T. Bogart, Hulda Horst, Elizabeth Salter and Jessie Hoover.

As the contest progressed enthusiasm waxed so strong that it was necessary to call for police protection lest the dancers be smothered. Members of the spectators so far forgot themselves as to throw their hats to the ceiling and crowd upon the stage.

Judges awarded first place and the prize of a Southern banjo to Miss Knowles.

Miss Harris was given second place and was heard to remark in an undertone that Miss Knowles' proficiency was largely due to the exercise involved in standing up every time the "Tall Corn" was sung. Miss Richardson was a close runner-up, but hasn't been in Iowa quite as long as Miss Knowles.

The winners will give an exhibition performance at the Association banquet in the Flame Room this evening.

The latest way to earn money for Short Course is to sell can openers. The club girls in Sioux county are doing this, making ten cents on each can opener sold.

## Alumnae Dine at the Convention

(Continued from page 2)

Vivian Mullin, Alma Heiner, Mabel Campbell, Merian Johnson, Enid Watts Yeager, Gwendolyn Watts, Gratia Kinney, Hallie Kinney, Ella Fay McCue, Mildred Wilson, Ruby Kassel, Wilhelmina Otto, Eva Brown, Kathern Ayres, Edna E. Walls, Pauline M. Reynolds, Esther Tesene, Maude Campbell, Mildred Schenck, Florence Busse Smith, Katherine Goepfinger, Genevieve Callahan, Josephine Wylie, Anna E. Richardson, Lena Potter Ogden, Hazel McKibben, Florence Henderson, Edythe Morgan, Florence Forbes, Mrs. S. W. Beyer, Miriam Rapp, Erma Bliven, Miss Brekke, Fay Mack, Olive Adams, Onica Prall, Ruth Roberts, Virginia Buck, Faith Fenton, Callie May Bliss and Jenette Byer.

## Home Economics Extension Service

When you visit the campus do not forget to drop into Morrill Hall to see the members of the Extension Service and to exchange greetings about the present members of this department and also former members of the department. You may be seeing some of us in your home community whether you are in Iowa or in some other state.

You will find Miss Knowles with a staff that has gradually increased to twenty members at Ames and includes also 14 Home Demonstration Agents. This staff works directly with a hundred county project leaders and more than 1400 township project leaders and more than 13,000 local leaders in teaching definitely organized courses in Home Management, Nutrition, Clothing, Millinery, Home Furnishing and Parent Training and Child Care. There are carefully selected groups that are studying better practices in Home Economics in order to teach their neighbors the fundamental subjects in Home Economics. These are the outgrowth of the groups that met for short courses in Home Economics Extension. The work is now carried on in a definitely organized way in every county in Iowa.

You know about the fine work that is being done with 4-H Girls' Clubs in Iowa and will want to see Miss Josephine Arnquist and her three assistants and hear about the 10,000 girls enrolled in club work and the short course at Ames attended by 1575 girls.

You will be interested in knowing about some of the people who have been in this work in Iowa. Our first state leader, Mary F. Rausch, died a few years ago. Some of you may have been benefited by the Rausch Memorial Fund which she established for loaning money to students.

Members of the old staff are scattered from Washington, D. C., to California. Some hold responsible positions as journalists, dietitians, clothing specialists and home demonstration agents in other states, while not a few have taken, as their life work, the pursuit of better homemaking.

By the way, Sioux county is setting a real pace in club work. This is their second year, and there are fourteen clubs with an enrollment of 250.



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## 4-H Club Page

(Continued from page 5)

Episode Six—Good Books—Sheridan Hustlers.

Episode Seven: Health — Princeton Live Wires.

Episode Eight: Style Show—Buffalo Busy Bees.

Episode Nine: Approved Shoes—Lincoln Go-Getters.

Episode Ten: Recreation—Wohelo.

Episode Eleven: Home Furnishing, Color Fairies—LeClaire Happy Sunbeams.

Pictures: Lincoln Go-Getters.

Grand Finale: All Clubs.

The pageant, written by Miss Lulu Tregoning, home demonstration agent, club leaders and club girls, will be available in mimeographed form from the State Club Office.

### JUDGING CONTESTS

Home Economics judging contests for 4-H Club girls will be conducted at the State Fair this year for the first time. There is no activity that gives better training in selection and definite standards than judging. 4-H girls in every county should make judging contests a definite part of their local program, in order that all girls who represent their counties in demonstration work will be qualified to enter the judging contest. The rules are as follows:

1. Teams shall consist of two members.
2. Teams must be club members doing work in project of classes to be judged.
3. Teams must be vouched for by County Agent or Home Demonstration Agent.
4. Teams must register with state agent in charge of judging contests at time, which will be announced on the dormitory bulletin board.

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nounced on the dormitory bulletin board.

5. Members of teams will judge eight classes, and will give oral reasons to judge in charge on five classes. These classes on which reasons are to be given will be designated before judging of classes begins.
6. Members of team will not be allowed to confer with each other nor with any other person during contest.
7. Scoring:  
The total possible score will be 600 points—50 points will be the perfect score for each class placed and 50 points for each set of reasons.
8. Awards:  
Gold, silver and bronze medals will be awarded to the three girls making the highest scores.

### HEALTH FOOD SHOW

Nutrition club work will be featured on the central platform in the 4-H Club exhibit room for the first time this year. The exhibit will show the five food groups necessary to health. The exhibit will be a part of the Health Food Show adopted by the National Dairy Council from its mammoth show at the National Dairy Exposition in Indianapolis last October.

Hamilton county will have the honor of furnishing the teams that will give the four demonstrations which comprise the new Health Food Show. They are as follows:

Demonstration 1—Summer Drinks and Desserts; including fruit drinks, making of cocoa and its use as a cold drink, other milk drinks, sherbets and junkets. It is followed by the feature playlet, "These Are the Teeth that Jack Built."

Demonstration 2—Milk in Cooking; showing use of cream sauce with vegetables, soups, in casserole dishes, etc. To be followed by an attractive chorus in "I've a Dairy Farm in Holland."

Demonstration 3—Vegetables in Salads; such as cabbage, using tomatoes, fresh salad made with all kinds of leafy vegetables, chopped and served with French dressing. Then comes the stunt, "American Girls' Beauty Products."

Demonstration 4—Summary; health protecting fruits, vegetables and dairy products, finishing the group of demonstrations with a balanced meal and special demonstration of fruits. With this is an entertaining dialogue, "Punch as a Cook."

The clubs have made a special study of the subject matter pertaining to their demonstration in their club meetings during the summer. They will put on the Health Food Show in Webster City on August 6, at which time the four teams will be chosen that will present the Health Food Show at the State Fair.

The Hamilton County Farm Bureau will finance the trips of these girls.

The Food Show is directed by the 4-H Club Department, Miss Florence Tucker, Club Agent of Hamilton county, and Miss Gladys Coon of the National Dairy Council.



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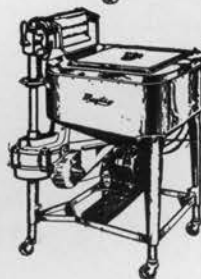
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