

Birch Hall

By MARGARET ERICSON

"ENOUGH seats for all," says Dean Stanton. What might that mean? Birch Hall is the new dormitory—luxuriously furnished, and a source of pleasure. Not only is it a delight to the eye, but it is also a place of comfort. The entire hall is furnished in charming colors and in the best of taste.

Coming up the stairs of the spacious front entrance, one comes almost directly to the parlors. The south parlor is furnished in blue and gold. In this room are many of the comforts that girls want when they come away to college. There is a piano and beautiful over-stuffed chairs and davenports. One of the most striking features of the room is the type of chairs. They are clever, little Windsor chairs, painted blue with gold trimmings. The curtains of that room are blue and tan striped.

The other parlors are similar to the south one, except that the color schemes vary. All of the curtains are of the blue and tan and the rugs all have a taupe cast. Every room has the Windsor chairs with beautiful over-stuffed furniture.

Perhaps the most attractive room in the building is the west parlor. This part of the hall is for girls only. The furniture is over-stuffed wicker. The wicker is tan with a touch of orange on it. The cloth of the over-stuffing is striped with orange and blue. There is a touch of blue and orange on the taupe-

gray rug. The Windsor chairs in this room are decidedly unusual and clever. They are painted orange and have black trimmings. There is a dear little desk to match the chairs, a wicker lamp, with an orange shade, on a little wicker table decorated like the other furniture with a touch of orange.

To the west is an alcove with six windows. The curtains for these windows are of a tan with orange, blue and green stripes. A fire place and a piano added to all this, makes it a clever and comfortable place for home-sick freshmen to forget their "blues."

The bedrooms are furnished very nicely and have many modern conveniences. Both single and double rooms can be had, and some have private baths. Each room has a table, a chair, rocker, cots, chests of drawers, mirrors and all the rest of the equipment that goes to make up an ideal room in a dorm. The laboratories are in little closets which hides them from sight when not in use. Each closet is large and well lighted and there is a full length mirror on the closet door. No excuse for hanging petticoats, if you wear them, or uneven hem! All the furniture is nicely finished, which is an encouragement not to mar them in any way. The rugs are in harmonizing colors, of a good quality and easy to keep clean.

The recreation room is on the third floor, it is all in white and has built-in seats in the walls. In one corner of the

room is a Victrola from which issue the haunting strains of some popular tune, to which the co-ed may "trip the light fantastic" all she pleases on the nicely polished floor.

The three dining rooms are in the basement, and it is indeed a pleasure to eat there. Eight girls can eat at each table. The curtains are of bright cretonne, which lends cheerfulness and color to the room. Neat services tables are handy for the waiters, and best of all, is a comfortable looking fire place.

There are so many other features that
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Safe and Adequate Food Supply

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clubs. Programs that deal wholly or partially with questions similar to this may well be worked out by members. Thru these free discussions the proper frame or attitude of mind cannot help being created. Not only would interest among women be awakened by such a program, but it would set the merchants to thinking, perhaps groups as the dairymen, also.

Respect for and strict enforcement of pure food laws would most surely be a plank in the platform of any progressive home economics club. It would result in inducing grocers to keep better quality products. Probably there are many food laws on the statute books of whose existence many of our women are ignorant.

No subject on a safe and adequate food supply would ever be complete unless it considered that all members of society have proper foods in sufficient amounts. There is always the dependent class with us and must be cared for by society. Suffice it for me to say here that county or township funds should provide ample means for supply of food for needy families with its direction for use in the hands of educated officers.

"In the Candle Light"

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is used in its natural color the woodwork and hangings furnish the color. The floor might be brown tile and the woodwork ivory and brown. If it had blue and orange in the hangings the candle sticks might be glass painted blue with orange trimmings. A bowl of the same in the center for fruit would give balance and help to carry out the color scheme.

The type of candle to be used on a buffet in the dining room might be similar to that for the service table in the breakfast room. But it is more neces-

sary that it is carefully made. Either decorative or conventional designs might be used. Such bright colors are not always so pleasing in a dining room as in a breakfast room. Just now lustre ware is very popular in dining rooms. Candle sticks and a flower bowl in orchid or blue shades of lustre ware are very effective on a buffet. They are prettiest with nothing or small doilies under them. The bowls for flowers often have a wooden stand on which they are placed. The candles should be painted the same color and a raised fruit design placed near the top. These might be made by hand with the use of sealing wax.

The decoration of candles is fascinating work for we enjoy decorating our own homes. It is really not difficult and is very useful in making gifts. Hand decorated candles also hold a personal element and there is a large field for expression of originality and individuality.

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could be mentioned. The chaperone's apartments are spacious and convenient. The office is to the left of the front entrance and is very handily equipped.

Surely this new dormitory is one of the dreams of Iowa State college come true. It might well be termed the perfect dormitory. Every little detail is so in keeping with the wants of the modern college girl. There is a home-like spirit about it and at the same time a collegiate spirit that the girl wants in her college life. Freshmen living in Birch hall are getting an ideal start in their college life. With the new Home Economics building too, women of Iowa State college are having the best opportunities that any college could offer to them.

Birch Hall—the new dormitory, is one of the finest additions to the college.

McCOLLUM HEADS HEALTH SHOW

Dr. V. E. McCollum, international authority on nutrition and professor of chemical hygiene at Johns Hopkins University, had charge of the health show held recently in connection with the National Dairy Exposition at Indianapolis.

The Food Show, in addition to being the first of its kind ever held in the United States, is of special importance to the field of Home Economics since Dr. McCollum discovered Vitamin D, the food element so necessary for proper bone growth and disease prevention.

Exhibits of milk, cereals, fruit, vegetables, meats and fish were charted and their preparation demonstrated by nutrition workers.

"Most of our common foods are wholesome when properly combined, but individually they are incomplete. We cannot condemn all foods because of their shortcomings, but we can learn the proper balancing of foods, so that what is lacking in one will be supplied in another. The purpose of this Health Food Show is to educate the public to the quality of agricultural foods and to emphasize in particular the relation of certain foods to others," said Dr. McCollum.

Alice Stewart '24 and Ila French '24 began their student dietitian training at Michael Reese Hospital in Chicago June 1. Mabel Rood '25 is getting her training in Seaside Hospital, Long Beach, Calif. All three write enthusiastically of their work.