

Nutrition Work in Iowa

By VIOLA JAMMER

THE WOMEN of Iowa are being kept in close contact with the new experiments and fundamentals of nutrition thru the service of the Extension department of Iowa State College.

The nutrition specialists establish a training school among an organized group of local people interested in the subject presenting to them a definite course of study. These local leaders are responsible for taking the instruction back to their own communities where it will reach all the families of the township.

It is the object of these local leaders to promote an interest for the better food selection by giving practical information concerning the food needs of the family, and simple ways of preparation. The desire is to establish better practices in child and adult feeding, to reduce the percentage of underweight children in the state and to improve standards of health.

The plan of the work in nutrition is to hold discussions and lectures and to assign regular lessons to all local leaders. This instruction is accompanied by demonstrations of the preparation of simple dishes which contribute to a meal. The outline of the course is:

- A. Fundamental food principles.
- B. Cereals—coarse vs. refined.
- C. Milk and milk products.
- D. Eggs, meat and fish.

The Extension Department is doing very helpful work for the homemaker, the teacher and the college woman. We hope to keep in close touch with their work during the coming year.

E. Vegetables and fruits, simple table service.

The purpose of the demonstration is to help create an interest in the nutrition project by emphasizing the relation of food to health.

All local leaders fill out report blanks which cover the results and progress of extension work each month. After a leader has filled out a satisfactory blank for each of four months, she is given credit for having established a home demonstration.

All over Iowa the people are responding with enthusiasm to the work in nutrition. One mother reported that her child asked, before she started to eat anything, if it were "nutrition." She says she wants to be a "nutrition girl."

Another woman said, "While we all perhaps thought that we knew pretty well how to cook, things were presented in such a way that we received many valuable ideas of different and better ways of preparing foods. In a vague sort of way we knew that dark breads and whole

cereals were better for us than so much white bread and refined cereals, but after studying the composition and protective value of the grains, we know *why* whole wheat flour with all the vital elements in it, is better than the white flour with the minerals and vitamins removed, and why the whole cereals are better than the refined that have lost so much of their valuable food properties.

"More vegetables and fruit and less meat is a very good rule that we would all do well to follow.

"I believe that by following our six fundamental rules and selecting foods wisely, we will soon find we are receiving a great deal of benefit from what has been taught in this nutrition course."

The six fundamental rules for food selection given by the Home Economics Division of Iowa State College are:

1. Use at least one-half pint of milk a day for each adult, and at least one and one-half pints a day for each growing child.
2. Serve a cooked cereal, preferably a whole grain, at least three times a week.
3. Serve at least one vegetable besides potatoes and dried beans, daily.
4. Serve some fruit daily, fresh, dried or canned.
5. Serve at least one raw fresh vegetable or fruit daily.
6. Serve sweets at end of meal only.

Pleasant, Practical Porches

By EDNA ARMSTRONG

WHAT is more pleasant than to come home from a weary day's work on a hot June afternoon and be able to sink down into a big comfortable chair in a cool shady corner of the front porch and perhaps partake of a sparkling glass of iced lemonade! The porch is a haven of rest—but apparently few people realize how alluring this part of the house may be made for many of the porches or verandas we pass are undecorated and unfurnished and they only present a dusty, bare, uninviting scene to the passerby.

The day has passed when a few broken-bottomed chairs, a hammock and two or three pots of red geraniums were considered the ultimate achievement in porch furnishings. Today a carefully planned color scheme chosen for comfort and utility as well as for decorative value, is carried out in the porch as well as in the rest of the house. In place of the odds and ends which formerly adorned the porch have come furnishings especially designed for outdoor use.

First of all we will consider the furniture for the porch. Since it is almost impossible to take in the furniture every night or at the approach of every storm, it is very important, if the porch is really to be lived upon, that the furniture will withstand rain and be unharmed by dampness or heavy dews.

Wooden porch furniture of familiar hickory and in plain design and form is very desirable for the small porch of the modern home. It can be painted in a dark green, gray or brown, or perhaps a cream, and a gayly stenciled basket design on the back of each chair gives bright touches of color. Covers for the backs, if made of brightly designed cretonne or chintz, are most attractive. Striped awning cloth is very good looking with furniture enameled in black.

It is better to start with a color such as green, brown or gray for the background of the porch and the larger pieces of furniture, then touches of brighter colors may be added by means of cushions, awnings and bits of pottery.

The table for the porch should be large enough so that an afternoon tea can be served from it, or what could be more delightful than to have your summer suppers on the porch? A gate legged table is quite suited for porch needs.

Reed furniture which is very attractively upholstered in bright chintzes or cretonnes is best for the enclosed porch of the more elaborate home. The heavy wrought iron and rustic furnitures are used mostly on the porches of summer cabins or cottages.

Who ever saw a porch that had too many cushions? Striking and unusual

ones in size, shape and color can be made to put into the porch swing and into the chairs. Almost every porch has a place for a couch or cot and when piled with pillows and cushions it makes a very enticing place to take an afternoon nap. Avoid having all the cushions covered with brightly flowered materials but introduce a plain color now and then.

The floor expanse of the porch may be softened and diversified by means of rugs. Several small rugs may be used or a single large one. A small rug at one end of the porch may be the center about which is grouped a table and some chairs. Braided rugs are very nice, especially for the porch of the Colonial house. The newest braided rugs are made of cretonne strips and the finished effect is very unusual. Grass rugs of all sizes and colors can be purchased which make most desirable floor coverings since they are so easily cleaned.

If no rug at all is used on the porch, it is nice to stain the floor a dark green, or some other dark color that will harmonize with and bring out the colors of the furnishings.

Suitable screens and awnings which will give adequate protection from insects, sun and rain are very necessary for the livable porch. No one enjoys sitting on

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