

When Coeds Forget Calorie Count

By Ruth Cook

A CLOCK striking midnight, shades pulled close, blanket stuffed in the transom . . . fudge bubbling in a chafing dish, giggles bursting from a roomful of girls—that's the way the harried novelists represent the typical college girl.

Not Iowa State women.

They couldn't square it with their consciences. It isn't that they don't eat between meals. They do, right enough. That's just the point—they do it right and enough. They haven't studied all those dietaries for nothing.

Along about bed-time when her appetite gets the best of her and those long walks between classes begin to tell, an Iowa State coed and her roommate dip into their private larder for a bite.

A group in one of the sorority houses keeps grape-fruit in the window. When hunger-time comes around the girls peel themselves a grape-fruit and section it orange-fashion. Oranges and apples, by the way, are also favorites in dormitories.

MISS DOROTHY ANDERSON, dietitian at the College Hospital, suggests that the girls eat plenty of fruit. "Dried fruits," she says, "since they are high in calories, are especially good for the girl who is under-weight."

The girls themselves not only believe in keeping the more ordinary dried raisins, figs, dates and apricots on hand, but at least one coed has been caught red-handed with a box of dried prunes.

Over at the Institutional Tea Room they make candied apricots from the dried fruit which Mrs. Elma Bywater, instructor in foods and nutrition, suggests as a comparatively harmless sweet.

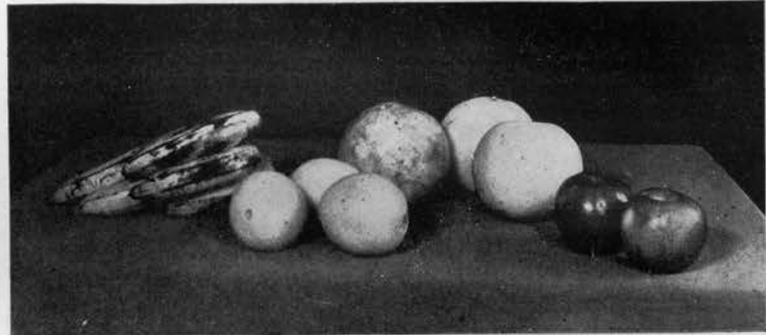
The apricots are cooked until they are softened but not flabby. In the meanwhile, two cups of sugar with one cup of water are boiled to a syrup. The apricots are dropped into the syrup and the cooking continued until the syrup slides from the spoon like jelly.

To do this one would of course have to withdraw to the grill in the kitchenette. But once made, this healthful sweet could be kept in the room.

The hungry coed needn't stir out of her room to make candy if she'd rather not. When that bread she got for sandwiches last Saturday is just dry enough to hold its shape—about two or three days old—she cuts it into long sticks. An easy way would be to cut the sliced bread lengthwise into sections the width of the slice. Now she pours a bit of milk—condensed milk, diluted with water, if whole milk is hard to get—into some

mixed cocoa and powdered sugar. She makes a smooth frosting and then coats the sticks with it. Finally, she rolls the be-chocolated bread in cocoanut and yum—her treat is done.

THEY'RE hot on the trail of vitamin C, these Iowa State women are. At least that's what their stocks of tomatoes would lead one to think. One Alice Freemanite keeps quart bottles of the juice in her room. It's home-made at that. Her



Fruits Are Hunger-Time Favorites

Clara Barton neighbors go her one better when they lunch on tomatoes canned whole.

The girl who keeps a teapot in her room is no eccentric, but what about the one who makes use of a coffee-pot? One coed has found that good drip coffee can actually be made by allowing tap water to run until it is as hot as possible. This is generally somewhere near 85 degrees Centigrade—figure it out for yourself. She admits that the pot has to be kept over the radiator or in hot water while waiting for the coffee to drip out, but then, for a good cup of coffee—

Then there is the dormitory outfit that just must have its chocolate malted. A bit of condensed milk to make a paste of the powdered malt, hot water—enough to fill the cup—a little application of a spoon, and there are the things necessary for a cup of hot chocolate.

A reg'lar malted milk can be made, those in the know claim. Just stir some of the powdered malt into a dipper of ice-cream—purchased ahead of time. The flavor is said to be quite convincing.

SANDWICHES are old stand-bys. Cheese, peanut butter, sandwich spreads, jellies and jams are always kept on hand. As a variation, Mrs. Bywater makes high claims for rye-krisp with Velveeta cheese melted in a double boiler.

Celery stuffed with prepared cheese is another of her favorites for in-between-times.

One mustn't forget the fruit salad—the kind that's made with jello and has oranges and apples and bananas and marshmallows plus anything else that you happen to have in it. For in-your-own-room consumption it's made in tall glasses and chilled in the window.

A few precautions for storing your food. Of course the window ledge is the coldest place in the room.

For such staples as sugar, salt and cocoa, as well as culinary instruments, a small cupboard made out of a fruit crate, painted, and curtained with creton, is distinctly an asset. A small tub or basin—remember the one that came with that toy laundry set—and plenty of towels

will lighten the cleaning-up task. A fold-away card table will lend a ritzy feeling at serving time.

Miss Anderson reminds coeds that pickles and cheese are not a good combination at 11 or 12 p. m. She thinks that the girls of Iowa State have been extra wise in their selection of 'tween meal foods.

"Remember," she adds, "you're being kindest to the girl who is overweight when you don't invite her to one of your heaviest spreads."

Women on Debate Squad

IOWA STATE women have reentered debate. This winter, for the first time in 3 years, Iowa State's Intercollegiate Debate squad included women—Lucile Oak and Florenda Schon, both seniors in home economics.

On a 5-day trip through Missouri and Kansas the women participated in five debates, arguing both sides of two questions: Resolved that the President's powers should be increased; and Resolved that sororities are detrimental to American life.

Other debates are scheduled for this year with Drake and Iowa State Teachers' College; an even fuller program is being planned for coed debaters next year.