

Spotlight Over Washington

by Alberta Hoppe

YE old Christmas Spirit came to the poor of Manhattan this year from Mrs. Blanche Hooker Rockefeller, 25-year old wife of John D. III. Working through Manhattan's Charity Organization Society and the Y.W. C.A. she scattered cheer among the unfortunate. Just another Mrs. Santa Claus helping out during the rush.

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James A. Moffett and Harold Ickes, acting seconds in the ring-side battle between private capital and government financing of FHA, have agreed to shake hands and shake their differences. Moffett hopes that private capital may provide the necessary funds for the building program. If this fails, however, Secretary of Interior Ickes will step in with government aid to turn the trick.

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Hidden away in an obscure chapel of the Smithsonian Institute of Washington is the seated likeness of George Washington. The stone image, sculptured in 1832 by Horatio Greenough, was originally intended for the capitol building, then being rebuilt after the British had destroyed the old one. The figure, however, was modeled nude to the waist a la old Roman, and public opinion ruled it inappropriate for the nation's capitol. The total cost for the sculpting, moving, etc., was \$35,000.

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Three foreign countries have met the U. S. cotton export tax with substitutes. Italy is making a cotton-like material from wood pulp at about one-third the cost of cotton goods. Germany is manufacturing substitutes or combinations of raw cotton and new synthetic materials. England has produced a "spun rayon" from an artificial base made by a process which turns a viscous thread into a staple fibre.

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The First Lady of the Land has gone a-purchasing, and with the consent of her husband, the President, has ordered a new set of china for the White House. The pattern has an ivory background, a dark blue border, and 48 stars, a band

and the president's crest all in gold. The order is for 1,000 pieces and will cost \$1,200. It will include 10 dozen of everything except service platters. In place of new ones, the gold and silver service platters now used in the White House will continue in use.

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One of the corners around which prosperity will come is that of declining birthrate, according to Dr. O. E. Baker of the Department of Agriculture. There is a definite trend toward smaller families, says Dr. Baker. Since 1930 the decline in the birthrate has taken place at the rate of 100,000 a year. This will be reflected in a decline in the number of possible mothers in the next two decades and this will lead to a still further decline in children. Prosperity will be due to fewer and fewer children to support, while time will not have taken the aged.

One of the new thing-a-ma-bobs or what-you-call-'ems that cut the corners for women is the cream maker, a bronze and aluminum homogenizer, which has recently put upon the market in this country.

This pressure device does for butter and milk what all the king's horses and all the king's men couldn't do for Humpty Dumpty. The butter and milk are put together by the pressure which breaks up and evenly distributes the fat globules, making cream. The advantage is that butter is cheaper than cream, and by using the machine you may have the cream in your coffee at 6 cents a half pint.

Mayonnaise, ice cream and egg nogs are greatly improved in flavor and smoothness after acquaintance with the cream maker. Baby food is mixed with it in hospitals where an emulsion is needed but a commercial outfit is not worthwhile. It is used by restaurants and confectioners, and although it means a decrease in cream sales to the creameries, it means an increase in butter sales.

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Health Rules

---Tried and Trusted

by Hazel Moore

"KEEP your hat on," advises Dr. John Grant, Iowa State College hospital physician.

The subject happened to be colds. Of course, going without one's hat is collegiate and even daring when those icy winds blow across the campus. Your permanent may be some protection, but alas! when you must get out the Vicks and Kleenex.

So put your hat on and get outside.

Dr. Grant also says to dress warmly for winter weather, meaning to wear

heavy garments outside and remove them while inside, and thus be comfortable all the time. Wear your warmest gloves or mitts and the wooliest scarfs and feel like seeing how really beautiful the snow-covered campus is.

Soon the lake will be frozen. Notice it the next time you go by it on your way to class. Are you anticipating the flash of skates and the feel of the rushing wind as you glide around the bend? Skating—"a wonderful sport," says Dr. Grant, "but you have to be dressed for it. You can't get out and freeze."

Winter is here—and who can doubt it. We can shiver and groan our way to and from class, or we can take a few precautions and make the best season of the year out of it. At least no one can dispute the fact that the cold air wakes anyone up. To stay awake in class necessitates regular hours of sleep the night before.

"Get to bed early," says Dr. Grant. "You'll feel rested and get more out of the next day's work."

Dr. Grant advocates eating more now during the cold weather so that more heat for our bodies is produced. "It is not the best thing to do to eat at night," says Dr. Grant, "but if you must, eat lightly before going to bed."

Dr. Grant's last advice is "Always drink lots of water."

Old health rules, you say? Oh, yes, good old health rules. Tried and trusted and workable.

Sand Bars

AVERY popular dessert served in Institutional Tea Room this quarter is in the form of cookies called Sand Bars. The cookies are quite rich and very delectable served with fruit or ices.

The recipe calls for:

$\frac{3}{4}$ lb. butter	1 $\frac{1}{2}$ c. pecans
6 T. granulated sugar	$\frac{1}{2}$ lb. powdered sugar
4 $\frac{1}{2}$ c. flour	

Cream the granulated sugar and butter thoroughly. Add the flour and nuts and shape with the hands. Roll the cookies into an oblong shape about 1 inch long. Bake in a moderate oven (350 degrees F.) for about 15 minutes. Remove from oven and roll at once in the powdered sugar. Let remain in powdered sugar until served.

WOI Programs

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eye view of what hundreds of others have expressed in letters to Mrs. Ness. They all go to corroborate the statement that the modern housewife is making her job of homemaking a true profession—and a broad one at that!