

Boston Beans vs. Turnip Greens

By MARCIA ELIZABETH TURNER

Assoc. Prof. Home Economics Vocational Education

NOBODY asked me for my opinion nor for any stray information I might have on this subject. As a matter of fact, I am supposed to be expounding something or other about methods of teaching, but for two good reasons, I am changing the subject. One reason is that a beaten track tends to lose its romance and there is a lot more enjoyment in writing on some subject that isn't too drably every day in its setting. Any New Yorker who writes about Minnesota cotton fields knows that. The other reason is, that I have just read the article on "Southern Cooking and Northern Appetites" by my friend, Mrs. Linda Spence Brown, in the December *Homemaker*, and I am no more responsible for what I write than one who tampers with a Ouija board. Incidentally, I am a middle-westerner by birth, but by ancestry and tradition unreservedly a "Dam Yankee." Many impostors have coveted that appellation, but it belongs by right only to New England. The Southern people are not apparently, discriminating in this respect, for they class everyone born above Mason and Dixon as Yankees. My first experience with "old fashioned southern hospitality" was in being greeted as a "Damyank" and I glowed with gratitude as I always do when someone recognizes my stern and rock bound descent. But I was horrified shortly afterward to hear a Swede from Nebraska similarly addressed, when I knew intuitively that never in his life had he reasted on Boston baked beans and steamed brown bread for Sunday morning breakfast and that doubtless even his nasal twang was acquired.

Brought up on New England cooking, I admit at the start that my viewpoint regarding some of the claims made in Mrs. Brown's article may not be unprejudiced. However, I may say that after a few years spent in the South, I came away with several typical Southern foods added to my "repertoire."

As I see it, the essential differences between Southern and Northern methods of combining food materials, grew originally out of the fact that in one instance by virtue of soil and climate, food was abundant and cheap. The New England woman on the other hand must use sparingly because even in the growing season there was the long, cold winter ahead, for which food must be hoarded. And so she must use her wits to get the best results from the smallest outlay.

Our recipes consequently do not call for lavish amounts of eggs or lard for example. On the contrary the old-fashioned New England housewife, I am inclined to feel, succeeded in discovering when enough was enough,

especially in the matter of "shortening." My experience with the much vaunted negro cook has been that she acts on the principle, if a little lard is good, a large quantity is that much better.

The necessity for saving food materials resulted in dishes like hash, which no one but a New England woman can make. In other sections of the country it is a dish to be justly despised or at the very least, regarded with suspicion. It has a gloomy appearance and a sloshy texture, if you know what I mean. New England hash, finely chopped, slightly moist, but crumbly, delightfully browned, subtly flavored and never, never greasy is a dish to inspire awe and reverence. And bread—to this day my mother doubts the social and even the moral status of people who throw away bread. For the New England woman has a number of secret formulas for using stale bread in the most delicious ways imaginable but mind you, it neither looks nor tastes like bread when it is ready for serving, whether as pudding or hot cream toast, or poultry dressing.

The necessity for storing food for winter use resulted too in sun dried fruits and vegetables and dried and pickled meats and fish. I do not know how it was done and I am afraid it is a lost art. The dried beef that used to hang from our attic rafters is positively no relation to the mahogany hued shavings one buys now in the markets. Frequently, I see someone shudder at the mention of salt dried cod fish and I regard him with a mixture of cold aversion and pity. Creamed codfish and baked potatoes! But the taste cannot be acquired. It is an inherited characteristic and by this fruit you may judge of one's origin.

In comparing the raw materials of the South and of New England I find myself at open variance with Mrs. Brown. Asparagus, sweet corn, string beans, Irish potatoes and green peas of unexcelled sweetness and flavor; trout, pickerel and bass from northern streams and clams for fritters or chowder! When it comes to the question of fruits which belong to the North, I scarcely know where to begin or to stop. Huckleberries, blueberries, and cranberries are probably the most typical of New England but cranberries are so universally used and liked as to belong to no group exclusively. My father came from Westfield, New York, the home of grape juice and with much zeal he planted on our Kansas farm, not only extensive vineyards to struggle futilely with the hot summers, but the berry fruits, which in that warmer climate were often sour and seedy. Much as I revered my father I was inclined to accept

with reservations his description of black berries two inches long, sweet, dripping with juice and practically seedless—until I went East and saw for myself that his claims had been more than modest. We had some sad looking currant bushes too but not until I visited New England did I know the taste of genuine currant jelly, so famous in that region. If you don't know the flavor and grain of apples grown north and east of the Mississippi, then you do not know apples. I have never quite understood why there has not been formed an Eastern apple growers association but I suspect that the well known New England conscience hesitates to create the havoc which would result, from stamping out the industry in other sections.

I became very fond of Southern grown vegetables while I lived in the Gulf coast region. But a thing I could never understand was why vegetables were usually cooked with pork and so seldom dressed with milk or cream or even buttered. Snap beans for example instead of being cooked only until tender and then creamed or buttered came out of the kettle after several hours of cooking, dark hued, shrunken and too often quite impregnated with bacon fat. No wonder indeed that the razor back hogs of the South are so wild and rangy! I learned to regard them with genuine sympathy, and a bit apologetically.

Corn meal cookery, despite Mrs. Brown's conjecture, is an old story in the New England household. Corn meal mush or "hasty pudding," with milk was a favorite supper dish in our family, and "Johnny cake" and corn muffins are among our most common hot breads. Johnny cake differs from the Southern corn bread in that it may contain as much as a third part of wheat flour and is usually baked in pans about two inches deep. Milk, eggs and a moderate amount of fat and sugar are used in the making. I remember distinctly my first experience in eating the thin, rather solid (since it contained no gluten) slices of Southern corn bread at a hotel on our way South. My mother remarked that the chef must have had "bad luck" with his Johnny cake and to this day she so regards it. It is the same way with biscuits. Ours, to be considered just right, should rise straight up an inch and a half high with a white, delicate, fluffy interior imprisoned between two flaky, golden brown crusts. "Atrocity" indeed! The Southern biscuit has the two flaky brown crusts, which are quite all right, but which lack the delicious part between. But perhaps it is just as well for, alas, they have no Vermont maple syrup to go with them.

(Continued on page 15)

Omicron Nu Activities

Founder on Campus

A great inspiration to Gamma active and alumnae chapters of Omicron Nu is the presence on the campus of Miss Maude Gilchrist, founder of Omicron Nu. Miss Gilchrist is now living at Birch Hall. Her official capacities are supply chaperone for the girls' dormitories and houses, and assistant in the Botany Department.

With her ancestral and educational background, no one is more fitted than she to be the founder of an honorary scholastic society. She was born at California, Pennsylvania, where her father was a teacher in the Southwestern State Normal School. He was then called to the presidency of the State Normal School at Fairmont, Virginia, his daughter attending the Model Training School there. From Virginia the family came to Cedar Falls, Iowa, where Mr. Gilchrist helped to build and organize Iowa State Teachers' College, known then as the State Normal School, and became its first president.

Miss Gilchrist attended college at Cedar Falls, receiving her Bachelor of Science degree there, and a year later, at the age of eighteen, her second degree. She then became a student at Wellesley.

Her first college teaching was done in the Department of Science at the State Normal College in Iowa while her father was still president. She returned to Wellesley to teach and spent her summers in advanced study or at her home in Iowa. In 1897 she went to Europe, where she spent a year in study at the famous university at Göttingen and two summers of travel in England and on the continent, following which she was preceptress in Illinois College at Jacksonville, Illinois.

Her next advance was to the office of Dean of the Home Economics Division at East Lansing, Michigan, where is located the oldest of land grant colleges, Michigan State College, which opened in 1857. At the time Miss Gilchrist went there, the Home Economics Division was new, as girls had been enrolled in the college only five years. They usually elected agriculture or engineering, until a special women's course was provided for those who might care to come. The experiment was watched with much interest by the state board and also by the faculty, some members of which doubted the advisability of organizing a separate "woman's department". Dr. Kedzie, a fine, gray-haired gentleman from Oberlin, who at first said that it wouldn't do at all, admitted it had really been a success and was the thing for the college to do. The department proved to be something the people of Michigan, especially the young women, wanted. The new women's building which they had thought sufficient for several years, was filled to capacity two years after being opened, and they had to get houses in the village

for the overflow. Much of the credit for this progressive step was due to William James Beal, Professor of Botany for forty years, a man of great character and influence and one who held several emeritus positions.

It was here that Omicron Nu thru the insight and persistence of Miss Gilchrist had its birth. There were Alpha Zeta for the students of agriculture, and Tau Beta Pi for students of engineering, but no honorary for the girls in home economics. It was found that Michigan State College was not eligible for either Sigma Xi or Phi Beta Kappa. With the permission of the faculty, eight or ten girls of high ranking, and some faculty members were called together and became charter members of Alpha Chapter of Omicron Nu. This was in 1910. Inquiries came from other institutions with the result that Beta Chapter was organized at New York College for Teachers at Albany in 1912, and Gamma Chapter at Iowa State College in 1913. Other colleges followed until now there are twenty-three active chapters and four alumnae chapters.

In 1913 Miss Gilchrist returned to Wellesley to spend a year as Associate Professor of Botany. Since that time her work has been in Iowa with the Red Cross, Liberty Loan drives, Women's Club work, Daughters of American Revolution, Y. W. C. A., American Association of University Women, and other worthy organizations where she has shown remarkable administrative ability. She came to the college campus last year to fill a temporary vacancy as chaperone, and saw fit to remain with us.

From her storehouse of knowledge and experience, Miss Gilchrist is giving such a wealth of inspiration and help, not only to Omicron Nu but to every one with whom she comes in contact. Miss Gilchrist represents a high ideal worthy to be the goal of any young woman on the campus.

Hold Fall Initiation

Omicron Nu fall initiation was held Tuesday, December seventh, at five o'clock in the Seminar Room of Home Economics Hall. Seven new members were taken in at that time. There were four seniors: Marie Graham, Lois Jane Munn, Mary Wilson, and Luella Wright; and three juniors: Mildred Boxwell, Frances Jones, and Jane Rhoads.

A banquet was served to thirty-five members, active and alumnae, immediately after the initiation ceremony in the Institutional Tea Room. Helen Swinney, the president, presided as toast-mistress, and toasts were given by Miss Brandt, Miss Orrine Johnson, and Estella Sill.

Ruth Pohlman McKee has a fine young son. She and Wallace are living in Chicago, so we don't see her often.

Alumnae Column

Would you still have time for club work, parent-teacher meetings, church work, or boys and girls club work if you were a busy homemaker with children and husband to care for? Our most active alumnae homemakers here in Ames certainly practice home economics to the full. You will be interested in hearing about some of those we manage to keep in Ames. Many of these names will be familiar to you.

Mary Montgomery Pride.
Florence Brown Quist.
Lois Rath Maney.
Elizabeth Ingersoll Aitkin.
Amy Middleton Goss.
Ethel McKinley Bliss.
Mary Davidson Budge.
Georgetta Witter Waters.
Mabel Bentley McDonald.

Last year Elizabeth Aitkin taught foods in the Home Economics Division in time spared from caring for her two year old son. Lois Rath Maney is trying to take good care of her young son and herself as well. Florence Brown Quist with her lively youngsters manages to keep busy. Then Mrs. Bliss has a house full besides being most active and interested in Parent-Teachers work. Mrs. Budge works in clubs and church when time from her son and busy doctor husband permits.

Mrs. Georgetta Waters, at one time Head of Home Economics, is active in state club work and is a staunch supporter of Home Economics at all times.

Amy Goss and Mabel McDonald, also with busy households, are helping in church and club work.

Dorothy Proctor, who graduated in Home Economics in '22, and received the degree Master of Science in '24, will take Miss Ida Anders place on the Vocational Education faculty of Iowa State College, after January first. She will supervise student teaching in the Senior High School at Ames.

Dorothy has been an Instructor in Foods, and Head of the Home Economics Department of Stephens Junior College, at Columbia, Missouri, for the past two years.

A letter from Ellen Dahl who is teaching in Moravia is of interest to us. She writes, "I noted the page for Omicron Nu in the last Homemaker. It is good to read about one's old friends and Iowa State. I have had my first banquet—for the football boys. We served about fifty in Mrs. Goeldner's home. My basketball girls cooked and served. I hope they had as much fun in the dining room as we had in the kitchen.

"Best Wishes for the New Year."
Sincerely,
Ellen B. Dahl.

Have You Analyzed Your Headache?

HHEADACHE is a common and frequent complaint. A number of theories have been advanced as to the cause of headaches and many suggestions given for its treatment.

There are various kinds of headaches and they differ greatly in respect to cause, location, severity, frequency and effect on the individuals. Dr. Pavey-Smith of England says, "Headache may be associated with almost any form of illness; may be so trivial and so persistent as in time to be regarded as normal; may be so severe as to make life nearly intolerable; and there is hardly a symptom so common and at the same time so little understood."

The severe form of headache, as sick headache and blind headache, is known as migraine. Medical authorities differ as to its origin. Heredity and nervous disorders have been suggested as possible causes. Migraine appears in early childhood or youth and may continue for years, but rarely does it begin after a person reaches twenty years of age.

A partial list of the general causes of headaches includes eye strain, nervous strain, acute infection as cold or grippe, constipation, worry and infection of the nasal sinuses. However, some headaches can not be explained by any of the above causes. Dr. Brown of Baltimore thinks that in such cases diet plays a role. An excessive intake of carbohydrate foods, as rice, potatoes, macaroni, bread and sugar, or an excessive intake of protein foods, as meat, fish, eggs and cheese, are thought to be possible causes of headache. Dilation of the stomach is also suspected of causing headache.

An excessive carbohydrate intake may mean too much carbohydrate eaten or it may mean an intake of carbohydrate in excess of the body's ability to utilize it thoroughly. This suggests some defect in the individual's carbohydrate metabolism. Many instances have been noted in which patients have a headache following an excessive intake of some carbohydrate food, frequently sugar.

The treatment suggested for this type of headache is to put the patient for two or three weeks on a diet consisting largely of proteins, fats, greens and acid fruits with no sugar or starch except that found in the above foods. An effort is made to keep the weight constant by giving cream, fat, olive oil and later adding small amounts of carbohydrate such as one or two slices of bread or toast and one or two potatoes daily. This diet, more or less restricted in starches, must be adhered to for a long time and sometimes indefinitely. For example, one of Dr. Brown's patients who suffered terribly from headaches was put on the above diet ten years ago and for the past ten years has been practically free from headaches. It is Dr. Brown's belief, based on his extensive experience, that

a real cure may be obtained in many cases of headache and a very marked relief in others if the proper dietetic treatment is followed.

If it is found for the individual that a lowered carbohydrate intake does give relief, it may be necessary for the individual to continue permanently on the lowered carbohydrate diet. The person afflicted with headaches should determine for himself just how much carbohydrate he can tolerate in his diet. If relief from the headache is obtained on the low carbohydrate diet and the headache returns when more carbohydrate is eaten, then the low carbohydrate diet should be followed and the carbohydrate food which brought on the return of headache should be excluded permanently from the diet.

Headaches due to protein intake may be as frequent or more frequent than those resulting from an excessive carbohydrate intake. Dr. Brown of Mentone, France, is of the opinion that all nitrogenous foods—animal or vegetable—contain potential poison and if the metabolic capacity of an individual is insufficient to deal with the poison of the particular protein concerned, then certain manifestations occur, of which headache is the most common. These manifestations or results may be slow in developing as in arteriosclerosis or nephritis, or they may be sudden as in migraine.

In treating headaches caused theoretically by protein intake, the results are obtained by complete removal of the protein, especially the animal protein, from the diet for several weeks and then gradually adding small amounts of the various proteins. The foods found most potent in producing headaches are meat, fish, poultry, game and extracts in the form of soup and gravies made from them; eggs, milk and cheese; fruit and fruit juices; coffee, tea, chocolate and alcohol and vegetables as tomatoes and mushrooms. This leaves cereals, butter and vegetables which may be consumed freely. Dr. Brown's basic diet is made up of polished rice, butter, toast, green vegetables and water. He states that the results of treating patients on the above diet are usually as follows:

The first week: Many patients respond with an immediate improvement, but a few are worse.

The second week: Considerable improvement noticed.

The third week: In the majority of cases a decided improvement is noticed.

When the headache is distinctly improved on the restricted diet, other foods should be added to the diet slowly; first, other vegetables, then small amounts of meats once daily. Milk may be used in cooking and different protein foods added from time to time until a tolerance for different foods is obtained.

Soups, meat, fruit and eggs are foods which usually can not be taken

in any quantity. Sweetbreads, mushrooms, chocolate and tomatoes are frequently banned entirely. In some instances, one particular protein may be the only offending one. For example: some people can not tolerate coffee, but they can drink tea. In other instances several proteins may have to be eliminated from the diet. A good plan to follow is to suspect all protein foods until by the experience of the individual they have been proven harmless. In general, a fairly generous diet may be taken if certain offending proteins are omitted and the diet kept fairly low in protein food.

The theory of dilation or distention of the stomach as a cause of migraine is discussed by Janet L. Grieg in the British Medical Journal. She thinks that recurrent attacks of dilation of the stomach cause migraine and suggests the following scheme, which endeavors to keep the stomach in the normal physiological condition. Results from the following of her suggestions have been found satisfactory. The plan of treatment is as follows:

Exclude rigidly from the diet:

1. Cakes, scones, biscuits, pastry.
2. Steamed puddings, sponge puddings, trifles.
4. Aerated drinks, fruit salts, sal hepatica, etc.

Allow any of the following:

For breakfast: Porridge, fish, eggs, bacon, chops, bread and butter, toast, marmalade, jam, tea or coffee.

For luncheon: Soup, fish, meat (all kinds), potatoes, marrow, pumpkin, tomatoes, milk puddings, custard, junket, stewed fruits, baked apples, fresh fruit.

For afternoon tea: Bread and butter, toast and butter, sandwiches, tea or coffee.

For dinner: Soup, fish, meat, poultry, potatoes, marrow, pumpkin, tomatoes, custard, jellies, fruit salad, ice cream, fresh fruit, coffee.

Sleeping without a pillow and exercising in the open air are advised as being of benefit to the patient.

In comparing the above theory of cause of headache to the protein theory, it is apparent that the two theories differ greatly. The above dietetic treatment permits a great deal of protein to be included in the diet, while the protein theory permits only a low protein intake. These two theories differ decidedly from the carbohydrate theory.

Medical folks do not agree that any one type of diet is best to use for all cases of headache. This is due to the fact that headaches vary with individuals and the cause must be sought for each person and treated accordingly.

Food does have frequently a causal relation to headache and if foods are carefully selected, many headaches may be relieved; others permanently avoided.



Conducted By EMILY JAMMER

Kinds of China Ware

What are the two main kinds of china ware?

The size of the pocketbook and the number of dishes that must be bought with a given sum are the two main points that must be considered first in selecting china for the home. Roughly, there are two main kinds of china ware—porcelain and semi-porcelain. Porcelain is another name for china and is by far the more expensive.

Porcelain or china is vitrified through and so if it chips its broken surface will not absorb dish water. The semi-porcelain, on the other hand, presents a porous surface when broken or chipped, which will absorb dish water and food. It is this absorbent quality of semi-porcelain ware which causes it to turn dark where chipped. Semi-porcelain ware is much heavier than china.

So far as attractiveness is concerned, some of the semi-porcelain kinds are very desirable. Among those of attractive design and color are: The Wedgewood, Royal Doulton, Spode-Copeland and Willow Ware. These dishes are above medium in price and need to be cared for carefully to prevent chipping and cracking.

An excellent dinner set of dishes may be secured in American made china. These are cheaper than Haviland or Bavarian, but will wear much better for general use and are good looking.

One need not buy a regulation set of dishes unless that many are needed. For instance, a luncheon size of plate may serve in place of both the luncheon and dinner plate sizes.

* * *

An Aid in Pressing

When pressing seams on woolen material, what may one do to prevent impression of the seams showing on the right side of the garment?

Pressing over a soft pad or slipping a slip of paper between the seam and the garment on the wrong side will eliminate this difficulty.

Selection of Dishes

What dishes should be selected if one wishes to set an attractive table and at the same time buy a minimum number?

A suitable number of luncheon or dinner size plates, bread and butter plates, salad plates, dessert plates (dessert plates and salad plates may be the same size), sauce dishes, cereal dishes, cups and saucers and drinking glasses.

And also serving dishes such as extra plates for bread and cake, a platter, two vegetable dishes, a water pitcher, a cream and milk pitcher and a sugar bowl.

Before you make your final decision, ask your merchant to have a table set for you with all the dishes you wish. This will satisfy yourself about the size, shape and decoration. Too much decoration will tire you if you have to use the dishes for every purpose.

The shape of the dishes is important, also. Notice if there are indentations in the inside of the cream pitcher or sugar bowl. Notice if it will be difficult to keep the dishes clean around the handles. All these things count when one is selecting china for the home.

* * *

Efficiency in Pans

For heating, shallow pans with straight sides and well-fitting cover are the best and will make the most efficient use of heat.

For mixing are recommended deeper pans with smaller, conical bottom. The conical bottoms make it possible to mix small amounts of material that could not be mixed in a large, flat-bottomed pan.

* * *

A Recommended Book

How many have had the privilege of reading and studying the book, "Art in Every Day Life," by the Misses Harriet and Vetta Goldstein, published by the MacMillan Company?

What are some suggestions which may either conceal or emphasize fleshiness?

Don't wear tight clothes, is the first admonition to the buxom, for it emphasizes size. Long, unbroken lines give the appearance of height. Folds, pleats, tucks, stitching and other trimmings which run from shoulder to hem are good.

Horizontal lines make one look broad and for this reason fleshy folks should avoid wide belts, tucks or trimmings that run around the blouse. Tunics and blouses with separate skirts are likely to give this same effect. It is also well to avoid trimmings on the upper parts of the sleeves and the sides of the skirts. Buttons, pockets and panels also make the fat one look fatter. Avoid fussiness in design. Stick to the loose fitting, plain dress, with unbroken lines. Use soft colors and avoid fancy shoes and hose, for they were created for the slender woman.

Discovering Home Responsibilities

(Continued from page 8)

This year she cares for her room, makes beds, puts away laundry, puts rooms in order, none of which she did last year. There is nutrition work needed here. They have one quart of milk a day for eight people, have fruit once a day or every other day, and vegetables every two or three days.

Rose

She prepares various vegetables, batters and doughs, meat substitutes, Jello and Waldorf salad. She makes her underwear and aprons and does mending.

Elsie

Last year she made none of her own clothing; now she makes underwear, aprons, school dresses and does mending. She helps with sewing for her little sister. Her mother says she is more interested in cooking than she was before taking her homemaking work in school.

In Defense of the Boston Bean

(Continued from page 11)

And that brings up the thought of our typically northern buckwheat griddle cakes, which, to be complete, must be accompanied by maple syrup or by clover honey. Another favorite hot bread with us is graham "gems" or muffins.

I realize that our Southern friends are not to blame that hard wheat grows exclusively in the North and so I pass lightly and even commiseratingly over certain memories I have of alleged "light bread" served to me by well meaning Southern friends.

Unfortunately, tho, it seems to me, the Saturday baking in Yankee homes, which resulted in rows of brown crusted loaves of white and graham bread, flanked by pans of "rusk" and cinnamon rolls, is fast giving way to the baker's products—poor makeshifts at best for good home made bread. Salt rising bread, another of our favorites, is fast becoming a tradition.

I shall not go at length into the subject of New England desserts. Indian pudding, a corn meal dessert which my grandmother flavored with ginger, is one of the oldest. Pies, of course, there are in great variety and the greatest of these is pumpkin pie. None but a Yankee should ever attempt to make one. In Iowa or Kansas or farther south, when people discuss the merits of pumpkin pie, you may know they may be discussing products wholly unrelated to each other. Many kinds of unpardonable sins are committed in the name of pumpkin pie and something ought to be done about it. I do not know which is the worst, the flat, bright colored, pasty mess, evidently made of sweetened pumpkin alone, or the dark hued, overly sweet, heavily spiced, watery concoction. A New England cook, always frugal, does not try to use all the pumpkin there is in one pie. She uses at least half milk and two eggs to a pie; then she adds spice with imagination and judgment, both as to quality and quantity. Also, the pie is not over-baked, the crust is not soaked.

Now, just a word about the New England kitchen. Study one of Wallace Nutting's interiors and you have it in its quaint "hominess" and charm, shining and spotless. Probably because the housewife had to spend so much time in the kitchen, that part of the house became the living space for the family, as well as the work shop. Or it may be that it offered more comfort than the chilly "parlor" in the old fashioned stove heated house. The parlor in my grandfather's house was stiff and uninviting, wital it was reserved chiefly for "company" or for pious Sunday afternoon occupancy. Possibly the character of the parlor affords a key to the accusation that New England homes are lacking in hospitality. I do not know of any other explanation and I have always been considerably loath, on the basis of my own limited observation, to accept the usual comparison between Northern and Southern hospitality. How-

ever, I prefer to be open minded on that subject.

Whether right or wrong, there are doubtless differences in the method of showing hospitality. Abundant food materials and leisure for entertaining doubtless gave to the South a very just claim to first place in table hospitality, which quality, admirable as it may be, is surely but one phase of the main virtue. Genuine friendliness and graciousness are hardly to be confined to one locality, nor, it seems to me, do material food and drink necessarily enter the case. The stories of Mary E. Wilkins Freeman and Zona Gale's "Friendship Village" tales are fine portrayals of genuine New England sincerity and kindness.

Perhaps we need only to know each other better, and that is one reason why I have chosen to place my Boston baked beans and brown bread alongside Mrs. Brown's spoon bread and turnip greens!

How to Select Kitchen Knives

(Continued from page 6)

lars and cents for him in the appearance of the cuts of meat. A dull knife will mutilate the food it is cutting, resulting in rough edges and tiny rolls of fiber, which are a dead loss to one in business. Are they not just as much so in the home?

There is a miniature grindstone which clamps to a shelf. There is also one which has two sets of wheels placed opposite each other. These wheels are turned by means of a handle. The knife to be sharpened is inserted between the revolving emery or carborundum disks. In choosing one of these, decide on one having a fine grade of emery or carborundum, as a coarse grained one will wear away the metal of the knife very quickly, thus shortening its life. It is well to run the knife over a steel after having used a grinder of this type.

Another sharpener which gives good temporary results has two sets of steel disks through which the knife is drawn. This comes with a handle so that it can be held on the table with the left hand while the knife is drawn through it with the right.

Another of the same type has screw holes so that it may be securely fastened to the wall or shelf, which is most convenient.

CARE AND STORAGE

No knife, no matter how good, will keep its sharp edge if it is mistreated by being put carelessly into a drawer with other tools. There are many devices which will prevent this. If the man of the house is at all handy with tools, he can fix a section of the kitchen table drawer with a slotted piece of wood so that the blade of the knife will have its own place. The small amount of time used in putting each knife into its place is saved by having sharper tools whose edges do not have to be refinished so frequently and which therefore will last longer and give better service.

A rack might be placed on the wall above the working surface with a

place for each knife. (See View II.) Some knives may have a small screw eye in the end by which they may be hung on nooks conveniently near the space they are to be used.

A strap of leather tacked to a board in such a manner that there are loops between the tacks just large enough to hold the knives makes a convenient holder.

Another method is to use two small strips of board. These may be fastened together so that there is just room enough between them to slip the blades of the knives into the space left.

Cutting devices which also need care are the vegetable slicer or cabbage cutter, fruit corer, chopping knife, food chopper, soap shaver, pineapple eye, strawberry huller, kitchen shears, can openers and fish scalers. As these tools are more difficult to sharpen than those previously mentioned, it will be well to provide places for them so their edges will not become dulled. It is easier to keep them sharp than to sharpen them later.

It is interesting to note that the knives as we use them in the kitchen are a development of the hunting knife and sword. Knives were not used by each individual until a little over three hundred years ago, when for quite a long time each person carried his own set in a case at his belt or girdle. The first knives were fashioned of bamboo, shell, then copper, bronze and a mixture of tin and copper. The industry has grown until today each little process in the manufacture is highly specialized. These processes include forging the blade, heating and tempering, grinding, polishing, assembling, honing and finishing.

If each piece of equipment or each tool in your kitchen could tell you something of its history and manufacture, you would hear some wonderfully interesting tales and I am sure it would give you a great deal of respect for the little paring knife. I hope you will feel as I do, that it is a saving of time, patience, energy and money to follow the few simple suggestions which have been stated here.

"I live not in myself, but I become a portion of that around me."—Lord Byron.

"The beautiful rests on the foundation of the necessary."—Emerson.

Drugs	Notions
Jewelry	Pens
Candies	Ice Cream
Crosley Radios	

A. L. Champlin	
Campustown	