

THE IOWA HOMEMAKER

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V-E-I-S-H-E-A

By PEARL HARRIS

Veishea is Iowa State College on display. As an all-college exposition it gives an opportunity for the people of the state to view the mechanism and accomplishments of "Science With Practice." It is a celebration with a purpose—a task requiring the labor of all the students. The fourth annual exposition will be held this year from May 14 to 16 inclusive, and, according to those in charge, it will live up to and in all probability surpass the precedents established.

As the time for Veishea comes nearer, the preparations and plans are being speeded up and completed, and according to Estille A. Vaubel, general manager, everything will be in readiness a week before the celebration.

Veishea will begin at 10:30 a. m. Thursday, May 14, with the Moving-up ceremony. This event is to be changed this year and instead of the previous moving-up for freshmen only it will be an advancement of all the classes. With the burning of the prep cap the freshman is no longer a freshman, but a sophomore, the sophomore a junior and so on.

At 1:30 p. m. the May Fete will be presented in a very picturesque spot under the trees by the campanile. The May Fete is a dream phantasy, "Hey Down Derry", written by Miss Frances Wescott, H. Ec. '26, and the cast this year will be composed of over one hundred girls. The May Queen was chosen at an election held Monday, April 6, but the honored person is not to be made known to anyone until this time. Even the queen-elect does not know who will be crowned and this suspense adds to the fascination and interest of the event. A bowery dance from 4 to 6 p. m. will complete the program of the first afternoon.

At 8 p. m. a Swimming Circus will be staged in State gymnasium. A dance will be held at the same time in Central building and all four floors will be utilized for this purpose so space will not be lacking.

The attraction of the second morning will be the parade which will start at 10:30 a. m. All the different divisions of the college and many of the campus organizations will be represented by floats and banners which will be symbolic of the things for which they are known. A first, second and third prize will be

awarded for the floats which are the most artistic or the most representative. Last year this honor was claimed by the mechanical engineers. The parade as a whole will not follow any particular theme but will vary from the beautiful to the humorous.

The program Friday afternoon will include high school baseball games from 1 to 6 p. m. A baseball game between Washington and Ames at 2:30 p. m., another dance from 4 to 6 will furnish amusement for those for whom baseball holds no fascination.

to be an especially gorgeous one and is now under construction in the Veishea work shop where artists meet every day to wield a decorative brush and exchange ideas. The ballet is under the direction of Miss Shannon of the Physical Education department with Beulah Roberts, H. Ec. '26 as assistant. From the marked advancement in technique this is sure to be a work of art. Mr. Reck states that the possibility of the comedy attaining the snap and speed of a professional show will depend on the faithful sweat of every member of the cast.

Home Economics, Veterinary and Industrial Science divisions will hold their open houses Saturday at 9 a. m. Home Economics open house is famous for its cherry pie. This year the open house will be held on the first floor of Home Economics building, in Home Economics annex, and on the first floor of Physics building and Beech home management house. The general theme is "Homemaking". The various departments will have displays and "The Homemaker" will be on exhibition in the lobby of Physics building.

Athletic events will characterize the program for the morning and afternoon of the last day. The baseball sched-

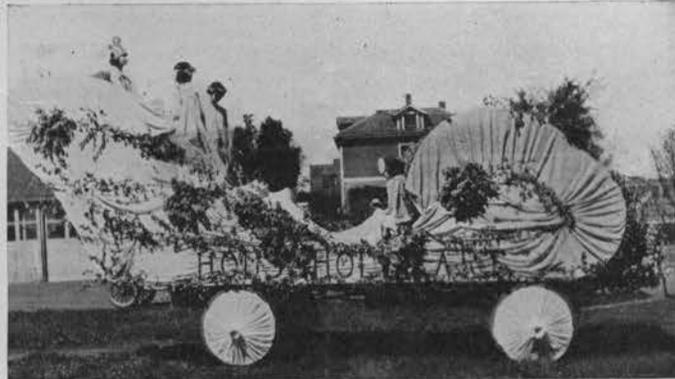
ule of Thursday will be continued starting at 8 a. m. with four more baseball games. At 1 p. m. the semi-finals of the baseball tournament will be played and at 4 the two winning teams will play again in the finals for the championship. The game between Washington and Ames at 2:30 p. m. will undoubtedly prove a decided attraction for many baseball fans. A special athletic event to be staged on State field at 2:30 will be the Grinnell-Ames track meet.

Saturday night the choice of amusements will lie between the bowery dance and the last production of "Going Down" as a grand finale.

During Veishea the state high school music contest will be held in Ames and high school students from all over the state will be here for the purpose of having a part or supporting contestants.

The entire Veishea plans are being very carefully worked out by the Veishea committee and not only a fascinating all-around good time but also an instructive

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Household Art 1924.

In the evening the Agricultural and Engineering divisions will hold their open house. This is a free demonstration of their work and accomplishments in "Science With Practice" since at that time their laboratories and work shops will be open to the public for the purpose of exhibiting the manner in which they conduct their work. There are special displays for each branch of Engineering including civil, electrical, mechanical, mining, chemical, ceramic and architectural. The Agricultural division likewise represents animal husbandry, dairy, farm crops and soils, genetics, horticulture and forestry.

The first presentation of the night show "Going Down" will be given at 8 p. m. Friday. This event occupies the same place on the program as "Yalami" of last year. The play will well represent the active life of Iowa State College since the play is written, cast, directed, costumed, and staged by Ames students and faculty. According to Frank Reck, student director, the setting for the play is

VITAMINS IN CANNED FOODS

Dr. D. F. Kohlman was a guest on the Iowa State campus during the Canners' short course, and also spoke before the American Chemical association about the vitamin content of canned foods. Vitamins in canned goods has and is one of Dr. Kohlman's research problems as a chemist for the National Canners association with headquarters in Washington.

It was thru the study of the corroding of cans that the presence of vitamins in canned goods was discovered. Experiments so far have largely been carried on with apples, peas, spinach and cabbage. From this work it has been learned that canned spinach and cabbage, are rich in vitamin C.

The contents of commercial cans are not exposed to oxidation to the extent that open cooked foods are subjected to because they are hermitically sealed. That accounts for the statement that commercially canned goods are richer in vitamin content. It is due to the boiling process that the vitamins pass off as steam.

By reheating the canned goods in the cans some vitamins are saved, but it is seldom that canned goods are reheated for any length of time or at a very high

temperature so there is little danger of any appreciable amount being destroyed in reheating. When the housewife pours away the water in which hermitically sealed canned goods have been processed much of the food value has been washed away because the two vitamins B and C are soluble in water and are thus largely dissolved in the liquid.

According to Dr. Kohlman of all the vegetables worked upon canned spinach is richer than any other food except cod liver oil in vitamin A. It is also rich in vitamins B and C. Canned tomatoes are being used as baby food in place of or along with the orange as a source of vitamin C. It is often advisable to use canned food which is known to be rich in vitamin content rather than some fresh vegetable which has had opportunity to oxidize to the extent that the vitamin content is appreciably low.

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program is promised to all who attend. It is an especial opportunity for the people who have not definitely decided which college they wish to attend to judge the merits of Iowa State, and also for the parents to see the type of education offered here.

DIFFERENT CUTS OF BEEF

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tive tissue and to make more tender the muscle walls.

We have found, of course, that in order to soften connective tissue, we must have moisture, and we have also found that hot temperatures make the fibers tougher. The principle then in the cooking of tough meats, is to retain the flavor and to soften the connective tissue and muscle fibers. For the purpose of keeping the flavor in a piece of meat, the housewife usually sears over the sides of the piece in hot fat, then she adds water and cooks it at a long low temperature, either on top of the stove or in the oven. Most poorly cooked meat is due to too hot an oven, too short a period of cooking, or too little moisture. The latter does not mean that the meat necessarily should have an abundance of water in the pan.

There are many names and many ways of preparing the meat of toughened cuts. For instance, we have Swiss Steak and Creole Steak, to which there are added vegetables. There are pot roasts, and many other suggestions. Sometimes when the cook wishes to be very sure of the tenderness of her meat, she grinds up the tough cut, making hamburger, which can be used either in patties or in a loaf, or she may wish to break the fibers by pounding them. The cheaper cuts are usually high in extractives. This means then that they have good flavor.

The tender cuts in meat come from parts of the animal which are less used so that our finer steaks and roasts come from the back of the animal. These cuts should not need the forementioned cookery or devices for making them tender, nor should the fine flavor be lost by frying or by dipping them in flour. So many cooks feel that every steak they cook must be dredged in flour. The larger pieces should be roasted with little or no water added. The smaller cuts should be broiled.

Many of the commercial firms furnish excellent charts, which you may get by writing direct to them. It is possible that the National Meat Board, Colony Building, Chicago, may have some material for distribution now. Then Swift & Co., and Wilson and Co. have splendid charts.

To Remove Creases and Wrinkles

How can I remove creases and wrinkles from silk canton crepe?

Moisture not only spots canton crepe but also shrinks the fabric, which of course makes it impossible to use water in pressing.

The very best advice I can give you is to lay the fabric wrong side up on a well padded board, cover the portion to be pressed with a clean piece of paper and press with a warm iron. We have found that paper sometimes takes the place of water when pressing fabrics upon which water cannot be used.

Clarice Iles Chief Dietitian

Clarice Iles, '24, has been appointed chief dietitian at the new sanitarium at Santo Springs, Tampa, Fla. Miss Iles took her student dietitian work at Ohio Valley general hospital in Wheeling, W. Virginia.

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