

# In Rhodesia It's Monkey-nuts

—peanuts to you; they're chief crop

by LOLA WILCOX

**R**HODESIA—no, you're wrong—it's not the name of a new cheese, it's a country in Africa, a British crown colony just north of the Union of South Africa and just south of the Belgian Congo.

It is from Rhodesia that Miss Joyce Rudd came to visit our campus and see what we have to offer in the way of a home economics education.

Miss Rudd's job in Rhodesia is to supervise the organization of all home economics work in both the native and white schools.

In the 12 training schools for natives the girls are trained to teach their own people how to cook, sew, weave, make pottery and do their laundry properly. They come from homes that are mere huts, without beds or furniture, and with only those cooking vessels that the natives themselves improvise. The people are segregated into tribes, with each tribe having a different dialect. This certainly complicates things for the teacher. What a time she must have trying to talk to a class of girls each of whom speaks a different language.

The native girls of Rhodesia never reach the high school stage of education. They usually complete the "standard school" requirements in about 10 years, most of them finishing at the age of 18 or 19. The average time required is decreasing, however, as the years go by and education gets a better foothold. A fifty-year-old educational system is a mere infant, and only fifty years ago Cecil Rhodes, the Englishman who is responsible for Rhodes scholarships, landed on the coast of Rhodesia to begin the tremendous task of educating the natives.

For the white girl in this country of Africa there are public schools, high schools and universities. After 13 years in the first two she is ready for the university. The standard of living for the whites, Miss Rudd said, is exceedingly good.

Chief among the industrial activities of the country is mining—gold mining. There are a few coal mines but these do not pay. Agriculture ranks second. Tremendous amounts of tobacco are exported. Other important crops are maize and monkey-nuts—peanuts to you.

Miss Rudd is visiting America for the first time. She is touring the country, visiting all the larger home economic schools, and when she has seen them all she is going to pick out one in which to study for a few months before returning to Africa. She states that she is very much impressed with Iowa State

and will seriously consider coming here to enroll as a special student in January. She received her former training in Edinboro, Scotland.

What she found here, she says, was a group of hard-working girls who were not only learning the theories of home economics but actually putting them into practice. "If a person wants a perfectly balanced meal you girls can not only tell them about it; you can cook it for them."

"I admire the apparent willingness of the Iowa State girls to work, because so many girls in other countries feel that working is a disgrace. No work is a disgrace, but doing it badly is."

## Care of Hair

(Begins on page 6)

rinse out all the soap. Some prepared shampoos are not recommended as they are considered harmful. If you can't remedy the condition you should see a specialist in this line.

Sun is often good for the hair, but extreme heat tends to dry and bleach. It then loses its luster and brilliance. Systematic conditions also effect the hair.

Hair is often abused by the use of the curling iron. If you wish to preserve the quality of your hair, never or at least very seldom use an iron. If you simply must curl up that one end, use a barely warm iron. Only for that one end though, and not for one that's a little weak just because you have the iron hot. If you have a permanent, the curling iron will be more harmful than ever.

Heating the hair as performed in permanent waving has no harmful effect if properly conducted. And many of us who have perfectly straight hair do need permanents. Here are some good rules to follow: go to a well known beauty operator, take her advice if she says your hair needs first to be conditioned, and do not pay less than five dollars for your permanent. It isn't like buying a dress. If it isn't satisfactory, it can't be discarded, but will stay with you for a long time. It may take years for your hair to recover from the effects of a poor wave.

It isn't enough to say "Well, I have a permanent; now I won't have to bother with my hair anymore." A permanent doesn't put the finishing touches on your hair, but gives you hair that is much easier to arrange and keep looking well. How well your perma-

nent looks will largely depend upon the care you give it.

The cutting of hair is an art, and all of us aren't artists; so go to a reliable hairdresser for this also. Different coiffures require different haircuts.

**T**HE banana is a very excellent food from the nutrition standpoint and can be obtained the year around.

Bananas are a fair source of vitamins A, B and C. When entirely ripe they furnish easily digested fruit sugars. If used when they are not ripe, there is a great amount of starch present which is best cooked before eating. This starch is largely changed to sugar upon ripening.

Bananas discolor after they are peeled and cut and exposed to the air. To prevent discoloration, dip the cut or peeled fruit into any of the following fruit juices: grapefruit (fresh or canned), pineapple (canned), orange and lemon. Bananas will remain light in color about two hours after they are taken from the juice.



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