

# The IOWA HOMEMAKER

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NOVEMBER, 1932

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# A Few Grains of Salt...

## It's a New Program

THE Child Development Department at Iowa State is cooperating with the Iowa Child Welfare Research Station at the University of Iowa in presenting radio talks on various phases of child development, over stations WOI, Ames, and WSUI, Iowa City, this fall.

Last year the department at Iowa City gave a weekly program over WSUI, presenting staff members of the child development and parent education departments in talks. A research study was carried on to find out the effectiveness of these programs, and it was discovered that only persons in the south and east portions of the state had been reached. The new series of programs from the two stations is an attempt to cover the entire state. An identical program known as "Understanding Our Children" will be broadcast weekly at 8:00 p. m. on Monday from WSUI, and at 2:30 p. m. on Wednesday from WOI.

The 1932 "Understanding Our Children" program will be introduced with a theme song selected from Tschai-kowsky's "Nut Cracker Suite." The fifteen minute talks prepared by members of either the University of Iowa or Iowa State College child development and parent education staffs will include topics

considering children's feeding, clothing, habits, playthings, music and books, family attitudes, methods of study and reading materials for parents.

The sponsors of this radio hour suggest that child study groups might assemble for the program, and follow the radio presentation with a discussion meeting. This would afford an immediate consideration of the ideas and opinions expressed by the speakers.

## Boys Want to Know How

CONTRARY to the popular belief that sister is the only one who cares to know how to act properly at the proper time, brother also would like to make a good impression, both as a host and as a guest.

This is demonstrated by the fact that 17 seventh, eighth, and ninth grade boys in Central Junior High School at Ames have requested a Home Economics Club wherein they may learn "how to act." They attend this club for a half hour a week. The period is recreational as well as educational. There are no assignments. Most of the time is taken up with demonstrations and actual practice.

The fact that the boys requested this club themselves shows that they felt a definite need for something of the kind.

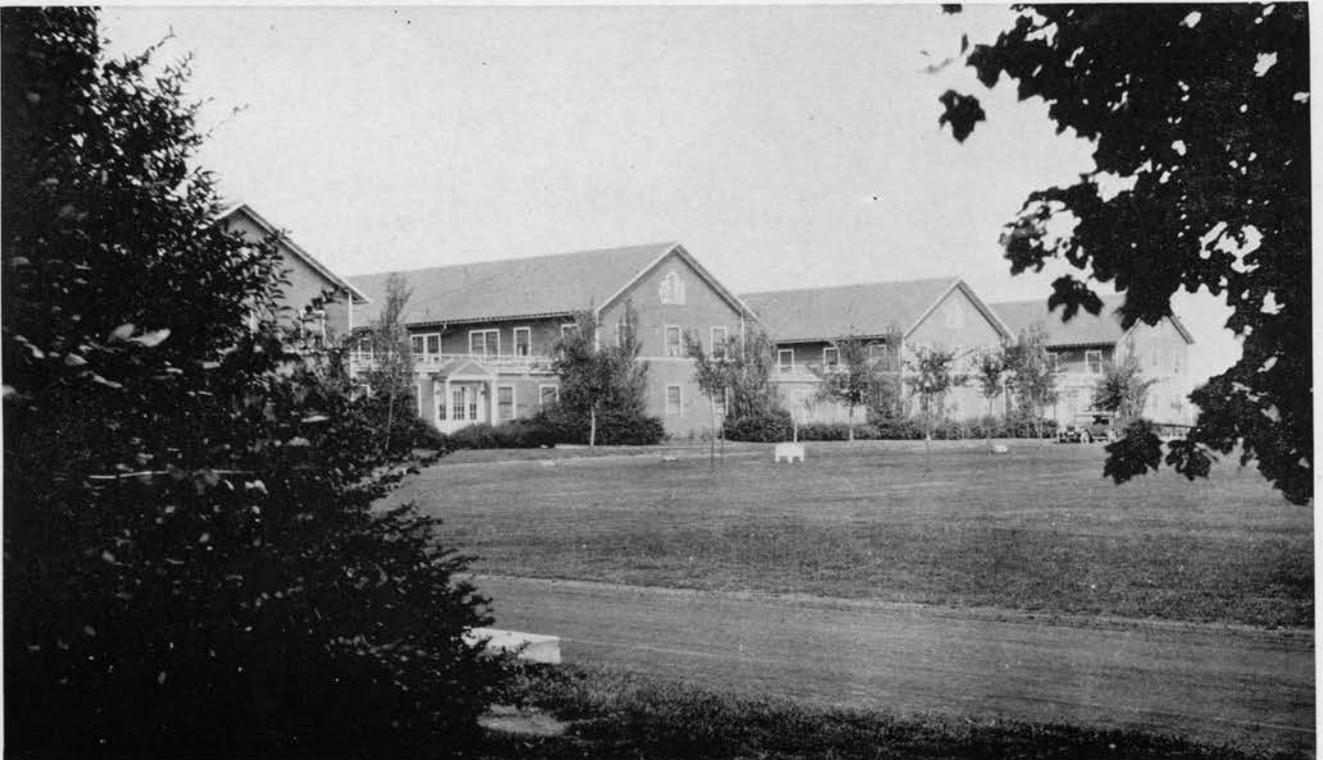
## How Many Can You Answer?

1. In what section of the country is gumbo served?
2. To what family of vegetables do chives belong, and for what purposes are they used?
3. What is a samovar?
4. What is sago, and where is it obtained?
5. What are tabascoes?
6. What does the term "kippered" mean?
7. What is forcemeat, and for what is it used?
8. What are lentils?
9. What is aspic, and how is it used?
10. What is a bisque?

(Answers on page 13)

They express it by stating that they want to know "how to act." So far as is possible they pick out the subjects for demonstration themselves.

If it is possible in the future to have a separate club for the ninth grade boys, Miss Alice Dahlen, instructor in home economics education at Iowa State, and leader of the club, feels that it might be an improvement. The "girl problem" enters in by that time, while seventh and eighth grade boys are for the most part entirely unconcerned with girls.



Oak Lodge no longer houses women; it's now a men's cooperative

# THE IOWA HOMEMAKER

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NO. 5

## Sixty-five Men Go Domestic . . .

By Gertrude Hendriks

And They Think It's Fun!

THE Iowa State co-ed may not only take advantage of leap year for two and one-half months more, but she may "hang her pin" on a man who is getting practice along the line of kitchen duty and house cleaning. Furthermore, she may make her choice from at least 65 men (there are more on the waiting list) who for the most part are upperclassmen.

A cooperative dormitory for men, opened this fall at Oak Lodge, is providing such instruction and practice, and is saving for each man an average of ten dollars a month on board, besides a saving on room. Mrs. Ella P. Gribskov, in charge of the women's cooperatives at Clara Barton and Alice Freeman halls, also has supervision of the cooperative functions of the men's dormitory.

One of the principal differences between the cooperative for men and those for women is the men have a cook who makes all the pastries, prepares some of the food, and assists those who are on kitchen duty, while the women do all their own cooking.

Time must be budgeted in the cooperative just as time is divided by a housewife among her duties. When a man is serving on breakfast-lunch committee, it means getting up early so that breakfast can be served by 6:45. Then there are vegetables to be prepared for lunch and dinner. The men do this—peeling potatoes, cutting vegetables and preparing various items to assist the cook. Besides the breakfast-lunch committee there is another which has charge of dinner, and there are two committees whose responsibility is to keep the dormitory clean. Then there is one lone man who arises long before the rest to get the fires built for the cook. The four committees work in shifts and the fifth week is one of rest.

Except for P. D. Spillbury, chaperon, Mrs. Spillbury, Mrs. Gribskov and the cook, the entire project is carried on by students. Nels Christensen, a senior from Dyke, is the "go-between" for the cook and the students. Ralph L. Kuna of

trouble-man could even be called—*prestochango*—a track had been built (no doubt by an engineer—to take care of the refuse.

One of the men, evidently interested in surveying, was dissatisfied with the table arrangement. He got his eye down to the level of the table, squared the whole thing up and eventually had all the tables arranged precisely straight.

According to Christensen, the hobart was the center of attraction of all the men the first night the cooperative system operated. And, it seems, even men do back-seat driving—although there is only a motor in sight. (Don't credit Christensen for this sidelight—it came from a woman.) The hobart operator sets the mixer for the first speed. "Put her on second," someone shouts. But from another back seat driver, "Strike it up to third." Rest assured, however, the potatoes always do get mashed!

What sort of meals do these men serve themselves? A day's

menu from the first week of operation included: Breakfast: canned apricots, cream of wheat, top milk, buttered toast, coffee, cocoa and milk.

Lunch: Baked potatoes, chipped beef gravy, pickled beets, bread and butter, spice cake and milk.

Dinner: Roast pork, mashed potatoes, gravy, buttered green beans, hot rolls and butter, watermelon, milk and coffee.

Breakfast and lunch are served cafeteria, which means that each man brings to the kitchen his own service equipment. But dinner is served formally and on Wednesday nights and Sunday noons there are three courses, including ice cream and cake or cookies.

Now, Miss Co-ed, here's your chance, and at least one man has already admitted his fitness, "I'll make a mighty fine husband with this training."



This is the way they do it

Sabula, as the dormitory treasurer, collects housing payments and works with the auditing office.

No matter which way you turn, there is enthusiasm. There's singing in quartets—with every part coming out strong—in sextets, in mobs, and even occasional solo numbers. But it's never singing before breakfast. That would seem to start the day wrong. Singing comes after dinner when the dishes are being washed.

"Mechanical minded househusbands"—that's what the men who work on the kitchen committees are. They show enthusiastic interest in the how, the why, and the wherefore of everything from the hobart (which mashes potatoes and does mixing mechanically) to the electric dish washer. During the first week the dormitory was open, the drain of the potato peeler became clogged. But before the

# She Comes From Stockholm . . .

By Kathryn Soth

LIVING in Margaret Hall is a very new experience for Ruth Stjerner, the girl from Stockholm, Sweden, who is spending a year on our campus. At Swedish colleges, she says, there are no dormitories for either men or women, with the exception of a few maintained by associations, scattered here and there. The student usually rents a room in a private house, where he or she has little or no connection with the family.

Ruth finds Margaret Hall a pleasant place to stay and the girls who live there very friendly. Asked if she expects to be homesick, she looked puzzled and seemed not to understand the meaning of the word "homesick." She declared she does not think she will become anxious to go home before the year is over.

"I guess we Swedes easily accommodate ourselves to new circumstances," she said.

Ruth has come to Iowa State College to study botany, working toward her "magister's" or master's degree. She has a scholarship awarded to a representative girl by the American Association of University Women and the Women's Self-Governing Association of Iowa State College. In Stockholm she completed the gymnasium, which corresponds to our high school and junior college. Then she spent two years at the University of Stockholm. She will study here for one year and after two more years at the University of Stockholm she will receive her Master of Science degree.

A very young-looking girl to be a college graduate, Ruth has the blond hair, blue eyes, and fair skin which mark her as typically Swedish. She is small, rather quiet, unassuming, and very polite. Her English is plain and easy to understand; and her accent is delightful. She has studied English for five years, but has spoken it for less than a month, just since her arrival in this country. On the ship, she explains, she spoke German almost entirely. She finds it quite easy to understand and to speak English now, after a few weeks at Iowa State.

RUTH left Stockholm on September first and came directly to Ames. She had never been out of Sweden before, so she had many new experiences on her trip. Asked what was her first impression of America, she said, "Oh, Wrigley's everywhere!"

She noticed that in the United States there are many more advertisements of all kinds than there are in Sweden, and mentioned especially the gum and cigarette advertisements.

At the University of Stockholm there is no large campus like ours at Iowa

State College. The university is located in the center of the city, with no "park" around it, as Ruth says. When asked, "Are the buildings scattered or close together?" she again looked puzzled and produced a small dictionary to look up a definition of the word "scattered." She understood that in this sense it meant "separated" or "far apart" and said that some of the old university buildings



Ruth Stjerner wearing her student cap

are "three or four minutes" from the old ones.

One of the most noticeable differences between Swedish and American colleges is the relation of instructor to "disciple" or pupil, according to Ruth. "We have much more—could you say, reverence—for our teachers," she said.

Most college students in Sweden study many more foreign languages than do American students. Besides her five years of English, Ruth has completed ten years of German, seven of French, and four of Latin.

There is no home economics course offered at the University of Stockholm, but there are various private schools for girls "to learn to be good wives," Ruth reports. There is also a special home economics college at Uppsala, and there are two schools for farm home economics.

Another great difference between Swedish and American colleges, Ruth says, is in athletics for women. In Stockholm the only women's athletics are gymnastics. However, the men play tennis, football, and other games common in the United States. She explains that football is

played very differently in Sweden than it is here. The players wear short, knee-length trousers and little blouses and play much less roughly.

There are extra-curricular activities for everyone at the University of Stockholm. The women students have a club, and there are clubs of students in different courses, such as botany clubs, French clubs, and so on. The university publishes a monthly newspaper, but has no departmental publications such as we have here. There is a student theater association at the university; and there are orchestras and other musical organizations.

Ruth says that Swedish women dress somewhat differently than women in the United States. "Our clothes are heavier, and we do not use so much silk stockings," she explains. American women use much more silk in dresses and in all types of clothing, she says. Swedish women wear woolen clothing almost entirely in the winter time. Dresses are worn at about the same length as ours, and hats are worn in the same way. Ruth demonstrated this the other day by placing one hand on the back of her head and moving the other from the side of her head down over one eye, as if tipping her hat a la mode.

ALL students at Scandinavian colleges wear "student caps" from April until October. Ruth showed her cap, which was of white velveteen with a black bill and an emblem and lining of yellow and blue, the Swedish national colors. Men and women wear the same kind of caps, tipping them at the desired angles.

There are no separate men's or women's colleges in Sweden, according to Ruth, although most of the high schools are separate for boys and girls.

Ruth is very much interested in her special field, botany, and has already gathered plants in the woods here. She explains that the leather boots and ice-skates placed on top of a pile of papers in her room serve as a plant press. "They were the heaviest things I could find," she laughs.

She plans to study at Iowa State more specialized courses in botany, biology, and other sciences than she could obtain in Sweden. It is not possible to specialize a great deal for a master's degree there, as most of the advanced and specialized courses are offered only to students working for still higher degrees.

Ruth has not decided what sort of work she will enter when she has earned her Master of Science degree. She expects to teach, but she will have to complete an extra year in a special course in order to do this. To teach in her field, botany, in Swedish gymnasiums it would be necessary for her to have a doctor's degree.

She expects her year in America to be of real value to her.



# Impressions of the Fashions . . .

Gleaned by Sally the Style Scout

**M**Y DEAR! Can you imagine *plaid wool* for evening? Neither can I, but nevertheless it was seen in Paris this fall. It was shown in a gown with crossed straps on the back, fastened with clips of brilliants. I guess it must be just another way of following the new mode of striking contrast. Too much can



Necks are high for evening

hardly be said about contrast now, as it is appearing in every part of our fall and winter wardrobes. Cherry-red velvet and lustrous white satin (doesn't it sound regal?) are seen together. An interesting brown dress was eccented at the neckline high, of course) with white ruching. White ruching is effectively used on black fabrics, too, especially velvet, which is very smart.

Sports clothes worn at Biarritz show these new tricks; a heavy ecru linen skirt buttoned all the way down the back; a white flannel skirt inspired by men's trousers; a blouse with puffed sleeves achieved by set-in shaped pieces rather than by gathers; another blouse with set-in gathered fullness in the back.

## Nightgowns Are Fitted

Pajamas, beware! I'm afraid you're going to lose your right to rule in this realm of clothes, and will be forced to share your throne with the elegant new nightgowns! They are now being advocated very strongly by stylists, and after seeing some of the lovely gowns, even the most ardent pajama-wearer must admit there is nothing reminiscent of the old ugly straight line gowns. The Empire style, with high, fitted waistline, and the close fitting princess gown are often seen. The cut of many gowns is so similar to

that of this fall's evening dresses, that only by fabric and trimming can we tell the difference. (Not that I'm really worried about seeing any of you attending dances garbed in the wrong kind of evening gown!)

## Tunics Are Back

"Our best bib and tucker" seems to have come out of the nursery and now attends classes in the haughtiest manner. Some of these youthful collars are long and pointed and others are round and demure-looking. I have seen several that tie in the back as openly as they did when we were youngsters.

The tunic silhouette has been revived by several fashion houses. The swagger suits of nubby tweed, with seven-eighths coats, that we are seeing so often here on the campus are one example of the means employed in the revival. Straight and narrow tunic dresses are shown for daytime, and for evening the silhouette varies, showing a flare at the lower edge of the tunic. Some of the long blouses are buttoned down the front with big buttons.

And speaking of buttons! I'm still dizzy from counting buttons on co-ed frocks! Paraphrasing a popular song, we might sing, "Buttons, buttons, everywhere. . ." I'm thinking of canvassing the feminine student body to find out if, hidden away somewhere, there is a soul who hasn't a dress with buttons, big or little!

## This Rayon Doesn't Wrinkle

One of our main objections to rayon has been the ease with which it creases. I know that a dress I have of rayon roshanara crepe is satisfactory in every way, with the exception that it wrinkles terribly. Now, we are told by the London Bureau of the Women's Wear Daily, that a new rayon fabric has been put on the market, and, glory be, it is said to be virtually wrinkle-less. At least we can't say that rayon isn't putting up a fight for its place in the sun! Several sports dresses have been made up of this new fabric, and after they have proven satisfactory, no doubt before long this rayon will be available to us all. Nevertheless, creaseless or not, rayon has proven a real competitor of silk in many ways, espe-



Tailored ties are worn



Don't wear these to dances!

cially for sports-wear. It is often made up into all-over plaids popular for plain tailored frocks.

## They Wrap Around

Wrap around styles and coat dresses are a change from the slip-over clothes which we have been so accustomed to. And it is nice to put on something that you don't have to tug and tug upon—incidentally ruining your hairdress and complexion in the process.

## Try Opera Pumps

Shoe silhouettes are wisely as simple as those of the new dresses. They have a smooth, well-fitted look. Tailored ties are seen very much in evidence on the campus, and the ever-popular opera pump for all dress occasions. One fashion editor advises, "when in doubt . . . try opera pumps." They are estimated to take thirty percent of the business of most large shoe stores. Generally speaking, heels are lower, and only the very formal shoe have extremely high heels. Suede and patent leather were combined in one good-looking pump I saw.

Contrast is as important in shoes as in all parts of the costume. Kid and marcel cloth, a coarse, plain weave fabric, are shown in tailored shoes. We are seeing more patent leather than we have been for some time. As a forecast for what we can expect in the spring I saw illustrated in a well known fashion magazine a tailored shoe of Sun Rust calf with one strap, and a moccasin effect on the toe. Beside it was a swagger brown sandal, with wide T-strap, which must have been at least an inch wide, as was the strap that fastened the sandal.

## Coats Will Be Furless

It is reported that furless coats will be seen often, accompanied by tiny shoulder

(Continued on page 14)

# The New Uniforms Are Smart...

By Virginia Rowe

**H**AVE you seen the new foods uniforms? What? You didn't even know there *were* any? Well, you might have known that those ill-fitting, unbecoming garments we've had to wear to foods lab for so long would go sooner or later. Now we can actually look *smart* pattering around in foods classes!

These new dresses are certainly improvements on the ones we bought when we first launched the campaign to cultivate those well-known culinary arts. The white uniform is one of those sleek, new fitted styles which are so popular. The notched collar, the shorter sleeves, and the longer length skirt are much more becoming, especially to some of us "stylish stouts." Then, too, the fact that aprons are not required is a relief. Those aprons we've been wearing fit so awkwardly!

Speaking of these new outfits, did you know that Iowa State women wore uniforms before there was even such a thing as our Home Economics Division? Yes, they did! In 1901 the first ensemble was adopted. It was only partly a uniform, since there weren't many girls taking the economics course. In those days, the nobby dress for school was a white shirt-waist, with a black ribbon around the neck, and a dark skirt. The costume was completed with the addition of a white apron. This was gathered on a band around the waist, and completely covered the skirt, since it was both full and long.

You've doubtless heard how the Home Economics Division was established in 1911. At that time the first real, honest-to-goodness Iowa State College foods uniform was ordered. This outfit consisted of a pink dress, a white apron, and a

white cap. The dress was made in the fashion of the hour—long sleeves, high neck, full waist, the very long skirt gathered on a band at the waist line. The material was heavy gingham. The apron was of the same general cut—long, full skirt gathered to a band, and held up with cross straps in the back and a bib in front. The cap was of the nearly extinct variety commonly called "dust caps."

In 1913, we are told, some of the details were changed. The pink gingham dress still held sway, but you'd never have recognized it. The neck was lowered—and a white pique collar was added. The sleeves were shortened and finished with cuffs of similar cut and material. The skirt was slightly shorter, and not quite so full. The cap was discarded shortly after this change took place, and since everybody wore hairnets anyway, this was not designated as part of the ensemble. The apron was the only part of the earlier uniform to last through those drastic changes. It continued to be as before, and almost covered the lovely pearl buttons which now decorated the front of the dress.

We've heard some reports of the changes made by the art students in the garb of the cooks! In 1915, or thereabouts, any pastel color would pass inspection—and green was often used to trim the fetching pink dress of the years before.

By 1910 the girls were getting quite brave, and had chopped off another inch or so from the bottom of both dresses and aprons. The dresses were of much the same type, but the aprons were really changed. Instead of gathering the skirt to the waistband, we find our first fitted skirt. These aprons still completely cover the dress, however.

The uniforms that started most of us in our kitchen careers were adopted in 1924. At the time these were first worn, skirts were very short and straight, so these were right in the vogue. Since there is no way to adjust the waist line, they are not particularly becoming, as judged by our present day standards.

And so we have with us a new uniform, which is neat, smart, and modern.



**Margaret Marco**

By Regina Kildee

*This is the first in a series of stories about home economics students who "do things."—The Editor.*

**S**OMEWAY Margaret Marco, senior in home economics, just fits the idea I've always had of how a Y. W. C. A. president should appear and act. Looking at her, you just know she's peppy, friendly, and full of good ideas, and, when you know her, this opinion is strengthened. One of the busiest and most prominent women on the campus, she's never too rushed or too worried to flash a smile and "hello" at a lonesome freshman.

Margaret has known since attending a national home economics convention in Minneapolis when a sophomore in high school, that she wanted to take home economics at Iowa State College. However, a friend persuaded her to spend her first college year at the Illinois Teachers' College at De Kalb. "After that," she said, "not even friendship could keep me away from Iowa State."

She first learned of the Young Women's Christian Association when she was a member of a large Girl Reserve organization in her Chicago high school. At De Kalb she was a member of the social service and world fellowship committees of the Y. W. C. A.

"I think I came over to the 'Y' my first week on this campus," Margaret smiled. "I first joined the social service group; then, the next year I had charge of that group and the personnel work—and then I changed." That was her modest way of saying that last spring

*(Continued on page 13)*



They used to wear 'em like this!

# Hobble, Hobble, Little Skirt . . .

By Hazel Leupold

"SEVEN, eight, nine yards!" exclaimed Elsie Iowa State, in 1892. "Ellen, I do believe that my skirt is at least a yard wider than Ida's," she added with satisfaction.

No, nine yards was no exceptional breadth for the voluminous skirts worn by the co-eds of that period. Gored or circular, these skirts must fall in great flute-like folds from the tight-fitting waists. Often they were lined with canvas to secure the desired tubular effect of the folds. Dresses were princess in style with a normal waistline, the tight waist and full skirt giving Elsie the hourglass silhouette. But sleeves—sleeves kept pace with the skirts, attaining extravagant dimensions near the shoulders. Stiff materials were employed to line these sleeves in order to make them sufficiently bouffant; reeds also were quite effective in holding out the "leg o' muttons."

About this time Dame Fashion decreed that "wide shoulders are just the last thing, my dear." Elsie scrambled through her trunk and used berthas, fichus, ribbons, and laces near the shoulders to emphasize their width. Co-eds had begun to participate in sports; the shirtwaist worn with a black and white or dark-toned skirt became very popular for these occasions. A taste for odd waists developed; red, blue, and green plaid or striped shirtwaists appeared on the campus



It's nine yards around

tucked into the still voluminous skirts, which were gathered or gored to fit at the hips. Hats were profusely decorated with feathers and flowers; many minutes were spent before mirrors in order to properly balance these creations on the huge pompadours of hair.

In 1902 we find that the dominant trend of the dress of the nineties survived with few changes. Instead of the full, voluminous skirt, the skirt now fitted snugly to the knees, from there flared greatly to the hem, touched the ground, and ended in a train. It was no little thrill for Betty to daintily catch up this train as she walked with her escort across the dance floor. Whimsical Fashion dictated that sleeves should go from one extreme to another; the long, fitted variety finally replaced the large, full sleeve of previous years.

BY 1912 a revolution had occurred in Elsie's dress. Two years previously the skirt which had shrunk to unbelievably small proportions came in, ignoring the natural curves of the body. With this narrow skirt, the narrow sleeves and narrow shoulders of the bodice, the straight-line silhouette was made. Though still reaching to the ground, many of the skirts measured only 32 inches to a yard and a half on the lower edge. Co-eds found it difficult to walk, and the hobbling gait of the Japanese geisha became fashionable, as none other was possible. Pulpit and press assailed and ridiculed this mode as no fashion had ever been attacked since the time of the Louis. It was derided as the "halter-skirt," the "sheath," and the "hobble skirt."

*"Hobble, hobble, little skirt,  
How I wonder what thou wert.  
Perchance maybe a papa's pant  
Now for him a trifle scant."*

But the more this style was assailed the more did Elsie flaunt its decreasing dimensions on the campus. Then some daring co-ed further shocked pulpit and press by slashing this skirt from the lower edge to the knee. It soon was known everywhere as the "slashed skirt." It was either worn slashed at the sides, slashed front and back, or slashed at every seam. Insertions of plaited panels of cloth in the openings satisfied many, but the more daring left the openings in the skirt and wore underneath a bright colored silk petticoat or satin Turkish trousers! Later in the year, the peg-top skirt was introduced. Along with these narrow skirts, the blouses became collarless and peasant in design, stylists modeling after Bulgaria and Roumania in costumes. The high hats were set well down on the elaborate coiffure; those women unfortunate enough to have scanty locks found consolation in artificial puffs and waves. Head dresses accompanied trains for evening wear.

With the advent of the World War, women's dress began to change, and by 1922 we find entirely different styles. Women at work in offices and factories had demanded a simple, practical garment, and this demand had been met with the inexpensive one-piece dress which came in to stay. Enter the "flapper" on every campus—sophisticated air, clipped bob, rouged cheeks, painted lips,



What a smart hat—once!

short, tight dress with low-cut neck, sheer hose, and high-heeled slippers. With her she brought the "vanity case;" it soon became indispensable. Novel sport clothes for women made their appearance—riding trousers, sweaters, colorful scarves, sport gloves, and sport hose; these comfortable garments encouraged co-eds to go out for riding, skating and hiking. Hats were small and were worn crushed down on the back of the head, allowing the frizzed ends of the bob to escape at the sides.

ELSIE CO-ED 1932 proves quite conclusively that history repeats itself. She employs large collars, capes, and saddle sleeves to broaden her shoulders, for the broad shoulder of the nineties is decidedly in. The liberal use of brass buttons give her that popular military air. The princess style with its straight lines and normal waist line is again a favorite. Sleeves are increasing their dimensions daily—the tight wrist with the very full gathered upper sleeve and the once famous "leg o' mutton" are repeating themselves. For sport, Elsie wears a peg-top skirt with a full, high-necked blouse tucked in at the normal waistline; over this she buttons a "swagger" coat trimmed in fur. Elsie tilts her felt or fabric hat sharply over her right ear, glances at her low-heeled oxfords, slips her vanity into her matched purse, and saunters nonchalantly across the campus.

## What's in an Egg . . .

By Clara Gebhard Snyder

*This is the second in a series of stories written especially for the Homemaker by a prominent alumna. Mrs. Snyder is the director of the Foods and Nutrition Department of the Institute of American Poultry Industries, in Chicago.—The Editor.*

**T**HE egg and poultry industry, like almost every other food industry, has a story to tell about its products—a story which, when told, should be of mutual benefit to the consumer and to the industry.

Telling this story is the task of the foods and nutrition department of the Institute of American Poultry Industries. In regard to eggs we agree heartily with this statement of Blunt and Cowan in their book, *Ultraviolet Light and Vitamin D in Nutrition*: "Physicians and nutritionists are realizing that the excellent campaign for increasing the use of milk could well be supplemented by a similar one for eggs, to the great advantage of babies, children and adults."

The work of our department up to the present time may be divided into two general types: (a) collecting available information about eggs and poultry, especially about their nutritive value and cookery qualities; (b) translating this information into the language and practice of consumers and retailers.

The means for accomplishing our aims are various, for they are the means employed by most educational organizations. But in spite of a variety of activities which to an outsider might perhaps seem somewhat planless, there are an underlying routine and definite objectives to which each activity contributes something.

Each month, for example, the foods department is responsible for a signed article to be published in the United States Egg and Poultry Magazine, the publication which serves as the mouthpiece of the Institute. Sometimes there are several articles in one issue. Most of our articles are based on information gathered through interviews, supplemented by library research. Besides the article there is a regular section in the magazine known as "Mrs. Snyder's Notebook," for which items of current interest from various sources are collected and condensed.

**A**NOTHER routine task is the preparation of releases which are sent out each month to the food editors of over 200 leading city dailies. Last year approximately 12,000 of these releases were sent out. Special articles are prepared on request, both for newspapers and magazines. Information is supplied to

writers, radio speakers and others who request it. Occasionally we take part in radio broadcasts. Cooperative work, usually in the form of cookery demonstrations, is carried on with newspaper cooking schools, household equipment sections in department stores and equipment manufacturers. Plans and suggestions for demonstrations or exhibits are sent out on request. Exhibits for conventions, food shows and poultry shows in which the Institute takes part are prepared. Many invitations are accepted annually to talk to women's clubs, P. T. A. groups, and housewives' leagues.

The preparation of informational pamphlets, such as "The Nation's Egg Supply," "What's in an Egg" and "Let's Have EGGS!" is still another part of our work. There is also the

preparation of carton inserts, such as those on modern cold storage and candling, which have just come off the press.

There are, of course, many miscellaneous activities. A few examples may, perhaps, serve to indicate the type. A year ago, on very short notice, plans for an "Autumn Egg Week" were made; special publicity was prepared and distributed. During one of the national dressed poultry contests 2,500 women, mainly teachers, dietitians and club leaders, were invited to make a tour of one of Chicago's large cold storage plants—our Community Refrigerator Tour, we called it. Parties must, of course, have refreshments, so hot chicken soup and egg sandwiches, made from refrigerated products, were served, and guests were introduced to frozen eggs by means of a dessert made from them.

A growing bibliography of egg and poultry literature requires continual changing to be kept up to date. Recipes must be tested before they may be published.

*(Continued on page 14)*

## Soda Pop Is Good for You . . .

By Evelyn Covault

**A**H, WHAT is so invigorating, so refreshing after an evening of dancing or bridge as a bottle of good old soda water? It is cold; it is sweet; it quenches the thirst; its beautiful color appeals to the eye, and its flavor to the taste. All in all, could one ask for anything more delightful?

And now if you have a yearning for a bottle of pop, and have put it from you because you believed that this longed-for beverage had only these superficial qualities (and you are one who seeks merit in all things), or if you have denied yourself the pleasure of a cool, refreshing draught because you feared dread germs and noxious atoms lurked within the clear, sparkling fluid, fret no more! For carbonated drinks are free from poisons, bacteria, or any harmful constituents, and, what's more—they have a definite worth.

The Department of Physiological chemistry and Nutrition at Iowa State College recently conducted experiments on the food and nutritional values of carbonated beverages. These experiments, carefully controlled, showed rats, when given carbonated beverages in addition to an adequate basal diet, grew as well or even better than animals without. Their water-consumption and even their milk consumption, increased.

According to Professor J. H. Buchanan, under whose direction Professor V. E. Nelson and W. B. Cook conducted these experiments, the vitamin content may practically be disregarded. Of course, in some fruit drinks which contain real fruit

juice, such as many which are on the market today, there are vitamins in proportion to the amount of fruit juice used.

One of the most beneficial constituents is the carbon dioxide gas, which, as it stimulates respiration, has a therapeutic value. Then there are in many flavors fruit acids, principally citric acid and tartaric, as well as the phosphoric acid.

Probably the chief benefit is derived from the sugar, which is transformed in the body to "quick energy." The average six and one-half ounce bottle, usually purchasable for a nickel, contains about 12 percent cane sugar or 96 calories. Corn sugar is now advocated as a sweetening agent for soda water because a greater caloric content results. It is less sweet than cane sugar and must be used in larger amounts. At least 16 percent is necessary to equal 12 percent of cane sugar, thus raising the number of calories from 96 to 128.

It is interesting to note also that these beverages serve to stimulate the appetite—another point in their favor.

Dr. Buchanan stated that there is no question as to the general purity of the beverages. There is no sediment in them, as one can readily see upon examination. In some instances there may be the natural settlings from fruit juices, but this is not true of those synthetically flavored. Of course, the presence or absence of sediment may not mean either purity or impurity, but it is a fact that these are absolutely clear, and that adds to our enjoyment of them.

*(Continued on page 15)*

# Alumnae Echoes . . .

. . . news bits from the front lines

Edited by Virginia Garberson

## They Have Jobs

AT a time when "have you a job?" seems the most important question on every graduate's lips, and especially at a time when the answer is not as readily forthcoming as in former years, it is encouraging to hear of the successes of other Iowa State graduates. Therefore, this information has been compiled for the comfort of those "still hoping" and perhaps their names may be added to the list of recent placings in the next issue of the Homemaker.

**Bernita Howland**, '32 has received a fellowship at the University of Texas.

**Iva Mullen**, M. S. '28, is doing research work with the Georgie Porgie Company in Council Bluffs.

**Laura Burroughs**, '32, is working in a tea room in Grinnell.

**Dorothy Johnson**, '32, has a position in Stouffer's Restaurant, Detroit, Mich.

**Gladys Olson**, '26, is teaching at Corn- ing, Iowa, high school.

**Kathryn Waldron**, M. S. '31, is an instructor of home economics at St. Genevieve-of-the-Pines, Asheville, N. C.

**Woodward Byars**, M. S. '32, is instructor of foods at Union University, Jack- son, Tenn.

**Jane W. Candor**, '32, has received a recent appointment at the Minnesota Uni- versity Hospital in Minneapolis.

**Mildred Turin**, '31, has announced her marriage to Carl Ab- bott, a freshman stu- dent here last year. The couple was mar- ried Dec. 24, 1931, at Farimont, Minn. Mrs. Abbott taught the past year at Rodman. Mr. and Mrs. Abbott are now living on a farm near Green- field.



Mildred Turin Abbott

**Katherine (Bell) Tate**, '29, and A. E. Tate, Ex. '30, live at 816 Cass street, LaCrosse, Wis.

**Doris (Preston) Rosing**, '23, and W. S. Rosing, '25, of 2301 Elm street, Daven- port, are the parents of a son, Willis S. Rosing, Jr., born Sept. 1.

The marriage of **Kathryn Barton**, '29, and Irving McDonald of Lohrville oc- curred the last week in August. Mr. and Mrs. McDonald are living on a farm near Lohrville.

**Dorothy Tenney**, '32, is teaching at Franklin Park, a suburb of Chicago.

**Doris Erwin**, who received her M. S. de- gree here last year, spent the month of August at the home of her parents in Ames. She has now resumed her work as a member of the teaching staff at Na- tional Child Research Center, Washing- ton, D. C.

**Vera (Berg) Young**, '28, and Art W. Young, '30, are living at Knoxville, Tenn., where Mr. Young, who received his Ph. D. degree in June, has accepted a teaching position at the University of Tennessee. Mr. and Mrs. Young and their son, George, left Ames early this summer.

**Gertrude Reis**, '23, has returned to East Lansing, Mich., after spending her sum- mer vacation with her parents in Ames. Miss Reis is a home furnishing specialist on the Michigan State College staff.

**Mildred (Heath) Daniel**, '26, is direc- tor of the Y. W. C. A. cafeteria at Huron, S. D.

**Alice Hansell**, M. S. '32, is assistant dietitian in the Y. M. C. A. cafeteria in Dayton, Ohio.

**Miriam Griffith**, '31, of Ames is assist- ant interior decorator at Marton's in Cedar Rapids. Her residence is 1818 B avenue, North.

**Mary Louise Linne- man** and Dr. Martin Nordberg, '24, were married late in Aug- ust at Flanagan, Ill. Following a wedding trip into the Virginia mountains, Dr. Nord- berg and his bride are now at home in Corn- ing, N. Y. where Dr. Nordberg is research chemist with the Corn- ing Glass Co.



Mary Louise Linneman

**Mildred (Christ) Day**, member of the home economics staff of the Kellogg Company, Battle Creek, Mich., conducted a series of cooking schools in Des Moines, during the city's seventh annual food show at the Coliseum the middle of Sep- tember. Mrs. Day has lectured in many states during the last five years and has appeared before women's clubs, college and university gatherings.

## This Alumna Teaches in Japan

IN KOBE COLLEGE, Japan, a new homemaking course is underway, and Sarah M. Field, who received her bachelor's degree from Iowa State in 1915 and her master's in 1930, is one of the directors.

"There were months of discussion as to the curriculum of the course for our 42 girl students," Miss Field writes. "How we worked and maneuvered, not to say fought to make the biology, chem- istry and physics acceptable by changing them to 'applied sciences' that would justify their existence to the group de- manded practical things above all! How we argued for 'clothing' rather than merely 'sewing!' But home management, hygiene, child care and psychology all sounded good to Japanese ears, only they wanted more practice."

Bible and gymnasium are required courses at Kobe, and English is a spe- cialty. Music is an elective and the purely Japanese cultural accomplishments, such as flower arrangement, tea ceremony, eti- quette, and Japanese penmanship are also offered as electives. Although the course in homemaking occupies cramped quarters at present, Miss Field says that new buildings are being erected to house the college, and that there will be a cooking laboratory with American and Japanese serving rooms, and a suite of four rooms for textiles and clothing, as well as sev- eral lecture rooms for her department.

The new college buildings are being erected at Okadayama. There is to be a little "practice cottage" built soon, says Miss Field, and the Japanese girls will get a taste of real home management.

EVEN in the midst of teaching there are chances for occasional sight-see- ing trips, and Miss Field accompanied the June graduates of the Bible School to Koya San, the mountain stronghold of Buddhism. Buddhist temples and monas- teries, a Buddhist university, and a small village are scattered about the top of the mountain.

"Originally no women were allowed on the mountain," writes Miss Field, "and no meat was served there at meals, but in recent years tourists have been cordially invited and have been most royally entertained by the monasteries. We stayed at one which entertained for- eign guests."

After a vegetarian dinner, the visitors were called to prayers. Miss Field de- scribes the service thus: "We entered a large room containing all the ceremonial furniture of a Buddhist service. The place was dimly lighted with lanterns and candles. In the center of the room were lacquer tables crowded with massive brass symbols. A gorgeous gold and crimson tapestry hung in the archway between the outer half of the room where we

(Continued on page 15)

# THE IOWA HOMEMAKER

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that attention to the diet has anything but beneficial results on health.

## Some Say Yes . . .

## And Others Say No

THERE are two kinds of students on any college campus. One kind says, "No, I haven't time," to every request, and the other kind, "Yes, I'll be glad to do it."

The students who always say no carry few, if any, outside activities in addition to the regular classroom schedule, while those who blithely say yes are almost always loaded down with so many activities that one wonders how they can possibly find time and energy for them all.

It seems to be generally true that "no" students who "rave" about having too much to do are the ones who can always find time to stroll to South Side after classes for a "malt" or a "coke." And they are ready to go on a steak fry any nice fall day. The "yes" man or woman would like mighty well to go on an impromptu picnic, too, but here's one time when it can't be done. And for weeks at a time, when every spare minute is filled by some campus activity, such a person forgets that there is any South Side with its lemon "cokes."

Too often the "yes-er" goes a little too far and accepts so many responsibilities that he hasn't time and strength to do them well and still keep up his school work. If only some of the "no-ers" could be persuaded to shoulder some of his loads, both would be much better off. The "yes" student could do a few jobs exceedingly well, and the "no" students would discover how much fun and what valuable training it is to enter completely into campus life.

## Eat and Grow Crazy . . .

### How 'bout a Pickled Herring?

LIFE is a lot more fun if people eat what they please, and forget about calories, vitamins and minerals, says Alice Overbeck, the author of an article, "Eat and Grow Crazy," in the North American Review. Everybody talks diet, magazines and newspapers are full of the latest information about vitamins and minerals; every day we read advertisements and hear radio talks about certain foods that must be eaten to supply vitamin C or iron or calcium. People worry so much about eating, Miss Overbeck says, that they are nervous and irritable most of the time. Swedish people are happy and healthy, she contends, and they eat everything they want. Pickled herring, smoked sausage, fried potatoes, cheese, caviar, beer, all in the same meal, and Swedish people thrive on it. Americans would be better off to ignore their waistlines, forget digestive troubles, and eat what they want, this author thinks.

But would we be better off, after all? The American is constitutionally different from the Swede. A meal such as the one just mentioned would send the average American to bed for a week. The family Thanksgiving dinner is enough to prove that it is not a good thing to eat a great deal of one's favorite foods, for most people spend many uncomfortable hours following this annual meal.

There are people who go to extremes in the matter of diet, as well as in anything else. If these people become so "vitamin and calorie conscious" that life is a constant worry to them, it is only because they have not taken the sane view of diet. The scientific information about foods which appear in magazines and newspaper should be regarded intelligently, and applied with discretion. There is no reason to think

## What Do We Talk About? . . .

### Not Much of Anything

"DID you see who Peggy had at the dance last night?" "Aren't those new angora wool dresses just too darling?" "Jack was just plain *im-pudent* to me today!"

Many such remarks give a typical cross section of most of our conversations today. In our homes, our sorority houses, our dormitories we talk of the trivial and the trite, and completely ignore the wealth of opportunities that present themselves for broadening our conversational powers—an often-used measuring scale for our personalities.

With the newspapers of today offering us minute information on all phases of political, economic, literary, dramatic and social news, there is no reason why we should need to be confined to the old stereotyped conversations, whether we are in our own homes, following our chosen professions or still in school. We are becoming narrow and limited in our personality expansion programs. If we would read much of the good material that is available for us to read, the scene would be a different one, and we could cease being the conversational bores that are fast cluttering up the feminine skyline.—M. S.

## INSIDE INFORMATION



Dorothy Burnett

Edited by

Margaret Bruechert

Ruth Lanz



June Miller

### Dry Air Is Unhealthy . . .

#### Here Is a Remedy

**T**HE problem of dry, unhealthy air in the home during the winter can now be taken care of by the new type of humidifier which has been put on the market recently. It is a portable fan type which resembles a large vase.

The container holds nine quarts of water, which is evaporated at the rate of one quart an hour. This evaporation is accomplished by means of an electric immersion heater with a floating chamber. In this way there is only a small amount of water evaporated at a time and as the vapor rises it is circulated by the induction motor and fan. The electricity is automatically shut off after a certain amount of water has been evaporated.—*Electrical Merchandising.*



### Vitamin C Gets Canned . . .

#### Retorts Keep Out the Air

**S**OME canned foods do not lose their vitamins. This was proved by extensive experimentation in which Columbia University cooperated with the Canners' Association. Some vitamin C is destroyed by the presence of oxygen or oxidizing substances during cooking. In canneries the retorts keep out the air very largely, while this is not the case in the ordinary kitchen process. Consequently, canned vegetables may actually contain more vitamin C than the dishes provided directly by the housewife.—*Good Health.*



### Easy on Those String Beans . . .

#### Did You Use a Pressure Cooker?

**W**ARNINGS have been sent out by the United States Department of Agriculture and many other agencies regarding the dangers that lurk in the home canning of vegetables because of improper sterilization. The chief danger, according to the California Department of Public Health, lies in the possible contraction of botulism, a highly fatal disease which may occur through eating improperly packed products. Powerful toxins or poisons may develop in home canned vegetables which are not heated sufficiently nor for a long enough period of time.

It is almost impossible to secure adequate heat penetration without the use of a pressure cooker. It was suggested that, because of the high cost of pressure cookers, one cooker be purchased and used by 15 or 20 families.

More cases of botulism have occurred through the use of home canned string beans than any other product, but other vegetables are also dangerous unless a pressure cooker is used. The cold pack method should never be used under any circumstances.—*The Forecast.*



### The Codfish Has a Rival . . .

#### Halibut-liver Oil Is Better

**C**OMPARISONS of the vitamin A and D potency of halibut-liver and cod-liver oil were made by A. D. Emmett and O. D. Bird of Parke-Davis & Co., Detroit, Mich., and C. Nielsen and H. J. Cannon, Abbott Laboratories, North Chicago, Ill. The men at the two laboratories worked independently, but used the same methods. The results are sufficiently alike in both cases, according to the experimenters, to justify quantitative deductions. Compared with the standard 500 gram-unit cod-liver oil, the halibut-liver oil was from 75 to 125 times more potent than cod-liver oil. The high A content of this oil is particularly valuable, the authors say, because this vitamin exerts a direct influence on the growth and development of the young, and may be an aid toward the establishment of better resistance of the body to infections in general.

The anti-rachitic vitamin D potency, per gram of oil, varied from 2,000 to 3,333 daily units, averaging 2,479 units. This is much greater than for cod-liver oil. Halibut-liver oil, so far as the authors know, is the richest known source of vitamins A and D.

The iodine number of halibut-liver oil was found to be lower than that of cod-liver oil, indicating that halibut-liver oil contains less unsaturated fatty acid, and therefore may be expected to oxidize less easily than cod-liver oil. This favors a greater stability of the vitamins in the former product.

Tolerance tests on rats gave evidence that halibut-liver oil produced no undesirable effects. The excess of vitamin A was stored to a large degree in the liver as a nutritional reserve.—*Industrial and Engineering Chemistry.*



### These Hose Are Crinkly . . .

#### And Run Only Upward

**S**OMETHING new and tricky in stockings has arrived. It is Chard-o-crepe hosiery, with a crinkly, unusual texture, unlike anything you ever saw before and made of Chardonize dull luster yarn. You cannot classify Chard-o-crepe stockings, for they are neither plain nor mesh.

Their surface looks exactly like a soft, dull crepe. Although the stockings are knitted and very sheer, the crepey appearance is so pronounced as almost to suggest a woven cloth. Thus the stockings tie in admirably with the current vogue for soft, "chalky," crepe-like dress fabrics.

The machines on which these new hose are made have given them a feature which ordinary stockings do not have. Should a Chard-o-crepe stocking develop a run, it would go only upward—*never* down! This dull texture yarn permits them to retail at low prices. manufacturers are recommending them for golf and other informal occasions.—*Rayon*.



### Electric Stoves Are Improved . . . Illuminated Ovens Are New

NEW and more efficient electric stoves are being perfected each year. The latest improvement is the new range, just put on the market, which has the work surface in the center and two units on either end of the top surface. This range has two outlets for appliances, one of which is automatic.

Cooking on this stove is done either by automatic control or "maintained temperature," or a combination of the two.

Another new range which has just been put out has a triple automatic time control with a built-in electric clock and an illuminated oven.—*Electrical Merchandising*.



### Let the Sunshine in . . . Wear Loose-woven Fabrics

DO YOU get your full share of sunshine? People today hear much about health-giving foods, but little about health-giving clothes.

Scientists say that the most important health factors of clothes are the abilities to absorb water and to transmit ultra-violet rays. Some day you may be able to take a sunbath fully dressed, for some fabrics allow ultra-violet rays to penetrate through them.

The United States Bureau of Standards tested fibers, finding that unwoven rayon transmitted most light. At Utah Agricultural College different woven fabrics were tested. Batiste and rayon were found to be more penetrable than baby flannel, crepe-de-chine and pongee.

Here at Iowa State College, Klinderova, a student from Czechoslovakia, tested eight more fabrics. Handkerchief linen was found to be almost as good as no cloth at all. Knitted rayon stood next in penetrability, then cotton jersey, outing flannel, summer flannel (wool) and wool jersey, respectively.

Color affects the penetrability of a fabric too. White transmits more ultra-violet light than do colored materials. The more loosely woven fabrics are more healthful because the larger air spaces allow more ultra-violet rays to pass through.

To receive the greatest benefit from time spent outdoors, clothing should be made of fabrics which let

the sunshine in. Very small children can wear sun-suits, but older children and adults must get their sun through their clothing.—*Parents' Magazine*.



### Cellulose Rayon Absorbs Light . . . Its Luster Is Lost

THE changes involved in the delustering of cellulose rayon have been closely investigated by W. Stahl. In particular Stahl deals with the behavior of the cellulose acetate itself in the delustering process as compared with the cellulose rayons such as viscose.

When cellulose acetate fiber is immersed in water it shows but little swelling until the water is heated to 70 degrees Centigrade. Then it becomes soft, spongelike and stretchable, and remains that way when removed from water—being a distended sponge-like fiber with no luster. This loss of luster is due to the greater absorption of incident light by the hollow spaces within the fiber. The luster, however, can be partly regained by stretching—this effect being due to the closing effect which the stretching has on the internal hollow spaces.—*Textile Colorist*.



### Watch Out for Those Cream Puffs . . . They May Make You Sick

PASTRIES containing custard fillings, such as cream puffs, eclairs, and pies, frequently prove to be the articles of food eaten by all of the patients in outbreaks of food poisoning, particularly in the summer months," warns the New York State Department of Health in *Health News*. Bakery products of this type should be consumed very promptly after they are prepared and should be protected at all times by refrigeration. Cream-custard mixtures should never be allowed to stand in a warm room for any considerable length of time.

In one outbreak of gastroenteritis due to cream puffs and eclairs, examination of the pastry showed no evidence of chemical poisoning, nor were any of the organisms generally associated with enteric diseases isolated. However, a strain of bacilli belonging to the cloacae-aerogenes group frequently present in dust, was found in the pastry filling as well as in fecal specimens from five patients, proving again that such cream products should be refrigerated.—*The Fore-cast*.



### Beautiful Soup so Rich and Green . . . Waiting in a Hot Tureen

CANS of soup carried by the third Arctic relief expedition to Major General Greeley a half century ago were opened recently and found good. Several cans of this historic soup were given to the Museum of Science and Industry by Libby, McNeill & Libby.—*Food Industries*.

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*The Fair*  
AMES FOREMOST STORE

## Who Likes Cheese? . . .

By Margaret Stover

WOULD you wear a straw hat from January to January? Would you have rows of shoes in your closet—all the same color, year after year? Of course not! You wouldn't be guilty of such a thing in a thousand years—not if you knew it! Yes—unless you are one woman in a thousand—you've been guilty of something very much like it.

How many different kinds of cheese do you know and how many different ways of serving it? Perhaps the reason that more kinds of cheese are not used is that their fundamental differences are not known. Cheeses are of four classes: hard, semi-hard, soft-ripened and soft-unripened. Hard cheeses are made from skim-milk; medium or semi-hard cheeses are made from whole milk. Cream cheese is made from whole milk and cream. The richness of the cheese is, therefore, dependent on the fat content of the milk and cream used.

Among the better known hard cheeses are Cheddar, Edam, Parmesan, Pineapple, Sap Sago and Swiss. The milder cheddars are excellent in rarebits, salads, souffles and with macaroni, used in rather large quantities. Strong cheddars, however, should be used sparingly, merely to hint at a piquant flavor.

Edam has a strong fruity flavor that is especially good for salads and starchy foods such as macaroni. Parmesan is as individual as either of the above, with its sweeter taste. It is often sprinkled on soups and salads.

Pineapple cheese, with a pleasing, mild fruit flavor, is easily grated for cooking or garnishing. Sap Sago is of Swiss origin, having a taste suggestive of brown sugar. It is used just to add a touch of flavor to soups, bacon, and so forth. Swiss cheese, familiar to most people, serves practically every known use for cheese.

The best-known semi-hard cheeses are Gorgonzola, Roquefort and brick. Brick cheese has the characteristic smooth cheese flavor and it may be used in the same way as the cheddars. Gorgonzola is an Italian cheese, hard and moldy, with a very spicy flavor. It is most often served with dry water crackers. Roquefort is another cheese with a flavor all its own. Its evident green mold gives it a spicy, dry taste that is excellent on crackers or as a touch of flavoring in salad dressing.

Of the soft-ripened cheese, Camembert and Limberger are the most popular. Camembert has a strong, salty taste and is often used as flavoring. Limberger depends upon the person for its popularity! However, it is never used in very large quantities, only to hint at the flavor.

Cream and cottage cheeses are the better known of the soft-ripened variety. Their wide variety of uses is generally known. Nowadays we have on the market commercial products that have been developed with an idea of mildness and "spreading" as well as other uses. They are found under such names as Velveeta and Pabstette.

The only difficulty encountered in cheese cookery is that of temperature. Cheese melts at a temperature of about 36 degrees C. This means that one must be very careful in adding cheese to a hot base, or in heating it over a direct flame, for upon long cooking its water evaporates and its fat melts out, leaving a brittle product.

Several unique canapes have achieved success by the use of cheese. Grated cheese of a piquant flavor, blended with mustard, makes an hors d'oeuvre that is excellent. Melted cheese with bacon is also a good appetizer. Celery stuffed with Roquefort is a delicacy indeed. Salads can make admirable use of cheese. Commonplace salad dressings can readily be made "different" by addition of small amounts of the stronger cheeses.

ONION soup, when sprinkled freely with Parmesan cheese, is a dish fit to set before a king. Instead of using the same kind of cheese with all your escalloped dishes, try using a different kind with each vegetable. In this way you will give your cooking a distinctive touch. Rice is a rather flat dish, but if a rarebit sauce of distinctly flavored cheese is added, it is an exceptional dish.

The value of cheese isn't in its flavor alone. Nearly every brand and kind is high in vitamin A, whereas cottage cheese has, in addition, varying amounts of vitamin B. Cheese is known as an energy-giving food since it takes only 0.8 of an ounce for a 100 calorie portion. Therefore it is an excellent dish for growing children and be a basis for one-dish meals.

When children come tramping in for lunch next week see if they don't like this tomato rarebit:

1 pint canned tomatoes  
1 t. salt  
1 t. sugar  
½ lb. pineapple cheese  
1 t. pepper  
Dash cayenne  
T. chopped onion  
1 t. fat  
1 beaten egg

Heat the canned tomatoes, add the salt, sugar, pepper, cayenne and chopped onion. When hot, melt in it the cheese cut

in bits, adding it gradually while stirring constantly. When smooth add the fat and the beaten egg, stirring all the while. Serve on slices of hot, buttered toast. This recipe serves four or six persons.

And these are only hints of what can be done with all these cheeses that we have at our finger-tips. So don't buy cheese and THEN decide what to do with it. Figure out what you think would be the most unique and piquant flavor, then set out to find just the cheese that fills the bill!

**Here Are the Answers**

(See inside front cover)

1. In the South. Gumbo is a rich Creole soup made of mixed vegetables, herbs, meats, poultry, shellfish, and usually okra.
2. The onion family. They are used in soups, stews and salads as a substitute for onions.
3. A Russian urn of copper or other metal, used especially in making tea.
4. A starchy food obtained from the pith of the trunks of tropical palms.
5. Long, podded red peppers, grown chiefly in Louisiana.
6. Fish that has been split, salted, dried and smoked.
7. Chopped meat mixed with herbs and condiments, and used for stuffing fowls, or for croquettes.
8. An old world legume, round like a pea, but flat and thin, varying in color from gray or yellow to brown. Used in soups and stews.
9. Clear, savory jelly made from meat, and used to decorate entrees and salads.
10. Cream soup of shellfish.

**Cook With the Oven**

By Dorothy Burnett

ALL days are out-of-door days and wise is the housewife who plans her meals so that she will not be tied down with indoor housework. Not only one meal, but additional dishes for succeeding meals may be prepared at one time in the oven, thus economizing on time, fuel, and effort.

Furthermore, oven cookery is healthful cookery. None of the valuable elements of food so often lost in the cooking water are lost in the oven. By using utensils with tightly fitting covers, little or no water is necessary.

One of the most important benefits of oven cookery is its economy of fuel. It costs very little more to cook a whole oven full of food than to cook only one dish.

Most oven meals are planned around the meat. After it has been chosen the housewife will pick vegetables that will be done in the length of time and at the temperature allowed for the meat. If she wishes to cook a custard with a meat that requires two to two and a half hours the custard may be put in the oven for the last hour of the cooking time.

Another economy measure of the oven meal is that the heat in the oven may be turned off, in the case of a well-insulated electric range, sometimes as much as 30 minutes before the meal is to be served. The retained heat in the oven will complete the cooking process and less electricity will be used.

And while she is preparing one meal, additional dishes for the next meal also may be prepared. Potatoes for salad or creamed potatoes may be cooked, dried fruit may be stewed, or the biscuit part of a shortcake may be baked.

With a meal in the oven and the heat adjusted, the housewife may go about her other work. She need stop only a few minutes before she wishes to serve dinner to set the table and take up the food.

The following are suggested menus for a meal of this type:

Macaroni and cheese, baked onions, apple and celery salad, and mincemeat pudding.

Breaded veal chops, au gratin potatoes, baked new beets, fruit shortcake.

Baked lima beans with crisp bacon, tomato salad, and apple pie.

**Margaret Marco**

(Continued from page 5)

the women of Iowa State College elected her president of the Y. W. C. A.

In fact, Margaret is so modest about her many honors that it is only because they are so well-known on the campus that I am able to record them here. She is a member of Mortar Board, senior women's honorary, and of Phi Upsilon Omicron and Omicron Nu, home economics honoraries. Last year she served as secretary of the Home Economics Club. As a sophomore she received a scholarship which entitled her to attend the Y. W. C. A. camp at Geneva during the summer.

By virtue of her position as president of the Y. W. C. A., Margaret is a member of the Cardinal Guild, student governing body, and of the Women's Self Governing Association. She was one of the prominent college women selected to serve this year as Campus Keys, assisting the Campus Sister Chief in looking out for freshman girls. Margaret is affiliated with Chi Omega, national social sorority.

The speech she made at the Honors Day Banquet last spring was enthusiastically commented upon by the most learned professors and the "greenest"

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freshmen as being one of the most outstanding talks ever given by a student.

Margaret is undecided as to her future work. She is a most enthusiastic foods major and would like to do experimental research or welfare work along this line. However, she is also "crazy about people" and is thinking of doing personnel work after her graduation. Whatever Margaret's chosen career, we're sure it will be successful.

### Pop Is Good for You

(Continued from page 7)

Further experiments and investigations were carried on to determine conditions under which our popular brands of "pop" were prepared for market. The product is entirely wholesome, for all work is done through machine controlled processes. The bottles are washed in hot alkali to guarantee a perfectly sterile container. Syrup is now prepared in clean metal or glass-lined tanks. There is no contact with human hands. The better class of bottling plants put out a wholesome food drink which does not contain bacteria.

So eat, drink pop, and be merry, for no diseases, no poisoning, nothing but a healthy appetite will be the result!

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## What's in an Egg

(Continued from page 7)

lished. Occasionally special testing must be done to enable us to answer special questions, or to acquaint us with the qualities of a product. For example, in order to talk intelligently with food manufacturers who use large quantities of eggs, it was essential to become familiar, through first-hand experience, with the qualities and performance of different types of eggs—fresh and refrigerated shell eggs, frozen eggs and dried eggs. In order to be able to speak with conviction about fresh and frozen poultry, drawn and undrawn poultry, we cooked dozens of birds, tasting and carefully judging both the uncooked and the cooked.

**A**T PRESENT several special problems are occupying much of our thought. One of these is the task of telling the consumer, especially the homemaker, the story of modern cold storage and of the service it renders, both to her and to the producer. It is our hope that eventually she will take full advantage of it in her household economy.

Another thing is the development of a plan for creating in trade channels nearest consumers an appreciation of the perishable nature of eggs. Still another is a plan for a survey of consumer preferences in eggs. These are the so-called *big* things. But around and between these larger activities are the many smaller ones, such as the preparation of the new turkey bulletin, "The All-American Bird," which has just been completed, and the carton inserts on storage and candling. At present we are testing recipes and preparing copy for a booklet on eggs in the low cost diet, and for some weeks now we have been collecting interesting information for an article on the uses of dried eggs. Another article, one of a series on refrigeration, must be prepared, and in our spare moments we will write the article on eggs and one on refrigeration which have been requested by two publications other than ours.

"Tell us about your work with the Institute of American Poultry Industries." That was the editor's request. Whether or not I have filled her assignment she is best able to judge. But one thing I *can* do, and that is to send hearty greetings to other alumnae, and to extend my sympathy to those who may be in for a similar assignment to "tell us about your work."

### The Fashions

(Continued from page 4)

capelets of fur, which may be worn with wool suits or street dresses. Other coats are made with a fur top and cloth skirt, and sometimes matching muffs are seen. Even if you have hands that someone said were "little white snowflakes," you

won't mind hiding them occasionally in one of the smart new muffs. A coat of wide ribbed velvet by Schiaparelli reminds me of the popular corduroy coats seen this last spring.

### Beads Make Bodices

Beads are again being used as trimming around necklines, and sometimes are seen forming an entire bodice in a formal dress. I know of an American Beauty crepe formal with white beads on white satin for the straps.

Not only is velvet used for whole garments, but both big and little velvet flowers form gay trimming to an otherwise plain gown. Personally, I think that plain velvets are the richest looking used in this way, but several lovely cut and figured pieces are shown, and it really is hard to choose among them. I guess I wouldn't choose; I'd take a little of each!

### Belts Fasten Behind

The wide shoulder line has changed to the drop shoulder line, although it gives much the same effect, that of width through the shoulders. Sometimes bands of fur are placed far out on the armhole, and in a Des Moines shop window I saw a black satin dress with black and white ostrich feathers outlining the armhole.

The often neglected backs of dresses are getting their share of attention now. Collars fasten in the back, blouses button down the back, and even belts are fastening there. It is much newer to fasten your belt at the back, and many buckles of brilliants are used on silk dresses. Evening dresses solve the problem by almost entirely omitting the back, for up in front and down, *way down*, in the back are the new formals! So be sure to see that that often neglected region between your shoulder blades is that "skin you love to touch."

### Bags Match Your Shoes

Bags to match your shoes won't be hard to find, for I saw several recently that combine the same leathers seen in the fall shoes. Of course, the majority are in black and brown, in kid, calfskin, patent, and all possible combinations of them. The envelope style continues to be as good as ever, and many have zippers on the inner pocket, which safeguard your money (when you have any) a bit more than a snap. Goodness knows, most of us need to guard carefully what little we have!

### It's Thanksgiving Time

(Continued from page 3)

kins handsomely marked with colored monograms or mottoes, were used to cover any bare spots that might remain on the table.

This bounteous profusion of food and flowers is unlike our trim and simple dining room arrangements for the 1932 Thanksgiving dinner. Today we depend almost entirely upon smooth white linen, clear sparkling glass and china, and correct silverware for table attractiveness. A low bowl of autumn flowers chosen to blend with the coloring of the room as well as the carefully planned color scheme of the menu, and perhaps candles if the dinner is of a more formal type, complete the setting.

But it matters not whether we think of the very smartest modern feast or of the family gathering of sixty years ago, when the huge table was filled to overflowing and the stiffly starched waists of papa and the children were carefully protected from any accidental maneuver of turkey wing or giblet gravy by large napkins tucked securely at the collar, we are conscious of the same American loyalty and spirit. That is one thing which has remained unchanged. This statement used by the lady editor in *Gody's Lady's Book* applies as well today as it did then.

"The silver and glass should reflect serene faces and the bread and biscuits should be no lighter than the heart that beats in each bosom."

### Teaches in Japan

(Continued from page 8)

squatted, and the inner sanctum. Around three walls were ranged row upon row of gilded memorial tablets. Seated around three sides of this inner sanctum were some fifteen acolytes wearing the conventional black kimono and over it a white surplice like an apron hung by one string over the shoulder.

"The ritual consisted of one hour-long chant, broken only by the notes of a huge, deep-toned gong, a clattering pair

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of cymbals and a tiny bell which was held in the hand of the head priest. The chant began slowly and swung through a range of a few notes and back, in a rhythm that grew faster and faster toward the end. Then one of the acolytes came down from the platform, and made us a low bow and announced that we might leave.

"After the rather suffocating atmosphere, both physical and spiritual, induced by the incense and the opiate of the steady rhythm of the chanting, we felt in need of reviving ourselves with a little service of our own, so we began to sing some hymns in Japanese. I don't know whether the priest decided that we might corrupt the teaching of Buddha by them or whether it was merely coincidental, but we had sung only two hymns when a young priest appeared, greeted us most cordially and after a few preliminary remarks, launched upon a discussion of Christianity and Buddhism—mostly the latter.

"Among many things he told us what the number 33 means in Buddhism. It seems there are 33 parts of the body, representing the whole man, and when an acolyte strikes a gong or the cymbals 33 times, that act symbolizes for Buddhists the complete consecration of the body and of the man. The bringing together of the cymbals also means the approach of heaven and earth—god and man. It happens that there are six syllables in the Buddhist 'slogan' and six coats on a grain of rice; therefore man should eat the whole grain—which is excellent nutritional teaching!

"Our friend told us that he was a student priest in the Buddhist university and intended later to go upon a 'very dangerous mission' into the wilds of Thibet and India. But, he said, 'it really doesn't matter much *where* one dies, since die one must, somewhere!' He was a devoted student of Sanskrit and wrote several sentences for us, trying to teach us some of the alphabet."

The next morning, Miss Field says, her party wandered down a giant avenue of cryptomerias, after the morning prayers. "Beneath them, and on either side clustered gravestones, lanterns, memorial stones, gray with age and green with mosses. Occasionally a new one showed us that some rich man had bought himself a cozy corner here for a small remnant of his bones. It is a privilege, you know, to have even a fragment of one's earthly remains reposing here with those of the great Kobo, who founded the place. At last we came to the end, where a large octagonal pavilion stood quietly off to itself across a clean-swept courtyard beyond the corner of a great curving temple roof. A brass slide opened into a vault below where the bones of the hoipolloi of the faithful may be dropped. On behind the temple, in a grove of rhododendrons, stood the temple gravestone of the Teacher."

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