

The Iowa  
**Homemaker**



APRIL  
1950

COCONUT creamy, rich, nutty!

# COCONUT



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BULL'S-EYE

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EDITORIAL

EYES WILL be on you during this Mid-Century Veishea. What the Veishea visitor sees in you and the displays, floats and shows which you worked on will form his impression of Iowa State and the worth of college education for women.

Working on a Veishea committee is important. Don't shove it aside for that hour of Union lab or wink of sleep.

Whether you're on a committee for Veishea Vodvil, Stars over Veishea, Open Houses, Souvenir Program, or one of the many others, put the best you have into it. This means entering into the project with a spirit of enthusiasm and letting others know about your budding ideas. If you're not one of those people who are continually bubbling over with ideas, you can still be on hand to take directions.

Maybe you're not on a special committee but want to make visitors really remember Mid-Century Veishea and Iowa State — there is a job for you, too. You can all work on the dorm or house float to help make this year's parade the best of the century. If everyone does this the results can't help but be 100 per cent wonderful.

Some of you may have individual guests and, of course, are all set to impress them with the college and Veishea. Let's show the same enthusiasm for making this Mid-Century Veishea the best ever for all of our guests. MM

# The Iowa Homemaker

A Review of Activity in Home Economics  
IOWA STATE COLLEGE, AMES, IOWA

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APRIL, 1950

Summer-Time Is Job-Time— <i>Barbara Short</i> .....	2
Vicky Favors Cottons— <i>Margaret Schaeffer</i> .....	3
How To Be a Make-Shift Decorator— <i>Lois Longfellow</i> .....	4
Homemaker From "Down-Under"— <i>Alvin Mahan</i> .....	6
What's New— <i>Nancy Voss</i> .....	7
Grow Plants— <i>Jane Novak, Ruth Peterson</i> .....	10
Here's an Idea— <i>Carol Dee Legg</i> .....	12
Quotes from Career Days .....	14
A Better Diet for You— <i>Lois Kohout</i> .....	16

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● IN THIS ISSUE

Your room gets a spring redecorating job this month and you are the M.D. (Make-shift Decorator.) Tips on how to add storage and living space to your room are all there for you to try. You'll find ideas for transforming your room into a home with personality plus. There have been some changes made on the staff of the *Homemaker*, too. The new members have tried out their ideas in this New Talent Issue.



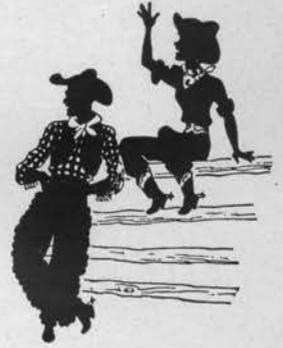
● ON THE COVER

Pat Sonquist, a sophomore in the Department of Applied Art, pauses between classes to notice the beauty of spring flowers. Blond-haired, blue-eyed Pat is active in Iowa State Singers and a member of Home Economics Council. She is past president of the Freshmen Home Economics Club.

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# summer-time is JOB-time



by *Barbara Short*

You're looking forward to 3 months of sun, brilliant with the glow of new experiences. Chances are you want to work next summer, but you're wondering how to go about getting that job. You're wondering what sort of a job would suit you and what that job might teach you.

Iowa State has anticipated questions like yours. Ready to help you find that summer job is Miss Irene Nettleton, Home Economics Personnel Officer. She's been thinking about you all winter and has questioned last summer's employees so that she'll be better equipped to assist you. Miss Nettleton receives requests from employers for graduates to work full time and also for women to work in the summer.

## *Survey Completed*

One hundred and thirteen junior and senior women filled out the questionnaires which Miss Nettleton prepared. She asked them what jobs they held, how long they worked and how much they were paid.

Earnings ranged from \$500 to \$100 and averaged about \$228. Most women waited tables at resorts and did general office work. Many accepted jobs as saleswomen and merchandisers in department stores, as waitresses in restaurants and camps, as stenographers, kitchen helpers, and as newspaper reporters and proof readers.

What does this mean to you? You'll be most able to land a job requiring little technical skill. Although Miss Nettleton receives some requests for trained technicians, the most demand is for unskilled persons to fill in while others are vacationing; to help with increased business or summer enterprises.

Miss Nettleton learned about jobs that offer unusual experiences. Work at exclusive country clubs sometimes opens your eyes to ways of living different from your own. Those who choose jobs at dude ranches usually find their employers willing to let them ride horseback, hike and take part in other ranch activities.

Household equipment majors worked side by side with home economists during a Home Service Training Program in Kansas City. Waitresses and pantry girls at Stouffers Restaurant in Chicago were oriented to the workings of a large chain restaurant.

Some women played mother to underprivileged children at service camps. Others worked in offices; one woman among Jewish, Norwegian and Italian people, another among steel workers and their plant managers during a period of impending strikes. Sales-girls in department stores found the American homemaker extremely gullible at times; they gave the large women who asked for small sizes larger sizes which "ran small."

Perhaps you've worked before and know that every job has its own peculiarities. If you were the young woman who worked with children at a camp, you know that you're still marveling over their whims and sayings. If your roommate sold house dresses last summer, you've heard her stories about how grandma can help a sale along; how the husbands cringe unconsciously when their wives model sunsuits.

All woman who were referred to their jobs last summer by the Home Economics Personnel Office were interviewed. Now Miss Nettleton can more ably suit the person to the job and can suggest changes in the employer's staff and methods before she places women there again. This process of investigation and elimination helps the applicant choose her job correctly.

## *New Job Values*

More valuable than the money you earn and the practical skill you acquire will be the new values you'll gain from your summer job. You'll be forced to take responsibility for your own actions and ideas. You'll gain your own perspective of money's relative value. The knowledge that someone is willing to pay you for your work will give you self confidence.

You'll find yourself. Next fall you'll play the part of leader in campus activities more often. Your greater understanding of people and of yourself will make it easier to work with others and to manage your time and ideas to better advantage.

If you go into that job next June with the idea that you're going to like people; if you make a conscious effort to cooperate with your fellow workers; if you open your mind to your employer's ideas and try to accept suggestions and criticisms graciously, you'll discover that your job will mean more to you than \$228.



Mary Taylor chose a dark dress with huge pockets from McCartney's.

# V I C K Y



A sundress and jacket from Bobby Rogers caught Carol Berg's eye.

## FAVORS COTTONS

by Margaret Schaeffer

**W**HETHER your new spring cotton is imported from Dior's workshop in Paris or whether you made it yourself from material bought in Iowa you're bound to catch the texture fever that's infecting spring wardrobes.

Vicky finds that cotton fabrics and their accessories are being treated as regally as velvet. And the variety of colors and texture effects seems to be unlimited.

For instance, if you cut two large squares from the cane seat of the old attic rocker and use them as pockets on a bright calico skirt, you'll have the newest in spring ideas, according to Vicky, who's just been shopping for new additions to her springtime cottons. In fact, she saw a skirt exactly like this, and found out that the cane woven pockets are washable, too.

Did you ever think that Grandfather's fish netting would be resurrected or that you'd be going to classes in regular denim or striped pillow ticking? Vicky finds that you'll see denim in blue, yellow, green and red everywhere in the form of informal suits, skirts, playsuits and bags. Peeking out from one rack Vicky saw a narrow swath of bright orange fish netting and discovered, much to her delight, that it was a belt to a green denim skirt. As for ticking, it appears in the form of gay sport skirts and shorts which are oh-so-serviceable and handy for picnics and the beach.

Mr. Burlap Sack has really risen in glory from his former lowly status as a potato bag. The new rough textured burlap is the novelty highlight of the season and repeats itself in complete ensembles. You will

see it as pockets, banding around hems, cuffs, shoes, bags, and lo and behold, even in a sizeable assortment of hats. You can purchase the softer, more flexible cotton burlap in colors of orange, rust, green, natural and lime in regular yard goods to make up in your own ideas.

Vicky will combine one of the new hombre print calico circle skirts with her cool sleeveless blouses for square dances and spring classes. You who are inclined to avoid the complete circle skirts may still get the full or drindle effect and yet keep a slim look. You will find many skirts cut in semi-circular gores which are gathered a little at the waist to give the drindle effect. The attention is usually focused on large, clever pockets.

Vicky couldn't believe her eyes when she saw one of these semi-full skirts in grained leather. She found out that it actually was pigskin-embossed, washable cotton which looked so realistic. The other embossed cottons which made their debut last spring are even more popular this season and you will find many new patterns in this embossed Picolay which, happily, is easily washed.

Many dresses and blouses Vicky saw were made of chambray and fine broadcloth, some trimmed in crisp white or pink pique. Important are the deep-wing sleeves, some of them generously cuffed, and the casual smartness of the wide-wing, tunnel and reversible tunnel collars which are much in focus. Suit dresses in plain colors, plaids and tiny checks are made with

(Continued on page 15)



*Jessica Weise and Mary Ann Carmean's room in Welch Hall BEFORE their M.D. magic touch.*

# How to



*The same room AFTER they used their M.D. skill.*

**I**F YOUR college room gives you the definite glooms; if the room looks like a storage place instead of a living place for you, do something. It's easy to turn your little "home" into something that's really individual.

Take a look at your walls. Are they pretty bleak? Well, you're the doctor, and that's nothing an M.D. (Make-shift Decorator) can't cure with a paint brush, some pep, and a few supplies.

Pictured proof that even a college room can look like an interior decorator's dream comes from these views of Jessica Weise and Mary Ann Carmean's room in Welch Hall.

Color is a good thing on which to concentrate. Clear, bold colors are bound to help you win this tug-of-war with those plain walls. Jessica and Mary Ann choose red and black with accents of vivid greens and blues to add spark to their room. The walls take on life with panels of red pebbly textured wallpaper with scalloped edges hanging from the molding. A black screen decorated with an oriental painting done in red, green and blue adds a note of charm and *privacy*. It sets off the wash bowl from the rest of the room and makes a perfect spot to conceal a small dressing table. Jessica and Mary Ann quickly converted an orange crate into a dressing table by tacking a bright green chintz skirt around it.

## *Make Curtains Curt*

Curtains are best when they are *curt!* Jessica and Mary Ann added this window interest by a black border cornice of cardboard around the windows. They used white organdy curtains under the cornice for a touch of delicate femininity. You could dress

your windows in saucy gingham and sew big white applique bows to either side with soft thick wool. Any all-thumbs amateur can do this trick. It doesn't call for little stitches, worried into knots and doodads. There's beauty in simplicity, and these curtains are simple and to the point. You might like to use flat-to-the-wall drapes in a fabric and color which matches the bedspread and closely harmonizes with the walls. This would create the illusion of a larger room.

Couch beds are a must to give the illusion of a living room. If your beds stand out like the well-known sore thumb, push them into the most appropriate corner, as Jessica and Mary Ann did. Their room takes on a bit of the dramatic with blue satin spreads on the beds. You might choose denim, mattress ticking, cotton corduroy, quilted, printed or plaid cottons for your couch bed cover.

Plump pillows will add comfort to your sitting arrangement. Pajamas, socks, and letters from the heart throb might just as well stuff a felt envelope you can whip up yourself. Stitch the sides, the cords, and throw it on your bed, along with all your soft stuffed animals and pillows.

One or two chairs facing your couch with a low table between help to create a living-room air. Jessica and Mary Ann believe that every piece of furniture should work hard for its keep so their low table doubles as a card table and storage space. A card table with the legs folded up rests on a large wooden storage box. A fur textured table cover transforms the card table into an intriguing conversation piece.

Where to stow your sweaters, old notes, ice skates, and what have you? Right in a wooden bucket (\$1.59) that you have cleverly painted your favorite colors. Then use it to sit on. Fit a soft seat cushion into

oe a

# Make-Shift Decorator

*You can bring your room to life. A change here and there will transform your college room into a place to live instead of just a place to study and sleep.*

*by Lois Longfellow*

your rocker and you're ready to sit down for a good old fashioned talk session.

Even your floor can add a spirit of hominess to your room. Jessica and Mary Ann covered theirs with a large fur rug for that inviting look. Remember that a few scatter rugs will eat up space like a glutton. Use one large one for unity.

Now for a second look at your room. When you're tired at the end of the day, is your room as sweet as home? Or is it just the place where you hang your clothes — where you live, but your heart doesn't. In this case, you're in for more fun.

## *Look at Lamps*

Tired of the same old lamp shades? Transform them into the bright perky accessories they should be. Cut light colored plain fabric on the bias to fit your shade. Pin and stretch it over the shade until all wrinkles disappear, then seam the edges together and sew on rows of dyed pearl buttons or large sequins, top and bottom. Turn in the edges; sew invisibly. Now that lamp is really living.

To make a shade that looks as delicate as frosting but can still be removed for laundering start with a piece of eyelet ruffling which is twice as long as the distance around your lamp shade at the widest part and as wide as your shade is high. Lace white or black velvet ribbon through the beading at the top of your eyelet circle; gather the fabric to fit the shade.

While you're touching up your lamps notice Jessica and Mary Ann's idea of using the lamp base as a display ground for a pot of ivy or philodendron. A chicken feeder with a fluted edge is transformed

into an attractive plant holder by a coat of paint.

The lamp shade which is put on an ordinary study lamp is painted with black shoe polish. Red wool yarn is wrapped diagonally around it for contrast. A black satin bow adds the finishing touch. The rolled linoleum stem of the lamp is also painted black with a single strand of red yarn twisted around it.

You might try filling an attractive old bottle with colored water and using it as a lamp stem. Matching cotton yard could be twisted around the shade to make a complete unit.

No pin up lamps allowed on plaster wall, so nail yours to a smooth, round bread board and hang it safely from the ceiling molding. You could also tie the lamp securely to the pipes in your room as Jessica and Mary Ann did.

Collections are fun and you can add to the pleasure they give by using them for a decorative purpose. Paste luggage stickers and matching book covers on lamp-shades and wastebaskets, or anchor them under the glass on your dresser table top. A quick coat of varnish will mellow and protect the colors.

## *Personality Plus*

Little accessories add the personality to your room. Cut out flowers from scraps of chintz and paste them on a mirror frame, or border an unframed mirror. But don't let the frame get too fussy. At the Chemistry Building you can buy wonderful inexpensive flacons and plates which make lovely vases, candy dishes and fruit bowls. Stencil delicate painted designs onto your wastepaper baskets and personal accessories. Cover a wastepaper basket with old maps, or remodel your bulletin board with burlap.

# Homemaker

from

## “Down-Under”



by *Abin Maban*

WHEN MONDAY rolls around in Australia, the homemaker rubs her soiled clothes with soap and boils them in a huge copper kettle until the dirt comes out. Imagine having washed that way for years and then suddenly being confronted with a newfangled automatic washer. That's what happened to Helen Morley, wife of Frederick Morley, animal husbandry graduate student from Sydney.

Life here is more complicated for Mrs. Morley than it was in Australia. She says that the majority of Australian wives would be amazed not only at our washers, but at the widespread use of various household appliances. Fewer people use washers in Australia because of their higher cost.

### *Cheaper Groceries*

American women would envy the Australian homemaker when she goes grocery shopping. First quality loin lamb chops cost one sixth of what they cost here. Butter recently reached a high of 25 cents a pound as compared to 60 some cents in Ames. Milk sells at 10 cents per quart, and since the American quart contains 64 oz. while the Australian container is 80 oz., the Australian homemaker gets more milk for her 10 cents than the American woman does for 17 cents.

Although the Australian wife carries a lighter purse to market, she has to buy products in a number of stores. She may buy her salt and spaghetti at the grocery store and then walk to the butcher shop for her meat. She must go to the delicatessen for eggs and frankfurters and to the green grocery for fresh fruits and vegetables. Although Australian shops specialize in a particular type of foodstuff, they still don't offer the variety displayed in American supermarkets.

“Weekly pay checks in Australia are less than American wages for identical work,” explains Mrs. Morley, “but we can buy considerably more for less money.”

Cooking from an Australian cookbook in the United States is harder than it sounds, according to Mrs. Morley. Since the pints are different, cups and half cups also vary.

“Our tablespoon is one-third as large as yours, so

there are several traps for the unwary cook,” she says.

Mrs. Morley reports that Australian men are much more conservative in their dress. She speaks of an American she knew in Sydney — “A charming man, but he did seem to have the most outrageous taste in ties and socks — great daring designs in dazzling colors which contrasted strongly with the subdued tones the Australian men favor. After I reached the U. S. it didn't take long to convince me that my friend's taste was conservative compared to the majority of his countrymen.”

Australians think of winters in northern United States somewhat as we do of life at the North Pole. Mrs. Morley says there are rarely more than six frosts annually in Sydney, Australia's largest city. Native citizens have never seen snow and have never skated on ice, since snow doesn't fall in the more elevated districts. This winter was the first time Mrs. Morley had seen icicles, frost patterns on windows and children playing with sleds.

Despite higher winter temperatures in Australia, Mrs. Morley contends she has felt the cold far less in Iowa than at home. Only rarely does one find central heating in an Australian building, since fireplaces and electric heaters warm individual rooms. Australians wear more clothes when indoors and find the 72 degree temperature of American homes too warm for comfort.

### *High-Speed Americans*

“The speed of America surprises me,” remarks Mrs. Morley. “Americans seem to drive their automobiles faster, plunge into new ideas sooner with more enthusiasm. They seem to take part in several organizations and still accomplish more in one day than their Australian cousins.”

It seems to her that American women have time and vitality to run their homes, look after children and do other work as well. In Australia, few married women work, and some organizations compel their female employees to resign upon marriage.

“Whether Americans are happier or live longer, I can't say,” concludes Mrs. Morley, “but I've found many more similarities than differences between the two countries.”

# What's new in . . .

## Child Development

When Junior wants you to pull him on his tricycle, a new handle will eliminate the need of your stooping at a 90-degree angle. Simply hook the handle over the handle bars and then pull with the greatest of ease.



Teaching the baby to feed himself? A new infant's feeding dish designed with sloping food compartments keeps the young one's food moving to the deep end. An overhanging ledge automatically levels the food on to the spoon as it is lifted from the dish. The dish is made of melamine plastic and is chip proof.



No need to end a car trip with your nerves frayed and the children tired. A removable bunk fits from the back of the car to the front seat and provides napping room for one or two small children. They needn't fear missing anything either — it's high enough for them to see out.

## Foods and Nutrition

New automatic mixers have many uses. They can be used to powder granulated sugar, shred dry cheese or coconut, grind peanuts into butter, and grind whole wheat into flour.



Baking powder may now be bought in long, enclosed cellophane ribbons which may be measured and torn off as needed.

---

Tangy cheese dumbbells with pretzel handles add spice to the circular snack tray. Interest centers on the china figurine, a small boy lifting two weights. Assorted crackers are a direct contrast to the grapes, both in flavor and texture, as are the cheeses, Swiss, blue and cheddar. Hot coffee keeps the snack simple, yet quietly elaborate.

Dumbbells can be made many ways. Scoop them from cheddar or brick cheese with a melon ball scooper if you wish. Roll balls of cream cheese and sprinkle nuts, chopped parsley, or grated carrots on them. Or mix the cream cheese with grated cheese before shaping balls.

With a change of seasons comes a change of snacks. For hot summer afternoons, substitute iced tea garnished with mint leaves, and sprinkle your wet grapes with sugar to give them a cool frosted appearance.

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Packages with aromas to match their contents will soon be on grocers' shelves. Small amounts of a vanilla-like chemical are being added to boxes of candy, cookies, and ice cream.

## Household Equipment

New no-nail hangers are a special boon to dorm dwellers. Spread and wet the cloth wings, press them to the wall, and there's your metal hook. It will hold a ten pound load of picture, mirror, shelf, or bulletin board. When stripped off it leaves no smudge. The cloth sticks to glass, metal, tile, or plaster.



Puffed sleeve stretchers will save time for the busy homemaker-ironer. Merely slip the hoop into the puffed sleeve and the U-form into the arm band. Remove when dry, and you have a perfectly ironed sleeve. The self-expanding metal forms are rust-proof.

## Textiles and Clothing

No more lost time fumbling with material stuck in zippers. The newest zippers have tabs which turn like keys when material becomes stuck, releasing the tension. The article is easily removed and the zipper can then be swung back to normal.



Replaceable blades are a great improvement in pinking shears. A tension adjustment may be made to cut fine lines. The shears are easy to handle and tarnish-proof.





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or slip plus some  
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# Grow Plants in

*by Jane Novak and Ruth Peterson*

**T**HAT PROVERBIAL green thumb is easy to acquire, and potted plants can give your room a spring lift. All a plant asks of its gardener is a good location and water, and if you supply these, you'll find that your potted plant will almost take care of itself.

You can find a wide selection of plants at the college greenhouse. Some of the easiest kinds of flowering plants to grow are the geranium, petunia, wax begonia and African violet. They all have bright, pretty flowers and they keep their small size and will not run wild in your college room.

Bulbs most suitable for growing indoors are early tulips, daffodils, crocuses, scilla, hyacinth, and grape hyacinth. Any of these produce bright spring flowers which would be cheerful in your college room.

Green leaves of foliage plants always give a bright look to a dull room. If you like vines, you might choose from English ivy, philodendron, devil's ivy, wandering Jew, or grape ivy. If the vines grow long enough, you might train them to crawl across your window sill or over your mirror. If you'd rather have a plant that stays more within its limits, you might choose peperonia, Chinese evergreen, a rubber plant or a bow-string hemp.

All of these plants will stand a certain amount of neglect or over-indulgence from you, the caretaker. House plants don't demand much attention. If you'll give them a good start and a little consideration from day to day, they'll repay you with dividends. In many cases the plants you'll buy will have been potted by a florist and probably will have been given a good start. Except for watering, they won't need your attention for 2 to 3 months.

## *Follow Special Potting Instructions*

If you decide to pot your own plants, though, there are a few things you should remember. The pot you choose is quite important. You may have heard that porous clay pots are the best kind. They are when they can rest on a damp surface and absorb moisture. But in your room they can absorb moisture only from the soil in the pot. This tends to dry the soil. So the best kind of pot to use in a dorm room is the glazed clay pot which will not absorb moisture from the soil. Most pots have a drainage hole in the bottom; in addition, a layer of broken pieces of flower pot, pebbles, or gravel should be placed at the bottom of the pot. Then add the potting soil.

You'll have to decide how many pots of flowers you'll want and mix enough soil to fill those pots. A good mixture is one made up of equal parts of a good light soil, peat moss, and sand mixed thoroughly. You can buy peat moss at any nursery. You'll be wise to add to the soil bone meal, dried cow manure, or some commercial plant food. The successful growth of your plant depends to a large extent upon how well this potting soil is prepared. All of the nourishment necessary for a plant to grow and blossom must come from the small amount of soil in the pot in which it is grown. Therefore, it is important that the soil contain the essential elements. You may want to give your plants supplementary feedings with the convenient food tablets that are sold by most florists.

Any number of locations are suited to plants — the top of your chest of drawers, the corner of your desk, your window sill, your night stand, or an

# Your Room

occasional table. If the location is one where the light falls strongly on the plant from one direction, you'll find that turning the pot every few days will encourage straight upright growth.

## *Remember to Water*

Because your plants have been given a good start, your day to day care consists merely of watering them. The frequency and amount of watering depends upon the temperature and humidity of your room and, of course, upon the needs of the particular plant. If the air is dry and warm, water will naturally be lost more quickly from the soil and leaves, and the plant will have to be watered more often. The soil should be kept damp — not dripping wet or bone dry. Try to avoid shocking your plants with very cold water. Near-room temperature is best. Do remember to occasionally dust the leaves of vines by spraying them with water.

If you plan to try your hand at growing bulbs, there are two methods of growing them, depending on the type of bulb used. The Dutch bulbs, tulip and hyacinth, are potted right side up. Fill in the space around the bulbs with soil to about  $\frac{1}{2}$  inch of the top of the pot, and keep in a cool dark place for several weeks. By keeping your closet door closed, the closet will remain cool and dark. The shelf is just the place for starting these bulbs. Keep the bulbs there until the flower stalk has begun to shoot up. Then you can bring them out into your room. Begin to water them gradually and then increase the amount of water as the stalk begins to grow.

Water culture is a relatively new phase of plant growing. A sweet potato vine is a good example of what can be done in the way of water culture. Place a sweet potato in a bottle or jar so that the lower tip is kept moist. As long as the potato is not submerged in water or floating in it, roots and leaves should develop, and you'll soon add another hardy vine to your collection. Philodendron and English ivy may also be grown in water. For water culture the containers that may be used are decorative in themselves. A pair of blown glass swans, perhaps, holding trailing philodendron or ivy are really quite attractive.

Once you begin to keep plants in your room, you'll want to try more and more varieties. You may develop quite a collection of plants. Gardening is just that way. A taste of success is all that's needed to urge you on to new ventures.

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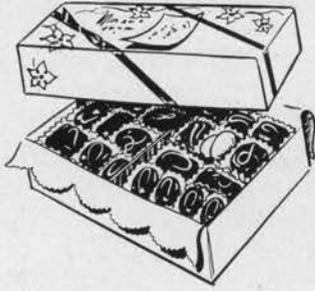
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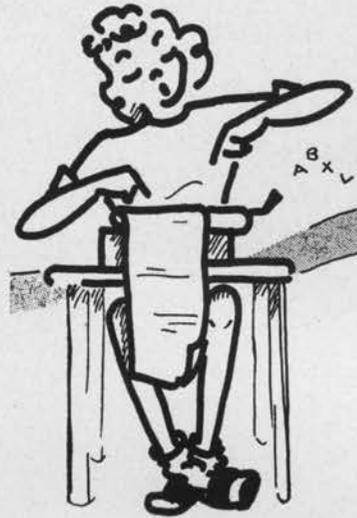


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# Here's

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It's easy to clean dust-catching corners and hard-to-reach niches in your room if you trim an old whisk broom to a sharp "V." *Deloris Rusk, H. Ec. Fr.*, says it comes in handy for pledge duties, too.



Who has time to sew on buttons that tear off? "Not I", says *Dorothy Lawrence, H. Ec. Jr.*, so when she makes a garment, she sews the buttons on with elasticized thread — the kind used for shirring. This way provides more give when buttons are pulled. The bottom button of a dress buttoned down the front



*Barbara Royer, H. Ec. So.*, found a foolproof way to make sure that candle-lighting at birthdays or ceremonies goes off without a hitch. About 30 minutes before time, she lights each wick, snuffs it out, then dips it lightly into cigarette lighter fluid. When the big moment comes, one is able to go right down the line, each candle flaming instantly.



"Don't throw away that can" is *Marjorie Larimer's, H. Ec. Jr.*, advice to picnickers. Instead, convert it into a stove. With a pair of tinsnips, clip a hole in the bottom of one side. You can feed the fire through this. On the other side at the top cut another hole for the chimney. You can fry eggs, pancakes, and hamburgers on the top of the can. Camp coffee, stews, and pot dishes may be made using the can as a double for a pan.



No ironing's necessary for your ribbon ties worn under blouse collars. You can keep them perky by washing and rinsing them as usual, then wrapping each one around a smooth water glass. When it's thoroughly dry, unwind it — and it's ready to wear.



"If I only had known," says *Enid Whade, H. Ec. Grad.* She had to hang pictures and bulletin boards from the molding in her dormitory room. Now she finds out about a new type of picture fixture that makes use of small rubber suction cups, and no wires are in sight.

# An Idea

ee Legg

So your skirt hem needs straightening and there's no one to help you. *Marie Book, H. Ec. Sr.*, just rubs a piece of chalk on a window sill that hits her about hip-high. Then she stands next to the sill and turns around. Measuring down from the chalk mark, the skirt will hang just right.

*Patricia Dyer, H. Ec. Jr.*, pastes a small piece of emery board to the base of her typewriter. She finds this handy to keep her typewriter eraser clean, and Pat avoids those dirty eraser smudges that make a typed page look so messy.

Save time, shampoo, and patience when shampooing your hair, suggests *Mary Ann Liggett, H. Ec. Sr.* Messy liquid shampoo bottles are a thing of the past since she discovered how well a covered dripless syrup pitcher works. A simple design in fingernail polish makes it handsome enough for the top of her dresser.

*Frances Smith, H. Ec. Fr.*, is going to be extra nice to her tommie-coat when she wears it over pajamas for lounging and studying, for she knows that come summer, it will be a perfect beach coat.

Most subtle scent yet: Sprinkle a few drops of your favorite cologne on the ironing board before you begin pressing blouses or lingerie. *Dorothy Rockhill, H. Ec. Fr.*, claims it makes a chore seem like fun, too.

Tired of your old lampshade? Musically inclined or not, get the sheet music of your favorite song and accordion pleat it. String black or colored ribbon or wire through both sides of each pleat and ease the pleats in until the right size is obtained. It may be glued or stitched to the original frame. The notes make a pattern in black and white.

If you are lucky enough to survive winter with both of your rubbers or overshoes, *Luanne Woodruff, H. Ec. So.*, has a suggestion for keeping them together during spring showers. A snap clothespin, brightened with a design on one side and your name on the other, will keep your pair together when you take them off, and they'll be easy to spot.

A clean powder puff, dipped in cleaning fluid, will do an excellent job of banishing spots from soiled winter woolens, suggests *Rose Ann Parris, H. Ec. So.* Put your winter clothes away so that they're ready to go next fall.



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# Quotes...

*Overheard at the Home Economists in Business annual "Career Days" Conference in Chicago.*

“ More jobs are lost through personality problems than through inability to work.

“An employer looks for what you *can* do. Your personality tells him what you *will* do.”

*Clara Gebhard Snyder,  
Home Economics Director,  
Wheat Flour Institute*

☆ ☆ ☆

“ Textile jobs are for girls who are willing to roll up their sleeves, to recognize that they have a lot yet to learn, and take the time necessary to get to the top. If fabrics are in your blood, it's a wonderful way to die! . . . Opportunity is there but you must come to the textiles business, it won't come to you. Openings are less apparent than in some other fields.”

*Helen Houchell Von Huben,  
Textiles and Home Furnishings Editor,  
Household Finance Corporation*

☆ ☆ ☆

“ The fatalities due to marriage are very high among the women who are 1 or 2 years out of school. This is discouraging to those of us who train these girls, lead them by the hand, and hope and pray for their success. To you girls about to enter the business field, this high marriage rate means more job openings and—shall I say—more hope that you won't need to worry about those opportunities for advancement.”

*Beth Bailey McLean,  
Home Economics Director,  
Swift and Company*

☆ ☆ ☆

“ Home service is a field to be considered by the home economist who enjoys a personal contact with 2,000 positions in the utility companies alone. Since most manufacturers' home economists come from utilities there are literally many jobs in all sections of the country.”

*Elizabeth Lynahan,  
Home Service Director,  
Peoples Gas Light and Coke Company*

☆ ☆ ☆

“ Jobs in the restaurant and institution field are fairly plentiful now, especially in Chicago and other large cities. However many of them would demand a person experienced in the production type jobs in school or industrial cafeterias, hotels and tea rooms . . . Opportunities for advancement are good but depend almost entirely upon each individual girl on the job.”

*Julia Hintzman,  
Food Director,  
Stouffer's Restaurants*

## Vicky

(Continued from page 3)

flattering over-blouses with full action backs and much blousiness around the lowered waistlines.

Navy is the favored color but Vicky thinks that reds, purples, gold and neutrals run right along in popularity. In cotton dresses and suits this spring the interest is definitely in the "upper half" of the outfit. You'll see tucks marching across blouses in all directions. Varying the width of the tucks as well as the over-all design provides new interest.

You won't have any chance to tire of the heavier, more textured cottons, however. Femininity in the dressier cottons is played up to the fullest extent. Dainty voiles and lawns as well as dotted swiss and laces are shown with narrow, rolled velvet belts. Vicky was particularly interested in one handkerchief lawn dress in a soft brown and white plaid. The buyer of the department drew her attention to the fact that the plaid pattern was formed in squares exactly the size of a man's handkerchief. She went on to explain to Vicky that one prominent manufacturer, in purchasing material, happened to see a huge bolt of this handkerchief material and decided it would make smart town and country cottons. Vicky thinks he certainly made a timely discovery.

Demure tucked organdy in delicious pastels, worn with linen or shantung pumps to match will take you to teas, garden parties, and those dances under swinging colored lanterns. Vicky's choice was a sheer gray organdy with hand applied leaves sprinkled on the skirt and little rhinestone buttons marching down the bodice.

Accordion pleated skirts in ready made clothes or by-the-yard materials also caught Vicky's eye. She cautions you to make sure that the "permanent" pleats really will last after cleaning or washing.

Whether it's picnics in denim, classes in burlap and calico, shopping in chambray, dressed up with your spectators and shorty gloves, or dancing in dreamy sheers, Vicky gives her vote to cottons for spring.

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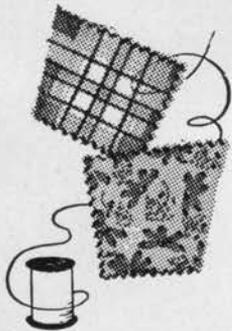
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*Cecile Hoover Counts Calories  
In Rats' Diets To Discover—*

# A Better Diet for You

*by Lois Kobout*



*Rat experiments like Cecile Hoover, Helen Clark and Janice Foth (left to right above) are performing are the key to better human nutrition.*

**A**DHESIVE tape is as much a part of Cecile Hoover as her dark curly hair and patient smile. When questioned about the tape on her thumb she admits that her rats bite the hand that feeds them.

Miss Hoover, a research associate in foods and nutrition, force-feeds dozens and dozens of albino rats twice a day at 8 a.m. and 8 p.m. Using a syringe and catheter, she squirts specific amounts of controlled diets down the throats of her rats. Bites and scratches result the first time she feeds them, but after this, it means "food," and they look forward to it, she says.

## *32-Day Diet Controlled*

Through her research Miss Hoover intends to discover the effect of certain foods and diets on humans. Her rats play an important part in this scientific ob-

jective, for she feeds them a controlled diet for 32 days, adding a certain amount of methionine (an amino acid) to each of the diets.

Although Miss Hoover has not completely determined the results of her rat experiments, she feels that methionine added to protein-free and low-fat-content diets improves the animals to near-normal. She also feels that adding methionine to a low-calorie diet seems to improve the rats noticeably. When applied to human beings, this would mean that people in a starving, wounded or burned condition might be saved through the healing effects of methionine.

Miss Hoover feeds protein-free diets with a high or low fat content to her rats for a period of 32 days. Some rats are also fed protein-free diets but in addition they are given only 25 percent of the normal amount of calories. Each rat is given a certain amount of methionine so that its effect can be studied in all instances.

## *Internal Studies Follow*

At the end of the 32-day diet, the rats are given an electric shock. Although 110 volts of electricity are shot through the animal, he is not killed. He is merely stunned into unconsciousness which permits Miss Hoover to carry on her experiments. She removes some of the rat's blood and internal organs, and compares them to blood and organs of rats which have been fed normal diets. This way she can see the harmful effects of fat-free, protein-free diets, and also determine the related effect of methionine.

Due to her excellent research, Miss Hoover has already been honored by scientific societies — Sigma Delta Epsilon, graduate women in science; Iota Sigma Pi, graduate women in chemistry; Alpha Kappa Mu, honorary scientific society; and Beta Sigma Chi, honorary women in chemistry. She has had papers published in national research magazines.

She became a youthful doctor of philosophy this March. She received her Bachelor of Science degree at Tuskegee Institute, Alabama, and was awarded a Swift and Co. fellowship to obtain her master's degree. Now she continues her research at Iowa State College as a fellow of the General Education Board by the Rockefeller Foundation.

# Younkers



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