

The **IOWA HOMEMAKER**

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NOVEMBER 1934

VOL. XIV - - NO. 4

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Home Economics for Boys

EVEN high school boys are becoming home-conscious. Here's evidence! Twenty-four boys in the Ames High School have elected the new home economics course for men that is being offered there for the first time this year. Miss Alice Dahlen, of the college home economics education staff, is teaching the class.

The boys themselves have decided what they shall be taught in the course. The home is used as the basis for the course and anything pertaining to "better homemaking" may be included.

After serious thought the boys decided what they believe makes up an ideal home, and what characteristics they would like an ideal man to have. The course is planned to help the boys in filling these requirements.

Besides manners in the home in school and in public, the course includes good grooming, clothing, foods, and an appreciation of the problems of home management.

They learn how to sew on a button, too. Miss Dahlen says she expects them to learn some of the simple manipulative skills. Most of the work however, will be daily discussion.

"The success of the course," said Miss Dahlen, "depends on the quality and quantity of reference and illustrative material that can be found about men's clothing and habits. Much has been written in books and magazines pertaining to girls' clothing, grooming and manners, but the boys' needs have been sadly neglected. This home economics course, and the seriousness with which the boys have been receiving it, is a start toward recognizing these needs."

Back from Convention

JANICE STILLIANS, president of the Iowa State College Home Economics club, bubbles over with enthusiasm when asked about the American Home Economics Association Convention in New York City to which she was a delegate last June.

"There were so many inspirations and ideas to bring back for use in our club this year. We all saw the books and bulletins too. You know, that's what all the people are called who have written many of the things we read! Always we were having the chance to meet new people who were outstanding in their fields and interesting to know.

"I gave a report of the work and extent of our club here. It was fun because everyone gasped when I told about the things we did. You see, our club is the largest, has the most money in the loan fund and has the most cooperation with the faculty of any club

in the United States. To be able to say that was really great."

All home economics clubs will this year be working mainly on the methods of aiding the consumer. The University of Missouri is chairman of the subject of hosiery; Ohio State University, undergarments; University of Iowa, can labels. All clubs will send out infor-

We Present . . .

In This Issue

● Inaugural appearance of Washington News . . . tid-bits of news from Washington, of particular concern to homemakers and students of home-making . . . garnered by Alberta Hoppe.

● More about Washington doings . . . what the administration has done for the farm family . . . an interview with Dr. Elizabeth Hoyt, done by Barbara Apple.

● Glimpses into other countries through the eyes of a traveler . . . Miss Mary Gabrielson, who visited Sweden this summer, talks to Gretchen Protuy; through the eyes of a native of Argentina . . . Ines Rosenbush, I. S. Fr., contrasts Argentina with the United States for Therese Warburton.

● Miss Gertrude Herr of the mathematics faculty, herself elected to Mortar Board membership last spring, presents "teaching" as the first of the Mortar Board vocational series.

● The first of a series of stories which will give the personality and behind-the-screen slants on campus guests appearing on the Star Lecture and Concert Series . . . Amelia Earhart, by Hazel Moore.

mation to these heads in this way helping with the national program.

"The trip itself meant much to me," Janice added, "for it was my first trip farther than Chicago. We went by Buffalo and returned by Washington.

"Several little side trips that we took were also of particular interest—an all night trip through the markets of the city, a moonlight boat trip, tours through the Maxwell Coffee House, the home of Borden's Milk, Lord and Taylor's large store, the National Art Museum and many other places, too."

Extension Advisor Here

MISS GRACE FRYSSINGER, senior home economist of the Central State Extension Service, United States Department of Agriculture, was guest speaker on the campus during the Extension Service meetings Oct. 17-20.

"Looking Ahead with Extension Work" and "Dignifying Our Jobs" were the subjects of her addresses.

From Ames to Brazil

IOWA STATE'S home economics reaches clear around to Brazil!

After answering the request of a Brazilian teacher for information on child care and training, Mrs. Alma Jones, extension specialist in child care and training, received a note of thanks saying, "I am very grateful to you and to Dean Fisher for receive the child care and training booklets and the group of leaflets. I am very glad because it shall be very useful for me. I also shall tell all the Bresiliene children your kindness, and have great admiration of the State Iowa."

Microbes on Fabrics

A RECENT study of the adhesion of microbes to fabrics used in children's clothing was made in France by M. Klinderova and L. Mlcochova, M. D. They found that rough surfaces caught about three times as many microbes as the smoother finishes.

By comparing the results of the experiments with a technological analysis of the fabrics they came to the conclusion that the number of microbes adhering to fabrics generally is in direct proportion to their weight and in indirect proportion to the yarn twist and length of the fiber.

Picnic Inspiration

FOR an enticing late fall picnic serve "Yums"! A slice of cheese—American or any favorite may be used—is wrapped in a strip of bacon and fastened with a toothpick. (This much can be done at home). When fire is ready quickly broil over red hot coals. Meanwhile each guest has been toasting his own buttered bun. Put a yum between slices of each toasted bun. Be sure to have plenty of materials along!

For the second course of the picnic meal, bananas roasted in the coals for 30 or 40 minutes are grand. Merely put unpeeled bananas in among red hot coals. Cover and leave until thoroughly steamed. Graham crackers add a finish.

Schiaparelli thinks nothing at all of making a brief beplumed evening jacket and matching bag of chenile.

THE IOWA HOMEMAKER

"A Magazine for Homemakers From a Homemaker's School"

Published monthly during the school year by the home economics students of Iowa State College, Ames, Iowa. Price \$1.00 per year. Advertising rates on application. Entered as second-class matter at the postoffice, Ames, Iowa

VOL. XIV

NOVEMBER, 1934, AMES, IOWA

NO. 4

Teach, If You Want

Power, Fame, Hard Work

By Gertrude Herr

TEACH and see the world. That, I think was my motto when I said yes to a school superintendent who called me long distance during my senior year in college and asked if I would accept a position teaching mathematics in his high school.

Teachers are needed all over the world, so why not follow this fascinating profession; stay two years in one place (one year is not fair, for you do better work the second), then go somewhere else—teach and travel. It sounded like a good program. It was—but it hasn't worked for me.

The staying two years in one place, then moving on—that's the part that hasn't worked. Teachers, like doctors and ministers, push their roots too deep into community life to be frequently transplanted. Two years may not be long enough to give your best to a community which has trusted you to lead its young people into what they hope you can make alluring fields of knowledge.

When girls say to me, "I think I'll teach until I find something else to do," I always say, "I hope you do not succeed in getting a position." There is just one legitimate reason for teaching. You would rather teach than do anything else in the world.

I AM often asked, "Don't you get tired of teaching? It is so monotonous; the same old subjects year in and year out." It is true that the fundamental things in mathematics haven't changed much even in the years I've been teaching. That's one of the satisfying things about mathematics; its dependability and steadfastness. There is nothing "jittery" about it except as it affects the nerves of some freshman. The part that is new year in and year out is the reaction of each individual student as he sits in your class and cooperates with you in trying to make his own the knowledge

that is the result of hundreds of years of research and experience of others. It is a great adventure, this being guide in the hazardous pursuit of ideas.

If you want power—then teach. A man said to me recently, "I ruled my own

The Ringed Moon

THE moon is ringed tonight—
Slow moving clouds have tried
To dim the blurred pale light.
A sudden breeze blows by
From new turned fields, and trees
Rustle softly. The air smells damp,
Earthy, and fresh. One sees
The clouds massed, a ramp
Of black against the sky.
Where once the stars had lain.
Leaves and grasses breathe a sigh
At the first faint rush of rain.

—Hilde Kronsage.

school until my daughter started to school. Now the teacher rules it." A teacher who has the respect and regard of her students has an influence which staggers one with its importance. My only temptation to resign came after my first two weeks of teaching. A mother came to me in great seriousness and said, "I hope you never do or say anything of which my daughter (a high school freshman) can't approve, for she has taken you as her ideal." I was petrified! Simple, unaffected living was difficult for a while, but I finally settled down to normal routine again without giving up my job.

If you like difficult situations—then teach. Before I decided to give up high school teaching and take up college work, I was about to accept a position in a big city high school. The superintendent, a gracious man of experience, was afraid I might make a mistake in leaving the principalship of a smaller

school to join the organization of a city system. He took me to the window of his office and pointed to the street below, lined on both sides by automobiles. "Every one of those," he said, "was parked by a student who is in this building now, but wishes he was out there in his car. Can you teach mathematics to compete with those cars?" he asked. "Probably not," I replied, "but it is a fascinating game to try, and if mathematics doesn't win it isn't the fault of mathematics."

If you want fame—then teach. Not in a college or large school, but in a rural school or small community. If you want to be talked of at every dinner table in town, be "the new teacher" next September. If you have red hair or are very tall or very short, or if you make any mistakes the first day your fame may even extend to the business districts, where merchant and purchaser may exchange ideas over the counter about your worth to the community.

IF you want wealth—don't teach. Teaching has never been highly paid. At present with the great over supply of those wanting positions, the salary level is very low. There are, however, encouraging signs that self-respecting communities are raising the salaries of their teachers to pre-depression levels as fast as taxes will allow.

Most teachers live well, save for a rainy day, and have three months of vacation that includes study or travel. In fact, the long vacation is one of the advantages of the teaching profession. It gives time to indulge in one's hobby interests. It is the vacations which have given me my chance to follow the second part of my early motto—travel. I spent the savings of my first year to take a trip to the Rocky Mountains. Every summer since, without exception, I have

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To Ines Rosenbusch

Our Chocolates Are Salty

By Therese Warburton

TALL and fair, with blond curls and snappy eyes, Ines Rosenbusch makes a most attractive hostess, one who emanates all the Spanish spirit and gracious manner of present day Buenos Aires.

Three taps at her door and one can see Buenos Aires for one whole evening or for at least 15 minutes when Ines is very busy. She explains then that it requires more time for her to get her lessons because she feels she is a bit slower in grasping the meaning in our language.

When asked why she chose Iowa State as her college she quickly replied in her delightful Spanish accent.

"I didn't think of it," she said, "my father thought of it. I wouldn't think of asking him to send me way over here."

Realizing that she was talking to a student of home economics Ines' eyes sparkled as she exclaimed, "I know something that may interest you. Our meals and the time of serving are so much different than here."

SHE explained that never was a heavy breakfast eaten; only a simple meal of coffee, "and a small slice of bread if you care for it," served at 7:30.

"We have a very heavy noon lunch at one o'clock," she went on to explain. "It is always five courses." She enumerated, "Hors d'oeuvres, soup, scrambled eggs and bacon, meat with vegetables and dessert."

Five o'clock is tea time with tea cakes and sandwiches.

"Then dinner, well," she deliberated, "dinner in my house is light—just soup, vegetables and dessert—but most homes have as heavy a meal at dinner as at lunch.

Right after dinner comes "mate" (mat-te) and had she been in Buenos Aires just then "mate" might have been in order right then and there. At least the "bombilla" was ready to be used.

The "bombilla", Ines explained as she held it out, is a beautifully hand-decorated gourd with the national emblem on one side. The green tea leaves are placed in the bombilla and over them hot water is poured. The tea is sipped through a silver tube, one end of which is large and perforated to form a drain and inserted in the bed of tea leaves.

"It's hot, terribly hot! I burn always my tongue," Ines laughed.

The most peculiar thing in this new country to Ines is the American method of eating. "We never change hands in using our silver; ours is what one might

call the English style, or maybe it is French.

"I haven't tasted any real nice candies here, either," she went on. "Our candies are terribly sweet and when I bite into a chocolate here, I find it salted, and I can't eat it," she confessed.

"The nicest thing here in America is the highways," she complimented. "You can go on the highways everywhere."



She explained that although Argentina has paved roads, the paving has not been done so extensively as here.

"There is something you don't have that we have very much," and she hesitated as she searched for a word to exactly define it, "not a shop or a bakery—no, not a tea-room, larger than that. It is always the top story of large store buildings, sometimes two floors, very large, filled with tables. We call it the 'confitaria.' All the big stores are equipped with 'confitarias' where cocktails and ice creams are served. At six o'clock these shops are filled, everybody drinking a cocktail."

There is music—"Jazz or tango," Ines added. "We call it 'orquesta tipica' meaning typical orchestra." After the movies at one o'clock in the morning these shops are again filled with people.

INES told of the sports. Crowds flock to the 'carreras' (horse races), she said.

"Our football is not Rugby football," she remarked, "but it is soccer football. They play the game here about as we do, but ours is not so rough."

Polo, basketball and rowing are also favorite sports. "We go 30 minutes out of town on the train to the tributary of the Rio de la Plaba. The Tigre (Tee-gry) for the Rio de la Plaba is too wide for rowing," she explained. The latter means 'river of silver.' On the Tigre, amidst many beautiful islands

there are many yachts and launches. People come every day to spend the day, returning to the city for night.

From sports the conversation turned to business, the immediate present and the possible future. Ines is interested in bacteriology and chemistry. She reasons that industry is comparatively new in her country and that there is a great future for the field of the bacteriologist and the chemist.

"Products are thrown away as wastes there," she explained. "For instance, corn. I see here the corn isn't wasted. It is used in by-products, do you say? And there is more money in the by-product than the corn!"

Ines is enjoying the campus life greatly. "Si, es precioso," she says in Spanish.

And if one knew Spanish as well as Ines, he too might say "Si, es precioso!"

A not-too-squat, not-too-tall vase is a flattened cube of glass with the corners rounded off and the center left hollow. Other delightfully fluttery and feminine vases are of unglazed porcelain and are remindful of alabaster.

You're on ship board in some of the new basements. And in getting you there the architect needn't be too strenuous in covering up pipes and posts. The nursery basement with a slide running along side the basement steps and with alphabet tiles in the fireplace is one not to be neglected.

An in-a-drawer-office can be made out of a spare closet. Imagine the joy of being able to close the door on study desk and litter. Install shelves for books, leaves that pull out for typewriter and paper, an attached study lamp, hooks on the door for flat tools, and a closet can open another room into your bedroom.

ANGINA PECTORIS

There must have been something we had

Besides this:

A set of red dishes, a flivver,
A kiss.

We must have had something more lasting

Than these:

Love of a black dog and tang of
Sea breeze.

We had a red campfire and cold hills

At dawn.

What was it we hadn't? Why can't we

Go on?

—Alice Wortman

Miss Gabrielson Says

In Sweden Meals Are a Rite

By Gretchen Prouty

THE Swedish homemaker—what is she like?

"She is the most immaculately clean creature that you can possibly imagine—in fact, they speak of the 'superhuman' cleanliness of the Swedish people," answers Miss Mary Gabrielson, of the Textiles and Clothing Department, who spent her summer vacation in that country.

"We got our first sample of Swedish housekeeping on the Swedish-American liner on which we sailed. The crew was entirely Swedish, and seemed always occupied with pails and brushes, scrubbing the hallways to gleaming spotlessness."

The city of Stockholm, built on a group of islands, is also very clean, she says. Many boats load and unload cargoes at the wharves, and impossible as it may seem, these look as clean as a city boulevard. The city is less smoky than American ones, perhaps because there is little coal mined in Sweden and a great deal of coke and wood is used, especially in kitchen stoves.

"Perhaps the next thing you notice is the extreme courtesy of the people," says Miss Gabrielson.

"No matter what the occasion, after dining you arise and go around to the host and hostess shaking the hand and saying 'tact för matt' (thank you for the meal); even the children in the family do this to the father and mother. 'Tact' is the word meaning 'thank you so much.' One hears it continually. The servants are also very courteous. No service, no matter how small, is performed without a murmured 'var so gud' (if you please).

"Perhaps the most distinctive feature of the Swedish food service on shipboard was the first course, a sort of glorified hors-d'oeuvre called the 'smör gås bord.' This is generally extremely elaborate. On a large table, all delectably spread out, would be three or four cold meats, sausages, salads, several different kinds of fish—among them the favorite 'sill' or pickled herring rolled or perhaps spiced, breads,—both dark and light 'knäckebröd,'—resembling our rye-crisp only better, butter in little curly-cues and even potatoes. Plates are piled upon the big table, where you help yourself as liberally as you choose and then go to a smaller table to eat. You can go back as many times as you please, but it is wiser merely to sample (though you can make a complete meal from the spread), because later at the little tables, a soup course, a main course, consisting of meat and potatoes, and sometimes,

but not always, a dessert will be served."

The Swedish people do not find sweets so necessary as we do, she noted. Even the desserts, particularly pastries, are not so sweet as ours, perhaps because they must import most of their sugar. A waffle, served cold, may be consid-



ered a dessert. Another favorite is a French pancake, very thin, evidently prepared in the morning to serve in the evening, spread with jam and then rolled up.

SALADS do not occupy such a place of importance as we give them. Potato and beet salads were the two appearing most frequently. Vegetables are not served too often—but there are always potatoes. The butter is always most excellent, quite unsalted, but unmistakably fresh and sweet.

The 'smör gås' with its huge, laden table, appears at breakfast as well as at other meals. In the morning it is followed by cereal, eggs or perhaps meat again. It makes one final appearance at 10 o'clock in the evening, when the tempting array of food makes one wish that dinner had not been eaten so recently.

"Meals seem to be more of a rite over there than here," said Miss Gabrielson. "The food is always good, well cooked and well seasoned. The very first meal of the day is early morning coffee, served right after one arises. Breakfast, like ours (called 'frukost'), comes later and in restaurants lasts up until 1 o'clock. The noon meal is served at 2 or 3 o'clock. It may be lunch or dinner, as our noon meal often is, according to the place; however, they do not seem to have any set or definite time for meals as we do.

Always, there is afternoon coffee. Generally small cakes and cookies are served with it. When one entertains it is customary to have seven kinds of little cakes and cookies—all home made. The cookies, like the Swedish Spritz we have adopted in America, are so very rich with butter that they almost crumble, but they are not very sweet.

The coffee is very, very good, she says, and always served with real cream, contrary to the custom in the rest of Europe where hot milk is served with it. In eating places, the coffee is so fresh it seems to have been made for each order. It is served in little pots ranging in size according to the number of people at a table. Tables set out on the sidewalk are popular for afternoon coffee, as well as for regular meals. As a rule, the evening meal comes at 7 or 7:30 o'clock.

IN the large cities the people live almost exclusively in apartments, though in the smaller villages and towns you see many houses and bungalows. In Stockholm, particularly, many new apartments are being built in the modernistic manner with extremely large windows.

Miss Gabrielson visited in the newly built, small house of a teacher in a rural village. The village itself was a small cluster of houses near a school. It was four or five miles from the real town with postoffice and stores, but the house had electric lights, water and heat—a small separate compartment in the kitchen range heated water for the radiators in the house. Rag carpets in border design, woven by the teacher's mother, were the special attraction of the house.

Most of the houses are furnished in a combination of the modern and the old, according to Miss Gabrielson. One sees more modern apartments furnished with really modernistic pieces than one does here. Noteworthy are the lovely old chests—hand-made—and, of course, the bright colored peasant chests, which each girl receives as soon as she is born.

"The Swedish people have beautiful table linens," she says, "and the industry is being revived to a great extent. It is all 'hemsloyd' (home work), and is done in attractive colors, some in linen and some in cotton. These are brought in by the women to be sold.

"Many tables are seen in Swedish homes. They are always covered with some sort of woven material. The covers are often woven in wool, linen warp with the wool carrying the design in the filling. They are nice in design, showing peasant motifs, allegorical figures and floral designs. The Swedish women also make beautiful tapestries in lovely patterns and figures, trying to keep alive in the home work the old designs. Not so much embroidery seems to be done."

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Chicken and Fixin's From a Mammy's Kitchen

By Eva Harms

WAY down south where the cotton grows and the negroes sing softly to the strummin' of a banjo—no food is as popular as chicken.

Can't you see the old negro mammy getting dinner in the kitchen of a rambling southern house with the aroma of fried chicken, southern style, filling the room?

It isn't fair that the people of the south should have a monopoly on this famous method of preparing chicken. But never mind, here's a chance for those who live north of the Mason and Dixon line to make fried chicken the boast of the North as well as the South. Just try this:

Clean a young chicken, singe it, and cut it in pieces for serving. Be sure to cut at the joints. Plunge it in cold water and drain, but do not wipe.

Sprinkle with salt and pepper and cover with flour, trying to keep as much flour adhering to the chicken as possible. Fry out one pound of fat pork cut in pieces and cook chicken slowly in fat until tender and well browned. Serve with white sauce made with half milk and half cream.

Special dinner at your house? You might serve a chicken pie. It's another southern special.

Dress, clean and cut up one or two chickens. Put the meat in a stew pan with one onion, cover with boiling water and cook until tender. When the chicken is half cooked add $\frac{1}{2}$ teaspoon of salt and $\frac{1}{2}$ teaspoon of pepper. Remove chicken, strain stock and skim off fat, then cook until reduced to a desirable strength. Thicken stock with $\frac{1}{3}$ cup of flour mixed with cold water. Replace on fire and when the boiling point is reached, add 3 tablespoons of butter, bit by bit.

PLACE a small cup in the center of a baking dish. Arrange the chicken around the cup. Large bones should be removed. Pour the stock over the chicken and cool.

Cover with a baking powder biscuit crust $\frac{1}{2}$ inch in thickness from the center of which a circular piece 2 inches in diameter has been removed.

Roll the remainder of the dough to a thickness of $\frac{1}{4}$ inch. Cut in long strips, then braid the strips and outline hole in center of dough with the braid.

Place the pie on a plate and, just to be extra fancy, dress it up in a paper collar.

The biscuit crust is made by mixing and sifting 3 cups of bread flour, 2

tablespoons of baking powder and $1\frac{1}{2}$ teaspoons of salt. Work in 3 tablespoons butter and 3 tablespoons of lard, using the tips of the fingers. Then stir in $1\frac{1}{4}$ cups of milk.

The Thanksgiving holidays will soon be here and college students will be going home to see old friends again. For that Sunday night supper when the old gang comes down, better have something classy in the way of food on hand. And this chicken salad is about the classiest thing out.

COVER the bottom of individual molds, set in ice water, with aspic jelly mixture. When the jelly is firm decorate with yolks and white of hard boiled eggs and truffles cut in fancy shapes or pistachio nuts blanched and cut in halves.

Cover with aspic mixture. Chop the cold, cooked chicken into fine bits; use breast meat, if possible. Moisten with mayonnaise to which is added a small



—Courtesy Successful Farming

What a Salad Takes



—Courtesy Successful Farming

Boast of the South

quantity of dissolved granulated gelatine; shape into balls. Put a ball in each mold and gradually add aspic mixture to fill the molds.

Chill thoroughly, remove to lettuce leaves, and arrange on individual plates. Prepare a bowl of your favorite mayonnaise dressing to serve with the chicken.

Discharge prints always have a dark background.

In block-printing you must use as many different blocks as colors.

In analyzing plaids you must go from the center diagonally to the corner.

A Persian design is characterized by cypress trees, animals and birds, as well as by formal balance and many colors in the design itself.

Plain color may be gained as a result of piece, fiber or yarn dye, or may be the natural color.

A cup of good hard large-grained wheat will take up 1 quart of water when prepared for a breakfast cereal.

Green tomatoes fit into almost any recipe in place of ripe tomatoes. Green tomatoes are not quite so rich in vitamins C and A as ripe ones, but they have about the same vitamin B content. Their flavor is slightly more acid.

These Formal Fashions

For a Glamorous Evening

—Sally's Suggestion

SAT. DEC. 8—Junior Prom with Bill, scribbles Betty in her little black date book. That date is going to be a red letter day on Betty's social calendar, if we judge by the way which she dashes back from the phone to gasp out the news to an interested roommate. And in spite of English themes and physics problems, they immediately put two wise heads together to try to settle that eternal feminine question, "What on earth shall I wear?"



A corsage

Betty is indeed lucky, but don't the rest of you be disheartened—that boy friend of yours will be giving you a ring before many weeks have passed. Two months is a long way ahead from a masculine standpoint, but it's not a bit too soon for all you sweet young things to start thinking about a simply stunning gown, so that when the phone does ring, you'll be all ready to murmur, "Oh, surely, I'd just love to go."

If Betty is an up-to-date miss, the chances are that she'll be stepping out to the opening of Iowa State's formal season in velvet, for velvet is the thing for 1934-35 evening wear. Some of you probably will let out a groan over that as visions of hours to be spent over a steaming teakettle flash through your head. But the manufacturers must have been thinking of a busy college gal when they spent so much time and money on experimenting with non-crushable velvets. The result is that—yes, for a very reasonable price, too—you can have a glamorous gown in which you won't be afraid to suggest sitting out some dances if your date is not so smooth on those tricky two-steps. And all you'll have to do to keep it looking well is to hang it over the tub the next time you take a steaming hot bath. Only do be careful and don't let it slide off the hanger!

The velvet dresses of our mothers' day were black, somber affairs, but that has changed, too, along with the younger generation. The shops are now showing velvets in any number of colors. Black is still very, very good, but the cherry reds and wine tones are preferred especially by the brunette young ladies. Blues of two shades are running a close second—a dusty powder blue and a deep midnight blue that is almost a violet. In the greens one can find a gorgeous woodsy green, and if you look around a bit, there is a little of that

lovely chartreuse. Although white is good in other fabrics, there's scarcely a white formal to be seen. It must be that the college girls are saving that for the march up the middle aisle.

Now that the depression is skidding around the corner on two wheels, the gold hoarders of fashion are once more decking out milady's wardrobe in pre-depression luxury. You may be striking in plain velvet, but you'll be more alluring if you choose a velvet that has a woven metallic thread. Take your pick of stripes, dots or flecks of gold showing through the soft nap. Gold and silver lace jackets in approved mess type or peplum styles are the best things one can wear with velvet, and a shirtwaist frock of metal cloth will open the eyes of any stag line.

IN case you're interested in crepes and satins, you'll find that crepes have abandoned their rough texture of 1933 and are once more smooth, slick, and shiny. Satin is the material that is being shown with all sorts of interesting uneven surface finishes. A favorite combination in



A Scent

either of these materials will be the dark ankle length skirt and the light long-sleeved blouse of white or any of the favorite pastel shades.

But whether of velvet, crepe, or satin, you'll find that most 1934 formals have deep V décolletages, and are cut on straight swathy lines that make one look like those classic Grecian statues. An important detail is the small plain neck in contrast to the large sleeves. High square necklines with a rhinestone clip at either side will be seen a lot, and sleeves will tend toward the dolman type. With sleeves still long and necks still high, the semi-formal frock will be one that's going places this year. A slashed back gives it a feeling of formality so that it can be worn for any number of occasions.

And speaking of slashes, if you want to be really svelte, try one of these split skirts. The slashes are usually about 12 inches long. But they're not confined to skirts, for one can find some clever slashed bodices. Sleeves are often open, and a finger tip length tunic which repeats the skirt slashes is very good.

According to local shops, trains are definitely out at least with Iowa State women. They say they're too hard to

handle, especially if their partner persists in stepping on them all the time. Too many trailing gowns have taken on that dish rag effect around the bottom before the evening is scarcely started. So hem lines have straightened out, and come to either the instep or the floor.

Those of you who are labeled as active or quiet dainty in costume design class are probably wondering just how you'll look in a sleek, sophisticated satin. Remember that picture frocks are still quite popular, and that full-skirted chiffons or nets will be the very thing for you.

Blond and brunette locks will still sparkle with all sorts of rhinestone and sequin novelties. Or if you prefer a hat, the small close fitting velvet turban can't be beat.

As for shoes, the manufacturers say that the evening slipper is going to stage a comeback. Hemlines are accented either by detail around the feet or by these intriguing hem slashes, so that there is a big demand for new and exciting evening shoes.

College women still choose sandals, although there is a new note in the different styles. Accent is on the ankle for a slenderizing effect, and toes will once more be covered up. The group which depends on low heeled sandals to add to their partner's height is strictly limited to only the very tall. Colors follow the costume trends, which means that the jewel shades and black take the foreground.

WE mustn't forget to mention the important part that flowers are going to play in the general fashion (Turn to page 15)



—And the Gown

Spotlight Over Washington

By Alberta Hoppe

Columnist's note: The Homemaker has sent me, a reporter, to the top of Washington Monument, from which point of vantage, I train my spotlight on the city below and country roundabout, picking out the bits of Washington news of special interest to Home Economists.

FIRST to catch the spotlight is a figure of national prominence and importance, a woman, dark of eyes and hair, and with vision and character written in her face. Grace Abbott, for 13 years the chief of the Children's Bureau, handed in her resignation and turned westward to teach at the University of Chicago, where her sister, Edith, is dean of the School of Social Service Administration.

In 1914, Miss Abbott published *Infant Care*, a veritable Bible for young mothers. For this and her work in reducing infant mortality, her name will be inscribed on the pages of history made by great women.

* * *

IN the Department of Agriculture, facts reveal that nearly \$2,000,000,000 of the nation's food supply is subject to spoilage by rancidity. Most of these are edible oils and oil-bearing products such as butter, lard, potato chips, peanut butter, nuts, coffee, dried milk, corn meal, whole wheat flour, certain breakfast foods, biscuits and crackers.

Mayne R. Coe, federal specialist, carrying on research work on wrappers, found that products packed in green wrappers kept free from rancidity much longer than when wrapped in other colors. Green also best preserves the aroma, freshness, color and flavor of certain fruit juices, sauerkraut juice and coffee.

* * *

The spotlight plays over the dinner tables of Washington's "five hundred" and reveals a new quirk in food fads. Rice, cooked in colored water to produce the proper tint, adds a new note in table appearance and provides a means of gaining that necessary touch.

Hand in hand with the work of home economics course; in purchasing comes the effort now being made in Washington to protect the untrained buyer of foodstuffs. So that scientific selection can be made, government specialists insist that a concise, truthful statement of grade be given to the consumer, that the labels should include such additional explanatory statements as style of pack, count of pieces, size of units, number of servings, and so on, appropriate for the product.

A basis for standardizing labels is being sought.

* * *

If household improvement is an indication of rising standards, we are headed upwards. During its investigations the Federal Housing Administration discovered that there has been a 50 per cent increase in home modernization repairs in 525 typical cities in the United States during September this year as compared to September of last year.

Dr. Hoyt Urges

Consumer Consciousness

By Barbara Apple

THIS whole business of giving bonuses for crop reduction is an extremely dangerous precedent," declares Miss Elizabeth Hoyt, professor of economics and home management.

"A much more intelligent way of helping the farmer, that favored by Wallace, is the reduction of tariff to encourage the opening up of foreign markets for our crops. If this could be done it would have a favorable reaction on both farm and home by giving farmers a market and reducing prices to consumers."

The new administration, Miss Hoyt believes has helped the farm more than the home, because it has given agriculture parity with industrial occupations at the expense of the home. This, however, may be a necessary step, provided the course of agriculture is guided intelligently in the future. To guide it conservatively and with the minimum of additional cost to the consumer is certainly the purpose of Henry Wallace. This is clearly seen in his article "A Chartered Course Toward Stable Prosperity," published in September 1934.

There are some specific things which the administration is doing for the home, she pointed out, especially the attention it is paying to housing. On our own campus we have a graduate assistant and a scholar working out problems of housing. Eleanor Parkhurst, who obtained her master's degree at Wellesley, is working on the housing policy, on which practically nothing has been done in the United States. Alison Comish, a graduate from Brigham Young University, is also studying housing problems. Dr. Margaret Reid, assistant professor of economics, is directing a housing project in Iowa.

"The government's present attempt to aid the home as a consuming organization," Miss Hoyt adds, "is, without doubt, one of the administration's weakest sides. Both the AAA and NRA have organizations within them which are

supposedly looking after consumers' interests, but their accomplishments have been disappointing although some members of these organizations have given very devoted service. The trouble seems to be that people as a whole, and the administration in particular, have not had a very clear idea as to what a consumer's problem is; nor have they seen that the whole ultimate test of their productive policies and their policies in the determination and payment of wages is to be found in what people get out of it through the use of the income secured."

THE consciousness of this is growing, but it still has a long way to go. Miss Hoyt believes that home economists now have the greatest opportunities they have ever had: Making a united stand for the importance in the interests of the consumer.

Under the NRA the various consumer groups are trying to create consumer consciousness and to make people aware of excessive prices and to work for better conditions for consumers.

Some of the first codes of the NRA set minimum prices without regard to quality. Now there is a tendency to insist that when minimum prices are established, minimum quality shall also be enforced. "This, however, is not likely to be secured," Miss Hoyt stated.

RUSSIAN TOUCH

Natasha twirls
In a flame-red gown
When dashing cossacks
Gallop into town.

Natasha stares
At a wine-filled glass.—
With empty hoof beats
The cossacks pass.

—Alice Wortman

Study and Study Hard

By Betty Taylor and Rose Mae Johnson

TO make grades is one thing; how to make grades is quite another thing. There are a few select students at Iowa State who seemingly come by the honor roll—at least they make the roll consecutively each quarter. They make grades and here's how it is done:

Regina Kildee, '34, has a simple but remarkably effective formula for learning; it has written her name on the honor roll 10 times in her four years at Iowa State.

To those who know her well, she seems to use not time, but occult science to create her many A's. She spends as many hours talking and whitening her sandals as does anyone else. Yet her recitations are uniformly successful.

"When I study, I just study hard. That's all."

One fact about herself—a significant one—she omitted. Regina does not take copious notes in lectures. Her classmates say she takes no notes at all. But when she listens, as when she studies, she does it hard, and well.

Edgar Timm, who is one of the few "A" students, says that concentration is the most important thing. "Strive for quality rather than quantity," he advises. "Be on your toes in class, don't sleep—leave that for housemeeting. Take adequate notes. Review by outlining briefly. Think clearly in exams and transfer your thoughts accurately to the bluebook."

In general his advise is: Attempt to correlate new bits of information into a general system which will serve as a background for future work.

ELIZABETH BRANN says she wouldn't mind studying if there weren't so many other ways to spend her time. (That doesn't help much for that's what's wrong with everybody else.)

She starts studying about 11 o'clock for about 15 minutes and then she's sleepy. (Whew! Pretty fast work if you have four or five preparations for the next day.) She gets up early in the morning to study; before exams she burns the midnight oil. She, like all the rest, resolves that next quarter she will study every night.

Earl Watson, another of those phenomenal creatures who gets all "A's", does all his studying in the evening leaving the afternoons for recreation. He studies each lesson twice, once before class and again after he has heard the professor discuss it. He takes notes only during class.

Curtis Gerald doesn't study as much as many other students but he concentrates while he does. His greatest difficulty is remembering. He emphasizes: "Don't wear yourself out! he concentrates while he does. His A little hard work is much better than the same amount of work spread out over a long time. When you study, try to put everything else out of your mind and lose yourself in the subject," he advises. "Relaxation between studies of



—Courtesy Successful Farming

Only Brave Workers Deserve the Fair Honors

Tricks of the Trade . . .

By Delilah Bartow

HAVE you tried washing furniture? No matter how frequently one dusts, furniture acquires soil that can best be removed by washing with a soft cloth wrung out of warm suds. Rinse with a cloth wrung out of clear warm water. Rub dry and apply a little furniture polish or wax. Finally polish. The appearance of upholstered furniture will also be improved by washing. If you are in doubt about the fastness of the color try an inconspicuous corner first. Whip some soap and warm water into a thick lather. Rub this over a small area at a time—a brush or a cloth will be just the thing. Wring a cloth out of clear water to remove the lather. Continue the "shampoo" in this manner.

* * *

You can launder washable silk dresses in the washing machine. Make a rich suds of lukewarm water and mild soap. Wash from three to five minutes. Rinse thoroughly in three lukewarm waters.

* * *

Crepe weaves tend to shrink more readily than other weaves.

* * *

Have you ever eaten cheesettes with a

unrelated subjects helps your mind to bridge the gap. Above all, don't worry about grades!"

Robert Root prepares something for every class so that he won't get behind and lose interest. He says, "Budget your time, and you will find that you have a lot more of it than you thought you did. Don't leave everything 'til the night before. Spread your work out over a thin layer. Never skip something because you don't understand, instead ask about it. Before starting a course, drop all prejudices about it and really try to become interested in it. What you will get out of a course depends a lot on your interest in that course."

salad? This is how they are made: Cut fresh bread into one and one-half inch cubes. Dip into a mixture of 1 tablespoon of melted butter to 1 beaten egg. Roll in finely grated cheese. Then place on a cookie sheet and bake at 375° F. until the cheese is melted.

* * *

Have you tried making butter fingers? They are made from ready-to-use biscuit flour. Prepare the dough, shape into finger lengths, place on a baking pan, spread with butter, and let stand in the refrigerator for twenty minutes. Bake at 450° F for 12 to 15 minutes. Brush twice with melted butter during baking. They are delicious served with salads, creamed chicken or jam.

* * *

Have you seen the new fixture that provides a dressing table around a vitreous china wash bowl? Combined with them is a roomy tub also designed for shower use.

* * *

To secure good lighting in your room follow these suggestions:

Allow no exposed bright light sources.

(Turn to page 15)

Alumnae Echoes . . .

. . . news bits from the front lines

Edited by Ruth May Green and Harriett Everets

FRANCES ANDERSON, '33, is an assistant dietitian at the Baltimore City Hospitals. She has the position of dietitian in charge of the tubercular hospitals.

Enola Guthrie, '32, is home economist with the Kansas Electric Power Com-



Enola Guthrie

pany, Lawrence, Kans. She began her duties in September.

Myrtle Swanson, '29, is teaching foods and supervising student teachers in the Kansas State Teachers College, Emporia, Kansas.

Frances Conover, M. S. '30, is teaching home economics in the Potomac State School, Keyser, W. Va. She writes, "I am located in the Alleghennies not far from Baltimore and the mountains are far enough removed from the town to be appreciated. Potomac State is situated on a hill. From my apartment window I can see one mountain range behind another, each one rising higher than the other until they fade away in the distance and only grayish lines are visible."

Leona Rider, M. S. '27, is teaching home economics in the Farmington State Normal, Farmington, Me. She teaches freshman foods, classes in nutrition, marketing and child development and supervises the child in the home management house and also has charge of the nursery school.

Eva Buel, M. S. '34, is organizing and supervising a relief canning center at Falls City, Neb. Miss Buel writes, "My workers are FERA relief people—all men so far. We are canning beets just now at the rate of 1,900 cans every 24 hours; we expect to can 2,000 bushels of apples. The center will run 24 hours a day with 10 men on each shift. If I can get the work well started this

should be a permanent enterprise in this community since there are many immense orchards here."

Helen Ehlert, '33, is student dietitian at the Boston City Hospital.

Margaret Smithey, '33, is employed as a nutrition advisor in Nebraska.

Dorothy Willard, '34, is with the Norge Refrigerator Company, Superior, Wisconsin.

Margaret Rapp, '34, was married to Benjamin A. Whisler, 24 Prescott street, Cambridge, Mass., this summer.

Prudence Gronlun, '31, is employed in the tea room at Carson Perie-Scott Department Store, Chicago.

Nadine Newell, '34, is teaching in the DeSoto High School.



Mrs. Clifford



Mrs. Silcox

Mrs. Helen (Chicken) Staver, '30, is living in Afton, Iowa. **Mrs. Winogene (Wunder) Gregg**, '28, is at Harlan. **Mrs. Ruth May (Davis) Silcox**, '29, is living at 2132 Carter avenue, Minneapolis, Minn., and **Mrs. Helen L. (Dahl) Clifford**, '29, is living at Arthur, Iowa.

Ellen Goode, '33, is in the commercial office of the Northwestern Bell Telephone Company, Des Moines.

Louise A. Buehler, '27, is teaching home economics in the Casa Grande High School, Casa Grande, Arizona.

Sevilla Boice, '29, writes, "I am in the Southern Navajo General Hospital, Fort Defiance, Ariz. It is a government hospital on the Navajo reservation with 80 bed capacity. My work is very interesting, and the country is fascinating."

Clara Dolores (Cuthbert) Peterson, '30, is doing home demonstration work

and living at 87 W. Tupper street, Buffalo, N. Y.

Blance Cole Gloss, '30, is supervisor of a canning center at Fairmont, Minn.

Katherine Otto, '31, has been appointed as a nutritionist investigator at St. Cloud, Minn., on the nutrition program of the state Emergency Relief Administration in Minnesota.

Marguerite Herr, '28, is stylist and personnel director with Killians, in Cedar Rapids, Iowa.

May Frank, M. S. '31, has a position in the Home Economics Department of the State Teachers College, Murfreesboro, Tenn.

Mary B. Forman, '26, has accepted a fellowship at Cornell University, where she will begin work towards a doctor's degree.

Margaret G. Looft, '28, will teach home economics at Ward Belmont College for Girls, Nashville, Tenn.

Sibyl Thomas, M. S. '31, is new head of the Home Economics Department at Baylor College, Belton, Texas.

Among the summer weddings were: **Anna Lee Garrett**, B. S. '29, to Murray Gauth of Baltimore, Md.; **Lila Whitehouse**, '32, to Louie Feemston of St. Joseph Mo.; **Fern Green**, '24, to Mr. Konkle of Philadelphia, Penn.; **Ruth J. Scott**, '32, to Mr. Buchholtz of Ames; **Helen Dallenberg** to Melvin Butler Hoffman of Ithaca, N. Y.



Mrs. Buchholtz



Mrs. Feenston

Evelyn Turner, '28, who has been home management specialist in the Michigan Extension Service since her graduation from Iowa State has a leave of absence for the year 1934-35 to study at Cornell University on a fellowship.

Margaret Burmood West, '30, began work Sept. 10, as nutritionist with the social service at East St. Louis, Ill.

(Turn to page 10)

THE IOWA HOMEMAKER

*A Magazine for Homemakers
from a Homemakers' School*

VOL. XIV NOVEMBER, 1934 NO. 4

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Something ought to be done about it. No matter how much politics may seem to women like a silly game for grownup boys, or on the other hand how difficult or how full of scheming intricacies, the fact still remains that the political moves of today will reach out and prick our lives tomorrow. Women can at least be interested in what politics does.

College women should realize this. Their only excuse for not following government action can be too little time for reading.

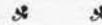
The Homemaker recognizes the validity of this excuse in offering for the first time in this issue a column summarizing Washington news. By doing so it does not intend to make up for the college woman's lack of knowledge and reading on the subject. But it does hope to attract an interest in governmental administration, especially that which pertains directly to home economics.



Charity Begins With Homes

THE United States needs more houses. A recent survey estimates that 500,000 more family units—either apartments or some other form of shelter—are needed to fill the shortage. Not only that but 2,500,000 units need to be enlarged to eliminate crowding.

An organization of builders and architects suggests that there be more appropriations to aid private building and less be spent on public works. This seems a good suggestion even coming from those who would benefit most directly. Nothing is such a good indicator of business conditions as building construction. Other business expands with the building business. And if we need houses, why not give the necessary boost. Let public improvements wait.



This Up-To-Date Business

ANOTHER evidence of the slowness of practical application to catch up with scientific knowledge was brought out in the recent typhoid epidemic in a nearby town.

The world has known and practiced pasteurization for some time now. Science has proven that it is the only way to prevent the spread of infectious disease when milk must be held for any length of time before consumption. Yet society still permits itself to be fed milk that has not been pasteurized and for which neither the age of milk nor the bacteria count is known.

Regardless of whether or not this particular instance can be traced to unpasteurized milk, the taking of such an easily prevented risk is unforgivable.



Just Like a Woman?

“WHAT does a woman know about politics and government?” How often have you heard this condemnatory remark hurled at the supposedly frivolous sex?

And the worst of it is that in 9 cases out of 10 it's true.

Even Boys . . .

TWENTY-FOUR boys—Ames High School students—are learning how to sew on buttons! Evidence at least that the other sex is recognizing its obligation to “better homemaking.”

This fall, on their own initiative, these high school boys asked for a course in home economics, and decided for themselves what should be included in the course. They are interested in anything pertaining to “better homemaking.” They have decided what makes up an ideal home and they have named the characteristics they would like an ideal man to have. To that end—meeting these standards—they are considering good grooming, clothing (that's where sewing on the button fits in), foods, and appreciation of the problems of homemaking.

These high school boys are beginning now to take their rightful place in helping to create a home. They do like the problems of homemaking; that's why they asked for the course in home economics for boys. They are preparing themselves in order that they may be able to share the work and pleasure of the home more efficiently. And from working together the keener sense of companionship is sure to follow.

Perhaps You've Met Them . . . But Do You KNOW Them?

Teacher . . .

Florence Busse Smith

ONE of the Iowa Homemaker's founders is on the campus! She's not only on the campus, but she's on the faculty, heading the Home Management Department during Miss Bishop's illness. She's Mrs. Florence Busse Smith, who was Iowa State's first head of the Foods and Nutrition Department.

Penelope

They thought her a Greek.
Her name was Greek—
Penelope.

"We cannot pledge her;
We must beware
Her ancestry."

A thoughtful sister
Then spoke with sure
Authority:

"Why can't we pledge her?
This is a Greek
Sorority!"

—Barbara Apple.

"I love to teach," comments Mrs. Smith with enthusiasm.

But she claims that teaching is really her avocation rather than her vocation. She terms housekeeping her regular job. Her home is in Porter, Ind., about 40 miles from Chicago. Yet the love of teaching continually calls her back to her former vocation.

Mrs. Smith received her A. B. degree from Northwestern University at Evanston, Ill., majoring in English and Latin. Until this time the home economics field had been relatively new and it was through the enthusiasm of Miss Effie Rate, who was then director of Willard Hall, girls' dormitory at Evanston, that Mrs. Smith became interested in home economics. She taught English and Latin for two years, however, before she went to Lewis Institute in Chicago for her home economics work. She then went on to Columbia University, where she received her master's degree.

And thus begins Mrs. Smith's pioneering in home economics. Upper Iowa University at Fayette claims Mrs. Smith as the founder of its Home Economics Department, as also does Cornell College at Mt. Vernon, where she taught for four years.

Mrs. Smith's English work was certainly not lost when she changed fields,

for she has done considerable free lance writing for some of the larger magazines. She has also taken her ability to write—it was English composition in which she specialized—to the technical field. She has served as editor of the Indiana Home Economics Association News Letter and also the Omicron Nu magazine.

Mrs. Smith is very enthusiastic over her work here at Iowa State. She says, "There have been many great developments in the 15 years I have been acquainted with Iowa State College. I have been thrilled and encouraged by the wonderful progress each year has shown. I feel that the Home Economics Division is having the best year it has ever had. One reason I enjoy coming back is that my work on committees has meant a thousand pleasant memories. It still offers the opportunity of working with girls, and that is one of the finest challenges a woman faces."

—Julia Bartlett.

Dietician . . .

Charlotte Pease

CHARLOTTE PEASE believes in Iowa State's "Science with Practice." A major in dietetics, she is an understudy to Miss Anderson, College Hospital dietitian.

Charlotte has charge of special diets for nine persons—eight college students and one nurse. Six of these cases are diabetics, requiring diets prepared according to their individual needs, which vary with each diabetic.

Miss Anderson plans the menus for each diet case and specifies the weights for each food. Diabetics eat heartily of non-sugar foods such as fruits, salads, cream and butter. Much vegetable is necessary to fill mineral and bulk requirements. Charlotte says that most diabetics have an unusual capacity for coffee. Listen, you who would add a little avoirdupois; one student uses 50 grams of whipping (40 percent) cream in his coffee or on his cereal during breakfast, followed by 16 grams in his coffee at each of the successive meals, dinner and lunch. One diet is planned for a "heavyweight," another is a "soft" diet, and the last is a "regular" diet without meat, protein being furnished in other forms.

A large, airy kitchen on the southwest corner of the hospital is Charlotte's practical laboratory for weighing and cooking foods five hours of each day. The kitchen is well equipped for special diet needs; there is adequate refrigera-

tor space to hold foods weighed previous to a meal.

Charlotte weighs the material for hot foods on a regular dietetics scale. She cooks all hot dishes and serves the nine special diet cases seated at the "round-table" across the hall. A typical breakfast consists of toast, bacon, eggs, cereal and coffee. (Even freshman girls would be appalled!)

Katharine Sandven is Charlotte's assistant. Her duties include weighing of all cold food for the diabetics, tray service for hospital patients, and serving in the nurses' dining room. Katharine is also a major in dietetics. The two girls are an attractive pair, Katharine being as blonde as Charlotte is Irish in type—you can imagine the rest—blue eyes, brown wavy hair, and friendly smile.

—Helen Clemons.

Alumni Echoes

(Begins on page 8)

Roberta Thompson, '32, is home demonstration agent in Davis County.

* * *

Margaret Pfeil, '29, is home demonstration agent in Emmet County.

* * *

Dolores (Cuthbert) Peterson, '30, is with the Home Bureau at Buffalo, N. Y. Her address is 87 W. Tupper street. Mrs. Peterson works with 15 groups in the city, having a total membership of 1,600 women.

* * *

Dorothy Eckles, '34, is emergency home demonstration agent for Guthrie and Audubon Counties. Pauline Trindle, '27, is emergency home demonstration agent in Calhoun and Humboldt Counties.

* * *

Iowa State graduates employed in the State Juvenile Home at Toledo are: Thelma Pearson, M. S. '30; Dorothy Dorris, '32; Mary Findley, '31; Louise Kallenberg, '32; Julia Metier, '32; and Ruby Kassel, M. S. '34.

* * *

Jeannette Dean, M. S. '33, is Area Home Economics Advisor in the FERA with headquarters at Glasgow, Ky. She writes: "Our area is made up of three counties in the southern part of the state. I am responsible for the canning program, child feeding projects, family budgets, women's work projects and most anything else that may be vaguely related to home economics. We are in the middle of the cave country and several of the caves are in our area."

* * *

Marjorie Chollet, '32, began work August 17, as home demonstration agent in Cerro Gordo and Hancock counties.

Amelia Earhart

Flies for the Fun of It

By Hazel Moore

AMELIA EARHART—she flies because she wants to.

After all, that's reason enough for doing anything. Miss Earhart believes that most reasons are illogical anyway—that the greatest power comes because you want to do that very thing and do it well. Miss Earhart came to the campus as the first speaker on the 1934 Star Lecture Series.

"If you worry about the money you will make from it, or what people will say about you, or whether you will stub your toe or bark your shins, then you are frittering away that power—that inner concentration on the goal itself," writes Miss Earhart.

Amelia Earhart, a lady after our own hearts, is a most modest, unassuming and winsome young woman. She is a charming woman, a good sport, and a steadfast workman.

In all of her flights, publicity has been restrained. For two reasons this is true. One is that she doesn't care to have her name exploited, and the other and most important, she doesn't want people to be expecting her flight to come off as planned. She reserves the right of a woman to change her mind; if she decides that she doesn't want to take off, she doesn't have to. It can wait until that is the thing that she wants to do.

AMELIA EARHART'S flying began in California in 1920, where she earned the money for flying lessons by working with a telephone company. She had another job too, that of delivering sand and gravel. She says that she was "simply nobody," ostracized by right thinking girls.

In 1928, with Stultz and Gordon, experienced men flyers, she flew across the Atlantic, the first woman to do this. On May 20, 1932, flying from Newfoundland to Ireland, she made the first flight across the Atlantic by a woman alone. She was both the first woman to fly the ocean as a passenger and the first to fly across alone.

Preparations were comparatively short, but thorough. She took only the clothing she wore, and about \$20. Not a lot of incidentals to worry about—for such things would not be needed in Davy Jones' locker, if that was to be her fate. But she was successful! Of all the congratulations she received, it is said that she liked most the one from the cleaners who did her work in New York. The telegram read: "Congratulations! I knew you'd do it. I've never lost a customer."

In her career of flying Miss Earhart has established many records for women. She is the first woman to make a transcontinental air flight, and the first person, man or woman, to take an



"First Lady of Air"

autogiro across the continent. Among other firsts, she soloed an autogiro, and holds the autogiro altitude record. She established also a new time record for a woman flying across the United States.

Pumpkin Cookies

NOVEMBER days suggest pumpkin. For a change try these pumpkin cookies.

- | | |
|---------------------|-------------------------|
| 1 c. sugar | 1 tsp. cinnamon |
| 1 c. molasses | 1 tsp. ginger or cloves |
| ½ c. water | 2 tsp. soda |
| ½ c. cooked pumpkin | 6 c. flour |
| ½ tsp. salt | |

Cook the sugar, molasses and water together for about 6 minutes. Pour over the butter and pumpkin. Blend together well and sift in the dry ingredients. Mix thoroughly. Mold into roll. Chill. Cut into slices and bake in a moderate oven 350° F. for about 10-12 minutes. When cool they may be iced with boiled frosting.

AFTER her lecture here, Amelia Earhart Putnam was interviewed on her way to her hotel by Hazel Moore. Hazel learned that AMELIA EARHART:

... really can sew. In fact, she used to make all her own clothes from her own designs. This was before her flying days, when she had more time than she has now.

... got started in commercial design because she and other women pilots had difficulty in buying flying togs that were cut well or fit well. From this start she was lured into designing sport wear in general.

... believes she looks best in tailored clothes and buys or designs this type for herself.

... is completely unassuming about herself. Actually believes that she is rather "funny" looking and thus has to be careful in her selection of wearing apparel.

... professes a strong belief in women's capabilities. "Women should do things until proven to be unable to accomplish them. Individual aptitude should be the criterion of one's work."

... likes to read, rides horseback, enjoys music, and loves to write.

... can cook and keep house—and likes to do it as much as her time permits.

... took a pre-medic course at Columbia University and had serious intentions of studying medicine, but her affairs took another angle and she did not continue.

... believes that it is our problem to make it possible for all trained people, with ability, and with the desire to succeed, to have the work for which they are fitted.

... runs her hand through her "bangs" when thinking. Is absolutely unstudied, is dramatic in her gestures and sincere and serious in her thought.

... Grins with whole hearted, infectious pleasure.

Mold a Grape Salad

Grapes tempt housewives in the market both because of reasonable price and deliciousness. Have you ever served them as molded grape salad? White grapes which have been skinned, cut in halves and seeded are added to cooled grape gelatin. The fruited gelatin is poured into molds and allowed to harden, and then turned out on a lettuce leaf and garnished with mayonnaise. The flavors and colors are distinctive.

This Appliance

Saves on Elbow Grease

By Delilah Bartow

IT may seem foolishly unnecessary to talk about proper methods of cleaning a living room. But, is it? for who of us has never cleaned one? Doesn't everyone want to clean it, as well as every other room, as thoroughly as possible and as rapidly?

In cleaning a room one naturally wipes the walls with a wallbrush, cleans the windows and dusts—preferably using a good grade of furniture polish. But it is the electric cleaner with its attachments that's the labor-saver.

Although the particular brand of cleaner makes very little difference, the three types of electric cleaners do vary as to method of cleaning and kind of dirt which is removed. Grouping electric cleaners, then, according to mode of cleaning, we have first the straight air-suction type, second the motor-driven brush, and third the motor-driven agitator. The first type cleans only by suction, the second type has in addition a slight beating action while the third has the strongest beating action. In general the attachments for the different sweepers are almost alike, and it is these attachments which we shall use first.

When one uses an electric cleaner with its attachments to clean a room, many authorities suggest that the order of work be to first dust the room, second to use the attachments for cleaning the woodwork, radiator, draperies, upholstery, and the like, and finally to clean the rug or floor covering. However, many people still prefer to dust last. The exact sequence is not so important as is rapid and thorough cleaning with minimum output of energy.

For cleaning the radiator, the suction tool with a long tube or nozzle is used. The flexible piece of cloth-covered tubing is connected to the front of the electric cleaner usually by simple

screwing. The tool itself, the blower, is slipped over the metal end at the other end of the flexible tubing. The switches are controlled just as if the cleaner were in regular operation. In using this tool we simply turn the switch and point the blower into all of the crevices of the radiator. The suction is very effective in removing dirt and it is much more comfortably done than getting down on one's knees to sweep with a whisk broom. If your home has a hot air heating system, you could use the same tool or you could use the open end of the hose on the register. This tool is also used for cleaning the lighting fixtures and lamps, for removing the dust from the crevices of the woodwork and for dusting books and bookcases.

WHEN cleaning draperies, the tool depends on the type of material and the amount of dust in them. If the material has a smooth surface, the tool without the brush is sufficient. If the material has a rough surface and the dirt is deeply embedded, the tool with the brush is preferred. In using either tool, one begins at the top and moves slowly down the length of the drapery. One must make certain that the point of maximum air-flow occurs near the tips of the bristles of the brush. Otherwise, the suction isn't where it can be used most effectively. This position is provided for in the construction of the tool when a narrow rubber band is mounted inside the rows of bristle tufts. The tool with the brush may also be used for cleaning wall hanging. For cleaning upholstered davenport and chairs the same tool is used.

The dirt found in rugs may be divided into three kinds; surface litter including thread, hair, lint, bits of paper, and the like; dust containing organic matter, grease, and bacteria; and grit

with sharp cutting edges. The dirt may be on the surface but in the upper portion of the pile, or imbedded in the pockets of the rug. It may be in any or all of these places. So the task of the electric sweeper is to remove as much of the dirt is possible.

In general the cleaning action of a machine is this: The suction of the cleaner raises the rug against the lips of the nozzle; the rotating bristles on the motor-driven brush have a tendency to depress the rug as they pass over it. This produces the beating action. Beating action, of course, does not exist in the simple suction types of cleaner. In the motor-driven agitator type the brushes are supplemented by metal bars which function similarly. The stream of air passing into the nozzle, carries the dislodged dirt through the fan chamber and into the bag. Dislodging the dirt depends primarily upon the beating action of the revolving brush. Consequently the brush should be adjusted with the bristles extending the proper length beyond the nozzle lips. This nozzle adjustment is very important. If the nozzle is too high, it will not pick up the rug and there will be no beating action. If it is too low, it will be difficult to operate and much of the beating action will be lost. The efficiency of the cleaner is also dependent upon the care one takes with the bag. It must be kept clean. Dirt in the bag counteracts part of the suction at the nozzle thus decreasing the effectiveness of the cleaner. The bag should be emptied at least once a week, more frequently if it needs it. Some tests indicate that one and three-fourths feet per second is the most efficient speed.

In operating the cleaner one must be careful not to allow any sharp objects to get into the fan chamber, for this would destroy the balance of the fan and thus impair its efficiency. In cleaning fringed ends, the cleaner is moved to the bare floor and the rug is approached from the outside tilting the cleaner by pressing the handle down. Then the cleaner is glided over the fringe, lowering it against the rug and drawing it towards the operator across

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the fringe. This method also straightens the fringe.

Even the dust that has been collected on the bare floor, may be easily taken up with the electric cleaner. In fact that important piece of equipment puts the cleaning job out of the dreary, back-breaking class.

Iowa Needs to Repair

IOWA farm houses are much in need of repair. One in every eight houses needs to be replaced; improvements of many kinds are desired.

Dr. Margaret G. Reid, assistant professor of economic science, reports in her survey of the status of farm housing in Iowa, recently completed, that not only are the houses much in need of repair, but during the past three years the majority of 221,000 families have spent less than \$100 on repairs or improvements.

Information for Dr. Reid's study was obtained concerning 8,298 owner and 10,491 non-owner houses in 154 townships in 10 representative Iowa counties.

The questions which were asked the families concerning the desire for improvements were largely of two kinds. What do you have? What do you want? One fifth of the families would install water systems if they were to spend the \$500 available for house improvements, Dr. Reid's survey shows. About one sixth of them reported that they would improve interior walls, ceilings and floors; about the same percentage reported that they would install bathroom equipment.

Few families, Dr. Reid found, are willing to borrow money for improvements that they would like to have.

Bags,—they're really too vast and capacious to be called purses—are really being made to serve their purpose. Those shown now often have as many niches, cubby holes and safety catches in which to cashe your knick-knacks as a pigeonhole desk. They're bags to take away your envy of a man's 13 pockets.

* * *

Imagiins the quaint rusticity of two or three tiny golden leaves in your ear! Chanel is making them for evening wear now.

* * *

Death masks and plaster head casts have always spelled a peculiar fascination to most people. Just imagine the distinction they lend to belts when used to form the clasp.

* * *

Criss-cross lacings a popular closing for simple fasten-down-the-front sports dresses.

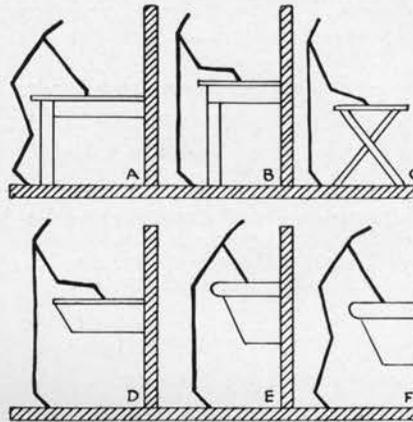
Even in the Kitchen

It's Division of Labor

By Laura Christensen

ALTHOUGH most modern women like to hike, they prefer to take their exercise in more interesting scenery than the four walls of their kitchen. So the equipment in the best of kitchens should be arranged in a manner that eliminates the necessity of using all of a woman's energy in the kitchen and leaves none for outdoor recreation.

If we were to put down in black and white the steps that are taken in giving the family mashed potatoes, a typical



Heights to Suit the Person

and frequently prepared food, we find that first they are washed and peeled, then cooked, mashed and seasoned, served and last the dish that they are served in and the kettle used in cooking are washed and put away. In general, this covers the three types of work that make up kitchen work—preparation of food, cooking and serving, and clearing away.

Isn't it logical that the three kinds of work will be accomplished much more quickly and probably more thoroughly if the necessary equipment for each is grouped together?

THE term "preparation" of food also includes storage, so the necessary pieces of equipment for this center are: cabinet or table top of some sort, storage cupboards, refrigerator, bins for fruits and vegetables, and a sink.

The cooking and serving center includes a range, shelf or cupboard for utensils and serving dishes used at range and some kind of serving table (either stationary or movable).

The clearing-away center in the best of regulated kitchens includes a stack table for dishes, a sink and cupboards.

Fotunately, the preparation center, at least the storage part, should be handy to the back door and the delivery boy, and the serving center should be near the dining room. And as it is generally easiest for most women to work from right to left, probably the best arrangement is to have the storage bins near the back door, with the sink just to the right of them. A cabinet might very well be placed around the wall to the left of the storage space, followed by the stove and other articles in the cooking and serving center. Probably the dining room door will intervene here, and on the left of it might very conveniently be the cupboards and stack table of the clearing up center. This brings us around to the sink again, which, you will remember figures in two centers—the preparation and clearing up—so these two can overlap here and we are back where we started.

Some general rules which apply to all centers which make for a more convenient and less tiresome kitchen are: Place equipment as closely together as possible to give a continuous work surface and conserve space.

At least a 3-foot alley-way down the center is necessary for opening doors and so on but more than 5 feet causes many extra steps.

Table tops of equipment should all be the same height and that should be the best possible one for each individual housekeeper—the height on which the flat palms rest when held straight downward is least tiresome.

This is an idea for a picnic—broil bananas over the campfire. You could place them, skins and all, covered with ashes, in the coals to roast.

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Radio Flashes WOI Homemaker

MRS. ELMA BYWATER of the Foods and Nutrition Department in a radio talk, in "Americanizing Macaroni," gives some general suggestions for cooking macaroni. Use about 8 cups of water for a 10 ounce package. Have the water boiling and salted, drop in the macaroni and boil gently; don't overcook. It should be tender; some prefer it rather chewy, but it never should be shapeless and flabby. Usually 10 to 15 minutes is a sufficient time for cooking.

Some recipes using macaroni:

CRESCENT SALAD

1 pkg. macaroni	1 small bottle of
3 hard boiled eggs	very smallest on-
½ c. diced celery	ions
½ c. pimento and	Salad dressing
olives	1 onion, size of
	egg, or

Also:

MACARONI STUFFING

½ lb. macaroni	1 egg
4 tbsp. melted butter	½ lb. mushrooms
3 apples	1 c. prunes
½ lb. chestnuts	Salt and pepper
	Sage

Cook macaroni in boiling and salted water until tender. Drain. Cook and stone prunes, cut into quarters. Pare, core and chop apples. Parboil chestnuts, remove hulls and cut into quarters. Mix macaroni, prunes, apples, and chestnuts, melted butter and beaten egg. Season with salt, pepper and sage. Stuff mixture into chicken.

And:

CONVENT PIE

½ c. macaroni	1 c. grated cheese
1 c. cream	1 tsp. onion juice
1 c. soft bread	1 tsp. chopped pars-
crumbs	ley
¼ c. butter	3 eggs
1 tsp. red or green	1 tsp. salt
pepper	

Cook macaroni in boiling salt water until tender; drain and rinse in cold water. Scald cream, add bread crumbs, butter, pepper, salt, grated cheese, parsley, onion juice, beaten eggs and macaroni. Line quart baking dish with waxed paper, turn in mixture. Set dish in a pan of water and bake in a modern oven ½-¾ hours. Serve with tomato or mushroom sauce.

* * *

Louise L'Engle of the Food and Nutrition Department suggests Norfolk Oysters in "Fish in the Mid-winter Menu" Homemaker's half-hour broadcast.

To make them use:

½ c. hot boiled rice	1 tbsp. butter
1 pint oysters	Salt and pepper
1 c. medium white	Buttered bread or
sauce	cracker crumbs

Cover the bottom of a buttered baking dish with half the rice, cover with half the oysters, pour over half the

sauce, dot with butter and sprinkle with salt and pepper. Repeat using the

remaining ingredients. Cover with crumbs and bake at 375° F for 20-30 minutes.

If desired, lobster or shrimp may be substituted for the oysters.

* * *

Garnishes for salads are suggested by Lenore Sullivan of the Institution Management Department in her "Salad Symposium." Select one of these to top your favorite:

1. Slices of pickle, crosswise or lengthwise or pickle.
2. Whole green, ripe or stuffed olives.
3. Whole gherkins.
4. Slices of stuffed olives.
5. Slices of radish, or whole radishes in bud shape.
6. Tiny green onions.
7. Strips of pimento; pimento cut-outs.
8. Cutouts of pickled beets.
9. Chopped pimento and green pepper.
10. Rings of green pepper; thin slices of green pepper.
11. Crosswise or lengthwise slices of eggs, hard cooked.
12. Chopped hard cooked egg, or hard cooked egg and chopped pimento or green peppers.
13. Cheese balls, plain, rolled in nuts, rolled in paprika, made of tomato or pimento cheese or of a savory cheese.
14. Grated cheese.
15. Candied and marschino cherries for fruit salad.
16. Halves, quarters and chopped nut meats.
17. Long thread and browned cocoonut for fruit salads.
18. Slices of lemon—fish salads.

* * *

Miss Sullivan also gives a recipe for Thousand Island French Dressing:

½ c. salad oil	1 tbsp. finely chop-
Juice ½ lemon	ped parsley
1 tsp. salt	8 sliced stuffed
¼ tsp. paprika	olives
¼ tsp. mustard	1 tsp. Worcester-
1 tsp. onion juice	shire sauce

Mix ingredients, chill, shake thoroughly.

* * *

Information from the Bureau of Home Economics, U. S. D. A. suggests a simple dinner to use on days when the time dinner will be served is doubtful. They are "meals that will wait." corn.

Casserole dish of meat, tomatoes and corn	Jellied cucumber salad	Butter
Toasted rye bread	Apple sauce	Wafers
	Coffee	

* * *

Fern W. Gleiser, head of the Institution Management Department, suggests the menu for the Harvest Home Supper:

	Festive ham	
	Pepper relish	
Parsley butter potatoes	Corn pudding	
Cranberry molded salad		
Parker House rolls		
Pumpkin Pie		
Coffee		

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BY THE CLOCK

Meals Are a Rite

(Begins on page 3)

The Swedish people make fine china in attractive designs. It is not crude, as some peasant work is, but it seems more elegant, probably influenced by French art.

Swedish glass made at "Orefors" is known the world over. It is beautifully hand-etched, and the name of the artist-designer always appears upon it. It is very expensive. Recently a wine glass set was sold in a department store for \$1,000.

The pottery made in Sweden is good in design and is mostly hand done. The Swedish people like pottery of good quality and construction, substantial and still artistic.

In many of the cities one sees shops of silver-smiths. Their work is exquisitely done by hand in original designs. The most famous designer, though not Swedish, is George Jensen of Copenhagen.

In the Swedish department stores it is possible to find practically anything one wants, Miss Gabrielson noted, except shoes. Shoes seem to be made in very few lasts and sizes, though one feels sure that the people possess varying widths and lengths of feet. All the better silk stockings are of American make, and most of the national brands appear. Even American rain-cape are on display.

In each department store are interpreters wearing the flag of the country whose language they speak. Some have as many as six badges, and they are glad to help you.

Sweden, as Miss Gabrielson paints it, with its cleanliness, its friendly courtesy, its attractive home life, and its many beautiful products of art, sounds like a happy, prosperous place, and one very much worth visiting.

Alumnae Echoes

(Begins on page 8)

Mildred E. Miller, '30, is teaching at Gilman, Iowa.

* * *

Josephine Mishler, '33, is employed in the food service department of the Savery Hotel, Des Moines.

* * *

Opal (Wind) Coad, '24, is in the nutrition department of the Douglas County FERA, Omaha, Neb. She writes that the work is strenuous, but interesting and she enjoys it very much.

To remove indelible stains, use alcohol. Sponge the spot first with denatured alcohol and then wash with water. Indelible pencil contain graphite, so after treating the purple pencil-mark with alcohol, remove any traces of black graphite with soap and water.



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Why the Eggs?

Twelve reasons for serving eggs are suggested by Mrs. Clara G. Snyder of the Institute of American Poultry Industries:

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They combine well with other foods.
They can be prepared in a thousand different ways.

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They are important in dental health because they contribute the minerals, phosphorous and calcium which are main constituents of teeth.

They are rich in that elusive mineral, iron.

They provide efficient, complete protein for building and repairing body tissue.

They are recommended in the daily diet by nutritionists, dentists, and physicians.

Tricks of the Trade

(Begins on page 7)

Provide ample light of an evenly distributed quantity.

Do not direct light from the front.

Have no great contrasts between light and darkness.

Take every possible precaution to eliminate reflected and indirect glare from the reading page, mirrors, furniture, and other objects.

* * *

Have you ever entertained at "brunch"? It is a late leisurely breakfast which combines breakfast and lunch. Table cookery helps make it delightful and easy—an electric toaster, waffle iron or grill may be used. The menu might be:

Iced Honeydew Melon	
Scrambled Eggs	Crisp Broiled Bacon
Radishes	Carrot Sticks
Toast	Breakfast Cheese
	Marmalade
Date Bread	Coffee

These Formal Fashions

(Begins on page 5)

scheme this winter. A bunch of artificial posies will do the trick of a corsage. But keep them off the shoulder. Place them on the waistline either in front or in back where they won't be smashed by your dancing partner.

Don't all these gowns and hats and shoes sound romantic? Feminine frippery has taken on an exciting aspect such as it hasn't had since the days of feather fans. So start planning those little tricky details of your outfit right away. See you at the Prom!

If You Want

(Begins on page 1)

done some traveling. Tours in Europe and the United States have given me physical, mental and, I trust, spiritual relaxation.

My recipe for tired body or mind is a trip to the Rockies with days of long hikes or hard climbs or, if lazy, reading beside a log fire. There is nothing small about mountains. They rise to such mighty heights with such calm stability! They are so reassuring! Mathematics is like that, too. It is so old, so truthful, so difficult to scale if one would reach its heights. It is like the great peaks of the continental divide that determines the flow of streams to the east and to the west. Mathematics from its heights turns the streams of its usefulness into the avenues of other sciences and makes them powerful in their service to humanity.

If you want a job which will give you 100 percent returns in lasting satisfaction—then teach. I would add—teach mathematics. It is well that everyone does not agree with me or the field would be over-crowded. At the present time when educational costs are being cut, it is well to be prepared to teach subjects which are stable in the curriculum. Mathematics is still one of those. When combined with general science or home economics or some other required subject, it gives one dependable equipment for securing a high school position. College positions in mathematics are scarce for women and required advanced degrees and experience.

The greatest satisfaction I find in teaching either in high school or college is the chance to help individuals learn to trust their own mental powers. Seeing a student get a new combination of ideas, seeing him clear away unimportant things and arrive at the main issue, seeing him drop the closed mind attitude for one of open mindedness, seeing him experience the great joy of pushing his mind into new conquests—these are indeed satisfying experiences for a teacher.

After all, it is not merely a subject one is teaching. The great adventure is working with a personality. When I get to the place where I am sure I know the best way to teach my subject and just how to handle any individual student I shall resign. Such a condition is a sure sign one has fallen into the great hazard of the teaching profession—a rut. Any one of us who is in a rut is already half buried and some one should mercifully finish the job and thus help save the youth of the land.

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Her Kitchen Is An Idea Factory

At Iowa State she studied Home Economics and Technical Journalism. At home she practices with new combinations of food, new applications of old ideas in cookery.

“Usually,” she admits, “these kitchen experiments are not the kind that would make the world clamor for their secrets.” But occasionally her tests produce a dish or a discovery that is proclaimed a “Burbank” by the family.

It is then that she uncovers her portable and writes a magazine article that will broadcast the discovery to thousands and add a few figures to that vacation fund.

She is Grace McIlrath Ellis, once editor of this magazine.

Like many another Home Economics graduate, she is constantly finding new ways to apply that slogan, “Science with Practice.”



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