

Whatever Miss T. Eats . . .

By Elinor Acheson

CHRISTMAS! What joyousness and excitement are hidden in that word. What a picture it brings before your eyes—dazzlingly bright lights, gaily decorated shop windows, people bustling

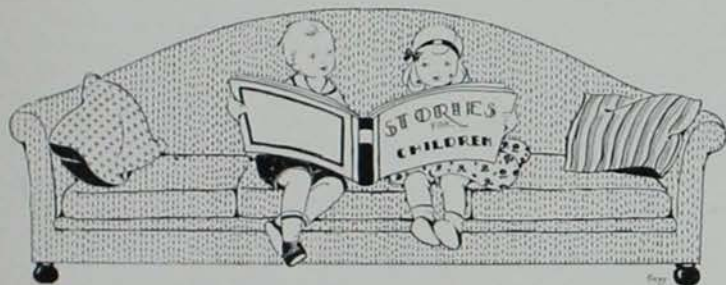
There are so many, many delightful books for children that to list them all would be impossible. But one can always start with the old favorites—"Mother Goose," of course (copies illustrated by

"Heidi," by Spyri; "Treasure Island," by Stevenson—all of these and scores of others that have tested their worth by their continued popularity.

Of course, one must buy with the tastes of the particular child always in mind. If you are buying for the very young child who has a fondness for animal books, he is sure to like Boyd Smith's "Farm Book," or Beatrix Potter's "Tales of Jemima Puddleduck," or any of her tales of animals. If it is a child who likes something which appeals to his imagination, he would love A. A. Milne's "Winnie the Pooh," or, for older children, "Robin Hood," by Howard Pyle. If it is nature they are interested in, let them have "The Earth for Sam," by Maxwell Reed. There is a great variety of fascinating history stories for those historically inclined—"Otto of the Silver Hand" (another Howard Pyle book), about a boy who lived in the Dark Ages, and "Alison Blair," by Gertrude Crownfield, an exciting story of a young English girl's adventures in early America, will be found in this group.

Books about children in other lands are becoming the most popular choice of all with the children. It is indeed something to be encouraged, for it is the best road

(Continued on page 16)



Start a Library for Them

from store to store, through the toy department, past the jewelry section, past the novelty counter, past the—but stop! Here we are at the book department and right before a gorgeous display of children's books! You need go no further, for that Christmas present for young Billy or that niece of whom you are so proud.

But which to choose from that bewildering supply? Here is something that one must think about seriously before buying, for a book, if it is a good one, is the most valuable gift one can give a child, because "books are the food of youth," and you know—

"It's a very odd thing—

As odd as can be—

That whatever Miss T eats

Turns into Miss T."

—Peacock Pie—De La Mare.

If one were to choose by the outside of a book one's task would be comparatively easy, for all the books, good and bad, are very attractive with their brightly-colored covers. But one should go farther and examine not only the context, but the printing, paper and illustrations. Of the context we shall speak later, and take up briefly the make-up of the book.

For that very small niece, an untearable picture book is desirable, for a child loves to look at the brightly colored pictures, but is quite as likely to test its durability by chewing upon it or throwing it vigorously upon the floor. A great many of these little picture books are very inartistic, and one must pick carefully, for those done by really good illustrators are of more value to the child. "The Old Mother Goose," compiled and illustrated by Anne Anderson, is a charming example of good illustrating.

Kate Greenaway and Smith are recommended); "Aesop's Fables" (illustrated by Rackham); "Arabian Nights," "Child's Garden of Verses," by Stevenson; "Little Women," by Alcott;

By Katherine Goepfinger . . .

(A reprint from the November Alumnus)

KATHERINE GOEPPINGER, '24, of Boone, recently realized the ambition of every college man or woman who has supplemented the studies of a prescribed technical course with a little work in journalism. It is the dream of every student who "eubs" on the AG or ENGINEER or who holds down a "desk" job on the STUDENT or HOMEMAKER to, some day, see his or her name in the signature line of a headline story in some national magazine or metropolitan newspaper.

As is true with most undergraduate dreams, the realization of such an ambition is often long delayed. Not so in the case of Miss Goepfinger, who has been "free lancing" in the field of home economics ever since her undergraduate days. When the November issue of the LADIES' HOME JOURNAL appeared on the news stands an article, "Roasting Equipment, by Katherine Goepfinger," appeared on page 110 of the magazine.

Knowing of Iowa State's nation-wide reputation for outstanding work in the testing of all sorts of household equipment, Miss Goepfinger returned to the college after receiving her degree in home economics, for additional work in the household equipment laboratory, where she worked under the direction of experts. Since then she has continued to

specialize in household equipment and today is in constant contact with manufacturers and public utilities, writing on all sorts of household equipment and its uses.

Articles by such home economics specialists are usually illustrated by photographs taken in the writer's own kitchen or drawings by the author, and often the food, which is merely a matter of paper and printer's ink, looks good enough to eat.

The average housewife or cook will be able to glean a world of information about roasting meats from Miss Goepfinger's account of her experience with various kinds of cooking utensils. To be sure, someone is paying Miss Goepfinger for her work, but to the average housewife the benefit of this experience comes all most without cost.

The influence of work done in the experimental kitchens at Iowa State is becoming more far-reaching every year. The discovery of how to properly prepare a roast, make good rolls or correctly heat the baby's milk, when the knowledge is distributed through the household magazines, brings untold blessings to the home and homemaker. Not every homemaker has the knowledge of chemistry, bacteriology and electricity necessary to turn her own kitchen into a research plant,

(Continued on page 15)

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(Continued from page 3)

toward international friendship, as the more recent books on foreign countries and their customs are sympathetic, intelligent, unbiased pictures. Lucy Fitch Perkins' Twin Books are most popular.

There are books of poetry, there are books about the Bible, humorous books, books of romance. If you are unable to tell which are good and which are poor, catalogues and lists may be procured through your public library, which not only list the best books, but list them according to grade and subject.

If your gift is chosen with regard to the child's individual tastes and age, and with regard to the illustrators and compilers, it is sure to be a good one and one that will be enjoyed and cherished.

**New England Bears a
Leader**

(Continued from page 1)

the department of mining engineering in the institute. The next year women were admitted to the institute on a par with men, the women's laboratory was torn down, and Mrs. Richards continued teaching in the institute.

At this time the first correspondence school in America was opened. Mrs. Richards was given charge of the department of stones and minerals. Through letters of rural women she discovered that there was an appalling amount of needless sickness among American women, and moved by this she wrote a tract on health, which was sent out to thousands of women. Following this, Mrs. Richards wrote much on food adulteration, cost of cleanliness, cost of living and cost of food. Much of her time was spent in lecturing. She originated the idea of the school lunch. At the World's Fair in 1893 she set up a model kitchen, where she served daily lunches, giving with each the food nutrients it contained and the value of these foods to the body.

In 1899, when she was 57 years old, Mrs. Richards helped to found the Lake Placid Home Economics Conference, which we know now as the Home Economics Association, and which before her death had begun to publish the Journal of Home Economics.

Ellen H. Richards died in 1911, at the age of 68, one of the most dearly loved women in America. Before her death Mrs. Richards made this prophecy: "The woman of the future will choose the household for her profession, not because she sees no other means of making a living, not because it is a traditional heritage, but because she will there find the means to give her best strength and skill and knowledge to mankind."

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