



ANTE

SCRIPT

4-H Copy

Note: The 4-H copy was lost in the mail. There will be more for March.

A group of college 4-H girls were assembled in a dormitory room.

"How do you use the 4-H hand-bound books that I have been seeing in your rooms?" asked a sophomore.

"For expense accounts," promptly answered a practical freshman, who is earning her college expenses. "My little 4-H expense account book wasn't inclusive enough for my college expenditures. I have lettered the book I made in our Home Furnishing club work last summer. It is arranged like my 4-H book except that the column headings provide more room, and they are more inclusive."

"Now please, no remarks about my would-be artistic ability, and I will tell you how I use the two booklets I made demonstrating to my 4-H girls last summer," volunteered another girl.

"In one of them I keep my design motifs that I draw in art class and during my spare time. Sometimes I exchange my motifs with those other girls have drawn. I add these to my collection. In the other book I keep clippings of unique designs from magazines or unusual samples of lettering that I find."

The owner of the room gathered several books, bound with colors to harmonize with the other furnishings in her room, from her study table. On the fly-leaf of the first book was lettered, "Poems I have loved."

Verses by Douglas Malloch, Grace Noll Crowell, and Edwin Markham were copied on many of the pages. Other pages had clippings of verses by many different authors.

Miss Buchanan's "Dreaming", a song written for 4-H girls, had a prominent place on the page. There were many blank pages which will be filled as the school year brings the owner new literature and experiences.

"By the time you are graduated you will have a poem for every occasion, won't you?" teased someone.

"Yes, but those poems have a practical value, too," replied their owner, "Their colorful phrases give me many ideas to work into my English themes."

"As Mrs. Bakke says, 'He who would carry away the wealth of the Indies must have the wealth of the Indies in his heart.'"



"People Will Talk"

"You may get through the world, but 'twill be very slow,

If you listen to all that is said as you go; You'll be worried and fretted, and kept in a stew,

For meddlesome tongues must have something to do,

And people will talk.

If quiet and modest, you'll have it presumed

That your humble position is only assumed;

You're a wolf in sheep's clothing, or else you're a fool;

But don't get excited, keep perfectly cool,

For people will talk.

And then if you show the least boldness of heart,

Or a slight inclination to take your own part,

They will call you an upstart, conceited and vain;

But keep straight ahead; don't stop to explain;

For people will talk.

If threadbare your dress, or old-fashioned your hat,

Someone will surely take notice of that, And hint very strongly you can't pay your way;

But don't get excited whatever they say;

For people will talk.

If you dress in the fashion, don't think to escape;

For they criticize still in a different shape;

You're ahead of your means, or your tailor's unpaid; But mind your own business; there's naught to be made—

For people will talk.

Now the best way to do is to do as you please;

For your mind, if you have one, you may hope to please.

Of course you will meet with all kinds of abuse;

But don't think to stop them; it ain't any use;

For people will talk.

—Anon.

Lamps for the Home

In this age of many lamps there is a lamp and shade for every simple interior. There are lamps with the mounting figurines which introduces the jolly, bright note into the interior.

Then there are the old glass lamps which are lovely for the bed room. These can be filled with colored water, which gives an interesting effect. Pleated chintz shades add a note of color in the bedroom. Then there are the shades of Italian hand blocked paper in old reds and blues which adds variety.

If the interior is of the early American furnishings a lamp with a pewter base would be suitable material. The shade might be of a soft yellow.

A room furnished with antiques demands a lamp not only harmonious in color and decoration, but also in period with the furniture. If you wish to make your own lamp shade, you can find your motifs in the decorations of old painted furniture, wood carvings, old prints and old wall papers. The lamp should be considered as to type, formal or informal, period style or nondescript, as the room requires.

In considering the shade, soft neutralized tones of yellow, red orange, yellow green, green, and blue green are satisfactory. The yellow and orange tones have the widest range of usefulness. In selecting colors for lamp shades, take into consideration color effect in the room in the daylight, color effect in the room at night, and effect of color at night upon the people in the room.

Always keep in mind that simplicity is the keynote of all good design. When there is any doubt the lamp of simple lines and subdued color is safest. If the base of the lamp is decorated, the shade should be kept plain; or if the base is plain, a decorative shade will add interest. Lamps are meant to be useful as well as ornamental, therefore it is wise to use shades which will give off the most light.

THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemakers' School"

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Adrift in Chicago

By Two Home Economicers Who Are

Editor's Note: Lorraine Gutz and Ruth Watkins, editor and business manager of the 1929 Homemaker, are living together in a Chicago apartment. Lorraine is with the National Dairy Council and Ruth is with Swift & Co.

"RUTH, what are we going to do about that Homemaker story?"
"We've just got to do something, Lorraine, because today is the deadline."



Lorraine Gutz

"Do you remember last year how we used to worry about folks who missed getting a copy in on the fatal day?"

"Just think, a year ago you were just being initiated into the mysteries of home management house and I bequeathed little Ruth to you."

"Miss Bishop writes that Ruth has been taken back to Des Moines. Wouldn't it be fun to have her here?"

"Wouldn't it, though? She's all we need to make our home completed. We didn't realize, did we, Lorraine, how similar our Chicago life would be to college life at Ames?"

"I should say not! We even keep

Iowa State hours. Do you remember how worried we were the week night we stayed so late at the Charles'?"

"Oh, yes, and the Sunday night we forgot our key and had to ring the doorbell. That was plenty embarrassing."

"Yes, and proctor mark for you, Ruth."

"Well, Miss Smarty, it's time for Sunday dinner now. We'll have to wait until after dinner to write that story."

"All right, your word is law this week, Ruth, since you are the cook."

"You'll get your inning next."

"That's right! I'm hungry as a bear. Will the dinner today have any of the usual surprises?"

"You never will forget the time I made bread pudding out of some leftover fish souffle, will you?"

"Goodness, how could I forget? At any rate, you lived up to the 'no leftovers' ruling."

"That ruling helped us to discover a few original food combinations, to say the least. Shall we include some of our recipes in this story, Lorraine?"

"I don't believe we had better. It will be more fun to serve some of these dishes when our Ames friends are here for the World's Fair."

"That's another point for the story—our open house for all Iowa State folks in 1933."

"If very many of them come at once, we will have to enlarge our entertaining facilities."

"Or entertain a la Japanese!"

"Now that dinner is over and the dishes are washed, perhaps we can settle down and get this story written, or at least decide what else we're going to write about."

"Since we have no snapshots of our apartment, we'd better begin with a description of it, don't you think?"

"Agreed! Let's begin by telling them about 'It.' Funny how that name has stuck to our one anonymous piece of furniture."

"What else could one call something that is a cross between a high-boy and

low-boy, a combination writing-desk, bureau-chiffonier and what-not?"

"Yes, and the wood seems to be a cross between maple and cherry. Remember how the inside smelled like apple blossoms when we first arrived?"

"It certainly did! Oh, we must tell them about our antique, Lorraine!"

"Queen Anne! That mirror is certainly a trophy of your adventures."

"It was a bargain, too. Just two dollars for that big expanse of glass."

"That's not so cheap, considering the mental agony you endured before the second-hand man crashed through with the bargain."

"Being Scotch and having studied home accounts—What'll be our next point of interest?"

"Shall we tell them about our bed that swings around on a door and hokus-pocus is out of sight when the day begins?"



Ruth Watkins

"That's stretching the point—you know how we love our sleep."

"Especially when the Goldberg's radio breaks in on the morning slumbers. Say,

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Our Aluminum Cooking Utensils Shall We Discard Them?

By P. Mabel Nelson, Ph. D., Head of Foods and Nutrition Department

IT is just one hundred and two years since aluminum was first produced in powdered form by a German chemist. It was then as great a curiosity as radium is today. When exhibited at the International Exposition in Paris in 1885, as aluminum ingots, it was valued at \$90 a pound and attracted much attention. At that time, one of the newspapers in Philadelphia, commenting about this new metal, described it as follows, "The metal is white as silver, does not tarnish and is ductile in the highest degree. It is a good conductor and can be melted and cast in the air,—cold and hot water, nitric acid, heat, sulphuric acid do not act upon it. . . Should this new metal, which has all the good qualities of silver, is as malleable as gold be brought into general use, it is easy to predict that silver would have its day for the purpose of domestic life. Cooking utensils, plates and dishes, spoons and forks, drinking cups, will all be of aluminum."

We, today, familiar with aluminum utensils of every size, shape and form, realize that that dream of one hundred years ago has been realized a thousand fold. Our modern aluminum utensils are of two kinds, "the heavier utensils made of cast aluminum, such as are frequently used for preserving kettles and frying-pans; and the thinner stamped and spun utensils. The latter, the spun utensils, are formed out of sheet aluminum and then shaped and polished by the method known as spinning. The heavier cast utensils usually contain from about 5 to 7 percent of copper alloy. The lighter, stamped and spun utensils are usually approximately pure. Chemical analyses of a large number of utensils, from different manufacturers, showed that the only impurities contained in vessels of this type vary from .1 to .2 percent of iron, with a very small fraction of a percent of silicon. The extreme purity of aluminum utensils is one point very much in favor of the element, as impurities in a metal increase its tendency to corrosion. It follows from the underlying principles governing corrosion that when it takes place soluble substances are likely to be formed which might contaminate the foods that come in contact with them."

You have observed, probably, if the water you have for cooking purposes is hard, that your aluminum utensil shows darkening after hard water has been heated in it. You have likewise doubtless observed that when some acid-containing food such as tomatoes, or rhu-

barb or pickled beets, are cooked, or stand overnight in the aluminum utensil, that the black coloring disappears and the utensil is left bright and shining once more. The salt used in cooking may, with the dilute acid of the foods, seem to have a more decided effect on the utensil than that of the dilute acid alone. What has happened, and will it be harmful to eat the food which has caused this change in the color of the utensil? One cannot help but wonder and then question the advisability of using the food.

Scientific investigations have been undertaken from time to time to answer these questions. The results of an investigation made in 1913 were published in *Lancet*, a British medical journal. Aluminum utensils of different makes were heated with acids, and alkalies of known concentration, with acid foods and vegetables of many kinds, then carefully examined for evidence of corrosion and attack on the metal, and for evidence of dissolved aluminum in the food or the liquid contained in the utensil. The conclusions were, that the "aluminum is no more susceptible to action of water and foods than iron," that there was "no evidence that ordinary cooking operations attacks the aluminum* so that an objectionable amount of soluble salts are formed,"—that "traces of aluminum salts only are found with organic and mineral salts in the cooking pan." Finally, that "any suspicion that it may communicate poisonous qualities to food in the process of cooking may safely be dismissed in view of the practical experiments recorded showing that the metal is not appreciably acted upon in cooking operations."

In our own country, similar tests were made by Dr. Cushman, of the Institute of Industrial Research of Washington, D. C., at the request of Good Housekeeping Institute. The results were first published in *Good Housekeeping* in 1915 and then republished this past year, 1929, in the September number of the journal, under the title, "The Truth About Aluminum."

Dr. Cushman's findings in brief were as follows: "The attack of half-percent acetic acid (vinegar) solutions in distilled water on stamped and spun aluminum utensils during an hour's boiling was found to be very small. It was slightly greater, however, if half a percent of salt was also present, and was about the same if the solution of acetic acid and salt was allowed to stand in a vessel cold for two days. No attack ap-

parent to the eye was observed on the metal surface. The action of these dilute solutions when made with distilled water was greater than when most city waters or well waters were used. Also, these test solutions were of much greater acid strength than is occasioned by any ordinary cooking operations. A one-half percent acetic acid solution such as was used in these tests corresponds to a strength of acid which would be represented by mixing one-fifth of a pint of vinegar in a quart of water.

"The actual loss in weight suffered by the aluminum ware were in these experiments, as the average of a number of separate tests, was equal to about 0.3 of a grain of aluminum per pound of the acid water used, and about 0.35 of a grain per pound of the salted acid water used. The ruling of the Food Inspection Board of the U. S. Department of Agriculture with respect to the allowable quantity of tin salts permitted in canned food products sets a permissible maximum of 300 milligrams of tin salts per kilogram of food contained in the can (2.1 grains per pound of material). In view of the fact, therefore, that aluminum salts are not considered as poisonous as the salts of tin, it can readily be seen that even under the conditions of this test, and with these comparatively extreme acid liquors, the attack upon the aluminum was of such small magnitude that it could not be considered as dangerous or deleterious to health. In addition to this, it is well known that on boiling very dilute solutions of aluminum salts, the insoluble hydroxide is precipitated, which is held by the leading authorities on toxicology to be non-poisonous in its nature. If, however, any considerable quantity of aluminum was taken into solution, this point might be considered as open to debate, as it has been held that aluminum hydrate is redissolved by the hydrochloric of the gastric juice, forming chloride of aluminum, some of which might be absorbed.

"The next test was to determine the effect of dilute alkalies upon aluminum. An alkali is in effect the opposite of an acid principle. That is to say, when an alkaline substance is mixed in the proper proportion with an acid substance, the acidity and alkalinity are both destroyed, and the resulting substance is known as salt. In the same way metals may be acted upon by acids and alkalies; and the resulting substance is a salt. Thus, if acetic acid acts upon aluminum,

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Health and Hygiene

The Home Medicine Cabinet

Although we do not like to dwell upon the event which may call for medical attention we must recognize the fact that there are times when a knowledge of first aid and adequate equipment are very valuable assets.

I wonder how many of us have ever stopped to think of the enemies which lie in wait for us as we go about our daily tasks. Every time we approach a stove there is Hot Iron, Open Flame or Steam ready to give us burning discomfort. When we cut bread or slice onions, Knife is apt to gash us. Stair floats over giving us bumps, not to mention Icy Walk or Runover Heel Bacteria waits his chance to catch us off our guard. Are we ready to thwart these foes?

Yes, we are protected if we have our magic box and know the laws of first aid treatment. These boxes are not rare. I have one. You can buy or make one in a short time.

The first essential is a small white box, white because Bacteria fears spotless cleanliness. This box should be hung high or placed on a high shelf so no child can tamper with the family medicine cabinet. Never try to prevent access by locking, for who could ever find a key on a cold dark night or in an emergency. The hanging cabinet is most convenient as there is shelf room and every bottle has its own place to stand, while in an ordinary box there is bound to be confusion, like only to that one finds in a coed's dresser drawer.

If the cabinet is to be 100 percent efficient it should contain the following articles:

Our Enemy	Our Ally
Burn	Carbolated vaseline
Faint	Aromatic spirits of ammonia
Sprain, Bruise, Fatigue	Rubbing alcohol
Disease	Clinical thermometer
Sore Eye	Boric acid. 1tsp. to 1 pt. of boiling water.
Constipation	Castor oil 1 to 2 tbsp.
Wounds	Mercurochrome or iodine. Sterilized gauze. Adhesive plaster. Absorbent cotton. Triangle bandage.
Poison	A good emetic is mustard. 1 tsp. in a glass of water.

Chill Mustard. 2 tbsp. in a tub of hot water.

Tooth ache Oil of cloves.

General equipment—Glass, Teaspoon, Scissors, Safety pins.

Here are some warnings concerning the use of this box.

1. Have everything labeled plainly, then read the label. Look at it three times before giving a dose of medicine. Once before removal from the shelf. Once before it is poured out. Again as the bottle is returned to the shelf.

2. Medicine prescribed for a specific illness should be destroyed after a cure is effected and not used later for others. It may have helped you but it may do more harm than good to another individual.

3. Never use iodine or mercurochrome near the eyes for blindness is a dear price to pay for this carelessness. Use a mild solution of boric acid or see a doctor.

4. Remember the fever thermometer registering a rise of temperature is a good indicator of the time to call a physician. That is why Disease fears the clinical thermometer.

5. Be sure the box is out of reach of the children.

This little box if properly used will unnerve the worst foe and give courage in time of emergency.

—Elizabeth Armstrong.

Health Habits of a College Girl

Note: This article was written as a term paper for a class in Hygiene.

A girl entering college for her first term enters into a new realm of life, where she finds many new circumstances and changes of living conditions. She must learn to adjust herself to a great variety of new things, new home life, new friends, new customs, new requirements, new methods of study and new subjects of study. Because of these conditions she must modify her health habits accordingly.

Health is the quality of life that renders one fit to live most and serve best. In order to have this quality of life, the college girl must learn to cultivate an appetite for the food she gets at mealtime and not rich sweets and food in between meals. She should choose a good diet that supplies just enough calories. Twenty-one hundred to twenty-four hundred calories are considered an average number for a college girl. Some of the most important eating habits are: eat a well balanced breakfast every morning; drink at least one glass of milk at

each meal, getting the fourth glass in the preparation of foods; eat two different vegetables besides potatoes each day; eat some food that requires a good deal of mastication; drink four to six glasses of water daily; eat slowly; eat one kind of fruit daily; be cheerful at mealtimes; eat three meals daily, according to a regular schedule. It is the kind, the amount of food, and when we eat it that determines our health now and in the future. Our body is a machine and it will soon be worn out unless these rules in fueling are carried out.

Cleanliness deserves capital letters as one of the essential habits on the road to health and beauty. The bath, the care of the face, teeth, hands and feet, the shining hair and clean scalp, the attention given to clothes, the clean stockings and fresh handkerchiefs are the high points in cleanliness.

A cool sponge or shower bath should be taken every morning upon rising and a warm cleansing bath at least twice a week. A good mild soap is the best to use. The hands should be washed before eating and after going to the toilet. They should be kept smooth and the nails manicured carefully. It is very important that the college girl pay a good deal of attention to her feet because she has to use them so much. She should wear low heeled, comfortable shoes, wash her feet daily and wear clean hose. Her feet should be kept dry and warm in bad weather by rubbers or galoshes.

What college girl does not try to find and form the best habits for the care of her face? But there is one thing she most generally overlooks and that is the effect of cosmetics on the healthy skin. Care should be taken to use only the best and then use them in moderation. It is best to cleanse the face twice daily, once with warm water and soap and again with a good cleansing cream. If this is done it will become a satisfying and gratifying night and morning habit.

The college girl should not forget when she last shampooed her hair, but systematize the washing. Every ten days or two to three weeks the hair should be washed, depending upon the texture of the hair and the condition of the scalp. She should give it daily attention by brushing, massaging the scalp, by using clean and individual combs and brushes. Only sanitary barber and beauty shops should be patronized.

The teeth as well as the body should have a periodic examination. Twice a year is not too often to have an examination of the teeth. The teeth ought to be

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Art in Shoes

By Gertrude Vincent

Art has, and always will, stand for grace and poise in respect to the human figure. This standard of health cannot be fostered without proper care of the feet. With this thought in mind, we could hardly imagine a shoe which is uncomfortable as being artistic.

Extremely high heels give a stiff, uncertain gait, which is anything but graceful. Nor can one be poised, while trying to accommodate a pair of tight pointed shoes. In both instances the body loses its natural balance. A moderately low, shaped heel gives this desired balance, and grace to the body as well as to the foot.

Every part of the shoe should have a definite purpose. Elaborate buckles and many straps serve only to attract attention to the feet. The same thing is true of the many and varied combinations in colored leather which are to be found in shoes at the present time.

The design of the shoe should be simple and pleasing to the eye. A fine design, along the construction lines, is quite permissible, but plain, neat and accurately constructed shoes are always good.

Gertrude Vincent is working on a thesis, "Health Shoes," for her Master of Science degree.



In selecting shoes in toned leathers, greatest care should be exercised, since the proportion of light and dark in many

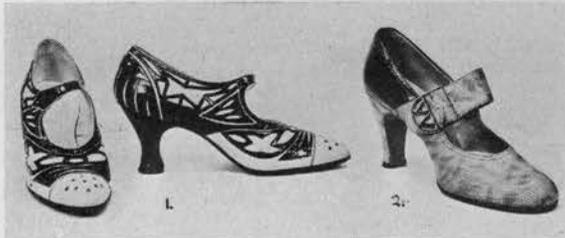
cases may prove spotty and attract attention.

There are shoes for every occasion, business, sports, afternoon and evening. It is exceedingly poor taste to wear shoes which are not in keeping with the occasion.

Shoes for sports should be of good substantial line and made of durable leather. The color should be in keeping with the rest of the costume. The heel is always quite low in such a shoe.

For business, one should refrain from buying the latest fad, but should select one of the many lovely styles in black, brown, or possibly navy blue kid if the purse will permit. Suitable shoes for afternoon may be had in the same colors, but the shoe in itself is somewhat less tailored in effect.

Evening shoes for my lady are, indeed, stylish if they are made of the same material as the gown. She should always carry them in a bag made of material which will blend with the costume. The formal shoe always has a high heel and is worn only on the dance floor or while sitting down.



A. Examples of poor art in decoration as well as construction in shoes. The strap on the pair to the left is not set far enough back and the foot is apt to slip forward in the shoe. In No. 2 the heavy strap and buckle are inartistic. Both shoes are spotty in effect and would make one's feet conspicuous.



B. The business oxford, No. 1, is good as far as art is concerned. No. 2 is a good style oxford for general wear. No. 3 is a comfortable shoe for dress and evening wear. It is a style of shoe that would look well made up in fine textiles, as well as being comfortable, but is on the market only in leather.

Girls, Why Are You Going to College?

By Rosemary Koeberle

Girls—all of you girls who are attending Iowa State College—what are you going to college for? Have you a purpose or aim in mind? Have you a goal set? Or are you merely going to college because your friends are going—or because it is easier than holding a job, or because you haven't thought of anything better to do? Do you have a good reason for going to college? If you haven't—get one right away.

Helen Woodward in her book "Through Many Windows" says "When you begin

looking for a job you must have something to sell." She means you must have ability to do something well. To do something so well, in fact, that some one will want to pay you for doing it, and will feel he is getting real value in return for his money. Perhaps somewhere in the back of your mind you have an idea that when you graduate you will get a job somewhere doing something. That is a good idea in itself but why not crystalize it? Why not decide upon your job now, and then set about pre-

paring yourself in the best way possible for it. With the great number of opportunities Iowa State College offers in a variety of lines there is no reason why a girl with foresight cannot prepare herself exceptionally well for the particular job she fancies.

If you want to teach, take your educational courses seriously. Go to each class with the idea in mind that you are going to be a teacher and then keep your mind alert for information which you

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The Homemaker's Books

"The Shopping Book," by William H. Baldwin. Published by MacMillan Co., New York.

This book is probably the first attempt made to give the housewife an unbiased guide as to what she should seek in the



articles she is buying for her daily and seasonal needs.

The housewife, it is said, spends 85 percent of the family income. She has but little time to study the highly technical discussions on phases of household economies, so this book, simply written, is well suited to her needs. The subjects covered in the book are: floor coverings, furniture, house furnishings, china and glassware, silverware and jewelry, leather goods, textiles, wearing apparel, toilet preparations, and package groceries.

There are discussions on cash, charge, and installment buying, on the kinds of stores, and on sales and bargains. The housewife may turn to any of the chapters and learn the classification of different kinds of goods as to durability, appearance, and price. She will know just what she is to look for when she goes shopping, and she will understand about the manufacture of the article.

There are few people who have not at some time regretted a purchase. The book will help to eliminate such disappointments, for the buyer who knows what she wants and needs stands little chance of being led into a foolish purchase.

The good is always beautiful, the beautiful is good!—Whittier.

Betty Selects Her Silver Pattern

By Clara Loewenstein, Graduate Student

Betty:

Oh, Aunt Ellen, the girls want to know what silver pattern I have selected, so I have come to ask you for some advice. I have looked at silverware in the little jewelry shop here, and I want to visit some jewelry stores in the city tomorrow.

I have decided that it would be better to have some inlaid silver to use for everyday, so that I can keep my sterling silver free from scratches. I just know there will be times when I will be in a hurry to go to a party, or for a ride with Bob, and won't want to take time to wash our few dishes, then. If I were using sterling silver I would not want to leave it until it had been carefully washed and put away.

Aunt Ellen:

How many pieces are you going to buy?

Betty:

Six each of sterling and six of inlaid to start with. Don't you think I can get along with that number if I choose patterns that are somewhat similar?

Aunt Ellen:

Betty, don't you think it would be more convenient to have a set of eight sterling silver pieces? And you could get along easily with four inlaid pieces for everyday. Why do you want inlaid instead of plated silver?

Betty:

Indeed I do like the idea of having eight sterling and four inlaid pieces of each. The jeweler told me about inlaid silver. It will wear much longer than plated wear, and there is so little difference in their cost. Inlaid silver has a piece of solid silver set in where there will be the most wear. In a spoon, there will be silver inlaid at the base of the bowl and the handle, where they touch the table.

Aunt Ellen:

Yes, Betty, the inlaid silver will be the best purchase. Have you decided upon your pattern for either one?

Betty:

I have found two patterns I like. They are not elaborate, but they have a good general shape, with good proportion for every piece in the set. Here are pictures of them. (Hands the pictures to Aunt Ellen.) There is a dainty design around the edge of the handle. The knives have stainless steel blades. They are sharp, too. Do you like them?

Aunt Ellen:

Yes, I do, Betty. Do you remember the silver Ann has? She told me she is so tired of her elaborate pattern. And

she said it takes her hours to clean it with a brush before she uses it. Then she said the handles are so heavy and awkward to hold.

(Enter Mary)

Betty:

Hello, Mary, I am so glad you have come. Aunt Ellen is helping me to select my silver pattern. What suggestions do you have?

Mary:

My silver is very plain, with just a bit of design at the end of the handle. It had a lovely frosted appearance when it was new, but it is all scratched now, and looks as though I had used it twenty years, instead of only two. I cannot take time to wash and dry each piece separately. I regret that I did not get a few pieces of plated ware for everyday.

And I think the handles of my knives are too small in proportion to the blades. It spoils the looks of the whole set. Really, the general shape of the silver is important. Conventional designs are much more artistic and attractive than realistic designs, and one does not tire of them easily.

Aunt Ellen:

There is very little difference in the price of the different sterling patterns, and if one chooses a standard design, one can always buy a few pieces, or even one piece, at a time. I think that is a decided advantage. One does not usually select a silver pattern oftener than once in a lifetime, so one certainly should do it with great care.

Betty:

That is true, and the reason I am asking your advice. I have learned a great deal about silverware, and the different silver patterns from our local jeweler, too. The city jewelers may have more patterns in the actual silver to show me, but they may not have much more information. I have pictures of many of the patterns which our jeweler gave to me. Mary, don't you think that these two patterns will look well in our home? (Hands pictures to Mary.)

Mary:

I like the sterling and the inlaid pattern you chose. They are in keeping with the simplicity we feel essential in our modern American homes. A knowledge of good design and great care in selection are indeed necessary in the selection of silverware; for one uses it so long a period. It is not like a hat, that one tires of or wears out in a season.

Our Aluminum Cooking Utensils

(Continued from page 2)

aluminum acetate is formed, and this is, in the chemical sense, a salt. Some metals are vigorously acted upon by acids, but are quite resistant to the attack of alkaline solutions. It is characteristic of aluminum, however, that it resists the attack of most acids more successfully than the attack of alkalis. For this reason it would appear that if any danger or difficulty is to be met with in the use of aluminum for cooking utensils, it would be principally in those cases where non-acid or alkaline liquids or substances were being cooked. The scientific investigations were made in exactly the same manner as those for the acid liquids. A half-percent alkaline solution was made by dissolving about two level teaspoonsful of cooking soda in a quart of water. Upon being boiled for one hour in such a solution, the alkaline liquid showed an attack upon the aluminum metal four times greater than that produced by the acid liquids. This same solution, however, either with or without the addition of half a percent of salt, showed no action at all upon the metal after standing in contact with it for two days in the cold. These results indicate that even with these strong alkaline solutions, the solubility of aluminum is not excessive to the point where any danger in the use of aluminum vessels is indicated." Dr. Cushman then discusses why the aluminum discolors. "Alkaline liquids or substances which are boiled or cooked in aluminum vessels produce a brown discoloration on the surface of the stamped and spun metal, and a greenish black discoloration on the cast ware, which contains copper. This discoloration of aluminum in use with certain waters has long been observed, but the actual reason for this effect has not heretofore been explained. Many water supplies throughout the United States contain lime in solution and are technically known as hard waters. Such waters are always slightly alkaline in reaction, due to the fact that lime itself is an alkaline base. In addition, many rivers and lakes used as city water supplies are slightly alkaline, due to the presence of compounds of soda and potash, which are also strong alkaline bases. It is for this reason that aluminum used for cooking utensils has been found to discolor much more rapidly in certain sections of the country than in others.

"Tests were further made to determine if by any possibility copper could be present in the solution used, but not a trace could be detected.

"The oxid, as well as the hydroxid, of aluminum is white in color, and it became an interesting subject of scientific investigation to determine the reason for the formation of the black stains which

appear when alkaline liquids or substances are being boiled or cooked in aluminum vessels. If such a strong mineral acid as muriatic or hydrochloric acid is allowed to act upon aluminum, it dissolves it very rapidly and leaves a sooty, black encrustation. When chemically analyzed, this black deposit was found to be a compound of aluminum together with iron. Further investigation has shown that only very small quantities of iron are necessary in order to show up a black stain when the surface of aluminum is etched by any attacking medium. It has already been stated that even the spun aluminum ware contains a small percentage of iron as an impurity. In addition to this, many waters contain some iron, so that there appears to be always iron enough present to produce the dark stains when any considerable etching action takes place upon the surface of aluminum. This darkening or stain on the aluminum ware is not shown by the acid liquids, but only when the reaction is slightly alkaline."

I wish that the manufacturers of aluminum would find some way of treating their utensils so the iron of the hard water would not cause them to darken on use. My only reason for objecting to aluminum utensils is because of the psychological effect that this darkening of color has on the user. I am confident from the results of the scientific tests quoted that the use of aluminum utensils in home cookery is harmless, but I would be happier if the aluminum utensils were so treated that they would maintain their brightness in spite of the hardness of the cooking water. You recall the old steel knives that stained so badly and that we had to always scour after use. The stainless steel knives of today are such an improvement over the others and such a joy to use, I would like to experience equal joy from the use of aluminum. I know I am not alone in my feeling in this matter. Also, I know that when we women want things badly enough we usually get them, so it is up to us, so to speak, to tell the manufacturers of aluminum ware what we want and also what we do not want.

Much of the dispute of earlier years as to the harmfulness of aluminum centered around its intake in the body as an ingredient of baking powders. There is no need for us, today, to review the pros and cons of that old controversy except to note the decision of the U. S. Department of Agriculture Referee Board, of which Dr. Ira Remsen, who was at that time president of Johns Hopkins University, was chairman. This board decided that "Aluminum compounds, when used in the form of Baking Powders in foods, did not injure the nutritive value of the food nor contribute any poisonous effect which would render the food in-

jurious." This decision was reaffirmed later by Averill of the Federal Trade Commission. Smith, in his recent book, reviews the situation in great detail, then makes this statement, "Despite more than a quarter of a century of research by the opponents of S. A. S. baking powders, the facts remain today as they were then. On the basis of theoretical and general knowledge, certain experts maintain that serious results might follow the consumption of food leavened with S. A. S. baking powders. However, they have brought forth no information or knowledge of any recorded instances in which functional disorders or disease or impairment of the digestion and general health had resulted to any human being, from the food prepared with such powders."

The chemical technic for the determination of aluminum in tissues of all kinds has been improved in recent years and as a result reports of new investigations have been published. These recent papers are of more importance to us than the earlier work, which was the result of less uniform methods of investigation and technic.

Dr. Eddy, in a recent paper, "The Metals in Our Food—What They Are—Do We Need Them?" says, "I have recently gone over in detail both the researches prior to the Royal Baking Powder hearing before the Federal Trade Commission in 1916 and new studies made since. Among this new material, I find work by Dr. E. V. McCollum of John Hopkins University, which purports to show that a daily intake of aluminum of 600 parts per million of the day's diet is handled by test animals without any sign of bodily injury. I find, on the other hand, that Schaeffer of France reports claims of definite injury to animals with aluminum administered as a Baking Powder. His amounts, however, were definitely larger than those McCollum used. Schwartz of the Mellon Institute, using a soluble aluminum salt, prepared by him, found that animals could eat a certain amount without visible injury. Larger amounts produced damage.

"Victor Meyer and his co-workers at Western Reserve University have studied intensively, with a new technic, the distribution of aluminum in animal tissues and blood, and the effect of variation in amounts ingested. Their work seems to show that rats fed natural foodstuffs with no baking powder in addition always show some aluminum to be present in such natural foods. When their rats received increased dosage of aluminum, however, the tissues did not show a corresponding increase in stored aluminum. Apparently the excess fed is excreted to a large degree. Failure to store aluminum is, of course, not proof of harmless-

ness, but in one series of tests the diet of rats was actually supplemented with two milligrams of aluminum per day and these rats ran through four generations with no signs of ill health. These two milligrams in a rat's diet represent a higher percentage than would 150 milligrams in our diet. The latter amount, the Remsen Board found without harmful effect in its 1914 studies."

These newer studies would seem to support the view that in the case of aluminum, as with other metals, copper, calcium and iron, there is a minimum amount that you and I actually need, a certain amount we can swallow with impunity because our machinery knows how to get rid of excess over need, but that there is also an amount that our defense mechanisms are powerless to reduce below the injury point. Quoting again from Dr. Eddy:

"When McCollum says that alum baking powders would have to approach 25 percent of my entire diet to carry me over 600 parts per million, my personal reaction will be that in my use of baking powders in my own house I would never exceed this quantity and hence I may be indifferent to the kind my cook buys. On the other hand, when I am shown that practically all foods contain some aluminum, I can not ignore the possibility that the selection I made of my baking powders might be a determining factor in pushing me over my safe limit."

The effects of aluminum on the human body have been studied by Dr. Frank P. Underhill and his associates in Yale University. They found that aluminum occurs in the blood and tissues of normal animals that are fasting; that it is regularly absorbed into the body in small quantities when taken in food, and that the body apparently takes up only a certain amount, after which it ceases to absorb the aluminum. The aluminum that is absorbed circulates in the blood and is settled in some of the tissues. The excess of aluminum is excreted usually in the bile. In the blood of normal men, aluminum occurs in small quantities in many instances, although it does not occur in all men. It varies from time to time in the blood of the person in whom it occurs and it may be excreted by way of the bladder as well as by way of the bile.

The tissues of persons coming from various parts of the United States were studied and it was found that persons living in some districts have more aluminum in their organs than persons living in other districts. This is, apparently, to be traced to the diet, the water supply, and the type of soil in the district in question.

Another interesting observation of Underhill and his associates was that the amount of aluminum in the body seemed

to increase with advancing age. Also, there was no apparent relationship that could be found between hardening of the arteries and the aluminum content of the blood. Sometimes there was more aluminum with high blood pressure, sometimes more aluminum with low blood pressure.

As a part of this study, many foods were examined for their content of aluminum. Cherries, both Connecticut Sour and California Sweet, and onions were found to contain the largest amounts of aluminum. Lettuce, milk, flour and liver (calf's and pig's liver) were found to contain fairly large quantities, i. e., between one and two milligrams of aluminum per one hundred grams of food substance. Of the vegetables, string beans, beets, cantaloupe, sweet corn, potatoes; and of the fruits, peaches and pears, were found to contain aluminum. Very little aluminum was found in apples, eggs, oranges and watermelon. With so many of our foods containing aluminum, it is obvious that a diet containing liberal amounts of fresh fruits and vegetables may contain a significant quantity of aluminum. This may account for the aluminum found at times in the blood of normal men.

Using rats, guinea pigs and rabbits for the test animals, subcutaneous injections of aluminum salts were made to determine the lethal or death producing dosages for each animal. These dosages were fairly large; that is, in comparison with the quantities in which the aluminum is found in the foods and in the human body. With man, an organism much larger in size than the test animals studied, the amount which would constitute an over-dosage would probably be as much larger in proportion, and hence probably far in excess of the amounts which are apt to be ingested with the food. Aluminum, like iron, iodine and copper, apparently is extremely important in body economy in traces, yet may be undesirable in over-large quantities.

More recent than Underhill's report is that of Rose and Catherwood, from the laboratory of Physiological Chemistry of the University of Illinois. They have studied the matter with the intent of answering the question, "Do baking powder residues exert injurious effects upon growth and nutrition?" They have shown that a calcium phosphate-sodium aluminum sulphate baking powder when fed to white rats as a constituent of their diet through two generations, has no deleterious effects. At least, chemical analysis of the blood and histological examination of the kidneys revealed none. The rats of the second generation were fed twice the quantity of baking powder fed the first generation and made more rapid growth than the rats of the first generation. The doses of aluminum from the phosphate-aluminum baking powder

(i. e. 2.5 grams of aluminum) "were enormously greater in proportion to weight than could be obtained by the human subject in the use of baking powder breads." The baking powders (for two kinds other than the aluminum containing powder were tried) were used to prepare a bread which had twice and three times the amount of leavening ordinarily used in breadmaking and this was fed to the rats and readily eaten by them.

Rose and Catherwood criticize the findings of Schaeffer and his associates, the French investigators, who claim to have produced deleterious effects in rats by feeding them a sodium aluminum sulphate-calcium acid phosphate baking powder. The Frenchmen used excessive amounts of baking powder in their diets and probably, as Rose and Catherwood say, "even a necessary inorganic dietary component like sodium chloride might inhibit growth if included in a diet at a 15 percent level." Yet, in spite of the excessive doses, the rats in Schaeffer's experiments grew at only somewhat slower rates than the control animals. The control rats were not as carefully controlled as to their diet as they should have been, either, as another variable, bone meal, was added to their diet instead of omitting the aluminum salt, as should have been done. One hesitates to give too much weight to experiments that are not carefully controlled.

In conclusion, let me say that the medical profession assures us that there isn't the slightest scientific evidence that the cooking of food in aluminum utensils is in any way related to the incidence of cancer. There has been malicious propaganda of that type spread about the country. All our cooking utensils, copper, glass, enameled ware, etc., have been accused in their turn of being the cause of cancer.

We all know that cancer has been seemingly on the increase of late years, and because of that fact, many different groups of medical men have set about to discover the cause. These investigators are attacking the problem from several angles and we have every reason to feel confident of their ultimate success. One has only to think of the conquests of yellow fever, malaria, typhoid, tuberculosis, and various other infectious diseases that were the main causes of death in the years past, to be reassured that our fine scientific and medical men will solve the problem of cancer in due time.

Apparently, aluminum kitchen utensils have come to stay. Let us no longer fret our souls because they darken in hard water and brighten with acid.

The story of aluminum and its function in nutrition, is, like the story of the other metals of our foods, not completed nor entirely understood. Any

(Continued on page 16)

Iowa State Home Economics Association

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Conducted by **MARCIA E. TURNER**

The New Year

Even though New Year's resolutions are said to have gone out of date, the first of the year is as good a time as any to check up one's assets and liabilities and to set about improving one's balance sheet.

The following questions from the California News Letter may serve as a questionnaire to try on one's self:

ASK YOURSELF

Does my laboratory have a homelike atmosphere? Is it always neat and clean?

Would rearrangement of furniture, or the addition of a bowl of flowers improve the appearance?

Have those charts stayed on the wall long enough?

Are the girls' standards of health, housekeeping and personal appearance improving?

Am I resourceful? Are my students?

Do I "practice what I preach?"

Do I utilize my time to the best advantage?

Do I have my reports in on time?

Is my voice well modulated and pleasing?

Am I exploiting the girls by serving banquets and making costumes for every organization in school?

Are the girls leaving my classroom with valuable and useful information?

Am I sympathetic and responsive?

Am I keeping up-to-date?

The question, "Am I keeping up-to-date?" is one that all of us need to frame and hang on the wall. For some of us, perhaps, the answer is summer school. For others, it may be contacts which can best be secured by attendance at the meeting of our National Association. Or it may be keeping in line with progress in our profession through some of the recent books and other publications. Whatever it is we most need, let's do it.

Hot Lunch

Cold weather is here and many small children will be forced for the first time

to eat a cold lunch. In many cases this is unnecessary. There are few schools in Iowa without departments of home economics. Every teacher in a department of home economics in grade or high school is losing an opportunity when she does not introduce the hot lunch as part of her year's work. It provides the girls in her class with a real life problem, and affords them the opportunity of working with quantities of food without any additional expense. The value of the hot lunch to the school is great. It means that cold lunches can either be supplemented with one or two hot dishes, or that the entire lunch be substituted for a warm one.—Regina J. Friant.

From the Colorado Association

Delegates to the national convention of the American Home Economics Association, to be held the week of June 23, 1930, at Denver, will find Colorado unique as a convention state.

A wide variety of scenic beauty, bracing air, health-giving sunshine and curative waters are some of the features for which the state is renowned. Rugged, inspiring mountains, friendly foothills, cool canyons, peaceful lakes, fruitful farms and alert cities offer a combination which each year has led many organizations to choose Colorado as the place of their national meetings.

Here, too, are industries as varied as the scenery. Picturesque mining camps snuggled near snow-capped mountain peaks, factories of many types and farming areas devoted to high-altitude fruits and vegetables give proof of the industrial and agricultural wealth of the state.

Colorado has two national parks which annually attract thousands of vacationists from all parts of the United States. Rocky Mountain National Park in the northern part is easily accessible. With its grandeur of mountain scenery and its miles of beckoning roads and trails, it has proved one of the most popular of the national parks. Mesa Verde National Park, Southwestern Colorado, is re-

nowned for its ruins of homes and villages of the ancient Cliff Dwellers, supposed to have been the earliest inhabitants of this part of the country.

Colorado offers these attractions to all conventions alike, but for the American Home Economics Association it has an especial attraction—the opportunity to attend summer sessions of educational institutions of high standard. Summer sessions are held at the University of Denver, the University of Colorado at Boulder, Colorado College at Colorado Springs, Colorado State Teachers' College at Greeley and the Colorado Agricultural College at Fort Collins. Colorado Woman's College at Denver offers special summer work in music.

Club Notes

Clubs organized with some definite purpose or creed in view are the ones which usually carry out worthwhile programs and help the members develop into the type of young womanhood which we so much desire. The following creed was worked out by the high school girls of the Roydras Junior Home Economics Club of Louisiana:

OUR CREED

I believe in home ec club cooperations
Which help us reach our goal,
Work for the group, not individual,
Our club does, heart and soul.
I believe that the home-ec club helps
To make me a better girl,
I believe that home-ec clubs help
To make a better world.
I believe that our Live-Wire members
All are tried and true,
I believe in our home-ec colors,
Pure white and true blue.
I believe in the United States
Where the National Club girl comes
from,
I believe in letting the whole world know
That a "Live wire never gets stepped
on!"

Any club with such a creed is certainly going to be known. One way to be better known and to find ways and

means of becoming better clubs is thru affiliating with the Iowa and American Associations. High School clubs send three dollars (\$3.00) and college clubs five dollars (\$5.00) to Miss Pauline Drollinger, Iowa State College, Ames, who is treasurer of the Iowa Association. By not being affiliated you are missing the splendid helps from both your state and national organizations. At the present time we have just as many clubs in our Iowa Association as last year, but we want more. Affiliation means quantity, quantity in numbers gives strength. Come on, let's go and grow!

Enter the Home Economics News

The new magazine, *Home Economics News*, made its first appearance with the January issue. Home Economics teachers who are looking for the best in educational practice will welcome it as a distinct asset. The contents of this first number include the following articles: Homemaking as a Profession—Beth Bailey McClean.

Suggestions for the Teaching of Nutrition—Ruth Townsend Lehman.

Standards of Conduct in a Clothing Laboratory—Pauline H. Drollinger.

A One-Room Home Economics Equipment (Illustrated)—Cora B. Miller.

The Home-Practice Card—Maud Williamson.

A Bit of Home Economics History—Chas. A. Bennett.

Classroom Supplies as a Source of Illustrative Material for the Home Economics Teacher (Illustrated)—Dr. Edith Allen.

The Costume Design Sketch (with drawing)—Maria Morris.

Editorial Departments—

Our Money and Ourselves—Rosamond C. Cook.

What Shall We Teach?—Beulah I. Coon.

Child Development—Lydia Ann Lynde.
What Others Are Doing—Mary Bee-man.

A request to the Manual Arts Press, Peoria, Ill., will bring you a sample copy.

Homemakers' Half Hour to Be Broadcast Over WOI

Thursday, Jan. 2

"Touching Up the Old Furniture," by Nora Workman, Home Furnishing Specialist, Extension Service.

"Health Hints for Homemakers," by Winnifred Tilden, head of Physical Education Department.

Tuesday, Jan. 7

"Community Participation in Health for the High School Student," by Louise L'Engle, Foods and Nutrition Department.

Thursday, Jan. 9

"What Shall We Do With Our Aluminum Cooking Utensils—Throw Them Away

or Use Them?" by P. Mabel Nelson, Ph. D., head of Foods and Nutrition Department.

Tuesday, Jan. 14

Two short plays written by students in Dr. Grace Zorbaugh's classes of Economics and delivered by them.

Thursday, Jan. 16

"Canning Meat," by Lela Joy Bennett, Foods and Nutrition Department.

"The New Silhouette," by Mrs. Lulu May Brandt, Textiles and Clothing Department.

Tuesday, Jan. 21

"Buying Blankets," by Iva Brandt, Textiles and Clothing Department.

"Playthings for Stormy Days," by Myrtle Hinderman, Physical Education Department.

Thursday, Jan. 23

"Value to the Family of Mother's Outside Interests," by Hattie Lundgren, Home Management Department.

"Correcting Physical Defects by Lines in Dress," by Marjorie Wilsey Smith, Applied Art Department.

Tuesday, Jan. 28

Speakers will be guests of the Short Course.

Thursday, Jan. 30

Speakers will be guests of the Short Course.

Tuesday, Feb. 4

"Modern Trend of Interior Decoration," by C. M. Wise, Architectural Engineering Department.

Thursday, Feb. 6

"Home Economics Schools of Denmark and Great Britain," by Marguerite Stotts Hopkins, Applied Art Department.

Tuesday, Feb. 11

"Helping to Solve a Dressmaker's Fitting Problems," by Mary B. Gabrielson, Textiles and Clothing Department.

Thursday, Feb. 13

"Origin of Valentine's Day and Appropriate Menus and Decorations," by Mrs. Henry Ness, Applied Art Department.

Tuesday, Feb. 18

"Coffee," by Florence King, Ph. D., Foods and Nutrition Department.

Thursday, Feb. 20

"Clothing Clinic," by Katherine T. Cranor, Textiles and Clothing Department.

Tuesday, Feb. 25

"Nutrition for the Family," by Louise Peet, Ph. D., Foods and Nutrition Department.

Thursday, Feb. 27

"The Place of Father in the Home," by Frances Kelley, Home Management Department.

Farm and Home Week

As the plans near completion, more and more interest is being shown in Farm and Home Week, which will be held at

Iowa State College from Jan. 27 to Feb. 1.

Mrs. Vivian Brashear is in charge of the program for the Home Economics Division. Louise Huston, director of the Educational Service Bureau of the American Bemberg Corporation of New York City, N. Y., will speak on "New Fabrics and Their Development." She will put on a small fashion show, using the audience for modelling. Dr. Caroline Hedger, physician at the Elizabeth McCormick Memorial Hospital, Chicago, Ill., who was also a speaker on the Farm and Home Week program last year, will return this year. She will speak on "The Health of the Adolescent Girl," "Adult Education," and "What the Community Owes the Child."

Dr. John Alexander is one of the foremost authorities on youth training and a speaker of national reputation, and at present he is director of the American Youth Foundation. Some of the subjects he will speak on are, "Understanding Ourselves," "Our Boys and Girls," and "Helping Youth Express Itself."

Dr. Edward A. Steiner, professor of Applied Christianity, Grinnell College, will speak on the topic, "Is America Growing Up?" at the Monday evening mass meeting. On Tuesday evening, special musical features and a one-act comedy will be presented in the MacKay Auditorium by the Dramatic Club of Iowa State College. On Thursday evening the Farm and Home banquet will be held.

Other outside speakers, as well as a number of capable faculty members of the college, are also scheduled on the program. Each day there will be recreational as well as educational features with two main programs, conferences and good music. Miss Betty Eckhart, recreational specialist from the Extension Department, West Virginia Agricultural College, is in charge of the recreational program. Farm and Home Week affords an opportunity to attend school and hear many well-known, interesting speakers, who are authorities in their field of work.

Carelessness does more harm than a want of knowledge.—Franklin.

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College Girls and Children

By Nellie Goethe



The home economics girls at Iowa State College receive instruction in child care and training. The course in Child Psychology is required, and a study is made of the child, of his habits and of special problems which may arise. The girls are also required to observe some particular child and write a report of it. The observations are to be made over a considerable length of time—about 10 weeks—and in as many different situations as possible; that is, how the child eats, how he plays with others and by himself, how he responds when out among strangers, etc.

Another course known specifically as Child Care and Training, is also required. Here, likewise, not only is the subject discussed and studied in class work, but the girls observe the child at the nursery school. They gain experience through helping with the food preparation for their meals, serving it, eating with the children, and assisting them in putting on their wraps, etc.

Incidentally, many interesting little happenings are recorded in these child observation reports. The first two incidents show what a stretch of imagination children sometimes have. Here are the stories as they are told in the reports by the girls who observed the children.

"We were talking about Christmas. I told them the story of the big doll which I received on my fifth Christmas. It was on the top limb of the tree and Daddy had to climb up on a chair to get it down. A few minutes later Jack came to me much excited. He said that when he was a little girl he received a doll for Christmas. His doll was hung up in the sky and his Daddy had to climb up on a ladder to get it."

"Leroy was riding downtown with me in our Chevrolet car. His father had just purchased a Whippet car and this little fellow was quite sold on that kind of a car. 'Oh,' he said, 'the other day we were driving out on the highway and there was a Chevrolet car. It was going 50 miles an hour and we went around it at 30 just as if it were standing still.'"

Small children are quite limited in their vocabulary and often express things in an amusing way. "Mary started to put her spoon into some candy that had just been made, and her mother warned her that she would get burned. But she explained that she could 'let the candy warm off.' Although she got her words mixed, she had the right idea."

One of the girls observed her little seven-year-old sister. She relates this story. "One time Jane came to see me here at school. We went for a ride and she was very restless, wanting to sit first in the front and then in the back of the car. As we were just about off the campus she said, 'Boy, this sure is a big school yard.'"

Their language is again limited when it comes to explaining the reason for a certain thing. "Paul stood on a chair in the kitchen next to the table on which was a cookie bowl. He had a spoon in his hand and was anxiously waiting for his mother to give him some more cookie dough. When Paul was asked why he liked cookie dough, he replied, 'Because my liker told me that I liked it.' " That was sufficient reason for him.

Children originate clever ideas of their own. One of the girls told in her report that her little sister delighted in having more money in her bank than her brother had in his. "She thinks it is very wise

to get her bank out and tell her brother and sister about her fortune, for generally they give her something to add to it. One time she remarked, 'Gee, I'm glad I got my bank out; it helped me twenty-five cents.' " That was profitable!

And this last incident took place at the nursery school. "One little boy flipped water upon a little girl rather playfully with his wash rag. She immediately took offense and it seemed for a minute that a real water fight might ensue. However, one of the assistants came to the rescue by reminding the little boy that he should wash his face as well as his hands. Upon turning to look at David I saw that he had a big spot of dirt on the end of his nose. The other children saw it, too, and began chanting together, 'Dirty nose, dirty nose.' David seemed to be rather embarrassed and immediately climbed up on his little box and surveyed his troublesome nose in the mirror. Then he washed it hurriedly, showing that he found a dirty nose and the taunts of his playmates very distasteful."

Who Wants to Know?

Do you want to know how to teach small Johnny good manners, or what to feed your husband for dinner before you show him last month's bills? Do you want a fairy story that will make the youngsters beg for milk to drink? Do you know which toys from the dime store to give the baby to develop his character? Or is your biggest problem how to make last year's skirts look like this year's styles?

For the answers to these and a lot of other riddles, look in the Home Economics bulletins published by the Extension Service of Iowa State College. There are one hundred of these booklets, treating every phase of Home Economics.

The largest number of bulletins are about textiles and clothing. From them we learn the secrets of good dress—from the all-important figure as a foundation, to the color and design of each accessory; from baby clothes to tailored suits; from how to put on hose to which feather to wear in the hat.

Food is both near and dear to the heart of man, so foods and cooking furnish subjects for many bulletins. After consulting them, we no longer wonder what to feed the fat, the lean, the constipated, the sick, the baby and the unexpected guest. We'll learn how to cook the meat, what to serve with it, and what to serve it with. We'll learn how to can and what and when and why. Best of all, we'll learn where to find the calories and vitamins and what to do about them.

One bulletin gives authoritative information on floor coverings, one on artistic windows, one on china, silverware and

(Continued on page 14)

THE IOWA HOMEMAKER

A Magazine for Homemakers From a Homemakers' School

VOL. IX

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COLLEGIATE DR. JEKYLs AND MR. HYDES

They have dual personalities and they lead double lives. They succeed where others fail. They are deserving of medals for their ability in using practical psychology. They are trained actors; Hollywood would do well to assimilate them. They are proficient salesmen. They are prophets and authorities on humanity, its likes and its dislikes.

And who are *they*?

They are the majority of students who *remain* in college—the students who “pull” the required averages—because they consider the instructor’s ideas and opinions as boomerangs that should be returned to their original source. And do these college students lead this dual life (one person within the classroom and another one without) from choice? No, from fear—fear of that huge impending measuring-stick known as grades, that great scholastic thermometer that hovers too often in its fluctuations between 0 and 75. It is this fear alone that causes them to swallow their prides and opinions for the sake of grades.

They are wise students, otherwise they might have been sent along home with the many others of an unwise group that were considered “flunkers” because of their inability to read their instructors. . . .

A new day approaches. The standards are changing. A girl is reprimanded because she knowingly scores high a poor recipe made up by her instructor. She receives a low grade and suddenly finds herself the heroine in one of Paul Robinson’s “When to Be Nonchalant” cartoons. Her dual personality will no longer meet the demands of this new type of thought-provoking instructor. The formula of the successful college students is tottering. A new one must be made.

What will become of the collegiate Dr. Jekylls and Mr. Hydes?

WOMEN IN BUSINESS

An editorial in the Des Moines Register contains the following information:

“Lawrence Stern & Co. of Chicago have compiled the following figures: Today women comprise the majority of stockholders in our largest corporations. They comprise something over 50 percent of the 454,596 stockholders of the American Telephone and Telegraph Company. In the United States Steel Corporation there are more than 50,000 women stockholders—over 50 percent. Women also comprise 50.48 percent of the shareholders of the Pennsylvania railroad. Women constitute from 35 to 40 percent of investment bond house customers. Women millionaires, as indicated by individual income tax returns, are as plentiful as men.

IT MAY HAVE KILLED THE CAT, BUT—

Women are supposed to be curious, at least they are proverbially curious. They want to know why their husbands did not come home for lunch, and with what man they had that all-important special appointment, what the man was like, and whether the business deal was successful or not. They wonder (or they used to) why their husbands murmured strange women’s names in their sleep. Women are just naturally curious because they are women.

Children pester their mothers from morning to night with questions, answerable and unanswerable. They want to know why the dog doesn’t talk, who Santa Claus is, why their grandmother is their mother’s mother, why dad doesn’t cry and mother doesn’t smoke (if she is a back number), why they can’t eat more candy or stay up “just a little bit longer.” Why? Who? Where? They have the questioning mind, and the keys of the journalist, Kipling’s, six serving men—What, When, Where, How, Why and Who.

Curiosity is no sin even tho it did kill the cat. Bernard De Voto, novelist, says, “curiosity is no poor synonym for intelligence.” Curiosity, according to the dictionary, is “a strong desire to see something novel, or to discover something unknown.”

Men don’t like to admit that they are curious—they call it by a better name, bravery or courage, or a thirst for knowledge—yet they take the new “boat” out on a stretch of pavement to see how fast it will go, they wonder why the wife can outcook mother, they want to know where they left their hat and gloves. Lindbergh crossed the Atlantic to see if he could. Byrd’s curiosity forced him to face dangers in flying over the South Pole.

Curiosity may have a disagreeable connotation, but most of us have it. The non-curious exist, the curious live and do things.

Alumnae News



BY DOROTHY B. ANDERSON

News Bits

Vesper Monk, '28, is employed as assistant dietitian for the Continental Illinois Bank and Trust Company's employees' cafeteria in Chicago.

The Continental Illinois Bank and Trust Company was formed recently of two big organizations, each of which was in turn a big combination of banks. Immediately on their housing in the relatively new Illinois Merchants Building, which extends a block from LaSalle to Clark streets, came the necessity for the expansion of the restaurant to serve the augmented family.

J. F. Verhelle, assistant comptroller of the company, started the original employees' cafeteria.

"Our principal reason for the move," said Mr. Verhelle, "was to get our people acquainted with each other. Some of our officials were not enthusiastic at first, but now all are most enthusiastic. We seat from 2,700 to 2,800 people daily and we are now building a new dining room for the officials upstairs, where there will be five kitchens, one large dining room and eight private dining rooms.

"You see, some of our people come to work at midnight, and there is someone working in the bank practically all the time.

"We serve luncheon every day over a four hour period. We serve approximately 185 for breakfast each day and 400 for dinner. When the evening attendance reaches 300 we serve a dinner at 50 cents 'from soup to nuts.' "

It is all cafeteria service except for an occasional party which one of the "boys" might want to give after a duck hunt, and for which they might charge a trifle more than usual.

"So, you see," said Miss Monk, "we do not stand idle."

Marie Krause, '29, who has been taking her student dietetics training at the Cook County Hospital in Chicago, completed her work there Dec. 16. On Jan. 1 she went to Billings Hospital in Chicago as assistant dietitian. The hospital is connected with the University of Chicago.

Grata Thorne, '24, is teaching Home Economics at Waterloo, Iowa.

Margaret Taylor, '27, began work as a dietitian in a hospital in Cleveland, Ohio, on Dec. 1. Since October she has been at the West Side Community House in Cleveland. She has also been giving a series of lectures on nutrition to the Mothers' Club.

Maurine Hoskins, '27, is now located at Little Rock, Ark., where she is employed as head dietitian of the United States Veterans' Hospital, No. 78. Miss Hoskins should be congratulated upon her position, for it is next to the chief one in the Veterans' Bureau.

Margaret Lewis, '29, is now employed as dietitian in St. Joseph's Mercy Hospital at Fort Dodge. She began work Dec. 16. Miss Lewis has just completed her student dietetics training in the Ravenswood Hospital, Chicago.

Margaret Matlack, '28, and Laurin S. Sabatke were married secretly, Sept. 12, at Webster City, and announced their marriage in November.

Mildred Roberts, who received her B. S. in Home Economics last December, has accepted a position as teacher in the high school at Larrabee, Iowa.

Blanche McLaughlin, '27, formerly connected with the Snyder Community Kitchen at Dayton, Ohio, has accepted a position at the University Commons at the University of Pennsylvania.

Mary K. Alexander, who graduated in Home Economics last December, is now employed with the Y. M. C. A. in Dayton, Ohio, as food service inspector. She began working there Dec. 28.

Anne Faulke, '28, has accepted a position as dietitian at the Smithfield Store, a branch of Stauffer's Restaurants.

H. M. Parks, '03, and Alice (Merritt) Parks, '02, now reside at Fort Rock, Ore., where they are pioneering and undertaking an irrigation project. They now have several hundred acres irrigated by water from deep wells and plan to raise alfalfa seed as their major crop.

Stella (Lutz) Jones, '18, was found overcome in the gas-filled kitchen at her home in Chariton during November, and died an hour later. It is believed that she suffered a heart attack while working and fell against the stove, extinguishing the flame without closing the burner.

Mrs. Jones, who was an active member of the Chariton Woman's Club and was well known in the vicinity of Chariton, is survived by her husband, Arch J. Jones.

Carrie Anna Breemer has accepted a position at Dayton, Ohio, as a social service worker for the Dayton Family Welfare Association.

Isabel Leith writes that she is teaching in the high school at Livermore, Iowa.

"My work keeps me busy as well as very interested. I have referred my girls to the Homemaker especially for the foods material. I try to keep the latest edition on the news rack in the assembly."

Vera Caulum, '29, writes that she is enjoying teaching at Sergeant Bluff. "We have a new school paper here, under the supervision of the English instructor, but I'm helping, too. I helped the freshmen with the editions in making the 'dummies.' Our press is the mimeographing machine. What fun when printing day arrives!

"My one difficulty has been to get the janitor to sweep my room. It has never been his custom for 21 years, but with a little encouragement I'm sure he will come around once in a while."

Iowa State saw a number of its Home Economics graduates during the Christmas vacation. Among the number are: Marion Griffith, '27, who is doing research work at Ohio State University; Frances Jones, '28, who is head of the Nursery School, Fargo, N. D.; Cleo Fitzsimmons, '28, who is home advisor in Kane County; Irene Shaben, '27, who is on the staff of the Applied Art Department at Michigan State College, East Lansing, Mich.

Edith (Hutchinson) Marshall, '26, is foods editor of the Chronicle and News at Allentown, Pa. Mrs. Marshall writes that they are still living at Bethlehem, Pa.

Dorothy Parker, '29, who has been with Stauffer's Restaurant in Pittsburgh, has gone to Cincinnati, Ohio, as night dietitian in a new restaurant Stauffer's opened there Nov. 15.

Mrs. Jane (Wagner) Dean and her corps of experts are located in a beautiful new apartment in New York City known as the Homemakers' Forum of the New York Gas Company.

Although there are classes almost every day, when one walks into the Forum she feels for all the world like a guest being welcomed into a very beautiful home by a daintily besmoked hostess. Soft lights, rugs, draperies and light maple furniture of early American design disguise the school of household arts.

The auditorium seats several hundred people and has a real kitchen occupying its stage. All around the auditorium are booths; one is transformed into a dining room, one is a testing kitchen, another a cookery kitchen, a model laundry, a model basement, etc.

The course consists of lectures and demonstrations covering numerous angles of homemaking.

Hugenot University College (for women) at Wellington, Cape Province, South Africa, has an opening for a junior lecturer in the Domestic Science Department, whose duties will begin March 6, 1930.

The college was founded about 50 years ago by a Scotch minister in South Africa, who was so impressed by his reading of the life of Mary Lyon and her work that he decided to found a similar institution for South African women. The first two presidents were Mt. Holyoke graduates; the present one, Dr. Stoneman, is from Cornell University. The number of American teachers varies from year to year; usually there are three or four. The others are English, Dutch, and one Norwegian.

The students are of English, Dutch and French Huguenot extract chiefly—all white. The college is small and is located in a small town, Wellington, about 40 miles from Capetown.

Natalie Morris, '29, now has a position as assistant to Irene Hickey, who is head of the Home Service Department of the Gas Company in Detroit, Mich.

Gladys (Buchanan) Brown, '28, is employed as assistant manager in the Chicago Woman's Club dining room.

The following is taken from an article concerning extension work by Dr. C. W. Warburton under "Who's Who in the Day's News," in one of the leading Colorado papers:

"Fifteen years ago the scattered efforts of the federal government, of some states, and a few educational and commercial agencies were just being gathered together to form a nucleus of the present nation-wide extension program in agriculture and home economics. Fifteen years ago there were 1,800 men and women in extension work and funds from all sources totaled about \$3,500,000. Last year, for the work in 48 states and the Territory of Hawaii, funds from all sources budgeted for cooperative extension work amounted to about 5,700 men and women trained in agriculture and home economics. . . .

"Farm women, in increasing numbers, are obtaining the assistance of trained home demonstration workers in their problems of homemaking, and the latest methods of work and management are being used, as a result, in more farm homes each year.

"In the training in the last 15 years of more than 5,000,000 4-H club boys and girls in better agriculture and homemaking, more than in any one thing, the extension service has justified its existence."

Why Go to College?

(Continued from page 4)

know you are going to need when you finally find yourself facing the problem of making out a course of study and teaching definite lessons to a class of young people.

If you wish to be a dietitian keep that fact in mind when you go to your foods and dietetics classes and it would be fun to visualize how you are going to apply the things learned each day in class to your problems when you finally have all the responsibilities of an expert dietitian.

No matter what your goal is going to be—get it firmly pictured in your mind and then pursue your course of study with the thought ever present that each course is a very definite stepping stone to your desired goal.

If your secret hope and main desire is to have a home of your own don't be afraid to say so. You'll find eight out of every ten girls agreeing with you—if you will only take the lead in committing yourself. That is perhaps the finest goal you could set for yourself, for after all isn't the attainment of a real home with all of its comforts and privileges, its joys and love the thing we all desire most? If this is your goal, then every course you take will be contributing just that much to the realization and formation of your ideal dream home. You will be enthusiastic to get every morsel, for fear some small point will be missed that might

have solved a huge problem in the attainment of your aim.

Make the time you spend in college, time well spent. Do not give yourself the chance to say, when you find yourself out in the world facing a job, "I wish I could take those courses over now. They would mean so much more, because now I see just how they would help me in my work." Get your job in mind. Picture for yourself the difficulties you are going to meet, and then approach your studies with those difficulties in mind, and look for their solutions now while there is yet time.



Julia Bourne, manager of Hee Vodvil.

Hee Vodvil

Hee Vodvil has come to stay on this campus. "Gastronomic Extravaganza," the original Home Economics Vodvil, produced in 1920, was a part of "Hee Day," which the Home Economics co-eds hoped to establish as an annual divisional exhibition. "Hee Day," as one of novel exhibits, was doomed to failure, but such was not the destiny of the vaudeville.

The 1922 attraction included "The Herd Book and Its Language" and "Better Than Scandal."

A fashion revue was the theme of the '23 Vodvil and in 1927 romance and mystery conveyed the audience to the "Land of the Moon."

In '28 the Vodvil served its audience with a full course dinner—cocktails, chicken and candies (on the stage, of course).

Last year the idea of "The Co-ed Cruise" carried the co-eds and spectators around the world.

This year, as a part of the Vodvil, you will be treated to the "Campus Follies," featuring Station A. The vodvil will include the "Co-ed's Boudoir" and a ballet act, the theme of which will be announced later.

Tryouts for the vodvil were held on January 7 and 8. The entire cast has not yet been announced. The vodvil will be given two nights, as usual, and will be on February 21 and 22, 1930.

Who Wants to Know?

(Continued from page 10)

linen, one on decorative textiles, one on pictures in the home, one on refinishing furniture, and another on housecleaning, until the subject of selection and care of home furnishings is well covered.

Efficiency is not neglected. The bulletins recommend easily-operated, time-saving, labor-saving and fuel-saving equipment, home accounts and budgeted time and cash.

Some of the most recent and most interesting of all the bulletins are those on child care and training. They tell us how, by controlling the food, sleep and play of the child, we can help him greatly in habit formation and character development.

These little booklets are mines of concise, accurate information compiled by extension specialists for use in educational work throughout the state. About five hundred thousand copies are published annually at a cost of approximately \$9,000.

The bulletins are free of charge. They

are not distributed promiscuously, however, but are given where they promise to be of most value.

Voice of the Sampler

"Allow me to review my past life for just a moment," said the old sampler to the modern girl. "I have a past history of which I am proud and I wish to inspire you.

"It was in 1600 that I became acquainted with your great-great-



grandmother. She hung me on the wall beside her easy chair as a guide and help to her when marking fine linens. She taught me the A B C's and the numerals, then later she composed a verse for me which I loved. Gradually I became educated until now I am no longer a lost art. Won't you help me to become better educated and more artistic, for you have had so many advantages."

"You inspire me, indeed," replied the modern girl. "I cannot resist your plea and I shall begin a sampler tonight.

"First, I will construct a suitable design, for the design of a sampler is the most important factor. In order to do this, I shall cut a piece of cross-ruled paper of one-eighth inch squares, the size I desire for my sampler. With colored crayons, I shall work up my design on this paper. The colors must be very carefully selected. A good grade of Indian Head, experts have told me, is the most suitable material and I shall choose mercerized cotton thread instead of silk or crewel. Now I am ready to begin embroidering."

"You have a wonderful spirit," remarked the old sampler. "I have faith in your ability to perpetuate my art."

'Tis no shame to follow the better precedent.—Ben Johnson.

He alone has energy that cannot be deprived of it.—Lavater.

The want of belief is a defect which ought to be concealed where it cannot be overcome.—Swift.

To endure is the first thing a child ought to learn, and that which he will have the most need to know—Rousseau.

CHARLES G. RAY

JEWELER

319 Main Street

West of Sheldon Munn Hotel

Free Bus Fare

Ames, Iowa

GAY DAYS
AND BRILLIANT
NIGHTS, NEW
MODES AND
SKINNERS'
CREPES

SKINNERS crepe for your sport frocks, afternoon dresses and evening gowns, these incomparable fabrics are the very last word. Soft, rich, draping perfectly in slender lines, in all the lovely shades that fashion favors.

2.69 yard
Skinner's Crepes

The Fair
AMES FOREMOST STORE

Do You Know That Valentine's Day

may be traced back to the pagan days of Rome?

That there were at least five and some say seven saints, by the name of Valentine, and that for centuries it has been the custom to send missives of love and friendship on February 14.

Today we have every conceivable style of Valentine for Sweethearts, Friends, and members of your family.

Student
Supply Store

Next to Ames Theater

Adrift in Chicago

(Continued from page 1)
we haven't even mentioned our harmonious color scheme."

"I believe that the Art Department would approve. The rug is dark, the walls are neutral and the ceiling is light."

"Yes, and the davenport has nice lines and its dull green color blends well. The brass candle holder, our red carved chest and foot stool make this place seem homey, too."

"Lorraine, I'm surprised that you haven't suggested mentioning our hot-house nursery."

"Our only pets—the ivy, begonia and the tear vine! If they survive the Chicago winter, perhaps we can have a flower box on our balcony next summer."

"We've told almost enough about our apartment. Let's take them on a shopping tour to Sixty-third street."

"I think a walk through Jackson Park would be more exciting, Ruth. Do you remember how we tramped all through the park in search of said lake one evening last summer?"

"Do you mean the time we planned to eat our picnic supper on the beach?"

"'Planned' is right! We didn't discover the lake at all on that trip, did we?"

"No, but at least we learned the secrets of Jackson Park."

"Those sight-seeing busses have taught us lots about Chicago—and all for a dime, too."

"Yes, and we learned, too, that we can't see everything in the Field's Museum all on one Sunday afternoon."

"At least not without roller skates. Do you remember how our feet ached after our first visit there?"

"Don't I, though. But, Lorraine, we'll just have to get busy and write this story. Just talking about it won't do any good."

"A suggestion to put before the house. Let's send them this conversation, Ruth."

"That's a good idea, but do you suppose the Iowa Homemaker will print a story like that?"

"We'll just have to wait and see."

Slip Covered Chair

All the directions one ever reads for making slip covers start with a piece of lovely material, a tape line and a pair of scissors. Whereas, we who have actually done the job know that the real starting place is usually a more or less disreputable chair, a carpenter's square, and a cross-cut saw.

If the chair has rockers, saw them off. Don't be afraid it will be too low, you want it low so you may have a cushion seat. Don't worry if the back legs are

shorter than the front. The most comfortable chairs have seats that slope back. The chances are there are posts standing several inches above the top rail at the back; if so, saw these off even with the back of the chair. Where the arms project out in front, saw them off on a line with the front legs. When your chair is shorn of all its superfluous projections it is ready to pad.

And monstrosities you were not able to saw off you can pad sufficiently to obliterate entirely. Of course, if the chair is one you hesitate to deface with a saw,

FORMAL GOWNS IN THE LONGER LINES

Black — White — Eggshell — Dahlia — Canary
Nile — Blue — Peach — Tangerine
Flame — American Beauty

THE RIEKENBERG CO.

STYLE SHOP
West Ames

HOWARD ADAMS CANDY KETTLE

Homemade Candies Party Candies
Salted Nuts

Special Boxes and Candy for Valentines Day

Books on Home Economics

IF YOU need reference books that are not carried in stock we will be glad to order them for you.

College Book Store

ON THE CAMPUS

Everything
in
Jewelry

DUDGEON'S

Ames

Campustown

you may simply pad it well and get a smooth contour in that way. A few tacks, a large needle and some coarse thread will help hold the padding in place. Don't overstuff it, but use just enough padding to cover the sharp edges of the wood and fill in the hollows. An old comforter, cut in pieces, is easy to manage and makes a good padding.

You are now ready for your lovely material, your tape line, your scissors. Just one word of warning, make generous allowances for all seams and tuck-ins. After you have cut the pieces for the back, sides, arms and seat, you can turn them wrong side out and pin the seams, fitting the slip cover to the padded chair just as you would fit a dress. After all the seams are pinned, remove from the chair, baste and try on again before stitching. The slip cover should not fit too snugly. A loose cushion in the seat of the chair not only adds to its appearance and comfort, but saves strain on the slip cover and helps keep it in place.

Our Aluminum Cooking Utensils

(Continued from page 7)

judge would say, "the evidence is not all in and therefore a decision cannot be rendered." But for the present it would seem that we may summarize thus: we ingest more or less of the aluminum compounds in our foods daily, that they are apparently absorbed and also excreted, that in the quantities likely to be ingested in the course of normal nutrition,

they are harmless, whereas if ingested in excessive amounts or introduced into the body by injection they may cause disturbances in proportion to the method, dosage and technic employed.

Health and Hygiene

(Continued from page 3)

washed twice a day at least and three times, if possible, in the approved way.

Regularity enters into the subject of exercise. What is the good of violent outbursts on the tennis courts at hit-or-miss times, or a hike of five or ten miles with every leg muscle rebelling at the abuse? Although all college girls need exercise, they do not get much good from that kind. Exercises can easily be taken in the morning or at night just before retiring. Every girl needs more exercise than just walking. A habit could be easily formed and would be very beneficial to her.

One of the important items a college girl must consider is her clothes. Are they comfortable and just warm enough? Does she make unwise and sudden changes in clothing? The college girl must make her own decisions and try to promote health.

There are habits she must form to protect her health. No girl can have good health if she does not get enough rest. (Too many dates and too many extra curricular activities are bad habits in a sense and college girls must guard against them.)

—Harriet Hudson.

After the college girl has started upon this road of good habits she will be glad, because it will make it easier for her in every way. Habits are powerful, so they should be made good habits for health and happiness.

In all science, error precedes the truth and it is better it should go first than last.—Horace Walpole.

Is Your Dress Too Short?

Bring it down to

Stephenson's

Chances are you can get material that will bring it right back into style. You'll want to see the

NEW SPRING SILKS

that are coming in.

Don't delay, visit.

Stephenson's

Opposite Campus

Where the finest fabrics come from.

**MEMORIAL UNION
BEAUTY SHOP**

Can serve you better
On the first days of the week

Authorized Eugene Permanent Waves

Every student is a member of the
MEMORIAL UNION

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Ever stop to think what's the world's greatest industry? It isn't agriculture, nor transportation, nor steel-making.

Ever stop to think what profession is most important to the human race? It isn't the law, nor theology, nor medicine.

The world's greatest industry, by far, is homemaking.

The world's greatest profession is homemaking.

Homemaking is greatest, not in mere numbers alone, but because upon it the welfare of humanity is more dependent than upon any other industry or profession.

Not until educational institutions give homemaking its proper recognition will they be evaluating it properly.

As leader in its field the school of home economics at Iowa State is setting a noteworthy precedent in American educational circles.

IOWA STATE COLLEGE

AMES



Spring SUITS

\$29.75 - \$39.75

A spring suit like the one pictured here is "just the thing" for wear on the campus when it's too cool to go without a coat and too warm to wear one.

The spring suits have the 1930 style and are from 3-4 inches below the knees. Tuck-in skirts, figured flat crepe blouses, short jackets in lumber jacket effects with pockets make these suits "different".

Flared skirts are attractive in the soft wool crepes.

Tweeds are also popular materials for spring and their wearing quality is unquestioned.

-If You Sew



For Senior Sewing 1930 Printed Silks

Why not make your senior sewing dress of the new 1930 printed silks? The printed flat crepes are made up in the new block design which is very attractive. Lavender seems to be an exceptionally good color for spring. The prints are all 40 in. wide and are

\$2.98 a yard



Yunker Brothers
Harris ~ Emery's