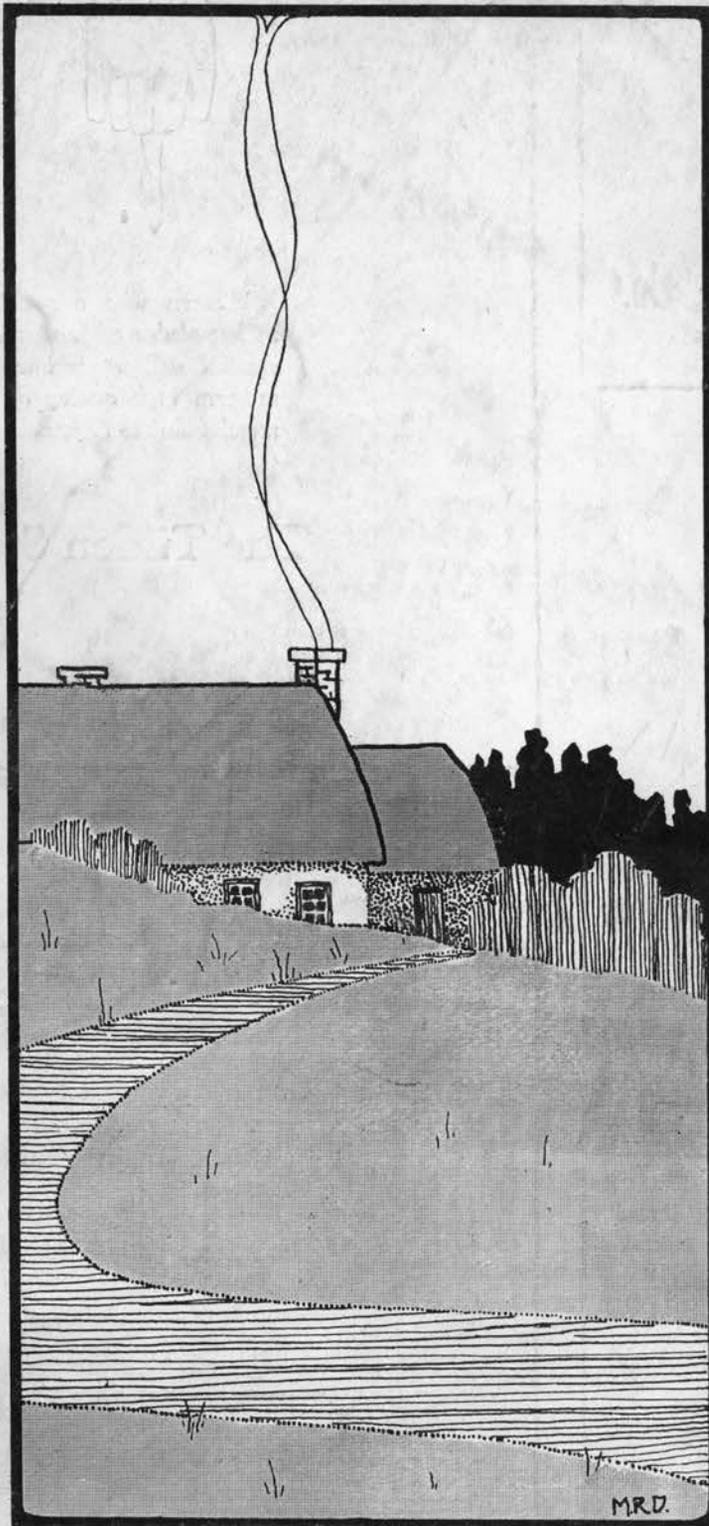
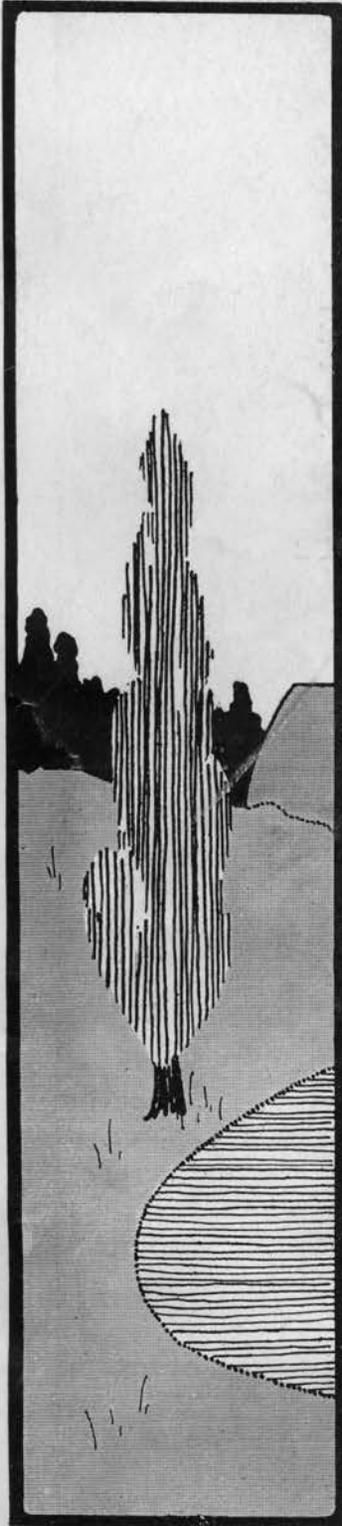


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PLAYING THE GAME OF HEALTH

By ELIZABETH STORM



No Fried Foods for Cho-Cho

DO YOU know Cho-Cho? You never have seen him? Cho-Cho is the funniest man you ever met. He is just like a clown at the circus only you get to know him very much better and he introduces you to his best friends. You will be glad to meet Sammy Spinach, Tom Turnip and Charlie Carrot and there are Rosie Apple, Mr. Whole-Wheat Bread and Cow-in-the-Meadow, too, who tell the boys how to be the strongest boys in the neighborhood and if the girls take his advice they will turn into the prettiest, liveliest girls in their neighborhood.

Hundreds of the children of Iowa will see Cho-Cho this spring. Miss Margaret Baker, food specialist for Iowa, has coaxed Cho-Cho to spend five weeks here. He will be in twenty-one counties and begins his tour April twenty-fifth. The counties fortunate enough to engage Cho-Cho are: Humboldt, Pottawattamie, Franklin, Bremer, Story, Iowa, Des Moines, Jones, Woodbury, Wright, Butler, Black Hawk, Johnson, Clinton, Buena Vista, Webster, Hardin, Poweshiek, Jefferson, Delaware and Scott.

Cho-Cho is the Health Clown who was trained by the Child Health Organization and christened with their initials. He is sent by them to give his performances for the children of any school, club or community that wishes to pay his expenses and a modest fee. Cho-Cho talks to the children until he converts them into enthusiastic supporters and believers in the Health game. Best of all, he is not alone but a part of a nation wide campaign to raise the standard of health of American school children all over the country. He is just one feature of the program of education offered by the Child Health Organization of America. His mission is to "put across" the message of health, to win the child himself, to secure cooperation, public and private, for chil-

dren's health, to awaken in the child a sense of duty to himself and an interest in the things he can do to develop his own physical sturdiness.

This new adventure in child health is the outcome of startling revelations made by school nurses, lecturers, doctors, dietitians and traveling clinics who were organized by the Child Health Organization and sent broadcast over the country to reach every town and village. These good people discovered that three out of every four children were suffering from physical defects which might be prevented or corrected. This means that 15,000,000 out of the 25,000,000 school children in the land are growing up under handicaps which are responsible for the failure to attain quite the physical and intellectual development of which they are capable.

Every one of this group of children is suffering not from one defect but several, all preventable or remediable. Adenoids, enlarged tonsils, poor eyesight and bad teeth are dragging down the general vitality and weakening still further the processes of growth. Worst of all, they are "malnourished" because of the ignorance of their parents. Thirty-three and one-third of all the school children are at least ten percent below the average weight for their age and height. And the total number of those failing to come up to standard, if only by a few pounds, amounts to fifty percent plus.

Parents have been so busy with the other duties of caring for their family that they have neglected these small but mighty demands of their little ones. In many cases it is ignorance, all the more deplorable. Is it any wonder that the Child Health Organization has resorted to the method that will reach the children directly and in a manner which they understand and will not readily forget? Cho-Cho solved this problem. He doesn't campaign with "musts" and "don'ts" but entertains the children so keenly that the applause is a chorus of "wills" and "want to's." For Cho-Cho is a clown—a real clown. He has the undivided attention of every child as with charming nonsense and droll antics he teaches the simple facts of health and hygiene.

Cho-Cho's first laugh creates an atmosphere of understanding, of happiness and jollity. For forty minutes he plays with his audience, demonstrating the right way to eat, bathe, sleep and brush the teeth. He gains their confidence right on the spot when he tells them that he is personally interested in their health and that they should make close friends of his friends whom he introduces, they follow him as tho he were the Pied Piper of Hamelin. Cho-Cho was once an actor but he has merged his identity as well as his former profession in the fascinating creation of the health clown. He insists upon traveling in his make-up and signs himself Cho-Cho in the hotel registers.

It is this confidence that Cho-Cho really is their friend and that no one

knows him better than they which makes Cho-Cho content to "find himself by losing himself" in the love of the children. They know that he is sincere and he holds the spell over them for their own good. That is why when they laugh in response to one of his jokes, and he says, "I made you laugh on purpose because I wanted to see which of you have pearls and which have coffee beans," they become thoroly convinced of the need of having good teeth. "There was no one to warn poor Cho-Cho when he was little about what happens to your teeth if you don't use your tooth brush," he tells them as he shows his own gold-filled teeth and they listen to the rest of his lecture with absorbed interest and make resolutions to take care of their pearls while they have them.

Cho-Cho's reforms are as magic. Budding chauffeurs and engineers, formerly too busy to wash their hands, disclose a startling interest in the state of their finger nails at meal times and bookworms become suddenly devoted to fresh air, night and day. Wholesome dishes once advised by mother or teacher take on a most appetizing aspect and disappear in a surprising manner. It is no task to remember which are bad and which are good foods after seeing Cho-Cho come in from his visit with the farmer's wife who gave him all kinds of vegetables. He empties his basket so all can see and puts all the good foods such as onions, carrots, spinach, cabbage, tomatoes, milk and sweet chocolate together on the table. Then he puts all the bad foods, cucumbers, radishes, pickles and doughnuts to one side. He urges the children to drink more milk, a pint a day of good fresh milk for:



THESE ARE *the* RULES of the GAME

- | | |
|--|--|
| A full bath more than once a week. | Eating some vegetables or fruit every day. |
| Brushing the teeth at least once every day. | Drinking at least four glasses of water a day. |
| Sleeping long hours with windows open. | Playing part of every day out of doors. |
| Drinking as much milk as possible, but no coffee or tea. | A bowel movement every day. |

CHILD HEALTH ORGANIZATION OF AMERICA
156 FIFTH AVENUE · · · · · NEW YORK

Every child in the United States will want to play this game

M is for milk that makes muscle and bone.

One pint each day would be best until you are grown.

I is for iron in spinach and eggs, Builds red blood and sinews for strong arms and legs.

There is no doubt that the Health game is the national game of America today. Everyday sees more and more scales and health charts being placed in school rooms, more nutrition classes started among the mothers and weight and strength contests being waged among the children themselves. Could the Toothbrush Brigade of the United States assemble some morning, what a gratifying sight it would be to the commanding officers of the Child Health Organization! And the athletes which will one day

be in the public eye will rival the old Romans themselves in strength and sturdy robustness.

Iowa children are holding their own but after Cho-Cho's visit the health curves ought to dash upwards. Women's clubs, school superintendents, public health nurses and the mothers themselves are inviting Cho-Cho to their town to teach the Health game to all the boys and girls. Perhaps, some time, they may meet the Picture Man, The Health Fairy or the Jolly Jester.

But if real visits from real people are impossible there is the Health Library which contains such pretty stories as "Cho-Cho and the Health Fairy," "A Diet for School Children" and "Child Health Alphabet." The latter holds such wheedling little rhymes as:

"L is for luncheon, served hot in the school,

We wish all the teachers could follow this rule."

"S is important and therefore I hope You'll pardon my specially mentioning soap."

It winds up convincingly:

"Now march for it, children, with drum and with fife

Z is the Zest which health gives to life."

With special attention called to health habits as they are by the efforts of the Child Health Organization it is not hard to show the child that the boy who wins at the game of Health will have an excellent chance, when he grows up, to win at the game of Life.

The Housewife and Her Working Clothes

By MARGARET KINGERY

PERHAPS there is no surer sign of a woman's sense of the beautiful than her own costume when at work in her home. It is surprising how many women can plan and furnish a very artistic and individual house and yet, herself, be a most inharmonious and jarring note in the whole color scheme. This is something that the average woman either never thinks of or simply doesn't care about, yet she will spend a great deal of time and expense planning or selecting her street clothes and her afternoon and evening gowns.

Somewhere, she has heard that blue is a fine color for house dresses. Blue is a clean, pretty color that doesn't fade, so blue she has—regardless of the effect of blue on her own coloring or with the color scheme of her home.

It is true that blue is a most becoming color for a fair-haired, blue-eyed woman with a clear complexion, but for her, whose eyes have a greenish-cast, and whose skin is a little sallaw, blue is most unflattering. Green trimmed with brown or buff or black would be much more becoming and, incidentally, more individual and distinctive.

Who ever saw an orange house dress? Probably, no one, because few women would dare to have one. Yet a brilliant orange chambray or crepe dress trimmed with black bindings would look really stunning on one with black hair and eyes. She would be the center of interest in any part of her home, and that is what she should be, for a home is merely a beautiful background for the folks who live there. She might cover a straw shade hat with the same material so that her costume would be more complete when she was in her garden or on her way to market.

Rose color and red in various shades are colors which give a warm reflection when worn near the face, and are very flattering to one whose skin has lost a little of its first coloring. Blue, with its cold reflection, robs this type of face of even the little color that may be there.

White is an excellent color in its

proper place. It is a most sanitary, but perhaps forbidding color, and when worn near the face, throws harsh, gray shadows. By contrast, white brings out the grayness or sallowness of the skin, with disastrous effects. If there must be a collar on the house dress try a pink one, or a cream one, or a lavender or green or yellow—anything but a solid white collar. A collar of thin white material, such as organdie, is permissible because then the color of the dress with which it is worn, shows thru and takes away the curse of the dead white.

There is, too, a psychological effect of the colors one wears. Any one feels in a better frame of mind when she realizes that she is wearing a becoming color and is an addition to the general landscape. In her kitchen she may match her brilliant house dress with the gay gingham curtains. Nothing launders as easily as gingham curtains and they stay clean much longer than the usual white ones.

I once knew a woman who had in her home a marvel of a spotless white kitchen—a most excellent impersonal laboratory. She soon grew a little dissatisfied with the monotony and coldness of the solid white so she bought a red geranium to put in the window. That was interesting so she decided that a little more red would be more interesting. She painted the labels on the salt, sugar and flour cans red and made a red and white checked border at the tops and bottoms of the cans. One day, she found some lovely red and white checked gingham which matched the painted border on her cans. From this she made herself a dress and then stitched bands of it on her curtains. It was always a joy to visit her kitchen after that, for it had an air of geniality that it never could have had before. In fact it was as delightful a room in which to sit and visit as her charming living room.

Good color and good design are not found in the cheapest grades of wash materials. Why on earth, tho, when the average housewife spends over

half of her waking hours in her house dress, does she want to buy the cheapest grade of materials?

We all profess to think more of our immediate family than of our friends and acquaintances, and yet we usually spend six times as much thot and money on our afternoon and street clothes than on the clothes we wear at home. This isn't intelligent nor logical. It is subjecting those we love best to an acid test, and it isn't fair. Buy a good quality of gingham that is guaranteed not to fade, make it in a 1921 style—not a 1912 model—and as long as it lasts it will be a joy to yourself and all who see you.

Unbleached muslin is a delightful background for all kinds of applique work. Designs may be cut from cretonne and hemmed on or the blanket stitch in black or a contracting colored thread may be used. Figures are sometimes cut from plain material and the designs worked on in outline stitch. Baskets are worked out in outline stitch and the flowers tumbling out of it are cut from gay cretonne and stitched on. Black cord may form the handle of the basket and also the girdle, with the ends frayed out. Any cross stitch design lends itself admirably to decorating even the plainest housedress of chambray or gingham. Care must be exercised in the choice of colors to see that they blend.

Japanese crepes may be bought in a wide variety of colors that are lovely, and that launder beautifully with little ironing. Ginghams in plaids, checks and stripes, and plain chambray ginghams may be very good in color and design. English print, which is none other than our old-fashioned calico—a little finer in quality and much better in design—makes quaint dresses. For colder days, we may find a good choice of color and design in challis, which are washable. With all this wealth of color and materials on the market, there is no excuse for buying ugly, cheap, muddy materials to gallop together, somehow, into a hopelessly homely housedress to be hated by all.

DRESS MAKING MADE EASIER

By FLORENCE RITCHIE

I NEVER make my own clothes because its so hard to do the fitting when I'm alone," is the complaint of many a capable dressmaker, who buys clothes that never exactly suit her, because she finds it impossible to place seam lines, make alterations, fix the hem and do a dozen other things that must be done in the fitting of a dress.

The dress form saves many useless fittings, is less trying to the nerves and gives a finished article that satisfies in every respect.

There are, of course, a variety of types of dress forms that can be purchased from every mail order house, some adjustable, some permanent. The permanent forms seldom prove satisfactory as every person has her individual form which no manufacturing company putting out an average product can hope to copy.

The adjustable form solves the problem of difference in hip, waist, chest measure, but even so, does not allow for the high shoulder, low hip or some other physical variation that has to be considered in dressmaking.

These forms cost from sixteen to thirty dollars and the woman who makes only one or two nice dresses for herself a year does not feel justified in investing that amount of money in an article so seldom used.

What then is my point? A dress form that is an exact imitation of the individual and can be made for two dollars or less.

The necessary articles or tools are: a pair of scissors, a roll of heavy gummed paper that can be purchased from any paper company, 60 pound weight, 60c, two high neck, long sleeve cotton vests of size ordinarily worn which can be obtained from the Elliott Manufacturing Company, Manchester, New Hampshire, for fifty cents a piece, a roll of tape, small bottle of shellac and twenty-five cent paint brush, a cup one-half full of water and a sponge, thread and needle and two or three friends to assist in the making which will require from one to three hours of steady work and perhaps some tiresome standing for the person being fitted out with the form. But when compared to the hours of standing and fitting ordinarily required it is a mere drop in the bucket.

An afternoon call could profitably be spent in making a dress form, as the making is much quicker and easier when several are working and of course the women could take turns in helping the others and every dressmaker or home seamstress will want one when she realizes how easily they are made.

The first step is to cut a large part of the roll of gummed paper into ten inch strips which can be accomplished in a short time by one measuring and a second cutting.

Another may cut a piece ten inches long and five inches wide from the bottom of one of the cotton vests, stretch and sew it to the back of the vest forming a collar but leaving the



Many Hands Make Quick Work

front open. The sleeves are cut off an inch from the arm's eye. The vest is then put on the one to be fitted, who has on a corset, brassiere, and a snug petticoat to eliminate excess bulkiness. The vest is sewed up the front and the buttons cut off. The vest is then pulled down tightly and smoothed around the arms and hips to eliminate wrinkles. A few long strips of gummed paper are cut.

The sponge is placed in the cup of water, thoroughly soaked and the wet side turned around toward the top. Too much water in the cup causes it to splash in wetting the gummed paper, of which one end is taken in the right hand, pressed on the wet sponge then pulled over the sponge the length of the strip by pulling with the right hand and pressing lightly with the left.

A long strip of paper is then placed on the center front of the vest, kept perfectly smooth and pressed down firmly to insure sticking. Another long strip is placed down the center back, then the waist line marked, care being taken to keep the strips smooth, tight and firm.

One worker can start at center front and paste strips from the waist line to the bottom of the vest around the hips, to center back following the strip of paper marking the waist line. These strips will be placed on vertically and formed slightly over the hips allowing each strip to overlap the previous one about three-eighths of an inch.

Another worker can start placing strips on the front, starting a diagonal line from the marked center front near

the neck toward the underarm. A strip is placed first on one side of the center front, sloped toward the underarm, then on the other side sloping toward the opposite underarm. Each strip is lapped three-eighths of an inch.

An underarm line to the waist is kept which requires cutting the strips of paper that are too long.

The third worker may start on the back and if necessary another sponge and cup used as every strip of paper must be thoroughly dampened to insure its security. As the sponge becomes dry it may be turned over. The diagonal direction of the strips on the back start from the outer point of the shoulder with a gradual slope toward the center back line. These strips are also alternated and lapped.

When the first coat of paper is put on there is a space near the neck both front and back that will need to be filled in with short pieces of paper running in the same direction as those first put on.

To make the form firmer a second layer is put on. The strips below the waist line are put on the same as the first. Those for the front of the waist are put on with the diagonal line running the opposite direction. The first strip is started from the outer point of the shoulder and sloped toward the center front.

Care must be taken not to run the shoulder line too far out on the arm. The strips are then alternated from side to side down the front and lapped as before.

The strips on the back are started from the center back near the neck

and sloped to the underarm. The strips are then alternated from side to side and lapped. The first worker done can cut 30 or 40 short strips from 3 to 4 inches long for the neck, clipping the sides to allow for the shape of the neck.

The collar of the vest is then sewed up tightly around the neck and the head held high while the neck of the form is finished by pasting the strips vertically around the neck. The distance of the bottom of the form should be measured and the line around the bottom made the same distance from the floor. Note of the distance should be put on the form.

All parts of the form except the neck should have a second layer of paper by this time so the form is cut off the individual by cutting up the center back, care being taken not to cut the individual, and the form opened as little as possible to allow the wearer to get out of it. The individual will probably be tired from long standing and should lie down and rest while the workers close the opening in the form by pasting short strips of the gummed paper on the inside of the form as the opening is pressed together. A long strip down the back then covers it up. The neck is reinforced by strips of paper placed

on the inside after the form is off.

The arms and neck of the form are trimmed out carefully and finished by folding the gummed paper over the edge. The pattern of the neck and bottom of the form should next be made on paper and then cut out of corrugated pasteboard or wood and pasted or tacked on.

The arm may now be made if the individual is rested. The sleeve cut from the vest is smoothly put on and may be fastened in place on the shoulder by pinning to a band fastened around the neck and the opposite arm.

The first strip is placed from the shoulder to the elbow. The second from the elbow to the waist and a band put around the wrist to hold the sleeve in place. The strips are then placed around the arm until the entire sleeve has two coats of paper.

The sleeve is then cut off on the inside line of the arm. The form fits so tightly that great care must be taken in cutting it off. The sleeve is then closed with small strips of paper and the top of the arm reinforced and the top and bottom finished neatly.

The arm and body of the form are now ready for shellac. While they are drying the lower frame for the form can be made by making two wooden bases the size of the base of the form, and fastening these a distance apart

that will bring the distance from the floor that it was on the individual. They may be fastened with lathe. This stand takes from six to eight lathe, or yard sticks may be used if the individual is not too tall.

The form when finished is the exact shape and height of the individual. The form when dry is covered with the extra vest to allow for something to pin the material or dress to in fitting. The sleeves are cut out and used to cover the arm.

All physical peculiarities are brought out in these forms and can be taken care of easily by the home dressmaker when she has the form to work with. If the individual changes materially in a few years another form can easily be made and anyone will be willing to stand the few hours of fatigue when it eliminates the many useless fittings required for each garment made.

The form could be taken by customers to their dressmakers to be used for the fitting and would eliminate the personal trips usually involved.

While the first form may not be entirely up to expectations so far as neatness is concerned it only takes a little experience to put out a neat and finished product.

The forms may be filled with excelsior or straw to keep the shape better as heat causes the paper to shrink

On the Homemaker's Book Rack

By EDA LORD MURPHY

LET US sit down at this big table by the reading lamp and look over these books, one by one. We shall find many kinds, from cook books and care of children all the way up to essays and poetry.

First, let us look at these on the mechanics of housekeeping. There are two by Mrs. Christine Frederic, "The New Housekeeping" and the later one called "Household Engineering." There is also that delightful little book called "The Efficient Kitchen" by Mrs. Georgie Boynton Child. In all of these we shall find lists of equipment, methods of housekeeping, schedules, systems with and without maids, suggestions for budget making and account keeping and discussions of many topics in which homemakers are deeply interested.

And while we are thinking of the practical affairs of every day we'll find in C. W. Taber's "Business of the Household" much food for thought. It is the kind of book that men will read with great surprise and interest and if the "partnership plan" is not operating in your case it will be a good \$2 investment.

These two books are not very new but they are from the pen of our incomparable leader, Mrs. Ellen Richards, and hold the inspiration that she always gave to others. "The Art of Right Living" and "Euthenics" give the broad fine outlook on the work of homemaking that the modern woman needs.

"Home Problems From a New Standpoint," by Mrs. Caroline Hunt and "The Woman Who Spends" by Mrs. Anna Steese Richardson are as

fine now as when they were first published.

As an antidote to restlessness and discontent and for the recipe for living on "nothing a year" read "An American Idyll" by Mrs. Carleton Parker. There is also a little book by Mrs. Tynen called "Speaking of Home," being essays by a contented woman! Rara Avis! A little book of poems by Edgar A. Guest called "The Path to Home" is advertised in this way, "The love light in the home life and the joy of just being in it and of it shine thru the pages of this latest book by Edgar A. Guest." This stanza from the poem "What Father Knows" may not be great poetry but it is a great truth:

In conversation Father can
Do many wondrous things,
He's built upon a wiser plan
Than presidents or kings,

He knows the ins and outs of each
And every deep transaction
We look to him for theories
But look to Ma for action!

There are several series to help in the training of children, among the best are those published by the University Society Incorporated, 44 East 23rd St., New York City and the Parent Association, 45 West 16th St., also in New York City.

If you want to feel quite "comfy" and satisfied read the observations of an Englishwoman on American women in Mrs. A. Burnett-Smith's book, "As Others See Her."

If your husband is shirking a bit, get him to read Theodore Roosevelt's "Letter's to his Children." There is Miss Winifred Kirkland's "The Joys of

Being a Woman" and more essays by her in a book called "The View Vertical." Both she and Miss Ida Tarbell see us as we are and as we might be.

It is no longer an affectation to be found among the devotees of the Atlantic Monthly. If you live in a town without an up-to-date library, work for it and meanwhile subscribe to magazines and open an account in the book section of a department store.

You will make better bread, and smoother beds, your house is more likely to run on ball bearings if you, the wife and mother, keep your wits awake and your soul revived, not with Bromo Seltzer or spirits of ammonia but by varied reading—the daily paper and magazines of various kinds and best of all the books and better than all, the Book of Books.

FOR THOSE WHO PLAN TO CAN

"Every Step in Canning" by Grace Viall Gray is a book explaining fully the canning of fruits and vegetables by the cold pack method, which is taking the place of all other methods because it is the easiest and quickest way to can and prevent waste. Cold pack canning was introduced by the government during the war to stimulate the preservation of foods and products with such wonderful results that the women who adopted it will never return to the old fashioned laborious and wasteful ways of preserving. Grace Viall Gray was at one time associate professor of Home Economics at Iowa State College.

"Every Step in Canning" is priced at \$1.50 and may be obtained from Forbes & Company, Publishers, 443 S. Dearborn St., Chicago, Ill.

Just Who is the Homemaker?

By CATHERINE J. MACKAY
Dean of Home Economics

WHO IS the homemaker in these modern days? "The mother," is likely to be the most common answer, and yet homemaking is not the concern of merely one, the mother, nor of two, the mother and father, but of all the individuals of the household. Homemaking in this twentieth century is such a complex problem that it requires the combined intelligence and best effort of every individual member of the family group to secure and maintain the best type of American home life.

Unusual changes have come in home life with the changes in general conditions that have been brought by the passing years. During the Colonial period in America homelife in the south was influenced by the great and cheap labor supply, and in the north by the fact that the individual members of the family divided among themselves the labors necessary to maintain the standard of the home. Families were held together by a unity of economic and social interests.

With the coming of modern industrial life families in the cities moved into more crowded sections. On the farm and in rural communities families were drawn into closer contact with city life through greater accessibility by railroads, electric cars and automobiles. Manufacture of the necessities of life was also transferred to factories and a new economic condition arose which changed the family from group producers within the home to individual workers outside the home. The members of the family went into factories, stores and

Where we love is home—home that our feet may leave but not our hearts.

—O. W. Holmes

business. Earnings were made by individual members of the family with the result that separate and different interests in business and social life were acquired. With this separation of economic and social interest the problem of maintaining the family unity arose within the home.

On the farm the family still retains the group interest but even there, with the use of modern facilities for travel and greater social relationships, the problem of homemaking has changed.

During the time of these developments, the public school system was evolved and the children formerly educated in the home went out to receive a large part of their education in the schools.

Notwithstanding all the changes which have taken place in modern economic and educational conditions the fact remains that the training and development of the child for the first six years of life takes place in the home. In this period habits of thought, speech and action are formed which become an integral part of the life of the individual.

While the complexities of modern life were rapidly changing the home before the war, and the war has but hastened these changes, yet we realize that the fundamental principles upholding the family as a social unit must be retained. We realize more than ever the sustaining influence of

the home on the quality of the citizens of the nation. Therefore it is more than ever necessary that the home be adapted to modern needs and conditions.

In "Teaching Home Economics," by Cooley, Winchell, Spohr and Marshall, the following statement is made:

"A nation is no better than its homes. It has been said, 'Remember that the success of the nation of tomorrow depends upon the characters [it] in the homes of today.' A real peril is before us when the homes of this land are conducted with lack of intelligence concerning the problems involved and with lack of understanding of the relationship of the individual home to the success of the community and to the life of the nation. The homes must be made centers of life and good influence which will help to develop men and women with a right attitude towards the problems of life. The crying need of today and tomorrow is a challenge to men and women who realize that the highest good to be attained in life is through service, and that there must be other interests besides the selfish ones of the individual life."

Two things must be considered in the development of family life. First, the spiritual essence of home life, or "atmosphere," which scarcely can be defined and which rests upon the development of mutual love, consideration and cooperation within the family.

Second, the material side which has to do with the every day routine of family life. In modern family life the tendency is to develop the individual.



The Home of the Division of Home Economics

There arises, therefore, an independence of thought and action which may result disastrously or may be made to contribute to successful family life, according to the type and strength of the organization in the household. The very complexity of the business of the household is often the cause of dissension and dissatisfaction.

The problem of modern home making, therefore, requires an intelligent application of all available knowledge relating to the science, art and business of home making.

Who should secure this knowledge and apply it in the home? Lowell said: "The many make the household, but only one the home." Is the wife and mother this one, or is home making in its new development a group problem? It would seem that the reply should be that household organization should be carefully worked out by all members of the family under the leadership of the parents. The household expenditures, for instance, should frequently be better adjusted if

each one realized his or her relationship to the amount of the income and the responsibility for the outgo. For the average family the problems of clothing, food, health, shelter, education, recreation, savings and the promotion of the social and religious life offer a challenge which calls for intelligent consideration and the highest type of service from each member of the family.

In order that these and other home problems may be successfully worked out, not only is it essential that girls should receive training for home making, but also that somewhere along the line boys should receive adequate instruction for home making suited to their particular needs. The men as well as the women should receive instruction and training for home making in high schools, colleges and universities. These courses should meet the specific needs of each group.

In the last hundred years economic and social changes due to modern industrial development have considerably changed the material problems

of home making. It is essential to recognize the foundation principles upon which a home is founded and developed if we are to preserve and maintain these principles in all sincerity and integrity in American life.

Preparation for home making should be a necessary part of educational equipment for men as well as women, and courses providing suitable training should be available in our schools, colleges and universities.

While the burden of responsibility for a successful home may largely rest upon the knowledge, skill and judgment of the wife and mother in the home, yet the husband and father as well as each member of the family must contribute not only to the financial success of the home, but also to the higher spiritual ideals of home life. Since modern conditions tend to draw the family away from the home it is much more necessary that strong home ties shall be developed in order that "the nation of tomorrow may depend upon the characters built in the homes of today."

Are You a Successful Hostess?

By BETH BAILEY

PARDON MY bluntness but what kind of a hostess are you? Do you wear yourself out with pre-occasion sweeping, dusting, cooking, fussing and worrying? Do you sit at the table with your mind and heart in the kitchen? Or do your actions say to your friends—"Because you are our friend, we are always glad to have you come to us as we are. We are glad to share what we have with you."

Too often in attempting to put on "company-style" we pattern after the formal dinner service with its retinue of servants. The truth is that the formal service is of no value to the modern woman, because she has no servants. The woman of today is chef, butler, waitress, all in one. How can she, then, perform all these func-

tions and yet be a perfect hostess?

The secret lies in simplicity. "Entertain simply, but often, so learn to excel." The spirit of the hostess is of far more value in the success of a meal than the number of dishes served. By choosing dishes that can be prepared largely in advance and attractively served at the table, the absence of a maid is not felt.

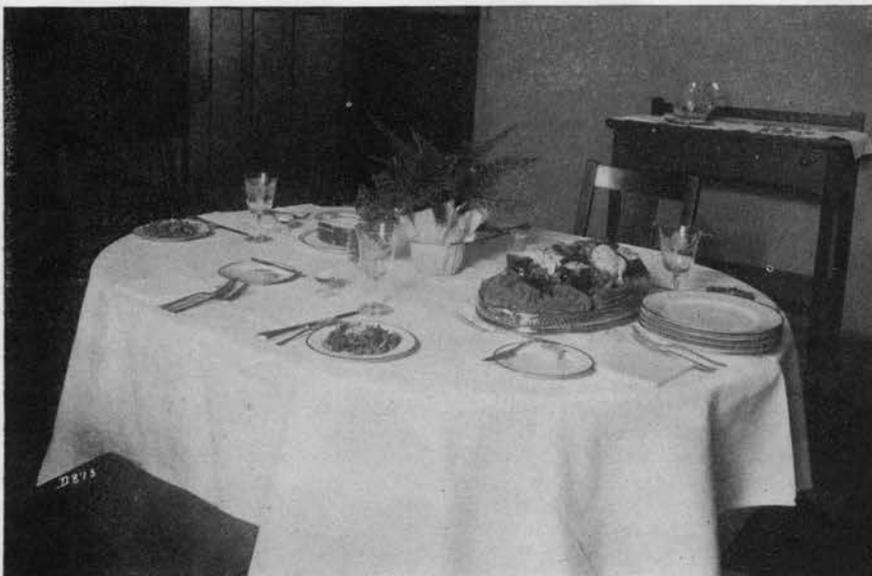
The hostess should meet her guests with a well-groomed composure, not flustered and red from late preparations. From then on, the place of the hostess is with her guests, not in the kitchen. The service table and tea wagon make this possible. Of course it is always necessary to be excused for a few minutes to put the food on the table prior to announcing the meal

but all food should be served from the table by the host or hostess. If it is necessary for the hostess to leave the table, a tray will be a help. During prolonged trips to the kitchen, when sounds of the egg-beater, the running of water, and the clatter of dishes filter into the dining room, comes the prolonged pause in conversation—that awkward silence.

Two women I know illustrate extremes in the scale of success as a hostess. Mrs. W. by every act conveys the impression that she has worked long and hard to prepare a banquet just for you. The occasion is so momentous that this deluded soul never sits down to eat with her family when there is a guest. She passes the bread, brings in the tea, asks if you want this and that, until embarrassed by so much attention you lose all desire to eat. Her conversation consists of talk on food—its preparation, flavor, price, and service. You realize that the routine of the entire household is topsy-turvy because you accepted the invitation to dinner. In her anxiety to please she defeats the real purpose of a hostess, that is, to make her guest comfortable.

In contrast to this, Mrs. T's invitation is often most informal and on the spur of the moment. On entering her home, she meets you graciously and invites you to make yourself at home, to read, or possibly to come into the kitchen to help with the final preparations. The meal is served as simply as it would be served if any guests were not present. A service table holds the desert and any extra silver or dishes that may be needed during the meal. Mrs. T. serves without ostentation, and perhaps allows you to help serve the salad, or pour the coffee. She leads the conversation, and gets everyone into the

(Continued on page thirteen)



The Meat and Vegetables are Served From a Plank

Shall We Have Universal Physical Education?

By WINIFRED R. TILDEN



Tennis Makes for Good Health

HAVE YOU heard so much about Health that you are no longer interested in it?

Have you really become tired of hearing about it or is it that you know so little about the subject that you avoid entering into any discussion for fear of exposing your ignorance?

It does seem sometimes that a large majority of people have been brought up to believe that the definition for health is the same as that one given by a little boy who wrote in his examination—"Health is what you have left after you have been ill."

There is a fair chance that a national physical education bill may be passed at the next session of Congress. Do you know about it?

The Fess-Capper bill (H. R. 12652—S. 350) proposes that the Federal Government cooperate with the states in providing physical education for all sexes between six and eighteen years of age.

The Fess-Capper bill, introduced in the House of Representatives by Congressman Simon D. Fess of the Seventh District of Ohio and in the Senate by Senator Arthur Capper of Kansas provides for two things:

1. "The opportunity for every child between the ages of six and eighteen years in the United States to have a periodic health examination, practical instruction in the principles of healthful living, and training in physical activities which promote a high degree of resistance to disease and a physically efficient body.

2. For the distribution of \$10,000,000 to the States for training and employing teachers of physical education, provided that each state appropriate an amount equal to the federal fund received. Each state must establish a system of physical education for every child in its borders between the ages of six and eighteen years as well as adequate training courses for prospective teachers."

Can anyone conceive of any possible objection to such a bill. Surely not!

There are many arguments strongly in favor of it.

Is there any homemaker who regrets the passage of the Smith-Hughes bill that has made possible the splendid work in home economics or who would abolish the good roads program now being carried out?

Educators realize that our educational systems have been a "glorification of the mind at the expense of the body." That a sound body must house a sound mind is just as true today as when John Locke said, "He that hath these two hath little more to wish for, and he that wants either of them will be but little better for anything else."

Medical inspection in scores of American cities has shown that no more than one-fourth of our school children are free from physical defects injurious to health. The common physical defects, as you know, are malnutrition, adenoids, enlarged tonsils, tuberculosis, defective vision and hearing, spinal curvature, organic heart and predisposition to nervous disorders. Don't think your children or your neices and nephews are not in this classification. Don't be too certain until you have had them examined. 75 percent are effected! Is that child you so love one of those 15 millions? Should a stranger be the only one working for your child's physical benefits? Can we afford the price we are paying for the lack of adequate measures to promote health and physical efficiency in the rising generation?

Let me present to you a few reasons that have been gathered together that will convince you that the Fess-Capper bill must no longer slumber in the committee of Congress:

1. Unprepared for defense. "The last mobilization showed a very alarming condition so far as the physical condition of the men of our country is concerned. The standards of the draft were dropped very low and we took perhaps in the neighborhood of 70 percent. Only about one in five or

about 20 percent would have passed the physical examination required for the regular army or the marines in time of peace."

—Major General Wood

"Many of the men accepted were not fully fit to face the rigors of modern warfare even after the military training in the camps. This fact is illustrated by the test made of a single regiment in training at St. Naziere. 28 percent were unable to jump a six foot trench, the general American test for grammar school boys."

—Dr. J. H. McCurdy, Sec. Am. Phys. Ed. Assoc.

2. Unprepared for peace. (a) Physical deficiency among school children. "75 percent—15,000,000 of the school children in the United States have physical defects which are potentially or actually detrimental to health. Most of these defects can be remedied."

—Dr. Thomas D. Wood, Chairman Joint Committee on Health Problems in Education of the National Education Association and the American Medical Association.

(b) Industrial efficiency undermined. "We have 30,000,000 workers in this country and according to the best statistics that I have been able to gather, those workmen average a loss of \$9.00 per year, costing \$675,000,000. They pay out in doctor's bills \$180,000,000 or a total of \$855,000,000."

—Dr. J. H. McCurdy, Sec. Am. Phys. Education Association.

(c) Country life no guarantee of health. "Bad health conditions in rural school children run from one-half percent all the way up to 20 percent higher than in city school children."

—J. A. Nydegger, Surgeon U. S. Public Health.

(d) Men in middle life cut off or enfeebled. "The health statistics of Massachusetts showed that the death rate from organic disease increased 86 percent in 30 years. At the age



These Girls Speak for Physical Education

of 40 the death rate is nearly three times what it is at 20."

—Dr. Eugene L. Fish, Life Extension Institute of New York.

You have read some startling facts and figures from men of national repute. In answer to your queries as to how physical education meets these conditions, I present these replies:

1. For national defense. "We must realize that physical education is as necessary to development of our young as mental training. A sound mind must depend upon a sound body and we should organize educational systems providing for physical development."

—Newton D. Baker, Sec. of War.

2. For peace time progress. "The defects of 286,649 New York state children were corrected during the past three years."

—Dr. John Finley, Commissioner of Education of New York state.

"Physical education is education for the purpose of promoting health and efficiency. Adequate physical education necessarily involves the teaching of hygiene and sanitation. It involves health and sanitary inspection and it involves the teaching and supervision of physical activities."

—Dr. L. W. Sargent, Cambridge, Mass.

With such a bill as the Fess-Capper

bill we can be more hopeful of more physically fit men and women out of this rising generation. This national plan will not duplicate the work of the state educational and health authorities. It will on the contrary stimulate and support them without creating new and expensive machinery. Do not think that this bill is demanding that all children be given a physical examination. It gives the state the opportunity of deciding whether such is necessary. It is not trying to make gymnastic performers of our children. It is to instruct all in the simple rules of health and training for organic efficiency.

It is most imperative that our states receive this federal aid. Physical education established exclusively by local boards has resulted in much waste and ineffectiveness. Programs are too often restricted to older students or are to produce only a few star athletes or they overlook the fact that leadership is far more important than equipment.

There are a few wealthy states that have already made appropriation for state wide physical education, but only a few. The majority of states need financial assistance.

There are in the country 25 million school children between the ages of six and eighteen and only about 5,500 trained leaders of physical education. That means that 45,000 trained leaders will be needed to give adequate

physical supervision (allowing approximately 500 to each leader.)

There are only seven normal schools and thirty-seven colleges and universities having special physical training departments. At present there are only 3,000 pupils in training in these schools!

The total amount of money appropriated annually by various state legislatures for physical education amounts to \$500,000 and this amount includes \$294,000 expended by the state of New York.

Iowa homemakers, are you satisfied to let the situation remain as it is? What are you going to do to help secure the passage of this bill? Don't delay for now is the time to act! Do at least these four things.

1. Have resolutions of endorsement passed by your own and other organizations and have copies mailed to your congressmen.

2. Have influential citizens write to your congressmen urging that they work actively to secure early consideration of this measure.

3. Secure local publicity.

4. Report on all action taken and expressions from congressmen to the National Physical Education Service, 309 Home Building, Washington, D. C.

"Why make children wait since federal action can save many years in establishing universal physical education."

Something New in Vegetables

By ERVINE F. PARKER

MANY, MANY, years ago, so history tells us, the inhabitants of the earth lived entirely upon fruits and vegetables which they gathered from the forests where they made their home. Then, someone's crude house burned down, so tradition tells us, and burned a pig belonging to the master of the house. In rescuing the roasted pig, the man burned his fingers and poked them into his mouth to cool them. He liked the taste, so tried it again and then called the family and the neighbors who relished the roast pork as much as he. And henceforward all peoples have been eating meat in ever increasing quantities to the elimination of the fruits and vegetables of former days.

During this decline in popularity many of the once common vegetables have almost passed out of the cookbooks and meal plans of the average housewife. The American housewife is the most delinquent user of vegetables. The French, the Peruvians and the Orientals use the less common vegetables and herbs to a surprising extent which is probably responsible for the delicacy and characteristic flavors of dishes prepared by the foreign cooks.

That vegetables hold a decidedly important place in the diet of the healthy man, woman or child has been proven conclusively by the leading dietitians and food specialists in the country. The problem confronting the housewife is not the preparation

of larger quantities of a few vegetables but a wider range of vegetables which her family will enjoy and not grow tired of before the season is over.

Our less common vegetables are often under-valued, for instance, witloof chicory, which makes a most delicious salad. Its velvety toothsome qualities sometimes put it in demand at sixty cents a pound in our Eastern markets. The roots taken up before heavy frosts can be forced during the winter in deep boxes of wet sand in a warm temperature, with the root crowns six inches below the surface of the sand. In about four weeks time tender heads will form and be ready to use as a salad with mayonnaise dressing. The green foliage in the summer make delicious greens.

Early in the spring the dandelion is a great appetizer. The improved thick leaved variety is far superior to the wild type. With some cultivation on good soil such a mass of succulent leaves are produced that only a few plants are needed for a meal.

Swiss chard supplies good greens all thru the season. The blades of the leaves are prepared like spinach while the midribs and stalks are cooked and served like asparagus. If the whole plant is not cut, new foliage will develop all summer. It is easy to grow even with adverse weather conditions.

The best greens during the heat of the summer can be obtained from the

tender shoots of the New Zealand spinach. Shoots about two inches in length are the most tender. The seed of this plant is slow to germinate so it is desirable to soak the seed in water a day or two before planting.

Savory cabbage, while little grown should have a place in the home garden because it has the most delicate flavor of all the cabbages. Red cabbage is also very fine and makes delightful salad when a color scheme of red is desired.

Another vegetable for the epicure is egg plant. The fruits are prepared for serving by slicing and frying them. This is a heat loving plant and needs to be started in a greenhouse or hot bed.

A vegetable of cabbage flavor appreciated by many people is kohlrabi. This looks like a cross between a turnip and cabbage. The edible portion is the swollen part of the stem just above the ground. It is of the highest quality when about two inches in diameter.

Endive, a salad plant, altho liking cool weather, makes a satisfactory growth in the summer. The curled and frilled leaves when blanched are a substitute for lettuce and make attractive garnishes.

A very good fall salad plant is Chinese cabbage, which has a very fine delicate flavor. It is as tender as head lettuce and may be used for salad, cold slaw or boiling.

(Continued on page fifteen)

A Notable Day at Iowa State College

By HAZEL M. HARWOOD



Mrs. Jas. A. Deavitt

TUESDAY, March 15, was unique in the history of Iowa State College and the state of Iowa. For it was on that day that Iowa State College, speaking for education and the entire state, welcomed Governor Nate Kendall, Lieutenant Governor Hammill and the two newly appointed women members of the state board of education, Miss Anna B. Lawther and Mrs. James A. Deavitt.

Altho Iowa has always insisted that her daughters should share with her sons in higher education, never until

the time of Governor Kendall had women been appointed to such posts of honor. The first official appearance of these women on our campus was therefore a red letter day for Ames and the state.

Mrs. Deavitt and Miss Lawther were to speak in convocation! We gathered in the gymnasium, four thousand strong. We sat there, eager and intent. We knew about the education of these women, both college graduates, one from an eastern women's college and the other from a mid-western co-educational institution. We knew about their individual records of service to the state, in suffrage, in party politics, in club, education and community life. We knew about their education and their distinguished service, but we wanted to know the women themselves and to hear them. So, we sat with sympathetic ear. As they talked, we acknowledged with applause that they both were scholarly, were clever, were witty, but above all that they had a broad sympathetic vision for education. These women were not faddists, unless the use of good English could be called a fad.

These women are not more interested in education for daughters of the state than for the sons, for to quote one of them, "Mothers are never more interested in the education of their daughters than of their sons, altho in ages past, some fathers were supposed to have been more interested in the education of their sons than of their daughters."

After the convocation, on social occasion and on campus tour, their interest in education was discriminating and keen, whether in household arts



Miss Anna B. Lawther

class, in shop, looking over live stock or the crowded laboratory.

Iowa State is proud to have these women the first to make history for women on the state board of education.

Next to the home, women's greatest interest and concern has always been, probably always will be, education. To the mothers and women of the state, it is a great satisfaction to express their fundamental interest in higher education thru Mrs. Deavitt and Miss Lawther.

CONGRESS OF MOTHERS

In a year's time the affiliated membership of the Iowa Congress of Mothers and Parent-Teachers Associations has more than trebled. In March of 1920 the membership was a little more than 3,000; this March, 1921, it was considerably in excess of 10,000, and it is growing at a rate that promises a thousand or two more in another month. "That is merely one evidence of the remarkable interest of parents in their public schools," says Mrs. F. W. Beckman of Ames, state treasurer of the Iowa Congress. "Another evidence may be found in the scores and scores of reports of excellent programs carried on by local Parent-Teacher associations thruout the state. There isn't a type of community club more active than these associations. Their meetings are largely attended and they serve to bring together people of all interests in a gratifying way." In the town of Ames, for example, there are five active associations. Each holds its meetings regularly and some of them have been attended by more than a hundred men and women. The result is splendid support and encouragement of the work of the schools as well as new community spirit.

Greetings From Iowa Congress of Mothers' and Parent-Teacher Association

By CAROLYN E. FORGRAVE, State President.

We are very much interested in the publication of the Iowa Homemaker and hope that we may receive much inspiration from its columns. It is a privilege to send a greeting to its readers thru its first issue.

To promote the welfare of children and improve upon the conditions as they exist is primarily the object of the Iowa Congress of Mothers and Parent-Teacher Associations. This state organization is a branch of the National Congress which has for its object the same attainment not only in this country but thruout the world.

The work undertaken by the Iowa State Congress has been so important this year that the membership has increased two hundred and thirty four percent in nine months and the membership drive is not yet completed.

What does this increase mean? That better organization means educational advantages to those interested in child welfare. "How the Home Can Train the Child to be Honest, Loyal, True and Brave" and "How May the Parent-Teacher Associations Best Help the Individual Mother to Equip Herself to Meet her Responsibility" are topics of interest to every homemaker.

With all the opportunities for service that are available at the Iowa State College the Homemaker will contain information which will be appreciated.

To all its readers we extend a warm welcome into the ranks of those united for the study of children's needs and conditions, and for the promotion of every measure for the welfare of children and helps to mothers and fathers.

THE IOWA HOMEMAKER

"A Magazine for Homemakers From a Home Maker's School"

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Greetings, women of Iowa! With this, our initial number, the Iowa Homemaker welcomes you into a closer relationship with the Division of Home Economics and Iowa State College.

We say closer relationship because there is already a bond between the women of the state and their college which is evidenced by the support they have given us. This bond will be strengthened as we come to know each other better thru the columns of the Iowa Homemaker.

What are we planning to send you from month to month from the Home Economics departments? The very best that the college has to offer. We want you to feel that every department is at your service. We shall try to anticipate your needs and plan to fill the columns with just the news about the home that you are looking for.

Then we should like to have you write us about the particular problems that are bothering you and we will see that some one who knows answers them for you. With this cooperation we shall be able to make the Iowa Homemaker a magazine for home makers from a home maker's school.

How careless our America is! In 1913, the year for which the last figures are available, some 23,000 mothers died at childbirth and almost 250,000 babies died before they were a year old!

These deaths, with a few exceptions, were preventable. Most of these 23,000 mothers and nearly a quarter of a million babies were cheated out of their share of life by some accidental and preventable circumstances attendant upon childbirth.

A large portion of these mothers died because they were not given the proper instruction in the hygiene of pregnancy, because they did not receive sufficient medical care at confinement. And these babies died because they were weak, or neglected, or ill nourished by an ailing mother.

Child life in the United States was investigated a few years ago, by the Children's Bureau of the government whose efforts have brought information regarding existing conditions to our attention. It was found that of 15 important countries, 14 have a lower maternal and 7 a lower infant death rate than the United States. It is also due to this bureau that the initial attempt was made to obtain legislation to remedy the deplorable conditions.

The maternity bill is known as the Sheppard-Towner bill because of its introduction by Senator Morris Sheppard of Texas and Representative Horace M. Towner of Iowa. Its purpose is to aid in human development by providing for the appropriation of government funds for maternal and infant hygiene.

The manner in which the money is to be appropriated is carefully stipulated and the appropriation to each state is to be met with a like sum from the state itself, except that an initial contribution of \$10,000 will be made to each state with out equal appropriation. These funds, when properly administered may be used for the expansion of present maternity centers, for the establishment of centers where nurses care during pregnancy and doctors care at birth may be obtained and for the extension of hospital facilities in city and rural districts, so that in time no mother need face the danger of injury or death from the lack of care before, during or after childbirth.

This bill is undoubtedly the most urgent conservation before the American people today. Every woman should secure a copy of it from her congressman, study its provisions and insist upon its passage. In so doing every child will be assured the greatest of all liberties, the right of health at birth.

Iowa is one of the five states in the Union in which there is no limit for the hours a woman may be employed. In the steady stream of bills which pass thru the state legislature there has been none which provide for the laboring woman.

A "bill for an act limiting the hours of employment for women" is being sponsored by the women of Iowa. This bill, which was introduced by Representative J. B. Weaver, reads:

"No female shall be employed in any mechanical or mercantile establishment, factory, laundry hotel, restaurant, telegraph or telephone establishment, or by any person, firm or corporation engaged in any express or transportation or public utility business or by any common carrier, more than nine hours during any one day or fifty hours during any one week; provided, however, that the provisions of this section shall not apply to the employment of women in executive positions, or to the establishments engaged in canning or curing perishable fruits or vegetables during the harvesting season."

Altho Iowa is not considered an industrial state yet, we have 97,552 women in the employ of concerns mentioned in the bill. A great many of these women are mothers and must keep up a home, and care for their children. With prices high it requires the combined efforts of both the father and mother of many families to keep food and clothing for the little ones. And the mothers, in their mother heart longing for the "extras," are prone to work over time when the chance comes, for the sake of a little extra money. These mothers forget or do not realize that when they come home weary of heart and body they fail to give their children the home atmosphere so essential to the development of future generations.

Subnormal children are the progeny of overworked mothers. It is the subnormal child which is demanding the most attention of the school nurse, whose mind is a fertile field for developing the seeds which lead to crime in later life and who has ever been a problem for the teacher in her class organization. Any act which fully compensates women for their services without taxing them beyond their strength is making for better citizenship in Iowa and the nation.

HARK! YE AMES MAIDS

The Ames Maid is wondering if you really enjoy her visits, you Alumnae. You did? Then why don't you send in your subscription right away, before the magazine goes under? The managers of the Ames Maid are asking every loyal Ames girl to cooperate with them in continuing this delightful little magazine.

The Ames Maid is the connecting link between the old and the new graduates of Iowa State College. The choice bits of gossip and news about your classmates which you could not receive any other way will reach you every month thru the Maid if you lend a hand and \$1.50. Otherwise the Maid must sing her swan song and one of the best friends the alumnae ever had will be among the "has beens."

Send your subscription right away to Margaret Tomlinson, 2708 Grand avenue, Des Moines, Iowa.

IN CZECHO-SLOVAKIA

"Oh, your schools are so fine and your people so happy!" exclaimed Dr. Anna Berkovcova, of Prague, Czecho-Slovakia, as she studied conditions at Iowa State College recently.

"Our students are so poor, yet so ambitious! Before the war we had 6,000 in the Prague University, now we have 8,000. Since the war we have established three new universities with an additional enrollment of 8,000.

"Your people have so much heat, so much light and so much food, while ours have so little! To meet our crowded conditions boys from secondary schools built temporary buildings, like you have in America for dormitories. The girls in school cooked for them while they worked. Rich families donated cotton for curtains, glass for windows and old clothes for furniture upholstery.

"Some of the students live in dormitories and others with families wherever they can. In the spring and in the fall students can be seen sleeping in the gardens on benches because they have no money with which to pay room and board.

"They must spend six years in the Lyceum studying Greek, Latin and Russian languages before they can enter the university.

"Our girls have one year's work in home economics, but it is nothing compared with yours. We are going to make it better tho, as soon as our money increases in value. Before the war five crowns would buy one American dollar, now it takes eighty.

"One woman leader of Red Cross work in Czecho-Slovakia, has in the past two years established 3,000 public schools in the western division of the state, formerly under Austrian control.

"There are as many girls enrolled as boys since the war. Since our universities have become co-educational there is a marked improvement in the behavior of the boys."

Dr. Berkovcova is the state director of the lyceum which is a high school for girls. She is taking a year's leave of absence to study vocational schools in America and is also acting as Red Cross field secretary in the interest of the Czecho-Slovakian people.

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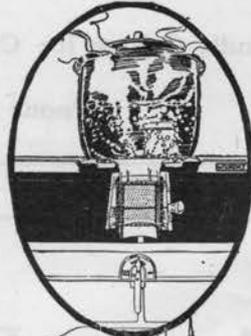
More than 90 percent of the students of the Home Economics Division of Iowa State College made pledges to the Memorial Union Building fund in the great campaign which resulted in a subscription of more than \$330,000 from students and faculty. That was the highest percentage among all the divisions of the college. That is a notable record, but it is wholly in keeping with the wartime record of Iowa State's young women, for in every welfare campaign they ranked at the top or near the top in giving. As soon as possible the campaign for the Memorial Union fund will be pushed among the alumni and alumnae. At present the organization of that campaign is nearing completion and the big drive itself awaits only a turn in financial conditions towards the upward grade toward betterment. It is fully expected that the drive for three-quarters of a million among alumni and former students will be put thru in a week or ten days. It is expected that actual work on the building will be started as soon as building conditions are favorable.

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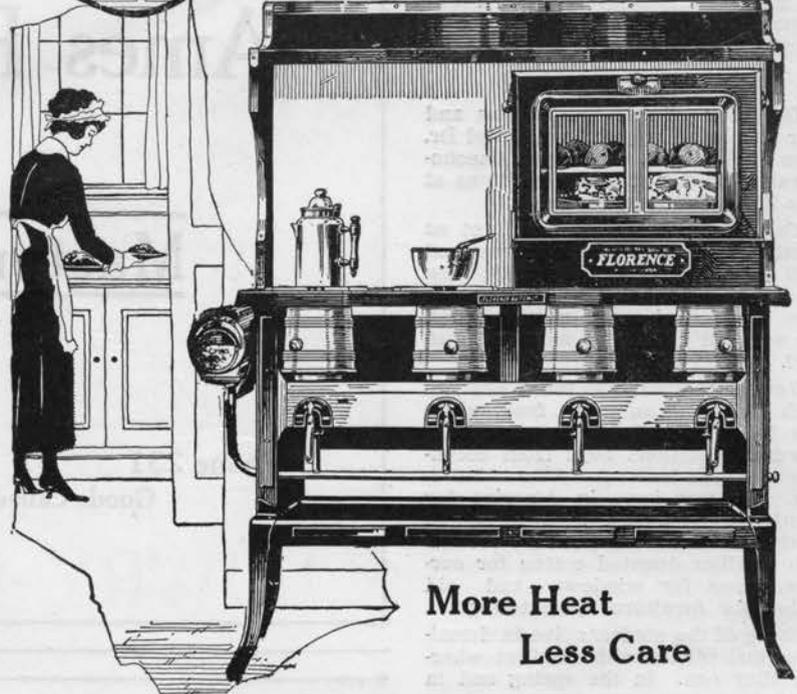
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ARE YOU A SUCCESSFUL HOSTESS

(Continued from page six)

spirit of good-fellowship that always prevails at that table. There are no apologies for the food or for the service. You realize that you were invited because the entire family wanted you to share this small portion of their home life. You feel at ease because your presence is evidently a joy and not a burden.

We all admire good cooking, attractive service, immaculate surroundings, touches of individuality, but the crowning element of success in entertaining is genuine hospitality. The spirit hospitality is inborn in some, is totally lacking in some and may be acquired by those who try, but a true understanding of all that hospitality implies is a fundamental requisite for a successful hostess.

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**DOES MILK FEEDING PAY?
ASK MARSHALL COUNTY**

The nutrition class in a Marshall county school has been carried on just one month and the result is most gratifying. All the children were weighed a month later, showing the gains to be as follows:

Kindergarten—3 pupils gained 1 to 3 pounds.

First Grade—5 pupils gained from 1 1-2 to 3 1-2 pounds.

Second Grade—7 pupils gained from 1-2 to 4 1-4 pounds.

Third Grade—10 pupils gained from 1 to 4 pounds.

Fourth Grade—5 pupils gained from 1-2 to 2 pounds.

Only one child in the nutrition class failed to gain. All children having increased the consumption of milk at home as well as having it at school made the largest gains.

There were 76 children out of the total number of the school that were 10 percent or more underweight, not all were put in the nutrition class, but were urged to take more milk at home. In one grade 7 were reported to have gained 1 to 4 pounds. Others in this room that do not drink milk at home lost weight. In the 6th and 7th grades those drinking milk at home gained from 1 1-4 to 5 1-2 pounds, while in the 5th grade only one or two were drinking any milk and only these two had gained while the others had lost or were just the same weight.

One interesting fact was reported by a teacher of a child that was 10 percent underweight last spring. The parents commenced the "Milk Diet"

and continued it, but no gain was accomplished until she was given milk at school in addition to what she received at home. She is now within 2 pounds of normal weight.

"Does the milk feeding pay?"

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(Next to Ames Theatre)
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SOMETHING NEW IN VEGETABLES

(Continued from page eight)

Leek is a good substitute for onions in flavoring soups, as the flavor is milder. Leek is found in nearly every French garden to which fact may be attributed the delicacy of flavors in the French dishes.

Salsify is a root crop grown for winter use. It has an oyster-like flavor and may be used as a substitute. The roots are hardy and may be left in the ground all winter.

A pleasant surprise to many people is the white Chinese radish. This is a large, crisp winter variety of mild flavor, never pungent or woody.

The Des Moines squash is something new in squashes. It has been grown about Des Moines, Iowa for some time but it almost unknown thruout the rest of the country. This squash ripens late in the summer and

may be kept as long as the Hubbard variety. It is of the finest quality and of such a size that a half of one fruit is just the right size for an individual serving.

There are many more fine vegetables not commonly grown but those mentioned are likely to be most appreciated on first trial. For a small family, five or six square rods of good soil are all that is necessary to give these super-quality vegetables a trial. The variety and pleasure they will add to many a meal thruout the year will make growing them worth the effort.

In the spring a housewife's fancy lightly turns to thots of greens. Don't forget that spinach, dandelions, mustard, lettuce and all of the leafy vegetables furnish the minerals and vitaminies essential to growth and health.

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HOMEMAKER'S WEEK

Some time ago it was suggested that it would be fine if Iowa State College would establish a special "Homemakers' Week" and open its doors each year to Iowa women for the study of the questions that center in the home and the home community. Now it seems likely that this suggestion will become a reality. It is proposed that such a week be set aside at a convenient time in the fall, just before the regular college year opens, that the women who come may be housed in the college dormitories and receive the undivided help of the home economics faculty. Short courses for women have been held in the past at the time of the men's short course in agriculture, but it is believed that much will be gained if the homemakers' week be held independently at a different time. The college is now giving consideration to this matter and definite announcement may be expected before long.

IOWA LEADS

Iowa leads in the work done in the north and west section of the middle west during the past year in the hot lunch, home conveniences, poultry culling, preservation of food and citizenship according to the statistics presented to the Home Demonstration Agents at the Iowa State Extension Conference by Miss Agnes Ellen Harris of the United States Department of Agriculture. Miss Harris has charge of the extension work with women in the middle west.

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