

Home and Career

By Alberta Hoppe

WHAT is happening to the great American family? Will it become a thing of the past because of decreased birth rate and women's desire for careers? Or if it continues to exist, what shall be its basis? These are some of the questions confronting economists of today.

A slow increase in the population of Iowa from 1930 to 1970 and then a de-

cline, has been predicted by Prof. P. K. Whelpton of the Scrips Foundation for the study of population, Oxford, Ohio. He has based his prediction on a 15 percent decline in the birth rate, a 5 percent increase in life expectancy and out-of-state migration of half the natural increase in population.

Dr. Elizabeth Hoyt, of the Economics and Home Management Departments of Iowa State College, suggests a solution to the declining birth rate problem through education. "We must stress the joy and enlarged life and interest that children bring to a home," says Dr. Hoyt. Statistics show that it is the birth

rate of the higher class of people that is falling off. In the past, emphasis has been placed on material and cultural attainment. People thought more about their clothes, food and homes than about raising a family.

The purpose of a home should not be merely to serve as a lodging place. It should be bound together by bonds of love, should have a spiritual influence on its members, and should serve to broaden the variety of interests within the group.

THAT a woman need not exclude a career because she wants a home, is shown by Virginia MacMakin Collier, who has made a study of 100 women who are wives, mothers, homemakers and professional women, and who has recorded her observations in "Marriage and Careers." The question is no longer should women combine marriage with careers, but how do they manage it and how does it work? Four necessary elements are sympathetic cooperation from the husband, good health, good training and experience before marriage, and short or flexible hours of work.

It is of interest to note that in a recent survey made on the campus, senior women, when asked how many children they would desire, specified a higher number than did freshmen. It appears that education leads to a desire for children, not a decreased number.

The Home Economics Division of Iowa State College trains women for successful professional careers and to be successful homemakers. The education and training they receive here are important in their family life and homes in the future. By acquiring a sound education on which to base family life, either homemaking or a combination of homemaking and a professional career, today's women are answering some of the problems the economists ask.

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Sandwich in Sandwiches

(Continued from page 14)

or $\frac{2}{3}$ cup finely cut spinach added to $\frac{1}{3}$ pound butter creamed and spread evenly on both sides of bread, and puree tomatoes boiled until the mixture is the consistency of chili sauce, blended with creamed butter and spread evenly between two slices of bread.

If sandwiches must be made an hour or more before they are used, they can be kept moist by piling them closely, wrapping in waxed paper, covering with a napkin wrung as dry as possible out of cold water and keeping them in the ice box or other cold place.

Even leftover sandwiches can be used. They can be sauted in butter and served hot.

Cod-liver oil, egg yolk, salmon, oysters, California sardines, butter and milk are good sources of vitamin D.