

to lead me here and I wouldn't change now for anything. The practical value of the home economics course always attracted me and since I wanted to take up that line of work, Ames was the logical place to come.

Mary Heald, "Big Sister" Chief for 1922-23:

I wanted to go to a state school so I came to Ames. I had attended a college in my home town but the atmosphere there was not as democratic as the spirit for which Ames is noted. I had to work my way thru college and the opportunities at Ames were more abundant and there was no distinction made between those who worked and those who did not. Also the Industrial Science course made a strong appeal to me.

Gladys Watson, President of Y. W. C. A. for 1922-23:

I was first interested in Iowa State thru a friend of mine who was attending Ames. All thru high school I was fond of home economics work and Ames offered the best advantages to me. Another thing which appealed to me was the efficient way in which the women of the college were cared for and housed.

The democratic spirit among the Ames girls whom I knew made a deep impression on me and influenced my choice.

Helen Beels, President of Home Economics Club:

Ever since I have been a sophomore in high school, I have wanted to come to Ames to school. A friend of mine was a student here and from the enthusiastic manner in which she spoke of Ames, she aroused my interest so that it was always my desire to be an Iowa State graduate. Of course I was always vitally interested in home economics so Ames was just the place for me."

Irene Dewey, President of Jack o'Lantern:

Well, you see I live right here in Ames and I just naturally came here to school. But I had planned on taking up home economics work so I came here because it was handy and because it offered me just what I wanted.

Nita Comstock, President of Mortar Board:

I always wanted to take up home economics work and the democratic spirit of the girls and the lasting friendships that had been made here among

older friends made me want to come to Iowa State more than to any other school.

Rose Storm, past editor of the Iowa Homemaker:

Most of my family were Ames students and my sister Bess was a most enthusiastic supporter of Iowa State so I came to carry out a sort of family tradition. Then I also had a desire to know all I could about home economics and the work that I could procure here in journalism influenced me in my choice."

These girls who are leaders on the campus and the rest of the girls whom they represent have had sufficient and worthy cause for choosing Iowa State as their college. They have found not only the work they wanted but have found success along other lines as well. Each year as the enrollment increases the women come more and more to the front making their presence not only felt but an absolute necessity. With these above stated reasons from those various girls, it is proof conclusive that Iowa State College is a college not for men solely but most emphatically a college for women.

Picnic Ingredients

By GRATA THORN

WITH the coming of May everyone yields to the spell of the picnic atmosphere and mother and sister begin preparations for a picnic with the usual question, "What shall we take?" Most people make the mistake of having too great a variety. It is much better to have plenty of a few appropriate things rather than a small amount of many dishes. Why not apply the following general recipe to all of our picnics?

Ingredients:

Something Filling
Something Wet
Something Cold or Hot
Something Sweet
Something Sour

Procedure:

Prepare plenty of each of the above for everyone eats a great deal more when out in the open than when at home. Pack attractively and serve on a grassy slope in the wood.

A bonfire always adds to the attractiveness of the picnic and makes the preparation of hot dishes very simple. What is more delicious than a thick steak broiled in the woods? The steak should be cut in small pieces the size of the sandwiches before going to the woods so that it will be ready to serve without further cutting. It may be cooked in broilers, on a wire toaster or in a frying pan. Perhaps the fact that the cooking of steak has necessitated someone standing over a hot fire tended to make a steak unpopular for the picnic lunch, but this difficulty is easily overcome. The fire should be started soon after arriving in the woods and after it is burning well may be pushed back and the frying pan containing the steak placed on the hot ground. The results are a deliciously cooked steak without

the unpleasantness of having to stand over a hot fire.

If you are going to roast weiners it is well to parboil them before leaving home for it takes only a few minutes and assures the weiners being cooked through which it is almost impossible to do when roasting them over a fire.

Bacon and eggs are easy to fix and are something that everyone likes. If you fry the eggs whole you must be sure that the sandwiches are large enough to hold the egg. Scrambled eggs and bacon are much easier to eat in a sandwich and are equally delicious.

If you are planning to spend the most of the day on your picnic you can roast potatoes and corn in the ashes of the fire but ample time must be allowed them. A can of baked beans may be brought from home and heated in hot water to add another hot dish to the menu. If you are not going too great a distance hot things may be carried from home by careful packing. Coffee, cocoa and other beverages may of course be carried in thermos bottles but if you do not have these, the beverages may be put in glass jars and wrapped very tightly in several newspapers thus retaining the heat in the jars for some time. Many hot dishes may be packed the same way such as baked beans, creamed potatoes, scalloped potatoes and hot meat dishes.

If the coffee is made at the picnic it may be done much more easily by tying it in a cheesecloth bag. The coffee should be made in a pail with a wide base for it sets on the grate better than the average coffee pot.

No picnic would be a picnic without sandwiches but it is very important that the bread is fresh and that the filling is well seasoned and wet enough to be

good. If you are making meat sandwiches it is much better to chop the meat and add salad dressing, mustard or vinegar than simply slice the meat for it is apt to make a dry sandwich. A meat substitute sandwich may be made by grinding up roasted peanuts and chopped sweet pickles and adding salad dressing until it is of the proper consistency. Jams or jellies mixed with cottage cheese make a filling as well as a sweet sandwich. Rye and graham bread may be used to give a greater variety to the menu. Nut breads may be used for sweet sandwiches or as a substitute for dessert. If you are planning to have boiled ham and potato chips, these, for the sake of economy, should be prepared at home rather than purchased. Plain bread and butter sandwiches should be used with such a menu. Sandwich fillings such as a cheese filling may be made so that the family can toast the sandwiches over the fire. The essential things to remember however is to make the picnic sandwich of a good size avoiding thin and dainty sandwiches on the picnic dinner.

Potatoes may be baked in the coals of the fire in a short time by placing them in a large tin can and covering this with a slightly larger pail, thus forming a temporary oven, and setting this in the coals of the fire.

A cold crisp salad on a warm day is always irresistible but many people hesitate to make it because of it being difficult to carry. If you are planning to make a salad choose some kind other than the usual picnic potato salad. Vegetable salads are easily packed and give a variety to the usual picnic dinner. Whole tomato salad may be made by

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ating class, three years ago, told me, at the end of her senior year, that she had no idea what she wanted to do, altho she had known, all along, that she would have to do something. She worked in an office for two years, always restless, because she was not able to satisfy herself that she was doing the thing she wanted to do. Finally, she decided, much to our joy, that she would go to college, which she did. But just now, at the end of her freshman year, she does not know what line of work she wishes to go into. She enrolled in the Department of Physical Education when she entered the University last September, changed, at the end of her first semester, to the Department of Home Economics, and, now, does not think she cares for that.

That girl could not afford, either financially or psychologically, to have reached the age of twenty-one without having some idea of what she is especially interested in, or fitted for. Too many people drift through their teens and twenties to be halted in their thirties by the fact that their drifting has prevented their landing in the harbor of success.

"By the street called By and By,
You reach a house called Never."

Much of the unhappiness in this world is caused by trying to fit the square person to the round task. The trouble is, the girl does not see, early enough, that she must get ready for the task which later will be set before her. The truth exists that she cannot fit the task to herself, so she must fit herself for the task, and do it early; for how necessary it is, that, as she reaches womanhood, she be able to do the thing in which she can find the greatest amount of happiness, and into which she can work the prettiest pattern.

So, we agree, do we not, that being a high school girl presents its own problems which the girl must face, each for herself? Creating a desire, within herself, for beauty of thought, conduct, and speech, is so necessary if she is to be a force, both during her high school days, and in the years to come. She need never fear for herself, no matter what work she undertakes, if she has thought and acted along right lines, for she will carry with her, in every fibre, a charm against defeat. But if she has followed after pleasure, and desired admiration, she need fear much, for there will be no strong wall of defense within herself, when she steps from girlhood into womanhood.

Picnic Ingredients

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preparing the tomatoes at home and packing them in a box. The stuffing of celery, cabbage and peppers may be put in a glass jar along with a jar of lettuce so that the salad can be finished in a very few minutes after arriving at the picnic and be served on a crisp lettuce leaf if desired or not according to the amount of room that has been left in the car for carrying the food. Sliced tomatoes and cucumbers may also be carried in a jar and made into an attractive salad as may carrots and string beans or cabbage, celery and peppers.

Stuffed or deviled eggs are easy to carry if packed in a box and are usually liked on a picnic.

Ice cream or other frozen desserts

have become popular for picnics since every one travels in cars so that the freezer can be easily packed and carried for some distance. Cake and cookies are always good with frozen desserts or as a dessert themselves if they are not too dry. It is well to serve some beverage as coffee or cocoa if you are having cake or cookies only. Thick cookies carry much more easily than a very thin crisp cooky for they are certain to crumble and break regardless of the care taken in packing them. Cup cakes are much more easily packed than a layer cake so the housewife should keep this in mind when making her cake. Pies are sometimes made but they usually prove hard to carry unless there is a great deal of room in which to pack the dinner.

Plain fruit is always good to use as a dessert and is easily packed, while no picnic would be complete without fresh marshmallows to toast over the glowing coals of the picnic fire.

Pickles and olives are often used to give tartness to the menu. It is well to open the olives and turn them into a pail or paper at home rather than having to open the bottle when you reach the woods.

In packing the picnic lunch mother must plan more for each person than they would eat at home for the out-of-doors gives every healthy person a good appetite. Always have plenty of a few things rather than a small amount of many things. Picnic sets may be purchased at a very low price containing a tablecloth, napkins and dishes, so that everyone can use these instead of having to carry heavy dishes to the woods and home again. Always put in extra paper plates and napkins.

When going on a picnic it is essential that you remember to take matches, a can or bottle opener, a knife, a blanket to sit on and something to carry water in. Particular pains should be taken to see that all refuse and paper are burned and that no fire is left burning. Few people object to your picnicing on their grounds if care and precautions are taken.

Since the picnic is a vacation for everyone the housewife must plan a dinner that is simple enough that she will not tire herself out in preparing it. Careful planning rather than an elaborate menu marks the success of the picnic.

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