



# 'A Pepon Is A Potiron Is A Pumpkin'

By Marcena Christian, H. Ec. 3

Anyone who owns a pumpkin patch knows it takes willing hands for harvesting. This ambitious young man is a worker—results speak for themselves.

**Y**OU CAN already smell the delicious pumpkin pie for Thanksgiving dinner. Yum! A wedge of pumpkin pie seems to be the most delicious way known to add calories to your diet!

But is your conception of pumpkin limited to those heavenly-looking pieces of pie or a grinning orange jack-o-lantern for Halloween.

## Interesting History

This curious roly-poly vegetable has an interesting history. It's a member of the gourd family which originated in India. The Europeans stole the pumpkin from the East and labeled it "pepon" which means "cooked in the sun." In England, pumpkins include all squash in any shape, size, color, or taste.

The French call it "potiron" and think cream of pumpkin soup can't be beat. "Pompkin" to the colonists was served frequently, not just on Thanksgiving. They were such avid eaters of the colorful vegetable that the Old English people called the colonists "Pompkin men." The slang expression "pumpkin head" referred to the round haircuts of the early Americans.

Actually the gold-ribbed vegetable that is the children's favorite Halloween decoration and America's favorite pie has many uses. Although you think Grandma's pie can't be beat, you'll want a second taste of pumpkin chiffon pie or delectable pumpkin soup.

## Most Versatile

Pumpkin is really one of the

most versatile vegetables known. It may come to the table for the first course as soup. Mashed with lots of butter and a dash of ginger, pumpkin makes a spicy, sparkly vegetable. Delicious dessert possibilities include chiffons, puddings and cakes—as well as the traditional pie.

Why stop using this interestingly shaped decoration when Halloween is past? With one part imagination and one part carving, you can convert a pumpkin into interesting, clever table decorations for fall and winter.

## Pumpkin House

Turned upside-down and given a door and some odd-shaped windows, the pumpkin becomes a cute pumpkin house suitable for a party centerpiece. Little owls and pretty leaves add a gay note to the setting. A hollowed-out pumpkin can serve as a bright punch bowl for an autumn party. A pumpkin vase for interesting dried weeds and stems can be made by halving and scooping out a big, round pumpkin.

## Bugle Gramma

Names of pumpkins are almost as colorful as the vegetable itself. Current favorites are the Yum-Yum, Bugle Gramma, Sweet Cheese, Quacker Pie, Big Cheese, and Michigan Mammouth.

Whichever variety you prefer—whether you grow it from a little black seed or pick up a can at the supermarket—the results will be luscious if you follow these successful formulas:

## Pumpkin Pie

(The old fashioned flavor with a modern twist.)

- 1 large can (1 pound, 13 ounces) pumpkin
- 1 cup brown sugar
- 1 cup white sugar
- ¼ tsp. cloves
- 1 Tbsp. cinnamon
- 2 tsp. ginger
- 1 tsp. salt
- 4 eggs
- 1 cup evaporated milk
- 1 cup heavy cream
- Unbaked pie shell in deep 10-inch pan or two 9-inch pans.

Set oven for 350 degrees. Combine first eight ingredients; mix well. Combine evaporated milk and cream; heat to scalding point; add to other ingredients. Mix well. Pour into unbaked pie shell. Bake

about one to one & one-half hour. To test for doneness, insert knife near rim. When knife comes out clean, pie is done. Serve warm or cold with whipped cream or plain.

### Pumpkin Soup

(Just like the French serve.)

1 three pound pumpkin 1 Tbsp. sugar  
1 Tbsp. salt 1 Tbsp. butter  
½ tsp. pepper 1 Tbsp. basil

Halve pumpkin; remove pulp; dice the fleshy portions. Cover with boiling water and cook until tender. Drain and mash thoroughly until smooth and uniform.

Combine pumpkin with other ingredients and bring to boil. If a thicker soup is desired 2 Tbsp. tapioca may be added. Yields: 8-10 servings.

There's sure to be an air of anticipation and excitement at your house around the dinner hour when you announce mellow pumpkin cake for dessert.

### Mellow Pumpkin Cake

1¾ cups sifted enriched flour ¼ tsp. ginger  
2 tps. baking powder ½ cup shortening  
1 tsp. baking soda 1½ cups sugar  
1 tsp. salt 2 eggs  
2 tps. cinnamon 1 cup cooked pumpkin  
½ tsp. nutmeg ¾ cup buttermilk  
¼ tsp. allspice Lemon sauce

Sift together flour, baking powder, soda, salt and spices. Cream together shortening and sugar until light and fluffy. Add unbeaten eggs, one at a time, beating well after each addition. Combine pumpkin and buttermilk. Add alternately with flour to creamed mixture. Blend well. Bake in well-greased, paper-lined 9-inch square pan in moderate oven (350°F.) about 45 minutes. Cool.

### Lemon Sauce

1 cup sugar ¼ cup butter or margarine  
¼ cup enriched flour 3 Tbsp. lemon juice  
2 cups boiling water 2 tps. grated lemon rind

Sift together sugar and flour. Add boiling water gradually, stirring constantly. Simmer mixture about 5 minutes. Stir in butter or margarine, lemon juice and lemon rind. Continue to simmer until mixture thickens. Sauce may be served warm or cold.

Makes 2 cups.

## HERE ARE

# Cues For Coeds

By Judie Wright, H. Ec. 4

Coeds, follow these cues for smooth university sailing.

1. **Your four years at Iowa State are the only four years of your life which you devote exclusively to self-improvement and self-indulgence** (in the best sense). You haven't any worldly responsibilities yet, and you aren't plagued with the daily duties which form a part of every adult's life. You are in top form for learning. This is approaching your sixteenth year in school, and you have probably become about as expert a "studier" as you're going to be. Believe it or not, you are old enough to grasp anything tossed your way and mature enough to assimilate the material. This is your opportunity. Don't waste it.

2. **Take advantage of the activities ISU offers.** Lectures, special events and facilities are for you. Nearly every week there is a lecture or show on campus — unattended by too many students. You may not have these chances when you're married. Besides, these are free, and validation of an activity card is a simple matter. Participation in Veishea, Homecoming, or Varieties makes you feel you're really a part of things — a feeling which is easily lost on a large campus like ours.

3. **"Holy cow! I'm three assignments behind in that course now, and we have a test tomorrow."** Is that a familiar statement? It shouldn't be. If you're behind in your work, don't brag about it. It is neither romantic, heroic or funny.

4. **Two hours' study in the library is worth five in a noisy dorm room.** Consider and try out this statement for a moment; you'll find it to be true.

5. **"But, Jim, I can't go out tonight — I really have to study."** Say it, mean it, do it! Studies here at Iowa State are nothing to scoff at — and unless you happen to have exceptionally terrific study habits — week night dates should, with the exception of study dates, be infrequent.

6. **Try to get away from Iowa State every now and then.** A big night in Des Moines, whether with the girls or on a date, can be a refresher. You may find you've gotten so involved with the little world here on campus that you've forgotten the bigger, more important one. Go to a play, visit some nearby friends or read a newspaper.

7. **Maintain a balanced diet.** We can make few complaints about the food served here on our campus. If we think before gobbling everything in sight, we can obtain the proper nutrients daily. Coffee, cokes, ice cream, and pastries aren't the best way to supplement regular meals, even if they are enjoyable. Nationwide, and at I.S.U., common college ailments are anemia, mononucleosis, and eyestrain, so it's wise to take extra care with your eating habits. Before you know it — it may be too late.