

A Vision Come True

By EVELETH PETERSON



"A building that is feminine without in any way suggesting weakness—one that has a grace, a charm, and a dignity but rarely found;" such will be the long-looked-for Home Economics building which is soon to be begun.

It is to be one of the units in the main quadrangle of the Campus, the mental picture of which is most attractive to one who knows the Ames Campus. In sketching this future quadrangle, we might begin at the new Library building as one of the corners, progressing from there to Central, then passing over to the Campanile, turning once more at Agricultural hall and, in picturing some new building in line with Agricultural hall, eradicate in our mind the present old Agricultural building and Margaret Hall, and we will have the quadrangle complete except for the north side. This whole side will be formed by the new Home Economics building. The attractiveness of this group is very marked, especially when we remember that Home Economics will be somewhat longer than Central, a beautiful renaissance building of Bedford stone, designed in harmony with the other main buildings on the Campus, yet distinctive enough in its simplicity and dignity to express the ideals of the Home Economics Division.

The cordial and inviting entrance on the south side will express the sincere invitation of the Division to come in and partake of its joys.

From the vestibule, one may choose to go in any of several directions. On the right is a student room for commit-

tee and small group meetings, in which there are also shelves for supplies of the various Home Economics organizations. On the left is a seminar room. If one follows the hall to the left, one will find the Executive offices, the Clothing offices and clothing laboratories, and at the end of the hall will be a bright, sunny room, 24 feet by 55 feet, fully equipped for work in Child Care and Management. On each side of the hall going to the right of the vestibule, one will find laboratories, foods faculty offices, and a graduate room. This graduate room is an innovation for the Division, and is expected to be of real service to graduate students as a room where they may study, leave their books, or compare notes with other graduates. Filling the central portion of the first floor, straight ahead of the entrance, is a fine assembly room with a seating capacity of about 1,000. The auditorium with a good stage in it will provide a place which has long been desired for divisional convocations, lectures, plays and large meetings. The rear third of the room which is under the balcony, can be shut off by means of folding doors, and a fireplace in the back wall will make this a cozy little room for informal gatherings.

On descending to the ground floor, we will find a delightful lunch room, completely equipped to give first class courses in lunch room and Institutional Management. The Teacher Training Department will be situated in the west end of this floor. One of the interesting features of this department will be a lecture room with raised seats in it fac-

ing a large laboratory. These two rooms can be separated by folding doors, or can be thrown together, making it possible to carry on actual demonstrations in methods of teaching for teacher training classes. The east end will be occupied by clothing laboratories. On this floor will also be a household equipment laboratory, fitted up with the best and latest in home equipment, which provides opportunity to test out the efficiency of labor-saving devices and to give experience in handling household machinery. In order that the building will be adequately cared for at all times, a janitor's apartment will be provided, also on the ground floor.

The second floor will be devoted entirely to laboratories and offices, with one room for special research work.

The third floor will be one of the most attractive of the whole building. It will extend only over the central portion of the building, making possible a most unusual series of art studios, lighted by windows and skylights, around a central court. One of the happiest steps in moving into the new building will be the transferring of the art department from the present unsatisfactory quarters to ideal surroundings.

Our new building will indeed be a vision come true. It was cherished by Dean McKay in days when it would have been considered nothing but a vision by many; it is soon to be a reality, bringing with it a vision of such a wonderful Division of Home Economics that even now it seems almost too good to be true.

Norwegian Cookery

By ETHEL RAYNESS

Considerable interest has been shown in foreign cookery in this country. Our adventuresome taste buds have become accustomed to and enjoy a chopsey now and then. Menus both in public places and in homes give evidence of French and Italian influence. These foreign suggestions afford a delightful variation to our diet and they have prompted further search into European cookery. In the *Womans Home Companion* for February 1924, Rose Amot Salvail compiled a

page of "Around the World Recipes," and she made the comment—"When all countries know and enjoy each other's favorite foods, perhaps we shall understand each other better. Our gustatory nerves may be pressed into service in the cause of international mindedness."

The mountainous little country of Norway has several tempting foods to offer. Scandinavians specialize in bread cookery. The basis of diet in Norway is flade brod (or flat bread). This bread

is very similar to the Swedish "Health Bread" which can be purchased at the grocery stores in this country. The farmers of Norway bake bread twice a year, usually in June and September, and it is stored in a storage house (en mad stue) outside of the dwelling house, where the different flours, the baked products and the meats are kept. The flade brod is made of barley flour, potato

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Accomplish Your Work by Scheduling Your Time

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says it is the only way to get all of the work done and still have some leisure time left. The woman who has never tried it says it can't be done, that there are too many interruptions, you can't predict. I am inclined to agree with the former, when I compare the achievements of the two types of women, which have come under my observation.

If you are not quite sure whether you need a schedule or not ask yourself these questions:

1. Does confusion reign in your home; is the house disorderly; are the children uncontrolled and disorderly; every time the family goes out to do you have to stop to darn a stocking or sew on a button?
2. Are important tasks habitually left undone, such things as mending, cleaning closets or perhaps reading, or specially planned family recreation?
3. Do you use your time to good advantage, or do you belong to the great army of "putterers"?
4. Are you constantly hunting for things? Not long ago while in a home for thirty minutes the following articles were hunted for: the father's hat, paring knife, door key, ice pick, scissors, tape line, yesterday's paper, and key to the car. A monstrous waste of time to say nothing of the irritation.
5. Is the general trend of family development what you want it to be?

If any or all of the above conditions prevail, you may be fairly certain that you are more or less of a failure at your job, and the schedule is the surest and shortest means of rescue from the inevitable unhappiness which follows failure.

In planning a schedule, first take an inventory and find out exactly what is becoming of your time now. As a help in checking up on this we have been using a labor record.

The women have kept this for a week or two, or better still for a month, and then have studied this record to find:

1. If the schedule is regular and effective.
2. If one department is doing the work of another, or if the division of work in the family could be improved upon.
3. If too much time is spent on certain tasks. We have found the length of time spent on cooking for a family of five ranges from 1½ to 6 hours a day.
4. What unnecessary jobs are done?
5. What important things were left undone thru the entire month?
6. Was there needless repetition? One woman found that she phoned four times and sent her little boy to the grocery store three times a day.
7. Is meal time regular, or do members of the family come drifting in at all hours, especially at breakfast?
8. Are rest periods included in the working day?

9. Is too much time spent on recreations and outside interests, with the result that essentials at home are neglected?
10. Is the family recreation satisfactory?
11. How much time is given to the children? One woman said: "I really like my children and I am panic stricken that the years slip by, and I am missing their companionship with concern for their frail trousers and keeping their stomachs filled. I must have more time to be with them."
12. Then comes the use of leisure. Is it well planned? Is it inspirational? Is it used in a worthwhile way?

Examine your labor record carefully to find out if every day time is provided in your schedule for things which supply inspiration. This may come from different sources, contact with inspiring books or people. It may come thru your philosophy of life and the helps you use in trying to live up to it, or thru contact with nature. Many people have found that the most effective use that they can make of an hour, and the hour of the day which may be most fruitful, is a quiet hour in the morning. The day's work goes much more smoothly, one's attitude of mind is much better toward everything and everybody. One may read something, the Bible or some other good book, altho there is no really good substitute for the Bible for real inspiration.

Having taken an inventory of things as they are, and gotten it down in black and white, the next thing is to measure conditions as they are against conditions as we want them to be, and to make, as far as possible, necessary readjustments in the plan of work.

This must be done by the homemaker herself. She cannot be fitted into some ready made time budget planned by some expert a thousand miles away, and based on averages of how other women have used their time. The time budget, like the money budget, must be made to fit the needs of the individual family. No two families are alike. So the homemaker, having taken an inventory, studied and analyzed it, needs to begin with a few of the things that need most to be changed.

The outstanding deficiencies will help to determine where she shall begin. At least regular order of work for all fixed duties should be put into operation as rapidly as possible, including tasks that lie in region of choice. One woman, before planning her schedule, spent two weeks in finding places for everything, time well spent, and a good place to begin in many homes. She said if she hadn't she never could have carried out her schedule, as she was interrupted so often to hunt things for various members of the family.

With some over-worked women the addition of a regular afternoon nap has been the first step. The assignment of fixed, regular tasks to each member of the family is the particular need in some families. The homemaker cannot hope to put her entire program into operation at once, but with her high goal ever before her and a well worked out written down plan as a guide she has made a good beginning. The unsystematic housekeeper must not be discouraged because she cannot establish system in her home overnight. Growth is slow and it is the task of years to

change habits. She must keep thinking, changing, improving. It may be months or years before she is able to live up to her program, but the time schedule like the income budget brings rich returns if it is lived up to to no greater extent than 50 percent.

It helps you to think, to take a square look at the general trend of family life. It helps you to weigh values and to make wise choices. It adds immeasurably to your interest in your work, helps to keep you alert, increases your self respect of your family for you. And last and greatest, a plan lived up to takes the worry out of housekeeping, brings peace of mind, and a satisfying sense that your job has been well done.

Norwegian Cookery

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flour, salt and water. It is rolled out and baked on a greaseless griddle. Flat bread is thirty inches in diameter and one-sixteenth of an inch thick.

Another Scandinavian food somewhat similar to flade brod is levse. It is baked in the same way as the flat bread. In the making of this food, boiling water is poured over graham flour and allowed to stand until cool, when white flour is kneaded in. This delicate bread is eaten on Christmas Eve with lutfish (soaked codfish). When baked it is crisp but generally before serving it is steamed.

Potete kager (potato cakes) are also baked on large greaseless griddles. Potatoes are smashed and flour is kneaded in until the dough is of a consistency easily rolled. Potete kager are thicker than levse, smaller in diameter (about twelve inches), and more hearty. They are excellent served with sausage on a cold winter day.

As to Norwegian pastry, there are krengla. These are made by mixing one cup sugar with three tablespoons butter or butter substitute to which is added one beaten egg and two cups sour milk, neutralized with one teaspoon soda. Flour is mixed in until of a consistency stiff enough for rolling. Small pieces of dough are cut off and rolled by the palms of the hand, (on a board almost devoid of flour, into rope-like shapes. Then these ropes of dough are made into forms similar to pretzels but about five times as large. If too much flour is used on the board the dough slips and will not roll into the desired shape. They are then put on baking sheets and baked in a moderate oven for fifteen minutes. When taken from the oven they are crisp and very appetizing.

Berliner krandses (Berlin wreathes) are another Norwegian paste. The name would suggest they originated in Berlin, however, they are often made by Norwegian cooks. Three hard boiled egg yolks are mixed with four raw yolks. One pound of washed butter and one-half pound of sugar are added, and one and a half pounds of flour are stirred in. The dough should be allowed to stiffen overnight. Pieces of dough are then rolled into eight-inch ropes one-half inch in diameter or less. The ends are crossed making a wreath-like form. One side is dipped into egg whites then in coarse sugar (crushed loaf sugar is preferable) and baked in a moderate oven. The wreathes should be removed with a spatula while the pan is still hot or they will stick and break. These

are crisp and delicious with afternoon tea or coffee.

Fattig mand kager (poor man cakes) are an appetizing pastry made by adding to four beaten egg yolks one cup of sugar and eight tablespoons of sweet cream. The whites of the four eggs are then beaten and added. Flour is folded in until the mixture is of a consistency stiff enough to lightly roll out to about a quarter of an inch in thickness. Strips are then cut and fried in deep fat.

Kumla (a potato dumpling) is made by grating a half dozen average sized potatoes salted with a tablespoon of salt. To this is added the flour until the mixture can be formed into dumplings. A

piece of meat fat is put in the center of each kumla. These potato dumplings are cooked with pork shank.

Milk is used considerably in Norwegian dietary in the form of cheese and other dishes. In the summer the cows are taken up on the mountain side to graze. Here the saeter (dairy) is located. One room in this cabin is the bedroom of the girl who tends the cattle, takes care of the milk and makes cheese. In the other rooms the floors are covered with juniper twigs. In one part are rows of crocks filled with milk. In another room are cheeses ripening.

If you wish to bring a hint of the cool

and beautiful Norwegian mountains into your menu, serve cold dravela (curd). This is prepared by adding one beaten egg mixed with a half cup of sugar and one cup sour milk to one quart of sweet milk which has been allowed to just come to boil. Allow this to stand on the back of the stove and simmer for a half hour. When cooked it forms into curds and whey. The curd is very tender and the whole has a pleasing sweet taste.

If you want something delightfully new and unusual, try some of these Norwegian suggestions. You don't have to inherit a liking for these foods. Your second taste, if not your first will assure you of their palatability.

Flowers as Decorations

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ground which has a prominent design, such as some of our wall papers and textile hangings.

Whether it be a bit of forget-me-not, a delicate lily, goldenrod or but a few clover, arranged with thought and care, they not only bring enjoyment to ourselves but bear messages of congratulation or sympathy, brighten our table, perhaps enliven our living room and bid welcome to a guest.

Glimpses into Child Problems

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still unknowingly we destroy it to keep it from developing in a child. Dr. Wooley, an eminent psychologist, tells of how when her daughter was five months old she began, one day, to explore the edge of the chiffonier drawer with her finger. Instead of hurrying to finish dressing the child she decided to see how long the baby could keep her attention on that one thing and discovered that it did not waver for twenty minutes. Of course we can never know just what the baby learned during that time, but it certainly shows us that by snatching children from first one thing and then another we may be destroying their developing power of concentration.

"Do children think?" an interested on-looker might ask and student observations reveal such instances as:

Bobby, aged two and one half was building a tower of blocks. Soon it became so high that he could no longer reach the top to put on the next block, so he went for a chair and his problem was solved for awhile. Of course it wasn't long before it again outgrew his height and after a moment of contemplation he went for another chair and placed it carefully beside the first. What a look of surprise came over his face when he put one foot on one chair and one on the other chair and still found he was no nearer the top! His method of reasoning was all right but he needed experience to help him reach the right conclusion. No adult jumped to his aid, but after a little experimentation he finally placed one chair on the other and reached the top! That was a real problem solved.

Some general rules that are given to the students are: Do not make a request unless you wish it carried out; ask a child courteously to do something instead of plainly demanding it; give a child a chance to make a choice as, "Will you

walk in from the playground or shall I carry you in?"

It is only by truly trying to understand a child and by trying to see things from his view point that we can help him to develop into the finest possible type of individual.

"That School Girl Complexion"

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I hasten to answer—a sense of humor, without which all else would count for little. She is never dull because she sees the funny side of life and enjoys a joke on herself as much as a joke on someone else.

As I mused over these inner qualities which in the last analysis determine, more than do the outward traits, the beauty of the portrait I was reminded of a woman whom I knew. She possessed not a single good feature but she was blessed to a marked degree with those splendid mental and moral characteristics a few of which we have been discussing. A celebrated artist was engaged to paint her portrait. When the picture was finished and placed on exhibition we beheld the portrait of a beautiful woman. There was no mistaking the identity of the subject, however, for the artist had been faithful in the reproduction of her features.

What magic then, had he practiced to enable him to portray this homely woman as a beauty? There was no magic except that of a great artist—he had caught the spirit of the woman and put it upon the canvas—the light that shone from her eyes, and lines of understanding and sympathy about the mouth and the tender, sensitive lips. All the honesty, the loyalty, the quick sympathy for others, the generous spirit and the fine sense of humor, all these had burned within that woman like a white flame. They had softened and made beautiful her features, just as a glowing light inside a piece of porcelain transforms the porcelain by the witchery of its flames.

As I came to my journey's end and drove into the town thru the golden autumn sunshine, I realized that the girl of the roadside picture was beautiful not merely because of that "School Girl Complexion." Those other qualities of mind and spirit had given her a charm which mere physical beauty could not produce and which every girl can cultivate if she will.

Attractive tho Inexpensive Hangings

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tains. When glass curtains are used the figured material is sufficiently wide to split the width. Often times it is desirable to carry the color across the top of the window. This is done by using a plain colored valence either made straight or gathered. These valences may vary in length according to the style of hanging.

Curtains for bed rooms have an added amount of styles from which to choose. The types already discussed may be used with only slight changes, but often times the housewife wishes variety and finds the bed room the ideal place for it. A most pleasing effect is secured by us-

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