

The IOWA HOMEMAKER



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JANUARY, 1934

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Isabel Bevier Speaks Here

THE home economics movement took rise because of the "inconvenience of ignorance," according to Ellen H. Richards, in whose honor Miss Isabel Bevier spoke at home economics convocation Dec. 7.

Miss Bevier, herself a noted home economist, spoke of the home economics movement yesterday and today, and of the part played by Mrs. Richards, through whose efforts the beginnings were made.

The trends in home economics today, according to Miss Bevier, are education for effective home membership, training for use of leisure time, adult education, the development of a democratic spirit in the family and an emphasis on consumption.

"What is new in family life?" queried Miss Bevier. "The membership is the same; the monogamous marriage seems to have endured, in spite of the trial and error, mostly error marriages that have been in vogue recently. A better understanding of personal relationships, child care, parental relationships and emotional situations—these are the newer things being studied in family life. Education for desirable home membership emphasizes sustaining satisfactory home relationships.

THE new 30-hour week, said Miss Bevier, is giving the masses more and more leisure. What to do with it is the biggest question in the minds of many educators and investigators. There is a popular misunderstanding of the term "leisure." It really means time at one's command, Miss Bevier stated. Training in handiwork needs to be stressed more in school curricula.

"Even if people get foolish and piece quilts with 3,399 pieces in, that's better than sitting in a smoke-filled room and playing bridge," said Miss Bevier. "You at least have something to show for it."

More thoughtful reading is being done recently, according to librarians, and the books of Jane Austen and George Eliot are being reread, Miss Bevier stated. Others are seeking the country and the beauty of the open spaces. Drama, sports and arts are all taking their share of the new leisure time, according to Miss Bevier.

"Take stock of your own personality, and choose the best outlet to develop your spiritual values," was Miss Bevier's final bit of advice.

Miss Bevier has spent her life in furthering home economics by establishing departments in the University of Illinois, the University of California and the University of Arizona. She is a professor emerita at the University of Illinois.

Miss Bevier was brought to the campus as guest speaker in commemoration of Ellen H. Richards by Omicron Nu and Phi Upsilon Omicron, honorary home economics societies. She was guest of honor at Omicron Nu initiation Dec. 7, at which Miss Mate Giddings of the University of Iowa, national president of Omicron Nu, presided.

Phi Upsilon Omicron and Omicron Nu held a joint formal dinner after the initiation. Eila Brooks, H. Ec. Sr., local president of Omicron Nu, presided at the toast program, "Our Heritage." She told about the heritage present-day home economists have received from pioneers in the home economics movement.

Bruce Borgman, H. Ec. Sr., member of Omicron Nu, spoke on our heritage of intellectual vigor and the challenge offered by Ellen H. Richards, untiring scholar and intellectual leader.

Virginia Kirstein, H. Ec. Sr., member of Phi Upsilon Omicron, emphasized the importance to homemakers of an appreciation of beauty and told of Mrs. Rich-

Miss Bevier was a pupil of Mrs. Richards in a course in water analysis at the Massachusetts Institute of Technology and a co-worker with her in the home economics movement.

Ellen H. Richards, Pioneer

ELLEN Swallow, a farm girl of New England, had a "steadfast look from large, thoughtful gray eyes and a quickness of her motion and speech, outward evidence of the two great passions of her life—a longing for usefulness and love of pioneering," according to Caroline L. Hunt in her book, "Ellen H. Richards."

Ellen Swallow's diary shows her interest in flowers, homemaking and people and her intense enthusiasm for work. These interests made her later the first great pioneer in home economics and the first president of the American Home Economics Association.

Ellen graduated from Vassar in 1870 and decided to go further into the study of science. She made an opportunity for herself and other women to enter the Massachusetts Institute of Technology, where she later taught chemistry. President R. M. Hughes of Iowa State College



Research in Home Economics—A Result of the Work of Ellen H. Richards

ards' love of beauty in nature and in her home.

Miss Giddings emphasized the necessity for health and energy in leaders in the home economics field. Mrs. Richards, from her girlhood, when she was rather sickly, strove to gain optimal health and was always an example of radiant energy, Miss Giddings said.

Miss Bevier stated that a pioneering spirit and fearlessness are necessary for accomplishment of worthwhile goals. She told of Mrs. Richards' courage in setting out to get a scientific education, a thing almost unheard of for women in her day. Mrs. Richards possessed patience, shown by her persistence in working as an instructor for 40 years, when an ordinary person would have quit after the first 20 if he were not made a head professor, according to Miss Bevier.

and Miss Isabel Bevier were pupils of hers there at the same time. Miss Swallow became Mrs. Richards when a teacher, marrying a professor in mining engineering, a man totally unlike her in personality.

Mrs. Richards saw the inevitable change in the form of the home and the opportunity to preserve the essential in the education of women and girls. She believed in using scientific knowledge to improve the environment.

Mrs. Richards wrote many books and pamphlets on all phases of home economics from sanitation to the teaching of vocational subjects in high school and helped in the establishment of the Journal of Home Economics. She was the prime mover in the organization of the American Home Economics Association on Dec. 31, 1908.

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NO. 3

Isabel Bevier Says A Home Economist Can Find a Niche

By Virginia Garberson

"THE home economics graduate must be able to turn around 19 times a minute if necessary, if she wants a job," said Miss Isabel Bevier during her brief visit in Ames last week.

The opportunities for newcomers in home economics are varied and unexpected, Miss Bevier explained briskly, sitting in the sunny guest room of the Ellen H. Richards home management house. There are no big important fields being opened, she continued, but there are many little niches for a home economics person to fill, if she has imagination and ambition.

The child development major may find herself a job in a private home, suggested Miss Bevier, if she can't get into a nursery school. It is even possible, she went on quickly, that there may be a revival of the old-time governess, who not only had the physical care of her charges, but their schooling as well, among her duties.

AS TO the person interested in foods work—the white-haired pioneer cast her thoughts among her friends and acquaintances. "I know of several girls," she remembered suddenly, "who are making out low-cost menus in emergency relief work. One or two in particular have been working entirely on uses for salt pork, and they've proved of real service in telling needy women how to prepare their allotments of salt pork in a variety of ways for their families."

Several others of Miss Bevier's acquaintance have been working on a free milk supply problem. They gather information about the needy families and organize their method of distribution so that each family has an adequate supply according to its particular needs.

"In fact, there are all manner of little jobs to be done," affirmed Miss Bevier decisively. "I think it might even be better for a graduate to work as a maid in a wealthy home (and she could

learn a lot from doing it, too) than to stay at home and do nothing."

"It seems to me," she went on vigorously, "that things should be better by next fall. Of course, what's being done for the country is contrary to everything I've been taught as right, but I don't care just as long as we arrive!"

Here Miss Bevier smiled engagingly and drew up in the straight-back chair



Miss Isabel Bevier

which she had insisted upon occupying. "You know," she said, "people used to go to college because it was fashionable. Now they say that they really need the training to make the necessary daily adjustments of life."

It is those necessary adjustments that Miss Bevier feels are so important in connection with home economics training. "We must maintain our high standards and still be able to translate and adjust our knowledge into terms of daily life," she firmly maintained.

The present status of home economics, is, according to this leader in the field, being tested now as in wartime. Knowledge is used for the betterment of conditions. She believes that both the Great War and the present depression have been valuable to the extent that they have forced people to respect more greatly the science of home economics and to give more consideration to its study.

The trends today in the field, said Miss Bevier, are a coming emphasis on consumption, not production, education for effective home membership, training for the use of leisure, adult education, and a movement toward a more democratic family.

AS TO the future of home economics education in general, Miss Bevier refused to prophesy definitely. "Of course," was all that she would say, "it may not be called home economics, but it will be kept up under some name or other."

We need education in this line, the authority affirmed, for making low-cost, attractive, adequate meals, for bringing beauty into life, for maintaining health and preventing disease, and for the planning of wholesome recreation for all ages and classes.

Miss Isabel Bevier was a guest of Iowa State College on Thursday and Friday, December 7 and 8. Her visit was sponsored by Omicron Nu and Phi Upsilon Omicron, home economics honoraries.

While at present Miss Bevier has practically retired from active service in the field of home economics, her list of achievements is long.

She entered home economics work by way of chemistry, teaching that science until in 1900 she became director of the household science at the University of Illinois.

At this university she worked 21 years
(Continued on page 2)



Esther M. Friesth

This is the third in a series of vocations stories sponsored by Mortar Board. The writer, a former Iowa State Mortar Board member and home economics teacher, is now studying in Washington on a 4-H scholarship awarded by the Payne Fund.

TIMES never have been so stimulating, rapid and changing as they have been in Washington these past two months. Almost every day has its share of drama. I find myself in a situation which marks one period of great action in our governmental history.

The question is often asked, "Why does the Payne Fund arrange to have its students study in Washington and not at some of our fine universities?"

They have felt that there is something here that we could not find in a university. About half my time is spent in visiting various governmental institutions and attending conferences with governmental people, to gain an appreciation of the functions of our national government and the way it serves the millions of people in our nation.

It has been my privilege to meet Secretary Henry Wallace and to hear him talk on the rehabilitation of American agriculture; to hear lectures and see exhibits which the Food and Drug Administration is preparing for the legislation of the new Copeland Food and Drug Act, in which we home economics people are vitally interested. (I am making a thorough study of the present proposed bill for the purpose of following the legislation of it this winter. It will be possible for me to attend the first hearing in the Senate committee on December 7 to gain a conception of how bills are treated on their way through congress).

I recently visited the United States Supreme Court and was greatly impressed with the solemnity and dignity of the court room. It is part of our work here to confer with regional extension agents, who give us a comprehensive picture of the organization and administration of our extension work in the

whole United States. There are opportunities to attend many meetings of organizations that visit Washington for their annual conferences. At the Anti-Crime Conference I heard Hon. Homer Cummings, United States attorney, and Hon. Patrick Hurley, former Secretary of War, speak on the menace of crime.

I had the pleasure of attending some of the many concerts that come to Washington, including Lawrence Tibbet, master baritone, Heifetz, the great violinist, Jose Iturbi, Madame Jeritza, Vein-a Saengerknaben, Don Cossack Russian Male Chorus, National Symphony and John McCormack. And there are many other worthwhile things, including art galleries, monuments, museums, lovely parks and many historic places in the vicinity of Washington. These activities explain to some extent why the Payne Fund wishes to have its students receive the fine opportunities of our national capital.

The other half of my time is spent with studies and the writing of my thesis, "Teaching Child Development Through the 4-H Club Program." Here I have at my disposal all the annual reports of extension work kept on file, many fine libraries and the opportunity of doing research work at the National Child Research Center. I am very fortunate in having these finely prepared people—Dr. Louise Stanley, chief of the Home Economics Bureau of the Department of Agriculture, Miss Gertrude Warren, national 4-H Club organizer, and Mr. M. C. Wilson, head of extension studies and teaching—on my thesis committee.

WASHINGTON, aside from being a great center of political, cultural and educational life, is also a center of much social life. Several weeks ago I was thrilled beyond words to have the privilege of attending a reception in honor of Mrs. Franklin Delano Roosevelt. It meant so much to meet her if only to have her say, "How do you do? You have a hard name." This inspiring person, whose winning smile seems to be perpetual, has time to meet hundreds of people at tea, attend to civic and domestic affairs, hop in a plane for New York and make a speech all in one day with the greatest calmness and lack of fatigue.

At a tea given by Mrs. Bowman, hostess at the National Little Girl Scout House, I met Mrs. Dolly Gann, sister of former Vice-president Curtis, Mrs. Walter Newton, wife of the secretary to President Hoover during his administration, and Mrs. Bruce Horsfield, wife of

Esther Friesth, '32 Tells Her Experiences

In Washington These Days

the artist for Nature Magazine. Dolly Gann is a very enthusiastic person and has just completed a book, "Dolly Gann," which relates her experiences here in Washington life.

Then there was the Delta Delta Delta Founders' Day banquet, where I met Mrs. Henry Wallace, wife of Secretary Wallace, who is regarded as one of the loveliest women in Washington society this winter. One has opportunities of meeting many interesting people without realizing who they are until someone explains their positions in Washington.

The opportunity of spending a year in Washington studying the historic places of the Capital City and surrounding country is going to give me one of the happiest and richest experiences of my life. I shall always remember the thrills I experience as I walk past the White House on my way to school every morning. Not infrequently I see a bright blue roadster pass and find that it is none other than the First Lady of the Land on her way to attend to the many activities of her busy life.

Isabel Bevier Says

(Continued from page 1)

to give home economics its present respected place in the curriculum, and her studies have served as a pattern for many other home economics departments.

Miss Bevier was active in conservation work during the War. She was home economics director of the food administration of Illinois, and was one of the six chairmen of the Home Economics Division of the Food Administration under Hoover.

After retiring from active work at the University of Illinois, Miss Bevier established the Home Economics Department at the southern branch of the University of California.

In addition to her academic work, Miss Bevier has served as president of the American Home Economics Association for several years and has written several books, the best-known of which is "Home Economics in the Higher Education of Women."

What a lot of good you'd do

If you'd smile,

As this world you travel through,

If you'd smile.

Though you're neither rich nor clever,

Though your youth be gone forever,

Yet one thing you can endeavor,

You can smile.

—Grace Arundel.

It's Not the Job—It's the Man . . .

Coeds Tell Hazel Moore and Edith Fezler



Richman, poor man, beggarman, thief, doctor, lawyer, merchant, chief"—and your future hangs on the thread which holds the last of a line of buttons.

Who hasn't tried to see into the future by counting buttons? Most of us have, but we don't seriously believe the prophecy of the buttons. No, a woman likes to think that she plans her life, certainly leaving no such important question as the occupation of her husband to fate.

Wouldn't it be interesting to know if a prospective husband's profession makes any particular difference to a woman? To find out if it does we asked a large number of Iowa State coeds this question:

"In what business or profession do you prefer to have your husband?"

Of course, the answer varied with the girl, but the majority seemed to feel that the "man" was much more important than his job.

When first questioned they hesitated, with "Why, I don't know." But we found that they did have definite opinions. In spite of the question the majority thought that the personality of the man, whether or not you are in love and whether or not you can live on his income are the important factors in choosing a husband.

WITHOUT wishing to appear mercenary, each Iowa State coed questioned realized that she could not live on love alone. Being a woman, she wanted to have the advantages and comforts of a home which only a financially successful man can provide.

Considering the wide range of occupations and all of their variations, we aren't surprised that the girls more readily expressed an opinion on what they didn't than on what they did want their husbands to do.

Of course, they didn't want their husbands to work at night, to travel for months at a time, to be exposed to dangers or in general to be so busy that they wouldn't have time to enjoy their homes.

We asked if any preferred professional men other than teachers, and a good percentage said that a doctor or a lawyer would be their first choice.

One, a stalwart, energetic dietetics major, gave as her reason for preferring a doctor that she had always wanted to study medicine but had been dissuaded by her parents. Since dietitions work in hospitals, she may get her doctor.

A curly-headed blonde with blue eyes and an angelic expression sent us scurrying for a dictionary when she said, "My husband must have a lucrative job." (We found she meant profitable). She thought, however, that she would like a professor, for, quoting her, "Millionaires and professors are the only men who wear tuxedos all their lives." She thought she would find the people who live in a college community interesting, up-to-date, intellectual, gracious and enthusiastic.

NEXT a petite brunette. She was quite individual; in fact, she was the only girl questioned who confessed a longing for an army-officer husband.

"Oh no, I don't want anything to happen to him. He would be too high an officer to engage in fighting. The traveling over the country and the spirited social life of an army post appeal to me," she said.

Two or three girls preferred, or at least would not object to, a farmer. It was their opinion that a farm was a fairly secure place to have a home and that in reasonably good times a farmer would be much more comfortably situated than many business men.

"A radio and a car prevent a farm from being isolated in this day and age, and to make a farm pay takes a man with



a business mind and a degree in agriculture," they said.

One of the coeds interviewed on the husband question mused a moment. "You mean, if I have a husband, what do I want him to do?"

"Yes," we said.

She began to laugh. "Well, well, you should know," she exclaimed, pointing to a fraternity pin.

Then she saw that we were serious and wanted a thoughtful answer. "You won't quote me?"

The December Iowa Agriculturist told why "Ag Graduates Needn't Be Bachelors" in a story by Claire Chadwick, lone woman writer for the magazine. Miss Chadwick found by interviewing 50 of them that most Iowa State coeds would consider seriously a proposal from a college-educated farmer.

But do all Iowa State coeds want to be farmers' wives? Two Homemaker writers have attempted to answer this question by asking girls selected at random on the campus the question, "What profession do you prefer your husband to have?"

Their replies make up the article on this page.

"I would like to marry a man who worked for a large company in which he would have opportunity for advancement. I would like to live in a different part of the country, especially Washington or Oregon, because I have lived in Iowa all my life and know nothing of the other states. I would like to have some adventure in life," she told us.

A BEAUTIFUL human fashion plate with every move a pose" furnished the following viewpoint: "Since I want to be an interior decorator, I think it would be fine to marry an architect. I am interested in all phases of art; I think we would be happy because of our common interest. With our combined vision, imagination and persistence, we might become famous."

One long-legged girl, who sits at her desk in her room continually, surprised us by admitting that she would like to have her husband in newspaper work. "This work appeals to me. A newspaper man's life appears to be glamorous and full of adventure."

One little red-headed southerner wants a "plain business man" for a husband. "Since I am interested in the psychology of buying and selling, I might be able to help my husband. Such a business in normal times is steady, and you can build your home in one town and have your own group of friends."

Amazing! No one confessed a longing to marry a banker.

One girl admitted that she would marry a farmer, lawyer or engineer; in fact, her husband's business didn't make

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Ruth Cook
Describes . . .

Collegiate Clothes of 1943

LET'S pretend. Imagine that some Aladdin's lamp has just given you the power of telling the world how to dress. Being a student in a scientific school, you will, of course, be scientific and hygienic.

That is what two economics classes at Iowa State College did. But it was no case of "playing dolls" for them. It was



Winter Garb for the 1943 Coed

a regular bona fide assignment that Dr. Elizabeth Hoyt, professor of economics, gave to her economics of consumption classes (60c). Each girl was asked to give due consideration to the question of scientific and hygienic dress for men and women. The results of their thinking were put in the form of a chart. Common sense was their chief guide in telling them what was scientific and hygienic. As for the value of their decisions, you can judge for yourself.

The styles suggested allowed for plenty of variety. Everything from earmuffs to nudism was advocated, depending on the season and the degree of radicalism.

Should you chance to leaf through a winter fashion book made up of these futuristic suggestions, you would find style notes running something like this:

"Cottons and silk and wool combinations will be highly favored materials for women throughout the colder months. Men will continue to wear wool. Women

want materials that will launder easily. Fur caps for men will be good, while knitted materials are favored by women. Skirts will be short. All stylists agree that garments should hang from the shoulder."

SUCH clothing as one would see on the street (that is, if these fashion edicts of the scientific were carried out)! Women in fur overshoes with no hats would wear bands around the heads to hold the hair in place over the ears. This arrangement leaves the top of the head free to the air. Smart women would wear fur snow-suits in town. These would be trousered and zippered—a sort of glorified eskimo attire. If you should meet a combination angel and Daniel Boone, you would not act at all surprised. You'd know that the white robes were the smart garments for the sanitary man to wear, and that the modern man is no woodsman but only a sensible person when he wears a fur cap with earflaps and chin straps.

None of this would surprise you, nor would you be surprised to see three-in-one underwear advertised. The vest and pants of these one-piece, three-section suits would be "zippered" together around the waist, and hose would "zipper" on to each pant-leg. Shoes lined with sheep's wool and cut high enough to cover the ankle would try to put the manufacturers of galoshes and spats out of business.

In summer the economists change styles completely. We need a fresh start. To begin with let's take our own campus. It is the tail-end of the spring quarter in 1943 and exam time is drawing nigh. The weather has passed the warm stage, and students are wearing the scientifically and hygienically cool and comfortable clothing suggested by economic classes back in the year '33.

COEDS have taken to trousers. The one-piece, loose-fitting suit with pant-legs ending just above the knee is the stylish thing to wear. The garment puts its trust in the sun with a very low back.

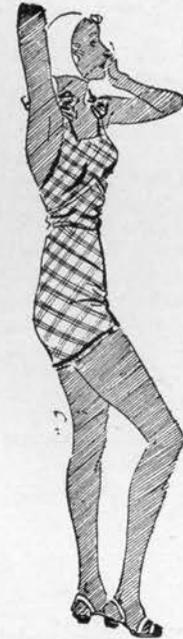
Take no alarm at all at that clacking sound behind you! It's only a pair of women students off to class in their clogs. Clogs don't require hose. If not clogs, sandals, moccasins, perforated oxfords or "just plain shoes" are the favored footwear. They are all as flat as flat can be. There's nary a high heel to be seen. Washable shoes are no longer a novelty, for of course, they're very sanitary and hygienic.

Milady's hats are of two styles, designed with the sole purpose of protecting her from the sun's rays. She may wear a broad-brimmed wisp of straw or a visor with only strips of material over the crown.

Coeds aren't the only ones to wear knee-length trousers during the hot season. It was the men's idea in the first place, anyhow. Short trousers will be found in the scientifically planned wardrobe, at any rate, whether the wearer be masculine or feminine.

Better than the trunks is the suggested one-piece garment for men. It is also knee-length and gives a man shirt and trunks in one piece. No more trouble with shirts pulling out of place!

With these abbreviated pants it is suggested that men wear anklets, preferably of a mesh weave. Is this a new version of today's rolled socks? Perhaps some young men will follow the advice of others who are strong for the three-quarter-length stocking, held in place by elastic



For Summer-School Comfort

or specially woven tops. This innovation might be traced directly to the Scotch kilt influence, no doubt.

Shoes, if you please, are seamless sandals. That is, there is no seam at heel or sole. Imagine a cross between the Grecian sandal and the Indian moccasin and you have the idea.

Paper manufacturers will pounce upon this: Someone suggests that clothes for men be made of perforated, absorbent paper. Can't you just imagine some campus luminary "bowling" down Union hill in a pair of natty paper trousers? But beware of all this paper business—

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Sally the Style Scout
Tells About . . .

Clothes for the New Year—1934

ANOTHER brand new year, all spotless and shining, stands ready to be molded into something individual and different from the one thousand nine hundred and thirty-three others!

A new year—new clothes—the new silhouette—well, here we are again right



Long Sleeves Are Seen at Formals

in the midst of the eternal search for something different, something new.

Winter months are usually given over to our more brilliant functions, with formal dinners and dances scattered through the social program. This season there is a much more radical change in formal evening dress than there has been for a long, long time.

Only yesterday we should have said, "Unthinkable!" when shown a long-sleeved evening dress, and now here it is, the latest thing. Paris has decreed, and so it is! A smart dinner gown of black satin, floor length, has sleeves and blouse cut in one, with long slits in the sleeves from shoulder to elbow. The neckline is finished with a simple narrow pleating.

An adaptation from Maggy Rouff ends the sleeves just below the elbow, where the fullness is gathered

into a tightly-fitting band. The neckline is softly draped, and the skirt is dark, contrasting with the lighter blouse. Several dresses, more conservative, do not boast of sleeves but cover the shoulders with folds of material or with pleated capelets. Some of the dresses have high, close-fitting necklines, while others, demure enough in front, go daringly low in the back. An unexpected slash or opening gives interest to many of the new frocks. A sheath-like evening dress of velvet has a drop-shoulder line which covers the upper part of the arm, leaving the shoulders bare except for a very narrow strap. Clever seaming gives a perfect fit in the waist, and no belt is worn.

In fact, the new silhouette is the molded, sheath-like figure, with no belt breaking the flowing lines. This is youthful and becoming to slender figures. Rough satin makes such a frock with a high neckline and a jabot frill of the same material. The jabot is being used more often as a neckline trim. When in crisp white it brightens a dark dress to its very great advantage.

METAL-SHOT cloth and lamé are still reflecting glory from the fashion sun. Evening dresses, wraps, blouses and hats are proving that "All that glitters is not gold!" No, indeed, it isn't gold—it undoubtedly is lamé or metalized fabric. The lamé formal blouse for evening wear, with a dark velvet or wool skirt, is smartest with long sleeves. It frequently is an over-blouse but may be a tuck-in, with a crushed girdle. Callot Soeurs shows a

dinner gown with a long-sleeved blouse which ties with a sash in the back. The wide collar follows a deep U-shaped back neckline.

To be ultra-smart and sophisticated choose an evening dress with a train; and then learn how to walk and dance in such a gown! And you'll probably



Contrast Is a New Note

be wearing one of the wee new evening hats made of a wisp of lace or satin or even net covered with shining sequins!

It is the uncertainty about the new hats that fascinates me! Will they continue high? Do the off-the-face hats tend to eclipse those slanted over one eye? Just which corner of one's cranium is the proper location? The popular dress hat for midwinter above one's furs is that of metallic cloth, alone or in combination with satin. Satin and velvet are always good in a luxurious season such as this. A bow-shaped muff and a matching velvet off-the-face hat make a chic addition to a wardrobe. Hat, scarf, muff and trimmed gloves of the same material "make" an otherwise plain costume.

So many of these hats are easy to make—often from left-over scraps of a dress or suit you've made. Some models easily made by an amateur are the broad-

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Satin Turbans Are Popular

How to Save Your Date a Dollar . . .

By Laura Christensen



These Will Make It Easy

THE way to a man's heart is through his stomach or his pocketbook, it is often said. It's easy enough to follow the pocketbook way, but some culinary ability is needed for the way through the stomach.

Did you know that you can combine these two ways of ensnaring? Sunday night suppers provide excellent opportunities for saving a man's pocketbook and practicing the culinary arts. Many girls prepare their own Sunday night suppers in the kitchenettes of their houses and dormitories. Some occasionally invite their "dates" over for this meal.

There are just lots of things that are easy to prepare in kitchenettes and nice to serve on Sunday nights. Toasted sandwiches are weak points with most fellows. Neither peanut butter nor cheese is very expensive, and everybody knows what good toasted sandwiches they make. Served with either hot chocolate or tea, they make a simple but adequate supper. Creamed salmon or dried beef on toast is another old standby.

If you can get a waffle iron somewhere, by all means take advantage of that opportunity once in a while. There is nothing better on chilly nights than golden brown, crisp waffles served piping hot.

Other hot dishes which are easily prepared are such canned products as soups, chili or spaghetti. These, heated on a small grill, make tasty, nourishing dishes.

If you serve hot chocolate, it is tastier if a marshmallow is added to every cup. You can use up the rest of the marsh-



He'll Like Sandwiches

mallows by toasting them on long forks for dessert.

If you are one of those fortunate individuals who have more money than time, you can raid the nearest delicatessen and set forth a delicious lunch of ham, cheese, rye bread, baked beans, and cookies and fruit. Of course this doesn't display your own resourceful talents to the boy friend, but if you don't tell him he'll never know the difference.

And if you can't afford such an elaborate conglomeration, just plain rolls and coffee, or doughnuts and coffee will do almost as well. Lots of plain, simple people will crunch enjoyably on cookies and milk. Write home to mother and she'll be glad to send you a small jar of marmalade or jam that will be just the thing to put this lunch across.

Sunday nights aren't the only times that you can work in these little affairs. Even on ordinary weekend nights it is a good idea once in a while to make yourself a financial asset rather than a liability and, instead of going to a movie or dance, invite in a few couples to a fudge party or taffy pull.

Fudge tastes the best, but taffy is lots of fun to pull. There's just something about the sticky mess it gets you in that breaks all ice and promotes a general air of hilarity; so you might make some of each—the fudge to eat and the taffy to pull.

If you do go out, and the boy friend suggests something to eat on the way home, surprise him by getting a pint of ice-cream at the nearest drug store. When you get home, shake it into a

delicious, thick, "yummy" drink by adding a half cup of milk and a teaspoonful of malted milk.

We don't want to get this confused with an "advice to the lovelorn" column, but here's a suggestion that may pave the road to popularity. If the word gets spread around that a date with you means a free meal instead of a dollar gone, mark my words, you'll be a busy girl!

Keeping Your Youth

By Betty Melcher

HOW'S your diet? Does it include the 37 different things that are necessary to your healthy well-being? The absence of any one of these causes diseases, so if your diet is lacking, you are susceptible to one or more of these deficiency diseases.

If you don't want to be in the physical class of people who are anemic, and show the characteristic signs of rickets, stay away from the rather general muscle meat, bread and sugar diet. It is hazardous! People on this diet are prematurely old, their skin does not fit well, and they become more and more rachitic as they get older. Such are the signs of rickets in the adult. Bent legs and spines occur only in the growing young. Absence of bent bones in the adult is not proof that he is not suffering from rickets.

So, girls, if you want to keep that priceless gift of youth, drink three glasses of milk a day, spread your bread thick with golden, healthy butter, absorb as much sunlight as you can, and you'll keep your youth without having to go through the ricket cure of cod-liver oil.

Our general diets need more calcium and phosphorus. If we could eat unrefined cereals like our grandparents did, we wouldn't have to worry about this deficiency. As it is, however, refined cereals are rather depleted of these minerals. The worst deficiency is in refined flour, sugar and syrups. Unfortunately, these are the largest compounds of a cheap diet.

Do you constantly feel nervous and "jittery"? Then your diet may be lacking in magnesium. Include a wide variety of plant and animal foods and your magnesium requirement will be taken care of.

And, of course, if you want to be big and strong you will have to eat a pork chop or a nice, juicy steak with a good variety of vegetables and fruit to garnish it if you expect to get all your vitamins!

Save taffeta ribbon by rinsing it in a solution of two teaspoons of sugar to a pint of water after squeezing through mild soap suds. Press it dry between two cloths.

New Year and Old Customs . . .

By Claire Chadwick

"Get up, gude wife, and binno sweir,
Deal cakes and cheese while ye are here;
For the time will come when ye'll be
dead
And neither need your cheese or bread."

WHAT is that? That's a part of Hogomanay. And what is Hogomanay? Simply New Year's Eve in Scotland, back in the beginning of the nineteenth century. The queer-sounding rhyme is one that the children used when they went begging from door to door for a dole of oat-bread and cheese, which they called "nog-money."

Very old journals will tell you that the twentieth century is by no means the originator of "whoopee" parties. People have been at these celebrations since the days of the Romans, when New Year's day fell on the first of March. Just a little closer to home is the chronicle of the Pilgrims' observation, which, although of necessity Pilgrimish and described as "We worked betimes," was brightened by the exchange of gifts. They in a measure made up for the sombre Christmas season.

But take the land from which the Pilgrims came—that's a different story. In fact, England, Ireland and Scotland all had their pet observances, and how they did observe them! Although they may seem queer, there are any number of them that could easily be applied to parties of today.



IN ADDITION to the begging of the children (and it is said that they looked more like mummies than humans, for they draped themselves in sheets to be sure that they'd have plenty of pocket room for offerings) "First Footing" was an observance practiced by all. At midnight the people set out with a bowl of warm, sweet ale to make calls. A person who was first to set foot in a house was assured of good luck during the new year. Minus the bowl of ale, it would be fun even now to try to secure 365 days of good fortune by making calls on New Year's Eve, should a party prove dull. Of course, since the custom is not common here, one would have to be a bit careful about those to whom he chose to pay the early morning visit.

Ireland is all split up into sections over its festivities. Each county seems to have had its private tradition and adhered to it. In County Atrim special cakes were made, and still are for that matter, to be given to friends on New Year's Eve. They are comparable to

doughnuts, hole in the middle and everything, and are often thrown outside the door to keep out hunger during the coming year. What friend of yours would not welcome a box of fancy cakes on January first? The old Irish custom wouldn't be bad at all.

Some of the Irishmen used to be overly anxious to get rid of the old year. Impressive ceremonies were held with the village notables—only those of rank seemed to "rate" the job—dressed up as chimney sweeps, and they seriously swept out the old year and cleaned up a bit for the coming one. Bonfires were also used as symbols of destruction.



DERBYSHIRE in England is noted for its Posset pot. The recipe is simple but not very appetizing. Taste was not considered, however, in the mad scramble which accompanied the draining of the contents, for a wedding ring was thrown into the bowl and

the maiden who procured it was slated to marry the man of her choice. In case you're interested and would like to try Posset pot at a party sometime (substitutions could be made wherever you happened to choose and the finished product couldn't be much worse), the concoction goes like this:

"Take 18 eggs, whites and all, let them be beaten very well, take a pint of Sack and a quart of Ayle boyld, and scum it, then put in three-quarters of a pound of sugar and a little nutmeg and let it boyl a walm or two, then take it off the fire, stirring the eggs still, put into them two or three ladles full of drink, then mingle all together and set it on the fire and keepe stirring until you find it thick, then so serve it up." Does it sound worth the effort even if you were assured of the most handsome man on the campus?

Another appetizer—powsowdy. It was principally boiled ale full of roasted apples, toasted bread and raisins, a rather villainous compound to put it even mildly.

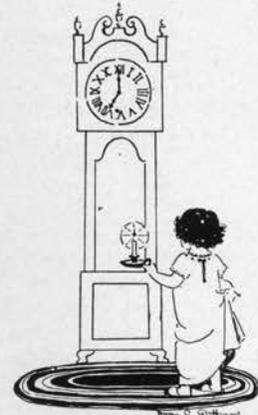
Fortune telling was also a part of the ritual of celebration, not with cards of palmology, but by opening the Bible at random. Whatever page and verse first came to the attention was designed in some way or other to be a foretelling of the life ahead. (Pity those who tried to find their future hidden in Leviticus or Numbers).

Gift giving was connected with New Year's Eve for a long time. (Slick way out of the uncomfortable feeling produced by a Christmas gift for someone

you forgot). During the reign of Queen Elizabeth history tells that the royal jewel chests were kept up-to-date by the gifts from the faithful. The Queen also gave gifts in return, with an eye toward thriftiness, of course.

GLOVES were a common and highly-prized gift. Oranges stuck with cloves—they'll keep indefinitely that way—apples on tripod frames, gilded nutmegs and small trinkets all found their way into the lists. And the original "pin money" was first used then. Pins were not always the commonplace items they are now. During the time when they were expensive and very hard to get, a sum of money was often given for the purpose of buying pins when they might be available.

So the idea of January first being an occasion apart from the ordinary trend of days is not new at all but is quite well worn out from the years of use. Just one thing seems to have arisen from the apparent need of later years—resolutions were never mentioned in the old diaries and books of the early period.



Don't Be a Policeman

By Barbara Apple

THE sleep of young children presents many perplexing problems, according to Evelyn Erwin, home economics senior, who last year observed the sleeping habits of children in the Nursery School. She found that a child's home environment plays an important part in his sleep habits.

An atmosphere of quietness should prevail as much as possible when the child is getting ready for bed. This may sometimes be accomplished by telling him a story or by letting him relate his experiences of the day.

If his physical needs are taken care of before he is tucked into bed in a leisurely and loving fashion, the child feels content and comfortable. When the ventilation is

(Continued on page 14)

Alumnae Echoes . . .

. . . news bits from the front lines

Edited by Illa Pierce and Edith Fezler

DORIS VECKER, '32, has completed her dietetics internship in the Children's Department of Cook County Hospital.

* * *

Lydia Whitehouse, '32, is employed in the Main Department of Cook County Hospital.

* * *

Louella Shouer, '30, who was in charge of the Atlantic and Pacific Tea Company experimental kitchen at A Century of Progress, is now doing experimental work in a New York City laboratory.

* * *

Dorothy Spenheim, '33, is assistant manager of Plaza Snack Shop of the Milan Green Cafeteria in Kansas City.

* * *

A'ice L. Thayer, '24, is assistant to the chief social worker in Lac Qui Parle County, Minn., with headquarters at Madison.

* * *

Maurine Marquart, '33, is social case worker in Reno County, Kan., with headquarters at Hutchinson.

* * *

Helen Thompson, '31, is now manager of the Austin Y. M. C. A. Cafeteria in Chicago.

* * *

Dorothy B. Anderson, '30, is in charge of the employees' cafeteria in McCurdy's Department Store, New York City.

* * *

Ruth Ellen Lovrien, '33, is society editor of the Cherokee Daily Times. She writes that she likes her position very much and finds it much like her work on the Iowa State Student last year. **Viola Wright**, '31, is city editor of the Times.

* * *

Kathleen Vaughn, '30, **Prudence Gronlun**, '31, and **Luella Kohlstedt**, '25, are employed in the tearoom at the Carson Pirie Scott Store, Chicago. Miss Vaughn is kitchen manager of production, and Miss Gronlun is hostess.

* * *

Mary Jenkins, '31, and **Freda Emery**, '32, are employed in the Candy Box, Chicago.

* * *

Carolyn Clausen, '33, is assistant to the dietitian of the Lutheran Hospital in Fort Dodge.

* * *

Julia Metier, '32, is teaching home economics at Lineville.

* * *

Helen Smith, '28, is now dietitian of the Altadena, Calif., hospital. Miss Smith was formerly dietitian in the American

Legion Hospital at Twenty-nine Palms, Calif.

* * *

Thelma Lowenberg, '32, has been employed for two years as social case worker in the Providence section of St. Louis.

* * *

Marie Krause, '29, formerly with the Cook County Board of Welfare in Chicago, is now dietitian at Mt. Sinai Hospital in Philadelphia, Pa.



Thelma Lowenberg



Marie Krause

Charlotte Kirchner, '21, is the home demonstration agent at Blue Earth, Minn., having taken the position left vacant by **Helen Kallenberg**, '28, who is

studying on a fellowship at Cornell University this year.

* * *

Josephine Burkett, '30, is home demonstration agent in Brown County, Minn., with headquarters at Sleepy Eye.

* * *

Helen R. Hunt is in charge of the diet kitchen of the Wilson Memorial Hospital, Johnson City, N. Y. Miss Hunt writes, "Whenever you mention Iowa State, people look up with interest and ask questions. Of course, I tell them all I can."

* * *

Inez Kaufmann, M. S. '32, is supervising student teachers from the University of Alabama, who teach in the Northport, Ala., private high school.

* * *

Nell E. Dearmont, M. S. '32, is teaching at Nocona, Tex.

* * *

Blanche Dunn is teaching in the Hurley, N. M., high school, where she has a boys' class in home economics.

* * *

Margaret Liston, '27, M. S. University of Missouri '33, is doing Purnell research for the Vermont Agricultural Experiment Station, Burlington, Vt.

* * *

Elizabeth Borgman, '32, is in charge of kitchen management and meal planning in a sanitarium for tubercular Indian children at Winslow, Ariz. The sanitarium is on a government reservation.

A Real Home Project . . .

By Grace Raffety

"PLAYING" dietician, seamstress and nursemaid last summer influenced me to major in child development and to plan to have, some day, a nursery school of my own," **Marvene Howes**, home economics sophomore, who for three months acted as a governess to a wealthy family of Miami, Fla., stated recently. "My first job while living with the family at the Chicago Beach Hotel was to take the children to the World's Fair every day. Honestly, I don't believe there was a thing on the grounds that we missed," said Miss Howes. Each of the children had his own allowance beside that which Miss Howes was allowed for him. They generously bought souvenirs for many of their friends.

"Bobbie, aged three, was very good to hang on to my hand most of the time. Deliver me from a 6-year-old like Tommy! He surely had a strong will of his own," told Miss Howes. She believes that she will have to exclude 6-year-old tots from her nursery school.

When the mother decided suddenly to take a trip to Europe, Miss Howes

plunged into making clothes for her. "Within 5 days I had completed three silk ensembles and two blouses," Miss Howes said. Her other sewing consisted of darning stockings, sewing on buttons and the like.

Miss Howes said that everything she learned about food at Iowa State College was put into most practical use when it became necessary for her to plan menus for a few days. On Thursday, the maid's day off, Miss Howes planned the menus, ordered food and cooked lunch.

"I prepared their favorite dish, and okra became quite tiresome," she said. In the evening of this day Miss Howes took dinner with the family at some elite restaurant down town.

While visiting in the home of a millionaire in Indianapolis, Ind., Miss Howes had the thrill of eating out of silver and gold dishes. "They were beautiful," she said, "and the tray bearing the potatoes and chicken was at least 3 feet long." The maid served them

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THE IOWA HOMEMAKER

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Choosing Our Own Instructors

EVERY home economics student at Iowa State College is required, regardless of her major department, to be exposed to several courses before she receives her diploma.

Doubtless the administration has innumerable, justifiable reasons for requiring specific courses. But . . .

Instructors, to a large extent, make a course valuable or worthless. Some students realize at the beginning of the quarter that if, let us say, Professor A teaches the section, no less than 75 to 100 hours of the 12-week quarter will be squandered. On the other hand, if Professor B has that section the 75 hours or more which a student is likely to spend in class and on preparations will be invaluable.

Yet under the present system at Iowa State even a student in senior college has no choice in this matter of instructors. She must endure whichever professor is thrust upon her . . . and like it. If she doesn't, she has one alternative (and that is not a highly desirable one)—flunk the course and run the risk of getting the other professor when she repeats the work.

Students, and most certainly those in senior college, should be able to choose instructors intelligently. We have recommended selection of instructors for the several required senior college courses—a modified program. Iowa State College is in need of such a move if it would turn out enthusiastic graduates who have profited to the maximum extent from contact and association with faculty members and who are to be sincere supporters of their alma mater.

A Change for the Better

WHY is it that we hear so little of "lib" dates this year? Don't people go to the library as often as last year? Are they forbidden to go to the "lib" with dates?

"Yes" is the answer to the second question, "No" the answer to the third. And as for the first—

Iowa State College formerly allowed women students only a few dates on study nights, theoretically. Occasionally permission was given them to attend movies or special functions, but ordinarily the only recognized "going-out" on week nights was library-ward.

Consequently the library became a very popular place. Women "signed out for the lib" and went there for the evening, for part of the evening, or for none of the evening. "Lib" on the signing-out book might mean movie, Memorial Union or campus to the girl who wrote it.

This year things have changed. Women students not on probation may go where they wish on study nights, provided they sign out honestly and accurately and come back to the house or dormitory by the appointed "getting-in" time.

The administration is to be commended for taking a step forward—for giving college women a chance to make their own decisions—for giving them the opportunity to develop the judgment they will need in life after college.

Homemaker Features

Home Economics Leaders

ELLEN H. RICHARDS, pioneer in home economics, originated the idea that good homemaking is founded on scientific knowledge. She said that if people knew better they would do better.

Mrs. Richards said that the "inconvenience of ignorance" was one of the chief reasons for the home economics movement. And she did much to forward the movement and thus to reduce ignorance in the field of scientific homemaking.

Mrs. Richards is one of several home economics leaders about whom homemakers and future homemakers ought to know. There are others—Alice Peloubet Norton, of whom a friend said, "Mrs. Norton lived home economics," Gertrude Coburn, Catherine MacKay and Anna Richardson, all former heads of home economics at Iowa State, Martha Van Rensselaer and Isabel Bevier, who spoke here in honor of Ellen H. Richards.

The Homemaker, with the cooperation of Phi Upsilon Omicron, will in the next few months attempt to acquaint its readers with famous home economists. In each issue will appear one or more articles by members of Phi Upsilon Omicron, professional home economics fraternity, telling briefly of the lives of these leaders and of their contribution to the home economics movement.

The stories in the January Homemaker on Isabel Bevier and Ellen H. Richards Day are the first of the Phi U series.



IOWA—the state where the tall corn grows and is burned for want of a market while we blissfully order puffed rice for breakfast.

Oh, we know all about steaming hot roasting ears that drip with golden butter—life's worth living just for the moment when one first bites into an ear of it—and the canned, cut-from-the-cob variety.

But how often do we encounter corn pone, succotash, cornmeal mush, plain or fried, or even just plain corn bread or muffins?

Not often enough, considering not only the present state of the corn market, but even more, the food value and good taste of corn products.

To begin with, properly, there is cornmeal mush. There are lots of things you can do with it in the way of dressing it up a little, but what is the matter with it plain with milk or butter? It's good for breakfast, but better for supper.

To make it use:

$\frac{1}{2}$ cup of cornmeal $1\frac{1}{2}$ cups water
1 tsp. salt

Moisten the meal. Heat remainder of water to boiling, add salt, stir in cornmeal. This avoids lumping of mush. Cook in double boiler 1 hour or longer.

OF course you have tasted it fried—all crispy, golden brown and sweet and crunchy. But if you have once tasted it you are a fan and nothing more need be said. If you haven't eaten it, this is the procedure. Cool the mush made by the above recipe. Slice into thin slices and fry in hot fat until brown. If you "go" for sorghum, use that on the buttered fried mush. If you don't, try sirup. Either way you'll be pretty satisfied with yourself before it's all over.

CORNMEAL waffles are a new idea (fie on us, a corn state) and they rank right up with fried mush. This is the way they're made:

1 c. flour
 $\frac{3}{4}$ c. yellow meal
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. soda

1 c. sour cream
yolks of 2 eggs
whites of 2 eggs
1 tbsp. melted butter
(if sour milk is used)

Sift dry ingredients, add milk gradually, yolks of eggs well beaten, butter and whites of eggs beaten stiff. Cook on a greased hot waffle iron. If an aluminum iron is used, no grease is necessary.

Hot tamales! Ten to one half of us always wondered what they were. But they sound romantic and awfully inaccessible. This is just how inaccessible they are. How about a hot tamale party?

1 pt. cornmeal $\frac{1}{2}$ c. chicken broth
2 c. cooked chicken 2 cloves
 $\frac{1}{2}$ tsp. salt 1 bay leaf
1 small onion salt and pepper
1 small Spanish corn husks
pepper

Add just enough boiling water to the cornmeal and salt to make a thick paste. Soak the husks in warm water. Cut the chicken, onion and pepper into small pieces, add the seasonings and the broth and let simmer for a few minutes. If the mixture is watery, thicken with a little corn starch. Spread out two large corn husks, cover the center part of them with a $\frac{1}{4}$ inch layer of the cornmeal. Place 2 tbsp. of the meat mixture in the center, roll with the husks on the outside, tie tightly at the ends, using narrow strips of soaked husks. Trim if necessary, and steam for 1 hour.

THERE can't much be said for the name, but scrapple itself is a different matter. Try it some night when the wind blows up chilly and the skies are low hung with dark clouds. It's very simple:

1 lb. lean pork 1 c. cornmeal
1 qt. water $1\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. sage

Cook the pork until quite tender; remove meat, cook broth, skim off fat, heat broth (1 qt.) to the boiling point, stir in the cornmeal and cook two hours. Add seasoned chopped meat and fat. Cook 20 minutes longer. Pour into cold, wet loaf pan. When firm, slice, dip in flour and brown in hot fat.

When winter comes whistling around the corner there is something awfully comforting about a cup of hot coffee, griddle cakes and little sausages for breakfast. It helps give us the courage to face snow drifts, stalled cars and nipped ears.

Cornmeal griddle cakes are especially tender and delicious.

2 c. flour $1\frac{1}{2}$ c. boiling water
 $\frac{1}{2}$ c. cornmeal $1\frac{1}{4}$ c. milk
 $1\frac{1}{2}$ tsp. salt 1 egg
 $1\frac{1}{2}$ tsp. baking powder 2 tbsp. melted or liquid fat
2 tbsp. sugar

Lucille Oak Suggests More Uses for Iowa's Corn

Add the meal to the boiling water and boil 5 minutes, cool, add the remaining dry ingredients mixed and sifted, then the well-beaten egg and the fat. Cook as other griddle cakes.

If you prefer muffins, here is one recipe:

1 c. cornmeal $\frac{3}{4}$ tsp. soda
1 c. wheat flour $1\frac{1}{4}$ c. sour milk
1 tsp. salt 2 eggs
1 tbsp. molasses 1 tbsp. fat

Sift the dry ingredients; add beaten eggs, milk and melted fat. Bake in greased pans 20 to 25 minutes. And there you are.

YOU-ALL have heard a lot about southern corn pone. But have you ever met up with it in your own home?

2 c. white cornmeal 1 tbsp. melted fat
1 tsp. salt 1 c. sour milk
 $4\frac{1}{2}$ tsp. baking powder

Sift dry ingredients together, add melted fat and sour milk. Mix well and shape into oblong pones about $\frac{1}{2}$ inch thick. Bake thirty minutes in well-greased pan in moderate oven.

Now how about a cornmeal dessert for dinner? It sounds unheard of. It isn't. Here's one:

Indian Pudding

1 qt. milk $\frac{3}{4}$ tsp. salt
 $\frac{1}{4}$ c. cornmeal spices (cinnamon,
 $\frac{1}{2}$ c. molasses nutmeg or ginger)

Cook milk and meal in a double boiler twenty minutes. Add salt, molasses and spices as desired. Pour into a greased baking dish. Bake two hours in slow oven, stirring occasionally. Pudding is very thin when done.

For some variations of this recipe try adding raisins, dates, figs or stewed fruit. Add fruit an hour before taking from oven. The fruit juice if thickened with corn starch and flavored with spice and lemon juice makes an excellent pudding sauce.

HOMINY is a pleasant variation in the menu. Have you tried hominy baked with cheese?

2 c. cooked hominy pepper
 $\frac{1}{2}$ c. grated cheese 1 c. thin white sauce
salt toasted crumbs

Place in a baking dish alternate layers of cooked hominy and cheese. Season with salt and pepper. Pour white sauce over the mixture and sprinkle with crumbs and bake.

Let's get better acquainted with Iowa's most popular grain—King Corn.

Even Ink Comes Out

By Delilah Bartow

REMEMBER what a time you used to have when Mary had to use un-washable ink for penmanship at school? She always spilled a few drops on her new red skirt or her white blouse, and you, her mother, were expected to remove the stain. What a blessing is washable ink! Plenty of thick soapsuds removes most ink stains in a hurry, if you treat the stains when fresh. So don't give the ink time to "set" in the material, and you'll have no trouble with it.

There are two good ways of removing stains—the pad and the bowl method. In the bowl method the stained area is spread over the bowl and the water or stain remover is then applied. When using the pad method, which aids in preventing rings, one must use an absorbent cloth or blotter beneath the stain, use straight light strokes beginning in the area around the stain and working toward the stain, apply a little solvent at a time, dry the solvent quickly and work rapidly. Rubbing either with one's finger nail or the edge of a spoon may remove a ring already formed.

Here are some suggestions for removing stains of all kinds:

Ink Stains—Soak the stain first in water to see if it can be removed this way. Sponge the stain with soapy water, apply a few drops of hydrogen peroxide, then hold the stain in the steam at the spout of a tea kettle if it can't be removed by soaking. Continue applying hydrogen peroxide and steaming until the dark color of the ink has become a clear yellow. Remove the yellow by adding a few drops of oxalic acid (1 tablespoon to 1 cup water) and steam. Rinse several times in ammonia followed by clear water.

Melted Candle Stains—Don't launder the linen before the spot has been removed because this might set the candle dye in the material. Scrape away the large pieces that stick to the cloth. Spread the spots generously with lard and rub between your hands until all of the stain has been taken up by the lard. Remove the lard by washing in lukewarm water and soap. This same method also removes shoe polish or vaseline stains.

Egg Stains—Soak the stain for about 15 minutes in cold water. Rub away the loose egg particles. Then wash in ordinary way. If all of the stain isn't removed, add hydrogen peroxide and steam.

Fruit Stains—Red and blue fruit stains, coffee, tea or cocoa stains may be removed from white materials if they are treated immediately with boiling water. If they have dried, one might follow these suggestions. Fasten the stained fabric over the top of a bowl and pour boiling water through the stain holding the

kettle high enough so that the water will strike the stain with force. Then wash as usual. If the stain isn't completely removed, use hydrogen peroxide and steam. It is best not to pour boiling water through colored materials, silks or wool. Stains in silk or wool should be removed by soaking in clear, warm water and treating with hydrogen peroxide, if necessary.

Grease Spots—If the material is washable, use very slightly warmed water and soap. If it is not, use commercial solvents, chloroform or carbon tetrachloride. In using these be certain to use them correctly or rings will be formed.

Blood Stains—Soak for 15 minutes in cold or lukewarm water. Then wash as usual. You could also sponge the stain with clear water and steam it.

Grass Stains—Use soap solutions and rub well. Use hydrogen peroxide and steam if all of the color doesn't come out readily. Always rinse thoroughly after using hydrogen peroxide.

If You're Buying Rugs

THERE are a few general rules which always hold true when it comes to selecting a rug. Because the rug forms a part of the background for the room, it should be very soft and rich in coloring. It should also be of a darker value than the walls of the room. The background of the rug should be quite grayed.

Rugs are of two types. The loop pile rugs are those in which the nap is made or left in the form of loops. The cut pile rugs are those in which the wires over which the yarn is woven, instead of being round, are sharpened into sharp blades which cut the pile when they are drawn out.

Body brussels rugs are examples of the loop pile. They have about the same wearing qualities as the Wilton, but they are not so luxurious in appearance.

Tapestry rugs are a loop pile and are frequently known as an imitation of the body brussels. The back of the tapestry is much coarser than a body brussels, and the pattern is printed on the surface instead of being woven in.

Wilton rugs are similar to the body brussels except that they have cut pile. Wiltons vary in quality according to the type of yarns used, the weight and thickness of the fibers, and the number of threads to the inch.

An Axminster is also a cut pile, but is loosely woven with a very coarse back of cotton or jute fibers with a glue sizing. This sizing may wear off, leaving the rug limp. If the rug is tacked on the floor, bottom side up, and a thin coat of wall sizing is applied, the trouble will be remedied. An Axminster can never be rolled crosswise.

A velvet rug is also a cut pile, but the nap is usually short. It may be rolled either way.

Neriman Hilal

Likes Her Coffee Strong

TO AN American, Turkish coffee is in a romantic class with the "Arabian Nights." To a Turkish girl, it is just good coffee.

Neriman Hilal, of Istanbul, Turkey, would like a cup of that good coffee. She does not drink the brew served in the Iowa State College dormitory where she lives. It isn't coffee to her. In her estimation it's "just like tea."

A good Turkish housewife would never think of making her coffee in a coffee pot. She makes it in a special cup. The cup is shaped like a chemist's beaker with a handle on it. It comes in different sizes—one, two or half a dozen servings, just as you like.

To make Turkish coffee, first heat the water in the cup. "It must not boil," says Miss Hilal. Put a little of the hot water in each drinking cup. Then add the grounds to the remaining hot water, stirring it until it boils. Pulverized coffee is used and it is measured in a special coffee spoon. One-and-one-half coffee spoons equal one of our teaspoons. The Turks use one coffee spoon to each serving of coffee.

"When coffee boils," says Miss Hilal, "it does not bubble. It swells. We like to have this foam in our coffee cup. That is why we do not have a lid on the pot we make our coffee in. When you pour coffee out of a spout, there is no foam; but when you pour it off the top, the foam comes off, too."

Turkish cups are not as big as ours, she says. They are only about 2 inches high. With $\frac{3}{8}$ teaspoon of pulverized coffee to such a cup, their coffee is very strong. No wonder ours tastes like tea!

No cream is used in their coffee. It is just a strong, black brew without any additional flavoring.

"We use coffee grown in Arabia," says Miss Hilal. "We buy the green beans and roast them ourselves. They are roasted in an ordinary oven at a very high temperature. Mixed coffees already prepared can be purchased at the shops, but of course you can not tell what you are getting when you do not buy the green beans. Our family is too small and it takes time to roast the coffee, so we buy it roasted. I wish we roasted it. I love to smell it when it is roasting. It smells so good."

Selecting Suitable Stories . . .

By Elizabeth Foster

CAN you remember you heard your first story? Few of us can. For when still in the cradle most of us were told tales, both real and imaginative. And ever since we have been progressing on the road of literature, through nursery rhymes and fairy stories to essays and treatises.

Children get many ideas from literature; in fact, their notions about nearly all of life are formed, at least in part, by reading and hearing stories. So it is important that the literature they read and hear is of the right kind. Good literature aids them in a spiritual, cultural and recreational way.

Great care must be used in choosing stories for a child, if he is to enjoy them and to get the most benefit from them.

For the varying age levels, different types of reading are:

1. One to three years: nursery rhymes and picture books.
2. Three to five years: stories of real life; stories of trains and grocery stores; stories within the child's own environment or the familiar; also nursery rhymes and picture books.
3. Five to seven years: stories of real life, especially of animals; some fairy tales, especially verses and poetry; old folk tales like "The Three Little Pigs" and "Billy Goat Gruff."
4. Seven to nine years: imagination stories; fairy tales; folk lore;



Books a Small Child Will Enjoy

stories outside of the child's own world.

5. Nine years and above: some history and biography; hero tales; stories about the world in which we live and of a more advanced type, and material from a good encyclopedia.

Miss Lorraine Sandstrom, instructor in child development, said recently, "Although there is an age level and an aver-

age child at eight enjoys fairy tales, often there is a particular interest which he will carry in all his reading through many age levels. For instance, a child may enjoy trains at all ages and never be particularly interested in fairies."

IN choosing a book it is best to find what the child's interests are and what his experiences have been, instead of choosing a book for a 4-year-old or an 8-year-old. Then he will really enjoy the story, for it will be suited to his special likings as well as to his mental age.

Little Red-Riding Hood has been an old favorite for generations of children. Yet there is a reason for not using it. Joy is one of the best and most immediate results of stories and poetry. Since there exist so many other beautiful, educational and stimulating pieces of children's literature, there is no special purpose in telling a story that has a gruesome element.

To condemn all stories with gruesome elements is unfair, for some story-tellers might be able to relate such tales in a way which would not produce fear in the child. Again, fear is often an individual matter. "Some children," Miss Sandstrom related, "cry over 'The Three Little Kittens Who Lost Their Mittens,' while others think it is a good joke on the three little kittens that their mittens were lost. Rather than try to soften the terrifying, why not leave it out entirely? Yet it would be quite ridiculous to have only happy endings in our stories."



She Likes Picture Books

want in a story is the true and beautiful, as presented in the language of some great artist of words. If there is a lesson there, it probably shows up in its proper light anyway. The symbolic story which is "woven around a road . . . and all along the way we plant our seeds of kindness" is not advised.

"Stories from the Bible cannot be matched in any literature in their power and dramatic quality," stated Miss Sandstrom. "Their simple interpretation arouses great interest. Also, every child enjoys free, spontaneous poetry with its rhythmic chanting, and Mother Goose heads the list as the wisest selection for the very young child."

Fairy tales, despite criticism against the fanciful and unreal, should not be left out entirely. Many children like a mixture of facts and fancy. Of course, they should be taught that fairy tales are not really true.

Here is one good rule to follow: The younger the child, the shorter and simpler the story. If the tale includes much repetition and deals with the familiar, it can be longer than usual, however. In poetry four, six, or eight lines comprise a good length, unless there is much repetition, in which case it may be longer.

And the last rule is to avoid the sentimental story. Children dislike being "talked down to." Instead of an "itsy-bitsy shovel," call it a spade. One finds the sentimental element in nature stories usually, but nature itself is so full of deep, fascinating facts that calling buds "dear little, pretty little petals" would create disgust. Almost any child prefers real facts in nature to hidden meanings.

Don't we all like the story of "The Three Little Pigs," though the wolf ate two of them up and was burned up himself in the end? If the story is presented correctly, children won't be really worried about the three little pigs. With some stories it is often the pictures in the book which cause fear, rather than the story itself.

Morals pointing directly to the young reader arouse resentment. What we

A strip of unbleached muslin 12 to 18 inches wide sewed to the end of a short blanket, tucked in at the foot of the bed, helps to prevent cold toes.

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THE QUESTION OF THE WEEK

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Let us help you by showing our many useful gifts.

CAMPUS DRUG CO.

Lincoln Way and Welch

If you don't need your used textbooks, sell them to us for cash or credit to use for your Xmas shopping.

STUDENT SUPPLY STORE

Next to Theatre

Shopping With The Homemaker

With yet a few days before the Christmas shopping dead-line Campus Drug presents the question of the week—What shall I give for Christmas?—and then offers to help you solve it, if you will let them show you their many useful gifts.

If you're short of Christmas cash, or credit, the Student Supply Store comes to the rescue. It's the end of the quarter anyway, so it's logically the time for you to cash in on the used text books for which you have no further use.

After Christmas comes the New Year—1934. And Field's Beauty Shop hints its reliability and claims the oldest but most modern things in equipment.

The Carter Press, with commercial printing that pleases, hopes that it'll be seeing you often in 1934.

Winter quarter brings the formal season at Iowa State College. In accordance, the Brown Shop offers formal gowns in the newest styles and colors . . . and at within-reach prices! Also at this shop can be found dinner and dance frocks and all the accessories for your needs.

But the quarter offers more than social life, and Stephenson's have looked out for that. They have carefully selected your supplies for the quarter.

Missimplicity by Gossard is on the fare at the Fair Store . . . And it is known that some coeds believe such a garment helps to accomplish the purpose of what our grandfathers called red flannels.

Brrr! Brrr! It's winter and it's cold! But the Palmer Plumbing Company is on hand with plumbing and heating repair service.

Every outdoor coed will laugh at polar weather, say Younkers, if she has the Bleacher Coat. It goes to class, it goes skating and it is there for the bob ride too. And is it warm? How could it be otherwise? For it is of horsehide—brown, black or tan—with laskin-lamb front, and it zips right up to the chin and straps at the waistline.

Once again Bauge Shoe Company presents its "shoes that satisfy." Isn't it about time for some new styles in footwear?

And then we trek back to the campus to our Memorial Union which pictures what Iowa State might be if it were not coeducational. But I. S. C. is—and the Union is not only the center of activity but it is also the center of beautifying for the big important dates of the week-end—the Union Beauty Shop.



If all the students at Iowa State were women things would be different!

MEMORIAL UNION

Every classroom wouldn't be an inspection lab. with its scrutinizing glances from these queer things called—males.

MEMORIAL UNION

Every day wouldn't be "Parade Day." But that's what co-education does to college life!

MEMORIAL UNION

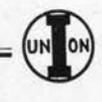
Smarter coeds know that it pays to "look well." Beauty Shop

MEMORIAL UNION

will be pleased to serve you. Important dates you'll want to make special preparations for soon—at

MEMORIAL UNION

are:
Vet. Ball—Jan. 6
Ax Grinders' Ball,
Sat., Jan. 20



Your Salesmanship . . .

By Marian King

HAVE you ever heard remarks similar to these about a certain girl of your acquaintance? "She certainly wears her clothes well," or "She always appears to have just stepped out of a fashion magazine," or "Isn't she simply stunning?"

And have you ever stopped to analyze the true reason for such remarks? Is it that the dress is of the latest style, that it is just new or that the girl has smart accessories to go with it?

These things all play important parts, but they are not the only elements which go into the making of a truly attractive woman. Let us picture in our minds a young woman passing us on the street. Her dress is of the latest style; her accessories go perfectly with it; everything about her is in perfect order but for one defect. Her posture is poor. Her movements are not graceful. She does not carry herself with an air of confidence. Does anyone make such remarks about her? I feel safe in saying that she passes us by and we think of her merely as another person. But she was a poor saleslady. She could not sell to us a favorable impression of herself. Her display was poor, her sales talk weak.

TO SELL any merchandise three things are desirable—a desirable article, an attractive display and a convincing sales talk. The merchandise a woman has to sell is a favorable impression. Her display is her posture. Is it erect and well-balanced? Her sales talk is the way in which she moves. Are her movements graceful and does she appear to have confidence in herself? Does she give the impression that she knows where she is going, what she is going to do and how she is going to do it? If she can answer all of these questions, "Yes," she is certain to have sold a favorable impression.

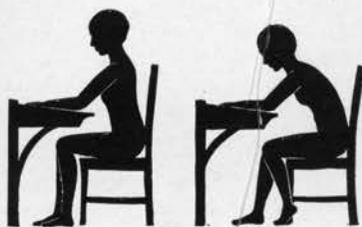
Just what is this thing that we refer to as good posture? First, the body is well-balanced when in a standing position. The head is directly above the feet, and a plumb line dropped from the ear passes through the middle of the shoulder, hip, knee and ankle. The back appear almost flat; the neck is upright and the head erect. The chin does not protrude. The chest is slightly arched in front, the ribs widespread, the shoulders down and back. The hips are not prominent at the back; the abdomen is flat, and the legs are straight.

This type of posture deserves designation as the best not on any arbitrary basis, but because it has been shown in practical experience to give best results

in health, comfort, efficiency and appearance.

Good posture is not only desirable when standing but also when sitting. Many people mistakenly think that it is permissible to relax entirely while sitting, to crumple at the waistline, to allow the chest to cave in and the head to fall forward. They think that this position is most restful when comfort is the aim. But how tired such a position makes anyone in a few minutes!

TO SIT correctly and comfortably one must sit squarely on the chair with the lower spine against its back. If the work requires leaning forward, bending should be at the hips and not at the waist. The maxim should be, "Sit tall."



Good and Bad Sitting Posture

Undeniably, poor posture, unclothed, is never pleasing to the eye. Nor is it pleasing to any guise to the discriminating, for the clothing upon which many people rely to hide their defects cannot entirely hide poor posture.

"Apart from mere beauty, the appearance conveys certain impressions that are socially useful or harmful, as the case may be. Good posture suggests good breeding. It suggests that the individual comes from a family intelligent enough to provide good physiological care and good training. Good posture is universally recognized as a mark of the high-born. The bent, distorted bodies of laborers, and the awkward, shambling gait of peasants have always served to distinguish them from those of better breeding and culture," to quote from *Hygiene*, by Meredith.

There is but one correct way to stand and sit, and there is also but one correct way to utilize the body mechanism in whatever activity it engages. "Good form" is the expression used by physical trainers to describe the correct way of managing the body. Motions made according to the principles of body mechanics are easy, unrestricted and graceful.

Even in so simple a task as walking almost every joint in the body from

toes to cervical spine must move in cooperation with all of the other joints to make the movement graceful. Those who know how to stand correctly have an advantage in learning graceful and skilful bodily motions.

"Everyone is prone to associate an erect bearing with intelligence and alertness of mind and with fearlessness and assurance of personality. Conversely, a stooping attitude suggests heaviness of wits, cringing subservience, and even lack of self-respect. It has often been noted that those who are well set-up are seldom imposed upon.

"Of course, it is true that people may possess more character and personality than their bearing indicates—Nature's noblemen may not look the part; but unfair as it sometimes may be to judge people in this way, the world is prone to do so," states Meredith.

A Real Home Project

(Continued from page 8)

individually from this dish, which was arranged so that the potatoes were in the middle and the chicken lay around the sides of the tray.

"The children were by far the most interesting of all my experiences. They treated me like a big sister. The whole thing seems like a dream that could never have happened to me," said Miss Howes.

Hints for Homemakers

Have you ever thought what slip covers could do for some pieces of your furniture? Maybe the piece has become shabby; then put an attractive slip cover on it. Maybe you want to change the color scheme of your room; a new slip cover is the thing. When you select the material for these slip covers, try to get some which is not too heavy but which does not wrinkle easily. However, if you quilt it on a firm piece of unbleached muslin, material which does wrinkle can be used satisfactorily.

Do you know that yellow vegetables are valuable sources of vitamin A—the vitamin which helps build up our resistance to certain diseases? An abundance of this vitamin is particularly desirable during the winter months when colds are so prevalent.

Hot stuffed eggs are a welcome change from the cold ones of picnic days. These eggs may be stuffed with bits of veal or chicken and placed in a baking dish, and a white sauce may be poured over them. Then bake them in a moderate oven until thoroughly heated.

It's Not the Job

(Continued from page 3)

any difference to her, providing he had one.

Our goal in making this survey was to gain scientific information that would show what coeds are thinking and where they stand on the question of matrimony. The conclusions we reached are that it is simply a matter of opinion and that Dan Cupid will in most cases play the biggest part in a coed's future.

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Choose Complete Costumes . . . Be Careful of Colors

DO YOU buy a dark green dress because you like it, then a light blue coat because you like it, too, and then perhaps a clever black hat and some swanky brown oxfords? Or do you plan the color scheme for every costume before you buy anything?

Years ago we used to buy things because they were pretty, giving little thought to color combinations or color becomingness. About all we knew about the latter was that red-headed women ought not to wear red and that lavender was a color for old ladies.

But now we choose colors in clothes because they "go" with other things we already have (unless we happen to be able to buy all new outfits) and because they are becoming to us. We know that some variety of red can be worn by practically every red-headed woman and that many old ladies cannot wear lavender successfully.

If you are the sort of person who still chooses things because you like them or because they are pretty, you probably never "have anything to wear." Perhaps you are invited to a "nice," formal tea. You'd just love to wear your new green dress, but your blue coat is the only one you have and they don't look right together. Your new shoes are brown and your hat black! "What a combination!" If you wear this outfit to the tea, you will not be the only one who will inwardly mutter this exclamation.

DON'T you know a lot of well-dressed girls who spend very little for clothes but always have the proper outfit for every occasion? These girls are clever. They are careful planners, who never for a moment forget what clothes and accessories they already have when buying a new dress.

Most of us have to wear the same coat with quite a number of dresses. So, first of all, we'd better choose a coat of neutral color or a color that will harmonize with the dresses we have. And we'd better choose our new dresses with this coat in mind. Black or neutral tan or a tweed mixture can be worn with a variety of dresses. With a black coat we may wear a black hat or one which matches the dress. Navy or brown hats are not attractive with a black coat, however, even if the dress is one of these colors.

If the coat is a definite color, the hat may match it exactly or be of a light tint or dark shade of the same color path. But be careful! A closely related hue which looks as if you had tried to match the coat and had failed spoils the ensemble.

With a brown coat a dress and hat of

a related hue such as yellow, orange, orange-red or rose is attractive. Green is very good with brown, too. With a red coat any shade or tint in the same color path may be used, but beware of combining yellow-reds and blue-reds. Bright red and navy are attractive together, but dark red and navy are not. Grey, black or brown accessories may be used with a red coat. A purple-red does not harmonize with brown, however.

Navy is a serviceable coat color, but navy blues are hard to match. So when buying accessories it is wise to have the coat at hand and to choose them in good daylight. Browns, dark greens and dark reds are not effective with navy. Light reds and greens usually harmonize with it.

IF your clothing budget is limited it is best to buy black or brown accessories and use them with everything. It is not hard to plan to have nearly all of your clothes harmonize with either brown or black. Black can be used with everything but brown. Brown can be used with everything but black, navy and some shades of red.

Now to decide who can wear these colors. A girl with a clear, healthy skin, bright eyes and a vivid personality can wear almost anything. But if you have a florid or a sallow complexion, problems present themselves.

Intense greens make a florid complexion appear more florid. If there is much yellow in the red of the complexion, purples and purple-reds will be unbecoming.

Tan, grey, yellow and light green are bad for sallow complexions. Purples are also unbecoming, because they bring out their complement, yellow, in the face. And sallow complexions already have too much yellow.

Blues, green-blues and greens "do things" for the girl with blue, green or grey eyes by making her eyes reflect color. But if you have carrot-colored hair with your blue or green eyes, be careful about wearing bright greens and blues. These will intensify your hair's color without beautifying it. Amber, orange and browns will be more becoming to you.

Auburn hair which is not too bright is very striking next to blues and greens, and it does not have the too-vivid appearance that "carrot" hair has next to these colors.

Black, dark brown and golden hair hold their own with all colors, but colorless, light brown and sandy hair are not so versatile. Colors too much like them should be avoided in clothes, or the effect will be drab and uninteresting.

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