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SPORT SHOP



MAIN FLOOR

WOLF'S

Pass the Rolls

by Mary Ann Hakes

HOT rolls should be awarded top honors in popularity among residence hall women if the small amount wasted is the judging standard. Miss Elsie Ann Guthrie, director of food service in the women's residence halls at Iowa State, says that pecan, orange and other sweet rolls are passed around for second and third servings.

"Lettuce returns to the kitchen more frequently and in larger quantities than any other single food items," she observes. Trying to cut down this waste, she serves smaller portions and often shreds the lettuce to encourage the women to eat it.

However, salads disappear rapidly at meals. Women eat egg and lettuce salad like rabbits raiding a lettuce patch. Potato, red bean and citrus salads also rank high in popularity.

When planning luncheon menus, Miss Guthrie includes two vegetables, at least one of which is liked by most of the women. If she is planning one of the less popular vegetables such as beets, she cuts down on the amount sent out to the table. The best liked cooked vegetables are frozen peas and whole kernel corn.

The meal at which a food is served sometimes makes a difference in the waste. Gingerbread, for example is a popular luncheon dessert. "One evening," recalls Miss Guthrie, "we served it with an orange sauce. Over half was returned to the kitchens. Evidently the women prefer gingerbread at noon."

Miss Guthrie thinks the butter shortage may be the reason baked potatoes are not popular. Her solution is to serve them with creamed dried beef or eggs. Whipped potatoes are welcome if they are light and fluffy. When she serves potatoes, she plans to put less bread on the tables.

"There is no waste problem with milk in Iowa State's residence halls," she states, "but the women frequently leave uneaten ice cream on their plates. At the three breakfasts a week that it is served, cocoa is the most popular beverage. Otherwise, milk heads the list.

"The problem in serving meat is not waste, but satisfying the demand for it. Meat ranks with desserts in popularity. Chicken, too, is a favorite. Although fish waste is not a problem, the women seldom ask for second servings of it."

Since the residence halls have student waitresses and waiters, the time limit prevents serving soup often. Vegetable soup is the favorite of the women.

Avoiding the waste of individual dry cereal packages, Miss Guthrie buys family size packages from which each woman may serve herself. With the present system of buffet style breakfast service, the women also serve themselves to the cooked cereal. A porcelain enamel container keeps the cereal hot. "The women do not eat enough cooked cereal; at least not as much as we would like them to eat," Miss Guthrie says. "When they do eat it, though, oatmeal and cream of wheat disappear most rapidly."