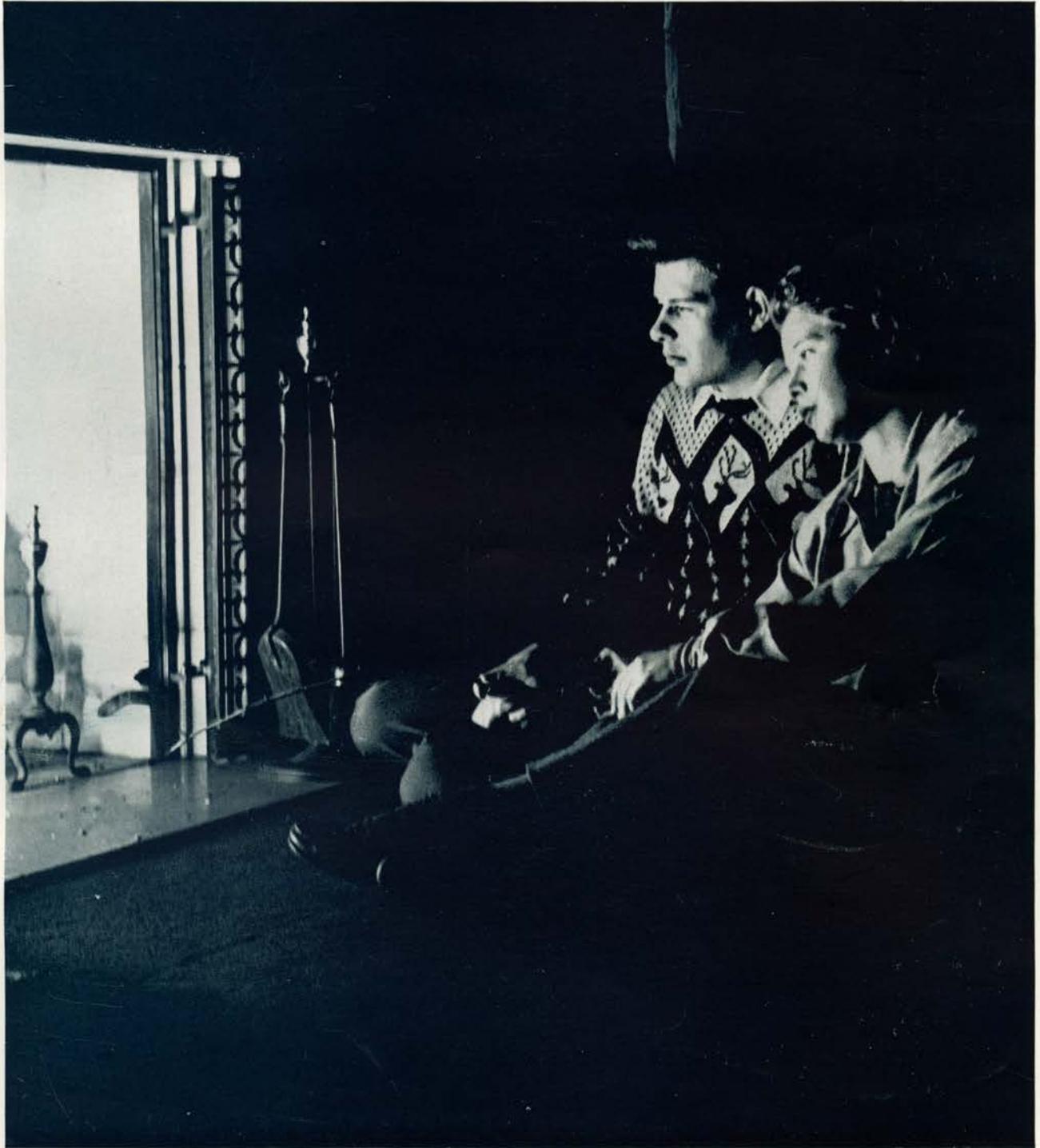


THE IOWA

Home Ec. File

Homemaker



A REVIEW OF ACTIVITY IN HOME ECONOMICS AT THE IOWA STATE COLLEGE

JANUARY, 1948

HOW'S YOUR MEAT I.Q.?



1. Meat—any cut, every kind—is unexcelled as a source of protein. True False
2. Scientific studies have proved that veal is more difficult to digest than beef. True False
3. Too high protein intake in a normal diet may have ill effect. True False
4. No other shortening is more digestible than lard. True False
5. Packers label meats to help homemakers determine quality. True False
6. Morrell Pride label appears only on the finest grades of meat and meat products. True False

1. True 2. False 3. False 4. True 5. True 6. True
All 6 right makes you an expert. 4 right rates you average. ●



John Morrell & Co.

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ON THE COVER . . .

There's nothing like a roaring fire to warm frozen toes after a tobaggan slide or skating party on wintry afternoons or evenings. Carolyn Rondesvedt, junior, and Wilbur Nielsen, dairy industry junior, relax before a warming blaze in one of the dormitories.

• Members of the Iowa Homemaker Publication Board: Betsy Nichols, Chairman; Doris Adams, Nancy Baker; Joyce Edgar; Katherine Goeppinger; Kenneth R. Marvin; Mary Neff; Dean P. Mabel Nelson; Paulena Nickell; Leurean Pettitt; Margery Saunders; Kathleen Schwanz; Pauline Sindlinger.

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T H E I O W A

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 IOWA STATE COLLEGE, AMES, IOWA

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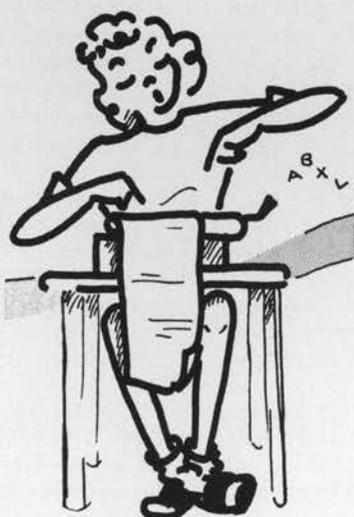
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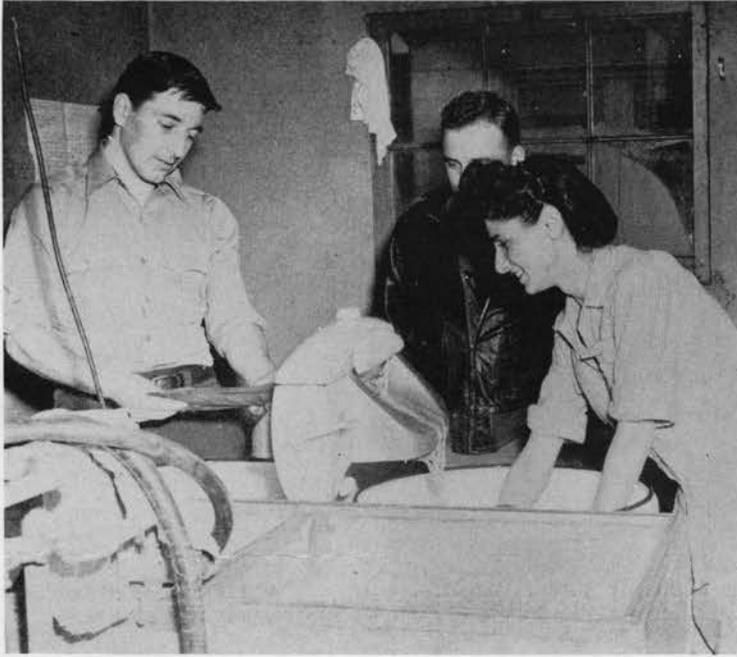
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HOMEMAKER TRAINING COURSE . . .



Editorial Course. January 10 is the day it begins. If you're interested in writing for the Homemaker, this is the way for you to start. You'll learn about the monthly schedule. Each staff member will explain what she does. You'll have a chance to show your ability by writing for the monthly features. And you'll get an idea for a story and then write the story for the April New Talent issue. At the end of the course you can apply for a position on the staff.

Business Course. You'll learn about the monthly business schedule and what the staff members do. You'll draw and sell all the ads for the April New Talent issue. And after the course you can apply for a position



Student couples find teamwork takes the blue out of blue Monday



A talented husband can build more storage space in short order

Which First—Marriage or

by Betsy Nichol

IF YOU are wearing a gleaming diamond on third finger, left hand or have given the big promise to the man in your life, chances are one question is uppermost in your mind. Should you marry while you are in college or wait until after the diploma is in your hand?

This is an individual problem, believes Dr. Reuben Hill, of the Department of Economics and Sociology. It is a good idea to look at your self and see how eligible for marriage you are.

Readiness for marriage is a pair question, says Dr. Hill. The couple as a unit, not individuals, is the prominent factor. Ask yourself these questions. Have you and your fiance proven that the match can withstand crises during your engagement period? Can you overcome quarrels? Has each of you seen the other at his worst without a change of feeling? Has your betrothal reached the point where it is possible to predict the actions of the other and understand them?

Similar Backgrounds

If your yes answers rate high, you probably fulfill another important qualification—that of possessing similar backgrounds and philosophies of life. Then if you are matured enough, if you have had enough broadening experiences of which chronological age is only a rough indication, your chances of success in marriage are great.

Were the old adage, two can live as cheaply as one, true, money matters might not be such a critical problem. But because the cost of living figures two times one, or slightly under, it presents a rugged barrier to many college marriages.

The GI Bill of Rights has given the subsidy that made hundreds of college marriages possible. Even with this most couples find outside assistance necessary. High prices run the monthly living costs up to around \$150. To tackle this, either the husband or wife must work part-time, or the couple has to dip into savings, borrow or accept gifts.

Parental Subsidy

What financial arrangements can be made for couples who have no GI income? The idea of parental subsidy is not new. A hundred years ago it was common for a father to give his son land, stock, equipment and to help him build a house to insure a monetary basis for marriage. Why can't this old scheme be dressed in modern fashion?

A dowry system in which both members receive assistance in the early years of marriage is a possibility. If this system were applied to college, both parents might continue paying the normal expenses of sending their son or daughter to college. Pooling this aid would permit the college wedding. Foresighted parents could finance the plan by taking out insurance policies for their children which would come due in their early years of adulthood.

Sound Financial Plan

If you're planning to be married, it's wise to have a sound financial plan, advises Dr. Hill. Three important factors for you to consider are health, an ending of the outside subsidy and a baby. A marriage which is not organized to take care of at least two of the factors



Baby sacrifices his carriage for the family groceries

a Diploma?

hitting together is precarious. The chance of three occurring at once is rare. Many sunshine college marriages have not prepared for even one of the possibilities.

But modern college matrimony does not call for the elaborate setting mother might have considered necessary at the time she was married. Thirty years ago the groom was expected to offer a job, savings, furniture and a position in the community. His bride was complete with trousseau, hope chest and homemaking experience. The depression changed the standard to where a furnished apartment, no savings and both halves of the couple working proved satisfactory. The war presented a third, more flexible type of marriage which in many cases was as successful as previous types.

Judge its Merits

A new norm probably is developing for the undergraduate marriages which will be different from the other three. The way we can judge its merits is on what it produces in companionship, loyalties, kind of parents and how it integrates professional with married life.

If you're planning a college wedding, here's another important point. How much does a diploma mean to you? Are you able to accept that the coming of a baby will interrupt and probably prohibit your graduation? Remember that financial reasons can cause one or both of you to quit.

Maryann Jones Dunigan, child development senior, finds it possible to combine homemaking with a full schedule. Housekeeping takes no more time for her than the activities she carried before her marriage.

The Dunigans have found that with both of them in school it is best to divide the tasks of cooking and

cleaning. They enjoy this sharing responsibilities of the home and intend to carry it over after college. One of the benefits of a college marriage, Maryann believes, is starting with common interests instead of half of the partnership interested in the job, the other in the home.

The attitude of the parents is an important consideration, Maryann advises. If they oppose the college marriage, the situation is more difficult.

Sharing Responsibilities

Betty Baldrige Maifield, home management senior, agrees that sharing the responsibilities of homemaking is important in the college marriage. She finds that carrying a full schedule plus several outside activities keeps her constantly on the go. But despite fewer minutes to relax, she considers marriage well worth it.

Although she was accustomed to cooking and housekeeping at home, she hadn't realized how much time they would take. Betty advises that prospective brides understand that homemaking may be more of a job than they think. Planning time management is a great help, she adds.

Nancy Alexander, applied art senior, decided to wait until after graduation for marriage. Outside financial assistance would be necessary if she were married. Nancy feels that if she were old enough for marriage, she also would be old enough to be independent. Financial freedom would mean that one half of the couple would have to quit school to work. Both wish a diploma.

One criticism of college marriages is that the man has not yet demonstrated his earning capacity. But is a woman interested in choosing a meal ticket or a companion for life partnership? A college woman has the background to support herself if necessary. Therefore she can choose for a marriage mate a personality, not a \$10,000 provider.

Questions to Consider

Dr. Henry A. Bowman, on the faculty of Stephens College, in his book *Marriage for Moderns* advises couples to consider undergraduate marriages from these questions. "What is to be gained? What are the risks? What is to be lost?" He believes that on this basis a reliable decision can be made.



Besides dimming the mother's chances for a diploma, the arrival of a baby means a change in the family financial plan

2 x 4 = 8

Accessories Multiply Your Wardrobe

by Ethel Mae Hendrickson

MIX them or match them—you make your own rules when you mate a hat, bag, gloves and shoes to accent an outfit.

A friendly feeling between your hat and shoes is the first note in harmonizing that new accessory quartet. When selecting a hat, choose a well-mannered one—a hat that doesn't obstruct the view of others and will behave in windy places.

Fit variety into your ensemble either with a contrasting hue, blended color or a neutral. Texture also demands your attention in the matter. Wool felt receives the most frequent nod for versatility. Felt in a brimmed, unbrimmed, crowned or uncrowned style will compliment your casual suits and dresses of wool or gabardine. Jeweled clips and generous, finely-woven veils glamourize your felts for wear with crepe dresses. For less formal occasions accent your hat with limited touches of feathers and ribbons.

Limited Use

Velvet and satin are less common in the hat boxes of college coeds because of their limited uses. Seldom will a velvet or satin chapeau be invited to an affair that a felt couldn't attend with equal ease and smartness.

To the floor level next, we consider the selection of shoes. The previous standard choice of black or brown for footwear has been refuted and almost completely eliminated. Actual use and tests have proven the talents of various colored shoes in adding spark to your ensemble.

General opinion has always rated calf and kid leathers as being more practical than suede or fabric shoes. New cleansing and brushing methods make it possible for you to wear suedes and fabrics on an equal plane with the smooth leathers. Don't shelter these shoes from shopping trips and football games.

How about decorations on shoes? Not for you. Use simple designs with infrequent use of double ankle straps, stitched trim and latticed topped toes.

In selecting your purse, remember that matching to your shoes isn't necessary unless, of course, you have shoes of reptile skin or other unusual material. Choose to suit your own likes and dislikes and to best heighten the beauty of your outfit.

Paris, Chicago or Ames

Flat and smooth bags; soft, folded and rounded purses born in Paris, Chicago or Ames make the rounds together. But each style has its own particular place for maximum flattery to you. Whether your bag goes to class, office, church or traveling, it first must fit you, not just in size but in personality. Generally speaking, if you are small, carry a small bag. However, if you tend to be more on the tallish side, then a larger bag is for you.

You are styled to your fingertips when you are careful in your choice of gloves to match your other accessories and basic outfit. The main competition in the

glove world is between leathers and fabrics. Leathers are more expensive and fabrics are more adaptable to stylized cuffs, stitchings and color. Extremes in length—short and sweet or long and sleek—are two choices open to you.

If neutral or dark colors are predominating in your outfit up until now, gloves provide an "in" for a bright center of interest. If you have a bright color in your hat or shoes, bring it out in your choice of gloves.

Leather gloves should hide away in your drawer when you wear fabric shoes or reptile skinned shoes. Fabric gloves may be your choice in the company of any texture of shoe, bag or hat.



Something new and different in the accessory matching game takes all the best of your acquired taste and personal flair

Student-Teachers Gain Valuable Experience In Iowa Communities

by Ruth Hackett

BLACKBOARDS, paper and pencil, colored paper cut-outs and notebooks are things with which every child is familiar after his first year in school.

Teaching is one vocation studied first hand by young people. They watch the teacher grow older each year. They know the community restrictions upon her. No wonder, then, that it's the more glamorous vocations which receive first choice in the minds of high school graduates.

But somewhere between high school and college graduation young women change their ambitions. The sassy little girl who says "I'd rather die than be a school teacher" becomes the mature woman who says, "Teaching will give me an opportunity to pass on to others what I have learned."

And it doesn't happen in just a few cases. The largest department in the Division of Home Economics at Iowa State is the Department of Home Economics Education. It has been the largest for many years.

A total of 200 women are studying in the education department here. Half of these are seniors who will be doing their first student teaching this year.

These senior women recently were asked to give their reasons for choosing home economics education. The answers show the value they expect to gain from teaching.

"I like working with younger people." "It is changing and interesting to work with human beings." "Home economics should be a vital part of the adolescent girl's life." "There is no deterioration of the mind in teaching. You have to keep abreast of the world."

The practical-minded woman adds other important reasons for teaching. "I felt that this major would give me a good background for any profession in home economics." "I am interested in home economics extension and need teaching work as a stepping stone." "It's a vocation that I can readily step back into." In none of these answers—0 out of 99—could the reason "high salaries" be found. Even though home economics teachers do receive a high salary, compared to others in the field, it evidently wasn't considered by the future educators.

First Year Teaching

"I learned more in the first year I taught than in my 4 years of college." That's a comment often repeated. And the reason back of it is that she gains practical experience. By digging into files she made during college and forming them into a step by step explanation of home economics, the teacher makes her class pay dividends.

An opportunity is given each student in education to gain this practical experience in college through the student teaching program. During her senior year the education major actually takes over a class in home economics for 6 weeks of teaching in one of 4 Iowa towns.

These classes follow the curriculum already set up in the schools and are usually on the tenth and twelfth

grade level. A class for younger students is also taught by student teachers in Ames high schools. Both boys and girls enroll in the class. They discuss how to be attractive and how to get along with people.



"My classes keep me hopping," reports one student-teacher. "They want to know more than what's in the reference book."

The student-teachers are enrolled in a class called "Methods of Teaching." They exchange tips and discuss up-to-date methods of presenting facts. They "block in" the 6 weeks of teaching during their school year by living in the community in which they teach the first part of the quarter. They spend the other half in a home management house. Some of the women teach one class all through the quarter in Ames.

The four communities where Iowa State women may teach are Iowa Falls, Story City, Ogden and Ames. Iowa Falls was recently added to the list of centers. The choice of community in which she wishes to work is up to the student-teacher. A full summary of the conditions in each town is provided, including transportation facilities, recreation, shopping, field trips and size of the library. The organizations with which the teacher will be expected to help are also listed.

Many of the homemaking departments in high schools provide adult education classes and school lunch programs. These departments show the full scope of activities of a home economics teacher.



A hundred extension home economists and agriculturists could feed Germany, declared Ray Anderson in a recent issue of Farm Journal. They would educate the people in conservative farm procedures. Anderson believes that the presence and activities of these trained men and women in Germany would help halt the spread of communism, make peace a reality, give children a chance, revive self respect and save the American taxpayer untold millions in rebuilding.

Europe Needs Trained Extension Workers

by Joan Ahern

TODAY when the world needs help, the woman trained in home economics is qualified to help. Relief agencies and public health agencies are fields in which workers are needed throughout the world. Nutritionists are especially in demand in public health work.

Levels of living and standards of nutrition go hand in hand. The Food and Agriculture Organization (FAO) of the United Nations is the joint agreement of 41 nations to co-operate in raising levels of living. Its objectives include improving the efficiency of agriculture and marketing and the welfare of rural populations. FAO desires to serve as the spokesman of the world's consumers.

The meeting to organize the FAO along lines developed at the Hot Springs Conference in 1943, was held during October and November, 1946. Representatives from the United Nations, chosen for their professional skills instead of their politics, attended the first meeting. Practically all of the women participating were home economists. FAO is a fact-finding and advisory agency that speaks in the consumer's interest. It believes that the interests of producers and consumers are identical.

Dean Buchanan

Dean R. E. Buchanan, of the graduate college, was a member of the FAO committee reporting on Greece. He recommended that trained home economists help in raising nutritional levels in the country.

Home economics extension workers are needed. Their work has been effective in the United States and is being tried in other countries.

Mrs. J. A. Nordin has worked in Brazil. Mrs. Nordin, now living in Ames, did graduate work at Iowa State and was a member of the staff of the Department of Foods and Nutrition. In 1943 she went to Brazil where she was employed by the United States Government. Her Brazilian work was done in co-operation with the Brazilian Department of Agriculture and Department of Labor.

Working as a nutritionist, Mrs. Nordin trained 52 women to work as extension agents throughout Brazil. She helped plan the Agnes June Leith School, named in her honor, in Fortaleza for training nutritionists. Offering a 7-month course, the school trains 24 women every year.

Brazil had two main problems in the nutrition field in 1943, Mrs. Nordin stated. It had to feed the American and Brazilian troops stationed in Brazil, and it had to raise the level of nutritional efficiency. Brazilians did not fully utilize their agricultural resources. It was necessary to stimulate the desire for a balanced diet before encouraging the people to grow products to maintain this standard.

Home demonstration agents are being trained in Venezuela to help in raising levels of living among backyard peoples in that area. These home demonstrators instruct in nutrition, hygiene and sanitation. They must adapt it to conditions of poverty and family need.

Vicky Suggests

Slacks Suited To You

by Shirliann Fortman

WINTERTIME is the season of the year when good sense and good style walk hand in hand, says Vicky. Otherwise howling north winds can mean frostbitten noses and knees for many coeds.

Colorful wool scarves, well fitted slacks, a warm practical coat or jacket and lots of mittens are vital, basic necessities in the well-planned winter wardrobe.

Slacks are no excuse for sloppiness, Vicky emphasizes. Accessories dress up a sports outfit effectively and easily. On our campus slacks are worn to classes, however, only when the temperature hits the lower brackets.

Glen Plaid

Joyce LaFontaine, freshman, feels fortified against the coldest winds when she puts on her glen plaid gray, red, black and white slacks on blustery mornings. With them she wears a red blazer jacket piped in white over a white wool sweater. Just before stepping out, she slips into her white wool double-breasted shortie, styled with a round collar and gold buttons marching down the front. To keep her spirits up, she selects a red wool headscarf and mittens from her shelf. And then she adds black stadium boots for final comfort.

Your Figure

Vicky believes that how you wear your slacks is up to you and your figure. Only the women with small hips and waists can tuck their sweaters in-

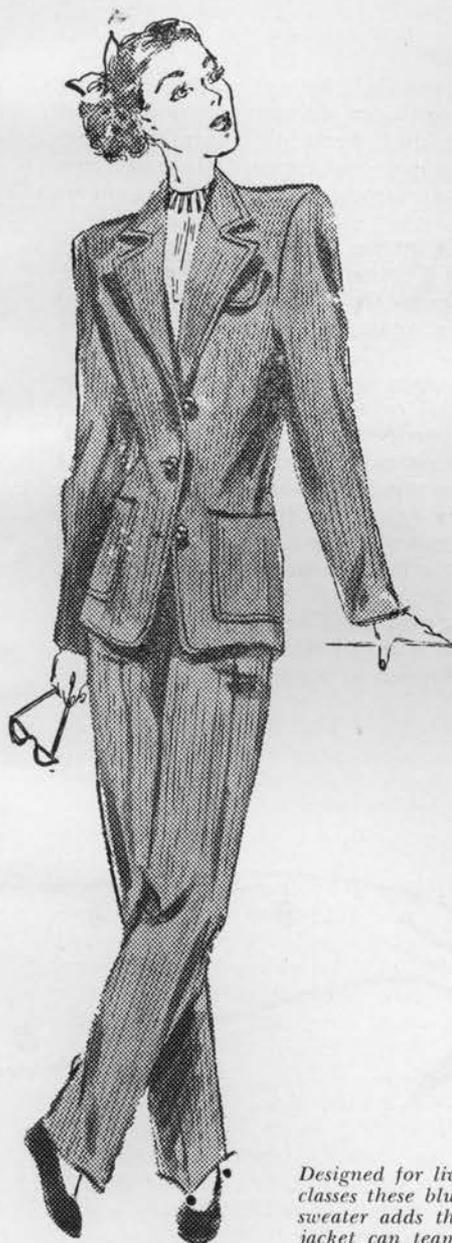
side their slacks effectively. If you'd rather conceal your measurements, a jacket or long sweater is what you want to wear with slacks.

Belts and bright silk scarfs add that "new look" to slack outfits. Mary Huff, junior, likes to dress up her slacks with a silver trimmed belt from Texas or her flowered print silk scarf. Vests or jerkins can compliment slacks also. They give that finished, tailored appearance when worn over either sweaters or blouses, notes Vicky.

Mary alternates between a yellow and brown plaid pair of slacks and a gray pair for classroom wear. With her plaid pair she favors her yellow angora sweater for both beauty and warmth. Over them she wears her mouton fur coat. White wool mittens and headscarf with brown stadium boots complete her wintertime go-to-classes outfit.

Gray Tweeds

Mary Anne Lister, freshman, is as warm as warm can be on the rawest January days. With her blue-gray tweed slacks she likes to wear a hand knit sweater set. Her cardigan is gray to compliment a canary yellow short sleeve sweater. For maximum warmth she puts on her fur-lined brown gabardine coat fashioned with a fur collar and a separate belt. The coat is resistant to dirt and snow and water repellent. It's most desirable for any busy Miss, comments Vicky. Mary Anne chooses yellow mittens and headscarf for color accents. She prefers a brown alligator purse to carry to classes and wears stadium boots.



Designed for living is a man-tailored slack suit in sturdy, smart corduroy. Not only will it take you to classes these blustery winter days, but it will be just as nice to have around for spring picnics. A warm sweater adds the right touch of color and comfort on cool days. And again being practical, the slacks or jacket can team up with other items in your wardrobe for an endless variety of mix-match combinations.

"Do-It" Ideas For

by Susan Menne

MAD moments of insane homemaking ambition overcome the best of us. With the winter winds descending upon the campus there's nothing nicer than a homey little nest in which to solve the problems of the world. But transforming a bare-walled, scantily furnished cubicle into a home is no easy matter. It takes ingenuity, planning, an eye for the novel and interesting and a deft hand with needle and paint brush.

"Sure," you may say, "I could make my room look like a million dollars—if I had a million dollars." But there is where you miss the fun of college living.

First of all, presuming that your room decorations at the turn of the new year consist of one bedspread and a 60-watt light bulb, you and your roommate must agree upon a theme or central idea for your living quarters. She, of course, may come from a long line of home furnishing experts. But her ideas will be mere poppycock compared to the dynamic and novel thoughts that are yours. To convince her of this may take more time than there is available, so it's best to incorporate a bit and compromise.

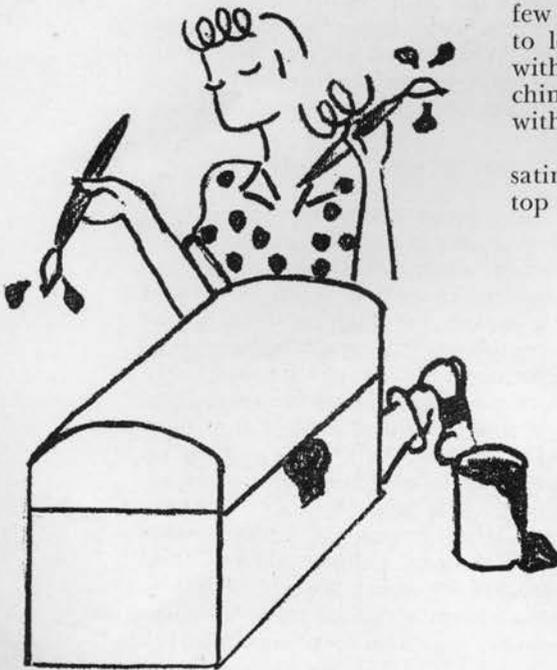
Nautical Tastes

If your tastes incline to the nautical, the possibilities are endless. A pale blue bedspread, with full-sailed ships floating across it; an old trunk fashioned after a sea chest and painted a bright blue or red to hold the ship's treasures, jaunty red curtains tied back with white bows, bright rag rugs and appropriate wall hangings will carry out your theme. Here you'll find an atmosphere that almost smells of fresh salt air.

And none of these are things that will call for an increase in the monthly allowance. Once your mind starts churning, you'll think of scores of things in the attic at home that can be shipped to college in less than a week. Old pieces of furniture that have been out of commission for years will look fresh and new with a nail or two and a coat of paint.

For simple but effective furniture, orange crates, the college standby, can be the basis for night stands, benches, vanity tables or stools. Here is where the needle comes in. A splintery orange crate is hardly the thing to offer a well-meaning guest who might drop in for a few minutes of entertainment. With a few yards of inexpensive material you can dress up the ex-home of the orange to look like a true product of the craftsman's art. The top can be covered with a ready made cushion, or you can stuff your own. Over this cushion cheerful chintz or hand-painted gunny sacking adds that certain something to harmonize with the theme you have chosen.

Fashion some full, ruffly window curtains and tie them back with perky satin bows. For variation you may want to drape a bit of the material across the top of your window. Technically, this trick is known as a swag.



Doodling Decorators

Illustrated by Rosella O'Neil

And here's another idea, especially intended for you worn and weary juniors and seniors. If your draperies and spreads have become dull and faded after 2 years of hard wear and tear, there is an invention called dye that worked for the Egyptians quite a few years back. Those on the market today are fool-proof, easy to work with and certainly less expensive than a whole new ensemble.

Your Bulletin Board

An indispensable item in any room is the bulletin board. Covered with a gay plaid or flowered material and bordered by a bright ruffle, this is the home of your college souvenirs, pictures, dance programs and pin-ups. Here you'll collect memories and pin them up to see and remember as college days progress. A few yards of contrasting ribbon attached to your bulletin board and hung from the moulding by special clips will add another note of color to the room.

Have you often felt you led a blighted life because the director of residence assigned you to an attic room with an unmanageable cave? Or is your sorority house built on that coy but impractical theory with dainty wall recesses? A small table made of orange crates and cut to fit the space provided can be used to hold a new or already established statuary, souvenir or animal collection. Covered to match the draperies or rugs, this table could be the ideal setting for a picture gallery.

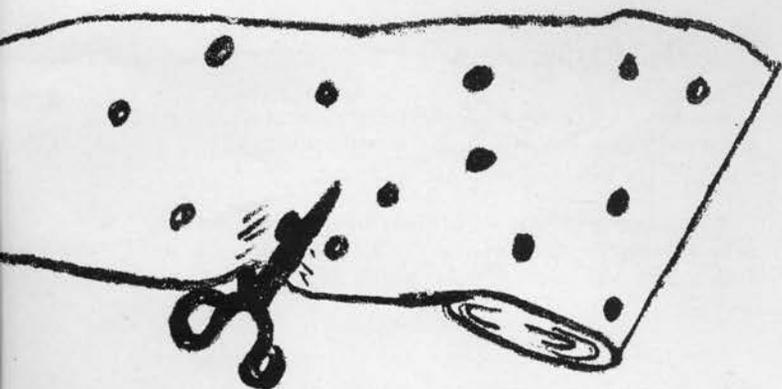
Many of the residence houses on campus allow the women a free hand with the paint brush. In some sorority houses every change of roomers finds a room blossoming forth in a new layer of brilliant color. Floors, too, can be made to harmonize with canary yellow furnishings and a sun-shiny atmosphere.

Radiators, Wash Stands

Every room has an eyesore. Upright radiators seem to attract more attention than a white mink rug. Or you may have a porcelain wash stand surrounded by toothbrushes, towels and soap dishes. There must be ways and means of detracting from these objects, and the ingenious decorator will find the answer. Towels and wash cloths are hard to hide if they are to be at all convenient for the morning face splashing, but harmonizing with your color scheme and hung, not thrown, over the racks, they'll be more a part of the room.

A gathered skirt, matching one around a vanity or night stand, can be taped about the lavatory. A shelved box beneath the lavatory will hold all the makeup incidentals. Here, too, shoe polish, cleaning equipment and cherished food can be kept close at hand but hidden from the visitor's eye.

So take a new hold on life in the first of '48. And let that hold be reflected in the tasteful decorations of your room.



What's new in . . .

Institution Management

The Danish government plans to feed 50,000 children in northern Germany. A hot meal containing from 600 to 1,000 calories will be served daily in German schools in the area.

★

Cashier efficiency is impaired by sales work in some cafeterias. More accurate and better service can be given customers when cashiers do not have to sell sidelines such as cigarettes, candy and gum.

★

An outdoor theatre restaurant in Bloomington, Ill., serves 2,500 persons who can eat and watch a movie at the same time.

★

Heat-treated tumblers developed during the war for use in armed services are now available in three sizes. They resist breakage and have a safe edge rim which

prevents chipping. Tumblers are thin blown, light weight, attractive and easy to hold.

★

Water-purifying tablets with iodine in place of chlorine make drinking water less objectionable in taste and color. They also have greater sterilizing effect than the chlorine tablets.

Home Economics Education

An experimental workshop designed to analyze the influence of the comics and explore their educational possibilities is being offered at New York University School of Education. Basic text will be the comics themselves.

★

More than 56,000 ex-servicemen and women are going to school under the G. I. Bill to take training for school teaching.

★

Lasting enthusiasm for teaching can be developed while students are still in junior high school if they are allowed to help regular teachers as apprentices.

Foods and Nutrition

Extra-thin soda crackers are being introduced. A package contains 30 to 35 crackers or 150 crackers to the pound.

★

Homemakers may now peel and soak potatoes many hours prior to cooking without fear of food nutrient loss, according to tests made at Cornell University. Some potatoes were soaked as long as 28 hours without appreciable loss of riboflavin, ascorbic acid, niacin or thiamin.

★

Butter wrapped in aluminum-parchment wrappers is protected from absorbing alien odors, maintains weight better and shows less oxidation than butter wrapped in other materials.

★

Jelly that spreads like jam is being produced. It is desirable for baked goods such as jelly rolls and coffee cakes. Sodium phosphate and phosphoric acid are used in making the jelly.

Household Equipment

Germs in telephone speakers are chased with a disc germicide that fits inside the mouth piece.

★

An alarm clock and night light have been combined. A switch on the back of the clock illuminates the dial and casts a soft glow on the night table.

★

Venetian blinds with vertical slats will make curtains or doorway hangings. They can be pushed to one side.



Lamb chops sliced 1-inch thick and cooked over low heat will lose little weight before they are served to a hungry family

Liquid plastic, like paint, can be brushed or sprayed on almost any surface. It sets within a few hours to form an insoluble shiny coating. It is waterproof, fire-proof, solvent proof and chemical proof.

★

A new dishwashing gadget fits on your faucet and introduces air into all water passing through it. Aerated water will not splash, makes rinsing more effective and combines more easily with soap.

★

A top-door automatic clothes washer with fluid drive handles up to 10 pounds of laundry. It goes through a complete cycle in 28 minutes.

★

Glass fibers make new material for lamp shades. Available in pastel colors, they are fire resistant and easy-to-clean. Glass evenly distributes light.

Applied Art

Frank Lloyd Wright, a contemporary architect, has designed a 47 story hotel of glass for a Texas financier. Special plate glass windows will provide an optical illusion to add height to the building.

★

Plastic table cloths with matching curtains add a cheery note to the kitchen. They come in fruit, plaid, lace and leaf patterns.



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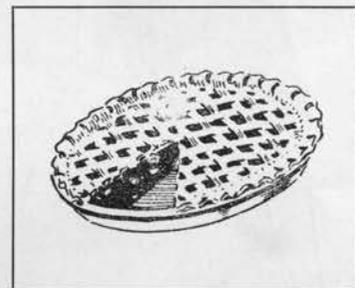
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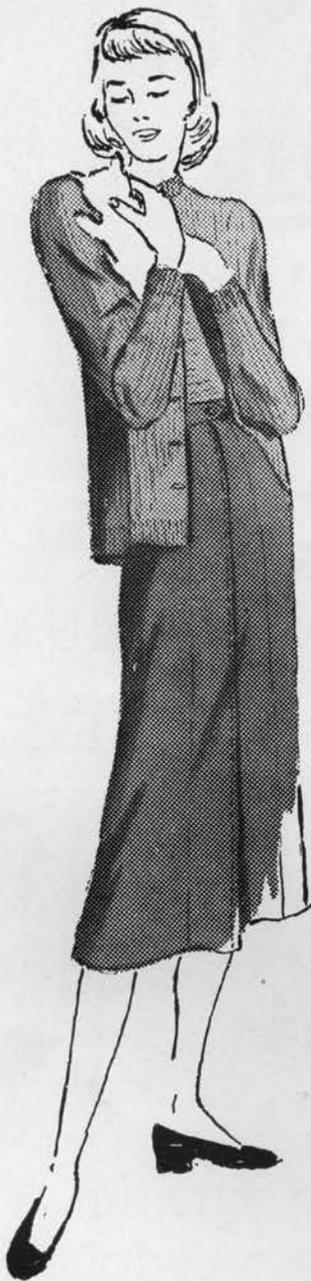


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Here's an
Idea!

CHRIS THOMPSON made a stencil and from it painted hands on a white crepe blouse. She tacked on glittery red sequins for finger-nails. Her latest accomplishment with the brush was painting a gold Chinese motif on the front of a blue strapless formal. The long-sleeved jacket had blue buttons to which she added a Chinese monogram with the gilded paint.

* * *

If you have a sweater that is stretched at the neck, you should be interested in *Virginia Lomison's* remedy. Thread a needle with matching yarn and run it along the inside of the neckline. Leave long ends so it can be tied in a bow-knot. After pulling the sweater over your head, draw the neck up to the desired tightness and tie the yarn. Tuck the bow under and it need not be seen.



Minutes of clothing care mean months of wear

Carla Schmielau has found a use for old summer play shoes. She paints them silver or gold and wears them as formal dancing slippers.

* * *

Nancy Early finds that carbon tetrachloride is just the thing for cleaning lipstick brushes. It may be purchased from the druggist.

If it is an extra-special date, add a little cologne to the last rinse when you shampoo your hair. When an unexpected date happens your way and you must do something in a hurry about your limp, droopy curls, take a suggestion from *Marge Rowat*. Roll your hair on curlers or in pin curls, using cologne instead of water. It dries fast and leaves the hair fluffy and fragrant. However, habitual use of cologne on the hair may leave it dry and brittle.

* * *

Another idea comes from *Phyllis McCracken Cooper*. She makes string holders that can be fastened to a kitchen shelf or wall with thumbtacks. Ice cream cartons, or other small boxes into which you can put a ball of string, are covered with cartoons or pictures or paint. A small hole through which the string can be pulled is punched in the bottom or side of the box. The stringholder is shellacked for longer wear.



Nail-polish can be useful as well as decorative. *Jeanne Peshek* finds that initials may be applied to drinking glasses, combs, fountain pens and other personal possessions with polish and masking tape. Cut the letters carefully in the tape with a razor blade, and wrap the object to be painted. This acts as a stencil. Apply two coats of lacquer. Make sure the polish is dry before removing the tape.

* * *

Mary Lou Dahl peeps up tailored blouses with a few inches of colored grosgrain ribbon. Measure the length around the neck of your blouse and add 4 inches. Clip the ends of the ribbon so it will not ravel. Then bring the ribbon under the collar and let it cross in the center of the neck-line. Add a pin of silver or gold to keep it in place.

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Keeping Up With Today

A TECHNIQUE which serves to evaluate how well a student can apply to practical problems basic principles learned in a course has been evolved in our child development course at Iowa State, says Miss Edith Sunderlin, of the Department of Child Development. This technique is an aid to the new teacher as well as to the student. New courses can be adapted quickly and each teacher can plan her own methods of instruction.

The student is held responsible only for the most important things. A test helps evaluate the extent to which she is able to apply the generalization concerning the course. She must be intelligent about the development of the child and realize the importance of her place in the child's growth.

* * *

Quicker drying, longer wear and less wrinkling will be achieved when a new nylon staple fiber is mixed with cotton, said Miss Lucile Rea, extension clothing specialist. Combination with rayon brings the desirable qualities of added durability and a pleasing feel. Infant's sweaters and blankets can be sterilized by boiling. Sock mending will be reduced and upholstery will wear longer. Flame resistant draperies, rugs and materials are being perfected, but it is advisable to have them checked periodically.



Designs and sizes for children's clothing have not kept pace with the latest research on child development, reports Lucille Rea, extension clothing specialist.

Children's clothing lacks simple and functional designs. Mothers want garments that a child can put on and take off himself and that are comfortable for him. Room for action and proper growth is also asked. Miss Rea points out the importance of shrink resistant finishes for all wash fabrics and garments.

* * *

A total of 1,149 Iowa State women are now living in college dormitories. Fraternities, sororities, Memorial Union and other privately owned college facilities provide residence for 1,694 students. Rooms, private homes, apartments and trailers take care of 4,447. Pammel Court's emergency housing is available for 1,032 residents.

Equipment for semi-commercial research in canning, freezing and dehydrating will be put in operation in the new food processing laboratory at Iowa State this spring. A two-story building containing 8,000 square feet of floor space will be moved from the Ottumwa naval air base to house the laboratory. Processing equipment will be on the ground floor with classrooms and an analytical laboratory on second. Dr. Robert G. Tischer, research associate professor in charge of food processing research, is to head the actual operation. The Division of Home Economics and the Department of Bacteriology and Animal Husbandry will cooperate with the work.



Quality of dried whole eggs, indicated by their solubility, is the most important factor in their use for custards. This was revealed in a study made by Beulah McBride for her thesis "The Practicability of Using Dried Whole Eggs in Custards for Institution Food Service." Dried whole egg causes no effect on quality and is desirable for quantity recipes. The custards require a slightly longer baking period with a higher internal temperature to reach the flavor and texture of fresh egg custards. The custard is slightly stiffer when scalded milk instead of water is used for the re-hydrating liquid.

* * *

"Ten ounces of food per person is the total average waste per day in Iowa institutions," states Mary Ann Streid. Miss Streid draws this conclusion in her thesis, "Menu and Dietary Standards in the Fifteen State Institutions of Iowa Under Supervision of the State Board of Control."

Food waste results from poor purchasing and menu planning and from cooking and plate waste. The evening meal has the highest quantity of food uneaten. Cereals, vegetables, salads, soups, bread and butter are wasted most. Fried ham and fresh fruits are the most popular. Close observation and the analysis of the food returned are the only means of improving the situation.

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DES MOINES

In Graduate Study—

They Choose What They Do

by Peggy Krenek

GRADUATE work results not only in a master's degree for the student but in valuable contributions in research to her field. When a student begins her graduate work, she submits to a graduate committee for approval a title for her thesis, an outline of the material it will cover and the names of her advisors. Then she works with her advisors on her chosen research.

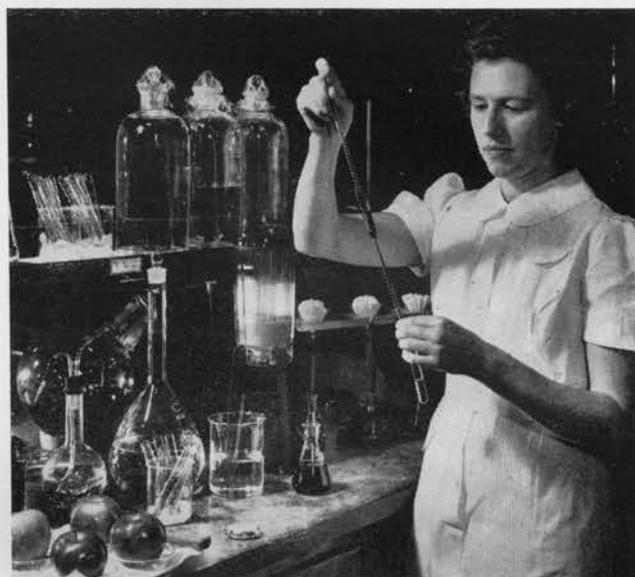
The graduate student must complete with a B average 45 credits of graduate work including the writing of a thesis. Upon her advisors' consent, she submits her thesis to a selected committee of the graduate faculty, which conducts an oral examination over her study.

Leona Stringfellow has chosen "Programs of Iowa Radio Stations as Sources of Homemaking Information" as the title of her thesis. This research includes all radio programs broadcast in Iowa and directed to women. She has received recordings of many of these programs and has classified them according to subject. A jury of qualified judges in each field will evaluate these programs as sources of homemaking information.

Food Service

"Qualifications, Responsibilities, and Personnel Policies of the Food Service Staffs in Accredited Iowa Hospitals" is the title of the thesis written by Jennie Bang, who is doing her master's work in institution manage-

ment. She sent questionnaires to 150 college hospitals and asked for information which was used in her thesis, published in November.



Each graduate student chooses a research project which has interest for her. Recently studied was vitamin C in apples. The willow twig variety contains appreciable vitamin C compared to other kinds. However, it is not grown widely.

Dr. Francis Carlin, of the Department of Foods and Nutrition, completed her doctor's degree this summer with a major in foods and minors in chemistry and microscopic anatomy. Her thesis was on the effect of freezing on tenderness and on ice crystal formation in poultry frozen after various periods of aging.

Some graduate foods students are doing research on frozen foods, dried eggs and milk. Graduate nutrition students are conducting studies on riboflavin in the menus of college students.

Guinea Pigs

However, many of the experiments to improve our nutrition or determine the effects of a poor diet are conducted using rats and guinea pigs as subjects. Their shorter life cycle makes it possible to determine the effects in a shorter time.

Miss Dorothy Briles, of the Department of Textiles and Clothing, is doing a study on the ability of freshman women to apply the principles of color in costume design. From this research on methods of testing these abilities she will write her thesis. She is also carrying a full-time teaching schedule and can therefore take only five credits of graduate work each quarter.

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