

Real Lace

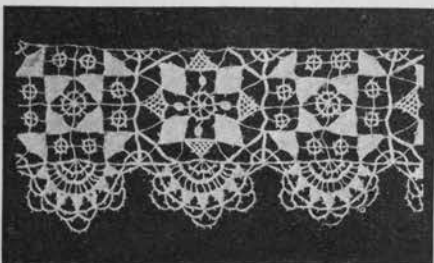
By GRACE BONNELL

Reprint from January, 1925

As a decorative work of art, lace, according to many people, is not surpassed by anything in the line of pottery, tapestry, oriental rugs, or any other product of applied art. But how little we know of this beautiful work! The price makes it prohibitive for the person of ordinary means, and we are not all so fortunate as to have heirlooms of beautiful handmade, or "real" lace as it is called. Furthermore, the machine made imitations of every kind of lace, which may now be bought in any shop, so closely resemble the originals that it is difficult for one having but little knowledge of lace to detect them.

But, altho few of us may be able to own real lace, at least a knowledge and appreciation of it is within the reach of everyone. Any library can supply many books on this subject. The purpose here is to give just a brief outline of the history and kinds of lace with the hope that it will create in the reader an interest in this beautiful art, and a desire for further information concerning it.

Just when and where lace was first made is not definitely known. Authorities agree that probably no lace was made before 1500 A. D. No indication has been left us to show that what we now call lace was known at all in Greek and Roman times. Because of its extreme fragility, it may be said that probably no lace now existing is older than three hundred years. As to what country first made lace, Spain, Italy, Belgium and France all claim the honor. It is generally conceded that Venice is the home of point lace, and Flanders of bobbin lace. It was in Italy that lace making first became prominent as an industry. The three great lace making centers of the world are Italy, France and Flanders.



Hand-made Reticella

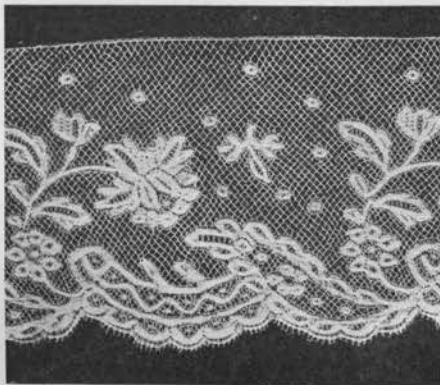
Lace has been defined as an openwork fabric, and classified in eight main varieties:

- Drawn work (Punto Tirato)
- Darned work (Punto Ricamoto)
- Cut work (Punto Tagliato)
- Needle work (Punto in Aria)
- Bobbin, with its many varieties
- Knotted work
- Crochet work
- Machine lace

Drawn work, which is known as a fabric lace, is one of the earliest laces made and is said to be the origin out of which all future lace work grew. It is made entirely on a loose linen material, the threads of which are not cut or pulled

out, but merely drawn apart from each other and closely sewed over, either with silk or linen thread, thus having the appearance of a network of small square meshes, which forms the group of the pattern left in the plain linen. In appearance, drawn-work resembles "punch work," that form of "fancy work" which was popular fifteen or twenty years ago.

Darned work, or darned netting, as it is sometimes called, is also a fabric lace. The ground is supplied by a netting of either silk or linen thread, usually the latter, made with knots or sometimes with threads only twisted. The pattern is worked on the netting with a stitch



Hand-made Valenciennes

like darning and also as a variety with an in-and-out stitch like weaving. Our modern darned work is known as filet. This is a finer, daintier lace, often used for dress trimming, whereas the old form of darned lace was too coarse to be used for anything but ecclesiastical linens, household linens and curtains.

Cut work is an advance on drawn work. It is made by cutting squares or rectangular spaces out of the linen and filling them with needle stitches worked on transverse threads. In this work the patterns are geometrical, but they are varied by the rich embroidery worked on such plain spaces of the linen as were left. At the present time, quantities of this type of work, in form of luncheon sets, tray cloths and such articles can be found in the Italian shops and also in select embroidery shops in large cities of this country, and at reasonable prices.

These various fabric laces were not used on clothing, but rather on church and household linens of every kind.

We now come to a type of lace that marks the transition from fabric laces to needle points proper. This lace is called Reticella. It differs from cut-work in that altho it also is worked out of a linen foundation, the linen has almost entirely disappeared; a narrow, double hemstitched edge at the top and bottom of the band of lace is all that is discoverable. The threads left as the framework of the pattern, dividing it into square spaces, are covered with stitches, and the rest of the material is altogether cut away. Into these squares are put diagonal lines and circles and half

circles forming very beautiful combinations.

This brings us to the needle point laces. From here on, all the lace made up to the present time (excluding knotted, crochet and machine) may be divided into two great classes. These two divisions are known as point or needle lace, and bobbin or pillow lace. Point lace comprises the laces made with the needle, making use of one stitch in its many and varied forms; that is, the buttonhole stitch. Point lace was made before bobbin lace and to this class belong all the Venetian points, Alencon, Argentan, Point de France, Brussels points a l'Aiguille, Gros point, Point Plat, Coralline, Rose point, Point a Reseau, Irish point.

Bobbin lace, more commonly known as pillow lace, was made, as the name implies, by the use of bobbins attached to a pillow, the number of these bobbins varying greatly, as many as from ten to many hundreds being used, according to the pattern. To this class belong Milan, Genesee, nearly all the Spanish laces, Flemish, Mecklin, Valenciennes, Honiton.

Bobbin lace can easily be distinguished from point lace by noticing the way in which the toile, or solid part, is made. In bobbin lace it resembles the crossed and interwoven threads of a woven material, while the solid part of point lace is an easily recognized needle point stitch. Bobbin lace is, of course, much simpler of construction than point lace. The Italian name of the latter is Punto in Aria, which means "stitches in the air". A pattern is constructed on threads fastened on parchment. These threads are worked over in various forms of the button hole stitch, then the parts of the pattern are connected and strengthened by picoted "brides" as they are called. Most of us are not so familiar with point laces or their imitations, but we would readily recognize certain bobbin laces, namely valenciennes, torchon and cluny.



Hand-made Irish Point

Knotted lace, or Macrame, is neither bobbin nor needle, but is made of the knotting of threads. It is generally used as an edging on household linens and the long fringes of thread are usually knotted in regular geometrical designs. Tatting, another form of knotted lace, is too familiar to need more than mentioning.

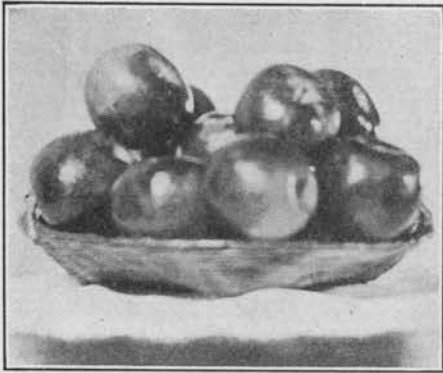
We are equally familiar with crochet work, and know that the Irish are famed for making this kind of lace. Another lace distinctly Irish is Carrickmacross

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When in Doubt---Try Apples

By BETH BAILEY McLEAN

Formerly Associate Professor of Foods and Nutrition, Iowa State College



Jonathan Apples

THE old adage, "An apple a day keeps the doctor away", states very concisely how valuable apples are in the diet. 'Tis but a simpler way of saying that apples contain the body regulating substances as cellulose, acids, minerals and some vitamins.

But who needs to be told these things to create a liking for apples! Was there ever a fruit so universally liked? Is there any fruit that lends itself to more ways of serving? Do you know of any fruit that is more generally available? And think of the many varieties of apples—suited to meet all soils and climates. In fact, most everyone could have an apple tree in his yard if he but put forth the effort.

Apples vary so in flavor that everyone has his favorite kind. The summer apples lose their shape in cooking and even the winter apples differ in their cooking qualities. There are many charts showing what apples are best for pies, for sauce, for this and that. But few women agree with these charts. For one reason—some people want whole slices of apples in the finished pie, while others insist on a soft blended mass of pulp. Then, too, an Oregon apple is quite different from the same variety grown in Iowa. So it seems quite necessary for each housewife to try out the apples found in her market, and decide for herself whether she will buy Jonathan, Spitzbergen, Northern Spy, or some other variety.

It is always more economical to buy apples by the box, rather than by the pound. And it is possible to find a kind of apple that will suit all uses. The three varieties just named are fine for all-around use.

Do not limit the use of apples in your home to apple sauce, baked apples, apple pie and apple salad. True it is that there is a greater number of recipes for apple desserts than for other uses of apples. But apples may be used at any meal and in any course of the meal. The following recipes are but a few suggestions for uses of this most valuable fruit.

Apple Cocktail

With a French vegetable cutter, make small apple balls, or use an apple corer to cut cylinder shapes. Cut these cylinders into half inch pieces. Make a syrup using $1\frac{1}{2}$ cup sugar and 1 cup of water.

Boil five minutes. Cool. Add the juice of half a lemon and the juice of one orange. Or beat into the hot syrup 2 tablespoonsful of currant or grape jelly. Serve the chilled apple balls in tall sherbet glasses with 2 tablespoonsful of the sauce poured over each serving of apples.

Apples served with meats, fish and fowl:

Cinnamon Apples

Cook 1 cup water and 1 cup sugar for five minutes. Add a few drops of cinnamon extract and half a tablespoonful of red coloring. Peel and core the apples and cook slowly uncovered in the syrup until tender. The apples may be cut in half inch rings, or into quarters instead of being left whole. Turn the apples so that they cook thoroughly without losing their shape. Let the apples stand in the hot syrup several hours to become red all the way through. These may be served hot with pork chops or roast. Or one may serve chilled cinnamon apples with salad dressing or with whipped cream.

Apple Rings

Select red, firm apples without skin blemishes. Remove the stem and blossom end. Wash. Cut across the core of the apple, making $\frac{1}{4}$ inch slices. Remove the seeds. This leaves a diamond shape in the center. Make a syrup using two cups of sugar and $1\frac{1}{2}$ cups of water. Use a large bottom pan. When the syrup has boiled five minutes, add apple rings to cover the surface. Simmer gently until transparent but unbroken. The skin will hold the rings in shape. When done, remove the rings carefully to a hot pan and continue cooking the rest of the rings. Serve with broiled ham or pork chops—one apple ring overlapping the other on the edge of the platter.

Caramel Apples

6 apples
1 cup sugar
1 cup water
1 tablespoonful butter
Nutmeg

Wash, pare, halve and core the apples. Put the apples core side down in a granite or glass baking dish. Mix the sugar (either white or brown), water, butter and nutmeg. Pour over the apples. Cover the dish. Bring quickly to a boil, then simmer gently until transparent. The apples should stay whole and the syrup will be thick and jelly-like. Serve with roast fowl or pork.

Fried Apples With Breakfast Bacon

Fry the bacon strips, being careful to keep the fat light and unburnt. Remove the crisp bacon to a pan to keep hot. Wash, core and slice the apples in thin slices. Add to the hot fat and fry until soft and quite brown. Don't cook too fast, nor overcrowd the pan. Red-skinned apples are most attractive used this way. Serve on the platter with the bacon.

Meat and Apple Dishes

Left-over mutton or veal may be prepared in the following way: Cut the meat into pieces. In a buttered casserole put

a layer of the meat, then a layer of sliced apples. Season with salt and a little chopped onion. Add another layer of meat, then apples. Add 2 tablespoons of water. Cover tightly. Bake in a slow oven until the apples are tender. Fresh meat may be used in the same way, browning the pieces of meat before putting into the casserole.

Old English Pork Pie With Apples

3 lb. pork shoulder
Salt and pepper
2 tablespoons sugar
Nutmeg
3-4 cup stock
1 tablespoon butter
3 tart apples

Line a baking dish with plain pastry. Put in a layer of sliced pork, then apples, sprinkle with seasonings. Make another layer of pork, then apples, and add the stock or milk, and butter. Put on a top crust with a vent for steam. Brush over with beaten egg. Bake half hour in the oven, then one and a half hour in a slower oven. Serve hot or cold.

Chantilly Apple Sauce

Steam 6 medium sized apples until tender. Put through sieve. Add 2 tablespoonsful of sugar and $\frac{1}{4}$ cup grated horseradish. Cool thoroughly. Fold in 1 cup of whipped cream. Serve in a bowl with roast duck or goose.

Apple Stuffing

A goose or duck is especially good stuffed with apple dressing. Make a bread dressing in your usual way, except that this must be very dry. Add $\frac{1}{2}$ the quantity of chopped apples. One cup of chopped, cooked chestnuts may be added. Stuff the bird and bake.

Apple and Rice Stuffing

To 1 cup of rice, boiled or steamed until nearly tender, add 2 cups of chopped apples, $\frac{1}{2}$ cup melted butter, salt and cinnamon to taste. Mix well and use to stuff turkey or goose.

APPLE RELISHES

Apple Chutney

12 tart apples
1 onion
2 red peppers
2 green peppers
1 cup seeded raisins
1 pint mild vinegar
2 cups sugar
4 lemons
1 tablespoon ginger
 $\frac{1}{4}$ teaspoon cayenne
1 tablespoon salt

Chop the apples, onions and peppers very fine. Add the vinegar. Simmer one hour. Add other ingredients. Use the juice and grated rind of the lemons. Let boil 1 hour, stirring often. Seal in glass jars.

Apple Catsup

12 sour apples
1 cup sugar
1 teaspoon pepper
1 teaspoon cloves

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"In the Candle Light"

CANDLES were used extensively until and through Colonial days. But they were used in a practical way, for they were perhaps the chief method of lighting. In many cases they were quite elaborate and often represented a large part of the home decoration. Since then electric lights have been introduced and for a time they have taken the place of candles except occasionally for a Christmas dinner.

But now they are being used in a decorative way, especially since there are so many possibilities with the attractive polychrome and wrought iron candlesticks, the Gothic, Renaissance and hand decorated candles. In fact, there is a candle for almost every use and there are used in almost every room of the house. There is also a large range in prices. Perhaps the prettiest of candles are the hand decorated and they are also the cheapest if one is his own decorator.

Of course, our grandmothers even made their own candles. This is not being done now because they can be bought so easily and cheaply. One exception to this is the making of bayberry candles. These are green candles made and used because of their wonderful odor. The bayberries grow along the shores of California and are boiled down and made into candles and shaped by hand. Especially when the candle is blown out there is a lovely wood-like odor. Bayberry candles are not used for decoration, but for burning at parties, such as Thanksgiving or Christmas dinners.

There is a variety of ways for making hand decorated candles. Colored candles may be used, but white candles may be painted the color and shade desired more successfully. A pretty and simple method of decorating is to drip tallow of a different colored candle down from the top. Two colors for dripping might be used and often a little gilding on the drip makes them more attractive.

Beautiful candles may be made by daubing on good combinations of colors in a mottle design. This gives a chance to use every color used in the room and perhaps others, too. Designs of numerous kinds may be drawn on and painted if the design is too complicated to make free hand. Stripes and bands are very effective and easily made. Much can be accomplished in fancy stripes on square candles.

Raised fruit designs and floral designs are made with sealing wax. The wax is put on the candle by melting it and dropping in the designs required. Leaves and petals may be shaped with a pin while the wax is still hot and soft. These methods are often combined to make very beautiful work. Gilding added in many cases gives fanciness and daintiness. It may be painted or blown on.

The materials necessary are simple. To cover the candle an enamel or an air drying paint should be used. If paint is used, it is important that it have a body heavy enough to cover the candle with one coat. Since the candles do not absorb paint, it is very necessary to be sure of the drying quality of the paints used. Any ordinary paint should dry in at least twenty-four hours. A camel's hair brush one-half inch wide is used for painting the foundation, but for the design work a pointed Jap brush is neces-

sary. For the sealing wax designs, just ordinary colored letter wax used for sealing letters may be used. It may be purchased in most all desirable colors and shades.

To carry out unusual color schemes, hand decorated candles are very effective and often the only possible way. They can be made simply and in quantities for parties with special color schemes. Clever candles may be made characteristic of special holidays. For a Christmas dinner, one might make red candles draped in green. Gilding would make them more attractive and add the Christmas effect. For Thanksgiving we think of turkeys and pumpkins, and of golden and brown. If one is very clever, she might make a golden candle and paint a little turkey about an inch from where the tip starts. There might be a brown maline bow on the candlestick or a ruffie at the base of the candle. Pumpkins might be used for Thanksgiving and also for Halloween. A clever Halloween party could be carried out using half the candles of black with pumpkin faces and half orange candles with black witches and cats. Orange and black enameled candlesticks would be well to use with these candles. In similar ways one could make flags or shields on red or white candles for Armistice day or the Fourth of July and green hats on white candles for St. Patrick's day. It would not be good taste to use fancy candlesticks with designs such as these. Simple glass or enameled candlesticks would be more suitable.

Just now there is a tendency toward not using screens and shades for candles. This is perhaps the reason for so much new candle decoration. There are many lovely new kinds of candlesticks. Perhaps the polychrome has been accepted more universally than any other kind. Polychrome candlesticks are purely paint work. The "many colors" require much time and many applications. This is the reason for their being so expensive. Wrought iron and imitation wrought iron candlesticks are being used in halls, living rooms and sometimes in dining rooms. Candlesticks of luster ware add color. Wall brackets for candles are very popular. They are placed on either side of windows, a picture, a fireplace, a davenport or almost any piece of wall furniture.

Candles are also being used in torcheres. They stand about four to five feet from the floor and are usually made of wrought iron or wood fibre, pressed and painted and sometimes gilded. Torcheres are almost always used in pairs. They are usually placed on either side of a doorway and sometimes on either side of a davenport or English love seat. Torcheres and brackets are often wired for electricity, but when adequate light is furnished in other ways they are just as effective if used with decorated candles in tone with all other decorations.

In a living room, besides the use with brackets and torcheres, there is also the use of candles on a mantle or on a spinnet desk. If the room is a formal one decorated Gothic candles with black or gold stripes might be used. But if it is more informal a mottled with blue or gold bands would be appropriate for most mantles. They might be placed near the

ends and balanced by a painting hung on the wall just above the mantle.

The spinnet desk requires taller and more slender candlesticks than the mantle does. Wrought iron sticks would be appropriate on a spinnet desk with the mottled candles if there were plenty of color in the candles. Good color combinations for mottled candles are blues and greens, purple, jade and gold, maroon and fawn, or blue, rose and silver. The colors should be chosen according to the colors of the room. Stripes or bands may be used with mottled candles and with them, perhaps two mottled combinations could be used on the same candles.

If one has a Colonial house and an open stairway, candles could be used in the hall in torcheres and on a console table. If the stairway were cherry and white, tall gilded candles printed with snow covered evergreens would be beautiful on the console table. Here too, as on the spinnet desk, tall candles and sticks are required. Tall Polychrome sticks would be effective with these evergreen candles. For the torcheres at the doorway, wrought iron would perhaps be more suitable than the wood fibre. To harmonize with the room and spinnet desk we might use in the torcheres, candles of white with gold leaf decoration and gilding blown over the candle.

The bedroom is another place in which all the candles used should harmonize. They could carry out the color scheme but if there is none, pastel shades and white are very restful and lovely in any room. Candles in a bedroom could be used on the dresser, chiffonier, or writing desk. They could be used on a mantle if there happens to be one, but good taste would not allow candles in more than two or three places in one room.

If the room happened to be furnished in brown mahogany, hand carved candle sticks could be used of the same material, providing they are not too heavy looking. Candles of pastel shades with mulberry bands would be very pleasing on the writing desk. The candles on the dresser and chiffonier might be just alike. To contrast and still to harmonize the use of white candles with conventional designs of spots in violet, orange, green and gold forming flower designs painted on the candles and gilding blown over them would complete the effect in any bedroom. Such types of candles would always be advisable for gifts. In the use of the hand carved brown mahogany candle sticks, they could be alike except for the writing desk which would require the tallest ones and the chiffonier would require the shortest ones.

The breakfast room is a good place for originality. One might give imagination full play in planning the decoration for the service tables. Conventional designs and bright colors are carried out well in a room of this kind. Here, more than elsewhere, it is advisable to have candle sticks and candles match the room. This is easily done for every good breakfast room has a beautiful color combination as its foundation. The furniture is often painted to carry out the color scheme even where wicker furniture is used. If the wicker furniture

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With the Iowa State Home Economics Association

The Iowa State Home Economics Association will hold its state meeting in Des Moines on November 5 and 6. The program for this meeting has been arranged under the chairmanship of Miss Genevieve Callahan of "Successful Farming" and has for its keynote, "The Coordination of Homemaking, Teaching and Business for the Bettering of American Homes".

The program, carrying out this main idea is as follows:

Thursday, November 5

- 12:00 m.—Luncheon, Ivory Room, Harris-Emery's Tea Room. Music.
- 1:15 p. m.—Business Meeting.
New and old business.
Election of officers.
Report of San Francisco Meeting, Frances Zuill.
Committee Reports:
Extension, Avis Talcott.
Membership, Mrs. Fred Ferguson.
Program—Genevieve A. Callahan.
Publicity—Josephine Wyllie.
- 2:45 p. m.—"The National Association", Dr. Katherine Blunt, President of American Home Economics Association.
- 3:15 p. m.—"Preparing the Girl for Motherhood", Dr. Florence Brown Sherbon, Kansas University.
- 3:45 p. m.—"Child Training", Round Table, led by Mrs. Lulu R. Lancaster, Iowa State College.
- 8:15 p. m.—"The Outlawry of War", Raymond Robbins, in Coliseum.

Friday, November 6

- Insurance Exchange Building, Fifth and Grand.
- 9:00 a. m.—Group Singing.
- 9:10 a. m.—"Possibilities for the Home Economics Trained Woman in Business", Gudrun Carlson, Home Economics Director, Association of American Meat Packers.
- 9:35 a. m.—"The Cooperation of Business Firms with Home Economics Teachers", Mary Barber, Home Economics Director, Kellogg Cereal Company.
- 10:00 a. m.—"Insurance", J. F. Kerfoot.
- 10:20 a. m.—"Insuring the College Education of the Child", Constance Schwanz.
- 10:30 a. m.—Discussion.
"Vitalizing the Sectional Meetings", Florence Busse, Iowa State College.
"Home Economics Work with Club Girls", Josephine Arnquist, Ames.
"Home Economics Work in Our Farm Community", Mrs. Arthur DeVault, Dexter, Iowa.

"Home Economics Work in Women's Clubs, in Cities and Towns", Mrs. W. S. Pritchard, Garner, Iowa.

- 1:30 p. m.—Music.
- 1:45 p. m.—"Development of Personal Qualities and Traits in Vocational Work", Prof. W. H. Lancelot, Iowa State College.
- 2:15 p. m.—Report of Committee on Unified Home Economics Standards, Frances Zuill, Iowa State University.
- 2:30 p. m.—Demonstration Talk, "The Problem of Teaching Home Decoration in Junior and High Schools", Mrs. Edgar Graff.
- 3:15 p. m.—"The Practice Apartments, Sioux City Schools", Caroline C. Kriege.
- 3:30 p. m.—Report of Homemaker's Committee, Ruth M. Lindquist.
- 4:00 p. m.—"Food-buying Habits of Farm People" (Report of Investigation made by Bureau of Market Analysis, Successful Farming), Lawrence Lane.
- 8:15 p. m.—Concert by Russian Symphonic Choir, in Coliseum.

Hostesses for Home Economics Association meetings:

General Hostess

Fern Stover, Des Moines.

Ushers

Mrs. Casper Schenk, Des Moines.
Elizabeth Lamb, Burlington.
Faye Mack, Dubuque.
Anna Leggett, Cedar Falls.
Mrs. Helen Wagner, Des Moines.
Anna Marguerite Olsen, Des Moines.
Joanna Hansen, Ames.
Florence Busse, Ames.
Genevieve Callahan, Des Moines.
Josephine Arnquist, Ames.

The officers of the association for the past year have been:

President—Lillian Orr, Sioux City.
Vice-President—Mrs. Casper Schenk, Des Moines.
Secretary-Treasurer—Margaret M. Baker, Ames.
Councillor—Frances Zuill, Iowa City.

The association has done much in the past year to further the cooperation in Home Economics of women all over the state of Iowa.

Esther Hahn '24 who received her master's degree here this summer is teaching textiles and clothing in Hibbing Junior College at Hibbing, Minn.

Reservations for the Home Economics Luncheon on November 5 at Harris-Emery's should be sent, not later than November 2, to Miss Anna Marguerite Olson, 1049 36th St., Des Moines, Iowa. The luncheon will be 75 cents.

SAY IT WITH A MEMBERSHIP

Mrs. Fred E. Ferguson

Two nurses were discussing a mutual acquaintance, as all of us discuss our co-workers.

"Why, she isn't even a member of the state nurses' association!" exclaimed one. And the other agreed that she wasn't much interested in her profession if she didn't belong to her professional organization.

A public health magazine recently told its readers who had moved to a new locality and were looking for a physician to inquire into the standing in the local medical association of their possible choice.

Lawyers, we are told, are quite devoted to their bar associations. Every branch of "business" has its association. The employees of the street car company in one city have their association. Their association dues have constructed and maintained a huge club building. It is interesting to note that the dues for the street car men's association are deducted from their weekly pay envelope, by permission of the man who earns the money. Isn't that loyalty to the job?

There are more than a thousand women in home economics work in Iowa. Last year less than one-fourth of them were members of their professional organization, the Home Economics Association. We like to think that those who were not members really are proud of their profession, but neglected to say they were proud with a membership in the Home Economics Association.

When asked why they wish to continue their membership in the Home Economics Association, the members say, "Because I believe in my chosen profession. I want to see it advance. I know that the Home Economics Association has much to give me and perhaps I have a bit I can give to others thru the Association."

The help given to the profession by the Home Economics Association is much too lengthy to include here. On this page is a partial report of the committee who worked on the uniform course of study for high schools. Reports of other committees will appear from time to time for the Iowa Homemaker is the official organ of the Iowa Home Economics Association.

Membership in the Home Economics Association is truly a bargain at \$2.00 a year, or less than one cent a day. With the membership is the privilege of the half price subscription rate to the Homemaker. For \$2.75 home economics workers may show their pride in their chosen profession, aid the good work of the association and receive the Iowa Homemaker.

A new year is just beginning. How many home economics workers are going to rise up and be proud of the profession and SAY IT WITH A MEMBERSHIP?

Sioux City and Burlington high schools are, to date, the only schools in the 100 percent membership class in the Iowa State Home Economics Association. Every teacher in these two schools has paid her membership dues in her association for the coming year.

The Mechanical Maid

By GRACE HEIDBREDER

NEW ways for old! In the olden days of a score of years ago when "hired girls" could be employed for the small sum of three or four dollars a week to do the family housework there was little worry over the help problem. The girls were glad to get work and were willing to perform all the household tasks from the family washing to acting as nurse maid for the children. In those days the housewife, at least so it seems in retrospect, had few worries. Education has made advancements, factories have sprung up over the country offering better salaries with shorter hours, until at the present time it is almost impossible to hire a competent maid—"hired girls" having gone out of existence.

Science and the manufacturer are coming to the rescue of the housewife with mechanical aids of various kinds. The washing machine, the vacuum cleaner and other appliances are in common use and now the housewife is presented with a mechanical maid—a jack of all trades which beats the eggs, mixes the mayonnaise, freezes the ice cream, etc., and allows the housewife time to prepare her paper for the afternoon club.

The man of the house also appreciates the products of this efficient maid—the lovely fluffy cakes, clear soups, smooth ice cream—all the result of perfect manipulation.

This machine is composed of a base, an arm, a motor and attachments. It is run by electricity and is of convenient size to be placed upon the kitchen table or upon a cabinet especially built for their purpose. The motor is at the top of the appliance and is one especially designed for the machine. After a general oiling, the machine has but two places to oil, it is ready to go. The transmission case is just below the motor and encloses the gears by which proper speed is obtained. The gear shift is on the right of the transmission case regulated by a handle which is interlocked with the switch.

Just to the front of the transmission case is the attachment hub. Some of the attachments are applied by inserting the squared shaft of the attachment into the drive sleeve of the hub and locked in by the thumb screw. The food chopper, ice cream freezer, the oil drip for mayonnaise and the vegetable chopper are attached to this hub.

The others are attached just below the transmission case which carries two shafts. These shafts are arranged as sockets for the beaters. One of these revolves with the planetary while the other revolves about its own axis. The bread hook which is used for kneading bread, fits onto the first while the beater, whip and pastry knife fit on the other.

The transmission case is carried on a pedestal or arm which also acts as a guide for the bowl yoke. The yoke holds the bowl by means of pins and may be raised and lowered for convenience in placing and removing the bowl.

The machine has three speeds: high, low and intermediate; different speeds being used for different processes. For instance the fast speed is used for beating eggs while the slow speed is used for kneading bread or folding in the flour of your favorite cake recipe. There are four beaters: a whip for eggs and other things demanding whipping motion, a



Household Mechanical Maid

pastry knife for the cutting movement used when making biscuits or pie crust, a dough hook for bread, and a beater. For such work as running soup thru a strainer or separating the pulp from vegetables there is a whirling roller.

The bowls are of medium size and suited to the use of the average size family. They are made of heavy aluminum with round bottoms, providing for easy, efficient cleaning. It is very convenient to have two bowls because often times certain foods have more than one ingredient which calls for beating. For ease in adding ingredients while the machine is in motion, a funnel which may be attached to the side of the bowl is provided.

How often have you heard the comment, "I just love mayonnaise, but it takes so long to make it and it is so hard to get the right consistency?" Perfect mayonnaise can be made with the mixer. It is so thick that it stands alone and the interesting thing about the product made this way is that it can be made in eight minutes while making it by hand takes from twenty to thirty minutes. The beating is so regular that it assures a uniformity of product in other things as well as mayonnaise.

For making such dishes as angel food and sponge cakes, in which it is necessary to incorporate a large amount of air, this machine is a constant joy because of the beauty of the product and the fact that the cake can be mixed and be in the oven in ten minutes or less than the usual time. There is hardly need for a maid when such accomplishments are possible.

In making ice cream it means a great deal to the homemaker to be able to

crush ice by using the ice chopper provided with the machine instead of the old gunny sack; fill the freezer, attach it to the machine, turn the switch and then do some other task while the "Mechanical Maid" does the freezing. In 10 to 15 minutes the ice cream is made, a part of the morning's work is done before the homemaker realizes what has happened.

A friend of mine who has a mixer entertained her bridge club several weeks ago and prepared a large part of her luncheon with the help of her "Mechanical Maid." She froze her own ice cream, mixed the angel food cake to a delightful consistency, made the mayonnaise, sliced the vegetables for salad and was no more tired than had the day been spent in leisure while hired help prepared the meal.

The initial cost of the machine is rather high. However, if you don't care for all the attachments the machine can be bought with less cost. The cost will vary from \$100.00 to \$175.00 depending upon the number of attachments, and will last ten years and longer. A capable maid could not be hired for \$175 a year. Even the ordinary maidless family may be able to afford such an addition to the household which would mean so much saving of mother's strength. The maid can prepare an entire meal for a very small cost—for much less than an employed maid would cost in food.

As a result of some recent tests an expert in household equipment said, "The amount of energy saved is so great, and the cost of electricity so small, that there is only a very small net cost for operation of the kitchen machine."

Handicraft exhibits at the State Fair this fall so interested Miss Margaret Biggerstaff, occupational therapist from the Brooklawn hospital, Polk county's new hospital for tuberculosis patients, that she secured a month's leave of absence and is here for special work in occupational art. She is taking private instructions under Professor Hansen in metal, leather and wood work, weaving, jewelry, basketry and enameling.

"I have found exactly what I want and my only regret is that I can't stay longer," is Miss Biggerstaff's enthusiastic description of the work.

Zelma Zentmire '11 is finishing her fifth year as a serologist in charge of the laboratory for venereal disease control at Iowa City. She took a year's work at Harvard Technology School of Public Health and was granted a certificate of public health in 1920. She says that she has seen no place that compares with our campus for restful beauty and she has seen many beauty spots in the east.

A Ford coupe and a private secretary! These go with Berniece Kirkham's position as women's and girl's club leader in the extension department of the University of Illinois with headquarters at Canton, Ill. She has charge of all the clubs in one county and they take up a definite course of study in bettering the home.



GIRLS' 4-H CLUBS



Club Work Is Glorifying the Iowa Farm Girl

INTERSTATE FAIR HONORS

Everyone is interested in the showing Iowa clubbers made at the Interstate Fair. First of all, the personnel of the delegation. The two girls to represent Iowa in demonstration and clothing judging work were Wilma Zabel and Gertrude Koch of Scott county; Alice Burkhardt of Audubon county represented us in the health contest, and Faye Blakey and Mildred Stark of Wayne county represented us in poultry work. These girls were truly 100 percent club girls, not only in subject matter work, but also in an all around way, which means the best in girlhood, dignified, earnest, courteous and fun loving girls. Iowa may well feel proud of here delegation which competed against the following states: North and South Dakota, Minnesota, Wisconsin, Missouri, Nebraska, Illinois, Ohio, Wyoming and Montana.

And now for the material side. Iowa's clothing exhibit taken from the State Fair showed much thought in the planning and good technique in the making. Here is what we carried back with us:

- Seven first places
- Two second places
- Two fifth places
- First place in the health contest
- First place in the clothing judging contest
- Second high individual in the clothing judging contest
- Honorable mention in the Home Economics demonstration
- Watch us work to keep up this high standard in 1926!

THE MUSIC CORNER

Every girls' club in Iowa has included music appreciation work in their programs this year. At each meeting one or more lovely selections are given, preceded by the story. Miss Fannie Buchanan has told these stories in such a splendid way in one of the college bulletins which she has helped to prepare.

"This is the way she tells the story of 'Swing Low Sweet Chariot':"

In the old slave days, the plantation negroes made up their own songs for their prayer meetings. Sometimes there was only one line sung over and over, then another would be added and by-and-by another. So line by line the strange songs grew, not made by rule, nor by any great composer, yet never has rules nor any great musician brought forth such beautifully weird and haunting music. This is because the negro is a natural musician. He sings as easily as his white brother talks.—Fannie Buchanan.

There are 10,033 farm girls in club work this year.

The elevator to success is not running—take the stairs!

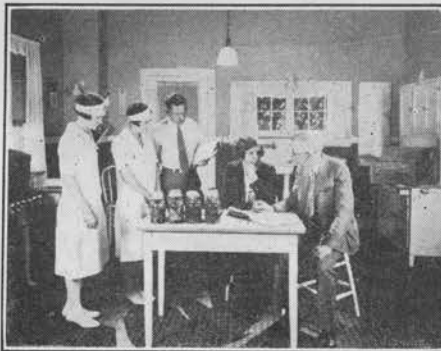
A thousand 4-H club girls are expected at Iowa State during Short Course week, Dec. 28 to Jan. 1. Will your club be represented?

NEW ZEALAND COMES TO VISIT US

Miss Catherine Landrath of New Zealand, now a student on Iowa State campus, was the guest of honor Monday evening, October 5, at a meeting of the 4-H College Girls' organization. This group is made up of former 4-H club girls now students at Iowa State. The older girls entertained the new girls.

Miss Landrath was taken in as an honorary member. Representatives from 30 Iowa counties and one club girl from Minnesota, one from Massachusetts, one from Illinois and a club leader from Arkansas made up the party. Ten home demonstration agents who were attending the annual conference during the week were also guests of the girls. It was suggested that each girl write an inspirational letter home to her local group after the meeting.

Miss Landrath will begin girls' club work in New Zealand upon her return.



CLUB WORK IN THE MOVIES

Great was the excitement in the State Club office last month when a letter came in from the Atlas Educational Film Corporation asking that Beulah Rodgers and Catherine Bolbaugh of Mahaska county "do" the actual canning part of a new food preservation movie which they were staging. This movie goes back to prehistoric days, then tells about Monsieur Appert and his contribution to food preservation during the Napoleonic wars. The Iowa girls put on the cold pack canning part of the movie. The girls were introduced to the intricacies of yellow grease paint and heavy powered lights.

The girls will be remembered as America's 4-H champion canning team, which had a wonderful trip to France and England in 1923.

GIRLS' CLUB ORCHESTRA

Dallas county has the distinction of having the first county 4-H Girls' club orchestra in the state of Iowa and, for all we know, in the U. S. A.

This orchestra is the result of the music appreciation work done in the club, according to Mrs. Den Mann, a local club leader of this county and the director of the orchestra.

The orchestra played at the dedication of the club girls' dormitory at the Iowa State Fair this year.

MISS BUCHANAN EXPLAINS

You and I have wondered just how Miss Fannie Buchanan of Grinnell came to write the new Iowa Song, haven't we? In her own words she tells us in this letter written to one of our club girls, who right up and asked her.

Here it is:
My Dear Club Friend:

Your note followed me around from state to state and finally reached me when I was working with the club folks in Massachusetts. I am sorry to be so slow in answering.

I am glad you like "Iowa". Why d'd I write it? You know I only d'd a small part of it. The music was written by Rena Parish, a Grinnell friend of mine. I just d'd the words. You see I was working in Iowa, traveling over it, all that year and it was so beautiful I just wanted to sing about it. Do you ever stand and look over the green fields, so many shades of green all blending together in the sunlight? I've been west and now I am traveling through the east, but still Iowa is the best of all to me.

You asked me about my life; my dear, it has been just like most every one's else has—school, work, play. I wish I had had 4-H club work when I was your age. I think back now over the days and know I might have made a lot more of my time. I think I was quite like club girls now are, but if I had had a program such as you have, I'd have done my work better. I remember one thing that might interest you.

When I was about 12 years old, I was invited to a 4th of July picnic. I did want a new dress to wear, but there were five of us to have new dresses and money wasn't plentiful. I thought it over and decided I'd earn my new dress, so I went to the truck man who lived at the edge of town and asked him to let me pick peas for him. He did and I earned my dress and mother sat up late at night to get it done for me. It was a blue and white checked gingham with plain blue collar and sash. I remember how proud I was to wear it at the picnic!

I am having a wonderful time meeting club girls in the east. Tomorrow I go to New Hampshire Short Courses. Yesterday I was in Vermont and the girls and boys there put on a big play pageant. I taught them the folk games.

I'm coming to Iowa for the State Fair. I am to speak in the Women's Building every morning. I hope if you come to the fair that I meet you. Please come up and tell me who you are.

Yours very truly,

FANNIE R. BUCHANAN.
IOWA

By Fannie Buchanan and Rena Parish
Iowa, the smiling prairie,
With her miles of waving corn,
With her wide-flung golden sunset,
And her clover-scented morn.
Iowa, the smiling prairie,
With her rolling fields of wheat;
Iowa, the garden of the world,
Where earth and heaven meet,

THE IOWA HOMEMAKER

"A Magazine For Homemakers From a Homemakers' School"

VOL. V NOVEMBER, 1925 NO. 6

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HONOR AND LOYALTY

Are you loyal to yourself? Are you loyal to your university? Do you respect the honorable actions of individuals? These are examples of the three questions which were put to upper class girls in a playlet presented several weeks ago by the joint honor commission of the Women's Guild and the Y. W. C. A. A general awakening has taken place on our campus. For several years a decline in the respect of honor and loyalty has been going on. There has been little respect for traditions, for loyalty to one's class and university at all times, and the tendency among upper classmen has been to give the wrong impression of college life to freshmen. Few upper class girls really realized the tremendous holds these actions were taking upon themselves and their associates.

Instigated by an honor-loyalty commission composed of Y. W. and Y. M. members, all the honorary organizations have pledged themselves to uphold and encourage honor and loyalty. Jack o'Lantern and Mortar Board members have reaffirmed the principles of their organizations.

Perhaps it is easy to let work slide and then get it by "hook or crook", perhaps it is easier to use someone's else notebook rather than to work it out yourself, but is that the honorable thing to do? Is it the honorable thing to sign out "Library" and go to a movie? It may be fun to do these things, but it isn't fun if an exam is flunked the next day. Whether we as students care to admit it or not, our primary purpose in being in school is to grow mentally. As our knowledge grows, so our education grows.

A man once said to his son on the eve of his departure for college, "Son, the foundation stones have been carefully laid. It is for you to build your life either substantially or weakly as you so desire—I am hoping your structure will be one that will bring you satisfaction and happiness." Just at the completion of the young man's college career, his father was called to his eternal home, but the statement has lived and directed his life course.

So we lay our stones—if they are not honorably placed and if there is not loyalty in the work, our structure will be weak and our satisfaction meager.

THANKFUL DAYS IN NOVEMBER

Two great thanksgiving anniversaries come in November. The first is in memory of our forefathers, who braved the uncertainties of a new country to found a great nation. The second red letter day in November is in memory of the brave folks who defended in 1917 and 1918 the honor of the nation.

To most of us Thanksgiving is a day honored as a tradition and a memorial. Thanksgiving Day has come to be observed by a traditional turkey dinner—in memory of the feast set before the Indians by our Pilgrim fathers. To the younger generation it has come to mean a great football game, when old enemies meet for the great battle of the year. Perhaps that, too, has a precedent in the meeting of the Pilgrims and the Indians.

Armistice Day has a prominent place in our memory as the day when actual fighting ceased in the greatest war of our history. Few of us will forget the blowing of whistles and general noise making which beckoned us from our work. With eagerness we awaited the newsboy as he came dancing down the street, crying excitedly, "The Armistice is signed!" November 11, 1918, was a great day—parades, yelling, screaming noises produced by the throngs of humanity, relaxing and reacting to the great news. Mothers, wives and friends were giving thanks in their hearts, for the great war had ceased, though back of the rejoicing there was the fear in many hearts that a loved one had not been spared.

Seven years have passed since that memorable day, whose anniversary we will observe this month—not now in a spirit of exstatic joy in the reaction from war, but rather as a tribute to the men who served.

Two days on which to be thankful! Thankful for brave men with vigor and determination to live thru the trials of a first winter in a new country, thankful for men and women who fought and even died to save the honor of our nation.

SQUIBS ON NEW HOME ECONOMICS BUILDING

A queer sensation went through my body today as I chanced to look at the new Home Economics Building. In the east wing, on the first floor, the plastering is fast nearing completion, and the portly entrance thrills one with its imposing structure. Simple and graceful in line, it bids all enter its portals and enjoy its beauty. The exterior work on the building is practically finished, and we are all exalted with the hope that it will only be a short time until we, the Home Economics students, will be using and enjoying the new building.

ARE YOU GOING?

The State Home Economics meeting will be held in Des Moines November 5 and 6. There are to be speakers who have much to offer of interest to Home Economics people. Dr. Katherine Blunt of the University of Chicago, the former president of the National Association, will be one of the speakers.

"The Iowa Homemaker" will be represented by the members of the editorial and circulation staffs. We would be glad to answer any questions you may care to ask us and we will appreciate suggestions.

Will you meet us at the convention?

Who's There and Where

By JOSEPHINE McMULLEN



MONA THOMPSON IN WASHINGTON

Mona Thompson '25 writes very interestingly of her work as assistant manager of the Cosmos club in Washington, D. C. An excerpt from her first letter to Ames friends follows: "I simply am crazy about the work and each day grows more interesting than the one previous. This is the typical city man's club just like you see in the 'movies'. It is in the old President Madison home just opposite the present White House and is just filled with beautiful antique furniture.

"There are two parts, one to which wives of members may come, and the other for men only. On the main floor there are two tea rooms, one private room and a tea garden used in summer. On the fifth floor is the main men's dining room for the men members only. Women may come to the tea room only. On the fourth floor there is the main banquet room and the D. E. K.'s had their weekly celebration in there today.

"Next day: Had to stop then and work at dinner. At present I have just finished my books and have them up to date. I am doing a little of everything. I come at nine in the morning, have my breakfast, and then get the breakfast orders ready to go to the main desk. Everything here, including meals, go on the member's accounts so we do no cash business. That necessitates correct checking of every breakfast, luncheon and dinner served. Heavens! If a person thinks the system of food accounting in the home management houses is difficult, they should get into this field. Everything is counted at least three times and accuracy is essential.

"Tomorrow noon we are serving a luncheon for 33 prominent people from all over the world. Quite a party it is to be! Wednesday we had a special luncheon for the Japanese ambassador and almost every day some one of prominence has a party.

"One good thing about the business is that when we want anything done we just call a negro. It's lots of fun. I went down to market this morning with Miss Pammel and that certainly is interesting. Oh, I could rave on indefinitely but I shall not try it."

Miss Marie Horst is taking her student dietitian training at the Iowa Methodist Hospital in Des Moines. Miss Millie Kalsom who is the dietitian in charge is also an Iowa State College graduate, and has started the first training course for dietitians in the state.

Miss Grace Wintersteen is at 517 So. Third Street, Sioux Falls, S. D. Grace spent the summer in the west and took a trip on up to Skayway, Alaska. She is teaching this year at Sioux Falls and has sent us a freshman student, Evelyn Richardson.

WATCH THIS COLUMN!



Mrs. Fred Ferguson

Lest we forget! That the first Iowa Homemaker was published in April, 1921, and that the dreams and plans for such a magazine originated in the minds of two junior girls in the fall of 1919. These girls, Elizabeth Storm and Gwendolyn Watts, were at that time editing the household department of the "Iowa Agriculturist" and in their hearts they felt that the home economics division deserved a publication of its own like the other divisions of Iowa State College.

In November, 1920, Elizabeth Storm was announced editor of the new magazine and she worked with indomitable courage thru that winter to help perfect the plans which would make the publication a success. After graduation in 1921 she followed her "career" as a home demonstration agent for two years and then married Fred E. Ferguson '22 who is now associate bulletin editor at Iowa State College.

Since her marriage she has done some extension work and acted as chairman of the membership committee of the Iowa Home Economics association.

Of the hum drum existence of being a housewife she says, "With budgeting and accounting, gardening and canning, dress-making and repairing, not to mention three meals a day and consequent dishes. I can testify that alleged monotony of homemaking is not under our roof," and then continues, "I should have added landscape gardening to my list of accomplishments for we are spending hours trying to decide what to put where and why."

Mrs. Ferguson's hobbies are numerous and varied but fortunately she spends more time on the "Homemaker" than on any other thing. Last year she served on the publication board.

MARRIAGES

Ruth Meyerhoff '25 and Vern Carlton Drennan '23 were married at Corning, Ia., in September and are now "at home" in Fairfield, Iowa.

Julia Etta Ryan Ex'24 and Fred B. Trenk '23 were married in Washington, D. C., Sept. 8. They will be at home at College Park, Md., where Mr. Trenk is employed by the Maryland State Forestry department.

Ruby Faul and Peter Ainswrth, both '25, were married last July and are making their home in Cedar Rapids where "Pete" is with the "Gazette."

Mary Allen Ex'24 and Leslie Alt '24 were married in Des Moines, Sept. 24.

Reva Pierce and Cedric Fegtley of the class of '25 were united in marriage Sept. 5. They are making their home in Des Moines but still enjoy varsity dances in Ames.

On Monday, Oct. 5, at Aldon, Ia., occurred the marriage of Ruth Spencer '20 to Ralph Culver '23. Ruth has been a loyal friend of I. S. C. as a college girl, a graduate student and as a member of the home economics faculty so we are sure that her loyalty will continue in her new role.

WIN JOURNALISTIC A'S

Gertrude Murray, Reva Pierce and Mercie Carley, last year's editor, business manager and circulation manager of the "Homemaker" were awarded journalistic "A's."

RANKS FIRST IN SCHOLARSHIP

Helen E. Kallenberg, H. Ec. '28, with an average of 92.69 had the highest scholastic standing of all freshmen women students for 1924-25 and ranked fourth in the entire class.

Jessie M. Horne, H. Ec. '24 is with the extension department of the State College of Pennsylvania doing work in clothing.

Five Iowa State alumni spent last summer in Chicago studying art. Marie Painter Ex'25, Helen Easter '22 and Marian Lepley '22 attended the Chicago University. Lenore Higley Nettling '24 and Audrey Hickman '22 were students at the Art Institute. Audrey is now teaching in the Michigan State Agricultural College, Marie in a Texas high school and Helen in Waterloo.

Ann Dowell '23 stopped to visit us in June. Her husband "Bill" is county agent at Winterset and Ann is teaching home economics in the high school. She is bringing her weight up to normal and it is most becoming.

When in Doubt—Try Apples

(Continued from page 4)

- 1 teaspoon mustard
- 2 teaspoons cinnamon
- 1 tablespoon salt
- 2 onions
- 1 pint vinegar

Quarter, pare and core the apples. Cover with water and simmer till soft. Chop the onions fine. Combine all the ingredients and let simmer one hour or until the consistency of catsup. Seal while hot.

APPLES WITH VEGETABLES

Scalloped Apples and Sweet Potatoes

- 2 cups boiled sweet potatoes
- ½ cup light brown sugar
- 1½ cup sliced sour apples
- 4 tablespoons butter
- 1 teaspoon salt

Cut the cold boiled sweet potatoes into ¼ inch slices. Slice the apples in thin slices. Butter a baking dish. Put into this a layer of the potatoes, then apples. Sprinkle with sugar and salt and dot with butter. Make a second layer in the same way. Bake in a moderate oven one hour. Cold cooked Hubbard squash may be used in place of the sweet potatoes.

Apple Breads

To a piece of bread dough the size used for a loaf of bread, work in one beaten egg and ¼ cup melted butter and ¼ cup sugar. These may be added to some of the sponge before the flour is added if one wishes. Spread out the dough half an inch thick in a shallow rectangular pan. Let rise. Peel, core and cut the apples into eighths. Press the sharp edges of the wedge-shaped pieces of apple lightly into the surface of the dough. Sprinkle with mixed sugar and cinnamon. Bake in a quick oven. Serve hot for luncheon or supper.

One may use baking powder biscuit dough in place of the bread dough. Add to 3-4 cup milk, 1 egg and 2 tablespoons sugar. Mix 2 cups flour, 4 teaspoonsful baking powder, 1 tablespoon fat as for biscuit. Combine wet and dry ingredients. Roll out half inch thick and proceed as stated above.

Apples in Salad

Apples combine with any fruit mixture. If the red skins are left on, this adds a bit of color to the salad. Because apples discolor so readily, do not cut up the apples until just before serving. If one wishes to prepare an apple salad some time before the meal, try the following: Cut up the fruit and place in a glass or granite bowl. Use your favorite combination of fruits. Make a lemon gelatin following the recipe on the package. Chill. Pour this chilled lemon jelly over the fruit, using just enough to completely cover but not flat the fruit. Let stand till firm. In this way apples may be used without fear of discoloration.

Crab apple pickles are especially good used in this same lemon gelatin mixture for a dinner salad. The crab apples are placed whole, stems up, in a granite or glass pan. Pour on enough lemon jelly to cover the apples. When firm, cut into squares, serving one apple to a square. Serve on a platter with cold meat or fowl.

Other Apple Salad Suggestions

1. 2 cups apples, cubed, 1 tablespoon chopped pimento, 1 cup cottage cheese shaped into balls.

2. Apple, celery, almond, and green peppers.
3. Apple, cabbage and cocoanut.
4. 2 cups chopped apple, ½ cup chopped American cheese and ½ cup chopped sweet cucumber pickles.
5. 2 cups chopped apples, 2 cups cold cubed veal or pork, 1 cup chopped celery.

APPLES FOR PARTIES OR SPECIAL OCCASIONS

Apple Ginger

Quarter, pare, core and chop sour apples to make ten cups. Boil up ten cups sugar, 2 lemons sliced very fine, 2 2-inch pieces of ginger root. Add the apples and let simmer until transparent. Do not hurry these or the mixture will burn. Turn into jelly glasses and serve cold with cold meat sandwiches or salads.

Apple Punch

- 1 cup grape juice
- 1 cup cider
- 2 lemons
- ½ cup sugar
- 1 quart water

Make a syrup of the sugar and water. Cool, add the juice of the lemons, grape juice and cider. Serve ice cold. One pint charged water may be used in place of half the water in the syrup. Add this with the other ingredients.

Cider and ginger ale in equal parts make a good punch, also.

Candy Apples or Apple Lollypops

- 2 cups sugar
- 1 cup corn syrup
- 7½ cups milk
- ¼ tsp. salt

Cook the sugar, syrup, and 1 cup milk until a little tested in water will form a good soft ball. Add ½ cup milk and cook until a hard ball is formed in water. Stir constantly to prevent burning while cooking. Remove from fire. Select perfect red apples. Clean. Stick a wooden skewer secured at a meat market into the stem end of each apple. Dip each apple into the syrup to thoroughly coat. Let drain, put on greased or waxed paper to dry.

Apple Desserts

The all-American dessert of apple pie a-la-mode cannot be improved upon. These apple pies differ in flavoring, thickness and consistency. And most of us prefer our family brand to any new recipe. But here are two recipes for quite unusual apple pies.

Fluffy Apple Pie

- 3 apples
- 1-3 cups butter
- 3 eggs
- ½ cup sugar
- 2 tbsp. lemon juice
- Grated rind ½ lemon

Pare, core and steam the apples. Put through a fine sieve. Add remaining ingredients except the eggs. Beat the yolk and white separately. Beat the yolks into the hot mixture. Fold in the beaten whites. Line a pie plate with pie dough, making a good rim. Turn in the apple mixture. Bake till firm in a moderate oven. The top may be garnished with a lattice work of meringue and put back into the oven to brown.

A Different Apple Pie

Mix 1½ cups sugar and 13 cups flour. On the lower crust of pie dough place a layer of sliced apples, then a generous
(Continued on page 13)

QUADE

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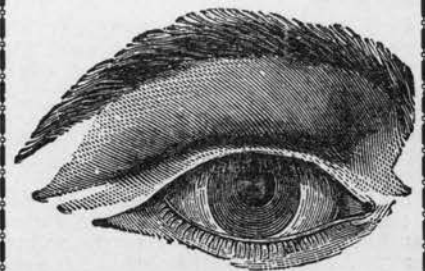
Ames, Iowa

Thanksgiving Day

You will want nut cups, place cards, favors and candies. We have a complete line to select from.

Goddard Gift Shop

Home of the
Martha Washington Candies
Fudge Cream, 50c per lb.



Students

should be equipped with NORMAL vision as well as with BOOKS when they enter school. That is our business exactly: making the vision normal.

Dr. F. E. Robinson
EXCLUSIVE OPTOMETRIST
Over the Gift Shop

Ames, Iowa



PREVENTING SLEEVES FROM DRAWING

I have so much difficulty with set-in sleeves; I cannot put them in so they do not draw. Can you suggest a remedy?—G. E. S.

Contrary to the old custom of beginning at the "pit of the arm", the place to begin in putting in your sleeve is the top of the arm. The highest point of the sleeve should be pinned to the top of the shoulder of the garment. Fold the garment, as you would do in packing—the fold will come at the top of the arm. Determine the point opposite—both in sleeve and arm hole and pin, carefully easing in the sleeve.

The clothing specialists of the extension department of the college tell me that very often there are wrinkles from the top of the shoulder to the side of the sleeves, because the cap of the sleeve is too short. A good rule to observe is that the warp threads of the sleeve should mark a straight line from the shoulder to the elbow, while the woof threads should run parallel to the floor.

GOOD TEXTURE FOR BREAD

What is considered good texture in bread and what are the factors influencing texture?

Good texture in bread is governed by appearance, elasticity and lightness. The texture of the right kind of bread might be developed in these three points: (1) Fine and even; (2) many small cells of uniform size; (3) cells should be oblong, soft and velvety. The bread should also be slightly moist, not at all dry.

Authorities from the Washburn-Crosby Flour company all agree that the American loaf of bread must have the following characteristics to be perfect: It must be attractive in appearance, evenly rounded on top, with a smooth, unbroken, tender, golden brown crust 1-2 of an inch thick, and have a light shredded appearance just above the pan. The crumb should be slightly moist, of a fine even texture, creamy white in color, with a satiny luster. It should contain no dark streaks, no lumpy or doughy spots, and the whole loaf should be delicious in flavor.

KEEPING THE BATHROOM FLOOR WHITE

How can I keep the tile floor of my bathroom white?

Scrub the floor thoroly, wax lightly and polish it. This is also a very satisfactory treatment for linoleum.

HALLOWE'EN DECORATIONS

Can you give me some suggestions for Hallowe'en decorations and refreshments?

Fruit cocktail may be served in orange cup Jack o' lanterns. The holes of the faces may be filled with candied cherries, or a paper cup may be placed inside of the orange to hold the cocktail.

Canned black and yellow cherries stuffed with nuts make delightful confections. Put the cherries in mounds on the plates and surround them with fences of witches or cats cut from black cardboard, after the manner of the old-time strings of paper dolls.

Jack o' lantern sandwiches are made of brown bread in the shape of pumpkins, with a face cut in the upper slice of bread.

Brown cambric for a table cloth, with a big Jack o' lantern, oak and maple leaves, and orange candles will make a very attractive table.

PREVENTING OLD LACES AND FABRICS FROM BECOMING YELLOW

Is there any means by which old laces and fabrics can be prevented from yellowing?

If laces and fabrics are wrapped in blue tissue paper and put in a dark place, they will not yellow.

SHEETS AND PILLOWCASES

What material is the most satisfactory for sheets and pillowcases?

In purchasing sheeting without testing the sample, no matter what material, rub the sample between the fingers. If a deposit shows too much starch, the material will be glazy after laundering. Unbleached muslin gives excellent wear but is difficult to launder while new, and never bleaches entirely white. Percale has no fuzz on the surface and looks more like linen.

In buying the ready-made sheets, buy those advertised as torn. These are torn before hemming and will be much straighter after laundering.

RENOVATING VELVET DRESSES

A velvet dress has become badly creased and shiny. How can it be renovated?

Steam the velvet by passing it over a hot iron, upon which is a damp cloth. Passing the velvet through the steam of a tea kettle will also serve to raise the nap. Velvet should be shook dry and not allowed to crease while damp.

CLEANING RUSTY STOVE TOPS

How may a rusty stove top be cleaned?

Brush well with kerosene, let stand one-half hour, rub well and wipe off with soft paper, repeat and rub well with steel wool. Wipe clean and repeat the entire process until the surface is smooth.

KEEPING PIMENTOS

Will you please tell me how pimentos can be kept after the can has been opened?

If pimentos are drained, placed in a glass tumbler and covered with salad oil, they will keep indefinitely.

CLEANING IVORY FURNITURE

My ivory furniture has become badly marred and soiled. How can it be cleaned?

Ivory furniture may be cleaned with mild soap and warm water. Bon Ami will remove the stains and mars.

RAG RUGS

Where can I find information on making hooked and braided rag rugs?

A bulletin on hooked and braided rugs can be secured from the Bulletin Service of Good Housekeeping, 119-40th St., New York City, N. Y.

I am considering buying a pressure cooker. What points should I look for in selecting one?

Home Economics Bulletin No. 17 states the following points to note. A good cooker must have a steam gauge to control temperature, a petcock to enclose and release steam, a good safety valve, a steam tight joint where the cover fits the kettle, clamps substantial and tight fitting. The best cooker is the one that leaks the least steam. The cooker with the fewest clamps is most convenient and easiest to use. Wooden handles on the cover are very desirable as aluminum ones get very hot. A flat bottom cooker heats more quickly. Longer inset pans can be used with straight side cookers. The 10-12 quart sizes are the best size for average family use. The 17 quart is convenient for canning but too large for daily use. Be sure to study the book of directions accompanying the cooker and there will be no danger in using the pressure cooker.

When in Doubt—Try Apples

(Continued from page 11)

layer of the sugar and flour mixture. Use ¼ cup butter to dot the surface. Add another layer of sliced apples, then the sugar mixture, and another ¼ cup butter. Mix 1 teaspoon of vanilla with 2 tablespoons of water. Pour over the top layer of apples. Put on the top crust. Press together around the edge. Sprinkle lightly with sugar. Start to bake in an oven with good heat from the bottom, to cook the lower crust before it becomes soggy. Reduce the heat and bake one hour.

Apple Torte

3 cups chopped apples
1 cup sugar
½ cup flour
1 cup raisins and nuts
1 egg beaten
2 tsp. baking powder
Salt
1 tbsp. butter melted

Mix and bake in a buttered square cake pan 40 minutes. If the apples are firm, this torte will turn from the pan and may be cut in squares to serve. If apples cook up, serve into sherbet glasses by spoonful. Serve with cream. This may be served either hot or cold.

Apple Dumplings

1½ cups flour
1-3 cup fat
3 tsp. bak'ng powder
½ tsp. salt
½ cup water
2 tbsp. butter
½ cup sugar
Nutmeg or cinnamon

Mix and sift flour, baking powder and salt. Work in the 1-3 cup fat. Add the water to make a pie paste. Roll out to ¼ inch thickness in square shape. Pare and core medium sized apple. Cut the dough into four squares. On each square place an apple. Fill the center of the apple with sugar (white or brown), sprinkle with nutmeg. Dot with butter. Bring the four corners of the square over the apple. Moisten the edges with water and press firmly together. Pierce with a fork. Bake in a greased pan in a moderate oven about 40 minutes, or until the apple is tender and the crust is well browned. Serve hot or cold with cream or a pudding sauce.

VARIATIONS IN BAKED APPLES

Cocoanut Apples

Wash and core four apples. Bake in a moderate oven, using 2 tablespoons water in the pan. Make a syrup, using 1 cup brown sugar, 1 tablespoon butter and ½ cup milk. Add ½ cup shredded cocoa-

nut. Pour over baked apples. Sprinkle with cocoanut. Return to oven to brown the cocoanut or serve without browning.

Marshmallow Apples

Just before removing baked apples from the oven, stuff a marshmallow into each core hole. Let the marshmallow brown. Remove from oven.

Meringue Apples

When apples are baked, fill the centers with jelly or marmalade. Make a meringue with the whites of two eggs and 4 tablespoons of sugar, flavor with lemon. Spread the meringue over the tops of the apples, leaving a rough, jagged surface. Bake about 2 minutes in a moderate oven, to set the meringue. Serve hot.

Blushing Apples

Core and bake or cook, in boiling water, 6 red apples. Carefully remove the skin. If apple is not red on all sides, spread the red pulp completely over the whole apple with a knife. Use the water (Continued on page 19)

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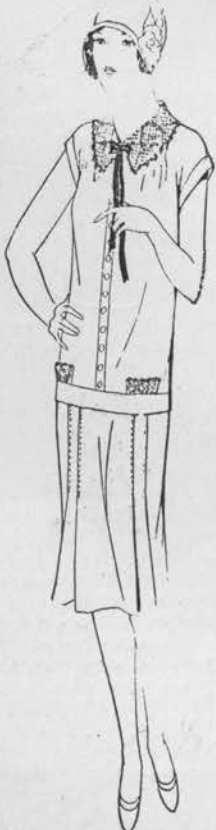
The Co-Ed Dresses

The Fall Mode is Slightly Molded and Elaborately Flared

The triumph of the flare over straight lines is undoubtedly an important one in the struggle for style supremacy. Frocks and coats are cut on circular lines in an infinite variety of ways, hem lines are widened with godets and plaits and the slightly molded bodice achieves a place of prominence in many of the newest and ultra-chic creations. For the most part, the flare starts at the hipline or even higher, but many frocks cling to the low knee flare, which is extremely youthful. Fur banding at the hem enhances the charm of many models and colorful embroideries on puffed sleeves and scarf collars add picturesqueness to the mode.

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New Faculty Members

By VIRGINIA RECK

THERE are nineteen new members on the Home Economics faculty this fall.

Miss Frances A. Sims, professor and head of Textiles and Clothing, received her Ph. B. degree from the University of Chicago and her M. S. from Simmons College. She studied design at the Chicago Art Institute and Church School of Art. Miss Sims has taught in the elementary school at the University of Chicago and in the textiles and clothing department during the summer session. At the University of Texas she was for four years in charge of the Applied Arts department, and for the same length of time has been head of Home Economics at the University of South Dakota.

Dr. Elizabeth E. Hoyt, assistant professor of Household Administration and Economics, secured her A. B. degree from the University of Boston and her A. M. and Ph. D. degrees from Radcliffe College. For four years Dr. Hoyt did research work for the National Industrial Conference Board of New York City, concurrently with studies on the cost of living and standards of living among working people in various large industrial centers of the United States. She taught two years at Wellesley College and for the past three years, while securing her master's and doctor's degrees at Radcliffe, she has been instructing.

Dr. Louise C. Wagoner, professor of Household Administration, is here in con-

nection with the development of Child Care and Training. She is instructing both in the Home Economics and Psychology Departments. Dr. Wagoner received her A. B. and M. A. degrees from the University of Washington and her Ph. D. at the University of Iowa under Dr. Baldwin. She has been teaching at the University of Wyoming.

Miss Georgia Belle Elwell, associate professor in Non-Collegiate, secured her B. S. degree in Teachers' College, Columbia University. She also took advanced work at the University of Minnesota and has taught in the high schools of Minnesota and in the University of Minnesota. Miss Elwell was State Clothing Specialist at Boise, Idaho, and State Supervisor of Vocational Home Economics of Idaho.

Miss Pauline H. Drollinger, instructor of Vocational Education, Home Economics, graduated from Iowa State College with a B. S. degree in 1919. She secured her M. S. degree in 1923. Miss Drollinger has been an instructor at Purdue University, Lafayette, Ind.

Miss Winifred McHose, instructor in Home Economics Vocational Education, is a graduate of Iowa State College and has been principal of the high school at Kelly, and superintendent of North Grant Consolidated high school. Miss McHose is instructing half-time and is working toward her master's degree in Home Economics Vocational Education.

Miss Elsie Wilson, instructor of Home

Economics Vocational Education, secured her B. S. from Iowa State College in 1918. She has taught Home Economics at Iowa Falls, Cherokee, and done summer work at the University of West Virginia.

Miss Eva Montgomery, instructor of Foods and Nutrition, secured a B. S. degree from Lincoln College. Miss Montgomery comes from an assistant professorship at Elmira College, Elmira, N. Y.

Miss Maude Williamson, instructor of Home Economics Vocational Education, is here on a half-time instructor's position in order to study. She has her A. B. degree from Teachers' College, Columbia. Miss Williamson has taught in Hardin College, Mexico, Missouri, and Georgia State College for Women; she has been head of the Clothing Department, State Teachers College, Huntsville, Texas, and recently she has been associate professor of Education at Kansas State Agricultural College.

Miss Vera Kite is a teaching fellow in Foods and Nutrition. Miss Kite did graduate work here last spring.

Miss Margaret McPheeters is a teaching fellow in Vocational Education. She comes from Stillwater, Oklahoma. Miss McPheeters was for four years head of the Normal School at Edmund, Okla.

Miss Elizabeth Rivers is a graduate of the University of Minnesota, and has taught there. She is in charge of Beach Home Management house.

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AMES IOWA

Birch Hall

By MARGARET ERICSON

"ENOUGH seats for all," says Dean Stanton. What might that mean? Birch Hall is the new dormitory—luxuriously furnished, and a source of pleasure. Not only is it a delight to the eye, but it is also a place of comfort. The entire hall is furnished in charming colors and in the best of taste.

Coming up the stairs of the spacious front entrance, one comes almost directly to the parlors. The south parlor is furnished in blue and gold. In this room are many of the comforts that girls want when they come away to college. There is a piano and beautiful over-stuffed chairs and davenport. One of the most striking features of the room is the type of chairs. They are clever, little Windsor chairs, painted blue with gold trimmings. The curtains of that room are blue and tan striped.

The other parlors are similar to the south one, except that the color schemes vary. All of the curtains are of the blue and tan and the rugs all have a taupe cast. Every room has the Windsor chairs with beautiful over-stuffed furniture.

Perhaps the most attractive room in the building is the west parlor. This part of the hall is for girls only. The furniture is over-stuffed wicker. The wicker is tan with a touch of orange on it. The cloth of the over-stuffing is striped with orange and blue. There is a touch of blue and orange on the taupe-

gray rug. The Windsor chairs in this room are decidedly unusual and clever. They are painted orange and have black trimmings. There is a dear little desk to match the chairs, a wicker lamp, with an orange shade, on a little wicker table decorated like the other furniture with a touch of orange.

To the west is an alcove with six windows. The curtains for these windows are of a tan with orange, blue and green stripes. A fire place and a piano added to all this, makes it a clever and comfortable place for home-sick freshmen to forget their "blues."

The bedrooms are furnished very nicely and have many modern conveniences. Both single and double rooms can be had, and some have private baths. Each room has a table, a chair, rocker, cots, chests of drawers, mirrors and all the rest of the equipment that goes to make up an ideal room in a dorm. The laboratories are in little closets which hides them from sight when not in use. Each closet is large and well lighted and there is a full length mirror on the closet door. No excuse for hanging petticoats, if you wear them, or uneven hem! All the furniture is nicely finished, which is an encouragement not to mar them in any way. The rugs are in harmonizing colors, of a good quality and easy to keep clean.

The recreation room is on the third floor, it is all in white and has built-in seats in the walls. In one corner of the

room is a Victrola from which issue the haunting strains of some popular tune, to which the co-ed may "trip the light fantastic" all she pleases on the nicely polished floor.

The three dining rooms are in the basement, and it is indeed a pleasure to eat there. Eight girls can eat at each table. The curtains are of bright cretonne, which lends cheerfulness and color to the room. Neat services tables are handy for the waiters, and best of all, is a comfortable looking fire place.

There are so many other features that
(Continued on page 18)

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Recipes--Old and New

By MURIEL MOORE

RECIPE—what a familiar word that is, and one which is so common in every American housekeeper's vocabulary. The word may have little meaning to the average individual who thinks of recipe merely as a list of such things as sugar, flour or butter, with, perhaps, a few obscure and meaningless directions for their combination. To the housekeeper, however, or to one versed in the manipulation of foodstuffs, a recipe is full of meaning for it is one of the most important of the essential tools with which she accomplishes the thrice daily task of meal preparation.

A recipe is an extremely interesting thing to most housekeepers, and whenever they gather, whether at Ladies' Aid or bridge clubs, the conversation invariably turns to recipes. One listening may hear Mrs. Brown giving Mrs. Smith a recipe for "the best chocolate cake, my dear", while Mrs. Smith in her turn tells of the intricate process by which a perfectly delicious marmalade may be made at home. There are so many varied methods by which even the most common dishes may be prepared, and every one is interested in knowing how their next door neighbor achieves that wonderful flavor in her vegetable soup or why her cakes are always so light and fluffy.

Just as the carpenter must have tried and tested tools with which to work, the housekeeper must have recipes which have been tried and proven successful, and which may be trusted to produce good results when used. All homemakers have their own favorite recipes, the majority of which have been handed down from generation to generation or have been secured from friends. Our grandmothers' old fashioned cook books are responsible to a great extent for many of the recipes used in our homes of today. Practically every kitchen bookshelf

contains numerous volumes of varied sizes, all containing recipes of every sort, and every bride invariably finds among her wedding gifts at least one cookbook in which directions for "bread like mother used to make" may be found.

The use of a card recipe file is fast replacing that of the old-fashioned cookbook in these modern days of efficiency. The file is more simple, compact and a great deal easier to use. The recipe may be readily found by means of the card index and the frequent handling of a bulky, awkward book is abolished. Another advantage of the file is in the fact that new recipes may easily be added by the use of additional cards.

The Home Economics Division of Iowa State College is using in its classroom work in foods what is known as the Bell Recipe File. This file, which consists of the best and most successful recipes available, has been compiled and edited by Miss Viola Bell, Associate Professor of Foods and Nutrition at Iowa State College.

After two years of satisfactory use in the classroom by the students of foods, the file has been revised and made more complete. Special attention has been paid to the cooking of vegetables, that all important groups of foods, and appetizing methods for their preparation may be found in the file. Meats, too, come in for their share of attention and the uses of the various cuts are brought to the mind of the housekeeper. The recipe file also includes a group of cards concerning preservation. There are recipes for marmalades, jams and jellies and instructions for canning fruits, vegetables and meats. These cards include statements concerning the yield of the recipe and gives the number of glasses or jars of the resulting product.

The new Bell Recipe File has been placed in a stronger and better wooden box, which has a protecting pasteboard cover. There are several other special features which make this new file highly desirable both for school work and for use in the home. All the index guides to recipes and to groups of recipes are plainly visible and the general contents of the file may be seen at a glance. The recipes are separated into inclusive groups and each one in the group is listed in the special index of that division. The cards of the file are arranged in numerical order, thus increasing the ease with which they may be returned to the box. Each recipe card has a hole at the top so it may be hung in a convenient place while in use. This keeps the card from becoming soiled while being used and often prevents its complete loss or destruction. The type in which the recipes are printed is large, well-spaced and consequently is easily read. This all helps to make the Bell Recipe File the best and most satisfactory thing of its kind.

The file is coming into use in the high schools of the state and each day brings inquiries concerning it from all parts of the state. Many homemakers are finding it very useful and satisfactory in their work. Anyone interested in learning more about the file may do so by writing to the publisher, Miss Viola Bell, at Iowa State College.

**IOWA STATE FACULTY MEMBER
ON NATIONAL COMMITTEE**

At the meeting of the American Home Economics Association at San Francisco, the announcement was made of the appointment of Miss Eloise Davison, in charge of Equipment, Household Administration Department, Iowa State College, as a member of the National Committee on the Relation of Electricity to Agriculture. The membership of this committee consists of representatives from the American Farm Bureau Federation, the National Grange, the National Electric Light Association, American Society of Agricultural Engineers, U. S. Department of Agriculture, U. S. Department of Commerce, U. S. Department of Interior, the General Federation of Women's Clubs and the American Home Economics Association. Miss Davison represents the American Home Economics Association on this committee.

The chief objective of this committee is to give purpose and direction to the work necessary in determining the maximum economic uses of electricity in agriculture. The farm home has a prominent place in this work.

Prior to her appointment, Miss Davison had been working closely with the national committee by directing some studies on the utilization of electricity in the farm home, both in the Household Equipment laboratories at Iowa State College and in a field laboratory located near Garner, Iowa.

BIRTHDAY DINNER PARTY

September 30 is the birthday of Miss Florence Busse, head of the foods and nutrition department. This occasion was celebrated by the staff of that department at a dinner party at the home of Miss Viola Bell. Seated at the banquet table were twelve members of the foods and nutrition staff and the especially invited guests, including Dean Richardson of the Home Economics Division and Mrs. Busse. After the dessert, Mrs. Busse announced the engagement of her daughter

to Mr. Roy N. Smith of Chicago. At an evening party following the dinner, Miss Eloise Davison announced Miss Busse's engagement to other friends.

Verna Hunter Rowe '24 announces the arrival of Marvin Hunter Rowe at their home in Minneapolis.

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Safe and Adequate Food Supply

(Continued from page 2)

clubs. Programs that deal wholly or partially with questions similar to this may well be worked out by members. Thru these free discussions the proper frame or attitude of mind cannot help being created. Not only would interest among women be awakened by such a program, but it would set the merchants to thinking, perhaps groups as the dairymen, also.

Respect for and strict enforcement of pure food laws would most surely be a plank in the platform of any progressive home economics club. It would result in inducing grocers to keep better quality products. Probably there are many food laws on the statute books of whose existence many of our women are ignorant.

No subject on a safe and adequate food supply would ever be complete unless it considered that all members of society have proper foods in sufficient amounts. There is always the dependent class with us and must be cared for by society. Suffice it for me to say here that county or township funds should provide ample means for supply of food for needy families with its direction for use in the hands of educated officers.

"In the Candle Light"

(Continued from page 5)

is used in its natural color the woodwork and hangings furnish the color. The floor might be brown tile and the woodwork ivory and brown. If it had blue and orange in the hangings the candle sticks might be glass painted blue with orange trimmings. A bowl of the same in the center for fruit would give balance and help to carry out the color scheme.

The type of candle to be used on a buffet in the dining room might be similar to that for the service table in the breakfast room. But it is more neces-

sary that it is carefully made. Either decorative or conventional designs might be used. Such bright colors are not always so pleasing in a dining room as in a breakfast room. Just now lustre ware is very popular in dining rooms. Candle sticks and a flower bowl in orchid or blue shades of lustre ware are very effective on a buffet. They are prettiest with nothing or small doilies under them. The bowls for flowers often have a wooden stand on which they are placed. The candles should be painted the same color and a raised fruit design placed near the top. These might be made by hand with the use of sealing wax.

The decoration of candles is fascinating work for we enjoy decorating our own homes. It is really not difficult and is very useful in making gifts. Hand decorated candles also hold a personal element and there is a large field for expression of originality and individuality.

Birch Hall

(Continued from page 15)

could be mentioned. The chaperone's apartments are spacious and convenient. The office is to the left of the front entrance and is very handily equipped.

Surely this new dormitory is one of the dreams of Iowa State college come true. It might well be termed the perfect dormitory. Every little detail is so in keeping with the wants of the modern college girl. There is a home-like spirit about it and at the same time a collegiate spirit that the girl wants in her college life. Freshmen living in Birch hall are getting an ideal start in their college life. With the new Home Economics building too, women of Iowa State college are having the best opportunities that any college could offer to them.

Birch Hall—the new dormitory, is one of the finest additions to the college.

McCOLLUM HEADS HEALTH SHOW

Dr. V. E. McCollum, international authority on nutrition and professor of chemical hygiene at Johns Hopkins University, had charge of the health show held recently in connection with the National Dairy Exposition at Indianapolis.

The Food Show, in addition to being the first of its kind ever held in the United States, is of special importance to the field of Home Economics since Dr. McCollum discovered Vitamin D, the food element so necessary for proper bone growth and disease prevention.

Exhibits of milk, cereals, fruit, vegetables, meats and fish were charted and their preparation demonstrated by nutrition workers.

"Most of our common foods are wholesome when properly combined, but individually they are incomplete. We cannot condemn all foods because of their shortcomings, but we can learn the proper balancing of foods, so that what is lacking in one will be supplied in another. The purpose of this Health Food Show is to educate the public to the quality of agricultural foods and to emphasize in particular the relation of certain foods to others," said Dr. McCollum.

Alice Stewart '24 and Ila French '24 began their student dietitian training at Michael Reese Hospital in Chicago June 1. Mabel Rood '25 is getting her training in Seaside Hospital, Long Beach, Calif. All three write enthusiastically of their work.

The Thanksgiving Dinner

(Continued from page 1)

pear stick several green leaves, at the other end stick in a clove. Make a little mound of dressing at one side. Let this stand on ice until ready to serve. This salad may be served as a separate course or along with the meat course.

To summarize, it would be well to remember that even though Thanksgiving comes but once a year, we should try to have as well balanced a meal on that day as we have at any other well planned meal. We must not think that to have a bountiful meal we must have several duplicates as potatoes, rice, squash, sweet potatoes or two or three different kinds of pie. If we have a carbohydrate, as potatoes, a protein food as our meat dish, a relish of some kind, at least one green vegetable, either fresh or canned, some fruit and a dessert, we will have a fairly well balanced meal. Do not try to over do your Thanksgiving dinner. Have it well planned, well prepared and well served.

When in Doubt—Try Apples

(Continued from page 13)

in which the apples are cooked to make this sauce. 1 cup water, 1 cup sugar, juice and rind of 1 orange. Boil till thick. Pour over the apples and serve with whipped cream.

Jellied Apples

Pare, core and cut apple into sixteenths. Use 1 quart. Make a syrup, using 2 cups sugar to 2 cups water. Add

apple sections to syrup. It is best to use a shallow pan so that apple sections float on the surface. Cook slowly till apples are transparent. Carefully lift apples from syrup. To 1 cup syrup add tablespoon gelatine softened in a little cold water. Let cool. Add 1 teaspoon lemon juice. Put the apple sections into a glass or aluminum mold. Pour over the gelatine mixture. When firm, turn from mold and serve with whipped cream.

Apple Fritters

1½ cup flour
2 tsp. baking powder
¼ tsp. salt
1 egg
2-3 cup milk
2 sour apples

Sift flour, baking powder and salt. Beat the eggs and add the milk. Mix the wet and dry ingredients. Beat. Let stand one hour. Pare, core and cut the apples in thin slices or small chunks. Stir into the batter. Drop by spoonful into hot deep fat and fry to a delicate brown. Serve at once with a tart sauce, as lemon, orange, maraschino or jelly sauce.

Real Lace

(Continued from page 3)

Guipure. It was the earliest Irish lace industry, and is made in this manner: a pattern, which is put into a frame, is covered over with a thin, white muslin; this pattern, which is visible thru the muslin, is then outlined on the cloth with an over and over stitch; the designs are connected by bars of thread covered over with buttonhole stitch; the last step is to cut away the fabric outside the outline and underneath the bars or "brides",

as they are called.

We finally come to machine-made laces. The Nottingham looms of England were the first lace-making machines made, and it is said they were evolved out of the stocking loom. Improvements have been made on this loom, until now an imitation lace almost defies detection. Frequently it is said that unless one can afford real lace, one should not use lace at all. I think this is an incorrect statement.

Emily Hunting '19 and Julia Kessel Shackleton Ex'17 are now enrolled in Mrs. Prince's school of salesmanship at Boston.

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