

The House That Was Built to Fit

By BETH CROWLEY



The House That Was Planned by An Iowa State Girl

YES, it was planned when I was studying "house" at Ames. A short time before I entered college, mother and I had moved from our old home, and were looking about for a new location and a house that would more nearly suit our needs. So, when in the course of my college training at Iowa State College I found myself classified in the subject, "house," I had visions of planning a house to be built for us.

The class problem of planning a house to suit some family, either real or imaginary, fitted into my vision. The restrictions that this house must cost no more than \$5,000 and be adapted to some definite site were given to us, which proved to make the problem more definite. The lot I chose was one we might have used, but later we found one which we felt was much better.

Mother lives alone in our home most of the time. The rest of the family, consisting of three children, with their families, and another who is at home about four months each year, arrive at any and all times, collectively and individually, to rest and play or work. That situation placed my problem rather definitely before me, and so our house was planned.

After changing it somewhat because of the change in site, and the additions and eliminations that are to be hoped for, in "living with your plan" the house was built. Having lived in it two years, we are more enthusiastic than ever over the theory that women who are to be the housekeepers should plan the homes.

From the start mother's conveniences and preference for ways of living and working were considered. Her way of entertaining guests and taking care of the family when they came, were that of. Her objection to climbing stairs meant that a bedroom with large airy closet and one bath were fitted into the first floor plan.

Miss Winifred Gettemy, who supervised the course, brought out the architectural details that made the house a possibility, not a vision. Then we worked and lived for two years searching for a location to suit us better and discussing each phase of the plan to see wherein it could be improved.

Just after we had given the plan to the contractor for his estimates, his shop burned and I dispiritedly started to reproduce it. But to my surprise the plan was not a piece of paper, rather it was an idea that I knew and could so easily reproduce.

From the site selected we can look across a portion of a lakeside park and on across one of Iowa's prettiest lakes. This meant that a living porch across the front of the house, with a subsequent change in roof line, was desirable. The sleeping porch on the second floor is now above the living porch instead of

at the rear. The arrangement and sizes of the rooms on the main floor are as originally planned.

The first floor is a complete home for mother, with the living, working and sleeping areas represented. The basement is arranged for laundry, storage and heating purposes. There is an inner stairway for use from within the house and an outer stairway for the person who takes care of the furnace. The second floor provides sleeping room for the entire family if necessary and storage of family "treasures." The baths on both floors eliminate many steps.

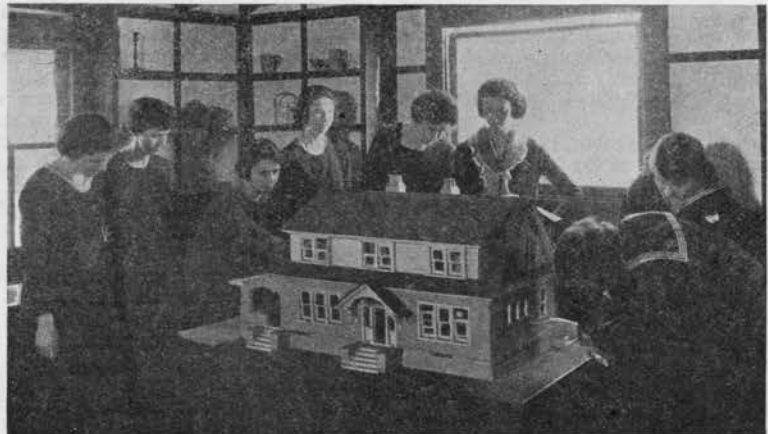
The closed stairway and hot air heating system mean that the top floor can be forgotten while mother is alone.

The interior finish is simple and in keeping with our furniture, but I believe the kitchen is just right. So does every person who plans and then builds a kitchen, so I will merely mention a few of the conveniences. The electric range, commercial kitchen cabinet around which cupboards are built and long sink and drainboard, below windows affording a lovely view of our lake, are arranged to save the most steps. The built-in refrigerator to be iced from the outside with a water cooler coil has proved its worth many times.

The exterior is not unusual for a very unusual house among the houses about us would not be desirable. Yet the quality of the rough brown brick and lighter brown pebblestone which are being "held to the ground" by some small slowly growing English ivy and the graceful bridal wreath interspersed with the bright salvias, at the base are expressions of what we like.

Moving in was a joy. Each piece of furniture we had, had been blocked in, as the rooms were planned and the new pieces were selected to correspond with the old. How surprising it was to find that each dresser or the piano fitted the allotted spaces.

I have not mentioned the French doors between dining room, living room, sewing room and hall nor the number of windows in closets and all rooms that caused the contractor to say, "You won't need



In the "House" Laboratory at Iowa State Here the Girls Learn to Plan Wisely Homes of Their Own

many bricks because there are so many windows!"

In fact, there are so many things I might like to tell you of. There is the shower in the basement to step into when a swim in the lake is over. Yet it is after all only the experience of one student following up her work in "house."

I am asked frequently about the \$5,000 limit. The addition of the 10'x36' porch and the fact that we needed our house while war prices were still prevalent caused us to pass that limit somewhat. Yet, I still feel and have been assured by contractors that it could easily have been observed when the house was planned.

The accompanying article has been written by Miss Beth Crowley, a former Iowa State College girl, who is now an instructor in the house planning course at Iowa State College.

It is a real experience story, in which she tells the circumstances and facts that made the house which she planned while in college an actual structure.

The house has been built at her home in Storm Lake, Iowa.

It has been a source of great satisfaction to me to know that the structure I now call "home" is an idea, a plan marked out by myself for my family. But what pleases me more is to know that it is the product of the mark I started while a student at Iowa State and to know that it has met the approval of contractors and architects. It has made possible for my mother, a home that is compact, comfortable, containing everything she wanted in the line of conveniences and labor saving devices. All this is a result of my course in house planning while attending Iowa State.

A Few Fine Points in Meal Planning

By BETH BAILEY, Associate Professor of Home Economics

DOES the problem of meal planning end when the housewife has decided how much of the family allowance may be spent for food and has insured the health of her family by providing plenty of milk, a variety of vegetables, fruits once or twice a day, enough fat and sugars to furnish fuel for the body and eggs, cheese or meat for the constant repair of tissues?

This is far from true. A dozen or more other factors enter into the successful menu.

Variety is surely the spice of meal planning. Nothing is so deadening to the appetite as repetition from day to day throught the year. Many housewives are so hackneyed in their habits of cooking that there is a sameness of flavor of foods in every meal.

One should not use the same food more than once in the course of the meal, as tomato soup, scalloped tomatoes, and tomato salad, or pineapple in fruit cocktail, in salad, and in dessert. With such a splendid variety of foods as is now common due to modern transportation and storage, there is little excuse for monotonous menus.

One housewife turned the searchlight on her meals and was shocked to find the vegetables consisted of only potatoes, peas, corn and tomatoes, the meat was steak, pot roast, stew, meat loaf and chops, the desserts were pie, cornstarch pudding, sauce and cake. No wonder she grew tired of "cooking." One can not call that "meal planning." It is just "cooking." If the family shows a fondness for chocolate pie, one must not err by making it so often that it fails to cause a thrill at its appearance. It is not too much to ask this variety.

In order to prevent monotony attention may be called to these "Do Nots:"

Do not serve the same vegetable twice in one week. Potatoes are, of course, an exception to this rule. So are lettuce and fresh vegetables with a short season, as garden peas, tomatoes, asparagus, etc.

Do not serve the same dessert more than once in two weeks. Fresh berries and fruits are again an exception, as their season is so short. But cornstarch pudding and apple pie, we have always with us.

Do not repeat the same meat cooked in the same way in one week or even two weeks. Even porterhouse steak can become uninteresting if served regularly twice a week.

It is also important that there be a good balance between soft and solid foods. For illustration note this meal:

Tomato soup

Creamed beef in baked potato cases
Buttered Peas Bread Butter
Jelly Roll with Lemon Sauce

It becomes a failure if we serve instead scalloped potatoes, peas in their liquid, and soft custard for dessert.

Again, note this menu:

Roast Beef, Gravy, Dressing, Mashed Potatoes
Creamed Carrots
Soft Custard Salt Wafers

It is ruined if boiled potatoes, no gravy glazed sweet potatoes, and bread pudding for dessert are served.

A balance should be kept between sweet and sour flavors in one meal. Acid whets the appetite and calls out the digestive fluids. This is our reason for serving acid fruits for breakfast and as a fruit course at dinner. Sweet has the opposite effect. It dulls the appetite and is served at the close of a meal. If one ate chocolate cornstarch pudding as a first course, one would not care for the

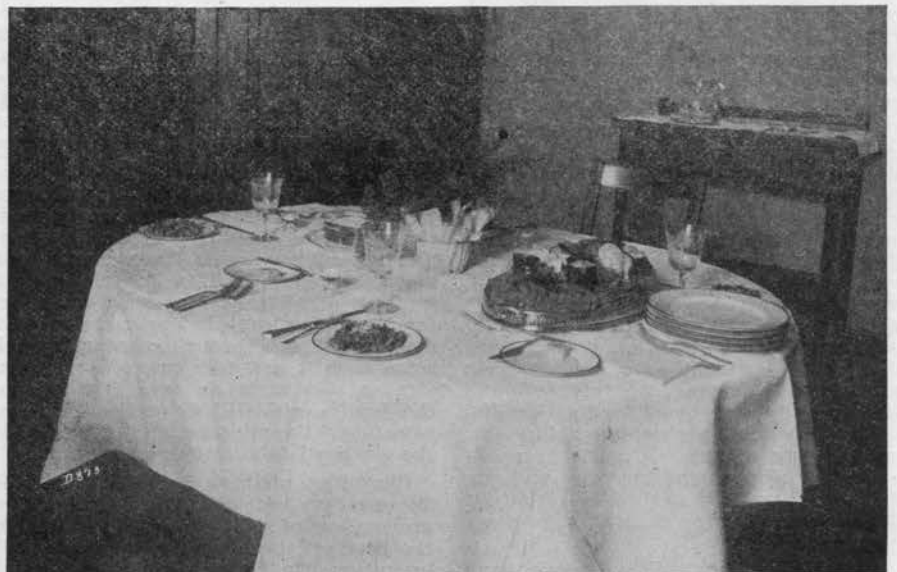
food in the main course. A meal may provide plenty of fuel, but if it lacks sweets, one is apt to feel hungry. For this reason, it is wise to serve a sweet dessert whether it be a fruit, pudding, candy, jam or in another form.

It is not well to serve all hot nor all cold foods. Even in hot weather, one hot dish is desirable.

One should guard against serving in one meal several foods difficult to digest, as pork chops, fried potatoes and mince pie. It is too great a test on the good functioning of the digestive organs to so load the system with rich food.

Do not serve two strong flavored foods in one course. If a food of pronounced flavor is used, the rest of the meal must be planned about it. One can not imagine eating sardines, onions, and codfish in one meal.

An application of the need for variety is shown in the use of leftovers. In the first place, a housewife should avoid having too many leftovers. 'Tis better to have a few well cooked foods that may be eaten at one meal. If one wishes, one may deliberately plan to have leftover rice, potatoes, meat, etc., but these should reappear in a new form and preferably



A Few Well Cooked, Attractively Served Dishes are Better Than Many Less Pleasing