

THE FARM Wife

Devoted to the Interests of
Feminine Members of the Farm Family

Farm Women Do Not Fill Enough Jars

AMES—Too many empty jars—that's what Miss Margaret Tiffany, Iowa State college research consumer economist, found in a survey of canned food shelves in 390 farm homes.

Miss Tiffany pointed out that farm women in 1939 fell almost 50 per cent below the canning goals Iowa State college extension nutritionists are now recommending. Although the 1941 recommendations are higher than average, due to the defense emergency, the fact remains that farm women on the average don't can enough, Miss Tiffany said.

Nutritionists recommend 575 quarts of fruit, vegetables and tomatoes for a family of four for a season, provided no commercially canned or fresh vegetables and fruits are purchased or stored in other ways.

Of the vegetables actually canned, only three—tomatoes, string beans and pickles—were canned by three-fourths of the group. Those who canned tomatoes and snap beans put up only about half of the recommended amounts of 125 and 60 quarts, respectively. Pickles, not recommended, were canned in abundance.

Iowa families like corn, for according to the survey, they exceeded the recommendations of 20 quarts per family by averaging 28 quarts. Not quite half the families canned peas, and those that did canned three-

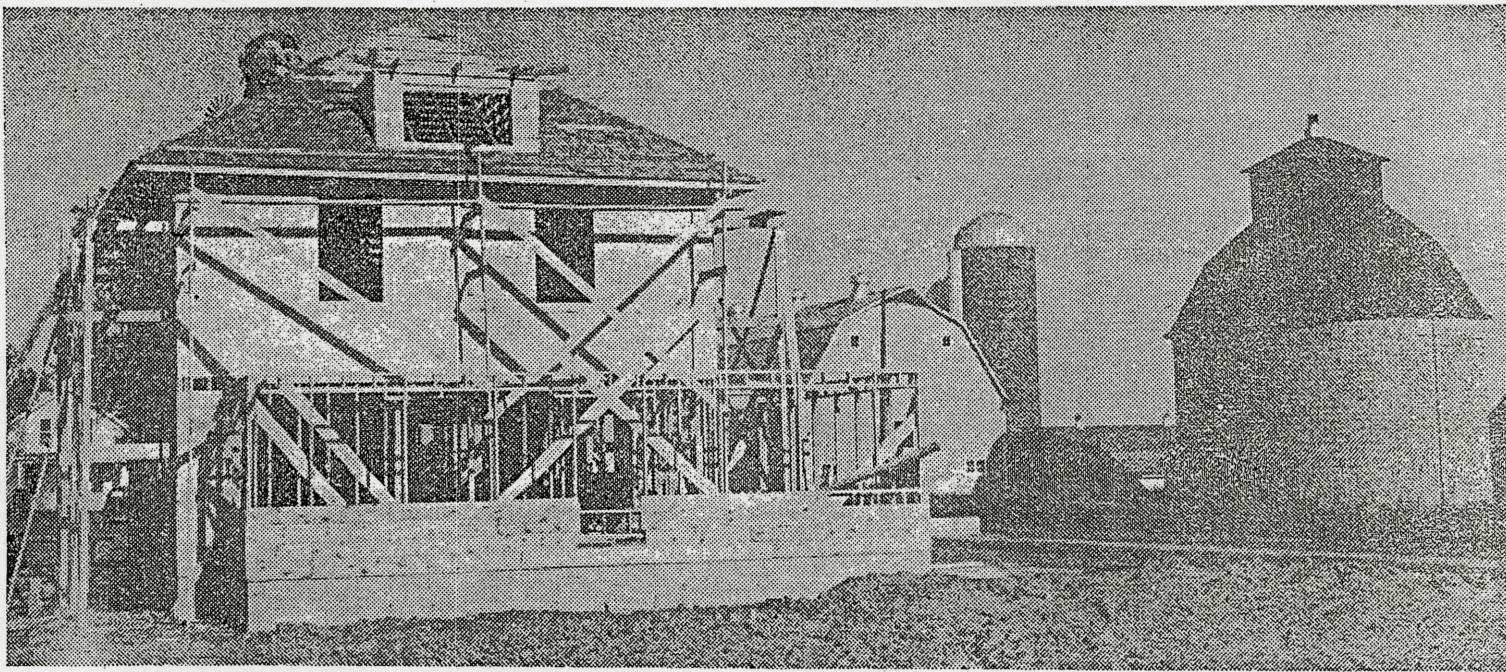
Milkmaid Motif in New Costume



Here's a fall ensemble found by Renee Haal following the completion of her featured role in RKO Radio's "Unexpected Uncle." Dutch as the actress' own ancestry, the original costume has Dutch pails of woven straw hanging on rope from shoulder epaulets of burlap. Useful as well as ornamental, the pails are used as pocketbooks. They have "hoops" of rust-colored silk crepe to match the shirtmaker style dress. Her wedgies are rust and off-white.

Farm Science Is Practiced—

Home Construction Follows Farm Profit



"Fine farm houses are fine things," Emil Tyden tells people who ask him how he has succeeded in building up and making profitable so many North Iowa farms. "They make life worth living. But," he goes on, "a house won't grow crops." That's why new houses are the last items to be built on Tyden farms. First comes draining and fertilizing of the soil, purchase of modern machinery, erection of fine buildings for the cattle, hogs, horses and chickens to live in—and for their feed to be stored

fourths as many as recommended.

Fifty to 60 per cent of the families canned fruits, with the combined cannings of apples, peaches, pears and apricots running fairly close to the nutritionists' "par." Families often canned more of one fruit to make up a deficiency in another.

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The most popular vegetable was tomatoes, canned by 85 per cent of the families, either as a vegetable, as juice, or both. The total amount canned per family was 74 quarts, compared with the recommended 125 quarts.

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Very little money was spent in purchasing vegetables to be canned. A few tomatoes were bought or received as a gift or in trade.

Scarcely any of the families bought canned tomatoes, pickles or relishes. Canned green beans were bought by a few. Two-fifths of the families bought canned peas and one-third bought canned corn.

In the fruit section of the cellar Miss Tiffany found peaches ranking highest—with three-fourths of the families averaging about 40 quarts. Plums were second—63 per cent of the families canned an average of 22 quarts. Fewer families canned berries, but those who did canned larger quantities than those who canned plums. About the same number canned pears as berries. Apples were canned by three-fifths of the group—in small quantities because the families apparently preferred to buy them fresh during the winter.

In sharp contrast to vegetables, relatively small proportions of the home-canned fruits were home-produced. Less than half as many renter families as owners produced all the fruit they canned. But there was little difference between the two on the proportion raising all their vegetables.

Try this! Take a quarter of a slice of pineapple, place on top of cube of cheese and wrap a slice of bacon around the combination. Secure the bacon with toothpicks and brown in the oven.

Modern Type Refrigerator Found Cheap

AMES—Economically speaking, the family which owns a fairly old mechanical refrigerator would be ahead to purchase a new one, according to Mrs. Louise J. Peet, head of the household equipment department at Iowa State college.

Not only are refrigerators cheaper than they were a few years ago, but they also are much less expensive to operate, Mrs. Peet found in a recent study of all types of refrigerators.

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The newer electric refrigerators use about half as much electricity as the older ones, Mrs. Peet found. Replacements, although slowed down by the demand for metals in defense industries, would conserve electricity, she said.

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When you pay a high price for a new refrigerator, it's the special features you're buying, Mrs. Peet asserted, for the less expensive ones usually are as well constructed as the more costly ones.

Covering the cake of ice in an ice refrigerator won't increase the coldness of the box, but keeping the ice rack completely covered will, tests show.

Overloading the food chamber was found to be one of the chief causes of poor circulation and resulting inefficient refrigeration. Since an 8 cubic foot refrigerator uses very little more fuel or electricity than a 6 cubic foot, Mrs. Peet points out the advisability of buying a bigger box—to pay dividends in more space and better refrigeration.

Finding the coldest spot for meats and milk often disturbs the inexperienced homemaker. In the top-iced ice refrigerator the coldest spot may be on the top shelf of the food compartment directly under the opening through which the cold air falls, but in some models it is the center of the chamber floor. Immediately below the unit is the coldest spot in the mechanical refrigerator.

Farm Science Is Practiced—

Remodel Dairy Barn



Ruth Schwenneker takes time out to let a new calf suck on her finger but her dog, Jerry, disdainfully disregards the whole procedure. Mr. and Mrs. Carl Schwenneker are making a trip through the newly rebuilt dairy barn on Tyden farm No. 2 which they tenant. They're mighty proud of the new silvered iron fixtures on the 28 stalls, the sound, clean concrete floor, the new milking machine, the milk room with hot and cold water, wash tank and electric separator. And they know from the experience on other Tyden farms that these improvements aren't luxuries—that they'll pay for themselves many times over. (Lock photo, Kayenay engraving)