They Make Their Own

Home Ec Girls Learn Modern Methods Of Tailoring, Sewing, Dress Designing

By Edith S. Ranney

"Home Ec has changed a lot since my day," said a University of Arizona grad recently while visiting the School of Home Economics, "but the girls still sew! I've been thankful for my clothing classes a million times, I guess."

This year a class of twenty-four is finishing coats and suits in the advanced class. For weeks these girls have worked at tailoring techniques, such as learning how to handle interlined collars and lapels, how to make perfect bound buttonholes and welt pockets in wool. If you visited class today, you could see some of the finished coats and suits – a white coat with back fullness held in by a button-on belt, a gay red suit, a soft pale blue suit with perky back fullness, a tweedy brown one with slanting welt pockets, and many others.

Girls in the beginning classes learn to work with patterns—how to change them to other sizes, how to cut new collars and new skirts, and other parts from a foundation pattern. Then each girl makes her own foundation pattern of unbleached muslin and her partner helps her with the fitting. In a large class the girls see how to handle all kinds of fitting problems. Finally they bring in a picture of a dress they like, cut a pattern for it and make the dress.

In a second class the girls learn how to drape a dress on a dressform their size. Working directly with the cloth, the student pins and cuts a blouse front, a back, sleeves and the rest of the dress. She may be copying an idea she has seen or she may be creating a design all her own. In any case, she has learned an art that will be useful to her all her life. Every week letters arrive with snapshots of wedding dresses or of clothing for their families which former members of the clothing classes have made.

Madeline Williams of Douglas (left, above) and Ferne Seale of Elfrida show the suits they made in class.

– Edith S. Ranney is associate professor of Textiles, Clothing, and Related Art.

Vegetables . . . and the Amino Acids

Laboratory Tests Help With Balancing Diets

By A. R. Kemmerer

Protein is a normal constituent of all animals and plants. Beefsteak, for example, is composed mostly of protein and water. Milk and eggs are also rich sources of protein. The organic portion of the human body itself is largely protein, plus, if we don't eat too much, a little fat.

Protein is composed of 21 or more compounds called amino acids. Ten of these amino acids must be contained in the foods we eat if we are to grow normally and remain in good health. They are commonly known as the "essential amino acids" and are individually termed as follows: tryptophan, methionine, phenylalanine, valine, leucine, isoleucine, arginine, histidine, threonine and lysine.

The other 11 amino acids are found in most foods but are not necessary in our diets. If any one of these 11, or even the entire 11, are lacking in the diet, the human body can synthesize them from the other foods we eat.

Meat, eggs and milk products are considered good sources of all of the 10 essential amino acids. Plant foods, although they contain very appreciable amounts of protein, do not contain proteins that are adequate in all of the essential amino acids. One plant may lack one amino acid and another plant may lack an entirely different amino acid.

Since amino acids plays such an important role in human nutrition, the Department of Nutrition analyzed broccoli, cauliflower, carrots and sweet corn for their content of protein and essential amino acids. Bac-

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At the right is shown Lariene Moffett, student assistant, conducting amino-acid tests with bacteria in the Nutrition laboratory.