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Girls' 4-H Club

Edith Baker
Iowa State College

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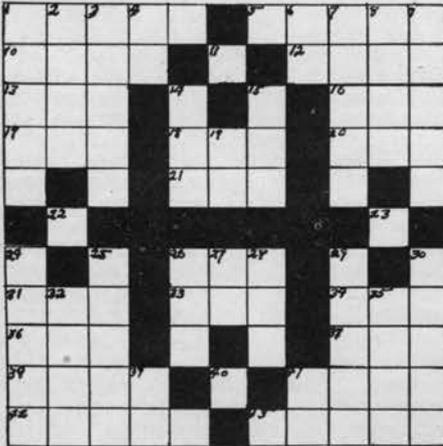
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GIRLS' 4-H CLUBS

4-H Club Work Is Glorifying the Iowa Club Girl



Mary McPherson of Polk county composed this clever cross word puzzle. Mary was the president of the State 4H club girl's organization in 1923. She has put all her experience in club work into this puzzle.

Here are the definitions:

Horizontal

1. One of the four H's.
5. A club contest based on memory.
10. Call letters for cleanliness. (letters mixed up).
11. Eighth letter of the alphabet.
12. Approved covering for foot.
13. This makes the floor of a girl's room spotless.
16. To possess, also the first word of type of club.
17. Wing of a building.
18. Anger—a state of mind in which club girls seldom indulge.
20. A rodent on which scientific experiments are tried.
21. Not old.
22. and 23. Same as 11 horizontal.
26. A cold pack necessity with which all girls are familiar, especially the girls who can.
31. Second person singular of the verb "to be."
33. An ostrich.
34. The part of one's self that all club girls keep hidden.
36. Neither.
37. Skill.
38. Bird signifying peace.
40. Same as 11 horizontal.
42. Part of a leaf.
43. What every girl strives to be plus the 15th letter of the alphabet.

Vertical

1. The place where club girls put their ideas into practice. (Plural.)
2. What club girls do without squealing (backwards.)
3. The fruit which is responsible for club girls' rosy cheeks.
4. Initials of the President of Iowa State College.
6. You and I.
7. The kind of a course that 750 girls and leaders attended at Ames during the holidays.

8. The state that leads all others in club work.
9. A literary or musical composition formed by selections from different authors or composers.
14. What club girls do without bragging.
15. What club girls learn to do in clothing clubs.
19. A prefix meaning to do again. (Club girls—finish their furniture.)
24. Another of the four H's. (Plural.)
26. Initials of Iowa State Girls' Club leader.
27. First person singular of verb "to be."
28. What the home furnishings club girls make from old rags.
29. Another of the four 4-H's. (Plural.)
30. "To Make the Best Better."
32. Underground part of a plant.
39. Construction of "them."
41. Electrical engineer. (Abr.)

THE DEMONSTRATION TEAM

Mrs. Edith Eaker.

THE uppermost thought in the minds of 4-H club girls and leaders from now until after the last county fair is over will be demonstrations. Not the individual demonstration that is such an important part of every 4-H club meeting, but the public team demonstration, for once each year every club chooses a team to demonstrate publicly the better home economics practices learned during the year. The purpose of this article is to set forth some of the essential factors of a good demonstration.

Choice of Team

Representing the club as a member of the demonstration team is one of the highest honors that can come to a club girl. Like all honors, it brings with it a real responsibility, so the choice of the team is important. A team member should be a girl with a good record, a girl who is not afraid to work, a girl who has good sportsmanship, and one who will truly live up to the club slogan, "To win without bragging and to lose without squealing", a girl who will be true to all the ideals of her club, a girl who has kept her health H bright so she is in condition to do her best.

One of the most popular methods is for the club to elect the team from the group having the best club records. The team is not chosen until late—some time in July. This prevents any temptation to overtrain a team of two girls at the sacrifice of the other members. A team demonstration should represent what all the club members have learned.

Choice of Subject

The subject for the team demonstration may and should be chosen early in the club year, and should be related to the main theme of the program for the year. It should be practical, broad, adapted to platform use and suitable to club age. A practical demonstration is one that helps solve real problems that arise in every

home. By broad is meant a subject big enough to hold the interest of the audience. For instance, making seams is a necessary part of garment making, but making "a seam" is too narrow a subject for platform demonstration. It could be introduced as one section of a demonstration on a broader subject, for instance, "The Making of a Corsette". There is sometimes a danger in choosing too broad a subject; for instance, "Color and Line in Dress". Either color or line would be a big subject in itself, for time is limited and attempting to do too much makes a confused instead of a clear cut demonstration. "Adapted to platform use" means that a demonstration must not involve too much detailed work that cannot be seen by a large audience. For example, the use of machine attachments is a practical subject and broad enough to be interesting, but is poorly adapted to platform demonstration. To thoroughly enjoy a demonstration of this sort, all spectators should have a good view of the machine and should be near enough to see each operation clearly.

Subject Matter Organization

A real knowledge of the subject is the most vital factor to any demonstration. The best sources of subject matter are bulletins, training schools, textbooks and magazine articles. Care must be taken that all material used is authentic. In order to give a really good demonstration lasting thirty minutes, the girls should know enough to talk with enthusiasm for two hours. This prevents "starved" demonstrations.

Careful organization of subject matter is an essential. This is best accomplished by making an outline dividing your demonstration into three or four parts, being sure to put all the subject matter into the part in which it belongs. Every demonstration should begin with a good introduction and close with a careful summary. The introduction should include a few interesting facts about the local club, the reason for choice of demonstration and a setting forth in simple terms of the points to be demonstrated. The summary should go back over these same points. A simple rule for a good demonstration is: 1. Tell what you are going to do. 2. Do it. 3. Tell that you have done it. Outlining demonstrations seems to be the greatest difficulty to many. It is quite simple. For instance, a demonstration on a corsette would naturally be divided somewhat as follows:

1. Hygienic reasons for wearing a corsette.
2. Selection of material and pattern.
3. Cutting and fitting.
4. Correct seams, neck finishes, fasteners, attaching elastic.

Skill

As a demonstration involves not only telling what to do, but actually showing how to do it, skill is necessary. This

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Hot Weather---Cool Food

By Louise Corsaut

AS HOT weather arrives it brings with it another phase of the ever present question, "What shall we have to eat?" Now we ask—What can we have that's cool and appetizing? Ice creams and ices are easily prepared and if packed well can be prepared ahead of time and are ready to serve when we need them. For breakfast in hot weather try ripe fruit, either alone or combined, sweetened and chilled in the freezer, without using the beaters. Surround the can with one part salt and three parts ice and let stand about an hour. Berries, for example, may be sprinkled with powdered sugar, mashed to fine pulp, chilled in the freezer and served with cream. This may be served for breakfast or as dessert.

Other desserts which add variety and attractiveness to the summer menu are:

Bisque Glace

Yolks of 8 eggs
1 qt. whipping cream
½ lb. sugar
Vanilla

Beat the egg yolks, add the sugar and vanilla. Whip a quart of rich sweet cream until light and add egg and sugar to mixture. Pour into mould or box with a cover, putting a piece of paper over mould before putting on the lid to make the box as tight as possible. Pack this in a pan with very fine ice (using plenty of salt). Cover with a thick cloth and let stand three hours, when it should come out perfectly frozen.

Grape Tapioca

1 c. tapioca
1 qt. grape juice
½ c. sugar
2 eggs
1 tsp. vanilla

Soak tapioca in cold water over night. In the morning put the grape juice and tapioca into a double boiler and cook

until clear. Beat the egg yolks and sugar together until light; beat the whites to a soft froth and add to the yolks. Add this to the tapioca and cook for a minute. Remove from fire, add vanilla and pour into wet mould. Chill. Serve with whipped cream.

Ceylon Ice With Gelatin

1 qt. water
2 c. sugar
2 cloves
1. tbsp. gelatin
¼ tsp. cinnamon
Juice of 1 lemon
Grated rind of 1 lemon
1 qt. raspberries or other small fruit
Boil the water, sugar, cloves, cinnamon and lemon rind for ten minutes. Add the gelatin, which has been soaked in cold water, and strain the mixture over the raspberries. Add lemon juice and mash. Strain and freeze until of the desired consistency.

Frozen Compote

1 pt. boiling water
1 c. sugar
¼ c. karo
1 shredded orange
1 c. shredded pineapple
1 c. mashed strawberries
1 large banana, mashed
Juice of 1 lemon

Dissolve the sugar in water and add karo. Pour over fruit and freeze as ice cream.

Ices which are merely water flavored with fruit juices, sweetened to taste and frozen as ice cream with undiluted fruit juice mixture made the same way offer a pleasing variety to the meals. These may be served with the meat course at a dinner or luncheon or as dessert.

The hostess for the afternoon party must find some substitute for the conventional tea to refresh her guests. There are many cool, easily prepared fruit drinks which, when served with wafers or dainty sandwiches, make a most attractive party refreshment. Some possibilities are:

Drinks

1 pt. boiling water
½ c. crushed mint
3 tsp. tea
1 c. pineapple
Juice of 1 can of pineapple
Juice of 1 lemon

Pour water over the tea and crushed mint leaves, steep, strain and sweeten to taste. When cool add the fruit and chill.

Currant Cooler

Infuse tea as above. Whip a glass of jell, add a pint of boiling water and stir until dissolved. Add this to the juice of two oranges, and a sugar sirup to the infused tea.

Lemonade

Lemonade may be quickly made from lemon sirup prepared and kept ready for use. To make the sirup, dissolve 1½ cups of sugar in a little hot water and, when cold, add lemon juice. Put in jar and set in cold place. When needed add the sirup to water until desired acidity is obtained. Variations may be had by substitution of dissolved jelly, ginger ale, grape juice or carbonated water for part of the water.

Sandwich suggestions for the party are:

Rolled Sandwiches

Take a fresh loaf of bread, wrap in a cloth rung out of cold water, then in a dry cloth and set away for several hours. Remove crust; cut in thin slices. Spread with anchovy or checkea paste and roll the slices small to serve with salads.

Fudge Sandwiches

Make a chocolate fudge and beat until creamy. Spread this on whole wheat or graham bread, putting the slices together before the fudge hardens. If fudge hardens in pan, set it in hot water while spreading it. As these are very rich the sandwiches may be cut small.

Other suggestions for fillings are:

Swiss cheese and mustard.
Cream cheese and orange marmalade.
Chopped dates, figs, raisins moistened with lemon juice.
Minced chicken with mayonnaise or celery.

Minced ham and mustard.
Mayonnaise and shredded lettuce or water cress.

Neufchatel cheese with finely minced orange peel and preserved ginger.

The salad to serve for the party or family meal is always a burning subject in hot weather. But with the coming of fresh vegetables and fruits there is a greater variety. Stuffed tomatoes—stuffed with either chopped chicken, celery or vegetable combination and served with mayonnaise, French or sour cream dressing always make a delicious salad.

A combination vegetable salad is very refreshing and easily prepared.

Other suggestions are:

Cucumber Salad

Grate enough cucumber to fill one cup. Add 1 tablespoon vinegar and pinch of salt. Dissolve a package of lemon gelatin in a pint of boiling water. When cool and beginning to thicken add the cucumber mixture and press through sieve. Add a drop or two of green coloring and turn into molds or shallow pan. When firm serve on sliced cucumber or lettuce leaf.

Fruit Salad

Mix 1-4 cup nut meats, 1-4 cup celery, 1 cup finely chopped fruit and 1 tablespoon chopped preserved ginger with boiled dressing in which fruit juice has been substituted for vinegar and whipped cream has been added. Marshmallows or gum drops may also be added.

Fresh fruits and vegetables are so plentiful and are so delicious used uncooked the housewife may easily eliminate much of the problem of "What shall we eat" by serving as many as possible in frozen dishes or salads.

The Demonstration Team

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comes only thru real and repeated practice. It is not difficult to attend to two things at once, so it is better practice for the girl who is actually doing the work to do the talking. The other team member assists her in every possible way, doing so in a quiet, unobtrusive way.

Team Work

Good team work means that the girls work together smoothly, helping one another in turn. The assistant should be always watchful to see that necessary material and equipment are on hand when needed. The work should be so carefully

Watches	Diamonds
C. W. Dudgeon	
Jeweler	
Ames	Iowa

Best Electric Co.	

Lamps	Grills
Curling Irons	

planned that neither girl has long idle periods. Team members must be resourceful. Unforeseen things sometimes happen. The girl who really knows her subject and is on the alert can fill in the break.

Good illustrative material adds much to a demonstration. It holds the interest of the audience and helps clinch points. A little material carefully chosen and to the point is better than a great deal poorly chosen and poorly used. All illustrative material, posters, charts, etc., should be large enough to be easily seen by everyone in the audience.

Personal Appearance

The personal appearance of the team is important. The girl should be dressed appropriately (a club uniform neatly pressed always looks right), carefully groomed, and, of course, have good posture. The platform arrangement should be attractive and it should be kept neat.

Too much care cannot be given to see that the girls use good English, that they enunciate well and speak loudly enough to be heard.

Last, but not least, comes salesmanship—in other words, making the audience believe in the practice demonstrated, making them eager to go home and try it. Of course, a girl must believe in a thing herself before she can make others believe. She must present her work with enthusiasm, with sparkle and dignity. There is no royal road to a good demonstration. It means much study and much practice, but it is worth while. Public demonstrations do much to acquaint the public with what the 4-H club girls are doing. They help establish better home economics practices in the community, but most of all they develop the girl. The team members gain real knowledge of the subject demonstrated, ability to work with others, and ease and poise in public appearance. Loveliest of all, they have caught a glimpse of the joy of service.

To the 4-H Club Girls of Iowa:

It is a real pleasure to send a personal greetings to 4-H club girls in Iowa. The reports of your work, which are forwarded to the national office, indicate that you are doing outstanding work in living up to the 4 H's of your club insignia in contributing appreciably to the comfort and happiness of your homes and in bringing honor to the 4-H club work of your state and nation.

May your good work be only the beginning of greater successes in 4-H club work.

Sincerely yours,

Gertrude L. Warren,

United States Department of Agriculture.

With the Iowa State Home Economics Association

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a. President shall call the meeting to order at 4:00 p. m.

b. The minutes shall then be read by the secretary-treasurer.

c. The old business shall be disposed of.

d. New business shall be brought up.

e. Turned over to Program or Social Committee.

Article 9—Committees.

Section 1: The president shall appoint all committees with the help of the advisor.

Article 10—Activities.

Section 1: The regular program for a meeting may consist of music, recitations, talks, essays, debates, etc. The public may be invited.

Section 2: The club may arrange for joint meetings with other clubs, annual picnics, trips to places of Home Economics and similar activities.

Article 11—Amendments.

Section 1: This constitution may be amended by a two-thirds vote of the membership.

Article 12—By-Laws.

Section 1: Such by-laws as are necessary for the work and development of the club in harmony with the spirit and purpose of this constitution may be adopted by the club at any time.

State Teachers College

Laura Ridge, Corresponding Secretary.

We are glad to send a report of the activities of our club and hope that this report will help some of the newer clubs in the state.

At Christmas the girls of the club made candy to pay for their page in the Old Gold and at the present time the girls are taking subscriptions for McCall's Magazine.

In the near future the girls are planning on entertaining the two-year girls at a tea in the Home Economics Cottage.

At present we have twenty-five members. Our officers are elected at the beginning of each term, thus giving each girl an equal chance and arousing more interest in the work.

Our meetings are usually held in the cottage, but at other times Miss Anne Liggett, the head of our department, opens her home to the girls, which everyone enjoys immensely.

We have very interesting meetings. Some are just business meetings and others are entertaining as well as educational. At our last meeting Miss Myrtle Gunselman, one of our instructors, gave an interesting talk on "Weak Points in Teaching Home Economics as I Have Experienced Them".

Des Moines College

Daisy Leora Countryman, Head of Home Economics Department.

The Home Economics Club at Des Moines College as a group visited the Rolins Hosiery Mills and also the State Legislature. Different girls are to make trips to points of interest and make reports at the next meeting of the club. We are going to have lectures on child care; making layettes for a home; put on a play; have open house and have a special initiation for new members. Each girl who goes out to teach is going to make a special effort to interest one or two girls in coming to the University Home Economics department. A special effort is made to have work in parliamentary drill at each meeting so that all of the girls have an opportunity to train for office.

State Home Economics Committee Meets

Members of the program committee of the State Home Economics Association

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