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Girls' 4-H Club

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GIRLS' 4-H CLUBS

Club Work is Glorifying the Iowa Farm Girl

4-H Camps

Morning dip, flag raising, project work, games, hikes, swimming, three big wholesome meals, a big campfire, marshmallows, music and the moon with about 70 happy girls all added together and set down in a woody place near a lake or river must be a camp. When something else is added called the 4-H Spirit, then you have a 4-H camp.

Six counties meeting in three camps during the first part of June have started off on the 4-H summer just right. Sixty-five Franklin county girls and leaders camped at the Fairgrounds near Hampton June 6-9. Miss Laura Waite, home demonstration agent, was in charge of the camp.

On the program were Mr. J. T. Bode, extension forester, with talks and hikes on wood lore, bird study and fire building; Miss Florence Forbes, of the state club office with a "quilting party" and talks on courtesy; Miss Eliza Reeves who has been a missionary in India and who gave and illustrated talk on India. A quartette from the Piney Woods school gave a program of negro spirituals.

At almost the same time Woodbury and Plymouth counties held their camp at the Boy Scout Camp in the Stone Park near Sioux City under the leadership of Miss Fern Lippencott, home demonstration agent of Woodbury county, Miss Eva Brown, home demonstration agent of Plymouth and the county club committee members. Promptness was the spirit of the camp. Perhaps the penalty of K. P. duty for tardiness had something to do with it. The seven tents and two huts were organized under the honor system and a prize was given to the group having the most points at the close of camp.

On the program were Mrs. Edith Barker, of the state club department, Miss Helen Needles of the State Department of Health, Mr. J. A. Gibbs from the department of Forestry at Iowa State College and Mrs. Hayward of Sioux City.

Stunt night at camp will not be soon forgotten. Even the leaders gave stunts and everybody in camp joined in forming a circle around the big campfire and in singing songs. When the fire burned low there were marshmallows to be toasted and all were quiet to listen to the reading of the Log Cabin Lady which Mrs. Barker gave.

On June 7 Hancock, Cerro Gordo and Worth county girls met at Clear Lake to spend three days in 4-H fun. Each club was limited to send only two girls and there were 80 in all of girls and leaders in camp which was in charge of Miss Merle Ramer, home demonstration agent.

Miss Forbes, Mr. Bode and Miss Alma Hartz were on the program. A playground director had charge of recreation and different clubs presented the music memory work.

One fish—fifty-seven girls. Everybody went on a fishing trip early one morning and although they caught three, two of them were under size and had to be thrown back in again.

More camps will be held in July and August which can only mean more 4-H fun and more counties will be having camps next year.

4-H Poem

Head: "All heads are not sense boxes."—Old French.

Heart: "I was common clay till roses were planted in me."—Old Persian.

Hand: "Skill is stronger than strength."—Dutch.

Health: "He who has health has hope and he who has hope has everything."—Arabian.

Radio Program Discontinued

4-H radio programs are discontinued for the summer because club meetings are being held on all days of the week and a good many clubs would not be able to listen in. The regular Saturday afternoon programs will be started again in the fall.

"The four necessities of life are food, shelter, rainfall and music."—John Ruskin.

Ames Abe Says:

The man who says he knows what he's talking about is usually just confessin' that sometimes he talks without knowin'!

4-H Measuring Stick

Use this 4-H measuring stick on yourself. A typical 4-H Club Girl is able to do the following things easily.

1. To preside at a business meeting.
2. Act as secretary.
3. To serve as chairman of a committee.
4. To give an individual demonstration at local club.
5. To give a team demonstration in public.
6. To have exhibited something done by own hands at a public exhibit.
7. To have aided at least one other girl in club activities.
8. To have definitely helped the local leader with some problem.
9. To be able to help someone else appreciate good music.
10. To be living up to at least three health rules.
11. To have been scored in a health contest. (Local or county)
12. To introduce a speaker in an appreciative and informative manner.
13. To act as a gracious hostess to her club.
14. To abide by decisions in a sportsmanlike manner, refusing to stoop to local bickerings.

Hands

Hands are used for sewing, cooking, and so many other tasks that it would be useless to try and name them all.

With them club girls learn to perform many duties and helps and always eager to learn new ones, that will be beneficial to herself and others.

Already the 4-H girl has strived to guide her hand neatly and efficiently in the making of seams. In this task we feel that we have succeeded and are now going to direct our hands in the new field, which is the furnishing of the home. We are sure to succeed in this also for a girl with the real club spirit tries until she wins over all difficulties.

Our club also encourages us to use our hands to help our mothers in the home work. It teaches us to appreciate beauty and how to guide our hands to secure it.

In striving for beauty and the artistic things about us, and in helping those who need our help, may each of us use our hands with the real club spirit.—Kossuth Bubber.
Rally Day

East Pottawattamie county has a rally day record that every county might well try to beat. Seven clubs were 100 percent and on time at 10 o'clock on rally day morning. Each of the seven clubs was awarded a short course trip.

Another club was 100 percent in attendance and two other clubs were represented. There were 115 girls and 190 parents and visitors.

Leaders made a record, too. All club leaders and all club committee members except one were present.

During the afternoon the first county-wide music memory contest was held. Two clubs, the Valley Township "Willing Workers" and "Mary Sunshine" club, tied for first place and each was awarded a short course trip.

Alex Mollit, county agent, and club committee members had charge of the day. Mrs. Edith Barker of the State Club Department gave the rally day talk and officers for the next year were elected. They are as follows: President, Esther Rogers; vice-president, Elizabeth Wolfe; secretary and treasurer, Herbert Thomas, and historian, Vera Dau.

Letter From Miss Buchanan

Miss Fannie Buchanan, whom all the Club Girls know, has sent us this little story about one of the numbers on the Music Memory list. She sends greetings to all the girls along with the story of "To the Evening Star," by Wagner.

"One of the most beautiful numbers on your list is, "To the Evening Star" by Wagner (Vagner):

"This music is part of an opera story about two young men and a girl. Elizabeth, the girl, was so good and beautiful that both the young men loved her. Wolfram was always kind to Elizabeth. Taunhauser sometimes forgot all about her and broke all the promise he made to her. Yet, strangely, it was Taunhauser whom Elizabeth loved best. When he failed her, she grieved for him until at last she became ill from her sorrow. One evening Wolfram found her kneeling at a wayside shrine. He watched her rise from prayer and walk away as if in a trance. He knew she was dying of grief. Filled with sadness, he sat fingering his harp strings. The evening star shone out above him. Looking into the heavens, he sang this most celebrated of all star songs. The music of this song is often heard as an instrumental solo. As Casals, the noted cellist, plays it, you will feel that he expresses, even without words, all the pathos and longing of Wolfram's song.

"Oh, star of eve, thy tender beam
Smiles on my spirit's troubled dream.
From a heart that ne'er its trust betrayed,
Greet, when she passes, the Spirit Maid."

This is a tune you will love to hum or whistle as you watch the stars come out in the twilight.—Fannie R. Buchanan. (From Polk County "Gleanings").

Music Memory

Oh, Vermeland—Swedish Folk Song

"In the writing of the songs of Scandinavian lands some poet used these words,

"Deep and dark and tender,
Is the music of the northlands."

"The tenderness with just a tinge of the melancholy is found in the folk song of Sweden, and the beauty of the blue lakes, green fields and graceful birches of Vermeland mingles with it. There is a lightness, too, in one part of the melody which reflects in spirit the words of the second stanza:

"But if thou wouldst win them, be jolly and gay,
For gay are the maidys of Vermeland
And they like merry lads."

"This song has especial interest for Iowa Club girls, for Vermeland is the province of Sweden from which Miss Arnquist's parents came. She herself recalls having heard this music played in the old cathedral at Upsalla, Sweden.

This is copied from the Music Memory bulletin written by Miss Fannie Buchanan of the Victor Talking Machine Company. All the Music Memory numbers for the year are in the bulletin. Write to the Bulletin Room, Extension Dept., Iowa State College for your copy.

Washington Club Camp

Miss Josephine Arnquist is in Washington this month for the National Boys and GGirls Club camp and we're waiting till next month when the camp is over and when we'll be able to hear all about camp from her and from the Iowa delegates before we try to tell you just how wonderful it was.

Health Programs

Material which may be a help to you for your club health programs may be secured from the National Dairy Council, 910 S. Michigan Ave., Chicago, Illinois. Write and ask them for a catalogue of health education material and choose the material for your club from that.

A Country Girl's Creed

(Jessie Field)

I am glad that I live in the country. I love its beauty and its spirit. I rejoice in the things I can do as a country girl for my home and my neighborhood.

I believe I can share in the beauty around me; in the fragrance of the orchards in spring, in the weight of the ripe wheat at harvest, in the morning song of birds and in the glow of the sunset on the far horizon. I want to express this beauty in my own life as naturally and happily as the wild rose blooms by the roadside.

I believe I can have a part in the courageous spirit of the country. This spirit has entered into the brook in our pasture. The stones placed in its way call forth its strength and add to its strength a son. It dwells in the tender plants as they burst and seed cases that imprison them and push thru the dark earth to light. It sounds in the nestling notes of the meadow lark. With this courageous spirit, I, too can face the hard things of life with gladness.

I believe there is much I can do in my country home. Thru studying the best way to do my everyday work I can find joy in common tasks done well. Thru loving camaradship I can help bring into my home the happiness and peace that are always so near us in God's out of door world. Thru such a home I can help make real to all who pass that way, their highest ideal of country life.

I believe my love and loyalty for my country home should reach out in service to that larger home that we call our neighborhood. I would wholeheartedly give my best to further all that is being done for a better community. I would have all that I think and say and so, help to unite country people near and far in that great kingdom of love for neighbors which the Master came to establish—the Master who knew and cared for country ways and country folks.

4-H Echoes

Marshall County has out a new issue of "4-H Echoes". The size has been changed to 8 in. x 6 in. and a bright green cover has been added.