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Girls' 4-H Club

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How Much Does Baby Weigh?

The study of nutrition is in its infancy in the 4-H clubs of Monroe county. Two of the goals are: as many girls as possible enrolled as active members, and better health for the girls, which means weight up to height. At the beginning of each club (its infancy), weight and height records are taken. At present this is reported to be 7,560 pounds. These members plan to check up on their nutrition habits and add new members until their weight will be 10,000 pounds at the end of the year.—Monroe County Farm Bureau Exchange and News Letter.

Florida Nutrition Camps

Sixteen hundred Florida club girls spent health days in nutrition camps in the summer of 1926. Health and food habit honor systems were instituted at the camps and the nutrition program presented at short course became a practical demonstration in the summer camps.

Girls were weighed and measured and checked themselves on food and health habits. Posters and demonstrations with the aid of mirrors were used to teach correct posture. Rats from the state college were used to demonstrate the effect of different diets on the body.

Fifteen hundred girls received milk daily; 1000 drank a quart a day and 500 had a pint a day. Only 100 girls were too far from a town or farm to have milk daily. All the camps had a definite program providing for well balanced meals, outdoor exercise, rest, sleep and right food habits.

In one camp, 45 underweight girls made an average gain of 3.3 pounds and planned their own nutrition program for the rest of the year. One girl gained 9.7 pounds during camp time.

Menus were planned in some of the camps for the camp meals and in other cases were planned with recipes for use during the year.

Many camps had health contests; some stressed sun baths; and all of them had stunts and demonstrations of food preparation and health habits.

Demonstration Teams at the Fair

One hundred and seven demonstrations were given during the fair: 61 in home furnishings, 17 in clothing, 13 in bread, 2 in footwear, 13 in canning, 5 champion and 5 high scoring.

Polk County's team, demonstrating "Reeating an Old Chair With Twine," was the champion home furnishing team. Grundy County, showing the Alteration of Commercial Patterns," placed first in the clothing group. Jasper County's demonstration of "Approved Pottery," was first in the foodwear demonstrations. "Canning Chicken," shown by Palo Alto County, was first in the canning demonstrations. Page County, with the demonstration, "Making Whole Cereal Bread," placed first in the bread group and was also grand champion.

Page County's demonstration team, as shown in the picture, from left to right were: L. Clara Blank and R. Irene Crest. These girls have done all the family baking this summer and have particularly enjoyed making good bread.

New State Officers

Officers for the state organization of girls' 4-H clubs were chosen at the State Fair on Thursday, Sept. 1. J. A. Pierce, Calhoun County, is president; Ulla Bollman, Winneshiek County, vice-president; Edna Boss, Delaware County, secretary; Harriet Spran, Cerro Gordo County, treasurer, and Mildred Hunt, Butler County, historian.

It is the plan that these girls will hold office until the time of the Girls' Short Course at Iowa State College in June, 1928. From that time the place of election will be at the short course rather than at the fair.

Glimpses of the 4-H Exhibit at the State Fair

Lots of space. Well arranged exhibits. Convenient demonstration rooms provided with preparation rooms at the back of the platforms where material could be gathered.

A whole flock of waste baskets. The charming girls' rooms furnished by 4-H girls with furniture they had refinished or painted.

Bread exhibit showing the evolution of bread making thru the ages. Many people interested in seeing all of it.

Independent 4-H Girl at the Fair

Mary Davenport, a member of the Tama County girls' club, demonstrated good work for a part of the time at the fair and explained the exhibit of her club. The exhibit included dresses, bead work, jewelry and baskets. Mary dressed in her native costume part of the time and part of the time in a dress she had made in her club work.

Scott County Winners

Scott County has again won the cup for the best exhibit at the State Fair. Five years ago Marshall County gave a cup to be awarded for the best exhibit at the fair. If the cup was won by the same county for two years in succession, that county was to keep the cup.

Mahaska County won the cup for the first year. Scott County won for the next two years and so kept the cup.

Scott County then furnished a cup to be awarded at the fair and has competed successfully for the last two years. Now Scott County has another cup and the fair has none.
Results of Contests

In the judging contests held on Saturday, Aug. 27, Scott County was first with home furnishing; Ida County came second with canning judging and Grundy County was third with clothing judging.

Style show awards went to Eslie Schultz, Plymouth County, first place; Erna Larsen, Audubon County second place; and Lucille Miller, Crawford County, third place.

Music Memory

Hungarian Dance Number Five by Brahms; Gipsy music! The very words evoke a spell, and the spell of the music is even more subtle. It is real gipsy music which Brahms heard from some wandering hand and transcribed for his piano.

Who are these Gypsies? That is a question that wise men have tried in vain to answer. They are strange, nomadic, tent-living people with a language of their own which takes on a dialect of the countries through which the wanderers pass. Before you listen to this music, look up the word Gypsy in a good dictionary. The gypsy story is well told in Comp-ton's Pictured Encyclopedia which you will find in every library and in most schools.

Gypsies are natural musicians with music, which, like their language, gives evidence of contact with many peoples. They sing and dance to strange fascinating tunes. One characteristic is a sudden change from a slow movement to a quick fiery wildness. They love the guitar and many of them play the violin wonderfully.

Brahms first concert tour was taken with a Hungarian violinist. Brahms was a great lover of the out-of-doors and especially enjoyed excursions into the vine-yard clad steppes of Hungary, perhaps with the Hungarian violinist. Can you imagine the two being drawn by the strains of wild music into some Gypsy camp? Then you can imagine how afterward, Brahms tried to trans-cibe the music and the scene for his piano! This must have happened many times for there are 21 Hungarian Dances by Brahms and the first published edition frankly states that they are arranged from Gypsy music. Number five is the most widely known and one of the most popular among music lovers. -From the Music Memory Bulletin.

Correction

Last month on the 4-H page was printed an article, "Washington Club Camp," by Miss Josephine Arnuquist, and published in Wallace's Farmer and for which thru our mistake no credit was given. We beg your pardon.

Health Champions Organize

Health champions from the years 1923 through 1927 had a reunion at the State Fair on Wednesday, Aug. 31. After having lunch with the doctors, Daniel Glomset, Cook and Cast, who had assisted in judging the health con-
test, which was held on Monday, Aug. 29, the formal organization was planned. There will be an annual meeting at the State Fair on Health Day.

Esther Cation, 1923 health champion, Clay County, was elected president, and Doris Poorbaugh Wallace, Story County, is secretary.

The health champions for the last four years, with the high four girls in this year's contest, are shown in the picture. Left to right they are: Lucille Black, Audubon County, 1927 champion; Harriet Newsome, Warren County, third place 1927; Lois Reece, Hardin County, second place 1927; Dorothy Watham, Muscatine County, fourth place 1927; Josephine Arnuquist, state girls' club leader; Alice Burkard, Audubon County, 1926 champion; Alberta Hoppe, Linn County, 1926 champion; Doris Poorbaugh Wallace, 1924 champion, and Esther Cation, Clay County, 1923 champion.

There were 85 health contestants from 84 counties and Council Bluffs.

The Iowa Homestead has recently given two full pages to pictures of outstanding 4-H club girls. It is the plan that at least one girl's picture will be used each month with a note telling of her work.

Regular radio programs will begin early in October. Probably at the same time as last year, Saturday at 2:00 o'clock.

Club Girl Sails for Italy

Julia Bourne, former state club president, sailed Sept. 16 on the S. S. Andrea, Cunard Line, from Montreal, Canada, for Rome, Italy. Julia will spend the year in Rome as the guest of her cousin. 4-H girls at the State Fair assembly appointed her their foreign representative for the coming year.

Girlhood

Keep the worthwhile things of girlhood Changeless through the passing years. Keep your faith and keep your visions April-like your smiles and tears. Keep them cherished in the heart and treasure them. Know the world is watching you.

Plainly stamped on all you do.

—Alix Thomas.

Absentees

Only six counties did not send demonstration teams to the State Fair this year. These were Jackson, Clinton, Wapello, Adams, Johnson and Allama-

kee. That Clinton County did not send a team was due not to a failure of the county farm bureau to provide the funds, but was thru a misunderstanding outside of the office.

Twelve counties did not send exhibits: Mitchell, Jackson, Allamakee, Monona, Benton, Bremer, Chickasaw, Des Moines, Cedar, Van Buren, Johnson and Davis.

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