

1927

## Girls' 4-H Club

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# GIRLS' 4-H CLUBS



*Club Work Is Glorifying the Iowa Farm Girl*

CONDUCTED BY CAROLINE MORRELL

## State Federation Meets

The 4-H girl had a very satisfactory part to play in the State Farm Bureau Federation Meeting held at the Shrine Temple, Des Moines. A booth depicting the activities of the 4-H girls' organization was presided over by two active club girls in uniform every day of the convention. Polk and Dallas Counties provided these girls. The girls gave information concerning their activities and distributed very attractive pamphlets telling about the 1927 accomplishments. These bulletins contained thirteen pictures, which helped to visualize the 4-H girls' organization to those who are not well acquainted with the work. The Meredith Publishing Company printed ten thousand copies of this bulletin and gave them to the girls to help them spread the gospel of 4-H club work.

A moving picture machine containing sixty pictures gave a continuous performance for those who passed by.

At all sessions Polk County 4-H girls in blue acted as ushers. Efficient ushering does much toward making a meeting go off successfully.

Part of one afternoon was given over to the girls' 4-H organization. The following program was given: On Wednesday afternoon Miss Arnquist discussed objectives in girls' 4-H clubs. Miss Kyra Klinderova of Czecho-Slovakia told of her own country; Miss Erma Baustian of Scott County told about the winning of the 4-H girls' scholarships given to the outstanding girls in Clothing and Home Furnishing. These girls are now studying in the Homemakers' Course at Iowa State College. Another 4-H girl on the State Farm Bureau Federation Meeting was Miss Beulah Rogers, who graduated from I. S. C. last June and who is now doing work for a commercial concern

in its educational department.

One evening the 4-H was featured. Dr. Glomset of Des Moines, the physician who has had charge of the health work, had charge of the entertainment for the evening.

## A Good Reading Center

4-H club girls spread the message of good home economics through pub-



Agnes Hynick and Wilma Rodgers, Mahaska County.

lic demonstrations. The above picture shows Agnes Hynick and Wilma Rodgers of Mahaska County explaining what is meant by a Reading Center in a home. You will notice that the girls feature every day furniture to be found in any home. They feel that arrangement of furniture has much to do with the comfort and attractiveness of a room.

Both girls are wearing the 4-H club girls' uniform.

## WOI's Message to Girls

The first Saturday afternoon of every month the radio station of Iowa State College, known as WOI, from 2:30 to 3:00 o'clock is turned over to 4-H girls' activities. Tune in and hear the very latest in the 4-H world. The following people have appeared this year: Miss Arnquist, Mrs. Barker, Miss Forbes, Miss Tregonning, Ruth Dean, Edna Highland, Verna Vieth, Ethel Rasmussen, Leonnie Lansdorp, Dorothy Hoe.

## Short Course Ahead!

Plans are now being made for the largest girls Short Course ever to be held on the campus. We hardly dare breathe the number expected. All trees on the campus have been chartered as some delegates may have to perch on a branch all night. Anyway the nights will be warm. It is expected every county will send official delegates. Four different sections will be conducted continuously, dividing on subject matter lines. One session for home furnishing, one clothing, one nutrition, with bread making as the main theme. An hour's conference for leaders will be conducted daily.

Summer time will afford many lovely program features which were unable to be given in the winter. Short Course as conducted in past years—the Crowning of the 4-H Queen, etc.—but that's telling.

## Welcome Back to Iowa

Miss Beulah Rodgers, a 1927 graduate of Iowa State, has been doing some work for the Iowa 4-H club leaders and girls this past month. Miss Rodgers is now with the Educational Department of Ball Bros. Glass Jar Co., of Muncie, Ind. She gave interesting canning demonstrations in Page, Fremont, Mills, East and West Pottawattamie and Sac Counties. Besides her demonstrations, she gave an account of her 4-H canning experiments in England and France. Miss Rodgers will be remembered as one of the girls who composed the National Canning Team which won a trip to Europe in 1923. This trip was sponsored by the American Committee for Devastated France, of which Miss Ann Morgan was chairman.

From Iowa, Miss Rodgers went to Tennessee.

## New Jersey Knows About Us

In January, Miss Josephine Arnquist, state leader of girls' clubs, attended a State Extension Conference at New Brunswick, N. J., where she had an opportunity to explain the Iowa 4-H girls' plan. In return, she learned of the New Jersey way of doing things.

En route she stopped off at Ithaca, N. Y., for a conference with the New York club staff. Miss Hazel Spencer, formerly of the Iowa staff, is doing a fine piece of work as clothing specialist for girls. Beginning the first of February, the New York staff took on another former Iowa person, Miss Lillian Shaben, who will do nutrition work for the club department. She was at one time a home demonstration agent with headquarters in Council Bluffs and then later was a home economics specialist on the Iowa State staff.

## Office Moved

When next you call on the state 4-H family in Morrill Hall you will find it has moved. It is now in the southwest corner, in the room formerly occupied by the district supervisors. One visitor, when told that the club people now had larger quarters, looked around and said, "Yes, I believe you do have six square inches more of floor space." Anyway, when they are out of the office there is enough space—the whole space.

## Being a Girl

Being a girl is a great adventure;  
Being a girl is a wonderful thing,  
Something like being a great explorer,  
Something like being a king.

Being a girl is going a journey  
Into a country strange and new;  
And I am proud to be chosen to go  
there.  
Oh, aren't you?

Being a girl is ruling a kingdom,  
The kingdom of self, with a firm, sure  
hand.  
I am glad I'm a king, and a daring  
traveler  
Into an unknown land.

Being a girl is a great adventure;  
Being a girl is a wonderful thing,  
Something like being a great explorer,  
Something like being a king

—May Carolyn Davies.

## Farm and Home Week

(Continued from page 3)

by adding more moisture to the air, we commonly fire the furnace more heavily, which, if it increases the temperature, only makes the air of the rooms dryer and more irritating. It also kills or injures house plants, especially ferns, which require moist air. In some cases it has caused shrinking and cracking of the inside walls, finishings, picture frames and even the victrol and the piano," he concluded.

## Music Essential for Children

"The first singer was the first mother and music is as old as the race," said Miss Fannie Buchanan, Grinnell, of the Victor Talking Machine Company, in an address to the Iowa homemakers during Farm and Home Week. Music affects the child mentally, spiritually and physically. Therefore a mother should be just as sure that the child hears good music as that he is served good food, Miss Buchanan stated. The first lesson should start when the baby is about two weeks old and continue every day. The piece can be played, sung or hummed very softly to the baby.

## Good Meat Needs Fat

"Quality in meat is determined largely by the proportion of lean to fat," said Prof. M. D. Helsler of the Animal Husbandry Department, who was in charge of a meat demonstration at the meat laboratory during Farm and Home Week.

"If a group of people were given a plate with nicely prepared lean meat on one side and equally well prepared fat meat on the other," said Mr. Helsler, "probably 90 percent would eat only the lean and yet if they would put about 25 percent of fat with 75 percent of lean the result would give an improved flavor.

"In high priced cuts such as the choice steer produces, there is a decidedly higher percentage of fat, which gives the meat a better taste," he continued. "In the more common beef types, if the meat has started to mold, all the seasoning one can throw in does not help very much. But a different result is obtained if a piece of choice fatty meat has started to mold. For this reason, if for no other, the higher priced meats are the cheapest."

## Produce Quality Eggs

"Cooperative production, not cooperative marketing, is what the poultry raisers need," said R. G. Clark of the state department of agriculture, in a talk at the poultry farm during Farm and Home Week. "If the women who raise the poultry will form groups and learn what kind of eggs are of the best quality, and how to produce these eggs, they will be able to receive a higher price from the shippers. By starting in small groups the idea will spread until gradually a state cooperative marketing system will be formed with less expense than by trying to start a cooperative marketing organization in a large way over the whole state."

## "Sell" the Child Food Habits

"In getting your child to eat things he does not like, approach him in much the same manner a salesman uses to approach his future customer," said Clifford Goldsmith, better known as "Professor Happy," of the National Dairy Council, in a talk given during Farm and Home Week. "Children have a right to their likes and dislikes as well as adults. The parents, not the children, are responsible for bad eating habits."

If parents imitate salesmen in their tactics, the disagreeable problem of convincing children that they should eat foods like milk and spinach will be solved, he said. Discipline and force may work in some cases, but it generally builds up a negative reaction toward those foods, he added.

"Before you place food before a child, be sure that it is appetizing and attractive. Do not expect your child to eat anything you refuse to take," advised Professor Happy. "Then give your food some publicity to the child by casually remarking that some hero, Lindbergh, for instance, eats it. The supply of food must be limited, however, for quantity is revolting to the child," he continued.

When you're feeling kinda blue  
If you're all down and out,  
And you haven't got the courage,  
Just to jump around and shout,  
Go pull on your knickers  
And get into the game  
And roll up a score  
That will lead your class to fame.