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Girls' 4-H Club

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By MRS. EDITH BARKER

**Bread Club Scholarship**

The spring quarter will find Erma Larson, 4-H club girl of Audubon County, an enthusiastic student in the Non-Collegiate Department, as she is the winner of the scholarship awarded to the girl with the outstanding Bread Club record in the state. Erma has been a club member for three years, two years in clothing and one year in bread club work. She has represented her club of eighteen members in the county demonstration contest and has done her part to help with the 100 percent exhibit which her club had at the county fair.

In 1927 Erma represented her county in the Style Show Contest, one of the interesting events at the State Fair, placing second, thus winning a trip to the Girls' Short Course in June. She says, "To take part in the contests certainly does give a person a wonderful inspiration and a much better idea of what it means to be a 4-H club girl."

Erma made 187 loaves of bread last summer. She has especially enjoyed bread making and her story includes this interesting paragraph: "I had never heard of whole wheat bread until Miss Swanson, who conducted the 4-H Subject Matter Training School, gave us a demonstration showing how to make it. I was interested and wanted to learn about it. I did not see the use of making white bread when there is not so much food value in it. I persuaded my parents to buy some whole wheat flour. They did not like it at first, but I gradually talked them into the idea that it was much more healthful. Now I bake just as much whole wheat bread as white. I have told many others about using whole wheat bread."

Letters of recommendation accompanying Erma's report stressed her loyalty to club ideals, her spirit of helpfulness and her inspiration to others. The closing sentence in her story reflects Erma's fine spirit: "If I do not win this scholarship in Home Economics, I will know it was because someone else deserved it more than I did."

(Continued on page 7)

**Canning Club Scholarship**

Nettie Nelson of Boone County is another happy 4-H girl winner of the scholarship awarded and will enter Iowa State College for the spring quarter with all expenses paid. Nettie has been a loyal club member with a 100 percent attendance record for three years. She has held the important offices of secretary, vice-president and president of her club. Last summer, as a result of her club work she canned 286 jars of food, which have helped provide balanced meals for the family this winter. Accompanying Nettie's report was a complete copy of the minutes of her club. They were very complete and creditable.

These, with a fine program, show that Nettie comes from a strong club.

**Greetings From Saskatchewan**

Mrs. Stewart Leeson of Unity, Saskatchewan, writes that she greatly enjoys the radio programs broadcast from station WOI. She is particularly interested in the talks given by the campus 4-H girls and wishes success to all 4-H club girls.
5. Health and personal appearance

Club activities compiled as follows:

1. Initiative and ability to lead and work with others 20
2. Application in a practical way of the lessons learned in club work 20
3. Faithfulness and ability to accept responsibility 20
4. Participation and record in competitive events 20
5. Health and personal appearance 10
6. Neatness and completeness of report booklet 10

The report booklet referred to will be a complete story of all the girls' club activities compiled as follows:

1. Name of contestant, address, age.
2. Photograph of contestant, preferably in action.
3. Letters of recommendation covering the following:
   a. Ability to work with others.
   b. Attitude, personal appearance, club ideals.
   c. Initiative.
   d. Health.
4. Record for every year in club work.
5. Local club programs.
6. List of member's activities and activities of his or her club (for each year covered in contest).
7. Story of "My Club Work and What It Has Meant to Me" (in member's own language).
8. Kodak pictures of work and activities.
9. Clippings (telling of club activities).
10. If this does not cover all activities, create other sections.

Who will be the winner of the Register Contest? The girl's name is not known as yet, but we do know she will be a girl not only gifted with a good record, but with enthusiasm and determination sufficient to send her report in shape and to send it in. Every girl who enters the contest will gain much through the very striving.

Congratulations to the winner! Iowa will be represented by two girls. The method of choosing the other delegate has not been definitely decided upon.

Every girl entering the Des Moines Register Contest will receive a medal, as to enter must have been chosen as the outstanding girl in her county.

"The secret of happiness is not in doing what one likes, but in liking what one has to do." —Barrie.

Club Programs

THE THOUGHT OF THE DAY

This is the time for making out the year book or club program that will guide your 4-H destinies through 1928. So much depends on a program that much thought should be given to its planning. Every club program will include parliamentary practice, demonstrations on the main theme for the year, either in clothing, home furnishing, bread, or canning, or other interesting demonstrations related to the project; an inspirational health talk and one or two music memory numbers. Set definite goals for accomplishment for the year, then check your program to determine whether or not it will lead to the reaching of those goals. Remember that "Success lies not in achieving what you aim at, but in aiming at what you ought to achieve, and pressing forward, sure of accomplishment."

4-H Campus Tea

4-H girls on the campus had an opportunity to renew old and make new acquaintances at a tea given by Miss Arnquist, Mrs. Barker, Miss Forbes and Miss Tregonning on the afternoon of March 10, at the home of Miss Arnquist and Miss Forbes. This was the winter quarter "get together" for the campus 4-H organization and brought together an interesting group of girls.

4-H Radio Program

The time for the 4-H radio program has been changed to 2:30 to 3:00, the first Saturday of every month. The programs are always in charge of someone from the State Club Department and bring you the latest 4-H news, a talk by some 4-H club girl and music memory numbers. Tune in for the next club meeting you have on the first Saturday of the month.

"All real and wholesome enjoyments possible to man have been just as possible to him since first he was made of the earth as they are now; and they are possible to him chiefly in peace."

"To watch the corn grow, and the blossoms set; to draw hard breath over plowsshare or space; to read, to think, to love, to hope, to pray, these are the things that make men happy. Now and then, a wearied king, or a tormented slave, found out where the true kingdoms of the world were, and possessed himself, in a furrow or two of garden ground, of a truly infinite dominion."

—Ruskin.

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