Girls' 4-H Club

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Recognition for the Rural Girls

Equal opportunities for rural and city girls becomes each year less an empty slogan and more nearly a statement of fact. There are several reasons for this changed status of the rural girl, not the least being 4-H club work. Last summer rural girls were represented at Camp Minnewanca, a conference camp conducted by "The Youth Foundation," an organization to promote Christian leadership. Their purpose was to get a cross section of American girlhood by having girls in every walk of life represented, yet the work was carried on for fifteen years without a representative of the farm girls of America.

Five girls responded to the call and represented rural girls of America; one was a girl from West Virginia, the remaining four were 4-H girls of Iowa. Marjorie Thuier and Cleo Lanck of Clay county, Marjorie Bouck of Cerro Gordo county and Mary McPherson of Polk county. They were accompanied by Miss Josephine Arnquist, in charge of 4-H girls' club work in Iowa. On Dec. 16, a committee meeting was held in St. Louis, being called by Mr. Wm. Danforth, president of the "Youth Foundation," to discuss the building of a program to better meet the needs of rural girls. It is significant to note that Miss Arnquist was invited to serve as a member of this committee. This, 4-H girls, is another recognition of you.

Iowa's entrant in the Farm Journal contest to determine the most outstanding 4-H club girl in the nation was Esther Everett of Mahaska county. Iowa girls will be proud to know that she placed in the high thirteen.

This delegation is made up of 25 girls with Miss Josephine Arnquist and Florence Forbes in charge. There were 18 Iowa counties represented.

20. Helen Pote, Guthrie.
22. Selma Reis, Adair.
23. Lola Scuffham, Kossuth.
25. Lillian Wiggers, Muscatine.

Health Creed

"My body is the temple of my soul, therefore I will keep my body clean within and without, I will breathe pure air and I will live in the sunlight. I will do no act that might endanger the health of others.

"I will work, rest and play at the right time and in the right way, so that my mind will be strong and my body healthy, and so I will lead a useful life and be an honor to my parents, to my friends and to my country."

—Dr. Emerson.

A Mother's Tribute to 4-H Club Work

The following excerpts from a letter written by Mrs. C. E. Pierce, member of the county club committee in Louisa county, has so great a value, we are challenged to make our program better for the coming year and girls are encouraged to do their best:

"Alice was only eleven when she became a member and I distinctly remember the simple little garments she made. By the next year she was making all of her undergarments and some dresses. Because of the stimulant of competition she took pains with them and chose her material wisely. She was rewarded by having some win at both state and local fairs. She soon developed a knack of making over garments and her friends envy her for the numbers of well made garments Iowa girls will be proud to know that she placed in the high thirteen.

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clothes she has, yet it is seldom she has a new garment. For the last three years she has made all of her own clothes, even making some of her hats. When I see her friends in new, often expensive, garments that look little or no better than hers which she makes at little or no expense, I, as her mother, deeply appreciate what that phase of club work has meant to her.

"When the home furnishing work started, she undertook the complete refinishing of her room, gathering together some nondescript furniture from various places and enameling it all to fit into one harmonious whole. Her interest did not stop with her own room. In the rest of her home and in her grandmother's which is near by, there are many articles which add to the comfort and homeliness of it, which are of her making. Thus her interest in her home has been awakened.

"She is able to take cleaning implements and thoroughly clean the house, arranging, as she does so, furniture and furnishings into comfortable and livable units. Her sense of color and beauty have been awakened through her 4-H work.

"When I contrast her with girls of her age who have had no club work, I realize more fully what club work has meant to her. When called upon in public to speak, she can do it easily, and express herself clearly, due to training in demonstration work. Her interest in music appreciation and recognition has been a source of much pleasure to me because previous to club work along those lines she showed no interest whatever in music recognition.

"Her knowledge and easy usage of good parliamentary practice is another source of gratification to me, because I realize the need she will have of this in the future.

"The acquaintance she has made and friendships formed thru club work have been very helpful in character building. All club work has been a stimulant to be "four square" and I believe that Alice is.

"Both Alice and I are looking forward eagerly to the next two years of club work for I am sure the project "Nutrition" will balance and round out her 4-H education, making her just as interested in that phase of homemaking as the two previous projects have in theirs.

"Her mind is quite made up to prepare herself to be a home economics teacher and probably an extension worker. She is a junior now and has planned to enter the Iowa State College at the completion of her present school course. It would be difficult to say just how much her work has influenced her in this.

"If money could buy and take out of her life all of the things that 4-H club work has put in, I could not name a sum that would represent the value.

"Does this appear biased? To those who have had no experience with 4-H work, I realize it might appear so, but those familiar with the work, I am sure will know that it is true."

BERNICE CADWELL
Iowa's First Music Representative at National Club Congress.

Music Wins a Trip
"First times" are always interesting. One of unusual significance occurred in December when an Iowa 4-H girl was awarded a trip to the National Club Congress because of her outstanding record in music. The fortunate girl was Bernice Cadwell of Dallas County. Bernice Cadwell has been in club work six years and has taken part in four county wide music memory contests and in one state contest. She was one of the contestants making a 100 percent record in the state. Bernice plays the piano and clarinet and has the distinction of having been a member of the first county-wide 4-H girls' club orchestra as well as playing in the first state-wide 4-H orchestra.

More Honors for Iowa 4-H Girls
Iowa 4-H girls will be proud to know that an Iowa girl, Esther Friesth, of Humboldt county, was the "high" individual in the bread judging contest. She and Agnes Klevos, also of Humboldt county, took team honors in this same judging contest. Esther is a freshman at Iowa State College.

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Iowa's First Music Representative at National Club Congress.

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