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Girls' 4-H Club

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GIRLS' 4-H CLUBS
Club Work Is Glorifying the Iowa Farm Girl
Lulu Tregoning

4-H Girls Honored at Iowa State

That 4-H girls continue taking part in activities when in college was shown when three 4-H'ers were honored by being nominated for offices in the Women's Guild at Iowa State College the past week. Women's Guild is an organization on the Iowa State College Campus which promotes worthy activities among all women students. One problem it has worked out the past year is a point system for activities which controls the number of activities a girl may enter.

Esther Cation, senior in the Home Economics Division and president of the 4-H Girls' Organization on the campus, was nominated for president of the Guild. Esther Friesth, freshman at Iowa State, who won national honors at the Club Congress in Chicago in the Bread Judging contest, was nominated for secretary, as was Lucy Thompson, who had the highest scholastic average in the freshman class during the fall quarter. Esther Friesth comes from Humboldt County and was a member of Iowa's Champion Demonstration Team while Lucy Thompson is a club member from Franklin County.

Back from Vacation

While we all were shoveling our way out each morning during February, Miss Josephine Arrquist, State Girls' Club Leader was basking in sunshine in the Sunny South. She visited Tennessee, Mississippi and Louisiana. This though a purely pleasure trip mixed a little business on the side. Miss Arrquist called on the Extension Offices in Mississippi and Louisiana and attended a tri-state meeting, (Arkansas, Mississippi and Tennessee) at Memphis. Miss Arrquist was joined at Canton, Mississippi by Mrs. Florence Busse Smith, formerly Head of Foods and Nutrition at Iowa State. Mrs. Smith and Miss Arrquist "did" the Mardi Gras at New Orleans together.

State wide 4-H harmonica band

"Big Oaks from Little Acorns Grow"

The picture on this page shows the State Wide Harmonica Band (with its director, James Hartley of the Hohner Harmonica Company of Chicago) posing for this picture. The harmonica has been one way of bringing music into the club which boasts no musical instruments among its members. Many county and township bands of this type have sprung up almost over night. Other state wide musical developments in the state are the State Wide Orchestra and State Wide Chorus. These three were featured at the 4-H Girls' Convention last June at Iowa State College.

New Agents on the Staff

The following women have accepted Home Demonstration Agent positions in Iowa during the last two months. Myrtle Johnston, Hancock and Cerro Gordo Counties. Kathryn Bollbaugh, Hardin and Grundy Counties. Perne Brown, Worth and Winnebago Counties.

The Register 4-H Championship Contest

How many club girls are dreaming these days of traveling across the eastern half of this United States to the great national capital at Washington, D. C.? The city which has put forth its best these days for the inauguration of the thirty-first President.

In June, two girls will have the opportunity of seeing the city where the president lives and possibly call on him and call on the "first lady of the land" in the White House. Esther Everett of Mahaska County and Ina Fae Paul of Muscatine County, 1928 winners of the Register Contest would tell you there are many interesting things to see in our capital city.

The fortunate girls who achieve the honor of being Iowa's two outstanding girls will represent the state at the national capital. One girls is to be financed by the Des Moines Register and one by the State 4-H Girls' Club Fund.

These are the rules of The Des Moines Register Contest:

1. Any active club girl is eligible.
2. County Contests close March 15 and all winning booklets must be in the hands of the Register Contest Editor at Des Moines not later than April 1.
3. Each county should have its contest to determine best all around club girl in the county.
4. It is suggested the personnel of committee judging records consist of county agent, county superintendent of schools, President of county farm bureau, chairman of club committee or club committee member.
5. County winners will be awarded certificates of merit for the all around county championship. The following score card will be used
as the basis for awarding both the county and state championship:
1. Initiative and ability to lead and work with others .............. 25
2. Application in a practical way the lessons learned in club work 25
3. Faithfulness and ability to accept responsibility ...................... 25
4. Participation and record in competitive events ......................... 15
5. Neatness, arrangement and completeness of report booklet .......... 10
6. Health and personal appearance 5
Reports should be prepared in booklet form using sheets of letterhead size paper (8 1/2 x 11 inches), written in ink or typewritten on one side of the page only and bound together neatly. The report should be prepared with the following index and covering the following points:
1. Name of contestant, address, age.
2. Photograph of contestant.
3. Letters of recommendation covering 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 programs.
6. List of member’s activities and activities of his or her club (for each year in contest).
7. Story of “My Club Work and What it has Meant to me.” (In members 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.
   All records will be returned.

Ego Up!
The emblem of the 4-H club girls’ organization is the four leaf clover bearing on each of its green petals a white H, standing for the fourfold education which their organization offers to its members, namely, education of the Head, Hand, Heart and Health. This monthly page devoted by the students of the Iowa State College to the farm girls’ organization stresses these four points in its articles. Healthful clothing, healthful eating and healthful thinking, are a part of the 4-H program. The little jingle which follows is given with the hope that it may help some girl improve her posture, that something which is not only connected with attractiveness but with health as well. We do not know the clever author of this rhyme:

Good Posture is an asset
Which very few possess,
Sad to relate the favored ones
Seem to be growing less.

We see the folks around us
All slumped down in a heap,
And the way they navigate
Is enough to make you weep.

Some raise their shoulders,
Some hollow in their backs,
Some stiffen up their muscles,
And some just plain relax.

The ones who walks with grace and poise
Is a spectacle so rare
That even down on gay Broadway,
The people turn and stare.

If you would cut a figure
In business, sports or school,
Just mind the Posture Precepts
Obey the Posture Rule.

Don’t thrust your head out turtle wise,
Don’t hunch your shoulders so,
Don’t sag and drag yourself around,
No style to that, you know.

Get uplift in your bearing,
And strength in spring and vim,
No matter what your worries,
To slouch won’t alter them.

Just square your shoulders to the world,
You’re not the sort to quit.
“It isn’t the load that breaks us down,
It’s the way we carry it.”

More Honor for 4-H
Time does fly and girls will grow up as attested to by the fact that a little 4-H club girl of a few years ago, who held the center of the 4-H club stage one summer is now holding the joint position of County Club Agent in Hardin and Grundy counties with hundreds of girls and women looking to her for leadership. Miss Katherine Bolibaugh of Eddyville, Mahaska County as a 4-H club member for seven years representing her club, her county and her state over and over again in different ways. In 1923 the undreamed of happened, the Iowa Champion Canning team became a National Champion and represented the United States in France.

4-H Banquet
Ninety seven club leaders and committee members from various counties received inspiration for months to come from the first banquet for 4-H leaders held during Farm and Home Week at Iowa State College, January 28 to February 2, in the Memorial Union Building.

The program was as follows:

Program
Toastmistress—Miss Josephine Arnquist

Vocal Solo—4 Leaf Clover—Oombs—Mrs. H. L. Young.

“The Joy of Being a County Chairman”
—Mrs. C. W. Dobell, Chr. Club Committee, Sac Co.

“How We Make the 4-H Club a Definite Factor in Community Activities”—Mrs. C. W. Austin, Local Club Leader, Butler County.

“The 4-H Club Leader and Her Part in the Farm Bureau”—Mrs. T. L. Smith, Member Woman’s Committee.

Presentation of 4-H Girls—Miss Esther Cation, Pres. 4-H Girls’ Campus Organization.

“Dreaming”—4-H Girls’ National Song—College Girls’ Double Trio, Under direction of Miss Rosalind Cook, Music Department.

Mr. H. L. Kooser, Visual Instruction Service—illustrated colored slides.

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