1929

Girls' 4-H Club

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Recommended Citation

Sietman, Esther (1929) 'Girls' 4-H Club,' The Iowa Homemaker: Vol. 9 : No. 6 , Article 8.
Available at: http://lib.dr.iastate.edu/homemaker/vol9/iss6/8
GIRLS’ 4-H CLUBS

Club Work Is Glorifying the Iowa Farm Girl

Esther Sietman

Out of 4-H Originality

A 4-H room has come to college! Part of it has gone on to Chicago to represent Iowa at the National 4-H Club Congress. Olive Berggren, of Hamilton County, who is a freshman home economics student at Iowa State, is the designer and the maker of the room’s furnishings.

“Adventures with the paint brush and exploring the rag-bag are fun,” says Olive. “When I dragged out the rag-bag and poured out all the worthless old clothes it contained, one would never believe that such old rags could ever be made into a good-looking rug. It grew rapidly at first, but after the first braid had been sewed together with a bodkin, the progress was slow. Making that rug taught me to stay by my work until I had finished it.”

My 4-H Corn Plant

(By Gertrude Hauschildt, of West Pottawattamie Co., winner of Chicago National Club Congress Trip.)

In trying to sum up my 4-H experiences, I deem it appropriate, as an Iowa citizen, to compare them with the famous Iowa corn.

See the wonderful growth which has been made by the small kernel of 4-H spirit planted at the first club meeting in June, 1922. It fell on good ground, and was cultivated by the friendship of other club members and the encouragement of parents and leader.

Sunshine was provided in the state and county meetings and by some achievement, occasionally. Imaginary showers and rain were supplied by defeat and hardship.

The 4-H corn plant has made enormous growth. Is the plant top-heavy? No, indeed! The foundation is deep rooted and the roots are spread far apart. The plant is well prepared to stand the winds and the storms.

How tall is the stalk? A ring for each year—let’s count, one, two, three, four, five, six, seven rings, to be sure. And it is still growing! There are a large number of wide-spreading leaves which reach out for benefits and friendships.

People like Mrs. Josephine Arnquist Bakke and Governor Hammill and many others, are in store for every 4-H club girl, and can be reached by one of the corn plant’s leaves.

The harvest of the 4-H corn plant is unique. The original corn stalk has only one harvest. One picks the ear or the ears, and that is the end. Harvesting the 4-H corn is more like picking tomatoes, which one picks continuously. There is rain and sunshine and then, more fruit.

I have picked the fruit of my 4-H corn stalk and there are still many buds to be developed.

I notice that a brace-root is growing stronger into the form of an expense account book. The record book and the approved shoe root are in fine condition!

The Chicago Honor Roll

Twenty-three Iowa winners represented Iowa 4-H’ers at the 1929 National Club Congress. They are: Norma Illian, Scott; Elva Ralph, Sac; Blanche Brebeil, Sac; Orrine Conard, Calhoun; Gertrude Hauschildt, West Pottawattamie; Alma Koeppe, Musicatine; Esther Brus, Scott; Lucy Anderson, Muscatine; Francine Musteller, Mahaska; Maxine Bunting, Mahaska; Dorothy Johnson, Woodbury; Lois Ketten, Woodbury; Ruth Borne, Story; Clarice Torkelsen, Story; Veda Gipple, Louisa; Lucille Oak, Louisa; Anita Skene, Cerro Gordo; Frances Putnam, Cerro Gordo; Inez Stephenson, Page; Hope Hadley, Wright; Blanche Ross, Decorah; Frances Harding, Polk; Marie Brus, Scott.

Margaret Sereg, posing in a “living picture”

4-H Perseverance

“The mercury stood at eighteen below. Roads were banked with snow, but we managed to arrive at club meeting on time after driving five miles.”

This paragraph is only one out of the chapter of the club career of Margaret Sereg, Monroe County 4-H club girl, who has missed only one club meeting. “That was after the lowlands had been flooded for weeks, and the only way of getting there was an airplane or boat. As I had neither, I had to stay at home,” says Margaret.

Music appreciation and picture memory work are important features of Margaret’s club record, which she has established in addition to earning her own way thru school.

Margaret appears on this page as a...
model of Breton's "Song of the Lark." Members of the club painted their own background for this "living picture."

"I get up early to tune in on the radio on some of the selections we study in our music memory work," reports Margaret. "I bought my clarinet with 4-H premium money, and I joined the high school band and orchestra. I appreciate music because 4-H work has taught me how."

**Going Visiting**

"I search the newspapers for items telling what other clubs in the state are doing, and then I wish that I might visit one or all of these places," says Dorothy Ridenour, of Delaware County, whose two-year club record represented her county in the state contest.

All of the large family of Iowa, active and college 4-H girls can hardly visit each other, but we can exchange our 4-H plans on this page of the IOWA HOMEMAKER. Your ideas, questions and plans will be welcomed on our page, where we can really "go visiting" in a 4-H way.

**The Value of Milk**

(Continued from page 4)

The nutritive composition is known and the date of bottling stamped on the cover. All these things are under the supervision of the Medical Milk Commission and as a result of these precautions, a very low bacterial count, less than 10,000 per cubic centimeter, is one of the important features of certified milk. There are also various local regulations affecting the milk industry. In Iowa we find a state law specifying that milk which is pasteurized be heated to 145 degree F. for 30 minutes. There is no state law requiring tuberculin tested milk, but in some of the cities we find ordinances requiring that milk be free from the tuberculosis organism. We also have on the market raw milk or milk which is not certified or pasteurized. Fortunately, the old bulk dip system in which each customer presented his own bottle at the creamery to be filled by the ladle method is past, for this system meant a high degree of contamination, unfair distribution of butter-fat and frequently unfair measure.

When we discuss milk and its value as a food we must not forget that we can get milk in many ways besides out of a glass. We have cheeses in which the protein of milk is coagulated and made into a tasty food. Theoretically, cheese should take the place of meat in the diet and not be eaten as an accessory to apple pie at the end of a heavy dinner. Much of the hard feeling toward cheese, as the cause of indigestion, should be directed toward ourselves, who insist on abusing our stomachs by consuming it at the wrong end of a meal. Milk can be used in cooked dishes, making them richer and increasing the food value. Butter is one of the chief milk products. Often we skimp on butter, using substitutes of all kinds, forgetting that through milk and butter we get the valuable vitamin A, which we cannot live without.