Through 4-H Eyes

"Don't the most wonderful things happen in life?"

I heard a 4-H girl say this the other day, and I have been wondering since that if she didn't give, 'in a nutshell,' the spirit of 4-H club work. It is that to me—expectation, hope, joy, love of life, happiness in small things.

There is a certain intangible something in a girl's face that I call the 4-H look. Not all 4-H girls have it, but then all 4-H members are not true 4-H girls. The look is difficult to describe, as all intangible things are. I think it is something in the eyes—sort of a shininess, I guess, and then it has something to do with the expression of the mouth. At any rate, it is something that makes you turn and look a second time.

When I first came to college, a friend of mine and myself had a little game of searching for that look. We tried to pick out 4-H girls on the campus by identifying them by that look. Sometimes we were fooled—that is, we found people with 'the look' who were not 4-H girls, but not often did we find 4-H girls—real ones, I mean—who didn't have the 'look.'

It's a nice game—try it sometime. You must know what to hunt for first, though. Watch some of the outstanding 4-H girls on the campus and you'll know what I mean.

-H. M.

A 4-H'er at College

"I think that friendship is one of the most wonderful things that have come to me from my 4-H experience," said Marjorie Thurner, a 4-H girl from Clay County, who is a freshman at Iowa State.

"Everywhere I have gone I have met 4-H girls and we have always felt that we had something in common."

Marjorie has had many rich experiences in her years of club work. In 1926 she and her partner represented Clay County with a demonstration at the state fair. They repeated this demonstration at the Better Homes Congress in 1927. In 1928 Marjorie was sent to the Club Congress in Chicago as a representative girl from her county. In the summer of the same year she was one of the Iowa delegates to the American Youth Foundation Camp at Camp Minnowanac, Mich. Last summer she was one of the two 4-H girls who represented Iowa at the National 4-H Convention in Washington, D.C.

When asked which of the four H's seemed the most important to her, Marjorie replied thoughtfully, "I suppose you could rank them, but it seems to me that if you don't have all four of them you aren't well developed. They include mental, physical, social and religious development, and if one of those is neglected, your life is not complete."

Miss Genevieve Fisher, donor of Home Economics, said of Marjorie after hearing her talk at the campus 4-H meeting last fall: "Marjorie is a fair representative of what 4-H work will do for girls. Through interest in their work, they lose self-consciousness and gain a poise which makes it possible to speak to an audience in a sincere, unaffected, convincing manner."

Subject Matter Lessons

With leaders' training schools beginning this month, Iowa 4-H girls are starting again on the "work part" of their program. During the late winter and early spring of each year, three training schools are held in each county, at which specialists from Iowa State College give lessons which cover the project material for the year. The training school is held in a central place in the county and the leader and an older girl from each township attend and take the lesson, which is in turn given back to the local club.

Four major projects are carried on in the state: clothing, canning, breadmaking and home furnishing.

Miss Hazel Brown, who is in charge of the clothing division, says of her work: "We try to help the girls with problems in clothing construction and at the same time help them to pick out the best of the prevailing styles and select those which are appropriate to their age, circumstances and type. In selecting styles, design and materials, we divide the girls into three groups—dramatic, ingenue and athletic—and give the leaders training to help the girls determine their individual types."

The aim of the home furnishing division is: "To help the girls to make their rooms more convenient, more attractive and more useful," according to Miss Florence Forbes, who gives all of the home furnishing lessons in 24 counties. In order to do this, she says, they must learn the principles of color and design for interiors, for all things depend upon this. The girl takes her own room and all her plans evolve around that room. "The interest is very high," Miss Forbes says. "Some of the leaders drive 20 and 25 miles to get the lessons."

In discussing her work with the bread clubs, Miss Lula Tregoning says, "Our first purpose is to revive the old art of bread making. Second, we try to teach the girls the standards for perfect bread so that even if they are buying bread they can score it to see if they are getting good bread for their money." Miss Tregoning also links up health with the foods work. Some special work on pasteurization of food and care of the feet is included. Meal planning is stressed throughout all the bread lessons.

Mrs. Helen Hirlanhen and Miss Helen Swinney are in charge of the canning work. The girls in the canning clubs learn the standard methods of canning, the reasons for food spoilage and something about a canning budget, so that balanced meals can be prepared from the canned food. Health work is also carried out in connection with the canning lessons.

4-H on Farm and Home Program

On the Farm and Home Week program for the week, Jan. 27 to Feb. 1, a special program was arranged for 4-H club leaders who were on the campus. The theme around which the program was built was the understanding of girls. The following topics were discussed:

"Why a Girls' Organization?" J. F. Evans, professor of psychology at Iowa State College.


4-H Club Leaders' Banquet.

"The Story of Martha," Oscar Hatch Hawley, associate professor of music, Iowa State College.

"The Health of the Adolescent Girl," Dr. Caroline Hedges, Elizabeth McCormick Memorial Hospital, Chicago, Ill.
"Understanding Ourselves," Dr. John Alexander, American Youth Foundation, St. Louis, Mo.

"Helping Youth Express Itself," Dr. John Alexander.


"Health Contests—Value, Set-up, Follow-up," Edith Barker, Girls' Club Agent, I. S. C.


**Dr. Alexander Applauds**

"The 4-H club is the rural adaptation to a four-fold development," said Dr. John Alexander, director of the American Youth Foundation, when asked to give his opinion of the club.

"Your four H's—you are fulfilling them splendidly," he said. "The health, the head and the heart you have handled well, and you are beginning to get the significance of the heart."

Explaining what the education of the heart should mean, he pointed out that it is the appreciation side—beauty, culture, morals. A good leader, he said, will not neglect this side. She will find out the predominating interest of the group and shape her program around that interest.

Dr. Alexander is closely associated with the American Youth Foundation camp at Camp Minnewauka, Mich. For the last two years, Iowa 4-H girls have represented farm youth at the camp. In the summer of 1928, Marjorie Tuirer and Cleo Louck of Clay County, Marjorie Bouck of Cerro Gordo, and Mary McPherson of Polk were the Iowa 4-H delegates. In 1929 the following girls attended: Pauline Hufford of Polk County, Edna Bos of Delaware, Alice Pierce of Louisa, and Orline Conard of Calhoun. Mary McPherson also went back this year, of her own accord.

Three of these girls have attended Iowa State. Marjorie Thuirer is a freshman this year, Pauline Hufford was in school last year and Marjorie Bouck was graduated last year.

Dr. Alexander said that the work and interest of these girls at camp was of unusually high caliber.

**4-H and the Farm Bureau**

4-H clubs are making themselves heard! At the annual Farm Bureau Federation meeting in Des Moines, Jan. 13 to 17, they were honored with a prominent place on the program.

On the general meeting program, a place was given for the presentation of the County Standard 4-H Club Charter. On the special Women's Program, a general statement, "Broadened Horizons in 4-H for 1930," was included for discussion.

Three 4-H club luncheon meetings were held with attendances of 200, 75 and 50, respectively.

The 4-H clubs had a special exhibit booth at the meeting, and club girls from Polk County acted as pages to the presiding officer and as ushers for the big meetings.

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**Recreation for 4-H'ers**

"We are here to do more than make a living; we are here to make a life!" said Miss Betty Eckhardt, state recreation specialist at West Virginia College of Agriculture, who was on the program for 4-H leaders during Farm and Home Week.

Miss Eckhardt stressed the value of a good recreational program in the clubs. "Very often too much time is spent in learning new games and different forms of recreation, while too little time is spent learning what they are for," she said.

The aims of a good recreational program, Miss Eckhardt explained, are to increase the ability of the girls to provide their own recreation, to develop leadership, organization, cooperation, good fellowship and self-confidence. Activities, such as sports, glee clubs, orchestra and dramatics, help to develop these aims, she says.

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**A New 4-H Contest**

Romance, sacrifice, struggle against storms and pests—all of this and more would be included in the stories which Iowa farm groves could tell, according to L. T. Bode, extension professor of forestry at Iowa State College. In order to preserve some of the Iowa history connected with these groves and to stimulate interest in tree planting and preservation, a Farm Grove History Contest is being conducted this year for Iowa 4-H boys and girls.

Professor Bode explained the contest in his talk to 4-H folks over WOI Saturday morning, Feb. 1. A regular 4-H program is broadcast on the first Saturday of the month, from 10 to 10:30 a.m.

The American Forestry Association and others are offering some splendid awards for the best stories telling about the history of the trees around farm homes in Iowa. Seventy-five points of the score are given for the story and twenty-five for an effort toward stimulating planting of new groves or windbreaks, or replacing old ones. Professor Bode urges contestants to use an abundance of human interest in writing their stories. Their fathers and grandfathers can probably give them some fascinating stories of events in the lives of the trees on their farms.

Rules for the contest can be secured thru the Extension Service or from the county agents over the state. The contest closes Nov. 1, 1939.

Mrs. Edith Barker of the club staff had charge of the radio program. She told her 4-H audience of the club events which were scheduled for Farm and Home Week.

Oscar Hatch Hawley, associate professor of music at Iowa State College, presented the voices of the different instruments of an orchestra.

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**The Fourth 4-H Heart**

A signed statement from the President of the United States appears at the beginning of the music appreciation sheets which are given out to 4-H girls all over Iowa this year. The statement is:

"Cultural development of a people must be preceded with material well-being, if they are to enjoy the fullest happiness. Musical appreciation should therefore be promoted as one of the liberal arts of life."

Iowa 4-H girls are learning more and more to appreciate the masterpieces in music. This year the girls are studying opera. "Martha," by Herr von Flotow, has been chosen because of its lovely melodies and gay story.

Oscar Hatch Hawley, associate professor of music at Iowa State College, in discussing "Martha," before a group of 4-H leaders during Farm and Home Week, said, "Our lives are controlled by our emotions. When we listen to music, we should use our imagination and link each piece with some past experience which has aroused our emotions."

A man improves more by reading the story of a person eminent for prudence and virtue, than by the finest rules and precepts of morality.—Addison.