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Girls' 4-H Club

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4-H Group Gives Musical Treat

ONE of the 4-H projects that is closely connected with the Heart is music appreciation and this year an unusually interesting list of music selections has been planned for the 1930-1931 list.

One 4-H club took a rather new way of presenting the music memory selection before a large audience at a Four County Fair.

The first scene was a quiet living room with a baby’s bassinet occupying the center of the stage. While someone sang Brahms’ ‘Lullaby’ behind the scenes, one of the club girls entered carrying a large baby doll which she ‘put to sleep’ in the bassinet. The next four songs were for the little brother and sister and the club girls asked their help in picturing four nursery rhymes. Jack Horner was a small boy seated on a stool suitng his actions to the words of the song. Bo Peep was a tiny girl dressed in a quaint costume looking for her sheep, and Ride a Cock Horse was a little boy riding a rocking horse.

Brother’s selection was a good stirring march, ‘The Stars and Stripes Forever,’ and before a background which was a large flag, the whole club, dressed in club uniforms, executed a simple flag drill.

The club girl’s music memory selection was ‘Fair Rosemary,’ and the members of the club in light, summer dresses grouped themselves on the stage arranged to represent a garden, while a tiny girl performed a few simple steps as the selection was played on the phonograph.

An outdoor setting formed the background for ‘In a Persian Market.’ The girls in gay costumes acted out a Persian street scene while one of the smaller girls representing the Princess was carried through in an improvised sedan chair.

For father and mother, ‘The Irish Washerwoman’ was represented by one of the girls who morbidly rubbed, and scooped the children while her ‘husband’ sat in the background watching.

The last, and perhaps the most beautiful scene of the series was the dramatization of ‘Down by the Old Mill Stream.’ A club girl dressed as an old man was sitting in an easy chair dreaming of days gone by. While the song was being sung behind the scenes, the barefoot boy in ragged overalls and a straw hat and the little girl ‘dressed in gingham too’ appeared in the background as the picture in the mind of the old man as he dreamed of being ‘Down by the Old Mill Stream.’

Round Table Talks Open Meeting

When the Iowa State Farm Bureau Federation met in Des Moines Jan. 14, 15 and 16, the 4-H club leaders and persons interested in club work held a luncheon discussion meeting each day.

The topic for the first day was ‘The Elements of Good Leadership of the Adolescent Girl.’ The discussion was led by a club leader, a club committee woman, a county club chairman and a home demonstration agent.

Girls’ health problems as shown by a recent survey were discussed at the next luncheon by Miss Forn Goulding of Iowa State College.

At the last luncheon, 4-H music contests and county-wide events were talked over.

Does Goiter Forerun Cancer?

SIMPLE goiter is frequently looked upon as a trivial ailment, not to be considered unless it amounts to proportions actually deforming. There are theories, however, that goiter is potentially dangerous—has cancerous possibilities and under certain conditions may develop into a quiescent form of toxic goiter.

It is quite generally conceded now that a lack of iodine in the thyroid causes it to enlarge. This iodine is normally supplied by water and foods containing iodine, the original source of iodine being the soil from which the water and foods are derived. There are large localities in the world where this iodine is totally lacking in the soil and hence it is lacking in the food. These are the so-called goitrous districts, and in them preventive measures should be taken to prevent goiter formation.

Though, strictly speaking, Iowa is not directly in a goitrous locality, it is on the borderland. Thyroid enlargement, moreover, frequently occurs in an entirely goiter-free area, since with persons under unnatural physical or mental stress the needs of the body for iodine are temporarily increased. This, therefore, necessitates a temporary increase in the supply of iodine. Frequently these periods of stress and greater need are known or can be fairly foretold. They include feotal growth, puberty, pregnancy, lactation and the menopause. In general, it is well to remember that the ingestion of iodine is entirely a prophylactic measure and should be taken only under the direction of a physician.

Free Tips for Kitchen Spills

Keep a large blotter handy in the kitchen to absorb spilled food.

Small pieces of broken glass or sand may be picked up with dampened absorbent paper or cotton.

When grease drops on the floor, dash cold water on it at once. It will harden the grease and prevent it from being absorbed by the floor.