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It's an Art in the South...

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GIRLS' 4-H CLUBS



Club Work Is Glorifying the Iowa Farm Girl

Edited by Clara Austin

4-H Goes to College

Did you freshman girls who have been 4-H club members know that you could belong to a 4-H club on the Iowa State College campus? When you left your own local 4-H club I imagine some of the members said of you as they did of me, "Oh, she'll forget all about 4-H club work when she gets to college and is so busy with activities there."

On the Iowa State College campus you haven't a chance to forget your 4-H club work because you can belong to the Campus 4-H Club. Of course, we cannot do project work and hold monthly meetings as we used to in our home clubs because college work and activities take most of our time, but the Campus 4-H Club meets once each quarter, and also entertains 4-H girls at Veishea.

The fall meeting will be a "get-acquainted" party, but it is not a mixer like all freshmen will go to at the beginning of the quarter. Here you will meet all the State Club staff that you have known and loved, and then you'll meet many girls whose names have been familiar to you for years in 4-H club work because many of the girls here in school have been the state and national champions of past year. Then you will meet new girls from all over Iowa and from other states, with whom you will get acquainted very quickly because you have a common bond—4-H club work.

The winter quarter meeting is usually a tea. Last year we held it during Farm and Home Week and entertained the mothers, leaders, and home demonstration agents who were here on the campus at that time.

A May breakfast on one of those beautiful Sunday mornings in May is the loveliest 4-H gathering we have. Last year we were fortunate to have Miss Gertrude Warren of the National 4-H Club Department with us, and each year we have as our guests many people who believe in 4-H work and are interested in what we are trying to do.

The purpose of the Campus 4-H Club is to bring the 4-H girls on the campus close together and to serve as a link between college and home community. After each meeting every campus 4-H girl is expected to write a letter to her own local club telling them about our activities here on the campus.

The Campus 4-H Club welcomes each freshman girl who is a former 4-H'er to Iowa State College and to our organization. We want to see you at the fall meeting and at every other meeting during the years you spend at Iowa State.

Iowa Girls Attend Convention

Iowa 4-H girls were represented at the fifth National Club Camp by Edith Blood of Polk County and Maxine Long of Sac County.

The National Camp is held each year on the Department of Agriculture grounds at Washington, D. C., where representatives from 40 states camp. Each state is entitled to send five delegates—two girls, two boys and one state leader.

Each morning the delegates gathered for general assembly, when some of the outstanding men and women of the United States talked to them. Later the group parted to meet in smaller discussion groups. The afternoons were occupied with sightseeing—Mount Vernon, the Capitol, the White House, and the city

of Washington.

Edith says, "The Washington Monument was my very favorite sight in Washington, D. C., but the tour up into it was not related to the emotion aroused by that high shaft of memorial stone as seen from a distance. I called it in a little story I was asked to tell at our closing Camp Fire, 'The Challenge and the guide to live a higher and better life and do better, more worthwhile things.'"

State Officers Are Installed

The 1931-1932 State 4-H officers installed at the State Convention were Gertrude McDonald, Monroe County, president; Berniece Sealine, Hamilton County, vice-president; Alice Bennett, Ringgold County, secretary; and Shirley Heath, Cherokee County, historian.

The new officers were installed by the 1930-1931 state officers, who were Blanche Brobeil, Sac County, president; Gertrude Hauschildt, West Pottawattamie County, vice-president; Mary Morton, Calhoun County, secretary; and Edith Blood, Polk County, historian.

It's an Art in the South . . .

By Margetta Jebson

WHO has not heard of southern hot breads, beaten biscuit, Sally Lunns, and spoon bread?

The sum and substance of old Virginia cooking, as stated by one of Virginia's famous ante-bellum hostess, Mrs. Harrison, of Brandon, is given in a few words:

"Have no shams. Procure an abundance of the freshest, richest real cream, milk, eggs, butter and lard, and never use a particle of soda or saleratus about anything or under any pressure."

Marion Cabell Tyree, the granddaughter of Patrick Henry and one of the famous housekeepers of Virginia, gives her secret process for good bread-making.

Good flour, she claims, is an indispensable necessity for good bread. Flour should always be sunned and aired before it is used.

There is a great art in mixing bread, she believes, and it is necessary to ob-

serve a certain rotation in the process. Make a small quantity of bread. Knead the soft dough without intermission for half an hour by the clock, then place it in a stone crock, and set it to rise. The whole process, including both the first and second risings, may be accomplished in seven or eight hours in summer. In summer you may make it up at 9 p. m. for an 8 o'clock breakfast next morning, but in winter make it up at 7 p. m. and then set it to rise on a shelf under which a lighted coal oil lamp is placed, thus affording sufficient heat to assure its rising.

She warns never to knead bread a second time in the morning as this ruins it. Handle as lightly as possible, making into the desired shapes and putting it into the molds in which it is to be baked.

And do not make bread in the same shapes, she concluded. Different varieties such as twists, turnovers, light biscuits and rolls add interest.