Girls' 4-H Club

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Girls' 4-H Clubs

Club Work Is Glorifying the Iowa Farm Girl

Edited by Clara Austin

4-H Girls Get Acquainted

The fall "get-acquainted" party of the Campus 4-H Club was held in the Fireplace Room in Home Economics Hall Friday, Sept. 25. Thirty-three counties and the state of Minnesota were represented.

Janet Cation, president of the campus organization, explained the purpose of the club and welcomed the freshman girls who were attending their first college 4-H meeting.

After the introduction of the members of the state staff, Mrs. Josephine Armquist Bakke introduced the college girls who have done outstanding 4-H work in the past. She also introduced to the upperclassmen, the freshman girls who have been prominent in 4-H club work.

One of Iowa's representatives to the National 4-H Club Camp, Edith Blood, who is a freshman at Iowa State this fall, described life at the national camp, which is held in Washington, D. C. Maxine Long of Sac County was the other girl to represent the 4-H girls of Iowa.

Kathryn Leeper was appointed acting publicity chairman since Alberta Hoppe, Linn County, who was elected last May, was unable to return to school this fall.

College Girls May Compete

One of the most interesting features of 4-H club work is the many contests held throughout the year. After a 4-H club member enters college and enrollins in a home economics course she is not eligible to enter most of the contests or to compete in any way with girls who are in high school or not attending school.

There is one contest, however, which is open to the college 4-H girl. The award in this contest is based on the service the college girl gives her own community and county during the summer months to strengthen 4-H club organization. The contest closed Oct. 16.

Contests Are Popular

4-H girls from 99 Iowa counties took part in the contests at the 1931 Iowa State Fair, held in Des Moines, Aug. 26 to Sept. 4.

Each year after the fair, the state club staff checks up on the number of counties represented in each contest, the average age of the girls, the number of years each girl has been in club work, and the figures are compared with those of former years.

In 1930 nine counties sent exhibits to the State Fair, and in 1931, 19 counties exhibited. This year 99 counties were represented by demonstration teams, and in 1929, 19 counties sent teams to the fair.

Iowa first health contest was held in 1921 with 15 counties entered, and in 1931 there were 92 contestants.

Clarice Terkelson, Story County, was the winner of the 1931 Iowa 4-H girls' health contest. The champion demonstration teams were: bread, Mahaska County; canning, Washington County; clothing, Woodbury County; and home furnishing, Sac County. Edith Nelson, Wright County, received the distinction of being the best dressed 4-H club girl in Iowa.

The Art of Boiling Potatoes...

By Pearl Rock

DO YOU know how to boil potatoes?

Judging from the results which most housewives have, it would seem that very few do. A boiled potato should be soft all through, dry and mealy, never waxy and hard or soggy with water. Potatoes should never be allowed to stand in water for very long after they are peeled. They should be cooked in unsalted boiling water until they are soft in the center. Every drop of water should then be drained off them, and salt sprinkled over them. The lid should be left off the saucepan a moment so that the potatoes can dry thoroughly.

Doctors tell us that baking is the most healthful way to cook potatoes, but the trouble with most boiled potatoes is that the most nourishing and delicious part of the vegetable is usually thrown away with the skin because it is impossible to dig them out thoroughly with a fork. Select large or medium potatoes for baking, scrub each potato thoroughly, then with a knife remove the eyes or any black spots that may be on the skin. Next, brush each potato with bacon fat or any cooking oil, and bake in a medium oven until the potatoes are soft, usually from one to two hours.

Every housewife knows that left over baked potatoes are not very good either fried or creamed; but they will be found delicious if treated as follows: Cut them in two as soon as they come from the table, before they are cold. Scrape out the pulp, season it with salt, pepper and butter, and add milk to heat it light. Refill the shells, and then they are ready to be reheated and served for the next meal. Grated cream cheese or any chopped meat may also be added to them, to give variety.

Left-over mashed potatoes may also be made up a number of ways. They may be mixed with cheese or ground meat and an egg as soon as they are taken from the table, and put into a well greased baking dish, ready to be put into the oven to be baked until brown.

A fancier dish made of mashed potatoes is called potato pears. To make them, mix a pint of hot mashed potatoes with a tablespoon of butter, half a teaspoonful of pepper, a dash of paprika, half a teaspoonful of salt, half a teaspoonful of celery salt, a teaspoonful of minced parsley and the yolk of an egg.

Shape like pears, roll in beaten egg and bread crumbs and fry in deep fat.

For Spanish potatoes, par and slice thin six potatoes. Chop one good sized onion and a heaping teaspoonful of parsley into fine pieces. Put into individual baking dishes and fill them with milk. Cook for twenty minutes to half an hour. Salt and pepper should be added when served, as the milk is apt to curdle if it is added before cooking. Canned tomatoes may be used instead of the milk.

Maitre D'Hotel potatoes may sound like quite a fancy dish, but it is really very easily prepared. Cut pared potatoes into one-half inch cubes and cook in boiling salted water until just tender. Drain and pour over the potatoes a sauce made of three tablespoonsful of butter, two teaspoonful of lemon juice, one-half teaspoonful of salt and of chopped parsley, and a dash of pepper.

French onion potatoes are made by cooking pared potatoes in boiling water for (Continued on page 13)