

GIRLS' 4-H CLUBS

Club Work is Glorifying the Iowa Farm Girl

THANKSGIVING THOUGHTS

The 4-H club girl of 1927 has much to be thankful for of which her Puritan sister of yesteryear did not even dream. She enjoys all the comforts of a modern home equipped with water system, electric light and other conveniences. The rural mail carrier, the telephone and the automobile have overcome the isolation of rural life and now the radio has opened up a new world of possibilities. What 4-H girl would exchange the simple comfortable attractive dress of today for the drab, cumbersome dress of Puritan day; her bobbed head for the more severe coiffure; her wider knowledge of health and her freedom to enjoy out-of-door sports for the restricted life of the girl of long ago. Add to all these advantages the privilege of belonging to an organized group through which she can express herself; can extend her acquaintance and participate in interesting, helpful meetings, local county and state-wide; her opportunities for advanced education; her freedom to prepare for the profession of her choice. Truly the 4-H club girl of today has much to be thankful for if she is using all these advantages as stepping stones to her highest self; if she is developing the qualities of loyalty, courage, unselfishness; truthfulness, laudable ambition and perseverance; and living true to the ideals of club work. She can best express her thankfulness for all of these wonderful opportunities by giving of her best self to others or summed up in one word—service.

4-H CAMPUS CLUB TEA

4-H club girls from twenty-three counties became acquainted with one another at a charming tea given by the 4-H Campus club, on Thursday afternoon, October 21, in the green dining room, Home Economics Building. Miss Josephine Arnquist, Mrs. Edith Barker and Miss Florence Forbes of the State Club Department and the Home Demonstration Agents were honored guests.

The number of 4-H girls at Iowa State College is increasing each year. The Campus 4-H Club fosters a better acquaintance among the girls and helps them carry 4-H ideals over into college life. Esther Meints of Scott county and Julia Bourne of Kossuth county were in charge of arrangements for the tea, which will be the only social function given by the club group the first quarter.

"It is not how much we get for what we do but how much we do for what we get."



"Punch as Cook"

Given by Hamilton County 4-H Girls—as a part of the Food Health Show.

Mid-West Horticultural Exposition

4-H club girls were represented at the Mid-West Horticultural Exposition held in Des Moines November 16 to 20. A contest to determine the four outstanding foods club girls was held in October. The contest was limited to girls between the ages of fourteen and twenty-one and was based on the girls' club record. The winners were awarded free trips to the Horticultural Exposition, where they gave individual demonstrations on "Jelly Making with Iowa Beet Sugar," "Vegetable Salads," "Attractive Ways to Serve Fruits" and "Drinks from Fruit Juices."

The "Food Health Show" was given by club girls from Hamilton county. The Food Health Show was planned by the Club Department and the National Dairy Council cooperating. It consists of four demonstrations: "Attractive Summer Drinks," "Milk in Cookery," "Vegetable Salads," and "A Balanced Meal" and four stunts: "The Teeth that Jack Built," "American Beauty Products," "The Dairy Maids of Holland" and "Punch as a Cook." The last named stunt is shown in the picture above.

In addition to the program features there was a 4-H club exhibit, consisting of five classes of canned products and three classes of posters, emphasizing flowers in the home, vegetables in the diet and fruit in the home.

A CORRECTION

Verna Vieth and Evelyn Spence of Marshall County were the members of the Champion Clothing Demonstration team. The name of Frieda Neuroth was given by mistake under the picture of the team appearing in the September-October issue of the Home-maker.

WHY I AM IN COLLEGE

By Esther Cation

1923 State 4-H Health Champion

This is a large subject on which to write and a rather difficult one. It is extremely hard to give one exact reason for my being here, but I know that I may say with honesty that my years in club work were a great influence. I was a club girl for five years and hope to be considered an honorary member of our club now. I was a charter member in our county so I saw the groups grow from weak, unstable organizations to strong, active clubs. We owe our rapid growth to the splendid leaders we have had in Clay county.

Having been to Short Courses twice, once in 1924 and again in 1926 gave me a good impression of Iowa State College. If I remember rightly I had some idea of coming here before I had been to Short Course but after the Short Course, well, I knew I'd never be happy anywhere else.

The leaders here in the State Extension Department seem like second mothers to me. I always feel like they would know and understand a girl's problems just like a mother always knows and understands. Isn't it odd how mothers always see both sides? I think the department unintentionally influenced me in coming to Ames more than they probably realize. College life is such a great step in a dim, new world for a girl that she needs some one like this near her. A good home training, belonging to a 4-H club and having had responsibilities before coming here greatly aid her.

Four-H work has helped me in so many different ways. Sometimes I think surely I've gotten so much from it that I needn't expect any more but soon something occurs in which 4-H training gives me more aid than ever.

One of the greatest things it helps with here on the Campus is getting acquainted with people. I remember before I was a club girl how I dreaded meeting people who I didn't know. And when I was left to entertain anyone I was so embarrassed. My mind seemed utterly blank. Now I don't dread these times as I used to. I feel at ease and look forward to making new friends.

As you know one of the 4-H's stands for health. Club work places much stress on health education. I have often wondered if I'd be walking on feet squeezed into shoes much too narrow with stilts for heels if I hadn't belonged to a club. Why any girl wants to go about the campus with such cov-

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4-H CLUBS

(Continued from page 9)

erings for her feet is beyond my reasoning, and yet many do. It can't be for beauty or looks because nothing could be more unattractive. How I love to meet the 4-H girl on the campus, walking in comfortable shoes, chest up, breathing deeply with her naturally pink cheeks and sparkling eyes the very picture of guarded health. Somehow it gives me new inspiration. And let me say this for Iowa State College, we're not allowed to neglect our health here either. Three hours of athletic work are required a week, one in floor work and the other two in sports left to the choice of the student. Through physical examination given to every new student the doctors find just what each student should or shouldn't take along athletic lines. If a girl needs medical attention it is given free at the well equipped hospital.

The 4-H girls have an organization here in college. Every year the college has a "Get Wise" meeting and all the organizations of the college give a stunt showing what their group represents. This year, for the first time, the 4-H girls are giving a stunt. So you see again, that the 4-H club is recognized as a worth while organization.

Last week the girls entertained the Home Demonstration Agents at a tea in our new Home Economics building. It seemed so good to see the girls all in a group. I met many new girls and some I had known before. I always look forward to 4-H meetings, there are so many interesting subjects to talk about. Last week Miss Arnquist and Miss Forbes were each wearing two watches and of course we were all curious to know why. They told us that the watches on their right wrists were to be given to the girls from Iowa who won championships in demonstrations at the Interstate Fair. Isn't that fine?

Thinking it over seriously I believe that college is only a combination of club standards and that life after school should prolong these standards. The main purpose of all life is the training of the hand, heart, health and head and to learn good sportsmanship, "To win without bragging and lose without squealing." I hope that if any of my audience is thinking of taking a Home Economics Course that they will remember Iowa State College as the best place in the world for such a course.

In closing I would like to read a little poem that will help any girl leaving the loving protection of parents. It has no title but was written by Howard Arnold Walters. Perhaps we might call it "A Motto".

"I would be true, for there are those who trust me;

I would be pure, for there are those who care;

I would be strong, for there is much to suffer,

I would be brave, for there is much to dare.

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4-H CLUBS

(Continued from page 19)

I would be friend to all: the foe, the
friendless,
I would be giving, and forget the gift;
I would be humble, for I know my
weakness,
I would look up, and love and laugh
and lift."

ALL H. EC. CONVOCATION

(Continued from page 3)

terest in Home Economics. Omicron
Nu has as its standards, good scholar-
ship and research work.

Miss Virginia Buck told of the Cath-
erine McKay loan fund, which was
established in honor of Catherine Mc-
Kay, who did so much for Home Eco-
nomics here at Iowa State College, and
Miss Sims told of the Mary J. Roush
loan fund. These funds are all given
to students who are worthy and who
might find an education impossible
without their help.

Miss Lennadore Berg of the Music
department sang a solo, "The Indian
Love Call." Then the whole group
closed the program by singing the
Alma Mater. The seniors had the
privilege of filing out first, with the
other classes following.

It did not take long for the group
of girls to scatter over the campus, go-
ing to their halls and houses. But
each of them carried with her a great-
er feeling of appreciation and pride in
being a Home Economics student at
Iowa State College.

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