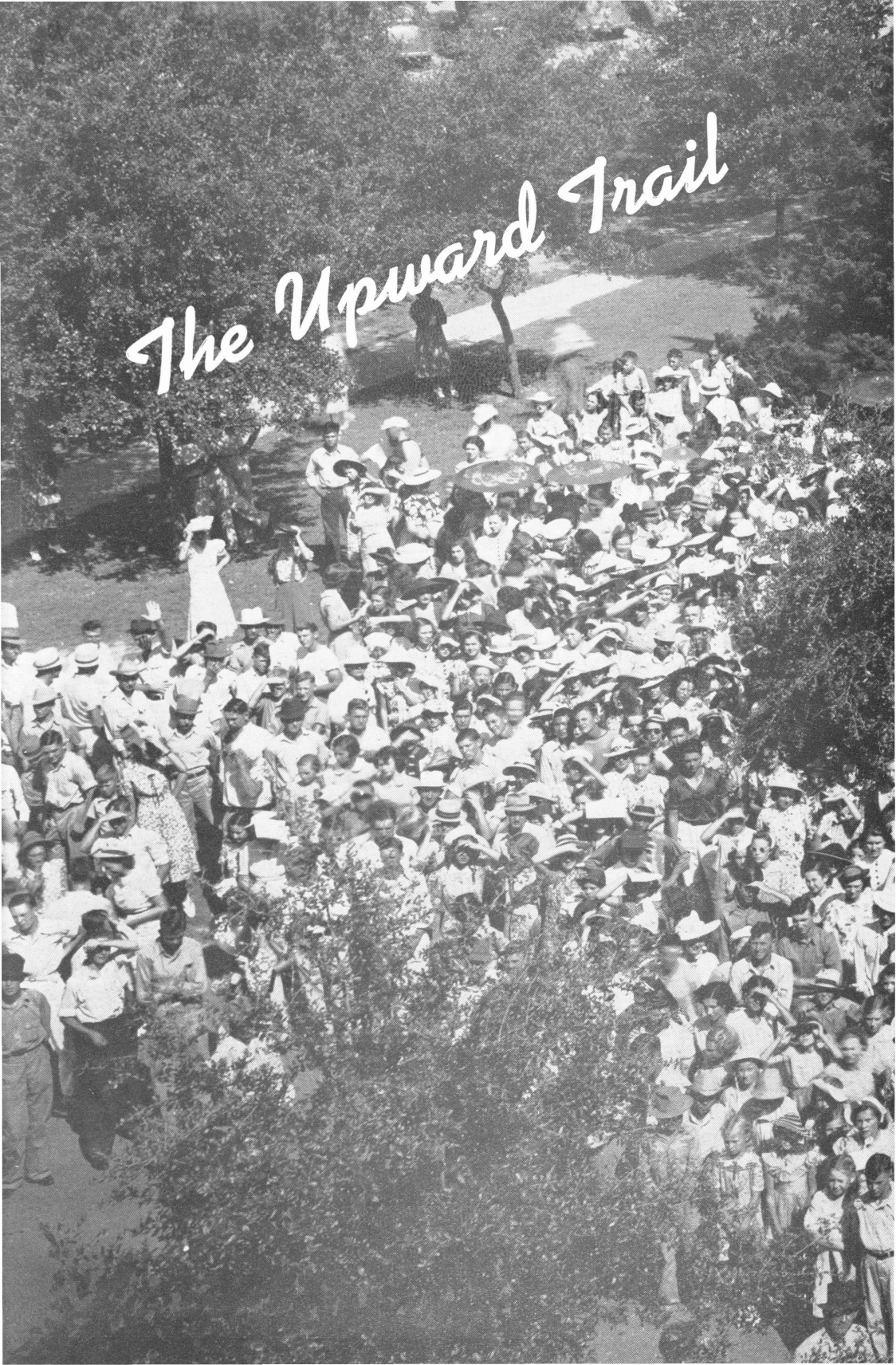


The Upward Trail



*I'm on the upward trail,
I'm on the upward trail,
Singing, singing, everybody singing,
As we go.*

*I'm on the upward trail,
I'm on the upward trail,
Singing, singing, everybody singing,
Homeward bound.*

—A 4-H Club Song

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H. H. Williamson, Director, College Station, Texas

THE UPWARD TRAIL

by

Onah Jacks, State Girls' Club Agent

About the Contributors

The boys and girls whose pictures appear on the cover of this bulletin were among the 1,500 4-H club members who attended the annual meeting of Texas 4-H club boys and girls at the A. and M. College of Texas, July 6, 7, and 8, 1938. They represent the 60,000 Texas 4-H club boys and girls who are on the upward trail toward better country living. They have no broad and easy road, but these boys and girls and many like them are surefooted, keen, sturdy and eager—unafraid alike of the new and different and of the old and accepted ways. As one of their group here says, "They have tasted of the better things and cannot be satisfied with less than the things it takes to make a happy home."

Pauline Miller, Elizabeth Harrison, Cletis Clinton, Mrs. Paul W. Stauffer and Ruth Fooshee were among the speakers during the annual meeting. Ruth Fooshee was awarded the 1936 college scholarship offered by the Texas Home Demonstration Association. She lives near Greenville in Hunt county. She started out as a club girl nine years ago and did everything she could find to do that pertained to 4-H club work, developing demonstrations in poultry, bedroom, wardrobe, gardening and orchard work.

Pauline Miller of Wharton county has been a 4-H club member about eight years. She has a yard demonstration that has made her home especially attractive. Bedroom improvement, food preservation, orchard work—all have been carried on as part of her 4-H club work. She gave a travel talk about her trip to the National 4-H Club Encampment which she attended in Washington, D. C. in 1938. Her home is near Wharton.

Elizabeth, Cletis and Mrs. Stauffer are introduced later in the bulletin.

Because these young women too have a fine and inspiring conception of the opportunities offered through 4-H club work, excerpts from their talks are being presented here. May they help to arouse and encourage many people to renew their efforts toward achieving full and happy lives.

Our Likenesses and Autographs



RUTH

It's the achievement and not the winning that counts. Prizes won are soon forgotten, but skills acquired and character developed are yours for all time. *Quik Trasher*



PAULINE

My motto is not only "to make the best better" but also to lend a helping hand"

— Pauline Miller



ELIZABETH

Many of our families depend on us 4-H Club Members to bring home the newest and best ideas on clothing, health habits, home improvements and better methods of farming and homemaking — *Elizabeth Garrison*



CLETIS

There is one thing about 4-H Club work... and that is... it is yours after you do it and the experience and training cannot be taken away.

Cletis Clinton



MRS. STAUFFER

In living the 4-H's I have found a fifth 4-H which is Happiness Mrs. Paul W. Stauffer

KEEPING VS. SHARING TREASURES

by

Elizabeth Harrison

ELIZABETH HARRISON is a six-year 4-H club member of Egan in Johnson county. She has a way of getting things done and of helping other people to become interested in doing things. Her home is just about completely "done over" as a result of her 4-H club work and its influence. She was one of the 1938 delegates to the National 4-H club camp at Washington, D. C. and made the following talk at the banquet there. She repeated the talk at College Station and has given it at several county-wide 4-H meetings since; and still says that she likes to talk about sharing better than anything else she knows.

I wonder how many of us have ever thought about the advantages and disadvantages of sharing our 4-H knowledge with others.

Sharing means passing on to others and enjoying the satisfaction of knowing you have helped some one to do something. If we do not share with others what we already know, we do not develop our own minds, or enrich our lives and therefore our knowledge declines.

You might be interested in hearing some examples of how girls and boys have helped others by contributing what they have learned in 4-H clubs.

Pauline Miller of Wharton county has made it a rule that everyone who comes to her home should learn at least one thing new. She has given information on bedroom improvement, sewing and planting shrubbery. She says she has even been accused of chatting with every peddler that comes along, but she is accomplishing her purpose and enjoys it.

J. D. Jordan of Mason county has been so successful with the raising of Hereford baby beeves that 4-H club boys and county agricultural agents have asked him many questions about feeding and caring for baby beeves. He has shared his knowledge with them by answering letters. Since January, 1938 he has helped 4-H club boys and Future Farmers select

twenty-three calves to be used for baby beef projects. He says that after having "broken the ice" many other 4-H club boys have followed him in developing demonstrations.

Ellis Britten from Hale county has helped his fellow club members in selecting their livestock and given them information on feeding correct rations to make satisfactory gain per day with less expense. He has toured his county, visiting all the boys' 4-H clubs, giving the members information concerning his demonstrations and has tried to encourage them to become better club members and to make use of the advantages and opportunities about them.

Among my own experiences in sharing 4-H knowledge, I have encouraged my parents to improve our home. By cooperating and each sharing his knowledge with the rest of the family we have improved the whole farm and home. I tried to get someone to be sponsor of the junior 4-H club organized at our school, but was unsuccessful so I was appointed to act as their sponsor. This I was glad to do. I met with them twice a month and encouraged them, trying to make them see the opportunities in our own community. I have shown them the things I have done; painting furniture, making furniture from scraps of lumber, and making new dresses out of old ones. As a result we have in the club 26 little girls who have all completed their club goals and who are planning to do better things.

In Texas, girls' 4-H club work is organized on the basis of sharing. In each community where club work is carried on one girl is chosen to be a demonstrator in each phase of work. The home demonstration agent comes out and helps the girl and her family to develop this demonstration. Then this home is an example or pattern for other 4-H members and neighbors to follow.

Our government has made it possible that the best knowledge obtainable be shared with all classes of people. There are two ways that we obtain this information. We get it from the county, state and national Extension agents, and we get it from demonstrators and cooperators who have already proved the value of the information in their homes.

Let's help someone to do something—share with them our 4-H treasures. It will make us happy and help to make better homes and our communities better places in which to live.



WHAT 4-H CLUB WORK MEANS TO ME

by

Cletis Clinton

CLETIS CLINTON *has been a member of the Minden 4-H Club in Rusk county about eight years now. She worked along without much interest from her family for two years or more—until she proved that her ideas about producing and taking care of the food supply were really a help. Her home now—well, it's just not the same home that it was—and every member of her family is healthier and happier because it isn't. In 1937 she was awarded the college scholarship given by the Texas Home Demonstration Association.*

It is indeed a happy privilege to stand before so great a number of 4-H club boys and girls and tell you just what 4-H club work has meant to my family and me.

I would hate to feature my family and home without the influence of the 4-H club. To me it is the greatest organization that was ever organized for the rural boys and girls, because it furnishes so many opportunities that they would not get otherwise.

Boys and girls, if you wish to make a success in life you should be alert to grasp every possible opportunity for the development of your personality and character. You may ask, how can we do that in the 4-H club. Well, it is very easily done. Do the small tasks planned, and after that you will be inspired to do more and more, and soon whether you know it or not, you are developing a personality and character and more than that good citizenship. I think that is what the state's aim is in having Extension work carried on.

I have found that by work you can accomplish anything you are determined to do. If I were permitted to give you any advice, I would surely advise you to work and do your best at whatever you do. There is one thing about 4-H club work, and that is, it is yours after you do it, and the experience and training cannot be taken away.

As a result of the influence of the 4-H club in my home, my entire family cooperate and are willing to do anything to

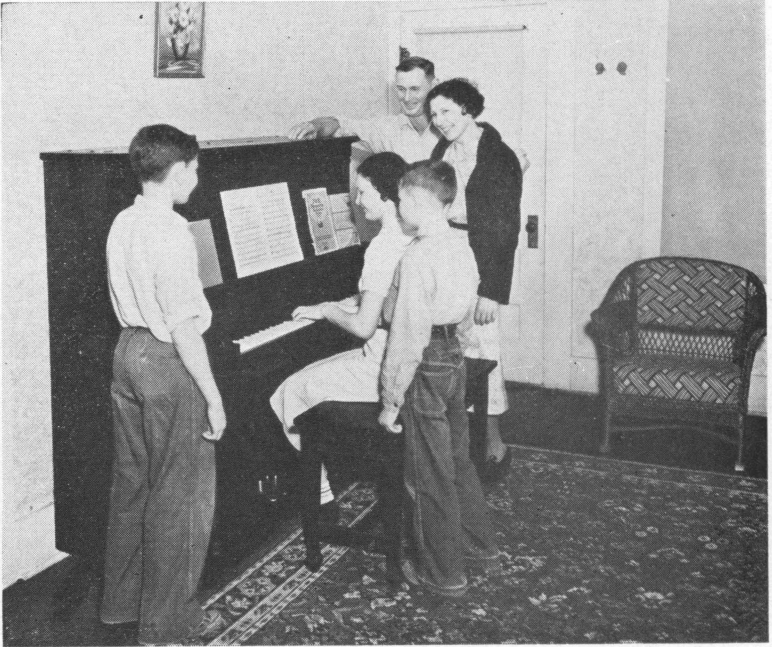
add to the comfort and attractiveness of our home. It was so hard to win my parents over, that after I finally did, I figured I had achieved one of the most necessary things that could be. If I had not won the scholarship, I would have been satisfied with just that, because now my family can live and have better health and enjoy living better.

The members of my family seem to realize the influence of 4-H club work on our home. My dad, a very big-hearted soul, who has a time getting the smaller kids to work, said to a friend—"Even E works now." As my mother sat down to the dinner table she remarked, "I didn't have any idea that we would ever be fortunate enough to have our home screened, but now I see that all is possible by the 4-H club method."

The comfort of our home has been improved. At least Margie, my older sister, thinks so. There are six of us sisters at home and there are enough of us to take care of all the chores. Bonnie said, "Our food supply has increased in the last two or three years and we have a greater variety of vegetables." As Mable walked into the big ventilated pantry she said, "I will be glad when Cletis goes to college so that I can take her place. Bonnie thinks she is, but I want to learn."

I must say that the visits from the members of the Extension Service have been very inspiring to the members of my family and have caused them to have more pride in home work. After one group left, Margie, who has never seen value in improvements, said, "Mom, I am ashamed of this other room. I am not going to let it stay like this. It is a shame. I can't stand for any other people to see it." Dorothy has always been bashful, but she has had to meet so many people lately she said, "I am going to talk to the next people who come. I believe they like people who talk to them." Don't you see you get to contact people more in the 4-H club than if you were not. E's enthusiasm was awakened when the yard improvement began. Now E will let her play-house go and work in the flowers.

To me the 4-H club work has meant experience and enjoyment in working with the members of my family. That is far more valuable than anything else. That cannot be taken away from us. Some day maybe I will be able to help some boys and girls to be happy in the 4-H club.



A 4-H CLUB GIRL AS A HOMEMAKER

by

Mrs. Paul W. Stauffer

MRS. PAUL W. STAUFFER is a farm homemaker near Shamrock in Wheeler county. In 1928, and better known then as Edith Reneau, Mrs. Stauffer was a Texas delegate to the National 4-H club camp at Washington, D. C. She had been a 4-H club member then for several years and Paul W. Stauffer, an enterprising 4-H club boy, was not unaware of her fine qualities. Together they have made a home worthy of the tribute paid it by one of their two little daughters, when she said, "Mother we have the sweetest home!"

There seems to be a way to begin and end a story. Our story this afternoon begins where most stories end—"and they lived happily ever afterward." 4-H club girls who are now making real homes realize that this living happily ever afterward is not just a happen-so as stories sometimes indicate.

4-H club girls have tasted of the better things of life and cannot be satisfied with uncomfortable and inconvenient homes, inadequate gardens and fruit plots, yards without flowers, shrubs, grass and trees, and the many other things that it takes to make a happy home.

This winter I was talking with a homemaker near my own age about the things I consider in planning my work. At the conclusion she stated, "I am not that broad. I didn't have 4-H club work when I was growing up as you did." When I came home I said to myself, "Am I broad? If so, what has made it possible?" I made an analysis of each of the interests that I had mentioned in the conversation with her.

Why was I concerned with making my living-room comfortable? My thoughts ran back to my first interest in living rooms, which came in 1927 at the Dallas Fair when an ideal living room was exhibited by the Extension Service. This has since been my ideal living room.

Why did I design and make my clothes and those of my family? Because, I had been taught to make my own designs and patterns and to sew both in my home and through 4-H

work. Why should I spend thought on what I was going to plant in my garden? My interest in this question and that of how I was going to teach my children to like new foods were of the same origin—short course at A. and M. in 1927 when I heard a lecture on “Educating the Appetite.” At that time there were a number of foods that I greatly disliked. During the lecture, the speaker brought out the nutritional value of various foods and when she discussed a food that I disliked she made me feel that I was missing something. Right then and there, I gave myself a little lecture. I decided that if I were going away from short course just as I came my county had made a great mistake in sending me. I resolved never to refuse any food that was beneficial to the growth and well being of my body.

My family was astonished when I returned home and ate foods that I had never eaten before. Out of this came the study of foods and their culture and ways of preparing them in the most nutritional manner. When I married there were many foods that my husband did not like but I used the same method to help him. Teaching my children to like certain foods was not all done in a short time, but may I state that we have never used force, bribery, or persuasion. Today I have thirty-nine different kinds of vegetables growing in my garden and as many as seven varieties of a kind. And my family likes every one of them except one and it is a new vegetable that was added this year.

I had never kept records until I was a 4-H club girl. It is one of the most fascinating things I have ever done, especially since I have been making a home. My husband, trained through 4-H club work, keeps his share of the records, which is the farm and operating expenses, and I keep the household records.

We decided two years ago that we liked a certain brand of oatmeal better than any other and felt that it was the most economical from the nutritional standpoint. We would not always get this brand in our town. We asked different grocers to handle it; but they seemed indifferent and said that they handled a variety of brands for their customers to select from and that this brand did not sell so well. I took my record book and counted up the number of pounds of oatmeal that we had purchased the past year, which was eighty-six pounds. Then I rejoiced to find that I had carefully recorded the brand beside the purchase. One-fourth of this amount was the brand that we wanted. I wrote to the oats company and told them the situation. In their reply they

asked us to name the grocery store where we preferred to buy our oatmeal. Since that time we eat the kind of oatmeal we want.

We have had Extension Service in our county about twenty years. You can tell the homes that have come in contact with Extension Service by passing along the road. I sometimes wonder what my own home would be like if I had never been a 4-H club girl. Let us take a landscape view of my home; we see a rose covered, arched trellis forming a frame for the gate that leads onto a level grassy lawn which is spotted occasionally by the shade of trees. Shrubs at the base of the house give it a colorful foundation. Now let us enter the gate at the tinkle of a bell, and approach the door by a wide flagstone walk. Here we find a house which is well screened, all floors finished or covered, walls and ceilings papered, woodwork enameled, and all rooms have sufficient artificial and natural lighting. Let us go to the bedroom with its comfortable beds, equipped with mattress and spring protectors.

Turning we see the dust-proof clothes closet, holding an adequate supply of clothing for each member of the family suitable for the occasion to which they are to be worn. These are all made and designed by my own hands except some of my husband's clothes. On the shelves we find bed coverings suitable for every season of the year, folded clothing and hat racks where each member of the family finds his Sunday best. Near the closet is a dressing table designed and made by my husband. It was one time a deep, dark secret, and became my Christmas present. On its shelves are folded clothes and below is a shoe rack. A large mirror hangs above it to complete the dressing center.

Let us now go to my kitchen, with its built-in cabinet, made and designed by my husband and me. In it is a sink with hot and cold running water. The kitchen is so arranged that I can sit on my kitchen stool and prepare a complete meal. Near at hand is a drop-leaf table, made by my husband, finished in natural wood. Here are served three balanced meals each day. Adjoining the kitchen is my pantry, where rows and rows of shelves hold a variety of meats, fruits and vegetables produced on the farm, which with the aid of \$78.63 worth of food that could not be produced, gave the family of four an adequate diet last year.

Out the kitchen door is a screened porch which is used to prepare food in canning and for the table. Adjoining this porch is the bath and laundry room. It contains a large clothes

closet for linens and everyday clothes, a clothes hamper, an indoor toilet, a shower bath and drain, a homemade lavatory, a power washing machine, and a dressing table under which is kept laundry equipment, concealed by a curtain on a swinging rod. When I do my laundry, I never have to lift a gallon of water. Stools the correct height for my rinse tubs take away all bending and stooping. The clothes are pulled to the line on a little wagon and I never have to lift them.

Then into my living-room which is truly a living room. Here we find centers for sewing, reading, resting, games, play, and study. The draperies, magazine racks, book shelves, and re-upholstered furniture we did ourselves. In this room at the beginning and closing of each day, we take time to worship our Creator by reading His word and thanking Him for His many blessings and asking His guidance in our lives that they may be useful.

I have had many compliments on my home that I appreciate, but the best one came when my curly-headed, blue-eyed daughter of three said, "Mother, we have the sweetest home." When I realize that all homes do not have these things, I am glad that I pledged:

“My head to clearer thinking
My hands to greater service,
My heart to truer loyalty, and finer sympathy
My health to efficient living in service to my home, my
community, my country, and my God.”

In living the four H's, I have found a fifth H which is Happiness.



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