



GIRLS' 4-H CLUBS

Club Work Is Glorifying the Iowa Farm Girl

Helen Melton



LOVE OF THE BEAUTIFUL

I have been thinking about what Dr. Alexander said concerning our fourth H—that we had handled the other three very well and we were just beginning to get the significance of the heart.

Yes, we are beginning—in fact, I think our Iowa clubs have gone a long way in the development of the heart. In my own club experience, it has been the thing that has meant the most to me—the development of an appreciation for beauty, culture, and all of those finer, more intangible things in life.

I remember once in my own county, we asked a town woman—very cultured and refined—to judge a music appreciation contest. I was talking to her after the meeting, and she said, “Why, I was amazed at the type of music that those girls were able to recognize, and, moreover, to appreciate. I think it is wonderful that farm girls can have an opportunity to know music like that.”

It is wonderful, I think, and it is the part of 4-H work that I value most. A contact with cultural things may not buy my bread and pay for a place to sleep, but it will make my life more worth living as I go along. I need the practical training that fits me to earn a living, but if I neglect to learn how to enjoy life, of what use will it be when I get it? —H. M.

A 4-H JOURNALIST

The freshman class at Iowa State this year claims several 4-H girls whose names would be written in the 4-H “Who’s Who,” if there were such a book.

Alberta Hoppe, state president of Iowa 4-H clubs, has chosen Iowa State as her alma mater. Why? Well, to use her own words, “For one thing, I thought I could fill my office better if I were here at the state college and in contact with Mrs. Bakke and the rest of the club staff. Then, I am interested in journalistic work and I thought Iowa State would be a good place to get training in that line, since there is a big field for writing in connection with home economics work.”

Alberta has done some writing in her club work and for high school publications. Last summer she was editor of the 4-H camp paper in Linn County. “It was great fun,” she said. “We had a regular staff with reporters and all the rest, and we tried to make it up like a regular paper.”

“Of course I don’t know much about real journalistic writing and I may find after taking some journalism that I am no good at it. But I’m going to try and if I’m successful I am going to major in it.”

Alberta has been a club member for seven years. She was national health champion in 1926, and in 1927 her home town paper, the Cedar Rapids Gazette, sent her as a delegate to the first national camp at Washington, D. C. She has attended the State Convention at Ames many times and her position as health champion took her to the Interstate Fair at Sioux City and the National Club Congress at Chicago.

“My 4-H experience has helped me tremendously at college,” Alberta said. “I have met so many other 4-H’ers, and that has helped me not to feel so all alone.”

4-H’ers at Iowa State

4-H girls started to Iowa State this year 111 strong. A survey shows that 45 per cent, or 172 of the 384 freshman girls are farm girls, and 64 percent of these farm girls are 4-H club girls.

Eight states besides Iowa represented in this group are Illinois, Kansas, Indiana, Oklahoma, Michigan, Nebraska, Minnesota and South Dakota. Iowa 4-H freshmen come from 51 different counties.

Of the 111 4-H girls, 101 are enrolled in the Home Economics Division, eight in Industrial Science, one is taking agriculture and one journalism.

MELTON AND MILLER ARE DELEGATES

Iowa State College will be represented at a meeting of student delegates to be held at Madison, Wisconsin, March 28-30, to consider student interests in the American Country Life Association and to “set up” the Student Section program of the annual A. C. L. A. conference for 1930, which is to convene at Madison, October 7-10, with the theme, “Rural Standards of Living.”

Helen Melton, chairman of the Student Section, and Ralph Miller, president of the Vocational Education Club at Iowa State, will be the student delegates from Iowa State. Mrs. Josephine Arnquist Bakke, leader of Iowa 4-H clubs, and W. H. Stacy, field secretary of the A. C. L. A., will also attend.

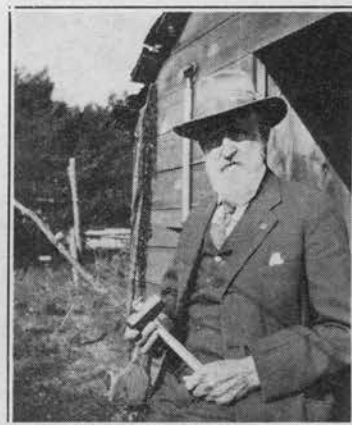
This will be the first time that a spec-

ial meeting has been called where student delegates could arrange plans for goals in country life which collegiate clubs can best promote thru organized activities. Twelve or fifteen colleges from Michigan, Illinois, Iowa, Minnesota, Wisconsin, Ohio, Indiana and West Virginia will be represented by student delegates.

The Blue Shield Club at Madison will entertain the visiting delegates. The first meeting will be held at 8 o’clock, Friday evening, March 28, and the meetings will continue till Sunday morning.

WINNERS OF THE 4-H GAVEL

When 4-H girls of Fayette County call their meetings to order, they use a gavel which fairly shouts, “Fayette County 4-H Clubs.”



J. J. Earle, donor of the gavel

The gavel does not really talk, but it does by its construction, spell “4-H Club, Fayette County, Iowa.” The four H’s are represented by four kinds of wood in one half of the gavel head, which are haw, hackberry, hazel and hickory. The first letters of the woods in the other half spell “club,” being camphor, locust, umbrella and beech. The initials of Fayette County, Iowa, are formed by the first letters of the woods in the handle—fig, currant and ironwood.

The maker and donor of the gavel is J. J. Earle, a Civil War veteran of Fayette, who, in spite of his 90 years, is still industrious and skilled in handicraft. He obtained the woods for the work from Fayette County and from Florida, Texas and India.

The gavel is awarded yearly to the girls’ club which makes the best display

at the Fayette County Fair. The gavel remains the property of that club for one year, after which it is returned for a new award.

WANTED—AN ALL-DAY TEA

Girls who attended the tea at the home of Mrs. Josephine Arnquist Bakke on Friday afternoon, Feb. 28, decided they would like to hold a tea that would last all day so that they would have a chance to see the seemingly unlimited supply of things that Mrs. Bakke brought back from her European trip last summer.

The tea was the regular winter quarter meeting of the Campus 4-H Girls' Club. The girls drank tea together—or rather a spicy concoction of hot gingerale—and “ohed” and “ahed” over the linens and embroideries and quaint articles that Mrs. Bakke has collected.

A short business meeting was held, at which a sample copy of a year book of the club for 1929-1930 was presented. A feature of the book is the appearance for the first time of an emblem which has been adopted by the campus club—the regular 4-H emblem on an outline of the campanile. Enough copies of the year book will be made so that all campus 4-H girls may get a copy from the club office in Morrill Hall.

Julia Bourne, president of the club, appointed committees to make plans for the annual spring breakfast which will be held in May. Officers for the new year will be elected at that time.

RADIO HOUR

On the first Saturday of each month, Iowa 4-H girls tune in on their radios and get the latest club news from the state college.

Mrs. Edith Barker had charge of the program this month. Oscar Hatch Hawley, associate professor of music at Iowa State College, completed his talk of the previous month on the instruments of the orchestra. He discussed the percussion instruments specifically. He also gave a talk about operas in general, giving the themes of some of the different operas, with the idea of helping the girls to know not only the opera “Martha” which they are studying this year, but to have a knowledge of opera in general.

Mrs. Barker, in her “4-H News”, emphasized the importance of the training schools which are now in progress. “The success of the 1930 club year depends on perfect attendance at these schools,” she said.

Mrs. Barker played two records from the opera “Martha”—“Lost Proscribed,” “Humble Stranger,” and “The Porter Song.”

The more we sympathize with excellence, the more we go out of self; the more we love, the broader and deeper is personality.—Chapin.

Watch Out for Measles

By Elizabeth Armstrong

Sneezles

Christopher Robin
Had wheezles
And sneezles,
They bundled him
Into
His bed.
They gave him what goes
With a cold in the nose,
And some more for a cold
In the head.
They wondered
If wheezles
Could turn
Into measles,
If sneezles
Would turn
Into mumps;
They examined his chest
For a rash
And the rest
Of his body for swellings and lumps.

They sent for some doctors
In sneezles
And wheezles
To tell him what ought
To be done.
All sorts and conditions
Of famous physicians
Came hurrying around
At a run.
They all made a note
Of the state of his throat.
They asked if he suffered from thirst;
They asked if the sneezles
Came after the wheezles,
Or if the sneezles
Came first.

—A. A. Milne.

But seriously, from a report of the Iowa State Department of Health we find that measles is assuming serious proportions over the state. Iowa is at present time suffering from an epidemic of measles. In December the number of cases reported reached 683, which is the largest number that has been reported in December for six years.

Why is it we seem to take measles so calmly? We merely regard them as one of the disagreeable but unavoidable things which parallel youth. So many take little precaution to keep their children from contracting the disease. And often they forget the whole incident as soon as the rash is gone, overlooking, or failing to realize, the great number of physical ailments of later life which have their origin in a neglected case of measles.

Measles is highly contagious. The phenomenon of immunity accounts for the fact that the disease runs in cycles of

from two to four years, catching the “new crop of susceptibles” as they appear.

Parents should make every effort to protect their children from exposure, for measles is a serious disease and the younger the child contracts it, the greater is the danger of complications. The situation is summed up very well in a report of the Iowa State Department of Health: “It may be difficult for an individual to escape measles for a life time, but it is easy to postpone an attack until after the age of five. After this age the danger of such serious complications as pneumonia is very much less.”

The child with a persistent cough, watery eyes and runny nose should be regarded with suspicion and kept at home. If he is in the preliminary stage of measles he is in a condition to spread the disease to all with whom he comes in contact. A few days will tell the tale, for if he is in for a siege of measles he will be broken out in three or four days. If he does not have them nothing is lost, for he will get over his cold more quickly if he rests and will be in better condition to enjoy work and play when he goes out again.

As soon as the diagnosis is made the warning card should be officially placed on the house by the health officer to give warning to the public of the danger of contracting the disease.

The sick child is, of course, to be kept in bed. He should have a diet of light food such as milk and soft cooked eggs and he should be encouraged to drink large quantities of water. On the disappearance of the cough, fever and rash, the child should be put back on a more nourishing diet of heavier foods. As he gains strength he naturally begins to get restless and anxious to be up again, but for some time he should be kept from indulging in strenuous exercise, which might injure his heart. Two days in bed after apparent recovery is a wise precaution as it lessens chances of a relapse and also lessens the danger of tuberculosis following. For it is known that lowered physical resistance after a case of measles leaves a definite predisposition to this dreaded disease. A physical examination five or six weeks after recovery is a fine way to detect any possible ill effects of the disease in their early stages and thus avoid more serious results which are likely to appear later in life if they go unnoticed.

By following a nation-wide program for curtailment of the spread of measles

(Continued on page 14)