



Mary Glenn, a senior in extension at Iowa State College, explains the fundamentals of a demonstration to 4-H girls in her summer job as extension trainee in Jasper County.

Jack of a extension

by Donna Schneider

Technical Journalism Sophomore



Mary and two 4-H girls look over the prize-winning exhibits from the county fair. Mary was responsible for getting these entered in the State Fair.

The end of the day finds Mary hard at work on a report of her day's activities to the State Extension Office. A full narrative summary each month supplemented these reports.



AN EXUBERANT GIRL in a blue-green 4-H uniform flung her arms around the neck of the young woman standing beside her. "We won! Our demonstration won! And it's all because of your help. Before I started my knees were like wet macaroni."

The young woman smiled and tucked away another memory of a summer spent helping rural people as an extension home economist trainee. She, like Carol Bennett, a trainee in Black Hawk County, is one of the 12 Iowa State College coeds who, according to Carol, was "sort of a student teacher who learned as much as she taught."

Extension is a life working with people — learning their problems and helping solve them, sharing their successes and failures. Mary Glenn, a senior and trainee in Jasper County, explained, "Extension is such a broad field it's hard to give a neat little dictionary definition. I guess it just explains itself. It's an extension of the home economics skills and knowledge of Iowa State to the people of Iowa."

Solving homemakers' problems

To nearly every rural family, especially to those with 4-H sons and daughters, the extension home economist is an old friend. Amanda doesn't know how long to blanch her corn for freezing. Her answer is as close as a phone call to the extension office. The 4-H boys need someone to drive them to county rally day, so they find as a chauffeur, that jack of all trades, the extension trainee.

Each trainee works with an experienced home economist accompanying her on her visits to 4-H meetings and various events; then she takes on projects of her own.

A trainee may be called upon to do anything from sorting files in the office to camp counseling, but her job is concerned mainly with the broad area of 4-H work and homemakers' problems. To get acquainted with both the responsibilities and the rewards of ex-

All trades . . . in trainee



Mary (right) joins regular camp lifeguard (center) and nurse in teaching swimming to Jasper County 4-H'ers at the State 4-H boys' and girls' camp near Madrid.

tension work, let's break down these divisions and see what really makes up her job.

4-H STATE CONVENTION

"And this is the campanile," explained the trainee to the 4-H girls grouped around her.

Iowa State had barely closed its doors on spring quarter before the campus was blooming with 1500 4-H girls from all Iowa, 4-H leaders, and the state extension staff. During the week of convention the trainees acted as counselors for the girls, took them on tours of the campus and assisted in the dining halls.

DEMONSTRATION TEAMS

"But how do I fill in the time while I'm beating the egg whites? I can't think of anything to say," the concerned young 4-H girl worried aloud to the trainee. This question, and many others, must be answered by the trainee in her job of helping the girls improve their demonstrations. Each 4-H club has one or two demonstration teams preparing for the fair, giving the trainee and the home economist nearly 30 demonstrations to judge.

The real reward of this work comes when the trainee accompanies the top team in her county to the state fair for the final competition. As one trainee remarked, "When I see my girls on the stage sailing smoothly through a demonstration that had them tied in knots before I helped them, it's worth all the work and more."

4-H CAMPS

Brng — the trainee rolled over in her cot and glanced groggily at her watch. "Only 5 o'clock! Okay, you early birds. Rising isn't until 6:30." Besides the usual responsibilities of a counselor, the trainees have special projects. At her county 4-H camp, Carol Bennett took charge of all the camp

music — everything from songs at meals to choir music.

WORKSHOPS

"It won't work. My button holes are all funny looking," exclaimed the girl in a despairing voice as she held out her blouse to the trainee. "Here, just hold your needle like this, bring the thread around and pull through. Okay?" The trainee smiled. The girls brought their projects to these workshops and worked together, with the trainee handy to help smooth out any snags.

ACHIEVEMENT SHOWS

"My taster is about tasted out," groaned the trainee to the extension home economist who was jotting down notes about the cake before her. And her taster did get a workout. All the 4-H girls in the county exhibited their products at these shows.

To the relief of some trainees' tape measures, the products to be judged weren't always foods. Different counties had projects such as sewing or home furnishing. Whatever the project, the trainee and her home economist were there to judge the best to be sent to the county fair.

ADVICE TO HOMEMAKERS

A worried voice came over the phone. "My pressure pan just blew up, and there are beans all over the ceiling! Is it safe to use it again?" Homemakers question their extension home economist with everything from "How do you cane a chair seat?" to "Is that detergent advertised on TV really any good?" One trainee smilingly admitted, "They come up with questions on things I've never even been exposed to, let alone trained. But no matter *what* the question, we try to find the answer."

SPECIAL PROJECTS

"Carol, turn around slowly so everyone can see

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Jack of all trades . . . extension trainee

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the dress. That's it! Where's the next model? We'll be ready for the fair tomorrow!" The dark-haired girl glanced down at the paper in her hand. Shirley Schieder, trainee in Clayton County, was organizing a fashion show. As if producing and presenting a style review at the county fair wasn't a project in itself, she also organized a chorus of 4-H girls and a small group to sing at the fair.

Sounds like a hurry-scurry, work-filled summer? It was, but a wonderful, fun-filled summer, too. How did these girls get a job like this? They started with 2 to 3 years of preparation in the college classrooms as Extension majors. They then applied for interviews, held in March, at the office of Miss Louise Rosenfeld, extension director. The girls can often specify the county they would like to work in.

As one trainee explained, "It's the experience that counts. Now I know what it's really like to be an extension home economist." The trainees are students again, but with memories of a summer in extension and plans for extension in their future careers.

What's new?

(continued from page 13)

and compact. As a sharpener the compartment is separate and completely sealed from the mixer. Easy to change over, too. An added feature, if you press too hard on the bar the sharpening wheel stops automatically.



Make practical tidbit servers using surplus plates, or match your dinnerware. New plate handles of brass or black steel fit any size plate and are harmless for even your best china.



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No more sticky, gluey fingers with new spray adhesive applied from a push-button can. It bonds most materials instantly, even before it's completely dry. You can use it on wallpaper, linoleum and wood.



Home drycleaning machines that do a thorough job yet are gentle to fabrics which can't be washed in water are something worth investigating. The machines are about half the size of a household pail and come complete with a gallon of odorless cleaning fluid and a supply of spot remover.

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