



GIRLS' 4-H CLUBS

Club Work Is Glorifying the Iowa Farm Girl

Lulu Tregoning



Moses Trophy Contest

Each year the Boys' and Girls' Club Congress at Chicago brings the opportunity to every state of entering one boy and one girl in the contest for the Moses Trophy. This is awarded to the club member who has done outstanding achievements over a period of time for her community and county.

Ina Fae Paul of Muscatine County will represent Iowa in this contest. The 4-H'ers of Iowa will be interested in their representative's booklet containing 110 pages of interesting achievements of the six years. The cover is an orange and green print on tan background with tan corners, proving that Ina has well learned her lesson on interesting color and design. As one peeks inside the cover, a lovely four leaf clover with white H's greets one's eye and immediately the slogan and motto of 4-H clubs presents itself. As we delve farther into the pages, a photograph of a typical club girl in her club uniform appears, as well as a complete index climaxed by "Souvenirs."

Checking through Ina's long time record, we are impressed by the relation of the consistency of her splendid record and that of her club. Ina's club activities began with being a member of the club program committee and club reporter the first year; second year she was elected vice-president of her club; third year, Ina attended the county's first club camp, was a member of the demonstration team and kept a personal expense account. Ina entered a few more activities and contests each year, achieved the club goal until she had been elected to every club office, was county president, was best all around club girl in her county and in the state last year when she won the trip to the 4-H Club Camp in Washington, D. C. in 1928.

No doubt some of these small duties helped her achieve the greater goals. Here is what she has done:

1. Helped secure 10 new members.
2. Only missed one meeting in seven years.
3. Did all she was asked to do no matter how small or how large the task.



Mary Johnson (left) and Viola Mann (right) of Sac County will represent Iowa in the canning judging contest at the Boys' and Girls' Club Congress in Chicago.

4. Did her part in making club meeting a success.
5. Abided by decision of group.
6. Helped with demonstrations, music memory, picture memory and development of club spirit.
7. Always achieved goals in project.
8. Does her share and a little more.

Most likely Ina Fae believes:

"Folks who never do any more than they are asked to do, never achieve success."

Brings Greetings

Florence Forbes of the Club Staff returned from her vacation which she spent in Washington, D. C. and New York. She brings greetings to all club folks from Miss Florence Packman formerly of 4-H Club Department and who is now with the Postum Company in New York.

Iowa 4-H at Chicago

Iowa 4-H club girls will again be represented by exhibit features at the Boys' and Girls' Club Congress at Chicago November 30 to December 7.

The complete outfit made by Esther Everett of Mahaska County, the cotton school dress made by Irma Miller of Poweshiek County and children's clothing from Hancock County will make up Iowa's Clothing Exhibit.

Five jars of different meats, using one in well balanced supper menu, five jars of vegetables high in vitamins and five jars of fruit will come from Sac County, to represent Iowa in the Canning Exhibits.

Esther Friesth and Agnes Klevos, the champion bread demonstration team, will represent Iowa 4-H girls in the bread judging contest. These girls come from Humboldt County.

Viola Mann and Mary Johnson, the champion canning demonstration team, who come from Sac County, will represent Iowa in the Canning Judging Contest.

Window treatment for a club girls' room will be worked out by Bessie Wheelock of Grundy County and Evelyn Kidd of Dickinson County, will exhibit one unit for a club girl's room to represent Iowa in the Home Furnishing Exhibits.

Miss Josephine Arnquist, State Club Leader and Miss Florence Forbes, of the State Club staff will attend the Congress.

Radio Program

WOI, radio station at Ames will resume the 4-H club girls' radio program November 3, from 10 to 10:30 a. m. Club programs will be broadcast the first Saturday of every month at this hour.

"Be firm; one constant element in luck is genuine, solid, old Teutonic pluck."

—Oliver Wendell Holmes.

Two Weeks at Camp Miniwanca

Two whole weeks at Camp Miniwanca on this beautiful shore of Lake Michigan! Two weeks that will always remain vividly in my memory, for it was here at this camp that we were given the opportunity of living what they considered the most nearly perfect life. "Be your own self at your very best all of the time!" This is what we must strive to be.

Camp Miniwanca is an American Youth Foundation Camp for the purpose, essentially, of training leaders. Young people from all "walks of life" are brought together here. Just last year I could not have said "girls from all walks of life," for this year marks the entrance of the farm girl into the American Youth Foundation Camps. We are happy that they have opened their doors to us.

Camp Miniwanca—just call to mind the most lovely woodland spot that you ever dreamed about and you have it. We entered the camp grounds through a large arched gateway, crossed a bridge over a swiftly running little stream, went 'round the bend in the road, and then the loveliest part of our journey to the camp buildings began. We left the road for a trail, padded with sweet-scented pine needles, which wound in and out, up and down through the woods. This trail led us to the porch of a long, low building—the camp lodge. Here we were assigned our living quarters and given general directions how to find our new homes. On we went once more, across a low sand hollow, called Terrace Hollow, and up to the top of a ridge. From here we looked down upon a little colony of tents—perhaps 50 or so. Little groups of 8 or 9 were divided from the rest by bays. Each group of tents had a different name—the Susquehanas, Navajos, Blackfeet, Iroquois and Crowfeet. The other tents were used as classrooms or camp hospital.

In the evening we were all called together for our first general assembly at the Assembly Hall down the road and around the bend. Here, among other things, we received our daily schedule, which went something like this:

6:30—Rising bell—and everyone rises if she is at all able. No lazy, late sleepers here.

6:35—Flag raising and setting-up exercises. You see, no time to be in

bed for just a few minutes longer. Speed is one's middle name at Camp Miniwanca.

6:45—The dip. Oh! just imagine the coldest water you ever felt and you have Lake Michigan at 6:45 in the morning. But my, how wonderful one feels after the dip.

7:15—Absolute quiet period.

7:30—Breakfast. We had just the one hour from 7:30 to 8:30 to eat breakfast and get our tent in applé-pie order for inspection. Everyone in camp will agree with me that tent inspection was no joke. Things had to be just perfect in order to receive the 10 points from the tribe.

8:30-9:15—Class: "The Life of Jesus," taught by Dr. Lloyd.

9:20-10:05—Class: "The Four Fold Life," taught by Dr. Alexander, otherwise known as "Kinzi," director of the camp.

10:10-10:40—General Assembly. During this period, we were taught new songs and games, announcements were made and tribal standings were read.

10:45-11:30—Class: "Leadership Qualities," taught by Mr. Van Buskirk.

11:35-12:20—Swimming instruction, given by our beloved "Saxie," down at the channel, where the water wasn't so deep and cold.

12:30—Lunch.

1:45-2:30—Class: "Community Leadership," taught by Miss Chapman.

2:45-3:30—Tribal games, volleyball, captain ball and baseball.

3:45-4:45—Daily swim in Lake Michigan.

5:30—Dinner.

6:15—Camp Social Hour.

7:00—To Hillside or Vesper Dune, where we had our evening services. A more perfect place could not be found. From the top of this great dune we could look out over Lake Michigan and watch the ships go by and the sun go down as it flooded the heavens and water with wonderful color.

8:00—Night's Doings—always a mystery. For instance, it might be an improvised costume party, a Bacon Hunt, an exciting Treasure Hunt, a trip up Old Baldy, a great high sand dune, or games on the beach. We never did the same thing twice. Three times during the two weeks we had council in the sacred Council Circle. These were very impres-

sive, wonderful times. The council was conducted in Indian fashion.

9:30—To bed bell.

10:00—Lights out, and that meant quiet. The inspector always came around and, if anyone in any tent was not in bed and quiet, her tent was docked so many points, according to the offense, and that meant that her tribe also lost those points. The very last night in camp, we were called together in general assembly in our out-of-doors circle. This was the night of nights, for at this assembly we were to find out which tribe was to receive the shield for earning the most points, and which girls were the honor girls of this camp. The Susquehanas won the shield in our camp. Points for the shield were given for tent inspection, tribal games, athletic meet, swimming meet, winners in horseshoes, treasure hunt winners. Individual honors came next. As I remember, there were 5 freshman honor girls, 7 sophomore, 5 junior and 3 senior. Iowa and her farm girls succeeded in carrying off highest honors for first year girls. Girls who were Four-fold and had made outstanding records in camp were selected as honor girls.

The president of the American Youth Foundation is William H. Danforth, the founder and president of the great Ralston Purina Company of St. Louis. He is better known as Minisino, "tried warrior," to thousands of boys and girls throughout the continent. Identified with the Christian leadership training of young people from the very first, it is the passion of his life to see real christian leaders in all activities of everyday living.

Dr. Alexander, Kinzi, will always be remembered by those who come in contact with him, also. He is a tower of strength in ideals and effort. Always happy and making others happy. In fact, I have nothing but praise for the Youth Foundation Camp and its leaders.

Marjory Bouck.

Miss Josephine Arnquist, State Club Leader, appeared on the Indiana State Home Economics Association program during the past month. Miss Arnquist talked to student representatives from schools and colleges on "The Why of Student Clubs" in which she brought the idea of putting home economics on a level with other studies.