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KANSAS 4-H

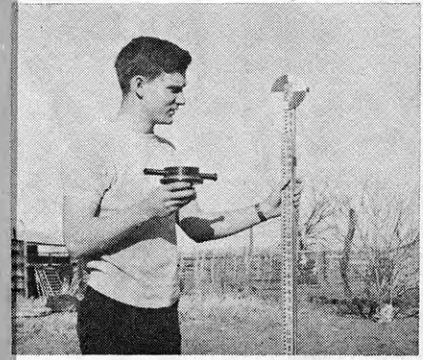
# Journal

The 4-H Family Magazine Kansas 4-H Foundation, Inc., Publisher

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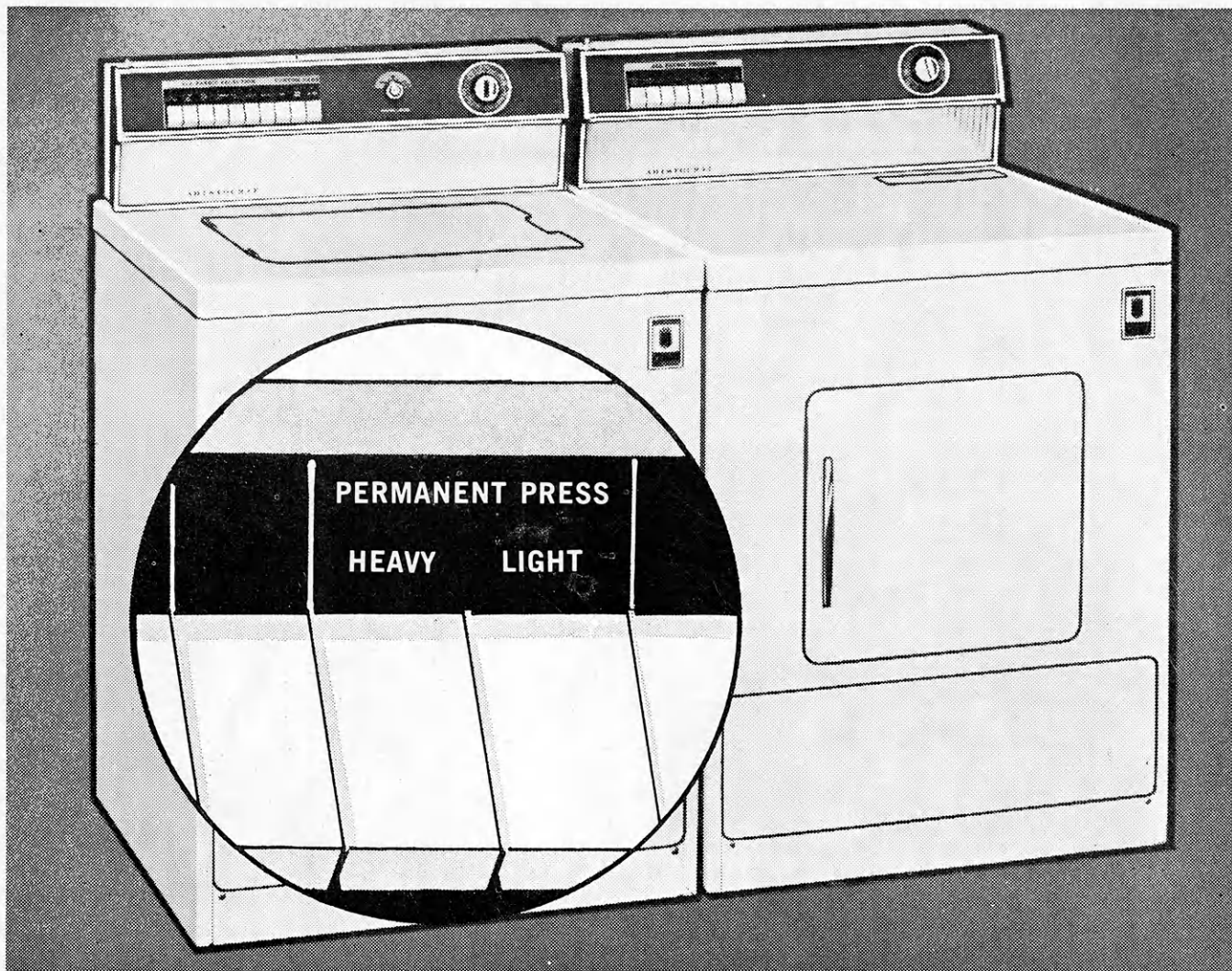
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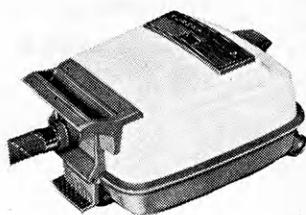
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Jon A. Brake.....Editor

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# The Second H — 4-H Sunday April 30

Dr. Glenn M. Busset  
State 4-H Leader

Even the youngest 4-H member can tell you the meaning of the Second H, perhaps aided a bit by mumbling the beginning of the pledge. The heart, presumed to be the seat of the emotions; beloved to observers of St. Valentine's Day; also represents the side of our spiritual development usually expressed through religion. When we think of the expression of religious beliefs in 4-H, we think of the second H, the HEART H, and perhaps too often, we think of 4-H Sunday as being the one day we express the religious facet of this great youth educational program known as 4-H work. It is a narrow, incomplete viewpoint.

A parent new to 4-H work once asked, "Is there any religion in 4-H?" The answer can only be, "Yes, there is religion, but there is no denomination." As for religious practices, there is no ritual, there are no sermons, there are no confessions, and seldom is there such a religious observance as a formal prayer.

But if there is no religion in an understanding of the laws of nature, in the deep devotion of a boy for something that he can call his own and be proud to show to his friends; in the pride a little girl takes in the simple dishes she prepares or the garments she so painstakingly sews (and often must rip apart and do over); in the fumbling experiments to do something better than it was done yesterday; in learning and practicing the laws of social conduct so often neglected in the homes; in searching for new means of expression; in all these things and more, if they are not religion or if there is no religion in them, then I have believed the wrong things about religion for a long time.

No, 4-H doesn't teach religion, certainly not in the secular sense of dogma, rite and sacrament, but it does contain powerful spiritual forces that become a part of the character of those whose lives it touches. Calling one day in the year 4-H SUNDAY certainly does not imply that one Sunday out of the 52 discharges a 4-H member's religious duties for that year.

Observance of 4-H Sunday should call attention to the deep religious potential often lying quietly unobserved within the simple acts of learning skills, developing attitudes and building character only to be revealed fleetingly to the thoughtful as they say, "I pledge my heart to greater loyalty—."

If you can accept this interpretation of the Second H, then perhaps the observance of 4-H Sunday will have a much greater meaning whether or not you take part in a special observance on April 30, National 4-H Sunday.



# It's Too Late For Edith Now!

What would you do if fire struck your home tonight?

Could you get out of your bedroom at least two different ways? Could your children get out of theirs?

How would you help other members of your family escape? How could they help you?

If you had to leave the house by different routes, how would you know when all of the members of your family were out?

When was the last time you held a home fire drill?

\* \* \*

If you can't answer these questions, you or your family could become additions to the grim statistic that more than 6,500 persons die each year in residential fires. The fact that half of these deaths occur in rural areas should spur you to read to the very last line of this article.

Noting that most residential fire deaths are attributed to the occupants' failure to get out of the burning building, John O. Winfrey, chief of the fire prevention division of the Kansas City, Mo., Fire Department, early last year initiated a program to promote fire drills in the home.

He tagged the program "Operation EDITH" (Exit Drills In The Home). The program caught on nationally. And this month, J. L. Shopen, director of safety for Farmland Industries, is introducing Operation EDITH to employees who man the Coffeyville and Phillipsburg refineries. Other employee groups will see films and receive literature next.

But why not broaden the emphasis and pass on the information to all farm families who live in the area where Farmland Industries operates, Shopen wondered.

"We believe this program to be all the more important at isolated locations of farm families," said Shopen. "It is unfortunate, but true, that their efforts for maintenance of life in the event of fire must necessarily depend on their own efforts.

"While there are excellent volunteer fire departments in rural towns and those that make

country calls, it must be remembered that this equipment often is miles and precious minutes away. It's not a matter of a few blocks as is the case in towns and cities."

No one really knows ahead of time how he or she will react in a crisis. Some think well under pressure; others can't think at all.

About the only way to "prepare" for a crisis is to formulate a plan ahead of time when you can think slowly and carefully; when you have time to check out alternate plans; when you have time to coordinate plans with others who might be involved.

Then if the crisis occurs, your pre-planning could easily have life-saving merits over decisions made in an atmosphere of fire, smoke, and cries of anguish and hysteria.

Essentially, Operation EDITH is a program to stimulate families to formulate home fire escape plans and to conduct fire drills.

So what constitutes some good fire planning? Here are some suggestions from a pamphlet published by the American Mutual Insurance Alliance:

**1. THE HEAD OF THE FAMILY** should gather his family together and plan exactly how each one can escape the home in case of fire.

**2. DOORS WITHIN** the house should be closed when everyone retires at night. It takes fire from 10 to 15 minutes to burn through a wooden door and the delay tends to suppress the fire's growth as it uses available oxygen.

For people who object to closed doors, because of hot summer nights or babies in other rooms, a way of lessening the need is to install a standard smoke and heat detection system. Smoke detection is essential because it can warn of a smoldering fire that creates toxic gases prior to actual flaming.

**3. EVERY MEMBER** of the family, including the little tots, should learn and know how to use two escape routes: (1) through the rooms and halls to

Reprinted by special permission from Farmland Industries Inc.

Photo by Manhattan Mercury

outside, and (2) through a window to the ground below.

**4. WHEN AWAKENED** by the smell of smoke, try the nearest light switch. If it works, warn the household and, depending on the degree of smoke, investigate.

**5. IF THE SWITCH** doesn't work then obviously the fire is well enough along to have caused a short-circuit. If smoke is so dense that escape through a window appears necessary, close an open door and warn the household by shouting and pounding on the door.

**6. BEFORE OPENING** a closed door, feel its entire surface. Don't open it if it's hot. If cool, stand behind the door for protection and brace a leg or knee firmly against the door. Only then can the door-knob be twisted and the door opened a little bit. If no heat or smoke enters, it is safe to move to other bedrooms to awaken the family and probably escape through the halls and rooms inside the house.

**7. SPECIAL ARRANGEMENTS** should be made when the family includes an invalid; special plans in case of sickness.

**8. SMOKE IN A ROOM** tends to stratify itself. There usually is a smoke-free area about 18 inches above the floor permitting persons to move about on hands and knees and still get moderately smoke-free breathing.

**9. AUXILIARY** escape devices should be considered for escape from second-story bedrooms, such as rope ladders, plain or knotted rope or bed sheets. And the device selected should be tested with a trial descent by the person occupying the room.

**10. INSTRUCT** the family on how to break windows without hurting themselves, such as using a chair, nightstand or other heavy object. Stress the importance of throwing a blanket, pillow, or clothing over the window sill to prevent injury from broken glass.

**11. ONCE MEMBERS** have escaped, perhaps the most important step in your planning is to establish a place for members of the family to meet. Time and again lives have been lost when

one member of the family re-entered the house and was killed searching for another member who had escaped but not been accounted for.

**12. PRACTICE "OPERATION EDITH"** whenever you feel a refresher is needed.

\* \* \*

In conclusion, the American Mutual Insurance Alliance pamphlet states:

"Unless one is a fireman, it is hard to visualize the rapidity with which fire can spread. Nor can one realize the tremendous

amounts of heat, smoke, and toxic gas that can be generated by a seemingly insignificant fire.

"Against these odds, only prompt, orderly action by every member of the family can avert tragedy. There must be total planning, periodic practice, annual re-evaluation and re-instruction and common sense consideration of every step-by-step detail, no matter how insignificant it may appear to be. Thus under the EDITH system, every second of available time is used to advantage in saving lives."



## Community Leader Named Outstanding Young Farmer



Members of the Chapman Shamrocks 4-H Club were pleased to have their community leader, DeWain Krinhop, receive the outstanding young farmer award at the Abilene Jaycees annual Distinguished Service Award dinner on January 25. Along with all his responsibilities as community leader, the 4-H members always enjoy his good humor and the "extras" he provides, such as rides to committee meetings and even a hayrack ride last Halloween.

Mr. Krinhop's farming operation consists of 967 acres and 120 head of cattle. He is a member of the Farm Bureau, Farmers Union, Kansas Young Farm-

ers Organization, the Lutheran church, and also serves in various executive capacities in these organizations.

Mr. and Mrs. Krinhop have two young sons, Roger and Brian. Roger joined the Shamrocks last October.

David Cade, reporter

## Elmore Dairy Gives Tour

Jackie Bacon, Cynde Block, Charles, Rosemarie, Don and Richard Schnieder of the Bavaria Livewire 4-H Club were awarded with a tour consisting of a visit to the Dairy Department at K-State, K-State Campus and, attended the K-State and Nebraska Basketball Game. This tour and award was given by Mr. Richard Brown, Elmore Dairy, Salina, Kansas to all members enrolled in Dairy Production. Elmore Dairy, also, gives 2 Savings Bonds to the highest placed dairy production members in Saline County.

Cynde Block  
Bavaria, Kansas

Send Your  
Classified Ad  
To The  
Kansas 4-H Journal

By Norbert Ohnmacht

Seeing the Chicago Board of Trade in action brought to me a better understanding of the techniques of merchandising and the vital role of free enterprise in the United States economy. My attendance at the 1967 Grain Marketing Conference in Chicago in January rewarded me with many "firsts". It was my first trip to Chicago, my first train ride, my first flight on a commercial airline, and other experiences too numerous to list.

Talks I heard on grain marketing were most enlightening and interesting. From them I learned many new things about trading factors which influence grain prices. For instance if a trader looked out the window of the trading floor and noticed it raining, everyone on the floor would hear about it in a matter of minutes. This does have an influence on the price of wheat here in central Kansas. It is hard to believe, but it is true. The price of wheat does not react by what one person does, or a group of people but by everyone. Many factors influence the price of wheat and other grains.

After hearing speakers at the grain marketing conference, I was taken down to the floor of the Board of Trade with delegates from nine other states. We were given a grand tour of the pits. We were able to walk up to the pits and watch the speculators in action. It was so noisy from the bidding by yelling, which is required of all traders

that we could hardly hear our guide.

Rules of the exchange are that all futures transactions are done by PUBLIC OUTCRY. This is done to prevent secret trades. The Exchange itself does no buying or selling. The Chicago Board of Trade has served the nation since 1848 by conducting a public marketing institution where producers and consumers or their representatives meet openly to buy and sell commodities. The commodities are mostly grains like wheat, corn, oats, rye, or soybeans. Forces of supply and demand come to-

gether in the pits to allocate commodities nationally and internationally.

From the floor, one could look up and see the latest prices as they were being recorded. This included prices from other competitive markets.

Walking around we would see information traders used as weather maps which show weather conditions all over the United States, charts showing the amount of grain owned and controlled by the government, and prices of other markets. The Board of Trade is now installing electronic equipment which will



BRIEFED ON MARKETING—Kansas visitors to Chicago had the run of the Chicago Board of Trade trading pits for a short time when they were escorted on a tour of the restricted area during a three-day 4-H Grain Marketing conference. Inspecting a "grain probe" used to test grain shipments are (from left) Joseph J. Kane, board member; 4-H'ers Adrian Polansky, 16, Belleville, and Norbert Ohnmacht, 18, of Otis; also John B. Hanna, extension 4-H specialist at Kansas State University; Paul H. Wilson, Barton county agricultural extension agent. Besides being briefed on how the world's largest grain market operates, the Kansas representatives joined delegates from 11 other grain producing states in a comprehensive educational program. The conference was arranged by the Chicago Board of Trade, the Cooperative Extension Service and the National 4-H Service Committee.

## *Chicago 4-H Grain Marketing Conference Is A First*

replace black-boards that now show price changes.

After the market closed, we were given a demonstration on hand signals the traders used and how the prices were relayed to men in the "pulpit". Each pit has a pulpit or recording center that sends the trades to the central quotation department. These prices are then sent to all world markets and terminal trading centers.

One of the interesting speeches made was on job opportunities which could stem from an interest in grain marketing. Many careers were pointed out. The careers included nutrition, feed formulation, management marketing and production to name only a few. Within these fields there are hundreds of jobs made available.

The meals we received were very good. For these meals, numbers were drawn for seating. By doing this we were able to visit with delegates we had not met before and learn of their methods of farming and what crops they raised.

Eighteen girls from 4-H clubs all over Chicago acted as hostess

for our banquet and party. Delegation pictures were taken following this meal then the group was entertained by square dance and social dancing.

We attended the Don McNeil breakfast club, on ABC radio network feature. To get to this breakfast from our Hilton Hotel of 2700 rooms, we had to take a subway and walk a couple of blocks through the record-breaking snow which put Chicago on the nation's front pages that week. It made quite an interesting excursion despite the hardship.

The delegation went on tour of the General Mill plant where breakfast and other cereal products-cakes, pies were made and packaged. Thirty boxcars are loaded daily from this factory.

During our free time I was able to do some sight seeing despite the snow. I went forty-five stories to the top of the Prudential Building to see the city at night. It was something almost unbelievable. It seemed as though the city stretched all the way out to the horizon.

I also went on a train ride which took us out through the slums. After seeing how some

of the other people live there, it makes one appreciate our own home and the blessings we have.

The biggest thing not on the schedule was the snow storm, the worst to hit that city in a 24-hour period. Stalled vehicles caused traffic jams everywhere. Hotel rooms were filled with Chicago folks who couldn't get home and folks who were grounded in planes. All traffic was at a standstill the next day, except for a few electric trains. Streets that were always busy were covered with snow and lined with stalled cars and busses. It was quite a sight.

My being able to attend this trip was a most enjoyable award. If it had not been for the Chicago Board of Trade, the Cooperative Extension Service of Kansas and the National 4-H Club Service Committee of Chicago, I would not have been able to attend this conference. I would like again to thank them for this interesting and inspiring short-term trip they have given me.

I hope these groups will send other delegates on similar trips and keep up the good work of giving teen-agers an opportunity to see and learn.

## Conservation 4-H Style

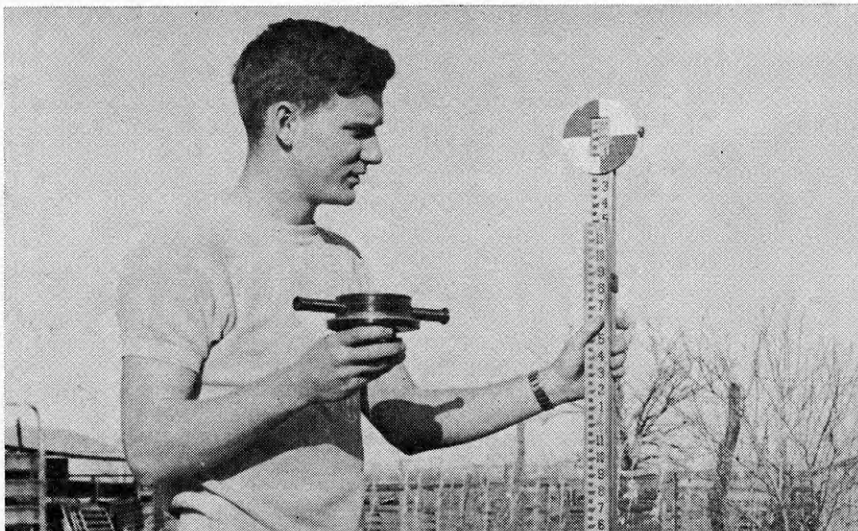
By Marjorie Tennant

Conserving and protecting the natural resources of the state is a concern of the more than 34,000 youth in the 4-H program.

For the more than 480 enrolled in the conservation of natural resources project, conservation work is a major part of their 4-H activities.

The project is divided into soil conservation, water conservation, forestry, conservation of wildlife, and conservation of grasslands. A 4-H'er can choose one of these areas for his work or give his attention to several phases.

Soil conservation is the favorite project of a Shawnee County



FIGURES ARE A FACTOR—A land level is one instrument Philip Todd learned to use as he did soil and water conservation work on his father's farm. As a Shawnee County 4-H'er, Philip has

completed 7 years of conservation projects. Terraces, ponds, and other conservation activities are a part of his accomplishments.



4-H'er, and his accomplishments show much planning and work throughout the 7 years he has taken the project.

Philip L. Todd, Topeka, followed the interests of his three older brothers—Chester, Arthur, and David — in conservation work. State honors in the project indicate the quality and quantity of their achievements. He is a member of the Dover 4-H Club. Mr. and Mrs. Todd have served more than 20 years as club or community leaders.

Building terraces, filling ditches, cutting brush, building culverts, and keeping a wind-break free of weeds are part of the major soil and water conservation work that Philip has done. The Todd farm, southeast of Dover, contains 547 acres and provides the "laboratory" for the many aspects of conservation.

"Working with machinery and just actually doing the work," is described by Philip as the most enjoyable part of the project. The major crops on the Todd farm are wheat, oats, and milo.

Philip prepared a model of 80 acres of the farm, showing how it appeared in 1942 and at the present time. The frame is walnut, made of a tree from the farm, and the "land" was made by binding layers of insulation board together. The scale is 1 inch = 55 feet horizontally, and the vertical scale is 1 inch = 20 feet.

Tiny signs on the model indicate the terraces, ponds, diversion ditches, grass waterways, and diversion dam that made the Todd farm a "conservation" one.

Philip used the display in a booth at the Shawnee County Fair. This is one way he shares his interest and knowledge of conservation. Other ways include demonstrations, talks, and assisting with land judging schools and contests.

This 4-H'er knows soils and how to judge them. He was on the team that placed second one year, tied for fourth another, and won the Northeast Kansas Land Judging Contest another year. In 1965 he participated in the International Contest in Oklahoma City.

Attending three State 4-H



BEFORE AND AFTER FOR 80 ACRES—Under his thumb and at a glance, Philip Todd, Topeka, has 80 acres of his father's farm in this model. One side shows the condition of the land before conservation practices were started, the left side

includes ponds, terraces, and other conservation means now in operation. Philip, a Dover High School senior, as a 4-H'er in Shawnee County, has worked with his father and brothers in improving the farm southeast of Dover.

Conservation Camps at Rock Springs Ranch gave Philip a broader insight into conservation work and what other 4-H'ers were doing.

An example of the many ways in which other organizations, businesses, and industries assist 4-H is this note in Philip's record. "The Topeka West Side Kiwanis Club sponsored the land judging team to the International Contest. I gave a demonstration on land judging to the Kiwanis Club so they would know more about this part of 4-H."

"The experience of working on soil conservation and of appearing before the public in speeches and demonstrations are two of the greatest benefits of being a 4-H'er," Philip believes. On the practical and material side, he emphasizes that following conservation practices makes the land more profitable. Philip plans to attend Kansas State University and major in electrical engineering. Whatever the future brings in vocations, the skills he gained as a 4-H'er will contribute to his success.

Such contributions are the basic purpose of 4-H, a part of

the Kansas Extension Service, KSU. The girls and boys are the important considerations. Projects, demonstrations, fairs, and judging are only tools and methods of assisting youth to become constructive citizens.

## Club Has Heart

Grantville 4-H Club has a new interest in heart health since the formation of a county Heart Association. At a recent meeting, the first of its kind in Jefferson County, 4-H club members made 50 posters advertising the two doctors from K. U. Medical Center and the demonstrations of mouth to mouth resuscitation and closed heart massage. Junior leaders from the club served home made cookies and coffee to the crowd of 125 who attended the meeting. As a result of the meeting, the club has ordered a plastic model of the heart to be made available to the five schools of the district for health instruction and science classes.

Robin Bigham  
Reporter

# Our Guest Minister Speaks:

## “Neither Sinners Nor Saints”

We have a new breed of cats among us. I refer to the modern student. They are not “joiners” and this is good, but it puts them in the role of rejecting the institutions that many people have thought important, sometimes, too important. Since they have rejected the institutions of authority, they have rejected the school, the church and sometimes their own homes.

Their revolt is also against the stereotype, information arrangement of teaching. Along with this has come something wonderful and that is their desire for “wholeness”. The students of today want to be committed, involved but not frozen to the old methods and ways. This may be something good. Let’s look at it.

For one thing, since there is to be “no form”, then we must understand our new art forms, such as music, drama, painting and poetry. Without form these seem, to some, to have no meaning. Witness the average person standing before an abstract painting. He finds it difficult to see meaning in the formlessness. What he does not consider is that the “formlessness” might have meaning. Along with these art forms is the further idea that “education as a whole should have no rigid molds”. Therefore there is a revolt against “tests” in learning with a real rejection of the necessity for a final examination.

This whole revolt may have been brought on by the revolution in electrical and atomic energy discoveries, plus the computer. However, I believe that the television has brought the real revolt. We have called it the “one-eyed monster”, but it has revolutionized the processes of education. No longer is the printed page, which is very impersonal, the media for learning. The television involves those who sit before it. One cannot do something else. His whole learning process, “seeing and hearing” becomes involved. He becomes involved. The viewer gets into the act. It has brought a new desire for “wholeness, empathy and awareness”. The older generation says;

“Teach skills”, but youth says, “So what, they will be obsolete before I use them”.

“Learn facts”, but youth says, “Why, when they are soon forgotten and changed”.

“Think”, but youth says, “What should I think?”

We live in an age of revolution that will be more dynamic than the industrial revolution which has made our United States great. Let’s hope that the new one will do as much for us. “We have a new breed of cats” that’s for sure. More power to them.

Kenneth R. Hemphill  
First Methodist Church  
Manhattan, Kansas

# The 4th Meal

By Mrs. Joyce T. Crews  
Extension Specialist  
Kansas State University

What comes to mind when you think about snacks to serve the teenager at your house? Hamburgers? Hot dogs? Pizza? These are snacks teens love, yet many adults have stereotyped these common snacks as “bad” for teens. But are they all “bad”? Not really, because snacks such as hamburgers or pizza are high in protein and provide other valuable nutrients as well.

Studies show that teens may get as many as  $\frac{1}{4}$  of their daily calories from the snacks they eat — only one of the many reasons why snacks should be nutritious.

Let’s consider what we look for when choosing snacks for teens. Obviously one important factor is the nutritive value of the food. So many snacks that teens choose today (pop, candy

bars, potato chips) are high in calories but very low in food value. These are commonly what we refer to as "empty calorie" snacks and we should encourage teens to avoid them. Other factors to consider when choosing snacks are the color and texture of the food itself. It is important for the colors to enhance each other and for there to be contrasting textures — not all soft and not all crisp.

Keep in mind what the occasion is that you are preparing the food for and who will be invited. What are the likes and dislikes of the majority of the guests? Do they like heavy foods or something light and refreshing? The season of the year may also influence your choices — cool foods for summer and warm foods for winter. Consider your budget and the amount of time that you have to prepare the snacks. Time is important, not only in advance but at serving time as well.

Why do we need good snacks anyway? For one thing, teens need good snacks for energy. Candy and other snacks high in carbohydrates and sugar may provide what we call "quick energy" but have no staying power or lasting value. And the teen who continually grabs a chocolate bar for a snack is almost certain to have complexion problems. A good complexion and shiny, healthy hair result from a good diet and so does that special sparkle in your eye.

A fourth important reason for good snacks is for weight control. It is hard to maintain a constant weight while gorging between every meal with lots of unnecessary "empty calories".

If you are having trouble thinking of ideas for snacks, try using the Basic Four as a guide. Snacks that are fun to serve and especially nutritious come from all four of these groups—fruits and vegetables, breads and cereals, milk and other dairy products, and meat.

Your imagination is the limit to the snacks you can prepare. Fruit bowls can be large or small, elaborate or simple, and they are just as tasty as they look. Besides being good to eat,



Mabel, Murphy and Millicent point out that snacks may contribute as many as 1/4 of the calories daily to a teenagers diet—enough to actually be "the 4th meal".

they can also double as a centerpiece.

The same advantages can be pointed out for relish trays as for fruit bowls. Relishes provide endless variations. And for a special treat, serve dips as an accompaniment.

Dairy products know no limits for snacks. Crackers in cheese are favorites all year round with every age group. But teens seem especially fond of it. With the wide variety of cheeses in today's grocery store, snacks for a party might be exclusively cheese. You can always add a wide array of crackers, too. The possibility for combinations seems endless! As with other dairy products, teens love ice cream! If there are no problems with weight reduction, even malts and shakes in moderation may prove valuable in providing the necessary nutrients for a growing teenager.

Foods from the breads and cereals group also can lend themselves to tasty snacks. As simple a garnish as grated cheese on a warm loaf of french bread . . . and you have a tasty addition to any meal or great when served all alone. Quick breads can be fun — and perhaps a little different — by baking them in miniature pans. Then each person has their own individual size serving.

Even cookies today can be extremely simple to make and yet

provide good party snacks or just a bite to eat for the family. Many types require no baking, yet are extra nutritious because they contain liberal amounts of prepared cereal and peanut butter.

Meat seems to be one of the all-time favorites with teens. Many of the favorite snacks either are meat or they contain it — hamburgers, hot dogs, submarine sandwiches, and pizza. Sometimes a variation of an old favorite proves to be popular with the teen. Try making three hamburgers of varying sizes and stacking them starting with the largest on the bottom. Separate the bottom two with a large slice of onion and some mustard. Add a slice of tomato between the top two for added color and flavor. Top with an olive.

If you prefer a spur-of-the-moment type of party, let everyone prepare their own refreshments. Set out dishes of olives, cherry tomatoes, precooked sausages and small fruits such as maraschino cherries or pieces of peach or pineapple. Provide lots of small wooden skewers and let each guest assemble their own snack and heat it over the hot coals in the hibachi. Again, dips of varying flavors provide a tasty addition to many of these snacks. You might also want to try wrapping a thin layer of biscuit dough around precooked sausages or a bit of cheese.

**Mrs. A. H. Flora  
Honored for 25  
Years Service**



**Mrs. A. H. Flora**

Mrs. A. H. Flora was honored at a reception at the Sand Springs Community Center Dickinson County at which about 100 persons were present, for her 25 years service as a 4-H leader.

She was also given a surprise

during the annual 4-H Model Meeting day. When her club presented its model meeting, one item on its agenda was unknown to Mrs. Flora until that afternoon. She was presented with a watch, a gift of club members, friends and members of the community.

Mrs. Flora began her leadership in 1941. Sand Springs club now has 48 members, and under Mrs. Flora's leadership has won nine state awards and has had two national winners. More than 116 county championships have been won and many local and state judging honors and other awards have come to its members under her direction.

**Hospitality Days**

Canned dresses, paper dresses, a radar range, electronic ovens, and foods in tubes will be among the exhibits at Kansas State University's College of Home Economics annual Hospitality Day Saturday, April 15, 1967.

"Design Your Future with Home Economics" is this year's theme. Nearly 5,000 visitors are

expected to "design their future" at Hospitality Day.

Exhibits prepared by the various departments will be shown from 8:30 a.m. to 3 p.m. in Justin Hall, the home economics building. The opening program in Ahearn Field House will feature a welcome by Glenna Harrison, student chairman, and Dr. Doretta Hoffman, dean of the College of Home Economics; skits emphasizing "Home Economics and Your Future"; a fashion show entitled "Fresh-cut Fashions," showing the latest in bright colors and wild fashions for spring and summer, and the K-State Varsity Men's Glee Club.

Following the opening program a luncheon, also in Ahearn Field House, will be served from 11:30 a.m. to 1 p.m. by students in Dietetics and Institutional Management. Afternoon activities include more tours of the exhibits, until 3 p.m.; tours of Ford and Putnam women's residence halls from 1 to 3 p.m., and at 3:30 a mixer with students visiting Ag Science Day at K-State's College of Agriculture.



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**Parsons**

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**Pittsburg**

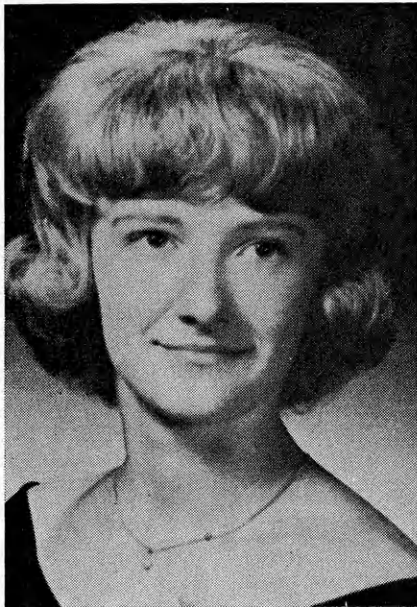
First Federal Savings and Loan Ass'n.

**Plainville**

Rooks Country Savings Ass'n. of Plainville



Anne Christie



Peggy Moomaw



Richard Scott

## Four To Represent Kansas At National 4-H Conference

Four Kansas 4-H'ers are the delegates to the 1967 National 4-H Conference, Washington, D. C., April 23-28.

Peggy Moomaw, Ensign; Anne Christie, Ottawa; Richard Scott, Wichita; and Ernest May, Oberlin, are the delegates announced today by Dr. Glenn M. Busset, state 4-H leader, Kansas State University, Manhattan.

The four delegates will join youth from other states in a week of talks and discussions, tours of historic landmarks in the Nation's capitol, visits with government officials, and recreation.

A breakfast for Congressmen, with the 4-H'ers hosting their Senators and Representatives, is a part of the schedule.

The National 4-H Center, a former college campus, is headquarters for the Conference.

The Kansas Bankers Association, through the awards program of the Kansas 4-H Foundation, makes possible the trip each year for four outstanding Sunflower State 4-H'ers. Being named a delegate is one of the highest honors a Kansas club member can receive.

Peggy, 19, is a freshman at Fort Hays Kansas State College. Her parents are Mr. and Mrs. Andy Moomaw, and she is a member of the Gray County Ensign Boosters 4-H Club.

Clothing, food preparation and meal service, home improvement, reading, people-to-people, and public speaking are some of her 4-H projects. She rates home improvement the favorite and is using profits from the beef project for her college expenses.

Peggy has served as president of her club and the Gray County 4-H Council. She is a veteran of style revues, demonstrations, and judging contests.

"The biggest gain for me through 4-H," Peggy comments,

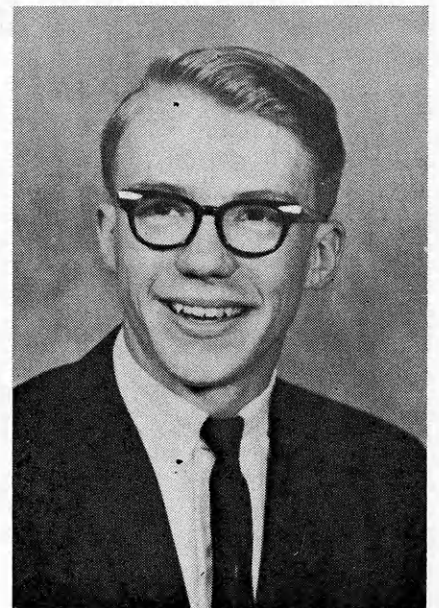
"has been developing the poise and confidence needed to get up in front of groups at meetings and to give talks and demonstrations."

Peggy has participated in state 4-H events, including Round-up, junior leadership camp, health and conservation camp, and the American Royal 4-H Conference.

A KSU freshman, Anne, 18, is the daughter of Mr. and Mrs. Rex W. Christie. She is a member of the Franklin County Rambling Ranchers 4-H Club.

"I'm proud of 4-H because it develops leaders and followers who will take the responsibility of working hard to become effective citizens," Anne explains. She has been president of her club and the Franklin County Junior Leadership Club. As a junior leader, she assisted in organizing a new club, with a day camp for younger 4-H'ers and with the county fair.

As a versatile 4-H'er, Anne completed projects in clothing, food preparation and meal service, swine, electric, photography, entomology, and horse. She has



Ernest May

raised and sold horses, using the money for a college education.

Richard, 19, is a KSU freshman and plans to be a lawyer. His parents are Mr. and Mrs. E. C. Scott, and he is a member of the Riverview 4-H Club in Sedgwick County.

"4-H has been a way and part of my life the past 10 years," Richard says. "The most meaningful for me have been the past 4 years that I have been a junior leader. Being president of the County Council has been a highlight."

Garden has topped the list of projects for Richard with beef, woodwork, bees, home grounds beautification, health, auto, and people-to-people also on the list of projects completed.

Round-up, and state music and junior leadership camps have been a part of Richard's 4-H experiences. As president of his club and the Sedgwick County 4-H Council, he contributed much to 4-H'ers.

A University of Kansas freshman, Ernest, 18, has the ambition to be a doctor. He is a member of the Mt. Pleasant 4-H Club in Decatur County and the

son of Mr. and Mrs. Martin May.

Entomology is the favorite project of this Conference delegate. He has an impressive list of projects including beef, poultry, garden, electric, swine, tractor, dairy, public speaking, reading, and auto. He makes a special mention of junior leadership as enjoyable and making it possible for him to be of service to others.

"4-H has contributed a large part to my education," Ernest reflects. "The greatest part was developing skills and gaining knowledge in working with projects."

Ernest has been president of his club and an officer in the county junior leadership club. He mentions completing the medical self-help course as a part of his study of emergency preparedness during the past year.

Kansas 4-H Appreciation Week, June 5-10. Watch for details in May Journal.


# Recreation

by  
Dick Tomkinson

"Serving outdoor meals is a friendly and casual way to entertain," so states Inez Pass in her bulletin, "Outdoor Cookery." It is available from your Extension Office. She also believes, "No other method creates as much good fellowship as outdoor meals." In addition to tips on choosing equipment, she suggests accessories, tells about fires, and includes recipes: Pigs in a Blanket, Steamed Fish, Kabobs, Relishes, Breads and Desserts are interesting and good.

Use these ideas when you invite your family and friends or 4-H members over for a cook-out. It's always great fun.

Two other good outdoor cookery bulletins are: "Let's Have a Barbecue" and "How to Prepare Hoosier Barbecue Chicken." The first can be ordered from the Marketing Division, Kansas State Board of Agriculture, Topeka, Kansas, and the second from Indiana Cooperative Ex-



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## These Kansas 4-H Journal Sponsors Have Renewed Their County Support

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## Fun Page Answers

Answer To Southern Flower:  
Alabama  
Camellia

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12 C	L	A	13 W	14 W	I	N	15 D
U			E	I			O
16 D	O	N	E	17 G	A	N	G

tension Service, Purdue University, West Lafayette, Indiana. All three bulletins are listed in "Sources for Recreation" available at your Extension Office.

## Outdoor Sports and Games

While the meal is cooking, why not play for relaxation and fellowship. Try croquet, volleyball, badminton, or softball. Younger children might like these games:

### Run, Sheep, Run

Have players form two equal sides, each with a captain. A home base is indicated. One group becomes the "sheep." They go out and hide. Their leader comes back, when they are ready, and goes with the opposing side as it hunts for the "sheep." When the leader thinks the opportune time has come he yells "Run, sheep, run!" All the "sheep" immediately rush for home base, as do the "hunters." If the "sheep" beat the "hunters" to home base, they hide again. If not, the "hunters" become "sheep" in turn.

### King of the Castle

One player is chosen by lot to be King. He assumes a position on a mound, or tub, or box, or stump. He bids defiance to all his foes by shouting.

"I'm King of the Castle;

Get out, you cowardly rascal."

The other players assail him, everyone being a claimant for the position of eminence. He must protect his right to it alone.

Fair pulls and pushes are allowed, but players are not permitted to catch hold of the King's clothes. Penalty for such a foul is a "Prison of War" — virtual expulsion from the game.

The King may have an ally, who does nothing except hinder the other players. Play the game on soft turf for frequently hard falls are had. The game is rough and players should have on old clothes.

### Stop Ball

Use a volleyball or rubber playball. Divide into two or more groups, not over ten in a group. The fielding side scatters over the playing space while the side at the bat lines up, single file. One player "lobs" the ball up to the head man in the single file.

That player hits the ball with his fist and immediately starts running around his teammates who remain standing in single file. The fielding side scurries to line up single file behind the player who fields the ball. When all lined up, they yell, "Stop!" The base runner halts immediately; one point is scored for each complete circling of his line. The fielding side remains lined up single file at the point where the ball was fielded to become the batting side. Their opponents scatter to field the ball and the game continues.

Several games may go on in the same play space simultaneously.

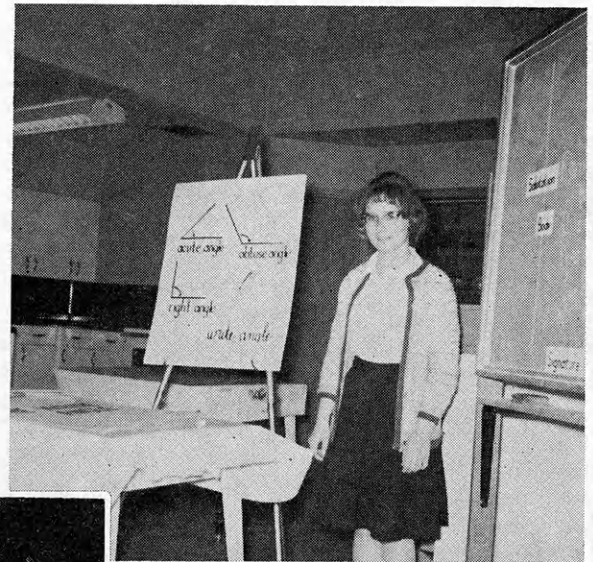
## High Plains 4-H Horse Show July 20th

The Third annual High Plains 4-H Horse Show will be held in Dodge City on July 20th.

The show is sponsored by the Ford County, Kansas, Agricultural Council, the High Plains Journal and Pepsi Cola.

The show is in conjunction with the Annual Dodge City Days Celebration.

## Karen Demonstrates Personal Development



Karen's demonstration, "The Write Angle" shows the correct manner in which to write a thank you letter. She's demonstrating not an acute, obtuse or right angle but a Write Angle.



The ability to speak and give a demonstration is a large part of personal development.

Karen Marie McDaniel is a 1966 KEY Award winner from Saline County. She was also a 1966 delegate to the National Youth Power Congress. Karen is a believer in personal development and with her ability to speak and give demonstrations, Karen is able to interest others. Karen has won blue and purple ratings at both the Topeka & Hutchinson fairs for her demonstrations. At Salina Senior High School Karen has charge of the safety bulletin board. She is trying to encourage better teen-age driving habits with the bulletin board.

The people at Southwestern Bell Telephone Company are proud to have a part in this 4-H project by sponsoring awards for outstanding work.

SOUTHWESTERN BELL



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## Foundation News

### *Fifteen Scholarship Winners Named for 1967*

Fifteen Kansas 4-H'ers are the winners of scholarships with a value of \$3,500.

The honored youth were named by Dr. Glenn M. Busset, state 4-H leader, Kansas State University. The scholarships are given in recognition of excellent club projects, leadership, and service combined with high scholarship and worthiness for assistance in financing higher education.

The recipients of the four \$250 Kansas 4-H Foundation Scholarships are Carl Wollard, Burden; Kent Noel, Abilene; Linda Boyd, Medicine Lodge; and Arleta Lohman, Lincoln.

Judith Smith, Walnut, and Susan Scott, Jennings, are the winners of the \$200 Cities Service Scholarships.

The two \$250 N. T. Veatch Scholarships go to Janet Kelly, Effingham, and James L. Morris, Logan.

Marilyn Darling, Iola, is the winner of the \$100 Kansas Electric Cooperation Scholarship.

Donald Johnson, Smolan, is the recipient of the \$100 Paul Gross Insurance Scholarship.

The \$200 Kansas Veterinary Medical Association Scholarship was awarded to Jill Stevens, Salina.

The two \$350 Harry Darby Foundation Scholarships go to Delores Hoffman, Abilene, and Donald McClure, Newton.

Corrine Malone, Moline, and Karen Quatham, Parsons, will have the \$250 F. W. Woolworth Scholarships for the next year.

These scholarships are a part of the awards and scholarship

program arranged by the Kansas 4-H Foundation as a part of promotion and support of the youth program of the Kansas Cooperative Extension Service, KSU.

### A Time To Say Thank You

The week of June 5-10 will be Kansas 4-H Appreciation Week. Why do we have an appreciation week? So we can say thank you to our many friends. How will you and your Club say thank you?

Wednesday, June 7th will be Friends of 4-H Day at Rock Springs Ranch. A special Program and Luncheon will be held for donors to visit the Ranch. Many 4-H Foundation County Committees will visit the Center at that time with specially invited guests.

Open House will be held every day of the week for those who can not visit on the 7th. Write the Kansas 4-H Foundation, Umberger Hall Kansas State University, Manhattan, Kansas 66502 if you would like to bring a party for the Open House.

What do other Clubs do, to say "Thank You?" Here are a few ideas: Give a program to the service clubs in your community (the film Building Bridges is very good), Make window displays, Give a breakfast or dinner for committee members and donors, Make Place mats for cafes, Bake cookies or cakes and take them to your sponsors.

## Paintings On

## Exhibits At

## Rock Springs

Paintings by Kansas artists will blend with the natural beauty of Rock Springs Ranch, state 4-H center near Junction City, this summer.

An exhibit of 18 paintings, selected from the Kansas Rural-Urban Art Program State Exhibition of Amateur Art, greets the Sunflower State youths and adults attending events at the center, reports J. Harold Johnson, executive director of the Kansas 4-H Foundation. The exhibit will be at the center for a year.

The exhibit is a part of a program for the center emphasizing Kansas cultural heritage and beauty planned by an art committee for Rock Springs Ranch. L. R. Quinlan, Manhattan, is chairman. Other committee members are Mrs. Jerry Moxley, Council Grove; Mrs. Olive Garvey, Wichita; Roy Langford, John Helm, Mrs. Winona Starkey, and Michael M. Williamson, Manhattan.

Work by the following Kansans make up the exhibit now at Rock Springs Ranch: Mrs. Evelyn Anderson, Clifton; Mrs. Helen Anderson, Hope; Mrs. Jaunita Barr, Burdick; Miss Mary Browne, Norton; Mrs. Warren Bullock, Norton; Mrs. Gail Clawson, Great Bend; Mrs. Fern Crow, Harper; Mrs. Myrta Giggy, Attica; Mrs. Bertha G. Lyon, Clifton; Mrs. B. R. McDonald, Osborne; Mrs. Agnes Nye, Harper; Mrs. Katherine O. Horn, Liberal; Mrs. Betty E. Poland, Junction City; Lincoln Robinson, Cedar Vale; Mrs. Dorothy Scarlett, Harper; Mrs. Marie Shirley, Grantville; Mrs. Judith M. Wilkinson, Liberal; and James E. Wood, Sublette.

Helm, director of the Kansas Rural-Urban Program, expressed appreciation to the artists for permitting their works to be on exhibit at Rock Springs where thousands of Kansans can see them.



# Serving In Vietnam



Lt. Richard L. Theys

Richard L. Theys, son of Mr. and Mrs. Emile Theys of Pittsburg, Kansas, is serving as a helicopter pilot in South Vietnam. Richard's wife, Judy and 10 month old son Richard Allen live in Pittsburg.

Lt. Theys was a member of the Win or Bust 4-H Club in Pittsburg, for eleven years. He also served as a Community Leader for a year and a half before going into the service. Richard received the Vietnamese Cross for Gallantry in February. He also received the Silver Star and has been recommended for the Distinguished Flying Cross.

Richard's Address is:

Lt. Richard L. Theys,  
05534961

114th Aslt. Hel. Co., 4th  
Platoon

APO San Francisco, 96357,  
California



Sp/4 John Bostwick

Sp/4 John Bostwick is stationed in Tan Son Nhut, Vietnam where he is assigned as a clerk typist in Headquarters Co.

John was a member of Hoyt Livewires 4-H club for 9 years. He served as club president, vice president, and treasurer. He is the son of Mr. and Mrs. Charles Bostwick, Hoyt, Kansas.

John's address is:

Sp/4 John E. Bostwick

RA 17 748 076

HHQ. Co. USA RV, G-1

APO San Francisco 96307



Sp/4 Roy E. Davis

Roy E. Davis, son of Mr. and Mrs. Erwin Davis, Harper, Kansas, is serving in Qui Nhoh South Vietnam as a Cook. A 1963 graduate of Harper High School, Roy was a member of the Piloteers 4-H Club for 10 years.

Roy, his mother and father,

sisters Patricia and Rogene, and brother Richard have a total of over 70 years in 4-H work. Roy's father has been in 4-H for over 20 years and still is a leader.

Roy completed 53 projects as a 4-H member and served as club president. He served on the County 4-H council, attended Round-up and sang in State chorus in 1961.

Roy's address is:

Sp/4 Roy E. Davis

US 55 824 388

578th Supply Co. (Hv. Mat.)  
(GS)

APO San Francisco, 96238,  
California

## Journal is Clean Reading

To promote more interest in Ford County 4-H, six copies of the Kansas 4-H Journal were purchased by the 4-H Council to be delivered to the six coin operated laundry-matics in Dodge City. This is the third month of their delivery and from the appearance of the Journals, they were certainly read. Some were torn and pretty well worn from reading.

## Hawaii Wants Pen Pals

Kansas State University  
Manhattan, Kansas 66504  
To: State 4-H Club Leader

I am Amy Ito who is this year's Pen Pal League Chairman from the state of Hawaii. We have such league to establish closer ties between Hawaii's 4-H'ers and the 4-H'ers on the mainland United States.

I would like to ask your help by sending me names of 4-H'ers, their address, age, grade, interests and hobbies, and girl or boy pen pal.

I will do my best to get each 4-H'er on the mainland to correspond to Hawaii's 4-H'ers of their choice.

Your earliest reply will be greatly appreciated.

Sincerely yours,  
Amy Ito

Amy's address is:

Amy Ito, Pen Pal League  
Chairman

P.O. Box 864

Lanai City, Hawaii, 96763

# IT'S UP TO YOU

Editor's Note: This talk was given by Bette Booth as part of the Kansas 4-H Foundation program at their District Meetings. Bette is a 16 year old 4-H member from Lawrence, Kansas.

Come, travel with me. I have a strange sight for you to see. The way is long. Miles and miles and miles. But it's even farther distant in concept, in ideology. Here! Here is a good place for us to stand. From here our eyes can take in the entire view. Thousands and thousands of people. Young girls, they are. My age, and a year or two older or younger. Row upon row. Column upon column. Hundreds and thousands. A sea of faces, and those faces are different from mine. Broad, and flat, and yellow they are. Young girls of China, marching. Marching for their state. An oppressive, totalitarian, Communist state.

Here take these glasses. They have special magic lenses which allow you to look deep into the eyes of these girls, into their very souls. Now you can see the fanaticism in their eyes. Now you can see their fanatical hope for a Communist state, a Communist Asia, a Communist world. They live only to serve their state, to live and die for it. And with these magic glasses you can see into their future, too. Where you know that their hopes of a true government of the people can never be. When they will finally see the light, see through the pomp and sham of their paper tiger, to the misery and hopelessness of their starving millions who have no hope for the future under their oppressive totalitarian state.

Are you depressed? So am I. Let's leave this place and return. Travel back to a place similar in a way to this one, which trains the body and mind of the young people of their country. There it is — Rock Springs Ranch. Here is an entirely different concept, a completely different ideology. Here we can see the pleasure and enjoyment of the young people while they work, yes, and play, to build strong bodies, minds, and characters. Some are creating, learning to express their opinion and feelings in their arts and crafts. Others are swimming and riding, for having a strong, healthy body is a part of our citizenship, too. See the chapel there on the hill. Soon its bell will ring, calling them to worship, where they will learn to love their fellow man, instead of conquer and oppress him. All through this camp

these young people are becoming stronger and wiser in body, mind, and soul. They are learning those things which make a better and happier world. You don't need these glasses anymore. You don't need magic glasses to see into the souls of these people. You can see their love of life in their very action, as they help one another, as they work, play, and even pray together. You don't need these glasses to see into their future, either. You can see their love and compassion for the whole human race shining in their eyes.

Both groups, here at Rock Springs Ranch, and at the place from which we just came, are of the future generation. They will inherit the "fruits" of the earth. Which group would you rather have as citizens of a leading world power? The fanatical, Communist children who are ready to conquer and oppress the world, but who face only defeat because of the weaknesses of the philosophy they so blindly follow—or the happy, loving, free 4-H children who know how to face individual responsibility, self-discipline, the truth. Who want to strengthen their way of life, preserve their freedom, and if they can, help men all over the world to receive blessed hope.

4-H is one of the organizations which can train and teach these children. Its greatest responsibility is preparing girls and boys for the future. Today's youth must know more than any generation before them if they are to meet the challenges that lie ahead of them. The 4-H program can help the school, the church and home in their efforts toward this goal. 4-H is for all boys and girls. There are nearly 2 $\frac{1}{4}$  million in the United States and Puerto Rico alone, so that an investment in 4-H is far-reaching, it helps many.

But what does the 4-H Foundation do? The National 4-H Foundation helps youth in four main ways. Citizenship education, leadership development, the National 4-H Center, and IFYE. Citizenship education is carried out through a series of Citizenship Short Courses attended by almost 4,000 4-H members and leaders from 30 different states. Here 4-H'ers experiment with new methods

of teaching citizenship. Sharing their experiences with 4-H'ers in their local club and with other young people, spreads the influence far beyond the few who journey to Washington. The Leaders Forums give adult leaders of the 4-H clubs an opportunity to gain a broader understanding of the 4-H'ers they work with. They gain inspiration and a deeper commitment to work with youth and increase their skills in working with young people. The National 4-H Center's main purpose is for the 4-H Foundation programs. There were 150 conferences and other events for more than ten thousand persons at the Center in 1965. It is a working memorial to the 4-H program, made possible by 4-H members, their leaders, and their friends.

While the difficulties of developing a lasting peace, providing enough food for all, meeting dilemma of a population explosion are often difficult for us to comprehend, the contributions of IFYE, the International Farm Youth Exchange, are both positive and real. President Johnson wrote "IFYE is helping to implant in many countries of the world the idea of learning by doing — and their efforts have met with wide success".

But what about affairs a little closer to home? In our own state? Here we find, as we do in so many ways, that Kansas is again a leader. I can best summarize by saying that the principle purpose of the Kansas 4-H Foundation is to make private funds or gifts available to benefit the state 4-H program. The **member** and the **project** are the main Foundation concerns. Individual project work, the basic idea of 4-H, is the tool by which youngsters develop in skill, knowledge and leadership ability into responsible adults. The Kansas 4-H scholarships and awards offer incentive for higher achievements. More than 22,280 dollars are on hand for awards and leadership training. One of the Foundation's most significant aims is to help the Extension Offices sell 4-H to as many as are eligible.

But the great effort, the exciting story, is here; here at Rock Springs Ranch, the state leadership training center. Here almost every day of the year, from January through to December, this site is used to teach, help, and strengthen today's youth. To teach them that through individual initiative and education they can climb as high on the ladder of life as they want to. To help them to use their heads, to learn how to think. And to strengthen not only their bodies, but also their love of state and country, of this wonderful land, and their opportunity for individual achievement and recognition because of this great democracy. But most of all, it strengthens our love of freedom, and makes us want to preserve and keep it. Dolph Simons, a member of the Kansas 4-H Foundation Board of Trustees says it this way:

"If the United States is to survive and continue to grow, we must prove to the world that people live better, and more comfortably and more securely under our system, than they do under any Communistic or dictator form of government.



Bette Booth, 4-H member from Lawrence talks with Maurice E. Fager, District Chairman for the Kansas 4-H Foundation, before giving her talk to the District Meeting in Topeka.

The only way we can make our system work more efficiently is to train our young people to be better citizens. This is where 4-H serves our nation so importantly. 4-H encourages our young people to be better farmers, better neighbors, better husbands and wives, better public officials, and better citizens in every way. Kansas has an exceptionally strong and worthwhile 4-H organization. We could not have this superior training program without the assistance of numerous individuals and firms who support the program so generously with both time and money."

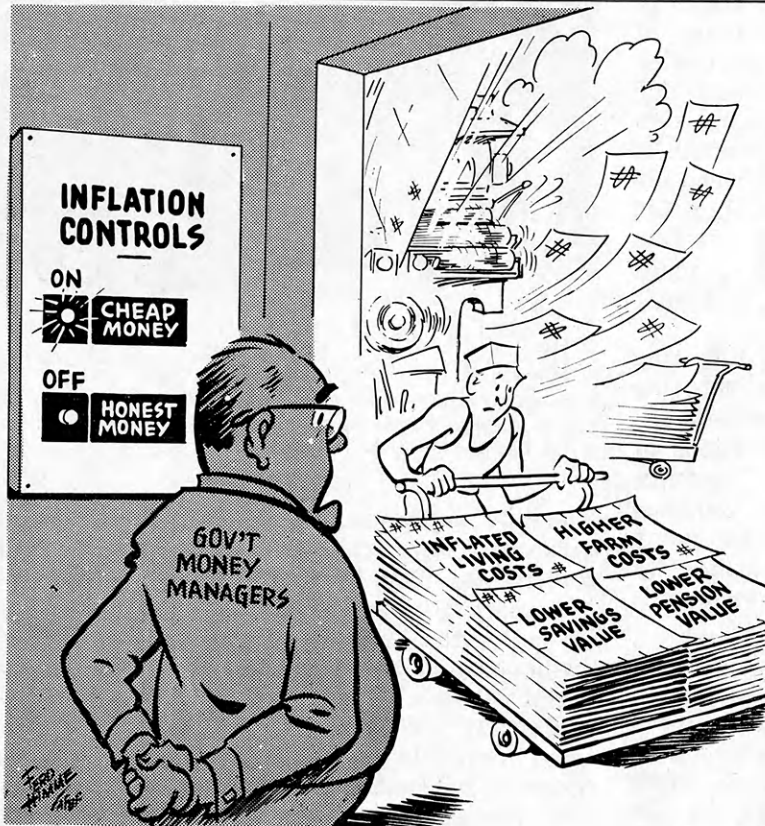
These words are important to us as we strive to achieve our full potential. But you are a group apart. You have seen what is to be done. You are special. That is why you are here today. You know that adults are vital to the 4-H program in so many ways. You know that we need your time. We need your talent. We need your inspiration. Yes, we need your money. And now we're asking you to give even more. Not more time, not more money, not more inspiration. We want you to carry our message to others. Because you have to carry our message to others. Because you have the vision, we want you to help others to share in our dreams, to let them know that their gifts to 4-H (tax-free by the way) will give them a share in our destiny, the American way!

Who supports those marching Chinese girls? You know the answer, and the answer is not for us. Won't you help us? We're doing our best. We've pledged our heads to clearer thinking, our hearts to greater loyalty, our hands to greater service, our health to better living for our club, our community, our country. We try to make the best better, but we can't do it without you.

We live in a wonderful country. A country with freedom of choice. We can choose to be good. We can choose to be bad. We can choose to succeed. We can choose to fail. You, too, can choose. It's your decision. Are we a good investment? The youth of your land? Are we worth an investment in your time, your talent, your inspiration, your money?

You have a choice . . . . it's up to you.

**HE TURNED IT ON - HE CAN TURN IT OFF....**



Deficit spending by the federal government is a prime cause of inflation. If the government continually spends beyond its income or engages in other policies which expand the supply of money and credit faster than production, inflation cannot be avoided.

Efforts to reduce prices through consumer boycotts are misguided and cannot offset the effects of inflationary policies.

Under present conditions of high economic activity a reduction in federal expenditures for non-defense programs is imperative if inflationary trends are to be moderated.

Annual expenditures for non-defense purposes are \$18 billion a year higher than in 1960. We urge the Congress to take effective means to bring federal spending under control. Now is the opportune time to re-evaluate the worth and effectiveness of the many new centralized spending programs.

## Kansas Farm Bureau

105 County Farm Bureaus

Working Together

## Somethin's Cooking!



### Scalloped Chicken with Mushroom Sauce

- 4 cups diced cooked chicken
- 3 cups fine soft bread crumbs
- 1½ cups cooked rice
- ¾ cup chopped onion
- ¾ cup chopped celery
- 1/3 cup chopped pimiento
- ¾ teaspoon salt
- ¾ teaspoon poultry seasoning
- 1½ cups chicken broth
- 1½ cups milk
- 4 slightly beaten eggs

Combine all ingredients. Spoon into 9x13-inch baking dish. Bake in moderate oven 350°—50 to 55 minutes or till knife inserted comes out clean.

Cut in squares. Serve with Mushroom Sauce. 12 servings.

### Mushroom Sauce

- 1 can condensed cream of mushroom soup
- ¼ cup milk
- 1 cup dairy sour cream

Combine all ingredients. Heat and stir until hot.

### Apricot Chiffon Pie

Mix 1 envelope unflavored gelatin, 1/3 cup sugar and dash of salt. Heat one 12-ounce can (1½ cups) apricote nectar to boiling; add to gelatin mixture, stirring until dissolved. Add 1 teaspoon lemon juice and 1/8 teaspoon almond extract. Chill until partially set. Add 2 unbeaten egg whites and beat until soft peaks form. Pile into cooled Coconut Crust. Chill until firm.

### Coconut Crust

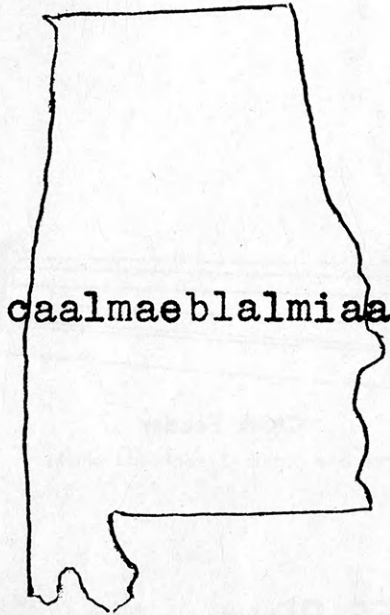
Butter a 9-inch pie plate, using 1 teaspoon butter or margarine. Empty a 3½-ounce can flaked coconut into pie plate; press against bottom and sides. Bake at 325° about 10 minutes or until edges are brown. Cool. Fill as directed above.

### Community Safety

The Deer Creek 4-H Club went all out to promote farm and highway safety. The club presented each family in their township with an SMV safety emblem and a tractor mount. Deer Creek township is surrounded by three main highways, so these were a useful addition to the community's safety program. The Club used part of the money they earned as top safety club in Kansas for 1965 to purchase the safety equipment.

Susan Van Allen  
Phillipsburg, Kansas

**"Southern Flower"**  
Puzzle



If you will look closely at the letters in this state, you will see the name of the state, and also the name of that state's flower. What are they?

Answer on page 14

**"FUZZY WORM"**  
CROSSWORD

**ACROSS**

1. Throw lightly
3. Money on hand
5. Land measurement
7. Places
11. Fuzzy worm
12. Animal foot
14. Turn as a clock
16. Finished
17. Crowd

**DOWN**

1. Afternoon drink
2. Vision
3. Drink hot drinks from this
4. Belonging to him
6. Go on hands and knees
8. Locomotive
9. Sob
10. Part of mouth
12. What cow chews
13. Tiny
14. False hair piece
15. Canine

Q. What do you call a baby skunk?

A. A little stinker.  
Teresa Giddean  
Wichita, Kansas

Q. What did the drapes say to daddy?

A. I'm to young to hang.  
Daun Jones  
Grenola, Kansas

Brad: What did the space scientist find in his frying pan.

Pete: I don't know. What?  
Brad: Unidentified frying objects.

Teresa Giddean  
Wichita, Kansas

Winter is the season when we try to keep the house as hot as it was in the summer when we complained about the heat.

Summer is the season when we try to keep the house as cold as it was in the winter when we complained about the cold.

Renee Samek  
Kansas City, Kansas

Q. What animal needs oiling?

A. A mouse because it squeeks.

Karla Jean Gustason  
Russell, Kansas

Sam: Don't bother me I'm writing to my girl!

Dan: But why are you writing so slowly?

Sam: She can't read very fast.  
Janis Coleman  
Olathe, Kansas

Romeo: Juliet, dearest, I'm burning with love for you.

Juliet: Come now, Romeo, don't make a fuel of yourself.

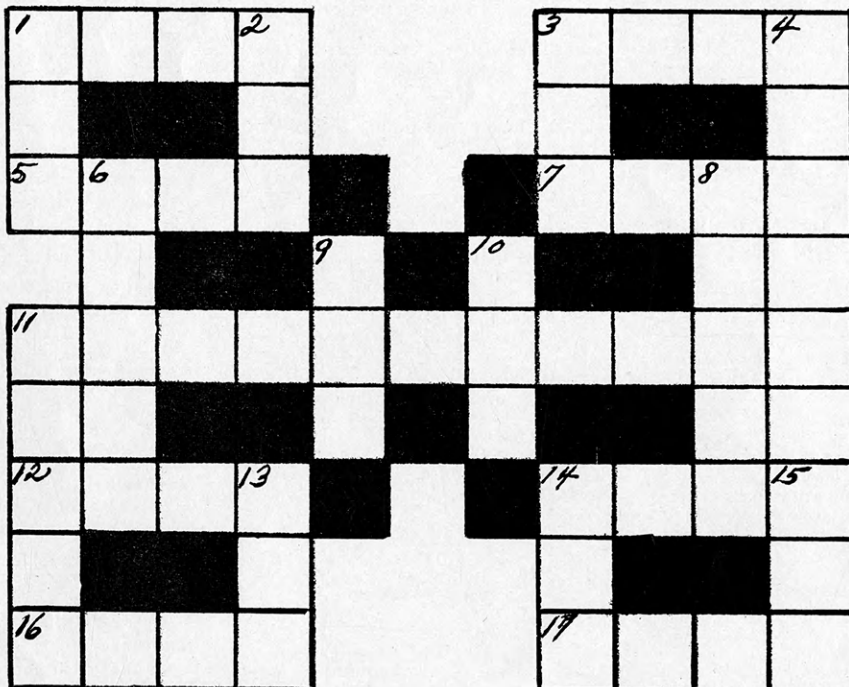
Candyce J. Larson  
Jamestown, Kansas

Joe: What's the difference between an orange and a yo-yo?

Moe: I don't know.

Joe: You'd be a fine one to send after a dozen oranges.

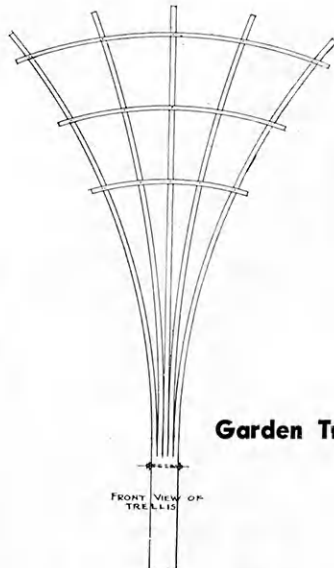
Madonna Kaskie  
Wichita, Kansas



# Free!

## 4-H Woodworking Plans from YOUR LUMBER DEALER

**TWO NEW  
PROJECT  
IDEAS NOW  
AVAILABLE**



**Garden Trellis**



**Chick Feeder**

For day old to 3-weeks-old chicks

*See these Lumbermen for your FREE Plans — they are your best friend when you need good material*

<b>Agra</b> Agra Lumber Company	<b>Coldwater</b> Home Lumber and Supply Co.	<b>Glen Elder</b> Dickinson Lumber Company	<b>Kinsley</b> Kinsley Co-op Exchange Lumber Yard
<b>Asherville</b> Asherville Lumber and Coal Company	<b>Concordia</b> Sanborn Lumber Co.	<b>Goodland</b> Hardman Lumber Company Rasure Lumber Company	<b>LaHarpe</b> Diebolt Lumber and Supply
<b>Ashland</b> Don Spotts Lumber Company Home Lumber and Supply Co.	<b>Denton</b> C. H. Gish Company	<b>Greensburg</b> Home Lumber and Supply Co.	<b>Lakin</b> Tate and Company
<b>Atchison</b> Hixon Lumber Company	<b>Dodge City</b> Antrim Lumber Company	<b>Hartford</b> Thomas Lumber Company	<b>Lancaster</b> T. E. Snowden Lumber Company
<b>Beloit</b> Peoples Lumber and Coal Company	<b>Elkhart</b> Elkhart Lumber Co. The Star Lumber Company	<b>Hays</b> Hardman Lumber Corporation, Inc.	<b>Lawrence</b> Woods Lumber Company Logan-Moore Lumber Co.
<b>Bern</b> Bern Lumber Company	<b>Ellsworth</b> Ellsworth Lumber	<b>Healy</b> Healy Co-op Elevator Company	<b>Lebanon</b> Lebanon Lumber Company
<b>Brownell</b> Richolson Lumber and Hardware Company, Inc.	<b>Emporia</b> Home Lumber and Supply Co. The Smith Lumber Company	<b>Hill City</b> Hardman Lumber Company	<b>Lenora</b> Lenora Lumber Company
<b>Cawker City</b> Cawker City Lumber Company	<b>Eureka</b> A. C. Houston Lumber Company	<b>Holton</b> Holton Lumber Company	<b>Liberal</b> The Star Lumber Company
<b>Chanute</b> Smith Lumber Company	<b>Everest</b> Alexander Lumber Company	<b>Holyrood</b> Home Lumber and Supply Co.	<b>Linn</b> Rice-Johntz Lumber Co.
<b>Chapman</b> Sanborn Lumber Company	<b>Fredonia</b> The Home Lumber & Supply Company	<b>Home</b> Home City Lumber & Hardware	<b>Longford</b> Longford Lumber & Grain Company
<b>Chase</b> Chase Cooperative Union	<b>Garden City</b> McAllister-Fitzgerald Lumber Co.	<b>Hugoton</b> The Star Lumber Company	<b>Macksville</b> Home Lumber and Supply Co.
<b>Clyde</b> Geo. W. Hays & Son, Inc.	<b>Garnett</b> Star Grain and Lumber Company	<b>Iola</b> Klein Lumber Company	<b>Madison</b> Madison Lumber Company
<b>Colby</b> Hardman Lumber and Coal Company Hess Lumber Company	<b>Gaylord</b> Hardman Lumber Company	<b>Johnson</b> Seyb-Tucker Lumber and Implement Company	<b>Manhattan</b> Ramey Brothers
			<b>Mankato</b> Mankato Lumber Company

Toy Chest

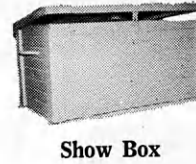
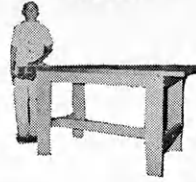


Double Easel



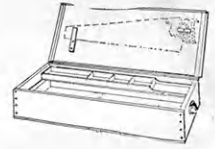
Utility Cabinet

Woodworking Bench

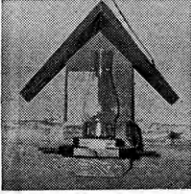


Show Box

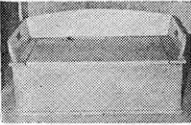
Tool Chest



Bird Feeder



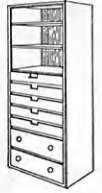
Window Seat



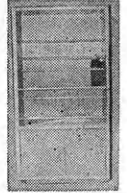
# THESE PLANS ARE AVAILABLE

Lawn Seat	Box Hockey	Mail and Memo Board	Indoor Planter
Lawn Chair	Picnic Bench	Childs Step Stool & Chair	Sheep Blocking Box
Mail Box	Holding Gate	Collapsible Visual Aid Stand	Christmas Tree Gifts
Book Case	Sewing Cabinet	Rotating Selection	Devil Game
Gate Sign	Sail Boat	Tool Rack	Child's Desk
Step Table	Shoe Shine Kit	Cart with	Gun Rack
Two Games	Football Game	Removable Trays	Hobby Desk
Portable Towel Rack	Baseball Rack	Small Animal Trap	Camp Stool
Chest of Drawers	Martin House	Back Yard Fence	Hobby Horse
Wheel Barrow Planter	Dog House	Bookcase Headboard	Bookshelf Light
Lazy Susan	Patio Planter	Magazine Rack	Rabbit Carrier
Coffee Table	Picnic Table		Camp Kitchen
Yard Cart	Blue Bird House		Shuffle Bowl
Folding Table	Comic Book Rack		
Bookcase	Vertical Shoe Rack		
Sand Box	Fishing Rod Rack		

Closet Storage Cabinet

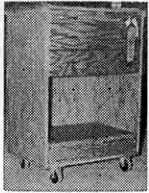


Closet Valet

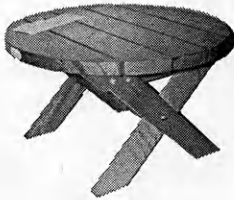


Tool Storage

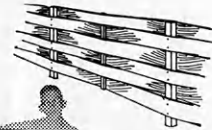
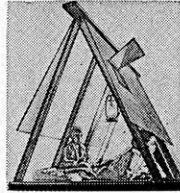
Tool Caddy



Patio Table



Wood Play Tent

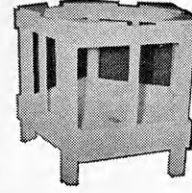


Yard Fence No. 3

End Table



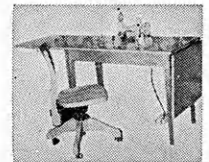
Self Feeder for Sheep



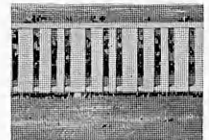
Folding Lawn Chair



Sewing Machine Table



Yard Fence, No. 2



Insect Display Box



Study Center

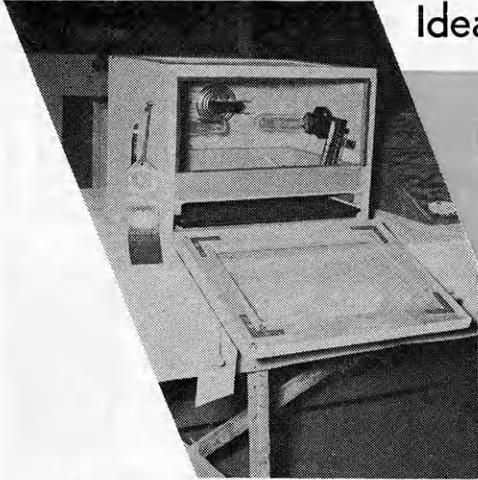


- Marysville  
Howell Lumber Company
- Meade  
Home Lumber and Supply Co.
- Moundridge  
Clayton Vogt Lumber Co., Inc.
- Neodesha  
O. E. Woods Lumber Co.
- Ness City  
Rock Island Lumber Co.
- Norton  
Norton Lumber Company
- Nortonville  
Alexander Lumber Company
- Oakley  
Oakley Lumber Company
- Oberlin  
Building Supply Headquarters
- Offerle  
Offerle Co-op Lumber Co.
- Olathe  
Cowley Lumber and Hardware Company
- Onaga  
Onaga Lumber & Grain Co.
- Osage City  
Martin Material Co., Inc.
- Oswego  
Home Lumber and Supply Co.

- Ottawa  
Hubbard Lumber Company, Inc.
- Parsons  
O. E. Woods Lumber Co.
- Phillipsburg  
Hardman Lumber Company
- Pittsburg  
Broadway Lumber Co., Inc.
- Plains  
Home Lumber and Supply Co.
- Pretty Prairie  
The George W. Ulth Lumber Company
- Protection  
Home Lumber and Supply Co.
- Russell  
Hardman Lumber Company of Russell Inc.
- St. Francis  
St. Francis Equity Exchange
- St. John  
Home Lumber and Supply Co.
- Salina  
Everitt Lumber Company, Inc.
- Scott City  
McAllister-Fitzgerald Lumber Co.
- Seneca  
Koelzer Lumber Company  
Seneca Lumber Company
- Severy  
Tolman-Gibbon Lumber Company

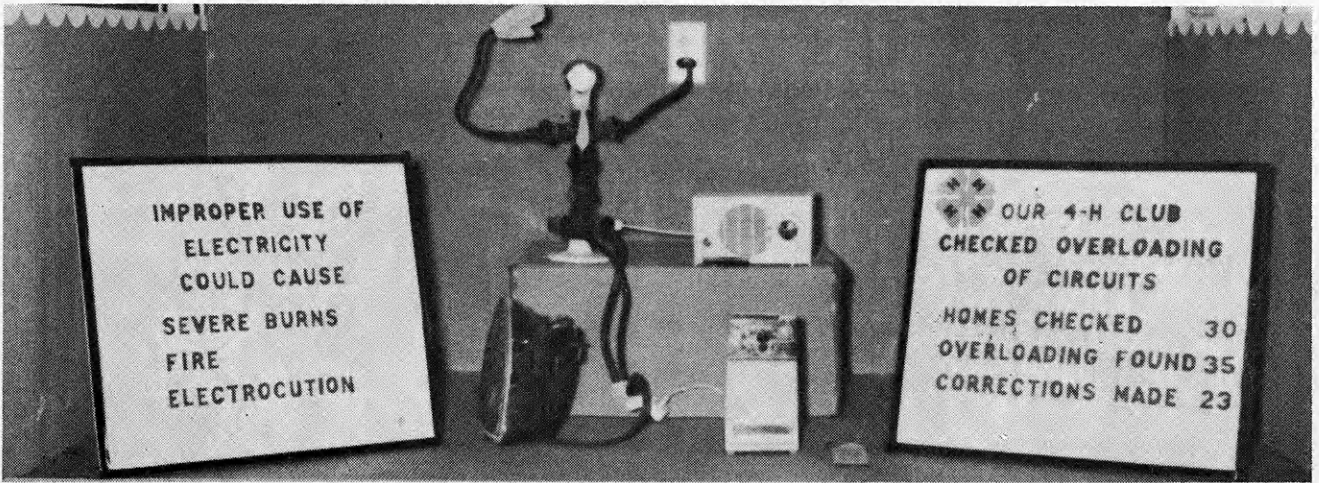
- Smith Center  
Smith Center Lumber Co.
- Spearville  
Farmers Grain & Supply — Lumber Dept.
- Stafford  
Home Lumber and Supply Co.
- Stockton  
Stockton Lumber Company  
B & B Lumber & Supply
- Wakeeney  
Hardman Builders Supply Co.
- Wichita  
Lawrence Lumber Company  
Stockyards Cash and Carry Lumber Co.  
Alexander Lumber Company Inc.  
Star Lumber & Supply Co.
- Wilsey  
Wilsey Lumber Co.
- Wilson  
Hoch Lumber Company
- Winfield  
A. B. Everly Lumber Co.
- Woodbine  
Kohler Lumber Company
- Zenda  
The George W. Ulth Lumber Company
- Missouri  
Independence  
The George W. Ulth Lumber Company, 11432 Truman Road

Ideas

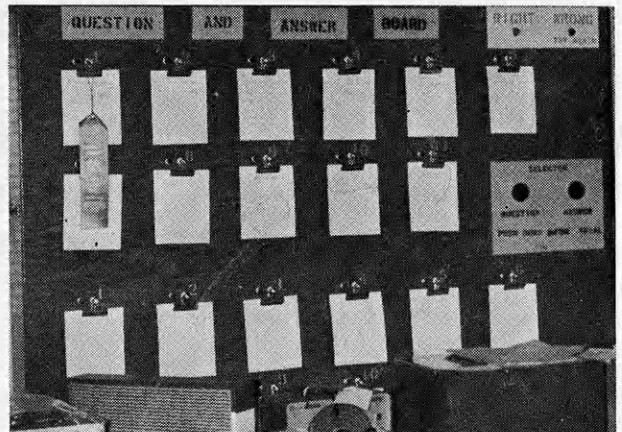
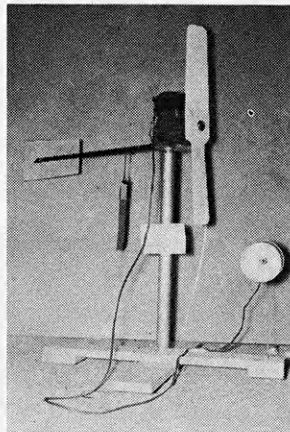
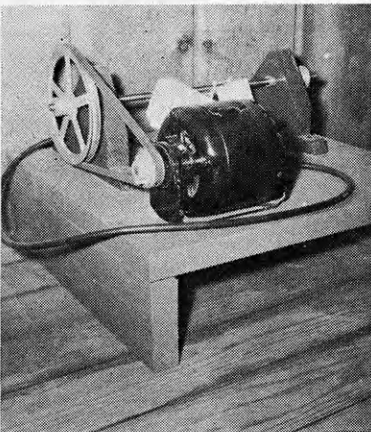


# Club Booth, Electric Projects

At left is an incubator constructed by a Marion county 4-H'er. In addition to learning about electricity, this project will be useful in poultry science. Below, this electric safety booth, "Shocking Facts", was exhibited by the Fragrant Hilltoppers 4-H Club of Dickinson county. Leadership in club safety activities offers many opportunities for senior 4-H'ers in the electric project.



Below, left, is a motor application built by Richard Manoth, Miami county, a speed reduction useful in shop work. Center, Royce Guhr, Marion county made a club house wind charger from an old tractor magnito. Right, this versatile quiz board was built by David Lockwood, Harvey county.



\* Watch This Page For Ideas On Farm And Home Electric Projects

**ELECTRIC LIGHT and POWER COMPANIES in KANSAS**

The Kansas Power and Light Company  
Kansas City Power & Light Company

Central Kansas Power Company  
Kansas Gas and Electric Company

Western Power and Gas Company, Inc.