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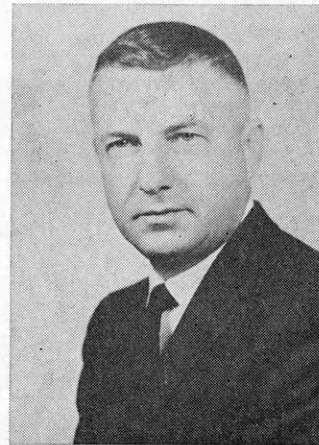
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### OUR COVER

This picture was taken at Rock Springs Ranch by Mr. and Mrs. Ben Fink of Topeka. Both are active in three 4-H Clubs.

## The Uncommon Quality of Common Sense



by Dr. Glenn M. Busset  
 State 4-H Leader

We are living in a day when we are expected to submit ourselves to the judgment of specialists:

- The marriage specialist who is failing in his (or her) third marriage.
- The child psychologist whose own children are an unholy mess.
- The teaching specialist who assures us that, although our children can neither spell nor read they are "making satisfactory social progress."
- The citizenship specialist who tells us there is no relationship between what people ascribe to religiously and their practices of citizenship.

### Common Sense Isn't Common

It is true that we owe much of our progress to specialization, but we pay a heavy price when we abdicate our responsibilities to ourselves and our families under the supposition that we are unable to apply common sense to our own lives. It is a pity that good sense must be labeled common, because it isn't.

Probably no greater error occurs in our personal lives than to assume that we are not really adequate ourselves, and that our only hope is to rely entirely on the judgment of the teacher, the pastor, the psychologist or another specialist. At all levels of our lives, we are faced with problems, the solution of which may be expedited by the counsel of a specialist—but not at the expense of taking leave of all our own sense of duty, of responsibility of our judgment in our personal lives.

No one ever became a successful parent simply by furnishing a good home, adequate clothing, some spending money and opportunities for a satisfactory education. These things help, but they aren't enough—not nearly enough.

The great temptation is to say or feel, "Now, I have furnished all these fine requisites; I pay my taxes for school work and improvement; I have done my duty so well that no one could think otherwise. I can now assume that the education of my children will be duly taken care of, while I am free to go about the difficult and demanding job of earning a living (and perhaps living my own life!)."

(Continued on page 15)



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# Kansas IFYE's Hold International Feast

by Marjorie Ann Tennant  
Assistant Extension Editor

"Hello, welcome home," and "Bon Voyage, have a wonderful time in your host country."

Such were the greetings for the honored guests at the 4-H International Feast at Kansas State University, March 31.

Welcomed home were the 1967 International Farm Youth Exchange delegates and 4-H Teen Caravan members. For the 2 delegates to India—James Ploger, Kinsley, and John Nagel, Valley Center, it was truly a welcome because they flew to Kansas from Washington, D. C. that day as the final step of their 6-months' assignment. Sarah Bently, Dighton, returned from Argentina in March, and was in



Agriculture and farming as they saw it in their host countries was discussed by this panel as a part of the 4-H International Feast program. Left to right, Steve Greenhaw, Canton, who went to Italy; John Nagel, Valley Center, to India; Linda Nairn, Pawnee Rock, to Germany; and Ray Connell, El Dorado, to The Netherlands.



Home and Community Life in their host countries was the topic for this panel of 1967 IFYE's and 4-H Teen Caravan members as they appeared at the 4-H International Feast. Left to right, James Ploger, Kinsley, who went to India; Patti Lampe, Hanover, to Sweden; Rita Lilak, Newton, to The Netherlands; and Nancy Baldwin, Galva, to The Netherlands.

Washington D. C. at the time of the Feast.

The other IFYE's welcomed home were Patti Lampe, Hanover, who went to Sweden; Rita Lilak, Newton, a delegate to The Netherlands; Linda Nairn, Pawnee Rock, who went to Germany.

The 1967 Caravan participants were Steve Greenhaw, Canton, going to Italy; and Ray Connell, El Dorado; and Nancy Baldwin, Galva, to The Netherlands.

The 4-H International Feast is a tradition in the Sunflower State. Each year IFYE alumni plan the event to honor the returning and soon-to-leave delegates. County Extension agents and parents of the honorees are also guests. The Kansas 4-H Foundation and Kansas Farm Bureau host the event. Foods of the host countries of the honored guests make up the menu.

Highlight of the program is the naming of a "Friend of IFYE." This year Dr. Harold E. Jones, director of the Kansas Cooperative Extension Service was honored.

Returning delegates receive framed certificates, and the outgoing ones are presented an IFYE pin.

Patti, James, Rita, and Nancy formed a panel to discuss family and community life in their host countries. The other panel by Linda, John, Steve, and Ray reviewed farming and agriculture as they saw it. Each IFYE lived with at least three host families in the country visited. They showed slides to illustrate the points discussed. The Teen Caravan members are overseas 2 months, most of this time in one country.

Linda commented that most German farmers live in villages and travel to their fields every day. The average farm is 20 acres and most farmers practice good conservation methods.

Farmers in The Netherlands are using three ways to increase



4-H Teen Caravan members from Kansas this summer will be, left to right—Barbara Mader, Manhattan, going to Peru; Trudy Kloefkorn, Caldwell, to Austria; and Carol Odgers, Sublette, to Denmark.



1968 Kansas IFYE's anticipate their six months abroad as they visit during the 4-H International Feast at Kansas State University in their honor. Left to right are Walter Patton, Galena, going to Switzerland; Sandra Steele, Lawrence, to Venezuela; Judy Lukins, Kiowa, to Norway; Verla Mae Harms, Whitewater, to The United Kingdom; and Marjorie Loyd, Hiawatha, to Israel.

their profits—increased mechanization, better production methods, and larger farm units. Farms in Holland are small with 90 percent of them fewer than 20 acres.

Steve described the 3-P Clubs in Italy. Members are 18 to 35 years of age, and often pool resources to buy farming equipment. As in The Netherlands, in Italy the house and barn are often one building. Steve commented on the absence of yards or lawns as Kansans know them. Because of the great need to produce food, every acre of land is used to the best possible advantage.

John described India as a country one-third the size of the United States with three times the population. Bullock teams provide the power to plow many fields on the farm. From 1.5 to 3 acres is a common size for Indian farms. John was encouraged by the use of fertilizer and

(Continued on page 9)



# YOUNG MAN ON THE GROW

KANSAS FARMER knows... a good state farm publication is the direct result of sound, knowledgeable and experienced writing. And, at the same time, KANSAS FARMER knows the value of vitality, enthusiasm and energy provided by young men on the staff. Young men on the grow... like Bob Bunker, contribute spark and momentum to any editorial staff. His constant search for information helps develop his personal writing skills and his knowledge of Kansas agriculture and farm people.

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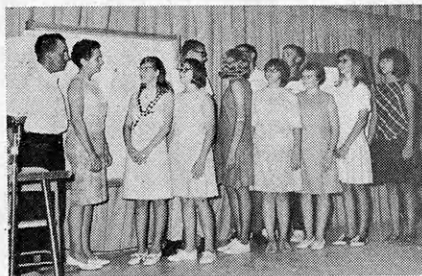
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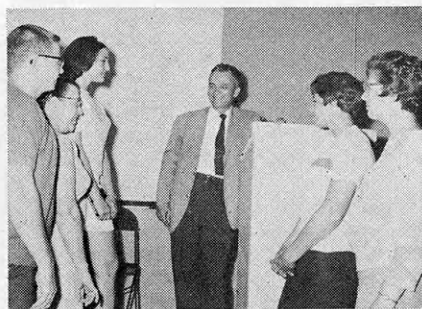


# Health Conference at Rock Springs Ranch

Marjorie Area  
4-H Specialist KSU



Beacon Boosters 4-H Club, Finney Co., at the 1967 Health Conference held at Rock Springs Ranch. At left are Lawrence Odgers and Mrs. Arthur York, club leaders. The Beacon Boosters were the top health club in Kansas in 1966.



Pictured from left at the 1967 Health Conference are: Dana Wood, Hamilton Co., continuation member; Miss Martha Brill, Health Specialist KSU, who planned the conference program; unidentified 4-H member; Dr. Kenneth Godfrey, Topeka, who spoke to the group on LSD; Ann Brunner, Dickinson Co., continuation member; and Conference Director Mrs. Marjorie Area, 4-H Specialist KSU.

Marjorie Area — The State Health Conference at Rock Springs Ranch is held annually. It is for Kansas 4-H'ers who are 15 years old or older. 1968 Health Conference will be July 24-29th.

1967 Health Conference included classes by the Kansas State Board of Health on human sexuality, venereal disease, artificial respiration, and health quackery, along with sessions on good grooming and family relationships. These relate to health in many ways. Other sessions were on alcoholism, LSD, food nutrition, and physical fitness. Several of the members who were part of the '67 Health Conference are ready to visit a few moments about what they feel good health means to a teenager.

Kathy Kloefkorn of Sumner County—Good health to me is feeling right, eating right and looking right.

Marjorie Area — Have there been any clues that have helped you to do this during the past week?

Virginia Everett of Wyandotte County — Well, first of all we talked about the four food groups that every growing average teenager should eat and also the foods you should try to stay away from if you want to be a normal athletic, healthy teenager.

Marjorie Area — The habits you form as a teenager will stay with you for the rest of your life and form the foundation for a good life. Do you ever discuss the points made in sessions outside of class time?

Susan Van Allen of Phillips County—In our cabin we talked about VD. We were joking around about it but I think we understand it more than ever before.

Marjorie Area—You have had a week filled full of experts who have come and given you their time and information. Dr. Godfrey of Topeka is recognized as one of the 12 physicians in the United States who is licensed to work with LSD. The Health Conference delegates kept him actively involved in answering questions about LSD. I'm sure there must be some interest on

facts about LSD.

Virginia Everett of Wyandotte County — Yes, that is probably the subject we talked the most about. When we started out we didn't exactly know what it was except just a drug teenagers take for kicks or just for fun to see what will happen. Dr. Godfrey said the more we understood about LSD, the more we would realize how dangerous it is. Dr. Godfrey told us about LSD, its form, how it's made and its effects.

Kathy Kloefkorn of Sumner County—In our group we talked about family life. It really hit home! There was a play called "The Daily Special." It was really tremendous! It showed what goes on inside a typical family. After they saw this play and discussed it they realized that everyone's home is about the same way and you just have to live with it.

Marjorie Area—How do you feel this is connected with health?

Kathy Kloefkorn — If you get along well at home, you're just going to feel like eating and looking your best and just showing everybody that you really think they're great.

Marjorie Area—What you say is very true. Does this present a challenge to you as teenagers and as future home builders?

Susan Van Allen of Phillips County—I've realized that I saw my brother's point of view and my sister's too. They've got a right side too and maybe I should look on their side a little more. I hope that when I become a parent I'll be more fair to my kids, not only by giving in to them but by showing them the right way and doing things with them, participating in activities with them.

Marjorie Area — What about right now? Do these discussions give you any insight about what your parents are doing with you? Do you feel that your parents have some special problems that they're working out too?

Kathy Kloefkorn of Sumner County — I realized after this play that everything should be a little give and take and that you can't have everything you want. The whole family can't just re-



volve around one person and what they want. It all has to work together.

Marjorie Area — Now that you're on your last day of camp, ready to think about going home, I am sure you are going to have a number of club members or friends who will ask where you spent your summer. What are you going to tell people when you get back home? What did you gain from this experience at health camp that is important enough to mention to your friends, family or club members?

Kathy Kloefkorn of Sumner County—I think the one thing I've learned through all the classes and camp is that you learn to live with people, meet new people, and learn how to get along with other people. But most of all I think I've learned you never can learn to get along with other people until you learn to get along with yourself.

Virginia Everett of Wyandotte County—The part I liked the very best was the classes and I've always wondered about some of these subjects like alcoholism. I've heard some gossip and I've read a few articles. These speakers presented this in a way that we could actually understand in our own terms as a teenager. I have heard some of the best

topics on alcoholism, family life, LSD and others that I have ever heard before.

Marjorie Area—Do you think these are the kinds of things that teenagers want to hear? And if so, how are we going to provide these opportunities?

Susan Van Allen of Phillips County—I think definitely this is what teenagers should be exposed to. Kids just don't realize, lots of times, all the kinds of trouble they will get themselves into, and how it's going to hurt them. I wish everyone could have speakers and discussion groups like we've had.

Marjorie Area — Pretty straight and to the point, correct?

Jeanne Burgess of Gray County—Well, I know on the LSD class we had, our boys thought it was just for kicks that they used it. Our speaker showed us it was used to help in medical and social stuff. This was new to me. I thought it was just a drug that you took for going out and having a good time and not really caring about what you did.

Susan Van Allen of Phillips County—I plan to report this to our county agent, then I want to get up in front of our club and give a good talk about this. They

just don't know what it's like to have these great speakers. I learned so much and I really did enjoy it.

Marjorie Area—You think a camp is a good setting to have material like this presented?

Susan Van Allen of Phillips County—Yes, in school we may have a film but we don't talk about it at all. Here we divide into classes, have a discussion, go back and report it to all the health camp.

Marjorie Area—And at Health Conference you have a number of boys and girls from different parts of the state representing both small and large towns.

Dorothy Strainy of Jefferson County—I really enjoyed this health camp and I'm going to give some reports to our town paper.

Kathy Kloefkorn of Sumner County—When I first came to camp I had no idea what I'd learn or what to expect. So when the others in my club asked me what I was going to do I didn't exactly know what to tell them. My sister had gone before and she had told me all about it. She'd said I just can't tell you because you just can't realize how good it is until you go. Doing, learning and living is really the best teacher.

## International Feast

(Continued from page 6)

recommended varieties. There is a young farmer's program for the 18 to 25 year-olds.

In commenting on the homes in Holland, Rita told of the importance of coffee time with the entire family pausing for refreshments and conversation. The furniture is usually arranged around a coffee table in Dutch homes. Girls and boys in this country seem to have a "longer childhood" than in the United States, Rita observed. Not until about 15 years of age do they join youth clubs.

Homemakers spend much time in keeping the house and surroundings "spic and span," living up to the Dutch tradition of cleanliness. Rita reports that

about 35 percent of the family budget goes for food compared to 18 percent in the United States.

School sports events, weddings, and festivals with folk dancing were described by James. He emphasized that family life in India was as varied and diverse as in this country.

Coffee with breads, cookies, or sandwiches always started a visit in Sweden, Patti said. Counting the coffees and teas, the Swedish family has seven meals a day. Interest in education and physical fitness, sports, and outdoor life impressed Patti as she lived with six farm families in Sweden.

Who's going abroad from Kansas this year in the two programs? The IFYE's are Walter Patton, Galena, to Switzerland; Sandra Steele, Lawrence, to Venezuela; Judy Lukins, Kiowa, to

Norway; Marjorie Loyd, Hiawatha, to Israel; and Verla Mae Harns, Whitewater, to The United Kingdom.

The three Teen Caravan members are Barbara Mader, Manhattan, to Peru; Trudy Kloefkorn, Caldwell, to Austria; and Carol Odgers, to Denmark.

This year will be the third for Kansans in the Teen Caravan project. The first Kansas IFYE went overseas in 1948. Since that time Kansas has sent more delegates abroad, and been host to more exchangees from other countries than any other state.

The IFYE program is sponsored by the National 4-H Foundation, Kansas 4-H Foundation, and the Kansas Cooperative Extension Service. Richard B. Tomkinson, Extension 4-H specialist, Kansas State University, is coordinator of the IFYE program in Kansas.



# Be A Model 4-H'er

**Naomi M. Johnson**  
**Extension Specialist**  
**Clothing and Textiles**

Standards of fashion and beauty change. Fashion has reported on the "new look", the "now look", and the present emphasis on the "total look".

Who makes a look the look? Today pacesetters are young. An idea can start anywhere. James Laver, excrucator o the Albert and Albert Museum in London, England, said, "The adoration o youth and its trend-setting influences will continue. The direction of fashion is coming from the non-gentlemen from the lower class. Mary Quant, the English designer, gave fashion a change. With the thigh-exposing skirt and high boots she brought about a uniformity of non-conformity."

What makes a look? You can thin' of focus and balance. Hairdo's, make up, accessories—all are in keeping with the silhouette. When the balance and the focus shift, everything changes. When focus is on tiny waistlines and necklines are emphasized, the focus is on a girl's most feminine attributes. When the figure is concealed by stand-away silhouettes, the focus is on extremities. In recent seasons, focus has been on head and legs.

When a skirt is short, the dress skimpy, the handbag small, and the gloves short, this is balance. An extra large hat is good for a sheath, but not in balance with a bouffant dress. When enormous eyes were in, lips were no color. This is another example of balance.

You usually see a slightly different look every season. But the basic theme is always focused on the silhouette. The silhouette moves from fitted to unfitted. It is usually a gradual movement. This is fortunate because the things you have are not turned into "has been's" over night.

Toward the end of one silhouette, there are many warnings of transition. Waistlines have been traveling up and down. Hem lines are being shown in all lengths. These are signs of traditional restiveness. Length doesn't make a revolution in itself for it is dictated by what looks right for the shape.

## "In" Fashions

Some "in" fashions give feelings of fun, other are fancy. Here are a few:

- Coat dress—double or single breasted
- Dirndl skirts—back again, used with color contrasting shirts
- Shirts—softened by ruffles
- Ruffles at neckline and sleeve
- Opaque stocking in colors and textures
- Shoes with toe room round or squared off
- Small bags are getting emphasis in the up and down direction

What is "in" for beauty?

- Figures are lean and lithe.
- Make-up is natural looking.
- Nails are pale.
- Hair is short.



Body view is right side and front. Hands show informal balance. Left hand rests lightly on purse and right is curved to rest on hip at waist. Space created by right arm position furnishes feeling of lightness of the body. Head is turned to create full front view with head and chin slightly lowered and tilted. Neither foot provides the same area to compare. Balance is informal.

What is in the future? Some authors report:

- Sharper contrast between fashions for teens and fashions for mothers.
- Boys will look more like boys and girls will look like girls, both from the back and front.

Fashions in the future will bear some echo from the past although not done in exactly the same way. Current fashions must move in the direction you move and be appropriate for the things you do and the places you go.

## Girls Today

Most girls are nice looking and, with a bit of know-how, could be more chic, more individual. The feminine look is becoming the fashion drama of the decade. Bows, flowers, flounces, frills, embroideries—all help to make it so.

Casual clothes on today's pretty girls can take rough and tumble, too. It is the girl who makes the look, not the dress. Clothes have no life of their own on a hanger; they need to be interpreted in the sense that plays must have actors and songs must be sung.

To display clothes, you need a good carriage and self-confidence. Your best posture is needed to give your clothes the look they deserve. Work on your carriage.

Clothes need to add to, not spoil fun. Before you go out, know that things will stay in place and your clothes will move with you. Check to see what others will see in a full view mirror to be sure everything is as it should be. Use a rear view mirror to check on hair and neckline neatness. Shoes, whether casual, dress, or party, need to fit. It is impossible to walk gracefully or dance,



Stopping a body movement shows how weight is being transferred from one foot to another. The two girls show different positions of body, head, hands, and legs. Both views present full length of body and are attractive. When the body is turned to bring one side closer to the camera, it looks more slender.





Body is turned so one shoulder is closer to camera. Foot position on imaginary hands of clock is at 12:10. Hands grasp purse with light hand movement.

much less be pleasant and gay, if your toes pinch or your heels are blistered.

### Confidence Is Needed

Confidence begins with your inner feelings. To have it, you must believe your clothes do something for you. They give you a lift. They are successful. They make you feel pretty and unselfconscious. You have a sparkle in your eye. You look your best all the time—not just when you are going out, but also when you are at home.

Fashion is exciting, stimulating, and great fun, or it can be if you work at it. Act as if the whole thing were easy, no matter how much care and thought you gave to the look you have achieved. The purpose is to enhance you. Without you, what would clothes be? They would be back to clothes on the hanger. Work to give your clothes your best interpretation.

### The Silhouette

All clothing has a silhouette. Each of you has a silhouette. It might be interesting to have a picture taken of yourself in a leotard. This would give you a dimensional silhouette. Developed in a black and white print, you could then black out your face and any skin area giving you your silhouette. In this view you will not be studying your facial features, so you can concentrate on the simplicity of your silhouette. Focus your eye on the position of your body, legs, arms, and head. When you focus on these, you will discover the foundation of all photographs is the form or silhouette. As you focus your attention on your silhouette, you begin to notice things you never noticed before.

Notice Figure 1. The way the girl is standing makes her appear broad, heavy, and rather masculine.

In Figure 2, when the weight is shifted to one foot, the figure immediately becomes more relaxed, lighter, and more



Figure is seated and so height is shortened. Body, arms, and legs are arranged for variation. Foot position corresponds to clock at 11:55. Head is three quarter view.

feminine. The slight change makes a big difference.

Other apparently minor changes of your body make a difference in the impression you give as people glance your way and their eyes catch you in that pose for an instant. The slightest twist or turn you give your body is easily detected in outline and alters the silhouette.

Study the figures at the top of page 10 and associate the silhouette's line as the body moves, as it turns, as it twists. Study these silhouettes. Do you think some are more acceptable to you as being more graceful. You will be looking at positions of body, legs, arms, and head. The ultimate goal is to show in photographs your own best self.

You will find in your silhouette you can change your head position, your hip position, and your legs and arms. All of these add up to give you your full height, shorten your height, or to add width.

Legs in standing position are responsible for your natural balance. They may share equally or unequally in supporting the weight of your body.

As you saw in the silhouette, when the legs share an equal burden, they give a strong solid base. This feeling of solidness seems to disappear as the

weight is shifted to one foot. When this is done, the body becomes flexible. An impression of elasticity or informality flows into the whole body form.

### Duplicating Leg and Foot Position

When legs share unequally in the support of the body, one leg carries the bulk of the weight while the other lightly touches the floor. In these photographs, you can study this uneven distribution of body weight, how each leg moves, and its responsibility.

The basic leg carries the bulk of the body weight. If you compare this leg to the hour hand of the clock, it indicates the hour.

The other leg, sometimes called the show leg, does not support the body, but its primary function is to add balance and add to the artistic appearance. The show leg in its freedom can swing around the basic leg in a wide circle. In fact, in its sweeping movement, the show leg is like the minute hand of a clock. There are many natural leg positions for you to choose from. These positions show contour of the leg. Your choice would be the ones most becoming to you.

You can try different standing foot positions by:

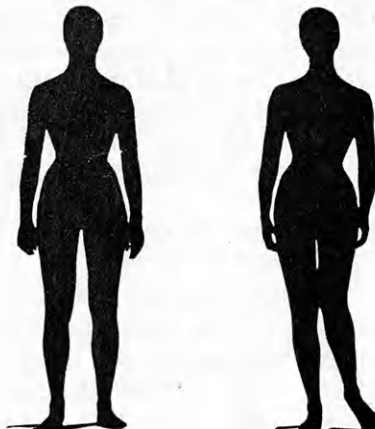
- (1) Imagining there is an imaginary clock encircling your feet on the floor. Twelve o'clock is directly in front of you.
- (2) Pretend that the basic foot is the hour hand, your heel is in the center of the clock, and your weight is on this leg. In this position, you can assume any hour you wish.
- (3) Your other foot is the minute hand. Notice how many positions your foot can take.

### Posing Legs

Legs have many variations in standing positions. Attractive, effective, and individual looks are possible. Change provides variations for you. Once you find those you like and feel are comfortable, you will find you look different if you enlarge the imaginary clock from a 16-inch circle to a 30-inch circle.

Try using different parts of your toe and heel to make variations in your show leg. Try bending your basic leg at the knee.

(Continued on page 17)



## Why We Have 4-H Sunday

The spiritual development of the individual is essential to a full, well-rounded life of service to the community and to the Nation. During these critical times it is more important than ever before to recognize that in this development the church plays a large part. Therefore, it seems most appropriate that 4-H members set aside one Sunday during the year as 4-H Sunday.

1. To show 4-H members how their church can provide Christian fellowship, helpfulness, better understanding, a religious outlook, courage, and harmonious living.
2. To enable 4-H members to think together about home, community, and world events in spiritual terms.
3. To provide 4-H members an opportunity to participate in a service that develops the Heart H.
4. To help 4-H members to demonstrate their loyalty and to realize their own responsibilities to the church of their choice.

### Douglas County 4-H RODEO Lawrence, Kansas

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## Dolls For Darlings



My sister and I are sending you a photograph of a demonstration we have given in our county (Leavenworth) and are scheduled to give in the future.

The title as you see in the photo is "Dolls for Darlings". We show how to make rag dolls and the variations we have thought up in facial features and costumes. This was originally a team demonstration for our club. It received so much enthusiasm that we worked a little more detail into it and presented it at 4-H festival receiving a blue ribbon. Since then we have given it, or are going to give it, for ladies' sewing circles, local church groups and a county wide church group. On April 23 we are scheduled to make an appearance on KFEQ-TV at St. Joseph, Missouri on the Grace Crawford show. This demonstration will also appear in a brochure being drawn up for various organizations who wish to have 4-H'ers present their talk or demonstration before their group at club meetings.

The darlings in the title are children in South America and Vietnam who are to receive the dolls we are making as a result of a 4-H hobby. The dolls are going to be given to the Sisters of Charity in Leavenworth to send to their missions in South America. At Christmas time the club sent packages to men in Vietnam and we will send dolls to these men to distribute to the Vietnamese children.

I am on the left side of the picture. I have been in 4-H nine years and am presently secretary of our club and active in the Junior Leadership program. I've car-

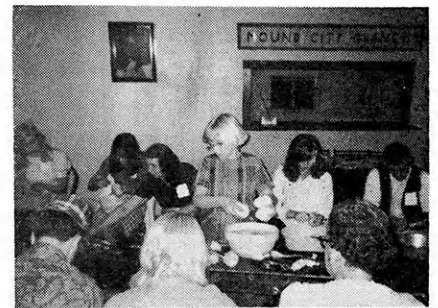
ried over 50 projects and given approximately 40 talks and demonstrations.

On the right is my sister, Sharon. She has been in 4-H seven years, is health chairman of our club and is also a Junior Leader. She has carried about 40 projects and given nearly 20 talks and demonstrations.

We have been members of the "Bell 4-H Club" during these years and attend Immaculata High School in Leavenworth, Kansas, Sharon is a Freshman and I'm a Junior.

Charlene Pierron  
R.R. 1 Easton

## Potato Party



Why not have a different party? Have a potato party.

Divide the group into two sides—give everyone a knife, pan of water and some potatoes, and you're on your way to an evening of fun.

Allow them five minutes to peel potatoes and see which side has the most finished at the end of time.

See which side can have the longest peeling without it breaking.

Have a relay race — one on each side run to chair, sit down, peel a potato, go back to starting line and touch next person—continue until one side finishes.

Have each member peel one potato, then cut them into french fries and count the pieces to see which side has the most.

This was what the High School members of the Busy Bugs 4-H Club, Linn County, did at their party in March. The object was to fix french fries to be used at a sale they were serving. Fifteen persons were served cookies and pop for refreshment.

Mr. & Mrs. Charles Lanham  
Busy Bugs 4-H Community  
Leaders



Grantville 4-H Safety Committee sponsored a week long training school for volunteer firemen recently. The club organized the volunteer firemen in this community a year ago and this is the third training session they have arranged. The first session showed how to use equipment and the second was training in life saving techniques taught by a specialist in heart surgery.

Glen Boughton State Firemanship Instructor from K.U. Extension Service led the group. Fifteen firemen from Grantville, Meriden and Perry Rural fire districts attended the sessions working with equipment and on a demonstration fire.

In addition to the training sessions, Mr. Boughton used his skill as a magician to provide an unusual program on fire safety to more than 500 children in five elementary schools in the area.

Robin Bigham  
Reporter

## New Look



**NEW 4-H OFFICIAL DRESS** is modeled by two Kansas delegates to the 1968 National 4-H Conference. Judy Hendershot, Anthony, left and Janice Kay Wood, Wichita. The girls made their dresses to wear during the Washington, D. C. event. The A-line skimmer and jacket is the new pattern, and the striped chambray in a clover green and white stripe is the new fabric for the official 4-H dress.

A "new look" is coming for the official 4-H dress.

A major introduction of the dress, comments Arliss Honstead, Extension 4-H specialist, Kansas State university, is scheduled for National 4-H conference in Washington, April 21-26.

The style is a basic A-line skimmer. The dress features jewel neckline with either short, set-in sleeves or sleeveless design and back zipper closing. The optional jacket has matching collar, three button closing, and wrist-length sleeves. The design is formed by side seams and side back seaming. Flaps add a decorative touch.

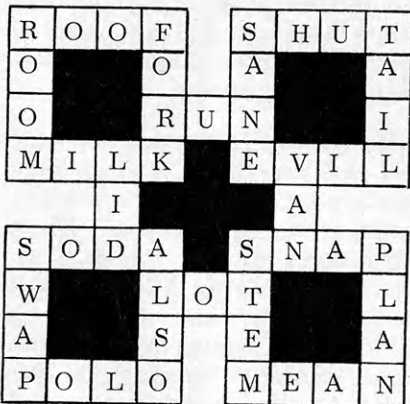
The fabric is striped chambray in a clover green and white stripe. It is 50 per cent Kodol polyester and 50 per cent combed cotton. The fabric has permanent press and soil release finish. The cording is slightly raised on the stripe to add dimension.

"The new official dress," explains Miss Honstead, "will blend with the present dress for several years at 4-H events. No girl should feel outdated as she wears the two piece green cord dress."

The pattern is shown in the May-dated fashion books, which are placed on pattern counters early in March.

## Fun Page Answers

- 1—mane, 2—manicure,  
3—many, 4—mansion,  
5—Manila 6—mankind



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# Kansas 4-H Clippings

## Seven Collegiate 4-H Clubs—

Five university and college campuses in the Sunflower State have Collegiate 4-H Clubs, organizations of former 4-H'ers now attending college. The first to be organized and the largest one is at Kansas State University, Manhattan. Others are at Kansas State College, Pittsburg; Kansas State Teachers College, Emporia; Fort Hays Kansas State College, Hays; University of Kansas, Lawrence; Ottawa University, Ottawa; and Butler County Community College, El Dorado.

**Projects Per 4-H'er**—In the nation, 4-H'ers complete an average of 3.3 projects each year. In Kansas, during the past year, the 36,000 members enrolled in more than 100,000 projects.

**4-H Knitting Project**—What is the value of the 4-H knitting project? Six reasons are listed in the project material. Knitting can enable 4-H girls to have meaningful experiences in working and sharing with others, learn knitting skills, find joy in making useful articles for self and others, gain knowledge of the use and care of knitted fabrics, improve appearance through health and grooming, and develop understanding of color and design.

**4-H Forestry Project**—Forestry is a growing industry in the Sunflower State. A 4-H forestry project makes it possible for girls and boys to learn about trees and to plant windbreaks, shelterbelts, groves of nut trees, and wildlife plantings. The youth begin by learning to identify trees and collecting the leaf, twig, and fruit of different trees.

### Fit of Boy's Suit

#### Affects wear, Appearance

A new suit for spring and coming seasons? Such is the plan for many teenage boys including 4-H'ers interested in grooming and clothing selection.

To wear and look its best, a suit must fit. When you are selecting this important wardrobe item, take time to notice all details. Try on the whole suit

and look at the front, sides, and back.

For the best fit, check these points on the coat:

Sets well with soft, but firm, unbroken shoulder line from neck to shoulder point.

Hangs straight, front and back, from shoulders to lower edge with no unsightly wrinkles. Small vertical folds for shoulder and arm action should not be considered wrinkles.

Collar sets close to the neck at back and sides with  $\frac{1}{2}$  inch or more of the shirt collar showing.

Coat has an easy look if it does not look too tight or feel too tight when it is buttoned.

The waist is shaped only slightly.

Coat should be long enough to cover seat of trousers; length proportionate to a man's height.

Skirt of coat fits about hips easily and smoothly with no flare.

Lapels roll neatly as the V-line holds close to the chest.

Armholes fit easily if the arms can be raised without noticeably lifting the coat.

Sleeves, which should come to bend of wrist, are  $\frac{1}{4}$ -to  $\frac{1}{2}$ -inch shorter than shirt sleeves.

## PROJECT POINTERS

**Counting Calories**—Compare calories in good breakfast with those in favorite snacks as 4-H'ers do in the foods and nutrition projects. In a breakfast that includes an orange, an egg, two slices of toast with butter, a glass of milk, there would be about 500 calories. In two doughnuts, there are 600 calories; in a peanut bar, 435 calories; and in a coke and a small sack (10¢) of potato chips, 400 calories.

**Woodworking Wisdom**—When 4-H'ers put finishing touches on their woodworking projects, they should sand carefully; then brush or wipe the surface several times. They can use a brush or a cloth moistened with turpentine or alcohol.

**Picture Taking Pointers**—Ten steps in good picture taking are a part of the literature Kansas 4-H'ers receive as they do the photography project. All shut-

ter bugs can use this list. Load camera in shade. Decide what picture will say. Stand firmly. Press elbows against body. Aim camera. If necessary, choose new viewpoint to eliminate extras. Squeeze shutter release when subject is still. Wind the film to next exposure number. Write down exposure or other information. Remove film in shade and put in box or wrapper.

**Horse Sense**—Safety goes hand-in-hand with common "horse sense," courtesy, and good animal husbandry practices. Approach a horse from his left and from the front. Never walk or stand behind a horse unannounced. When necessary to approach a horse from the rear, speak to him to warn of your presence. As soon as he is aware of you, stroke him gently on the croup, then move calmly to the head, keeping always close. The closer you stand to a horse, the less likely you will be kicked!

**Photography Pointers**—You can spoil good pictures and negatives by improper handling. Avoid getting fingerprints on negatives and pictures. Pick up negatives by the clear border, and never let your fingers touch the picture area. You can hold prints side up, in the palm of your hand. Pick them up by the edge or with border.

**Recreation Reasoning**—Some 4-H club recreation leaders have starters or socializers before the business meeting begins. Some advantages to this schedule include encouraging 4-H members to arrive on time, creating a comfortable atmosphere of welcome, making opportunity for everyone to participate, and making members ready to sit, relax, and listen after taking part in recreation before the business meeting.

**Electric Appliance Care**—As 4-H'ers work in the electric project, they find that many appliance troubles result from failure of the cord. To make a cord last as long as possible, avoid kinking them, hanging them over a sharp object, wrapping them around appliances that are still warm, and storing them in the sunlight.



# The Uncommon . . .

(Continued from page 3)

But it isn't true—what we are saying is, "Now I can turn my children over to the specialists, who are far better trained to care for my children than I am." Whether we believe this or not (Example — the TRAINED COUNSELORS at summer camps are no more than the kids next door in their first year in college, who have taken a summer job at a camp), we are taking leave of the most splendid educational opportunity we have, not only for our children but for ourselves. The best things in life are not free.

It is not true that "the best things in life are free". If they are the best things in life, then they cost someone in terms of time, of planning, of preparation and going without something else.

What can you do to go that "extra mile" for your family, your children?

First—Don't depend very much on the specialists. This is **your** opportunity!

Second—Decide you are going to work on it. This will take some time, some thought, some preparation, but mostly time.

Third—Break the work down (or up) into things you can do with (not for) your boy and girl.

Fourth—Try to make the things you plan "doing" things, rather than observation of spectator sports or events. A kid would far rather spend an afternoon along the creek collecting rocks, leaves and insects with his father, than he would at a college football game.

Fifth—You can put all the four above together into a 4-H learning experience, working with **your** boy and girl. Use interest in the project and other learning experiences as the "handle" to take hold of your child's attention, to teach the attitudes you want him to have.

Too many parents, when they

(Continued next page)

## "DEAR DIARY:

*Had a good day. School went fine. Got an A on my math test. Had fun with Donna and Patty after school. And supper was neat . . . chicken and noodles. A man came to see Daddy tonight and they talked about me going to college. Daddy and the Farm Bureau life insurance man said it won't be long before I'll be there. But I think 8 years is a long time, don't you dear diary? College costs a lot, I guess . . . so that's why Daddy bought a Farm Bureau life insurance policy.*

*Good night, dear diary"*



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# Kansas 4-H Facts and Figures

35,923 Kansas girls and boys are members of 1,170 4-H clubs in all of the 105 counties of the state. Of these 31,396 members enrolled in community 4-H clubs, 6,626 serve as Junior Leaders, to assist the 11,870 adults who serve as project and community leaders. 56,921 girls and boys are members of 4-H TV Action or Science Clubs.

Kansas is a leading state in the International Farm Youth Exchange Program, one of the programs of the National 4-H Foundation and the Kansas 4-H Foundation. Each two-way exchange of young adults in the United States and one of 70 other countries costs \$3,000. This amount is provided—\$2,000 by the National 4-H Foundation, \$300 by the Kansas 4-H Foundation, and \$700 by sources in the home county of the Kansas delegate.

## Forty Years of Progress in Saline County

The fortieth birthday of a Saline County club brought to light that Saline County is heading towards those Golden Years of 4-H work. 4-H Clubs actually began in Kansas in 1914. By 1915 there were about 2,500 members throughout the state.

In 1927, two 4-H clubs, the Falun Club and the Carmony Workers, were organized in Saline County. Sixty-eight rural girls and boys carried the first 4-H projects, which included sorghums, poultry, pig, square-rod gardening, canning-mother-daughter, bread baking, sewing, and handicraft. Meetings were held in the homes of the various members, and 4-H was the highlight of the entire community in those "good ole' days."

By 1928 several other clubs were organized, including the Mentor, Kipp, Cambria, Assaria, and Saline Valley clubs. In 1929, the Bavaria, Gypsum, and Sunny Valley clubs were organized, bringing the total enrollment of 4-H'ers in Saline County to 300 members in ten clubs. Of these first ten clubs, seven (Kipp,

Kitchen  Bowl

We welcome your recipes at any time or if there are any recipes you wish to see printed—just let us know and we will do our best to find them.

### Beef Stroganoff

1½ lbs. beef round  
¼ cup butter  
1 cup sliced mushrooms or 1 3-oz. can drained)  
½ cup chopped onion  
1 clove garlic, minced  
1 can (1¼ cup) condensed tomato soup  
1 cup sour cream  
Pepper  
Hot cooked rice

Cut beef into long thin strips, about 3 by 2½ by 8 inches. Brown well in butter in heavy skillet. Add mushrooms, chopped onion and garlic. Cook until lightly browned. Blend in tomato soup and sour cream. Season with pepper. Cover and simmer

Mentor, Saline Valley, Falun, Sunny Valley, and Bavaria) are still going strong!

This year, the Kipp Wide-A-Wake 4-H Club, who was recognized as a chartered club in 1928, celebrated its fortieth anniversary. The thirty-seven members hosted a pot-luck supper for all former members of the Kipp Club. One charter member drove from Enid, Oklahoma to attend the reunion. Mr. Jack Carlin, the first secretary-treasurer of the club, was the guest speaker. Mr. I. R. Ricklefs, faithful Lions' Club member for the past eighteen years, told some of the highlights of 4-H club work in Saline County and the outstanding accomplishments of the Kipp Club during the past forty years.

In forty years, Saline County 4-H Clubs have advanced from an enrollment of 68 to 495. Projects have changed considerably and even the activities have changed. Present Saline County 4-H members feel mighty proud to be a part of forty years of progress in 4-H club work.

about one hour or until beef is tender. Stir occasionally. Serve hot with cooked hot rice. 6 servings.

### Chocolate Mayonnaise Cake

2 cups flour  
1 cup sugar  
3 tbsp. cocoa  
2 tsp. soda  
1 cup mayonnaise  
1 cup water  
1 tsp. vanilla  
½ tsp. salt

Sift flour and combine with other ingredients. Bake in 9x12 greased and floured pan 30-40 min. in a 375° oven. Good with or without frosting.

### Jiffy Pie

1 qt. fruit  
1 cup sugar  
1 tbsp. butter

Put fruit and sugar in bottom of oblong baking dish and dot with butter on top.

Mix together in mixing bowl:

½ cup sugar  
1 cup flour  
1 cup milk  
½ tsp. salt  
2 tsp. baking powder

Pour this on top of fruit. Bake at 350° until cake part is done. Makes 6 servings.

(This Jiffy Pie was made and demonstrated by 10-year old Linda Compton, Wilson county, at their recent 4-H Day)

## The Uncommon . . .

pause to think about it at all, regard 4-H as just another kid's organization, maybe even mildly beneficial. They fail to recognize 4-H as the one splendid opportunity to maintain the family as an integral, closely knit unit and themselves as important in their own children's lives. The opportunity arises when the child shows interest in the project, the meetings, and the many other learning experiences available in 4-H; the opportunity is lost when the parent pleads inability to help because he isn't an expert. Reliance on the "outside expert" seems once again to be popular on the American scene—(or is it a popular way to satisfy the American conscience?). The 4-H project experience can make an 'expert' out of almost any parent who wants to 'grow' in the eyes of his children.



# NATIONAL 4-H SUNDAY

On May 19, National 4-H Sunday will be observed all across the United States. 4-H Sunday is observed by church organizations throughout the nation to emphasize the meaning of Christianity in rural life. It occurs the fifth Sunday after Easter and is closely linked with the ancient Rogation Days celebrated for centuries in the Christian church during the three days preceding Ascension Day. Originally on these days, several subjects were emphasized but gradually a prayer for God's blessing upon the fruits of the earth dominated. Rogation Days were first observed in Gaul, that is, ancient France, sometime prior to A. D. 475. In A. D. 511, they were ordered observed throughout all of France and in A. D. 747, Rogation

Days were established in England by church action. Alfred the Great held them in deep reverence and included them among the most important holy days. They were established in Rome by Leo III about the end of the 8th century.

The idea is of far more ancient origin, however. In the earliest days of Egypt, the ceremony of blessing the land and the seeds at time of planting was widely observed. Many ancient people thought that they were the gods at that time. When, therefore, 4-H members assemble to worship God on 4-H Sunday, they join in a long succession that comes out of the dim past of history.

The spiritual development of the individual is essential to a

full, well-rounded life of service to the community and to the nation. Through the centuries, the church has proved a source of strength that has enabled both youth and adults to meet life's problems unflinchingly. It has given hope to those whose feet have faltered. It has helped renew the faith in their ability to serve, to serve well. It has brought to all whose hearts are attuned to the infinite that inspiration and sense of spiritual unity with one's fellow man which is essential to many people in a time of crisis or of need. Therefore, it seems appropriate that 4-H members should set aside and attend one Sunday during the year as 4-H Sunday and participate at that time.

## Be a Model 4-H'er

(Continued from page 11)

After you find some leg positions which are attractive, you can redo the body's weight and balance. Your hips can twist in either direction to make change in the appearance of the whole body.

### Posing Head

Each head position creates an impression as it is turned. A slight lift or drop usually gives the impression of stability, strength, and restraint. In any position there is the general form. The pictures of the girls show full face (front view) and three quarter face views. Sometimes a profile (full side view) may be used. When you are moving and showing your clothes in a style review, you will be showing back view, and front view, as well as right and left views of your face, body, hands, legs, and feet.

### Posing Body

The body will appear more slender in pictures and modeling if you turn your body slightly. You will find you have three basic parts of your body to arrange. These are head to shoulders, shoulder to hip, legs from hip to foot. The arms are arranged to do the most for the arrangement of these body parts.

You will be able to study variations of body positions in these pictures taken last year at the State Fair. Look in

magazines and see how the clothes are shown. Study body positions you like. Choose those you think lighten the body and give a feeling of femininity, grace, and ease. Try standing, sitting, leaning, or holding objects in the same manner. Notice the contours in the picture you are copying. Study yours. Work for naturalness and ease.

Practice in front of a mirror until your image indicates you feel your balance and body arrangements all add up to your very best pose. Move about, take steps, and again stop in one of your attractive poses. Practice and plan ahead what you are going to do. Work for body balance. There will be no teetering if you know how to manage your body.

### Posing Arms and Hands

Arms and hands are in their best positions if they are not reaching forward in front of you or back away from your body. Keep arms and hands relaxed, not tense. The arm and hand appear more slender if not used flat against the body to show full width. Soften angles of elbows. Keep the elbows away from the waistline to give lightness to the body.

You get many ideas for hand and arm positions from pictures you clip. Arms assist in balancing the body and are an important part of the total look.

### Your Goal

Practice to develop poise and charm so that you become a "model 4-H'er" in every outfit you wear on the street, at home, or at play.

The photographs shown were taken last year at the Kansas State Fair.

## Combine Conservation With Community Service

Pleasant Hill 4-H members of Shawnee County, Kansas combine Conservation project work with community service. Pressed leaves were arranged between two sheets of waxed paper which were sealed together with a warm iron to make place mats. These were sent to the Shawnee County Convalescent Home, to be used on the patients' food trays.

Preparing and identifying the various leaves gave the members experience for gathering and drying leaf specimens they will collect in early summer for their Forestry notebooks. The dried leaves made colorful designs between the waxed paper and added a touch of the outdoors to the shut-ins. The same idea could be used and adapted to other designs and occasions, depending upon the time of year and material available.

Sandra Shaw  
Junior Leader

# Family Fun Page

## "Man" Word Game

Fill in the blank spaces to complete a word that matches the definition below.

1. MAN \_\_\_\_  
Hair on horses neck.
2. MAN \_\_\_\_ \_ \_ \_ \_  
Have finger nails prettied.
3. MAN \_\_\_\_  
Quite a few.
4. MAN \_\_\_\_ \_ \_ \_ \_  
Large home.
5. MAN \_\_\_\_ \_ \_ \_ \_  
Capital of Philippine Islands.
6. MAN \_\_\_\_ \_ \_ \_ \_  
Human race.

Q. What does a car have that a baby has?

A. A rattle.

Eileen Lowenstein  
Olpe

I think 4-H is a lot of fun.  
It really keeps you on the run.  
I am taking 6 projects  
At first my mother did object.  
Some are big and some are small  
I'm glad I joined after all.

Linda Frederick  
Humboldt

Bill: Where does a 4 ton ape sleep?

Noel: I don't know, where?

Bill: Anywhere he wants to.

Roger Chrest  
Wamego

Q. "What do ghosts eat for dinner?"

A. "Spook-gette."

Cindy Dick  
Hutchinson

Hunter: "Spotted a leopard."

Hunter's Wife: "Don't be silly, they come that way."

Janelle Sartin  
Muncie

A man walked up to a vending machine, put in a coin and pressed the button labeled "Coffee and Double Cream." No cup appeared. Then two nozzles went into action, one sending forth coffee, the other cream. After the proper amounts had gone down the drain where the cup should have been, the machine turned off. "Now that's real automation," the man explained. "This thing even drinks the coffee for you!"

Ginger Breedlove  
Kansas City

See: When does an Irish potato change its nationality?

Saw: I don't know, when?

See: When it becomes French Fries.

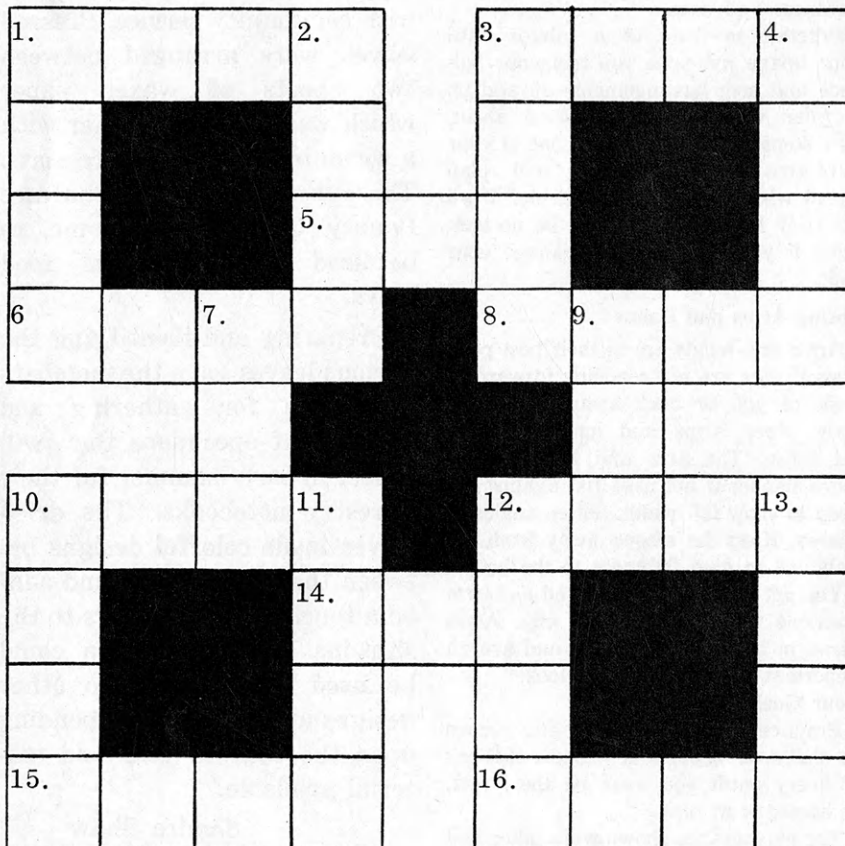
Kelly Tiede  
Great Bend

Q. Why does the Easter bunny have a shiny nose?

A. Because he has the powder puff on the other end.

Cecilia Kasl  
Cuba

## Crossword of the Month



### ACROSS

1. Top of house.
3. Close
5. Hurry
6. Product of cow
8. Bad
10. Pop (a Drink)
12. Make or cause sudden sharp sound
14. Where a house is built
15. Game played on horseback
16. Ornery

### DOWN

1. Section of house
2. Eating tool
3. Rational
4. End of animal
7. A cover
9. Large moving truck
10. Trade
11. Too
12. Part of flower
13. Idea

**Fun Page Answers  
On Page 13**



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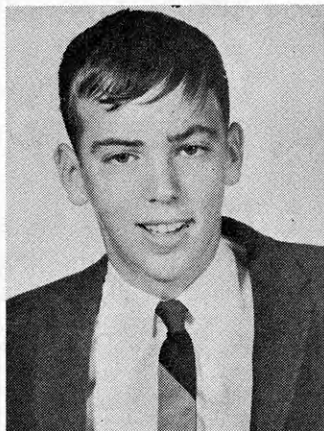
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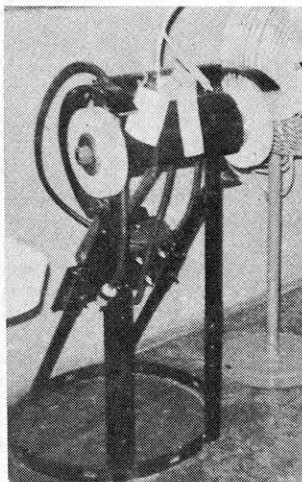
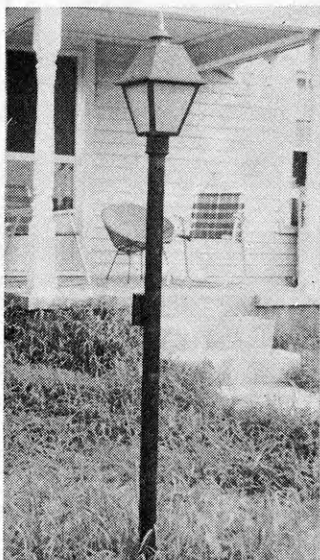
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George Petrik, 15, has used his 4-H Electric Projects to improve his home and the farm shop. He is the son of Mr. and Mrs. Alvin Petrik Route 3, Caldwell, in Sumner County. This is his 7th year as an active member of the Sunflower 4-H Club and his 6th year in the Electric Project. George is a sophomore at Caldwell High School.



Information taught from the electric project provided background necessary for the construction of two useful lamps for the Petrik home and a heavy duty grinder and a fan for use in the farm shop. All four articles were at the County 4-H Fair and judged state fair blue. George has also received two county award medals for his work with the project.

Sharing information about the electric project has been most rewarding to George. He has presented a total of 24 demonstrations and talks about electricity. Also enrolled in public speaking, George has presented the electric project story to 4 groups in the community outside 4-H. Picture at right shows him repeating a winning demonstration, "Blender, the Teenager's Friend" at the 4-H club meeting.



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

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