

# Kansas 4-H Journal

The 4-H Family Magazine



May 1975



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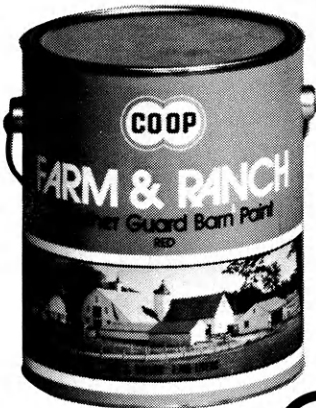
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## "Our energy problems are real"

By Balfour S. Jeffrey  
 President

The Kansas Power and Light Company

The use of energy in the form of gasoline, fuel oil, electricity, and natural gas has increased dramatically in the past several years. That second car, air conditioner, or television set which once was considered a luxury has become a necessity of life. And the use of these and many more conveniences in our daily lives compounds the burden of the energy problem.

The availability of energy has made possible the rapid growth of the nation's economy and created more jobs. The energy of machines has given man great productivity and bettered his standard of living, but machines require fuel and today this fuel supply is not unlimited.

Today's energy problem compels a more realistic public attitude toward actions that must be taken in the nation's interest. More and more energy has been converted to less and less hunger and cold, longer life, lower infant mortality, and increasing relief from the crushing burdens of physical labor. In the past more energy has always resulted in improved quality of life by any measure of progress.

Industry has always been a major user of energy—41 per cent of the total energy consumption in the USA. The agriculture industry is indicative of this use. To operate farm machinery uses fuel in great volumes. Natural gas has found employment in heating, grain drying, irrigation, and fertilizer. The applications of electricity have grown every day with labor-reducing and production equipment like milking machines, irrigation motors, automatic feeders, and feed grinding and mixing.

Fuel, be it oil, gasoline, natural gas, or electricity, has become the major mover in our society. Producing enough food to feed our nation and much of the world with less and less manpower and physical labor would not be possible without the great use of energy.

Protection of the environment, too, requires more energy. Industry estimates that the need for power, especially electricity, to operate anti-pollution equipment will increase their power requirements by as much as 40 per cent. And the energy industry, itself, must consume energy to meet environmental standards in the production of its product.

The consumption of natural gas has increased eight times since 1945. The use of electricity has more than doubled every decade.

We can shape the destiny of our nation by the energy decisions we make today. Will we find alternative fuel sources to reduce the use of more limited resources? Will we be energy self-sufficient?

We can solve the energy problems of today, but everyone must do his part. Accept the fact that we do have a supply problem and that fuel prices will rise. Support the efforts of the energy industry to explore for new sources, to build generating stations and refineries. The greater use of coal and the continued development of nuclear energy can provide an important option to the other lagging energy forms, but alone probably does not provide the complete answer. Then we all must understand that our energy problems are real. Each person really has an important part in meeting the problem, by his care in use of energy and his support of efforts to develop alternatives.

By thinking of ways we can use energy more efficiently, learning all we can about the energy problem and its possible solutions, and conserving energy by no longer taking it for granted, we can make the conservation of energy a part of our lifestyle.

### About the cover

"Are You My Mother?" is the title of this engaging scene photo-

graphed by Jeff Haworth, Kansas City, with a Mamiya camera. The boy in the purple ribbon winning picture is one of Jeff's neighbors, Kurt Ulrich.

## Balfour Jeffrey is new chairman of Kansas 4-H Foundation board

"We can make the conservation of energy a part of our lifestyle," Balfour Jeffrey, Topeka, says in the editorial on the preceding page. If anyone in Kansas knows about energy, its sources and uses, and is aware of the need for conservation, it's Mr. Jeffrey. As president of Kansas Power and Light, he heads the largest energy company in the state. The coal-fired electric production facility being built in Pottawatomie County has been named the Jeffrey Energy Center.

Succeeding Dolph Simons, Lawrence, Mr. Jeffrey was elected to be the new chairman of the Kansas 4-H Foundation Board of Trustees at the board's annual meeting in April. He became a member of the board in 1965 and received the Citation for Outstanding Service to 4-H in 1970.

Ross Beach, Hays, was elected as vice-chairman at the meeting and John D. Montgomery, Junction City, as treasurer. A newspaper publisher, Montgomery was appointed as a new board member along with Ned Fleming, Topeka; William M. McDonald, Kansas City, Missouri; and John T. Stewart III, Wellington. Robert Brock, Topeka, submitted his resignation as a trustee.

Governor Robert Bennett has agreed to serve as honorary chairman of the Foundation. Dolph Simons announced at the meeting.

Mr. Simons has served as chairman of the Board of Trustees for four years. Editor of the Lawrence Journal-World and chairman of the World Company, he has been affiliated with statewide 4-H activities since 1948 and he will continue as an active member of the trustees.

Other members of the Board of Trustees are: Robert Bohannon, Glenn Busset, W. Dale Critser, Mrs. Olive Garvey, J. J. Moxley, George Powers, N. T. Veatch, and Mrs. Dwane Wallace. Advisory members are Senator Frank Carlson, Harry Darby, Harold E. Jones, Roger Regnier, and E. B. Shawver.

## Scholarships to 12

College scholarships totaling \$3,050 have recently been awarded to 12 Kansas 4-H members.

The scholarships and recipients are:

**Kansas Electric Cooperatives:** Jana Fischer, Wallace County;

**Ship Winter Memorial:** George Eggleston, Coffey County;

**N.T. Veatch:** James Cooper, Stafford County; Rex Harbison, Miami County; Chris Allen, Sedgwick County; and Kendal Pulliam, Harper County;

**Mary E. Border:** Carolyn Penn, Sedgwick;

**Frank W. Atkinson Memorial:** Jim Nelssen, Smith County; Debbie Ericson, Bourbon County; and Ray Ladd, Allen County;

**F.W. Woolworth:** Roy Golladay, Hamilton County; and Margaret Ruckert, Chase County.

The scholarships are administered by the Kansas 4-H Foundation.

## Show at state fair? Weigh your stock!

To be eligible to show 4-H livestock in out-of-county competition (Mid America Fair, Kansas State Fair, and Junior National Livestock Show) certain requirements have been added.

Each animal must have an official identification and weight form on file in the area extension offices. The deadline date for steers is May 10 and June 30 for lambs and barrows.

The animals must be weighed and identified (ear tattoo, notch, or tag) depending upon species. Steers must be weighed between April 12 and May 1; lambs and barrows between June 4-21.

Qualifying weight requirements by showtime are: steers 950 pounds, barrows 200-250 pounds, and lambs 85 pounds for the two fairs, and 90 pounds for the Junior Livestock Show in Wichita.

Horse identification certificates must be in the county extension office by May 1 to qualify for the 1975 district and state 4-H horse shows.



At the Wyandotte County 4-H achievement banquet, four Wyandotte County 4-H members were honored for their achievements during their 4-H years. They are all 19 years of age and no longer eligible to take part in the 4-H program. Three of them are pictured with two adult leaders. From left are John Swanson; Mrs. J. J. Swanson, senior council president; Edmond Vaught, senior council vice-president; Pam Davis; and Chris Vaught. Patty Porter was not pictured. Pam and John are affiliated with collegiate 4-H, Pam at Emporia and John at K-State.



Mark Mayfield, left, former national president of the FFA, was speaker at the achievement banquet in Wyandotte County. He is shown here visiting with Jim and Julie Swanson.

*For the horse project—*

# Preparation is important

By Amy Rumold  
Topeka

Almost everyone has, at one time or another, usually during childhood, wished for a horse of his own. For some, it's just a passing fancy, brought on by admiration for the cowboys and their mustangs in the westerns on TV. Most kids forget all about it by the time they get to junior high, and some even develop a dislike of horses. But some kids just never grow up. They are never quite able to pass the idea off as impossible. Their minds are constantly at work in an effort to think of some way of bringing an equine into their lives. This is a symptom of "horse fever," a lifetime disease for which there is seldom a cure. Those affected by it must simply learn to live with it, and the best medication is a horse.

"There is something about the outside of a horse that is good for the inside of a man." Anyone who has ever been around horses can testify to that. Do you think you might fit into the category of a "born horse-nut"? If you do, then you had better get used to the term right now, because you will hear it all through your life. The rest of the world thinks people who devote themselves to their horses are a little nutty.

If you are considering horse ownership, there are many things to consider before you buy a horse. The initial cost of buying a horse is absolutely nothing compared to the cost of taking care of one. "It costs just as much to feed a poor horse as a good one," is a bit of advice usually given to prospective buyers. For the most part it is true. Though a show horse will naturally cost more to take care of than a pleasure horse, it's still important to buy the best horse you can afford. This is not to say that a beginner should go out and buy an expensive purebred show horse. Many highly bred horses are far too much for a beginner to handle. But buy a horse that you will be proud of. If you do plan to show someday, and can afford it, you might look into buying a



Amy Rumold and Misty

purebred, although well-trained, gentle purebred horses cost a lot.

Oftentimes you can get a far better grade horse for your money. Get a horse you'll be happy with. It's not fair to either the horse or to you if you can't be a good team. Don't buy a horse that is too spirited for you. It could sour you on horses for the rest of your life. And considering the adventure a horse can add to your life, it's not worth the risk.

Color shouldn't be an overpowering factor. Any color is pretty if the horse is good. But if you do have a favorite color, keep it in mind when looking at horses. It could easily be the finishing touch that makes a certain horse just right for you. After you've found the horse of your dreams, it's a very good idea to go to the extra cost of having a veterinarian check it before you buy, especially if this is your first horse. What could be more heartbreaking than to have your beautiful new pride and joy go lame a week after you buy him. A veterinarian can't always detect a potential unsoundness such as this, but he can give you the extra assurance that the horse is likely to be a sound and healthy animal. He can also estimate the horse's age for you. This way you won't get stuck with a 30 year old horse that was advertised as being 10 years old.

Another decision you need to make is whether you want a mare or a gelding or whether it matters. Geldings are generally the most

quiet, dependable mounts and will probably be able to live up to all your expectations of a fun and pleasure horse. But if you think you ever might want to raise a foal, consider a mare. However, because of their breeding possibilities, mares are usually priced higher. Stallions are definitely not for beginners.

For many people—those who don't live on farms—the major problem in owning a horse is where to keep it. If you live on a farm, or even have a two or three acre place out in the country, you are very lucky. You'll be able to care for your horse at a fraction of the cost of the city horse-owner who must find some place to board his horse. Board for a horse ranges from a simple pasture with only trees for protection costing anywhere from \$15 to \$35 a month in summer and considerably more in winter when the horse must be fed hay, to \$100 a month for a heated box stall with the horse being fed twice a day and having his stall mucked out daily. Some places are even higher than this. Generally, if you board your horse in a pasture, you will enjoy a more meaningful relationship with it as your horse will no doubt be more loving to the one who feeds and cares for him than to someone who merely rides him once a week. If you as owner can fill both positions, you will form a closer bond of friendship with your horse.

Naturally you should do some reading before you buy your horse to find out what to feed him and how to care for him. You'll learn to ride through experience more than anything else. But in summary, the main word to remember before buying a horse is **PREPARATION**:

- P Do you have a place to **PUT** your horse?
- R Are you **READY** to take on horse ownership?
- E Are you aware of the **EXPENSE** of owning a horse?
- P Do you have the **PATIENCE** both to teach a horse and to learn from him?

(Continued on page 6)



# May 1775

The body which spoke and acted for the colonists during the years they were moving toward independence was the Continental Congress. Made up of delegates from the colonies, the Congress first met in September, 1774.

On May 10, 1775, the second Continental Congress met in Philadelphia. Before the Congress adjourned, it appointed George Washington commander in chief of the army, created a navy, set up the postal system under Benjamin Franklin, and issued and borrowed money.

While the distinguished delegates were assembling in Philadelphia on May 10, farther north another kind of action was taking place.

That morning Ethan Allen and the Green Mountain Boys attacked Fort Ticonderoga and captured the military stores there. "In the name of the Great Jehovah and the Continental Congress" Allen told the commander of the fort.

The members of the Continental Congress were surprised that the Vermonters had captured a royal fort. George Washington was especially grateful for the military supplies; the Americans would need the cannon and mortars in the days to come.

## Preparation for the horse project

(Continued from page 5)

- A Do you have a good **ATTITUDE** toward the work of caring for a horse? It can be fun!
- R Be **REALISTIC**— don't expect too much too soon.
- A Are you **AMBITIOUS**? Your horse can get bored too if you don't try new things once in awhile.
- T **TIME**— Are you willing to devote more time to caring for your horse than to riding him?
- I Do you have an **INTEREST** in learning about all aspects of horse care, riding, and training?
- O The **OPPORTUNITIES** for enjoyment with horses are unlimited. Horse shows and trial

rides are some I have enjoyed.  
N Lastly, N for **NATURAL** love of horses. If you don't have this don't buy a horse. Ride one at a riding academy. Horse ownership will only be a disappointment— and think of the horse who'll be getting the worst of the deal. Don't buy a horse because it's the "in" thing to have one.

## Dog production meetings

4-H members and leaders interested in dogs will have opportunities to learn about registered dog production at five meetings across the state in late May and early June. All dog breeders, dog owners, veterinarians, county extension agents, and other interested persons are encouraged to attend.

Each meeting will last from 7

p.m. to 10 p.m. Dates and locations are: May 28, Cloud County Community College, Concordia; May 29, Wichita, 4-H Building at 9,000 West Central; May 30, Chanute at the Central Park Pavillion; June 12, Dodge City Community College; and June 19, Holton at the 4-H Building.

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INSURED SAFE

# Round-up!

Kansas youth 15 years of age and older are invited to take part in the 52nd State 4-H and Youth Round-up. This annual event will be held on the Kansas State University campus June 3-6, 1975. The cost is \$25.

The three day conference is designed to provide information and ideas in career exploration, special interest areas, and leadership development, plus opportunities for experiencing a university in action and having fun and fellowship.

Each participant designs his own conference program by choosing from approximately 70 different learning situations. These consist of one hour orientation sessions offered by each of the eight colleges at KSU, and one by the Manhattan Vocational-Technical School; one to two hour sessions related to special interests in the fields of agriculture, home economics, arts and science, education, business, veterinary medicine, engineering, and architecture. The afternoon periods will offer leisure time activities such as swimming, golf, bowling, softball, and tours of the planetarium, accelerator, nuclear reactor, and housing.

Special programs during the evenings will be a night at the theater, get-acquainted party, movie, and dance.

County extension agents have complete information regarding this event.

## Camp Miniwanca reunion

If you are one of the 128 girls, 122 boys, or 61 adults who have been delegates to Camp Miniwanca you may want to go there in August for a reunion. The reunion, in recognition of the 50th year of the leadership training program at Shelby, Michigan, will be August 17 to August 20. The cost will be \$9 per day.

If you are interested in attending the reunion, write before June 1 to:

Joseph V. Getlin  
American Youth Foundation  
3460 Hampton Avenue  
St. Louis, Missouri 63139  
After June 1, the address is  
Joseph V. Getlin  
Camp Miniwanca  
Stony Lake  
Shelby, Michigan 49455

Kansas first sent delegates to the leadership camp in 1936.



Nedra Caldwell, right, a member of Northwest 4-H Club, and her friend Linda Colegrove, bounced on an innertube for 18 hours to raise money for lights at the Bourbon County fairgrounds; groups and individuals contributed \$83.83. Electrician J.K. Graham installed the lights free of charge.

## Lights for fairground in Bourbon County

By Michele Savage  
Reporter, Northwest 4-H Club  
Bourbon County

The 4-H building located on the Bourbon County fairgrounds is now well lighted with recently installed outside lights. The outside of the building was in great need of lighting for the parking area and for the entrance to the building when meetings and banquets were held.

Nedra Caldwell, a member of the Northwest 4-H Club, realized the need for lights. She came upon the idea of a jump-a-thon on a tractor innertube to raise money for the lighting project. She and Linda Colegrove made plans for the jump-a-thon and jumped 18 hours on the tractor innertube to raise the money.

The happy moment came for these girls when a Fort Scott electrician, J. K. Graham, installed the lights on all sides of the 4-H building and chalked off all the cost of installation. Mr. Graham is indeed a friend of all young people and always willing to help in their worthwhile projects.

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### WILSON

Wilson County 4-H Council

# The metric system is coming

By Dr. Ray Kurtz  
Kansas State University  
Manhattan

Say good-bye to the four minute mile, the 40 yard dash, and "Five Foot Two, Eyes of Blue." They will go the way of the five pound bag of sugar and the quart of milk when the United States adopts the metric system of measurement to replace the English system presently in use. But before you throw up your hands in despair, look at some of the relative advantages of using the metric system.

One of the greatest advantages is that the metric units of measurement will be easier to use due to their decimal relationship to each other. This is a contrast to the English system which uses many unrelated units. To change one unit to another in the English system it is necessary to remember a number of relationships. (For example, 12 inches to a foot, 3 feet to a yard, 5,280 feet in a mile, 16 ounces to a pound, 2,000 pounds to a ton.) To change from one unit to another in the metric system, one need only divide or multiply by 10. Thus, this change can be made by moving the decimal point to the right or the left depending upon whether multiplication or division is desired. For example, to change 3460 meters to kilometers, move the decimal point three places to the left (3.460 kilometers) or to change three meters to centimeters, move the decimal point two places to the right (300 centimeters).

An additional reason for change is that the United States is finding it difficult to stand alone in the world as the only major nation maintaining the English system. Even England, the nation that developed the "imperial" system of weights and measures, announced in 1968 that it would convert to the metric system. In 1973, Canada and Australia announced that they, too, would begin the change from the English to the metric system. This left only the United States and a few smaller nations continuing with the English system. A further reason for metrication is the worldwide acceptance and use of the metric system in trade. International trade standards, which are based on the metric system, act as a formidable barrier to a country which still operates on the English system. It is estimated that this country is losing billions of dollars each year in foreign trade due to the reluctance to change to the world standard.

The greater precision and accuracy of the metric system is considered to be an additional reason for adoption. Science and medicine have used this system for years, the metric system having been adopted by the U.S. Health Department in 1902.

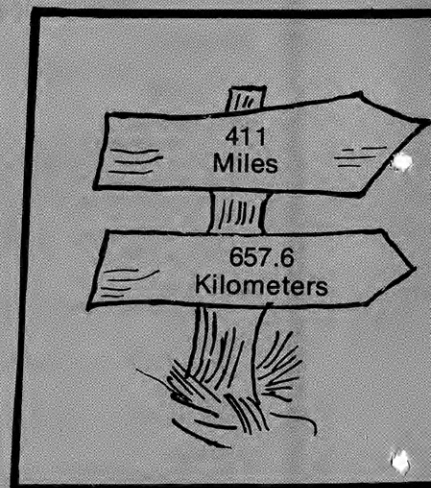
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Dr. Kurtz is the author of a recently published book, "Teaching Metric Awareness." He teaches in the Department of Curriculum and Instruction at Kansas State University, Manhattan.

## When is it coming?

The new system is steadily creeping in on the United States. Schools are placing considerably more emphasis on the teaching of the metric system with textbook coverage increasing with each new adoption. Teachers are commencing to take courses designed to prepare them for teaching the metric system to children. Some state highway departments are placing the distances in kilometers as well as miles on highway signs. Many food packages give the metric measures, e.g., Campbells Tomato Soup-305 grams. In some areas, the weather is being given in both Fahrenheit and Centigrade (Celsius). General Motors has announced that it is swinging toward a policy of designing all new parts in metrics. These examples indicate that the new system is gradually gaining a foothold. Those who think that the metric system will come by federal decree may be quite surprised to learn that we are already well on our way to becoming a metric nation.

We can look for a federal law to give leadership and direction to the national metric standards. This law almost came last year, but due to insistence by labor and some business groups that the government should pay for new metric tools, it was not passed. The AFL-CIO argues that a typical machinist who buys his own tools might spend as much as \$4,000 for new tools. This composite changeover cost for the federal government would be astronomical if everyone who uses tools is included. (Who do you suppose is speaking for agriculture's interests in the tool debate?)





## How can you get ready?

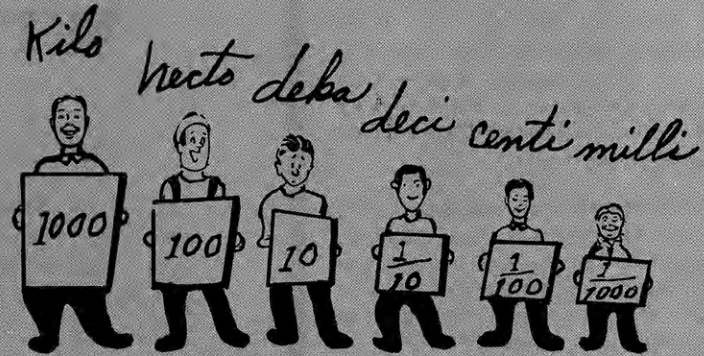
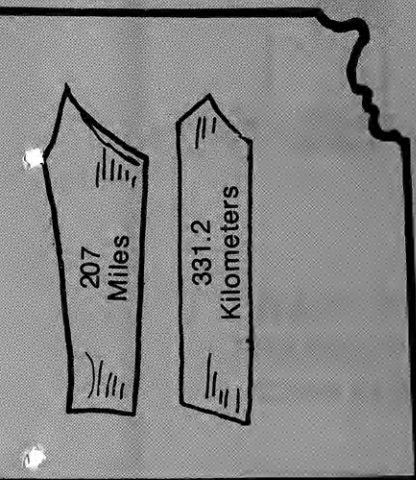
Only those persons who are actually at ease with the new system will be fully able to appreciate and enjoy the advantages of the metric system. This being at ease can only come from actual experiences which utilize metric measures. Purchase a Centigrade (Celsius) thermometer and place it outside near a window close to the family breakfast table. Discussions based on actual weather observations will soon have the family metricated with respect to temperature.\*

Using metric bathroom scales not only will familiarize you with the metric unit, the kilogram, but will provide a pleasant surprise as you learn that your weigh about half in kilograms what you weigh in pounds. Similar actual measuring experiences can be provided with the meter stick for measuring length and measuring cups graduated in milliliters to measure volume. The key is to remember that actual experiences in measurement are absolutely necessary, unless you want to be a converter who has to drag through the English system to get a metric answer.

To be able to use the new system, you must memorize the metric prefixes. The more commonly used prefixes and their values for length are in the table.

kilometer	hectometer	dekameter	decimeter	centimeter	millimeter
1000	100	10	1/10	1/100	1/1000

These same prefixes are used with the different base units. e.g., a kilogram is 1,000 grams and a milliliter is 1/1,000 of a liter. Learn these prefixes before you leave this article.



Talk up the new system. Be positive! Study it, sign up for a short metric class taught by someone who follows the principles outlined in this article. Don't take the attitude that the old system is better because it is American. If America deserves the best, it deserves the metric system.

\* 4-H clubs who would like to order an amount of centigrade (Celsius) thermometers may purchase them from Dick Blick, P.O. Box 1267, Galesburg, Illinois 61401.

### Metric terms

**Meter**—the basic unit of length. It's just a little longer than a yard; 39.37 inches, in fact.

**Centimeter**—1/100 of a meter; look at your ruler and yardstick; you may find the centimeters marked on them. The centimeters are marked around the edge of this center spread, so you can see that two pages of the Kansas 4-H Journal together are 43 centimeters wide.

**Kilogram**—a unit of weight equal to a little more than two pounds.

**Liter**—a unit of volume which equals a little more than a liquid quart. It is a little less than a dry quart. Look at the next milk carton you see; the liters may be marked on it.

**Kilometer**—a unit of length used instead of a mile; it is about  $\frac{5}{8}$  of a mile. Notice the map of Kansas with the length and width of the state shown in both miles and kilometers.

**Gram**—a basic unit of weight. It is so small that three aspirins weigh less than one gram.

## IDEAS \* & News \*

Cindy Derrick and Laurie Haffner of Willowdale 4-H Club in Dickinson County painted a road sign. Later, chairman of the safety committee Gerry Alice Kohr and club president Mark Scanlon put reflective tape diagonally across the black warning sign. Leader for safety and health is Mrs. Lawrence Fager, with Mrs. Demain Brown as the assistant safety leader.

Amy Rumold reports that members of Harmony Hustlers 4-H Club, Shawnee County, who are enrolled in the horse project, held a tupperware party to raise money. With the money, they plan to hold a clinic this summer.

As a program for the Miltonvale Parent-Teachers Association, the Miltonvale 4-H Club in Cloud County presented their model meeting.

"One spectator commented he didn't realize 4-H taught the kids anything," reporter Beverly Fuller writes; "he thought it was all play. We feel this was an excellent way to promote 4-H."

The 4-H year will begin on January 1 in Sumner County, in accord with action by the Sumner County 4-H Council. Seven 4-H clubs in the county had a fun night in April as a moneymaking activity. Theresa Zimmerman is council reporter.

For a moneymaking event, the Northwest 4-H Club in Bourbon County served the Sweetheart Banquet for the Southern Baptist Church on Valentine's Day.

A few days before Dickinson County 4-H Day, 17 members of Abilene Aggies 4-H Club presented their 4-H Day numbers for their parents and leaders. They gave project talks, demonstrations, illustrated talks, public speaking, and readings. Musical numbers included a chorus of younger members and a girls' ensemble.

Helpful criticism enabled the members to better prepare for 4-H Day. Judy Oard reports.

In April members of Lucky Clover 4-H Club in Harvey County saw a film about 4-H fairs. Tom Whitson, area extension 4-H specialist, provided the program.

Janis Barnett, reporter for Solomon Valley 4-H Club, Graham County, writes that the club donated a piano bench to the community hall. To raise money, the group had a soup supper.

# SOMEONE TO GROW WITH....

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In February when President Gerald Ford and several midwestern governors were guests at Cedar Crest, the home of the governor of Kansas, Mrs. Robert Bennett prepared the meal.

Afterward one of the governors said that the salad was the best he had ever eaten! Mrs. Bennett is generous enough to share, not only the recipe for the salad she served to the President and governors, but also the recipes for the meat dish and the dessert.

Mrs. Bennett describes them as her "long-time favorite recipes." We think they may become some of your favorites, too.

**Beef Tenderloin**

2 beef tenderloin strips each weighing 3½ lbs. Tie together.

- Soy sauce
- Worcestershire sauce
- Salt, garlic salt
- Fresh ground pepper
- Bacon

Sprinkle beef tenderloin all over with soy sauce and Worcestershire sauce, garlic, regular salt, and fresh ground pepper. On top, crisscross with bacon. Secure with tooth picks. Let stand at room temperature for 3 hours.

Bake the beef tenderloin for 45 minutes at 475 degrees or for 30 minutes at 500 degrees. Let stand 5 minutes, then slice. Serve the beef tenderloin with warm Bearnaise sauce.

**Bearnaise Sauce**

- ½ cup dairy sour cream
- ½ cup mayonnaise
- 2 tablespoons tarragon vinegar
- ½ teaspoon salt
- 1 teaspoon tarragon leaves
- ½ teaspoon dried shredded green onion

Combine the above ingredients and cover. Refrigerate. Before serving, warm gently. This sauce can be served cold when the tenderloin is served cold. This is also good as a fondue sauce. Serves 10 to 12.

Answers to the Edible Quiz on page 15

1. corn
2. a hard roll
3. potatoes served in a casserole
4. an assortment of appetizers
5. toasted cubes of bread
6. a light, fluffy main dish



Mrs. Robert F. Bennett  
First Lady  
State of Kansas

**English Trifle**

- 1 package yellow or pineapple layer cake mix (18.5 oz.)
- ½ cup raspberry jam
- ½ cup orange juice
- 1 can vanilla ready-to-serve pudding (18 oz.) or make your own
- 1 cup chilled whipping cream
- ½ cup sugar
- ¼ cup toasted slivered almonds—candied cherries, chopped

Bake cake in oblong pan, 13"x9"x2", as directed on package. Cool. Cut cake crosswise in half. Reserve one half for future use. Cut remaining half into 4 squares. Split each square, fill with 2 tablespoons jam. Arrange squares in a 2 quart glass serving bowl, cutting squares to fit shape of bowl. Pour juice over cake and allow to soak into the cake a few minutes. Spread with pudding. Chill at least 8 hours. In chilled bowl, beat cream and sugar until stiff. Spread over trifle. Sprinkle with almonds and cherries.

**Variation: Strawberry Trifle**

Substitute 1 package frozen strawberry halves (16 oz.), thawed, for the raspberry jam. Omit juice and do not fill cake squares. Arrange half the cake in bowl, top with half the strawberries, and spread about ½ cup pudding over berries. Repeat. Chill at least 8 hours. In chilled bowl, beat cream and sugar until stiff, spread over trifle. Sprinkle with almonds and cherries. Serves 10 to 12.

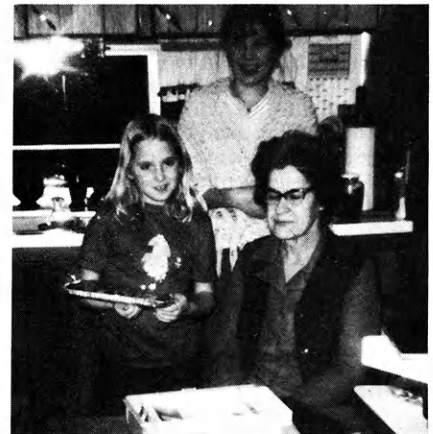
**24-Hour Layer Salad**

Iceberg lettuce torn in bite-size pieces

- ½ green pepper, chopped
- ½ red pepper, chopped
- ½ cup celery, chopped
- ½ sweet red Spanish onion (other onions are too strong)
- 1 package frozen peas
- 1½ cups mayonnaise
- 2 tablespoons sugar
- 4 ounces grated cheddar cheese
- 8 slices of crisp fried bacon, crumbled

Line a 13"x9"x2" pyrex dish with bite-size pieces of crisp iceberg lettuce. Sprinkle with chopped green pepper and chopped red pepper. If red pepper is not available, use the other half of the green pepper. Add a layer of chopped celery, then a layer of chopped sweet red Spanish onion, and a layer of uncooked frozen peas. Combine the sugar and mayonnaise. Spread over these ingredients. Sprinkle top with grated cheddar cheese. Top the salad with crumbled bacon. Refrigerate overnight.

Serves 10 to 12.



A shawl and cookies are ready to be auctioned off by the Ladies Rural Club to raise money for the March of Dimes drive. Members of the Dickinson County Willowdale 4-H Club pictured are, left, Penny Habacker and Gerry Alice Kohr. Assisting with the auction is Mrs. Estel Snyder.

**Money For Your Treasury**

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**Sunflower Dishcloths**



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Roetta Mann from Quinter admires the plaque she received as one of the 1974 state winners in the 4-H alumni recognition program. Other 1974 winners were Beverly Bradley, Douglas County, a former home economics teacher, who started the project, "Boys in the Home," in Douglas County; Phillip Lunt, Pratt County, an attorney for the Federal Intermediate Credit Bank in Wichita; and James Tangeman, Thomas County, the president of Colby Community College. Dr. Tangeman wrote an article about community colleges for the February 1975 Education and Careers issue of Kansas 4-H Journal.

## 4-H Alumni Recognition Award

The Quinter 4-H Club presented a 1974 state 4-H Alumni Recognition Award to Mrs. Roetta Dee Mann; it was one of four given statewide to outstanding 4-H alumni.

Mrs. Mann, 24, is a 1972 graduate of Kansas State University and served two years as a community leader for the Quinter 4-H Club in Gove County. She farms with her husband near Quinter.

Outstanding 4-H alumni chosen to receive the plaque are nominated by 4-H clubs and selected by the KSU Cooperative Extension Service, which administers the 4-H program in Kansas.

Mrs. Mann, who became an active 4-H'er when she was 9 years old, says, "4-H taught me a lot of things I normally wouldn't have learned and I've developed some

lasting friendships through 4-H." She also says she has remained active in 4-H work because she wants other youths to have the same opportunities she has had.

Objectives for the alumni recognition program, as stated in the 1974 handbook for 4-H awards programs, are to honor former 4-H members whose accomplishments exemplify effective community leadership, public service, service to 4-H work, and success in their chosen careers; to highlight the ideals of clearer thinking, greater loyalty, larger service, and better living as expressed in the 4-H pledge; to encourage former 4-H members to continue their interest in and cooperation with 4-H and other phases of the extension program; and to provide youth with living examples of dependable, purposeful citizenship.

## The 5 year 4-H fund drive

Russell County has already met its pledge for the five year 4-H fund drive. Each of the 10 4-H clubs contributed \$50, while the Russell County 4-H Council gave \$1,000.

Selling fair memberships has been a good way to raise funds for 4-H clubs and county council in Russell County. The \$10 memberships are sold by 4-H members to anyone in the county; about 700 were sold this past summer. From each membership sold, the 4-H member's club receives \$1 and the county council gets 50 cents.

Members of Russell County 4-H Council also operate a foodstand at the fair.

Other money makers for Russell County 4-H clubs are soup suppers, bake sales, and box suppers.

### From the 4-H Foundation

Would you like to buy a membership in Kansas 4-H Foundation?

Your 4-H club can do this by contributing \$1 per member to the Foundation. For businesses, the amount is \$100 and for individuals, \$25.

For your contribution, you'll have the satisfaction of having helped 4-H work, and you'll receive a framed membership certificate which you can keep, adding seals to it from year to year as you renew your membership. The name of the club or business or individual will be listed in the June Kansas 4-H Journal. Smaller donations are welcome, but the donor does not receive a certificate.

About 1,333 groups and persons contributed to the Foundation in 1974.

You may wish to specify that your donation is to count toward your county's goal in the statewide \$700,000 fund drive. Money from the drive will go for new facilities, leader training, and program enrichment.

### Reno County dog show

If you are enrolled in the dog project, you are invited to Hutchinson on June 7 for the Reno County Sirius Dog Club Annual Invitational Show at the state fair grounds. There will be obedience and showmanship classes.

For further information write to Mrs. Doyle Blansett, 2827 East 1st, Hutchinson, Kansas 67501.



Dr. Roger Mitchell

## New KSU vice-president

Dr. Roger Mitchell, the new vice-president of agriculture at Kansas State University, was a 4-H member in Iowa when he was a youngster. He remembers his 4-H leader, A. J. Blakesley, who invited him to join the club and took him to meetings. The 4-H projects of his own which Dr. Mitchell remembers were dairy heifer, pigs, and colt.

4-H offers great diversity, Dr. Mitchell said, so the 4-H member has a choice of what he wants to learn. And the 4-H program, through the extension service, has a large reservoir of information to call on, he commented.

For nine years Dr. Mitchell taught agronomy at Iowa State University. He has done research on soybeans.

Before coming to Kansas State University, Dr. Mitchell was dean of extension at the University of Missouri at Columbia. At KSU he will be responsible for the administration of extension, teaching, research, and the foreign programs in agriculture.

## We Need News

for 4-H in Review! Let us know what's happening in your county, and we'll share the news and ideas with other Kansas 4-H'ers. Please enclose postage for return of pictures. Address:

4-H in Review  
 Kansas 4-H Journal  
 Umberger Hall, KSU  
 Manhattan, Kansas 66506

## Four international delegates chosen

Australia, Germany, Thailand and Switzerland will be destinations for four Kansas 4-H members in 1975.

The International 4-H Youth Exchange delegates are Jannette Luthi of Gridley, Carol Whisman of Palco, and Don DeWerff of Ellinwood. All will be abroad six months.

Jannette, daughter of Mr. and Mrs. Lloyd Luthi, is a Kansas State University senior in home economics education. She is student teaching in the Shawnee Mission High School district.

A graduate of Madison High School, Jannette was a member of the Pep Club, marching band, and vocal groups. She is a former member of the Greenwood County Lamont Boosters 4-H Club.

At KSU Jannette is a member of various professional groups, a resident assistant, and member of the governing board for her residence hall.

In September, Jannette will go to Australia.

Carol is a KSU senior in music education and is student teaching in Belleville High School. She is the daughter of Mr. and Mrs. George Whisman, a former member of the Rooks County Palco 4-H Club, and a graduate of Palco High School. Carol will go to Germany in June.

Don, the son of Mr. and Mrs. Vernon DeWerff, is a KSU junior majoring in agricultural engineering. Thailand will be his host country, beginning in June.

A graduate of Ellinwood High School, Don is a former member of the Barton County Comanche Lucky 4's 4-H Club.

Don was a state 4-H dairy production winner in 1971 and has served as president of the county 4-H council. He graduated in 1974 from Colby Community College. At KSU Don is a member of the Collegiate 4-H Club, Ag Education Club, Farm House Fraternity, and Alpha Tau Alpha, ag education honorary fraternity.

The IFYE program is conducted by the National 4-H Foundation and the Cooperative Extension Service of each state.

The Kansas 4-H Foundation and home counties of the participants provide financial support for the Sunflower State IFYE program. This money supplements the funds



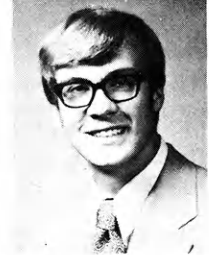
Don DeWerff  
Barton County



Carol Whisman  
Rooks County



Jannette Luthi  
Greenwood County



William Bradley  
Douglas County

provided by the National 4-H Foundation.

William Bradley Jr., Lawrence, will be in Switzerland part of June and July as a Teen Caravaner.

William, a 10 year member of Meadowlark 4-H Club, Douglas County, was a national winner in the veterinary science project in 1971. His parents are Dr. and Mrs. W.F. Bradley, Lawrence.

A sophomore in English at the University of Kansas, William hopes to go to law school. He continues his interest in 4-H work as a member of the KU Collegiate 4-H Club.



A sponsor of Kansas 4-H Journal for 19 years, the First State Bank Trust Company of Osborne, received a gift of cookies, tea rings, and cinnamon rolls from members of Liberty Bell 4-H Club.

Club president Tammy Kurtz made the presentation to W. W. Cram. Other 4-H members who took part were Lisha Kurtz, Jan Dugan, Mark Roach, Marla Killen, Tony Dibble, Jeff McReynolds, and Renee Nichols.



A banner, balloons, and streamers add to the gala air as members of Spring Hustlers 4-H Club of Graham County honor Duane Nichol, center, for 13 years as club leader.

## Retiring leader honored

By Mark Voss  
Densmore

The Spring Creek Hustlers 4-H Club of Graham County honored Duane Nichol with a surprise dinner and ceremony on his retirement as the club's community leader for the past 13 years. It was "King for a Day" for Duane as members of his family, former 4-H members, former county agents, and present 4-H members acknowledged his help and inspiration to them through the years.

Mr. Nichol was given a scrapbook with dozens of pictures of 4-H events during these years. The club members also showed their appreciation by presenting Mr. and Mrs. Nichol with a plaque and silver serving tray.

## Return to Rock Springs

By Nancy Williams  
Overland Park

"May all your days be sunny at Rock Springs Ranch."

If you've ever wandered the footpaths, ridden the trails, or relaxed on the ranchhouse steps at this state 4-H center, you'll recognize the greeting.

I'd like to share with you Rock Springs Ranch as it was back when making a phone call meant a long crank and a hope that the operator was not out doing the laundry. Over ten years ago I arrived at the center as a neophyte staff member and spent the next three summers work-

ing as hard as I played - and loving every minute of it.

Rock Springs Ranch has a way of affecting those who walk its hallowed (and sometimes damp) footpaths. Granted, some visit the center and pay no heed to its being; but many recognize its purpose - to provide a setting for memories yearning to be made. Come with me now, "where the hills meet the plains..."

"The typical staff member is in good physical condition, free from internal as well as external parasites. He walks with a free, easy stride, one full of energy and vitality and he NEVER complains about the weather."

During the mid-'60s there were no typical staff members at Rock Springs Ranch. Though our health was good and we shared a love for the atmosphere, the assortment of personalities made the term "typical" obsolete.

### Staff members

There was Duane, annually devoted to Exodus, who reigned over the pool and fed the legendary shark that lurked beneath the iron grate in the deeper end; Effie, baker of goodies, put weight on staff members who insisted on running it off; Marion, sensitive, skilled, and unliked by no one; Margaret, healer of broken nails, sprained ankles, and blood poisoning for hundreds of campers and staff members who asked (and got) both love and discipline; Otto, who could repair, build, drive, or command anything; Ruth, the baker's helper, whose sunny disposition was a blessing to us all, particularly on the more hectic days; Rick, yearning to be a man of the cloth, was friend to all; he spoke warmth, practiced care, and wasn't above a little orneriness on occasion. Bill, ace arrow-chaser, enjoyed his role as camper idol, especially when the camper was female; Rose commandeered the dining room when selected campers arrived to set tables prior to each meal, and had pounds of patience. Rod, No. 1 Dishwasher, was explorer and adventurer - his curiosity knew no limits; Coni, whose family took care of Rock Springs year round, found joy in making others laugh (she often succeeded); Mary worked in the kitchen but preferred being outdoors; Jeannette and Annette, the identical twins, confused more than one new staff

member at the beginning of each season.

### The Director

And (oh yes) The Director. Having a bite almost as bad as his bark, he was respected by all. But if we were called before him we could be sure there was a good reason - his sense of fair play was his most admirable trait. That and the warmth he often tried to hide (and seldom succeeded).

There were others, many of whom I should mention but have not, either because of space limitations or because they left RSR before there was time to get acquainted. Considering the hundreds of young minds that may be influenced by the RSR staff, the Kansas 4-H Foundation insists on good character, a willingness to work hard, and the ability to get along with others as prerequisites for potential staff members. Occasionally a staff member displayed a negative attitude in some area and, if the problem could not be overcome, either chose or was asked, to leave.

### Daily schedule

No two days were ever alike, but picture a gathering of 30 staff members at 7 a.m. for breakfast and assignment of duties. Breakfast over, we scattered to various parts of the center (kitchen, office, archery range, maintenance shed, rifle range, stable, pool, snack bar, etc.) only to regather at noon for lunch and mail call. Afternoons were similar to mornings and brought us all to the dinner table at 6 p.m. Evenings there was trash to be hauled, trail lights to be switched on, the snack bar to be tended, and equipment to be set up for the campers' evening programs. Somehow the staff often worked in a trail ride, a chess game, a swim, or a trip to town during those evenings. But we were on call 24 hours a day - we didn't "work at" the center - for three months out of a year, Rock Springs Ranch was our life.

### The goodbyes

And at the end of each summer came the goodbyes. We made a game of pretending we'd all be together the next summer; but for one reason or another, some of us failed to return. And so, for this particular staff, it was over - our memories had been made . . .

# Family Fun Page

Q: What is the best way to catch a fish?

A: Have someone throw it to you.

Q: What sings, has four legs, is yellow, and weighs 1,000 pounds?

A: Two 500 pound canaries.

Q: What is the best thing to put into a pie?

A: Your teeth.

Q: Why does a chef put on a white hat?

A: To cover his head.

Q: When can you drop a full glass and spill no water?

A: When the glass is filled with milk.

Q: Which will burn longer: the candles on the birthday cake of a boy or girl?

A: No candles burn longer. They burn shorter.

Q: What kind of animal eats with his tail?

A: All kinds of animals; they can't take them off.

Q: Why does a giraffe eat so little?

A: Because he can make a little go a long way.

Q: What looks just like a half a loaf of bread?

A: The other half of the loaf.

Q: Where will you be when the lights go out?

A: In the dark.

Q: What kind of coat should be put on when it is wet?

A: A coat of paint.

Pat Fallon, Auburn

Q: What is the quickest way to lose pounds and take off inches?

A: Change to the metric system.

Q: What do they call the opponents of metrication?

A: Defeetists.

Question: Why did the ram run off the cliff?

Answer: He didn't see the ewe turn.

Daneen Brock, Humboldt

## Edible Quiz

Check the correct answer in the blank.

1. Golden Bantam is a type of — chicken\_\_\_; pea\_\_\_; corn\_\_\_.

2. A rusk is — a cake\_\_\_; a hard roll\_\_\_; a sweetened corn covering\_\_\_.

3. Scaloping is a way to prepare — potatoes served in a casserole\_\_\_;

- a seafood\_\_\_; a type of squash\_\_\_.
4. Hors d'oeuvres are — garden greens with French dressing\_\_\_; Shirred eggs\_\_\_; an assortment of appetizers\_\_\_.
5. Croutons are — French fried onion rings\_\_\_; toasted cubes of bread\_\_\_; English crumpets\_\_\_.
6. A souffle is a — chilled clear soup\_\_\_; a light fluffy main dish\_\_\_; a molded dessert\_\_\_.

Answers on page 11.

Haley Jo Matson, Clifton

Dentist: What kind of filling do you want in your tooth?

Dave: Chocolate.



## 4-H WEEKEND

SILVER DOLLAR CITY, MO.

Sat. & Sun., May 17-18

It's no coincidence that a 33-year veteran of vocational agriculture teaching will be one of those on hand at Silver Dollar City, Mo., to welcome thousands of youngsters for "4-H Weekend," Saturday and Sunday, May 17-18. Roy Hill, the white-bearded former vo-ag instructor is now a resident broom maker in the Ozark community's famed colony of craftsmen.

This is the second annual special event designed to better acquaint 4-H members with their great-great-grandfathers' way of life. Rather than being a classroom type of learning situation, the young people are to travel from shop to shop, witnessing step-by-step demonstrations of 24 historic skills. Blacksmiths, basket weavers, potters and leather workers will be among the craftsmen bringing new knowledge to the 4-H'ers.

The event, which offers attractive group rates to the entire families of 4-H members and free admission to club leaders, is planned to also include unusual fun for all. The "Complete Passport" ticket includes: gate admission; an exciting excursion aboard the last of the Ozark steam trains; an exploration of a flooded mine; an Ozark float trip in a flat-bottom "johnboat"; a tour of Marvel Cave, America's third-largest cavern; visits to the Treetop House and Grandfather's Mansion; 25 street shows; the stage show and Carrie Nation's raid at the Silver Dollar Saloon; all 24 craft exhibits.

The "Complete Passport," good for both days, is regularly \$6.75. During the 4-H Weekend, club members and adults in their families may purchase that ticket at \$5.25. Children, ages 6-11, whose complete ticket ordinarily costs \$5.75, will be available at \$4.25.

Additional information is obtainable from 4-H Coordinator Sonny Horton, Silver Dollar City, Mo. 65616; 417-338-2611. Horton reports those planning to stay overnight may make motel reservations through a toll-free telephone service of the nearby Branson-Lakes Area Chamber of Commerce. Missouri residents should call 800-492-7624; residents of states bordering Missouri call 800-641-7830.



## 4-H electric project leads to career in electronics

"The 4-H electric project has surely been the contributing factor in my decision to go into electronics," Brent Dowler, Arkansas City, writes. Brent, a freshman in the electronics technology program at Cowley County Community College and Area Vocational-Technical School, plans to receive a degree in electronics technology.

This is Brent's 11th and last year in 4-H, his 7th year in the electric project, 3rd as his own leader and in work with electronics, and 2nd year as an electric leader. "Teaching electricity to younger boys is more challenging than one might think, but I find the work most rewarding. Attending the state electric clinic last March at RSR has helped me in the electric project."

Brent is currently working in the electronics phase of the electric project. Last year he built an electronics calculator from a kit. There

are more than 200 soldered connections in the handheld calculator!

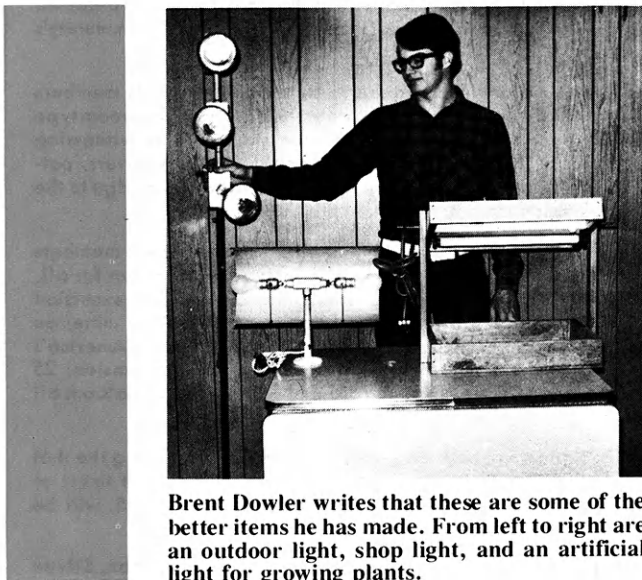
Also from kits, Brent has made a short wave receiver, which unfortunately was stolen from the county fair before he got to take it to the state fair, a volt-meter and VTVM. This year he plans to build a black and white TV from a kit.

In addition to making useful articles in the electric project, Brent has given numerous demonstrations about electricity at 4-H meetings, and for three years gave blue ribbon demonstrations in this project at county 4-H day.

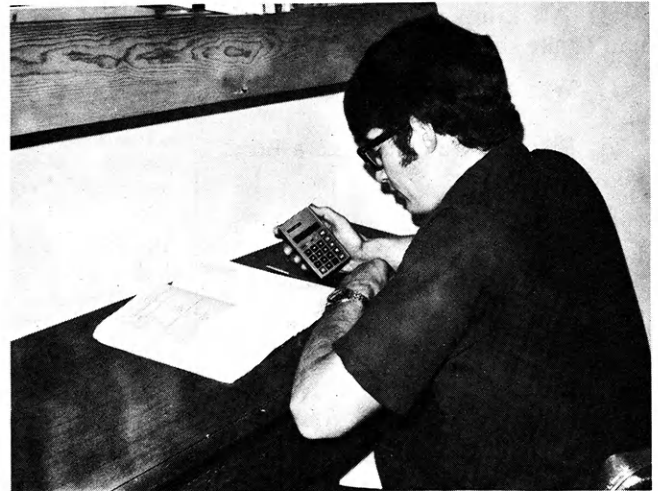
A Cowley County Key Award winner, Brent has won trips to the American Royal Conference and to Camp Miniwanca. In addition to the electric project, he has been enrolled in woodworking, cooking, photography, health, safety, tractor, small engines, and citizenship.



In place of an ordinary light switch, Brent installs a hi-lo dimmer switch.



Brent Dowler writes that these are some of the better items he has made. From left to right are an outdoor light, shop light, and an artificial light for growing plants.



"The electronic calculator makes homework in my electronics subject much easier," Brent comments. "I also built the study lamp in my electricity project."

*What are you or your family doing to conserve energy? Please send your ideas, with illustrations if possible, to Electric Page, Kansas 4-H Journal, Umberger Hall, KSU, Manhattan, Kansas 66506.*



**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  
Western Power Division of Central Telephone & Utilities Corporation

Central Kansas Power Company  
Kansas Gas and Electric Company

