

Kansas 4-H Journal

The 4-H Family Magazine

October 1975



**National
4-H Week
October 5-11**





*The CO-OP Farmer...
more of the future in his own hands*

The CO-OP Idea looks better every day . . .

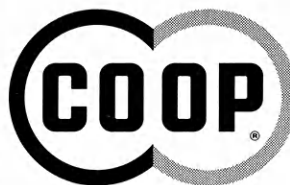
During the Depression, a group of determined farmers decided to do together the things they could not get done alone.

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The double circle CO-OP where you live was organized by farmers. It is owned and operated by farmers . . . for farmers. Each local association today owns a share of the factories, oil wells, pipelines and other facilities of Farmland Industries, a regional cooperative which also is farmer-owned.

Double circle CO-OPs and Farmland have expanded into pork, beef, poultry and frozen food processing, so that some of what farmers produce is farmer-managed all the way to the supermarket.

The CO-OP idea looks even better today than it did back in the early 1930s — when times were difficult.



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An open letter

By Dr. Roger Mitchell
 Vice President for Agriculture
 Kansas State University

I want to share these words with you as an open letter — a chance to greet many of you for the first time since my arrival at K-State in March and an opportunity to affirm our common enthusiasm for 4-H, for helping youth to grow, for all of us to renew ourselves in a variety of experiences surrounding learning, leadership, and living.

It was my good fortune, like many of yours, to share in a 4-H club as a youth and to have the benefit of both voluntary and professional leadership from highly dedicated adults. Initially, of course, we as youth thought mostly about the new experiences, the friendships made, the projects we wanted to get underway — a dairy heifer, a litter of pigs, a field of corn. Years had to pass before we fully appreciated those voluntary leaders, as well as the professionals, who took their time to work with us — who joined with our parents to make such experiences possible and beneficial. And as we have recognized what others did for us, we are inspired to help a new generation of youngsters share such opportunities.

I had the occasion this summer to visit with a group of East African research administrators who were studying at Kansas State University. My topic, as a part of their course of instruction, was to discuss the dissemination of research information. Rather than focus on administrative organization or media techniques, I chose to emphasize how I felt such information dissemination could and must be personalized, to be brought to life by people. I underlined the great benefit we have found in the United States by first instructing youth and having them in turn instruct and inspire the family in new ventures of agriculture, community development, and family living. Further, I sought to stress the positive effects of voluntary leaders, who multiply many times the efforts of the professionals of a land-grant university. I described to them my own 4-H club leader, a man I thought was a graduate of the ag college because he knew so much about it; not until years later did I realize he had never taken a single formal class there, but had been to many short courses and field days and was helped in his leadership role by support from extension personnel. I wanted our African friends to receive a message that such people, and a country's youth, can be uniquely effective channels of knowledge distribution.

A visit to Rock Springs in June for Friends of 4-H Day highlighted another key dimension of our youth serving aspirations. Gathered there were persons willing to share their substance in support of 4-H, to make possible the physical as well as the people resources to carry out our goals.

Each participant I have met in 4-H — the newest youngster, the IFYE participant, the longtime leader, the extension professional, the dedicated contributor — all combine to continue a very positive youth serving institution of which I am very happy to be a part here in Kansas.

About the cover

Deanna Fuhrman, organizer of Boots and Spur, a club for Anderson County 4-H members enrolled in the horse project, is pictured on the cover with her horse and with her children, Danae, Denise, and

David. Danae and David are 4-H members. To read about this courageous woman, turn to page 5.

David Harmes, extension specialist in illustrative arts, took the pictures.

Shawnee County 4-H Horse Club

By Cindy Hildebrand
Topeka

Here in Shawnee County, one of the biggest organizations on the county level is the Shawnee County 4-H Horse Club. This club was founded in 1968 and now has more than 75 members. The only requirements for belonging to the club are these: 1) Have one member of the family enrolled in the horse project in a community club. 2) Be a member of a local 4-H club in Shawnee County. 3) Pay \$1 dues when joining.

The main purpose of the Shawnee County 4-H Horse Club is to maintain a social and educational atmosphere among "horsy" families in 4-H. We have four open horse shows a year, plus numerous playdays for club members only. We also hold an all day trail ride, an overnight trail ride, and a regular meeting each fourth Wednesday of the month. For our meetings we have programs of educational films, speakers, and so on, all pertaining to horses, equipment, or the rider himself.

The club has its own trademark which can be seen on members' jackets and on our stationery. Perhaps some of you saw us at the Rock Springs Horse Leaders' Conference and at the district and state 4-H horse shows. In 1974 we had 12 members showing in the Kansas State Fair and 2 members participating in the American Royal 4-H Horse Show. Several members participated in the 1975 Kansas State Championship Rodeo. In 1974 the Shawnee County 4-H horse judging team consisted of four horse club members.

Our club also does worthwhile things for the county. We sponsor all the judging clinics needed to pick the team for the state fair horse judging contest.

Our club couldn't be the organization it is now without the help of adults. Our Board of Directors, consisting of seven adults and the five officers, meets before each meeting to help decide things for the club to vote on and to approve. They are the rules committee at our horse shows and the group who does the organizing of our shows.

Our club is made up of a lot of fun-loving kids and adults, and very seldom is there a meeting or any function where everybody isn't laughing and enjoying themselves, whether it's the kids laughing at their parents in the parents' class or the parents laughing when their kids are asked to dismount and mount in bareback horsemanship. We are all one big happy family with two things in common — 4-H and horses.

Our hard working officers are: president, Cindy Heldebrand; vice-president, Laura Sue Wilcox; secretary, Lori Snyder; treasurer, Lu Ann Miller; and reporter, Mari Miller.

If you would like to know how you can start a similar organization in your county, please contact Cindy Hildebrand, 401 Burgess, Topeka, Kansas 66608.

We will be very happy to be of any help.

Abilene Trailblazers Horse Project Class

By Kandi Cain
Abilene

A trail ride and picnic provided the end of a perfect project year for the Abilene Trailblazers 4-H Club Horse Project Class.

Twenty-three horses with eager riders were saddled for the ride which began at Brown Memorial Park. Some of the parents couldn't resist the outing and came along for the ride. After two hours of riding the 4-H'ers gathered for a fried chicken picnic.

Under the leadership of Mr. and Mrs. Calvin Mohn the horse project class enjoyed a very eventful year.

Harmony Hustlers 4-H Horse Project Group

By Amy Rumold
Topeka

The Harmony Hustlers 4-H Horse Project Group held a horse-a-thon to raise money for the local humane shelter. Riders found sponsors for

at least 10 cents per mile (20 mile total), and gift certificates donated by local stores were presented to those with the most sponsors. The day was cool, the ride enjoyable, and \$748.30 was raised and presented to the humane shelter.

The readers write

Editor's note: Mr. and Mrs. Larry Paxson, Mayfield, wrote to Kansas 4-H Journal about the trip to the National Leaders' Forum. They noticed that the article in the July Journal about the Forum had no byline, (we're sorry for the omission; the article was written by state leader, Glenn Busset) and they gave some of their impressions of the trip. They also announced that their son, Patrick Alan, arrived June 12, weighing eight pounds and seven ounces, and is "a real joy."

Here is part of their letter:

We were impressed with the historical sightseeing and our visit to Capitol Hill. Our heritage is truly something of which to be proud. It somehow seemed surprising to see the majestic and beautiful architecture of our historical buildings, something you'd think of seeing only in Europe.

The visit with our Congressmen... gave us a feeling they are down home folks, like us, trying to do a good job, (who would ever dream of hearing "Yoo Hoo" in the Senate chamber?) a feeling hard to get by reading and watching the news.

Another thing was the wonderful people we met and formed friendship with. And the little personal things that made the trip endearing...

Yes! We brought lots of things home to help provide leadership in 4-H. But also our own lives were enriched forever with pleasant personal memories.

Sincerely,
Larry and Mary Paxson

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Leader helps 4-H program in Anderson County

By Mary Ruth Kahl
Assistant Editor
Extension Publications
Kansas State University

Deanna Fuhrman says she has been interested in horses since she was two days old. Regardless of when her interest in horses began, Anderson County 4-H'ers are certainly happy Deanna likes horses. She is responsible for organizing a county 4-H horse club for them.

Deanna, her husband DeWayne, and their three children live in the country near Garnett.

When the Fuhrmans first moved to Anderson County, they were disappointed in the way horses were shown at the county fair. Rather than just complain, Deanna decided to take action. She contacted Anderson County agricultural agent Maurice Harrington and with his help and that of her husband, she started a county-wide 4-H horse club, the Boots and Spur. Thirty-five youngsters' names are now on her club rolls.

The Boots and Spur Club is getting its own club flag, thanks to an Anderson County woman who is making it for the 4-H'ers. They also have a 4-H flag and a United States flag. They are still hoping someone might donate a Kansas flag to them.

Deanna estimates she spends about three days a week working with her 4-H horse club members. In addition, she is also a 4-H knitting leader.

Anderson County extension home economist Nancy Schuester

credits Deanna with expanding the entire 4-H program in Anderson County. "Others see what she is doing and that it can be done. They



Deanna Fuhrman

realize if one project can be so successful, others can too. We've never really had anyone who was willing to put this much time into 4-H before," Nancy said.

Deanna is quick to add that she's had lots of cooperation from county extension personnel and 4-H parents. "They've really helped," she said.

As noted earlier, Deanna's interest in horses goes back a long way. However, when Deanna was at home, her father felt a horse was no place for a girl.

"My Dad believed girls were to stay indoors and do housework. I

did my riding when Dad was away from home," she said.

Deanna's brothers started showing horses when they were in high school. Deanna got to ride in the ladies pleasure class if her brothers did not need the horse during that time slot.

DeWayne Fuhrman is also a horse lover though, and the Fuhrmans bought their first child, Danae, (now 10) a horse when she was 6 months old.

"All my children could ride horses by the time they were 18 months old," Deanna brags proudly. The Fuhrmans other children are David, age 9, and Denise, age 5.

The two older Fuhrman children, of course, participate in other 4-H activities too.

"Horses aren't a project for us," Deanna says. "They're a way of life."

Deanna has lots of other interests and hobbies besides horses. When she was pregnant with David, she discovered she had a brain tumor. She spent the next four years in bed. She was forced to learn other hobbies to occupy her time. She now macramés, crochets, knits, does leather work, and sews western clothes for her family. Deanna still has the brain tumor, although it is inactive.

"I consider myself a lucky person," Deanna says. According to Nancy Schuester and Maurice Harrington, Anderson County is lucky to have Deanna.

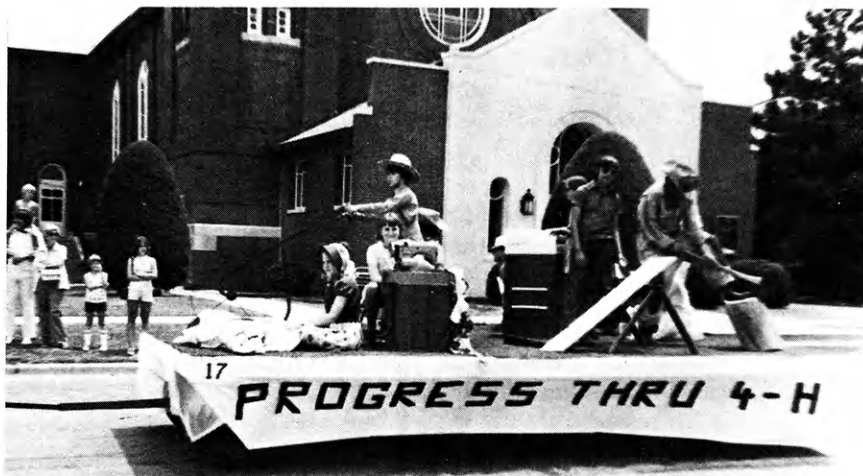
The 5 year 4-H fund drive

4-H members in Cherokee County had two fundraising events to meet the county goal for the 4-H five-year fund drive.

A pork barbecue dinner and a white elephant sale were the activities which provided \$1,500 for the drive. Before the sale, members of the county's 12 4-H clubs collected the items which people in the county were willing to contribute. Three volunteers auctioned objects as diverse as chickens, furniture, arts and crafts.

A pig was donated for the pork barbecue dinner.

Both events took place at the fairground in Columbus. Jimmy Biles is the 4-H agent there.



Happy Hustlers 4-H Club of Ford County received the first place trophy in the fraternal division of the parade held recently in conjunction with the Spearville Centennial Celebration. "Progress Thru 4-H" was the theme. Members on the float are showing the THEN and NOW of four 4-H projects—foods, sewing, woodworking, and field crops.

4-H girl has varied learning experiences

Debbie Wall, a member of Prairie Rose 4-H Club of Moran in Allen County, is shown below at the Kansas Farm Bureau Youth Safety Seminar this summer where she was a counselor. In the spring she attended the national Youthpower conference in Chicago. In July Debbie and Rick Stephens, another member of Prairie Rose 4-H Club, attended Farmland Industries camp at Liberty, Missouri.

Debbie recently helped carry out a survey of housing for the aged in her home town. Last summer she worked in the local nursing home. She serves her local church as a Sunday School teacher for the primary class, as organist, and as youth representative on the church board.



WANTED: 4-H'ers to write to Koreans

Are you ready for a new and exciting experience? Writing to a person in another country can be just that—and the sponsor of the International Students Friendship Society in Seoul, Korea, writes that he receives so many requests from Korean students for persons to write to in the United States that he is at a loss as to what he should do for them. So he is appealing to Kansas 4-H members for help.

To enjoy the experience of writing to a young person in Korea, write to Chung Joo Suh, International Students Friendship Society, P.O. Box 100, Central, Seoul,

Korea. Tell your age and a little about yourself, and Chung will find a student to correspond with you.

Readers meet author

By Mary Binder
and
Vivian Karlin
Project leaders

Winners and Busy Beavers 4-H reading project members of Ellis County not only read books this year, but, for one book at least, went right to the source, the author and illustrator. The book, "How the Hare Told the Truth about the Horse," was read by the members. Then in June they met the author, Barbara Walker of Lubbock, Texas, during her visit to Fort Hays Kansas State College. Accompanying her was the illustrator, Charles


Mikolaycak.

The project members were thrilled to meet the author, shake hands with her, and then hear the story told in her own words.

They purchased a copy of the book, had it autographed by the author and the illustrator, and then donated it to the Hays Public Library.

This proved to be a memorable and interesting learning experience for the 4-H'ers and their leaders alike.

CORRECTION: "It's Fun to be a Model" is not available through the address given in the August Journal. To get copies of these guides, one for boys and one for girls, write to: Simplicity Pattern Co., Inc., Educational Division, 200 Madison Avenue, New York, New York 10016.



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INSURED SAFE

The day two 4-H clubs won't soon forget

By Kathy Enix
Wichita

The Wichita Sunflower 4-H Club members all live in suburban Wichita. We were looking for something different. It needed to be fun, have action, and be a learning experience. We thought a trip to a farm might just fill the bill. It did and before the evening was over we knew it was the right choice. Sound interesting? Let me tell you about it because it might help in your program planning.

We contacted our 4-H agent, James Sharp, to help pick the right place. He suggested the Gene Woodard's farm. Woodards are community leaders for the Maize 4-H Club, and have a very diversified farm. They gladly accepted and suggested we use their junior leaders to assist in the program.

When Thursday arrived we were looking forward to the trip. We had no idea what was in store for us. When we got there, they had brought almost every animal project available in 4-H. It was like a trip to the zoo. Animals of all kinds and the Maize club junior leaders were our personal tour guides.

We looked at each animal and were told about how it is cared for, the desired characteristics, and what goes into preparing it for the county 4-H show. I must admit we had no idea that there was that much to do. We saw little animals like chickens and rabbits. We saw bigger animals like hogs and sheep and big animals like cows and horses. We saw how a farm looks and where the animals live. It was a wonderful 4-H meeting and a day two 4-H clubs won't soon forget.

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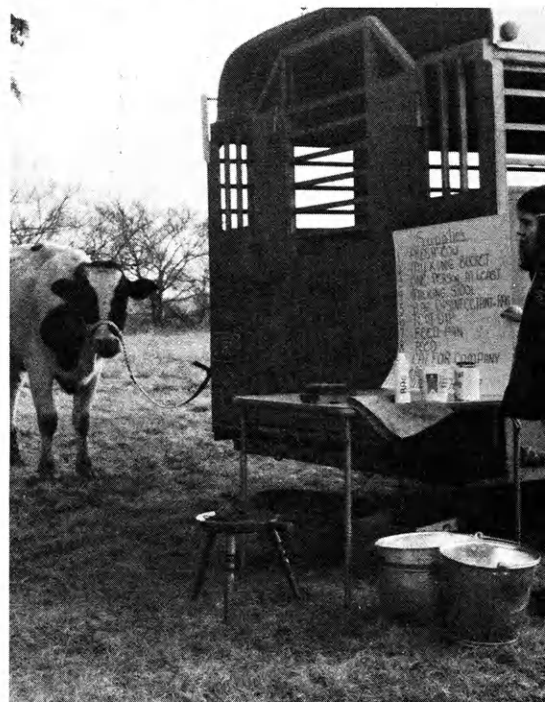
Dairy demonstration

By Diana Gulick
Eureka

Suzanne Holt bought her Holstein dairy cow as a baby calf nearly three years ago, and hand-raised her on a bottle until she was old enough to wean, about 6 months of age. Because most all 4-H dairy projects are hand-raised, they are much more docile than the range-raised beef projects, and because Suzanne was only 8 years old, an easy to handle project such as a dairy cow was her first choice.

Suzanne's cow, named Debbie after her first owner who is also a 4-H'er, had her first calf as a 2 year old in October, 1974. Another calf was purchased to help take the extra milk not needed by Suzanne's family. Suzanne did all the milking herself, and having developed a first-hand knowledge of milking she gave a demonstration on "How to Milk a Cow" at Greenwood County 4-H Day. She won a blue ribbon.

At the county fair, Suzanne was proud to exhibit Debbie, a most rewarding project.



Suzanne Holt, Eureka, gives an udderly fascinating demonstration on milking at Greenwood County 4-H Day. She is a member of Harmony Sunflowers 4-H Club.

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From the National Day of
Bread Committee
Chicago, Illinois

CHICAGO — The Day of Bread, observed Tuesday, October 7, as part of Harvest Festival Week, October 5-11, is a revival of the ancient custom of paying homage for the harvest. The modern version began in West Germany in 1954 and spread to other countries of Europe, South America, Asia, and Africa.

The universality of bread and the growing concern both at home and abroad over the issue of hunger and malnutrition gave rise, by 1969, to the Day of Bread in the United States to focus attention on this critical problem and to urge broad food industry and government action in the campaign to help solve the food problem.

There are many ways to participate in this year's observance. On a personal level, it is a time to take stock of our diets and increase our awareness of personal nutrition and how it affects health, beauty, and thought power. Groups, like the 4-H clubs, have the opportunity to stage bread-making demonstrations, or bread "give-aways" to the senior citizens and the poor.

Last year, the 4-H clubs of Wisconsin used the Day of Bread Committee's "New Language of Labeling" and the "Lesson Plan," to teach their members how to interpret the nutritional label information on bread wrappers, and to acquaint them with the significance of each vitamin and mineral needed for good health. This is becoming more important since recent statistics show that more and more teenagers are doing the family shopping and influencing buying decisions.

But the Day of Bread is more than a time to learn; it can also be a time to have fun. Bread baking contests with judges and prizes, outdoor

picnics, indoor slide shows . . . there are many ways to be involved. The National Day of Bread Committee offers posters, banners, bumper stickers, leaflets, educational material, slide shows - many things to make this a day to re-

member. State leaders are invited to share their ideas by contacting the National Day of Bread Committee, Suite 1010, 14 East Jackson Boulevard, Chicago, Illinois 60604, or call (312) 427-7744 and ask for John Yurkus.

The making of yeast-leavened breads

Editor's note: The author of this article bakes bread every week, both for her own use and to share with others. When she received a master's degree from Washington State College, the topic of her thesis was the "Overall Nutritional Value of Bread." Now retired, Anna Wilson was the extension nutrition specialist in Vermont for more than 20 years; previously she was an extension home economist in South Dakota, Kansas, and Washington.

By Anna Wilson
Manhattan

During the many years since 4-H foods clubs have been organized, a part of their project work which members have enjoyed is making yeast breads.

In the early years this was an essential learning task, for breadmaking day occurred two or three times a week in many families in those days.

Now, homemade bread is considered a luxury product — luxury because it takes several hours of work and watching to make it. Yet making bread in the home is still done because people enjoy and relish so greatly its delicious flavor.

Making Bread Is Not Hard

Although many people look upon breadmaking as hard to do, it is not difficult nor does it require great precision in care. Good bread can be made with a wide range of possible variables.

The chief specific requirement to be carefully observed when making bread is to avoid killing the yeast by too high temperatures. Yeast grows and develops best at temperatures slightly below that of the human body, that is, at temperatures of 85 to 87 F, whereas body temperature is normally 98.6 F.

Another important point to keep in mind is to have the bread with the right degree of salty flavor but not too salty. One teaspoon of salt for each cup of liquid used in making a batch of bread is about right to

please most people's taste. Of course, bread can be made without any salt as is done for people on low-sodium diets.

Ingredients affect the product

The kind of ingredients used in the bread affects the finished product, but the only specific requirement, except for yeast, is that part of the flour used in the bread be one that contains gluten, which gives the dough its stretchy quality. Flours made from wheat contain the stronger and larger amount of gluten, so these are the more desirable flours to use. This is the reason that at least some wheat flour is used in most yeast breads.

Of course, liquid is essential for wetting. The liquid may be water, milk, whey, or even fruit or vegetable juices, but the latter are infrequently used. When eggs are added they contribute some liquid to the mixture.

Potato water, that is water in which potatoes have been boiled, is a favorite liquid used in bread. It provides some quickly available yeast food, which assists the yeast in forming gas that causes the bread to rise. Another advantage of potato water is its contribution of some flavor to the bread.

Each cup of liquid used in a batch of bread makes approximately a pound loaf of bread.

Variables in Proportion of Ingredients

How much of each ingredient must be used? A nice feature of breadmaking is the freedom you have in varying the amounts, although some degree of relationship of proportion of ingredients needs to be kept in mind.

Each cup of whole milk contains about two tablespoons of fat. Bread can be made with only the amount of fat in whole milk if this is the liquid used in it. Using more fat means a more tender bread. If the

fat has a natural flavor as does butter, home-rendered or freezer-locker-rendered lard, or rendered chicken fat, additional flavor is contributed to the bread by the fat. Hydrogenated fats and cooking oils, other than olive oil, have no flavor. Fat in the bread also helps to carry the flavor of the other ingredients through the bread. The quantity of fat in the bread may range from two tablespoons to two or three times this amount for each cup of liquid used.

Sugar, syrup, or honey gives sweetness to the bread and also serves as a form of quick food for the yeast plant. Bread can be made without any sugar but any amount from one tablespoon to a fourth or half a cup, or even more, for each cup of liquid, can be used.

When making breads with water, non-fat dry milk is often included in the mixture because milk as a liquid adds so greatly to the over-all nutritive value of the bread and makes for a nicer color of crust. The proportion of dry milk can vary considerably. Three tablespoons per cup of liquid makes the liquid about equal to skim milk. Using more non-fat dry milk per cup of liquid makes for a more highly nutritious

bread. As much as one-fourth to one-third cup of dry milk for each cup of liquid can be used.

Mixing Variations

Fat, sugar, and salt may be dissolved by pouring part of the liquid, heated until quite hot, over it. Then add the remainder of the liquid in a cooler form. If the mixture is still too warm for the yeast, cool it down by adding some of the flour. This also serves to warm the flour. The mixture can be as thick as pancake batter before the yeast is added. Just be sure the mixture is not too warm for the yeast. Put your finger into the mixture to check on this before adding the yeast. A package containing one-fourth ounce of instant dry yeast is enough to make a batch of bread using 8 to 12 cups of liquid. Or a whole package of yeast may be used to make one or two loaves of bread. When the proportion of yeast to total liquid is small, the rising time of the bread is longer, and the yeasty flavor of the bread is less pronounced. After adding the yeast, beat the mixture well to get the yeast evenly distributed throughout the mixture.

When enough flour has been added so the mixture is slightly thicker than pancake batter, it may

be allowed to stand in a warm, but not too hot, place, until full of bubbles. This is called a sponge. This method of mixing is preferred when using flour from wheat grown under drought conditions as the flour in the sponge has a better chance to absorb moisture.

As mentioned earlier, wheat flour has a distinct advantage as the flour to use. Other grain flours that may be used are rye, oatmeal, or even cornmeal. The latter two must be used in combination with wheat flour. Bread can be made using only rye but the dough will be sticky. The greater the proportion of rye flour in the bread the more sticky the dough.

Vary kinds of flour

The kind of flour used does affect the flavor of the bread, for each flour has its own characteristic flavor. Using one or more kinds of flour, or using flours of one or more degrees of fineness of grind gives variety in flavor and texture to the bread.

When adding flour to mix the dough stiff, stir in as much flour as you can as this cuts down on the amount of kneading required. Development of the gluten, making for greater stretchiness of the dough with resulting better raising power and a nicer textured bread, is achieved by the stirring and kneading of the dough.

To knead, put flour on the board, place the ball of dough on the flour and fold from the underside toward the top with a motion that glides the underside of the dough in the flour. In this way, the underside picks up more flour as you knead it. Continue kneading until you have the degree of stiffness you desire. Very fine textured breads are made by having the bread kneaded until it takes up little if any more flour.

Double rising improves texture

Nicer breads are made if the dough rises once, is punched down, and rises a second time before it is made into loaves. For the first rising, place the ball of dough into a clean, dry bowl and cover it with two layers of moist cloth. This cloth keeps a moist atmosphere above the dough and keeps it from crusting over the top.

Kneaded breads and no-knead breads are two different products with very different qualities. No-

(Continued on page 11)

Day of Bread observed in Congress

Editor's note: In response to questions about the Day of Bread, Senator Robert Dole wrote this letter to readers of Kansas 4-H Journal.

United States Senate
Washington, D.C. 20510
August 8, 1975

Dear Kansas 4-H'ers:

This year on October 7, the Day of Bread will once again be celebrated as part of the Harvest Festival Week. This day of recognition is in the tradition of ancient ceremonies celebrating the completion of harvest. I understand that it will also be 4-H Week.

The Day of Bread has become a special event among congressmen and senators here in Washington. As we have in the past, Congressman Keith Sebelius and I will again present to each of our colleagues in the Congress a special loaf of bread along with a message relating the importance of bread to the economy and nutrition of the nation.

This annual event has won such wide public acceptance that many governors and mayors across the

nation issue a special proclamation for this day.

4-H is to be commended for its establishment of the bread awards program, which stresses the importance of grain products and the nutritional values of bread. I am always impressed with the programs being carried out by 4-H, for I am well aware of the important role that they have played and are continuing to play in developing the potential of many young people across the country.

Bread has been the symbol of all food for several thousand years as noted in the Lord's Prayer "Give us this day, our daily bread. . ." As productivity increases, we should salute the cooperative work of farmers, shippers, and processors throughout the country and around the world. Celebrating a Day of Bread calls attention to our dependence on food and the importance of the many people required to produce it.

Sincerely yours,
Bob Dole
United States Senate

IDEAS * & News

4-H members and members of an extension homemakers unit met together in **Cloud County** when the **Hill and Dale 4-H Club** presented their model meeting for the Nelson Center E.H.U. The club members served refreshments to the ladies, **Richard Lewis** reports.

For three years the **Effingham Community 4-H Club** in **Atchison County** has been announced as the top club in the county as rated on a score sheet. Safety is the club project and in July the members worked with the highway patrol on a bicycle safety check, **Linda Sternsdorff** reports.

The first report of new officers comes from **Donna Alderson**, Concordia. Guiding **Fairview Hilltoppers 4-H Club**, **Cloud County**, in the new 4-H year are: president **Gary Shrader**; vice-president, **Jeff Huber**; reporter, **Donna Alderson**; secretary, **Mark Jones**; and treasurer, **Marsha Jones**.

Members of the **Willing Workers 4-H Club**, **Osage County**, brought spades and muscle power to the Jones Park area, Osage City, this past spring to plant a large group of trees as a community service project. The trees got off to a good start and the 4-H members think they will provide a beautiful spot for the passerby in future years.

In conjunction with the Old Settlers Reunion of **Ness County**, the 4-H'ers of the **Prairie Schooner 4-H Club** decided to entertain all former members and leaders of the club. The present members entertained their guests with a short program and completed the event with a barbecue supper. **Denise Hoss** is the club reporter.

The **Solomon Valley Hustlers 4-H Club** of **Edmond, Norton County** gained first-hand safety experience at the completion of the club tour.

"As we met in the city park for refreshments," reporter **Patrick Brown** writes, "a home several blocks away burst into flames. Adult leaders went to help, because we are located 15 miles from the nearest fire station. As our safety project has taught us, all members stayed in the park a safe distance from the fire. Junior leaders helped to care for and entertain younger members.

"The club furnished iced tea which was taken to the scene. Afterwards we shared our sandwiches, tea and homemade ice cream with firemen from the Logan and Norton fire departments."

THE CONSTANT CHALLENGE TO YOUNG FARMERS



The world is hungry
for the food we can produce.

Farm Bureau can help you
get the supplies to produce that food,
market it once it's grown,
and fight the many legislative battles
to protect and help your farming business
when you become a farmer.

Farm Bureau . . .
. . . the organization for professional
farmers and ranchers

Bread —

(Continued from page 9)

knead breads depend upon the addition of eggs to bind the ingredients together, rather than the binding being done by the kneading. No-knead breads have a coarse texture with thick cell walls.

When the kneaded bread dough is double in bulk, it may be formed into loaves immediately, but a nicer textured bread is achieved if the dough is punched down and allowed to rise a second time. When this is done, the cell walls are thinner and the bread texture more pleasing.

Forming and Baking the Bread

Form the dough into rolls or loaves of whatever size you desire. Place in an oiled loaf pan that helps form the shape of the loaf, or on a cooky sheet that permits the rolls or loaves to form their own shapes. To prevent crusting over the top, oil the rolls or loaves over the top.

When the rolls or loaves have raised to about double in size, they are ready to bake. The oven temperature may range from 350 F to 425 F depending on your preference for color and thickness of crust. Higher temperatures produce thicker, darker crusts. The length of time baked may range from one-half hour to almost an hour. Breads baked for the shorter periods of time tend to have moist textures.

When the bread is taken from the

oven, remove it from the pan immediately and allow it to air-cool on a rack. Place completely cool bread in a plastic bag and store it in a covered container, or in the freezer, and thaw it as needed. Frozen bread, when first thawed, compares with freshly baked bread in texture and flavor.

Conclusion and Comments

There are many variables possible when making yeast-leavened products. Varying the variables is what makes possible the wide variety of breads on the market and also the many bread recipes.

The points that really make a difference in breads are relatively few in number. They are: the temperature maintained favorable for growth of yeast plants, the kinds of ingredients used, the proportion of ingredients used, the extent of mixing, the temperature of baking, the length of time baked, and the care of the finished product.

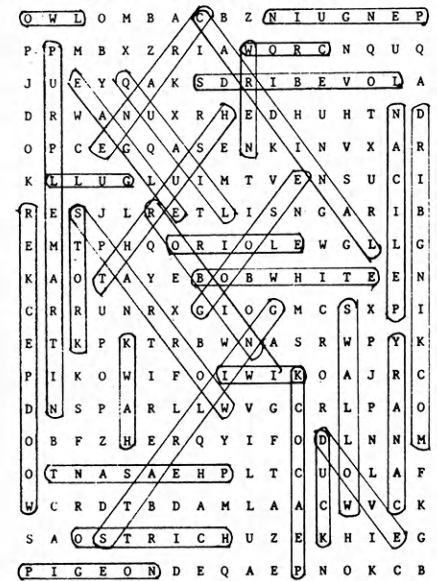
If you prefer to make bread following a recipe because it decides for you which of the possible variables you will follow, knowing the points that really count will help you recognize which of the directions given in the recipe you should carefully observe.

With practice, you may wish to make up your own recipe, varying what you use in terms of the ingredients you have on hand. Keeping the points that really count in mind

as you do this will enable you to have variety in your bread and will give you a feeling of having mastered the art of breadmaking.

In fact, making bread is somewhat like living a life. There are many ways in which it may be done, but actually there are only a rather few general principles in having a good life that really count. Knowing and observing these principles is what makes the difference.

Birds puzzle is on page 15.



Unscrambled 4-H projects—see page 15.

1. beef
2. bees
3. bicycle
4. clothing
5. crochet
6. dairy
7. dog care
8. ecology
9. entomology
10. crops
11. cooking
12. electric
13. forestry
14. geology
15. grooming
16. home improvement
17. horse
18. knitting
19. leadership
20. photography
21. poultry
22. reading
23. sheep
24. small engines
25. rabbits
26. tractor
27. swine
28. woodworking

EMPLOYMENT OPPORTUNITIES

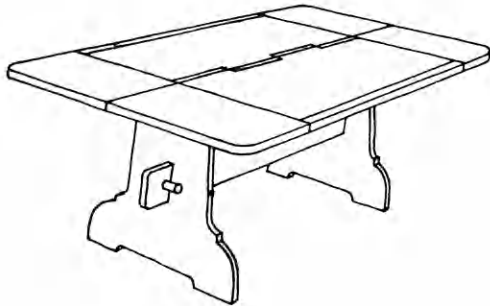
Lake Perry 4-H Center, Oskaloosa — Opportunity for healthy, personable couple or family to live at the Center and assume responsibility for equipment and facilities, with some responsibility for supervising construction. Would be ideal for talented, almost retirement-age couple with an interest in young people and an appreciation for the outdoors. Salary and benefits.

Rock Springs 4-H Ranch — Opportunity exists for individual with a willingness to cook and reside at Rock Springs 4-H Ranch near Junction City. Must enjoy people and be willing to work a flexible schedule. Large quantity cooking experience not essential. Room and board plus salary.

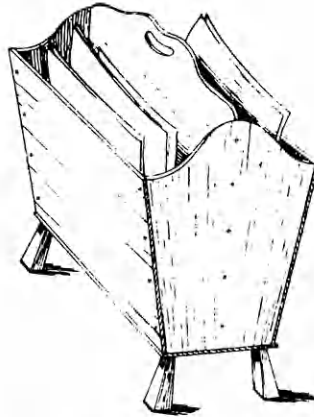
Rock Springs 4-H Ranch — Opportunity for young man or woman to work at Rock Springs Ranch through the winter months doing multiple tasks, including cleaning, washing dishes, and related work. Room and board plus salary.

If interested in any of the above positions, contact Bill Riley, Kansas 4-H Foundation, 116 Umberger Hall, KSU, Manhattan, Kansas 66506. Please provide a brief resume, including references.

Free 4-H Woodworking Plans from YOUR LUMBER DEALER



TRESTLE TABLE



COLONIAL MAGAZINE STAND

Plans for All These Projects Are Available at The Lumber Dealers Listed on This Page. Ask for Them.

OTHER PLANS AVAILABLE

Sheep Blocking Box	Picnic Table
Dairy Barn Desk	Extension Dining Table
Wren House	Martin House
Nativity Creche	Work Bench
String Art	Gun Cabinet
Extension Cord Reel	Shoe Shine Stand
Wheeled Lawn Table	Wall Desk
Wheelbarrow	Built-In Magazine & Book Rack
Portable Sandbox	Rocking Horse
Outdoor Serving Wagon	Moveable Toy Storage
Hot Pad Holder	Mod Squad Lawn Chair
Mitten or Hose Dryer	Chess Table
Picnic Chest	Record Cabinet
Sectional Patio Tables	Bookcase
Sewing Cabinet	Portable Planter Screen
Bathroom Vanity	Ply-Tent
Entry Closet	Wind Vane
Garden Entrance Trellis	Bird Feeder
Bluebird Box	Christmas Card Display
Foldaway Table	Table Soccer
Outdoor Storage Unit	Walnut Shelf
	Clock
	Table Podium
	Feed Bunk
	Vertical Step Fence
	Pedestal Picnic Table & Benches
	Salt Box
	Saddle Rack

Ashland
Don Spotts Lumber Company

Atchison
J. B. Russell, Inc.

Axtell
Meyer Lumber & Hardware Company

Beloit
Peoples Lumber & Coal C.

Blue Rapids
Blue Rapids Lumber Company

Clay Center
Fullingtons

Downs
Downs Lumber Company

Ellinwood
Home Lumber & Supply Co.

Ellsworth
Ellsworth Lumber

Erie
Johnson & Son Lumber Co.

Eureka
A. C. Houston Lumber Company

Fredonia
Schoolcraft Lumber Co.

Garden City
Cash & Carry Lumber Co., Inc.

Great Bend
Everitt Lumber Co., Inc.

Greensburg
Hildinger's Lumber, Hardware & Ready Mix

Hanover
Hanover Lumber Co.

Harper
Town & Country Lumber Co.

Hiawatha
Motsinger Lumber Co.

Hillsboro
Hillsboro Lumber Co.
The Lumberyard Inc.

Holton
Holton Lumber Company

Hugoton
The Star Lumber Company

Iola
Klein Lumber Company

Johnson
Seyb-Tucker Lumber and Implement Company

Junction City
Builders Lumber Inc.

Kechi
Buck Alley Lumber

Kinsley
The Kinsley Cooperative Exchange

LaHarpe
Diebolt Lumber and Supply

Lakin
Tate and Company

Lansing
Lansing Lumber, Inc.

Larned
T. M. Deal Lumber Co.

Liberal
The Star Lumber Company

Manhattan
Ramey Brothers

Mankato
Mankato Lumber Company

Marysville
Howell Lumber Company

Minneapolis
Dingee Lumber Co.

Moundridge
Clayton Vogt Lumber Co., Inc.

Newton
National Building Centers
Home Care Center

Nickerson
The Home Lumber & Supply Co.

Norton
Norton Lumber Company

Oberlin
Nichols Building Supply, Inc.

Offerle
Offerle Co-Op Grain & Supply Co.

Olathe
Cowley Lumber & Hardware Co.

Osage City
Martin Material Co., Inc.

Osborne
Lewis A. Hardman Lumber Co.
Osborne Lumber Company

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Paole
Miami County Lumber Co., Inc.

Parsons
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Broadway Lumber Co., Inc.

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W. R. Green Lumber Co., Inc.

Redfield
Redfield Lumber Company

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Houston Lumber Company

St. Francis
St. Francis Equity Exchange

Salina
Easterday-Boster Lumber Co.

Seneca
Meyer Lumber & Hardware Co., Inc.

Stafford
T. M. Deal Lumber Co.

Syracuse
Hess Lumber Co.

Tribune
Foster Lumber Company, Inc.

Wichita
Alexander Lumber Co., Inc.
Star Lumber & Supply Co.

Wilson
Hoch Lumber Company

Winfield
A. B. Everly Lumber Co.
Everitt Lumber Co., Inc.

Wright
Right Coop. Assn.

Associate editor retires from Journal



staff of the Kansas 4-H Journal with this issue.

In 1960 when Dale Apel was editor of the Journal, he needed help with the Education and Careers issue, and a mutual friend recommended Marie Rupp; she was willing to help during the busy time. "She was so useful," Mr. Apel remembers, "that we convinced her to stay on permanently on a part-time basis."

In 1968, Mrs. Rupp became associate editor. In this position, she has had responsibility for the business side of the Journal. She has

also served as art editor, designing the covers and many of the advertisements.

"Marie has dedicated a tremendous amount of enthusiasm to the 4-H Journal and her energy will certainly be missed," Bill Riley, managing editor of the Journal, commented. "Throughout these many years, she has maintained a high regard for the opportunities in 4-H and has worked hard to make the Journal a valuable part of the 4-H Foundation support service."

During Mrs. Rupp's retirement, she plans to find more time for golf, bridge, travel, and her two granddaughters.

The Rupps make their home in Manhattan. Marie's husband, Clarence, was director of Legislative Research for Kansas Farm Bureau for 26 years. Their two daughters are Mary Jo, Mrs. Richard Meyers, Las Vegas, Nevada, and Jan, Mrs. Bob Ballard, Parkville, Missouri.



Editor and publisher

is the new treasurer

of the 4-H Foundation

John David Montgomery, an editor and publisher who is involved in the financial, educational, and political life of Kansas, is the new treasurer of the Kansas 4-H Foundation.

Mr. Montgomery is the president and editor of the Junction City Daily Union; the publisher and principal partner of the only English language daily newspaper in Brazil, the Brazil Herald; and the owner of the Lindsborg News Record, Chapman Advertiser, and Fort Riley Post. Previously he has published or managed newspapers in Florida at Coral Gables and at Miami Beach, and at Havana, Cuba.

The president of the Fort Riley National Bank, Mr. Montgomery is also a director of the First National Bank, Junction City; of Capitol Federal Savings and Loan Association, Topeka; and of the Security Benefit Life Insurance Company.

In 1974 Mr. Montgomery was appointed to the Kansas Board of Regents, and in 1973 he was appointed to the Kansas Bicentennial Commission. He was director of the Kansas Highway Commission from 1967 until 1973.

While serving as a civilian aide to the Secretary of the Army from 1964 to 1971, Mr. Montgomery received the President's Medal from the Association of the United States Army for Outstanding Service to the United States Army. From 1960 to 1962 he was chairman of the Kansas State Democratic Committee.

Mr. Montgomery and his wife, Mary Elizabeth, live in Junction City. Their son, John Grey Montgomery, is the publisher of the Junction City Daily Union.

For National 4-H Week

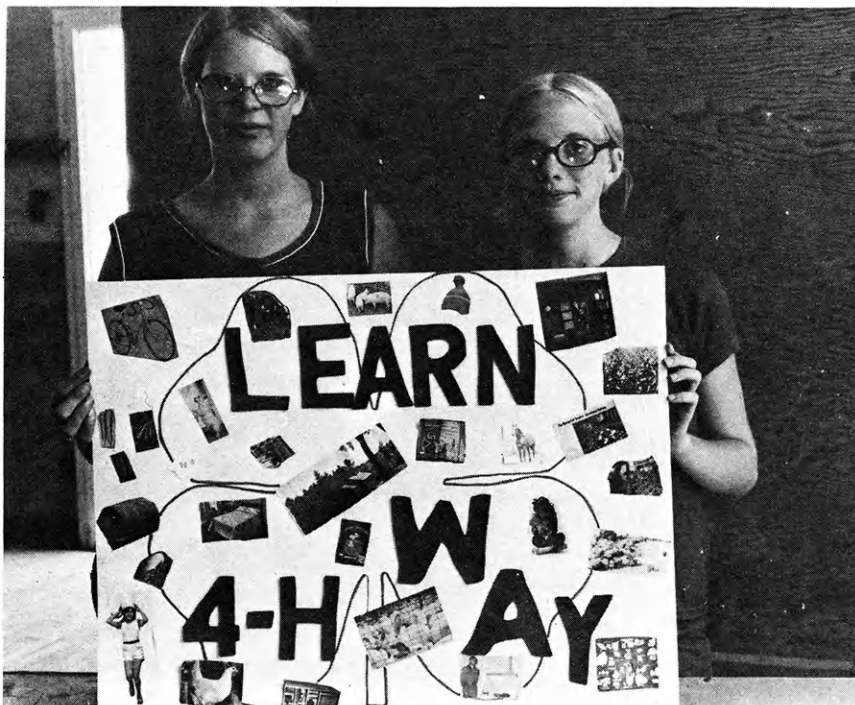
By James Grider
Hoxie

Members of the Angelus 4-H Club, Sheridan County, collected photos of their 50 projects, using most of the pictures on the poster shown below to promote their 4-H program during National 4-H Week. The poster was placed in

business houses in Grinnell.

Stacie Dickman was chairman of the National 4-H Week promotion activities for the club. All members assisted with gathering the photos for the poster.

Shown holding the poster are Sue Dickman, president, left, and Stacie Dickman, reporter, right.



Lyon County challenges you!

By Rhonda Wessel
Emporia

Lyon County Drill Team challenges you to form a drill team to go to the 1976 state fair.

The Lyon County Drill Team practices twice a week, every week. Members are Rhonda Wessel, age

13, of Chamness 4-H Club; Diana Miller, age 14, of Sunnyside 4-H Club; and Nancy Burenheide, age 12, of Chamness 4-H Club. Leaders are Marjorie Miller and Charlotte Wessel.

We have performed at the district horse show at Lyndon, at the Council Grove Sesquicentennial celebration, and at two out of the three Lyon County rodeos.

The patterns we perform are the state regulation pattern and another we made up ourselves.

We picked aqua blue for our color. We bought aqua blue felt hats and neck ties and hair ribbons. I showed Diana and Nancy how to fringe a saddle blanket and we fringed them all alike. Then we made aqua colored pants to match and made a flag of the same material as our pants. The flag has "Lyon Co. Drill Team" in white letters.

So, come on and form a drill team to go to the state fair. Remember, LYON COUNTY DRILL TEAM CHALLENGES YOU!!

Note to reporters:

If you've just been elected reporter of your 4-H club, congratulations! As reporter, you have a chance for an especially interesting year.

This year you have some special help available to help you to carry out your duties. Marjorie Ann Tennant, writer and editor for the Kansas Cooperative Extension Service, has prepared a booklet, "Write the 4-H Story: A Guide For Reporters," which lists the reporter's duties, explains how to write a news story, and shows the difference between a news story and a feature or human interest story. Miss Tennant, the author of hundreds of articles about Kansas 4-H members, tells where to send your articles and lists technical suggestions which will make your work more acceptable to an editor.

If you do not yet have this guide, ask for it at your county extension office.

Happy writing!



Dismounting with good form are members of the Lyon County Drill Team. From left, they are Nancy Burenheide, Rhonda Wessel, and Diana Miller.

Family Fun Page

Q. What did one ghost ask another?

A. Do you believe in people?
Jackie Sheeley, Nortonville

Have you read:

Monsters, Monsters by Frank N. Stein?

Cheryl Heffner, Lawrence

Joe: The train has gone by.

Moe: How can you tell?

Joe: It left its tracks.

Movies were once disasters
When they had no box office
clout—

But these days the disasters

Are what movies are all about.

Arnold J. Zarett in
the Wall Street Journal

Unscramble these 4-H projects.

1. efeb
2. esbe
3. ycicelb
4. thclogni
5. cthorce
6. rdyia
7. gdo eacr
8. ocoyegl
9. mentooolyg
10. psrco
11. gookcin
12. terelcic
13. strefoyr
14. ggoeeyl
15. mniogogr
16. meoh trompneeivio
17. rseho
18. nititngk
19. seaedilprh
20. pppyohotrah
21. rylotup
22. gerdani
23. hepes
24. lmlas gnesein
25. srtaibb
26. tcrtora
27. wesni
28. kooowgnidrw

Answers on page 11.

Kristi Koch, Emporia

Each person sending jokes used on the Fun page will receive a little spiral notebook and memo pad, unless he has previously received a prize. When jokes are duplicates, the one postmarked earlier wins the prize.

Have you tried a Hearst hamburger?

What's that?

You open the bun and there's no patty.

Where are the birds?

There are 31 different birds waiting in the forest. So let's go hunting! The birds' names are: ROBIN, ORIOLE, BOBWHITE, PURPLE MARTIN, STARLING, SPARROW, DOVE, OWL, LOVEBIRDS, CARDINAL, PHEASANT, HAWK, CANARY, DUCK, STORK, PEACOCK, THRUSH, GULL, PELICAN, KIWI, PENGUIN, OSTRICH, WOODPECKER, CROW, CRANE, EAGLE, QUAIL, PIGEON, SWALLOW, WREN, MOCKINGBIRD.

O W L O M B A C B Z N I U G N E P
P P M B X Z R I A W O R C N Q U Q
J U E Y Q A K S D R I B E V O L A
D R W A N U X R H E D H U H T N D
O P C E G Q A S E N K I N V X A R
K L L U G L U I M T V E N S U C I
R E S J L R E T L I S N G A R I B
E M T P H Q O R I O L E W G L L G
K A O T A Y E B O B W H I T E E N
C R R U N R X G I O G M C S X P I
E T K P K T R B W N A S R W P Y K
P I K O W I F O I W I K O A J R C
D N S P A R L L W V G C R L P A O
O B F Z H E R Q Y I F O D L N N M
O T N A S A E H P L T C U O L A F
W C R D T B D A M L A A C W V C K
S A O S T R I C H U Z E K H I E G
P I G E O N D E Q A E P N O K C B

The solution is on page 11.

Doris Gress, Seneca

Teacher: Who can give me a sentence with the word "gruesome" in it?

Smart Sam: I can. "The man stopped shaving and grew some whiskers."

Tony: (eagerly, after running 100 yards) How did I do, coach? Did you take my time?

Coach: (disgusted) I didn't have to. You took it yourself.

Arlene Hulsing, Berryton

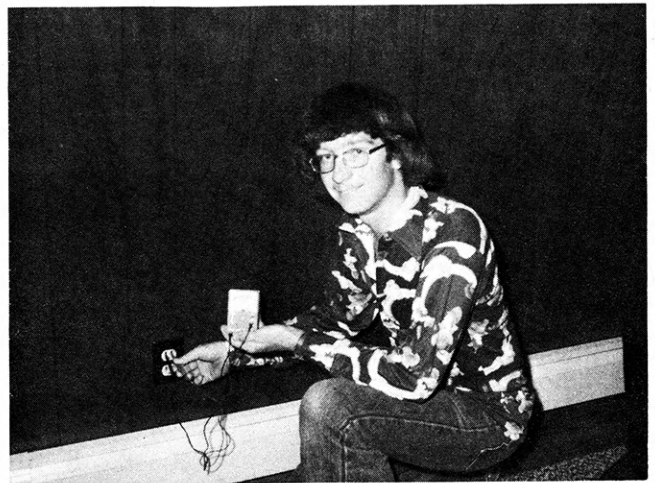
First year electric enrollee wins purple ribbon at fair

In his first year in the electric project, David Nelson of Riley County built a volt ohmmeter from a kit. When he was interviewed by the judge at the county fair, he had to tell the name of each part and its relationship to each other part. "I felt that being interviewed helped me to win a purple ribbon at the Riley County Fair," David writes.

"I can use the volt ohmmeter to check household currents, appliances, resistance of resistors, and so on. My real interest is building electronic kits and repairing radios."

A member of Pillsbury 4-H Club for six years, David was geology leader for his club this past year and is vice-president of the club this year. At the Riley County Fair, he won reserve grand champion in wood-working and blue ribbons in gardening and market poultry.

Fourteen year old David is a sophomore in high school. His parents are Mr. and Mrs. Melvin Nelson, Manhattan.



David and his ohmmeter

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

