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Kansas 4-H Journal

Illustration by Caren Rhodes

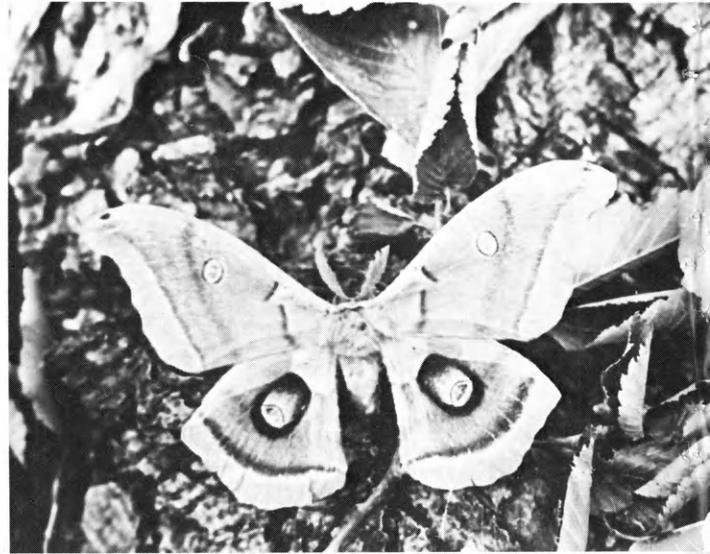
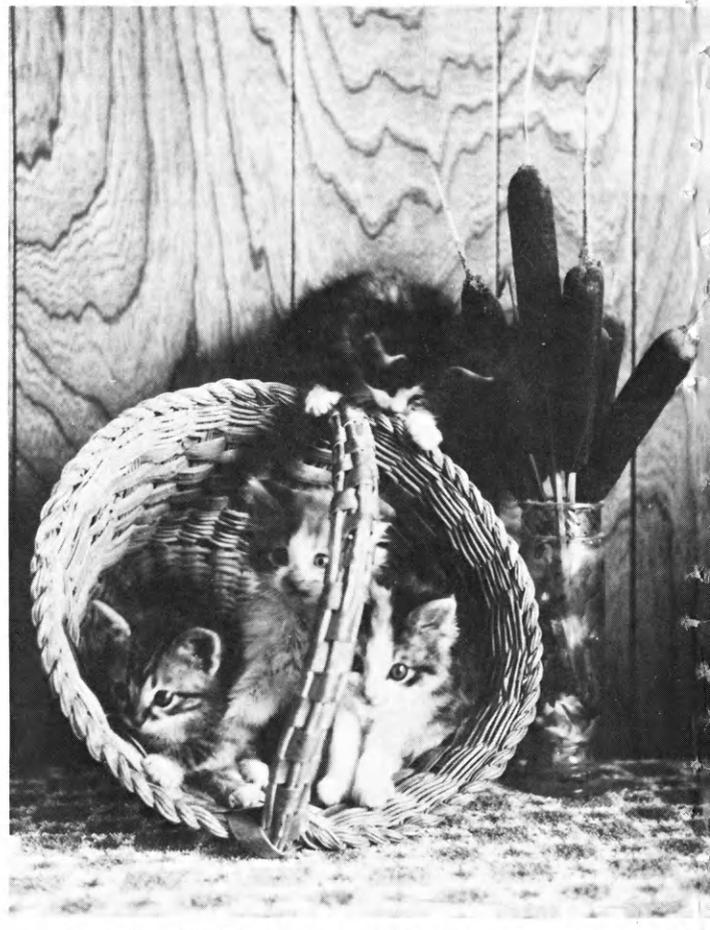
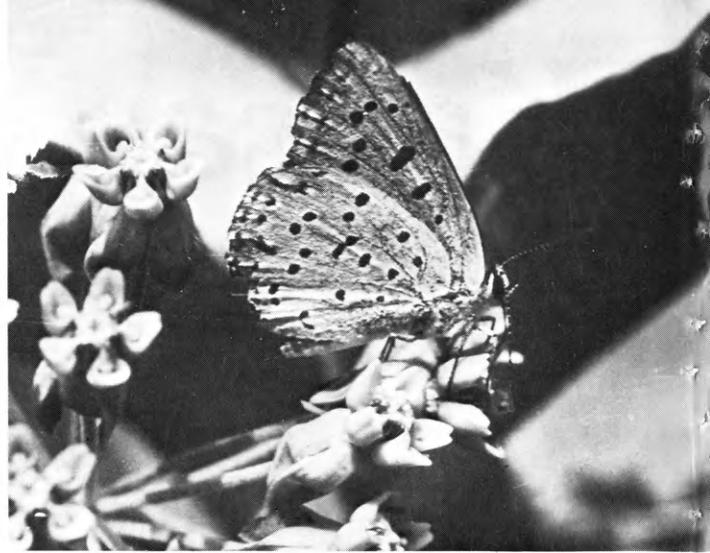
December 1977

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The four pictures on this page by Kansas 4-H'ers were shown in the photography exhibit at National 4-H Congress in Chicago.

The thoughtful flower vendor above was photographed by Ann Seymour, Lawrence, at an outdoor market in Helsinki, Finland. Many times Ann has captured character on film, in what she calls her "people pictures."

The picture top right, the work of Rhonda Brown, Newton, was snapped when she was on a field trip with her father taking pictures of wild flowers and insects because the temperature and light were good for the subjects.

"What Did I Tell You?" is the name 12 year old Laurie Elizabeth Harkness, Spring Hill, gave her picture of four kittens. This was her first year in 4-H.

Ned Dean Garinger, Buhler, took the picture of the polyphemus moth on the tree trunk. He took the moth, one of his largest, from his collection and placed it near the base of a tree. Ned thinks his experience in photography will be an asset to his career; he's interested in either engineering or architecture.

Journal

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Use of the 4-H name and symbol approved by the secretary of Agriculture of the United States, January 23, 1951, under the provisions of the laws as reenacted by Sec. 707 of the Act of June 25, 1948 Public Law No. 772 80th Congress (10 USC 797).

A heartwarming experience

By Glenn Busset
 Assistant Director, 4-H and Youth

*"A thing of beauty is a joy forever,
 Its loveliness increases; it will never
 Pass into nothingness."*

These perceptive lines from Keats came almost spontaneously to mind as I was reading the letters from Kansas families who served as hosts to 195 Japanese visitors this summer. Because this was our first experience in welcoming so many boys and girls from another country, we really did not know what to expect. Despite the language barrier, despite the astonishingly young age of the participants, there appeared to be a relationship established best described in Keats' memorable lines. The simplest way to describe what happened between the Kansas hosts and the Japanese young people is to say it was a heart-warming experience.

The warm relationship that became established in more than 200 Kansas homes during the summer of 1977 should have been anticipated. It wasn't a freak occurrence, but was as commonplace and unexplainable as life itself. To understand, we need to reflect a bit on what we Americans are like as people. Even though we have been involved in exchange programs of various types for a long time, and have always paid lip service to cultural diversity, we have in practice often rejected the richness that other cultures offer. For many people, cultural exchange is what someone else does or should do. It may be that for the first time we have begun to listen to our own rhetoric, and to experience the warmth of knowing someone of another culture as a family member.

But, some people scolded when we began working with LABO, the Japanese acronym for a language laboratory featuring exchange with non-Japanese speaking peoples, why don't you put your limited resources into something 4-H members really need? Why spend our time and energy on foreigners?

We encouraged and developed the program because the essence of 4-H is to be concerned with human development. Skill training is simply a means to a far more important end, the development of the individual. In these rapidly changing times, the greatest gift that parents can give their children is to insure that they become flexible and varied individuals, able to live with a certain amount of grace when faced with the unfamiliar.

Probably the most important learning that took place last summer was the learning of skills that enhance the quality of life. It's easy to speak smoothly of the learning of adaptability and variability, but when children are faced with what it means to communicate without the convenience of a common language, they gain real understanding of how to handle the unfamiliar. Living skills, the learning that takes place when people must make a determined effort to understand and to adapt, seems to be learned best in the informality of the home. The letters brimmed with examples of Kansas and Japanese young people making mutual efforts to do things together, even when neither could be sure what the other wanted.

Listen to this sentence: "This first experience with LABO was fantastic for me, and I have honestly tried to view it objectively. I have tried to look for mistakes, the problem areas, but they pale in the background as the good things, all the plans that went the way they were supposed to, come to the front."

In several cases, parents cited examples of their children showing more care and concern for their own family members than they had ever shown before. They then acknowledged this was the way they should act all the time, not just when there was another person around.

(Continued on page 4)

Tour teaches about export trade

Editor's note: This year's state winner in the 4-H wheat project is a Republic County 4-H member, Lori Shoemaker, who as a wheat quality winner in 1976, participated in the wheat marketing tour seminar. For Journal readers, she tells about the trip.

The five 4-H members who participated in the tour and seminar this November were Tony Sorell, Glasco, Herb Cressler, Hoxie, and Frank Shoemaker, Narka, state award winners in wheat quality; Mark Johnson, Parsons, second place winner in commodity marketing; and Carl Tanner, South Haven, exhibitor of the champion wheat variety booth at Kansas State Fair.

Kansas Wheat Commission is donor of the trips.

By Lori Shoemaker
Narka

All aboard for the Kansas Wheat Commission Marketing Tour to the K-State teaching facilities, Kansas City Board of Trade, and the Houston-Galveston export terminals! This trip was the award given to me as one of the 4-H winners in the wheat quality project for 1976.

The group of five 4-H'ers who were state winners in wheat quality and commodity marketing plus 25 to 30 wheat farmers and wives first gathered at the Wichita airport where we boarded a bus for Manhattan.

The first day was spent observing the milling facilities used for instructing and teaching those students enrolled in the milling and baking courses and also visiting the U.S.D.A. research laboratory. Dr. Leonard Schruben, a noted economist, gave a lot of market information and conditions involving the world markets affecting our sale of wheat to foreign countries. One

of the points he stressed was the fact that two bushels of every three we produce need to be moved to foreign markets to avoid the build-up of surplus.

The second day was spent touring the Kansas City Board of Trade and traveling on to Houston.

In Houston, we visited the Cargill export elevator and observed one of the foreign vessels being loaded with yellow corn. We also saw the incoming grain being dumped from semi-trucks and we toured the elevators where we observed the machinery and controls necessary for movement of this grain onto export ships. The group also had a sight seeing trip through the Astro-Dome, the Battleship Texas, and scenic homes of Houston. A tour of the harbor facilities was made the next morning aboard the patrol boat, M.V. Sam Houston. This provided an excellent view not only of wheat being loaded, but also all types of freight and other grain.

The facilities of Union Equity Terminal were toured and discussion involving grain inspection was given by officials before leaving Houston.

In Galveston, the newly built Cook export elevator was toured and here the very latest in electronic controls and machinery was explained to the group. This included the use of T.V. monitors, at various

control points in the elevators, to manage the very large facility. This elevator has capacity for loading 90,000 bushels per hour.

Before leaving Galveston, the group had a free afternoon to observe many points of interest.

This trip was an experience that I certainly enjoyed. It was educational and helped me get a better understanding of the marketing process of moving wheat to foreign countries.

Heartwarming

(Continued from page 3)

But, scolded the detractors, how can you say that the program was successful? What was your cost/benefit ratio? The best answer is that this program was not designed to teach people how to make money. It was meant to open up a new world in a way that people could experience personally and directly. The program was designed to be and was self-supporting. We are now evaluating whether to renew the welcome to another large group of young Japanese in the summer of 1978, or to prepare the way for a contingent of young Kansans to make a reciprocal trip to Japan.

In the meantime, it's pleasant to recall this summer's heartwarming experience. Memories such as these are what sustain life.

We Are Proud . . .

. . . of the achievement of Kansas 4-H Club members in improvement of wheat quality, raising crops, records of prizes at district and Kansas State Fair wheat shows, and judging crops. On behalf of Kansas wheat producers, we are pleased to have a part in recognizing these accomplishments, as well as excellence of records and studies on wheat. Kansas grows the best wheat in the world, and 4-H helps "to make the best better."

WE CONGRATULATE the three state award winners in the 4-H wheat quality program, a top 4-H'er in commodity marketing, and a wheat variety contest winner who were our guests on an educational trip to inspect Gulf Port export facilities.

Kansas Wheat Commission

1021 North Main

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Serving Kansas
Since 1890
Country Elevators
and Terminals

Kansas has eight national winners

National 4-H Congress in Chicago was an extra-special event for 11 young Kansans who were named national and sectional winners in 4-H project work.

National winners are Lyle Shipley, Esbon; Keven Hiebert, Newton; Susan Zimmerman, Alta Vista; Donald Honig, Onaga; Dave Kacirek, McDonald; Marian Christy, Scott City; and Dawn Smith, Garden City. Marian and Susan are sectional winners, as well. These 4-H members and another special winner received a total of \$7,800 in scholarships.

Another national winner from Kansas is Dr. Evelyn Senecal, alumni.

Winner of a special scholarship for study of animal science is Lynn Hagenbuch, Lawrence, a member of Reno Bobwhite 4-H Club in Leavenworth County. She received one of two \$1,000 college scholarships given by Allied Mills, Inc., Chicago, Illinois. A student enrolled in animal science at Kansas State University, she is the daughter of Mr. and Mrs. Frank Hagenbuch.

Winning trips to National 4-H Congress as sectional winners are Jean Marie Phillips, Valley Falls; Mike Hunnel, Leavenworth; Joyce Wright, Home, and Robert Hughes, Soldier, in addition to Marian and Susan.

Lyle Shipley, son of Mr. and Mrs. Melvin Shipley, is a national winner in the swine project. During 11 years in 4-H work, the Jewell County 4-H member built up, from the one gilt his father gave him as a beginning 4-H'er, a herd of 16 purebred Hampshire sows, a source of breeding stock for other purebred breeders and for commercial herds.

Other projects have been beef, grain sorghum with milo grown for hog feed, ecology, dog care and junior leadership. In his club, the Whitemound Builders, Lyle helped younger members with talks for 4-H Day and with preparation for model meetings. Twice in Jewell County and once in Smith County he conducted a training school at the fairgrounds to teach younger 4-H members how to fit and show pigs; this was done in early June so the youngsters would have plenty of



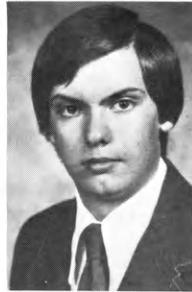
Lyle Shipley
Jewell County
Swine



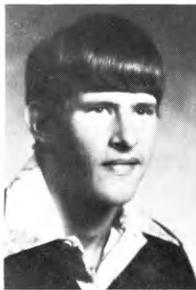
Marian Christy
Scott County
Veterinary Science



Dawn Smith
Finney County
Food Preservation



Donald Honig
Pottawatomie County
Electric Energy



Keven Hiebert
Marion County
Conservation



Susan Zimmerman
Morris County
Home Environment



Dave Kacirek
Rawlins County
Agriculture

time to put into practice what they learned.

"Lots of things have happened to me during my years in 4-H," Lyle said, "but to be a state winner and to win a Chicago trip is the high point for me!"

Lyle is a freshman at Kansas State University in animal science.

Lyle's trip to Congress is provided by the Kansas Pork Producers Council, and he received a \$1,000 scholarship from the National 4-H Council.

"An outdoor man" describes Keven Hiebert, Marion County,

a national winner in conservation of natural resources, with wildlife conservation his area of emphasis. He has maintained 18 acres along a creek on the home farm as a refuge for game birds, song birds, and wildlife natural to the area.

Keven enjoys fishing, hunting, and trapping. After attending fur harvesting camps, he has found fur harvesting to be profitable; he has earned close to \$1,000 from sale of furs. He hopes to assist with trapping workshops this winter.

For four summers he has participated in events at Lake Perry. This past summer he went on the Youth Exploration trip to Utah.

Keven's parents are Mr. and Mrs. Don Hiebert, Newton. He hopes to return to farm with them after completing an agricultural course at Garden City Junior College.

Taxidermy is one of Keven's hobbies. He is a member of Goessel Goal-Getters, a 4-H club which has been active in the conservation project.

His trip to Congress and a \$1,000 scholarship come from John Deere, Moline, Illinois.

A young man from northwestern Kansas who grew 150 acres of wheat this year is a national winner in 4-H agriculture. He is Dave Kacirek, Rawlins County, who rented 320 acres and fallowed about half of it, a necessary practice in an area of limited rainfall. As another 4-H project this year, Dave had a pen of deferred steers which did well and were sold after the fair. Other projects have been acres for wildlife and ecology.

Dave was the 4-H representative on the PRIDE committee at McDonald; the 4-H club helped to repair the Legion Hall. Beardsley Beavers 4-H Club received a citizenship in action grant.

David has shown both physical and mill and bake samples at district wheat shows. He may spend as much as 60 hours to prepare a gallon of wheat to exhibit.

A student in agriculture at Fort Hays State University, Dave is interested in soil conservation, and may someday return to the farm. His parents are Mr. and Mrs. Laddie Kacirek.

At Hays Dave belongs to the soil conservation club, plays guitar, and

(Continued on page 7)

Health and safety test

Editor's note: Information for this Health and Safety Test is taken from the book, "Too Young To Die," written by Dr. Donald Germann, Leawood. The author, a radiologist, has been a professor in the University of Kansas medical school. He grew up on a farm near Alta Vista, where he was a member of a 4-H club, and had calves, pigs, and lambs as projects. He comments, "My first experience at public speaking came through 4-H and it has helped me since."

The book, "Too Young To Die," emphasizes the importance of keeping good health by developing good habits.

Dr. Germann has recently published a second book, "The Anti-Cancer Diet."

1. The ten years of life with the lowest death rate is from (5-14), (15-24), (25-34), or (35-46).
2. Generally, when riding in a car it is safer to ride in the front seat than in the back. (T or F)
3. Riding double on a bike (increases or decreases) the risk of accidents.
4. It is safer to ride on your own bicycle than on a borrowed one. (T or F)
5. Standing in a moving school bus should never be allowed. (T or F)
6. Which contributes more to long-time physical fitness? (football or swimming)
7. Which contributes more to long-time physical fitness? (bicycling or baseball)
8. Whole milk is better for you than low-fat milk. (T or F)
9. For a low-fat diet, angel food cake is an excellent bakery product. (T or F)
10. The leading cause of death for persons of 4-H age is (infections, accidents, or leukemia).
11. A good safety precaution on an automobile trip is to eat lightly and make frequent rest stops. (T or F)
12. A margarine with a lard base is better for you than one with a corn oil base. (T or F)
13. The evidence that cigarettes have a negative effect on health is (slight or overwhelming).
14. Liver damage cannot occur except with very heavy use of alcohol. (T or F)
15. Alcohol and drugs reduce the driver's ability to respond and think and thus increase the probability of accidents. (T or F)
16. For maximum safety adults should use both seat belts and shoulder harnesses. (T or F)
17. Children under 4'7" tall should use seat belts or some restraining device but not shoulder harnesses. (T or F)

(Continued on page 7)



to see what's the top club
in the 4-H safety program!

It's TUMBLEWEED 4-H CLUB, Thomas County

Eight members and two leaders will
win trips to Kansas 4-H Congress
March 30 and 31 and April 1.

The next nine 4-H clubs listed alphabetically by counties are:

Bluestem, Butler
Glittering Stones, Cherokee
Busy Beavers, Ellis
Happy Crickets, Graham
Busy Band, Montgomery
Best Yet, Neosho
Sumner, Osborne
Tiny Toilers, Pawnee
Pence Busy Beavers, Scott

Each club will receive \$25 and an expense paid trip for one member to Kansas Farm Bureau Youth Safety Seminar in June 1978.

Two other 4-H clubs received honorable mention:

Blueline, Geary
Elmont Wildcats, Shawnee



*Congratulations to these winners
from the donor of the safety awards,
Kansas Farm Bureau.*

ahead and make plans for your
club's safety program for 1978!
Your club can be a winner, too.

4-H members who receive trips to the Kansas Farm Bureau Youth Safety Seminar must have passed their 14th birthday but not have passed their 16th birthday on June 1, 1978.

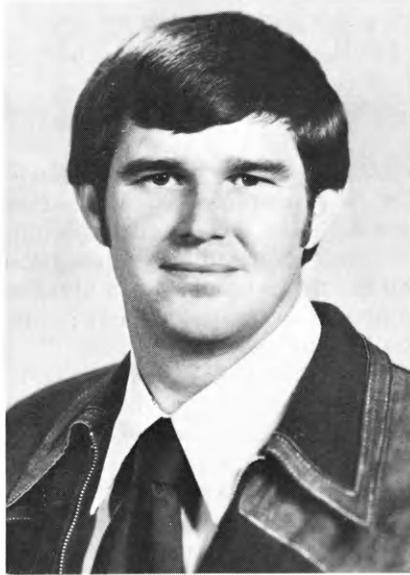
Kansas Farm Bureau

Safety Division

Manhattan, Kansas



John Bolan



Chris Knobel

Bolan, Knobel to 4-H Foundation staff

Kansas 4-H Foundation has two new staff members, John Bolan, Manhattan, associate director, and Chris Knobel, Abilene, director of Rock Springs Ranch.

The new associate director will administer the Foundation's conference centers and will assist with the overall work of the Foundation. From 1970 through 1972 he was manager of Camp Wa ShungGa at Rock Springs Ranch.

For 11 years Mr. Bolan has taught physical education at Kansas State University, with responsibility for aquatic sports, lifetime sports, and first aid and safety; he was track coach for six years, also. Previously Mr. Bolan was a physical education teacher in the Wichita public schools. Since May, he has been employed by Johnston's Inc., Shawnee.

Mrs. Bolan is on the music faculty at Kansas State University. The Bolans have three adult children, John II, Jonna, and Thomas.

Chris Knobel, the new director at Rock Springs Ranch, is a 1977 graduate from Fort Hays State University with a degree in physical education and recreation. He previously attended Colby Community College. He has been farming in partnership with his father.

When he was a student at Hays, Chris assisted with recreation for retarded and other exceptional children.

Mr. Knobel served two years in

the United States Army in the military police corps. He is a graduate of Morland High School where he was an FFA officer for three years, and was a three-year letterman in football, basketball, and track. He was a 4-H member in Graham County for several years.

Mrs. Knobel is a physical education teacher in the Abilene High School.

Interested in a summer job for '78?

High school and college students; Summer jobs are available at Rock Springs Ranch, the state 4-H center, and at Southwest 4-H Center. Write by Mid-January, 1978, to: Chris Knobel, Director, Rock Springs Ranch, Route 1, Junction City, Ks. 66441. Ask for an application.

Health and safety test

(Continued from page 6)

18. Over a long period of time, a low carbohydrate diet is better for you than a diet with a moderate level of carbohydrates. (T or F)
19. Motorcycle riders suffer a death rate per mile (twice or more than 5 times) than that of automobile riders.
20. It is especially important that the use of tobacco not be started early in life. (T or F)

Answers are on page 11.

Winners

(Continued from page 5)

is interested in martial arts and self defense.

International Harvester Company, Chicago, Illinois, provided the trip to National 4-H Congress and a \$1,000 scholarship for Dave.

"Everything's been great!" Susan Zimmerman, sectional and national winner in home environment, says as she thinks of her seven years as a member of Flint Hills 4-H Club in Morris County.

Susan has worked in her room using green and pink, her favorite colors; the master bedroom; and the family room. This year she prepared for dorm life by making curtains, storage organizers, and a puff quilt made with machine stitching by a method she developed. The year before she "curtained" a window in the family room with hanging plants and placed a small rock garden in front of the window.

Susan's parents are Mr. and Mrs. Victor Zimmerman, Alta Vista. She was graduated from Council Grove High School and is a freshman at Kansas State University in home economics education.

S & H Foundation, Inc., New York, is the donor of Susan's trip as a sectional winner and her \$800 scholarship as a national winner.

Donald Honig, Onaga, state and national winner in the 4-H electric project, has found his work in this project helpful on the farm as he has built electric fence, re-wired five heat lamps, and improved his soldering. In the home, he has re-wired lamps, repaired radios, learned to use and care for electrical appliances, and built an electric burglar alarm.

Donald, a freshman at Kansas State University in wildlife biology, is the son of Mr. and Mrs. Marvin Honig. He is a member of Victory 4-H Club in Pottawatomie County.

Westinghouse Electric Corporation, Pittsburgh, Pennsylvania, was the donor of his trip to Chicago and a \$1,000 scholarship.

Marian Christy, Scott City, won her trip to National 4-H Congress as a sectional winner in veterinary science and a \$1,000 scholarship as a national winner, both awards from Upjohn Company, Kalamazoo, Michigan.

Marian has completed six years of veterinary science in her 4-H

(Continued on page 14)

Roots of Christmas

Christmas traditions and holiday food

The roots of Christmas go back almost 2,000 years to a small town named Bethlehem; back longer ago than that, to prophets who told of a coming Prince of Peace.

Many of us also have other roots in the Christmas season, those tying us to our ancestors and their particular ways of celebrating Christmas. These customs, changed and modified in today's living, may be almost forgotten.

1977 is the year for "Roots" and this is the year to ask your oldest relative about Christmas traditions of your family's past.

For Journal readers, persons with knowledge of four ethnic groups have written about Christmas traditions and holiday food.

Black Christmas Southern states

By Ellen Jackson
Manhattan

At Christmas time all of the children looked forward to early rising on Christmas Day.

The children believe in Santa Claus and everything that goes with Santa Claus. The children looked forward to the annual visit to express their wishes and desires to Santa. Santas were white, just like everyone else's.

Pine trees were our Christmas trees. They were usually cut fresh from the yard or field. Commercial trimmings were used, plus those that all the kids made in school and generally nothing different from our white neighbors. Under the Christmas tree, each of the kids had a bag

(usually a new lunch brown bag) filled with oranges, or apples, assorted nuts, and hard Christmas candies. Even though each bag contained the same things in identical amounts, each had his name written on his bag and "From Santa."

The children planned for Santa's arrival on his sleigh via the chimney, even though there was no snow or even cold weather. Sleep on Christmas Eve was difficult and the children found many reasons to wake up often during the night and inquire if Santa had come yet.

No gifts were opened the night before, so parents delayed putting gifts under the tree until all of the children were asleep.

Early Christmas morning was exciting, with everyone waiting to be handed his little stack of gifts (with his name on it) by a designated family member, usually the mother since she was the one who wrapped most of them.

The children started on their bags of goodies early, so were not interested in breakfast when it was ready two to three hours later.

Dinner was usually started early in the morning and was ready to serve late afternoon.

Christmas dinner for Southern Blacks would include:

Roast turkey with cornbread dressing
Fresh blackeyed peas with okra & ham
Rice
Collard greens
Homemade rolls
Sweet potato pie
Apple pie
Green beans with potatoes & ham hocks
Giblet gravy
Candied yams
Iced tea
Minced meat pie
Coconut cake

One of my favorite southern Christmas recipes is sweet potato pie.

Southern Sweet Potato Pie

1 — 9-inch unbaked pie shell
1 quart cooked, mashed yams
1½-2 cups sugar
¼ stick butter/margarine (melted)
1 cup milk
2 eggs
2 teaspoons vanilla
3 tablespoons cinnamon
1 teaspoon nutmeg

Heat oven to 425°. Combine mashed yams, butter, and sugar in 3 quart mixing bowl. Mix at medium speed for 5 minutes. Add milk in small portions. Add cinnamon, nutmeg, and vanilla. Add eggs one at a time and beat at high speed for 2 minutes. Pour into unbaked pie shell. Cover edge of pie crust with foil. Bake for 15 minutes at 425°. Reduce heat to 350° and bake for additional 30 minutes. Remove foil from edges and bake for 10 minutes longer. Let cool or serve while warm, plain or with whipped cream.

Volga-German holiday

By Marie Schmidtberger
Russell

Some Christmas traditions that the Volga-Germans had are as follows: They would butcher a hog and a beef a few weeks before Christmas so that they would have fresh meat for the holidays.

In order to keep the meat they would put some in salt water brine to cure, some they would smoke in smoke houses, they made liversausage from the hog head, liver, heart and kidney; this went into a casing. There was a sausage they made by grinding pork and some beef which they seasoned with salt, pepper, and garlic. This was used for meat balls or put in a casing.

On Christmas Eve the families would gather to attend midnight mass. Before mass some would go caroling and some would stay back to prepare the food for the lunch they had after midnight mass.

On Christmas Day relatives would go to each others houses to visit and eat.

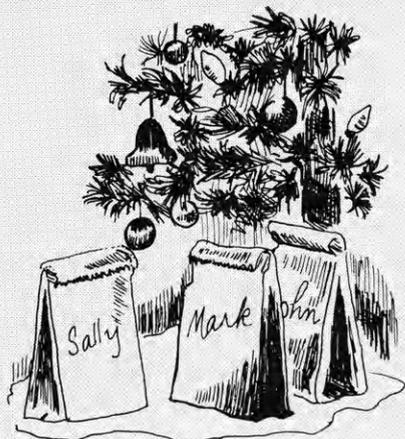
Zitter

Boil fresh ham hock with salt and pepper till well done. Reserve broth. Grind the meat with a meat grinder, pour in loaf pan and pour the broth over meat, refrigerate till jelled, slice and serve.

Italian Christmas

By Jennie Ciardullo
Girard

The Italian children believed in Santa Claus (Befani). Stockings were hung behind the stove, and in the morning were filled with candy



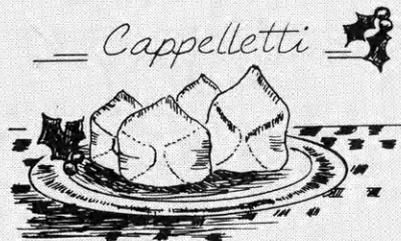
and an orange. In our family I remember one year when we had one doll for six girls.

For the Christmas tree, we strung popcorn and made decorations. We saved foil from tobacco and made balls and hung them on the tree. We made our own star, covered with foil.

On Christmas Eve, we went to midnight mass. After mass, we served ante-pasta (hors d'oeuvre), spaghetti with tuna sauce, wine, fresh bread, green salad, fruit and cheese. We roasted chestnuts. Our gift exchange was after we returned from mass, but before our meal.

Our Christmas dinner menu was: Chilled wine, ante-pasta, cappelletti with chicken broth, cappelletti with tomato sauce, Italian sausage, roasted chicken, rabbits cooked in wine, green salad, green beans if we had them, assorted nuts, fresh fruits (apples and oranges), and coffee.

Our Christmas cookie was Bowties (Discotta-A-Noda). Sweet bread dough was rolled out, cut in rectangles and twisted in bow-tie shapes, and fried in deep fat and sprinkled with powdered sugar.



Filling:

Boil hen, bone and grind meat. In skillet saute' small chopped onion, 2 tablespoons parsley in 1/2 cup oil. Add 1 pound lean ground beef, 1 pound lean ground pork or sausage. Cook until meat changes color. Add ground chicken. Add 1 cup dry bread crumbs, 2 cups grated cheese, 6 eggs (well beaten). Mix well.

Make favorite noodle recipe. Roll out noodle dough. Cut in squares 3X3 inches. Place teaspoon of filling in center. Fold into triangle with filling inside and crimp edges with fork to seal well. Fold points along bottom of triangle to middle to form cap.

Cook in chicken broth or tomato sauce until done.

Swedish traditions

Mrs. Dean Johnson
Marquette

When I think of Swedish traditions my thoughts immediately re-

flect on family and food. The Swedish people are well-known for their coffee-drinking and smorgasbords, an assortment of cold and hot foods placed to be served buffet style. With these thoughts in mind, I will try to give you some ideas of the customs many Swedish families have allowed to be a part of their family traditions, especially those of the Smoky Valley area of McPherson County.

The Swedish smorgasbord includes a delicious variety of artfully prepared foods in a buffet-type setting where everyone is invited to partake as often as they wish of the tasty foods. This lovely buffet includes cheeses, breads, meats, beans, salads, and a lovely dessert of ostkaka and cookies. Smorgasbords are quite popular at Christmas but used for many special times throughout the year.

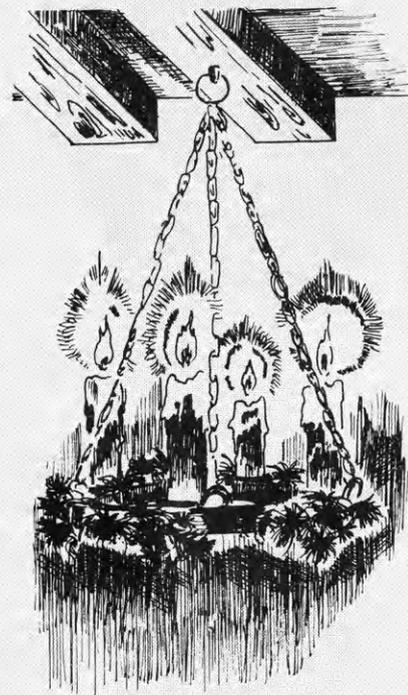
Many Swedish families begin preparations and thoughts towards Christmas at the beginning of Advent with the Krans, which is an Advent wreath with four candles. This wreath is hung in the home at the beginning of Advent. Each Sunday a candle is lit with a family devotional time. When the fourth candle is lighted this signifies the end of Advent and the arrival of Christmas. A fifth candle may be placed in the center of the wreath. This candle is then lit on Christmas. This candle represents the Christ-child.

The Swedish Christmas begins on December 13, and is known as St. Lucia Day, the Festival of Light. A daughter in the family is up before dawn, dressed in a gown of white and wearing a crown of lighted candles. She serves the rest of her family hot coffee and buns.

(In the girls' dorms at Bethany College, Lindsborg, St. Lucia is accompanied by a group of girls who sing Christmas carols through the halls of the dorms as St. Lucia awakens the sleeping girls to serve them coffee and buns. A beautiful and inspirational experience). There are many legends about St. Lucia, but in each, she is the symbol of light and of hope to mankind.

On Christmas Eve Day many Swedish families prepare a dish called "Dopp I Grytan," which consists of a meat broth and vegetables served in soup bowls with rye bread. This is a light, nutritious meal that whets the family appetites until the Christmas Eve meal which is the main Christmas celebration.

Here families gather for eating many traditional Swedish dishes along with foods that are favorites of the families.



After the festive Christmas Eve celebration many families will attend a late Christmas Eve church service or an early Christmas morning service. This early Christmas morning service is called Julotta and is a service many families look forward to and remember with fondness; this is a tradition that has been a part of many family heritages for years.

Often, after Julotta, families will gather for a Julotta breakfast that consists of juices, sweet rolls and coffee breads, cheeses, and possibly bacon and an egg casserole dish with plenty of coffee. This is usually done in a smorgasbord buffet fashion.

January 13, known as Tjugoende Knute, ends the Swedish Christmas celebration. This is when Christmas decorations come down, quite often the tree has been removed before this because of dryness. Many families will invite family and friends in to finish burning the candles that have been a part of the festive decorations and finish consumption of the last of the Christmas cookies. So with coffee and cookies, this holiday season ends with many beautiful thoughts lingering.

Other things are associated with the Swedish people and their tradi-

(Continued on page 10)



FOOD and Christmas go together . . .

Food . . . basic energy

Farmers and ranchers
are the basic energy
people

Farm Bureau
is their
organization



Christmas

(Continued from page 9)

tions. One of these traditions is reflected by the sheaves of oats that are harvested and bundled, to be hung from a porch or lamp post, for the birds to feed on through the cold winter months. These bundles are so festive as well as providing grain for our feathered friends, as one notices the bright red ribbons used to bind these bundles, flurrying in the cold winds.

Families use many candles, apples, pretty wooden candle holders, and straw items to garnish their homes during the holiday season and throughout the year. Very popular items are the Julbocken or straw goats, and the Dela Horse, carved from wood and painted gaily.

Kottbullar—Swedish Meat Balls

½ pound ground beef
½ pound lean pork, ground
½ cup fine crumbs
1 egg, slightly beaten
2 teaspoons salt
1/3 teaspoon pepper
1/8 teaspoon allspice
1½ tablespoon onion, finely minced

Combine ingredients and mix well. Roll into walnut sized balls. Brown in 4 tablespoons hot fat, turning often to brown evenly. Cover meatballs and brown in 300° oven 30 minutes, or pour off drippings and add 1 tablespoon water. Cover and simmer in electric skillet on low heat.

Ideas & News

From the South Central Area:

Harper County: Tip Top 4-H Club had 12 entries at the Kansas State Fair; the two bread entries, made by Marie McCully and Diane McKnight, received purple ribbons.

Pratt County: Each 4-H member was encouraged to invite a new 4-H member to the county Halloween party. A second Halloween party for the junior leaders in Pratt County was sponsored by the Richland Rustlers 4-H Club, Tom Black reports.

From the Southwest Area:

Haskell County: The Victory 4-H Club completed several activities which promoted 4-H work during National 4-H Week. Members attended church as a group on 4-H Sunday, presented a film at the grade school, gave a program at Rotary Club, made a window display,

and one member appeared with a group of **Haskell County** 4-H members on a TV program. The success of the activities was evident when 19 visitors attended their October meeting. **Rhonda Greeson** writes. They have a regular membership of 21.

From the Northwest Area:

Decatur County: On Sunday, October 2, 11 members of the **Rock Island Rockets 4-H Club** from Jennings took part in a CROP walk, along with some church members. The 4-H'ers collected \$302, walking a total of 95 miles on the 10-mile route. A wiener roast with watermelon followed the walk. Reporter **Cindy Shaw** points out that the week of the CROP walk was National 4-H Week.

Thomas County: Mr. and Mrs. **Harry Eicher** of Brewster received the County Extension Appreciation Award during the **Thomas County 4-H** achievement banquet in October, **Jan Kubik** reports.

From the Southeast Area:

Lyon County: Anyone wishing to join the **Lyon County Drill Team** must turn her name in by March 1, 1978, and attend practices regularly, **Lisa Miser** of **Chamness 4-H Club** explains. At the fall meeting, the team met for pizza and to see films of their performances this summer.

Montgomery County: **Jim Oakley** was installed as president at the combined meeting and achievement party of the **Busy Band 4-H Club** in the Cedar Bluff Community, a celebration of the club's "44th year of hard work and success," **Kent Rigdon** reports. As a community service project, the group is painting the Spring Hill Church, a community landmark. The club's traveling trophies were presented to the 1976-77 outstanding 4-H members. Pictured below, they are **Kent Rigdon**, senior boy; **Karen Mitchell**, senior girl; **Cheryl Troxel**, junior girl; and **Mike White**, junior boy. These four young people were judged on their past year's 4-H work and will keep these trophies till next year's achievement party.



From the Northeast Area:

Leavenworth County: The **Reno Bobwhite 4-H Club** hosted an Oktoberfest at Lake Perry 4-H Camp for all **Leavenworth County 4-H** families to conclude National 4-H Week. Games, a picnic supper, and vesper service were enjoyed on a pretty fall afternoon and evening, reports **Bart Brown**.

Riley County: In October **Strong 4-H Club** marked its 50th anniversary with a potluck supper for 4-H members, parents, former members, leaders, and special guests. A 50th anniversary cake was baked and decorated by **Darlene Siegle**, a former member. The club was organized in November 1927 with 11 members enrolled in six projects. Fifty years later, in 1977 there were 54 members enrolled in 33 projects. Former community leaders who were present were: **Willis Griffing**, **Rachel Frey**, **Pat Frey**, **Vivian Brooks**, and **Marie Dellen** whose mother, **Mrs. Ben York**, was the club's first community leader. The new president, **Debbie Warner**, and other of-

ficers were installed by **Kayann Heinly**, **Riley County** home economist. The outstanding member award went to **Sandy Anthony**.

Answers to Health and Safety Test on page 6

1. 5-14; 2. F; 3. increases; 4. T.; 5. T; 6. swimming; 7. bicycling; 8. F; 9. T; 10. accidents; 11. T; 12. F; 13. overwhelming; 14. F; 15. T; 16. T; 17. T; 18. F; 19. more than 5 times; 20. T.

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Clock	Meat Mallet
Laundry Shelves	Padded Hassock
Trestle Table	Bluebird Box
Bicycle Rack	Peg Game
String Art	Toss Game



Yes, that really is Bob Hope, and yes, he really is visiting with Jan Dugan at Clovia in Hays! Singer Patrician Price is in the center.

Hays Clovia girls entertain Bob Hope

By Jan Dugan
Hays

On October 7, the Epsilon of Clovia chapter was honored to have as their guest Bob Hope who was in Hays as a part of the Fort Hays State University homecoming festivities. Hope came to Clovia after presenting a concert at Gross Memorial Coliseum. Patrician Price, who also appeared in the homecoming concert, was entertained by Clovia members as well. Homemade ice cream and apple

dumplings were enjoyed by the two distinguished guests, Clovia members, and their families.

"I don't usually make house calls," Hope commented, "but these girls were very persuasive."

Hope was given a tour of the new Clovia house and seemed impressed with the cooperative living arrangements. He shared many of his past experiences and future plans as everyone visited during the evening.

This is the first year for Clovia at Fort Hays State. Seven members and a house adviser live in the Clovia house located at 400 West Sixth street in Hays. The house provides a cooperative living experience for former 4-H women or those with a similar background. Clovia is a project of the Kansas 4-H Foundation.

Youth Advisory meets

By Kristi Nelson
Secretary

Members of the state 4-H Youth Advisory who met during the Kansas State Fair are Julie Swanson, Charles Lee, Bronwen Rees, Terri Weixelman, Stephanie Brock, Steve Dick, Kristi Steeples, Pat Schlegel, Kristi Nelson, John Rowan, Kent Schuler, Janette Wilson, Mari Roberts, and Bill Blake.

Advisers were Susan Verdoorn, Fred Rohs, and Eldon Weaver, all extension 4-H agents or area specialists.

Plans were made for the dance scheduled the second weekend of the fair.

Topics discussed were the national report form, record books, judging, junior leadership and a junior leaders' camp, state fair encampment facilities, and record sheets for Teens Entertain and recreation projects.

The group will meet again the last part of January. New delegates will be elected by the areas, and old and new delegates will get together for new ideas.



Puzzle is on page 15.

- Plains
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Winners

(Continued from page 7)

work, the last three years with independent study of such topics as distemper in cats, dogs, and horses; egg laying of poultry, anatomy of dogs, and lameness in horses. She prepared a teaching display, "First Aid for Horses," which was exhibited at the Scott County Fair. In the Manning Jayhawkers 4-H Club, she has been the veterinary science leader for three years.

In the citizenship project, Marian served as a page in the legislature and prepared a brochure, "Become a Citizen." She was on the Kansas horse judging team which went to the national Arabian meet in New Mexico in 1975.

Active in music, Marian had the lead in her high school's production of "Hello, Dolly." A senior at Scott Community High School, Marian has applied to go to the United States Military Academy at West Point. Her parents are Mr. and Mrs. Richard Christy.

Although she's only 16, Dawn Smith, a national winner in food presentation, has canned or frozen more than 2,500 containers of food!

A 4-H member for eight years, she has worked in food preservation for five years. Among her other projects are bread (she freezes both baked bread and unbaked dough), junior leadership, room improvement, and complete costume.

In 1976 Dawn was the state winner in newswriting. At Garden City High School where she's a junior Dawn is on the year book staff. She is also active in music groups.

Dawn's 4-H Club is Happy Hustlers in Finney County. Her parents are Mr. and Mrs. Stanley Smith.

Kerr Glass Manufacturing Corporation, Sand Springs, Oklahoma, is the donor of Dawn's trip to Congress and a \$1,000 scholarship.

A Kansan was honored as a national alumni winner this year; she is Dr. Evelyn Senecal, associate dean of the College of Home Economics at Kansas State University. She was a 10 year 4-H member in Michigan.

Jean Marie Phillips is a sectional winner in gardening. In her 4-H work she learned about houseplants, gardens, landscaping, trees, shrubs, and flowers, and continues her learning as a sophomore in horticulture and floriculture at Kansas

State University. Her parents are Mr. and Mrs. Cecil Phillips, Valley Falls.

Jean Marie is horticulture leader of Valley Victors 4-H Club, and was a member of the Jefferson County 4-H horticulture judging team for three years. Providing her trip is Ortho Division of Chevron Chemical Company, San Francisco, California.

A second sectional winner is Joyce Wright, a member of Home City Hustlers 4-H Club in Marshall County. She has completed 10 years in the dog project, and obtained a Farmers Home Administration loan to build a kennel, which now has 25 adult dogs. She has sold 43 puppies with the profit planned for college expenses.

The dog foods division of Ralston Purina Co., St. Louis, Missouri, is the donor of Joyce's trip to National 4-H Congress as a sectional winner. Her parents are Mr. and Mrs. Merlin Wright, Home. Joyce is a Marysville High School senior.

Mike Hunnel from Leavenworth County is a sectional winner in public speaking, with Union Oil Company of California, Palatine, Illinois, providing his trip to National 4-H Congress. He has given talks and demonstrations before civic clubs, 4-H clubs, speech classes, and on the radio. He rated a purple ribbon on a demonstration at the Kansas State Fair.

Mike's parents are Mr. and Mrs. Leslie Hunnel, Leavenworth. He is a Leavenworth High School senior.

A young man who is involved in international exchange of insects attended National 4-H Congress as an alternate winner in entomology. He is Robert Hughes, a Kansas State University sophomore, the son of Mr. and Mrs. George Hughes, Soldier. Donor of awards in the entomology project is Hercules, Inc.

Robert wrote an article, "Beekeeping," which appeared in the December 1976 Kansas 4-H Journal.

Citizen Ambassador Program

Kansas youth will have an opportunity to take part again in this People To People program. This 38 day program of travel, getting to know youth in other countries, sightseeing, and fun will begin about June 23, 1978, and end about August 1.

(Continued on page 15)



These sponsors have recently paid for Kansas 4-H Journal subscriptions for another year. Be sure to thank them!

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Family Fun Page

(Continued from page 14)

Christmas words

BERRY	SLED
BOOTS	SONGS
CANDY CANE	SNOW
CHRISTMAS	STAR
GINGERBREAD	TOYS
HOLLY	TREE
JESUS	WREATH
NOEL	REINDEER
SAINT NICK	STABLE
SANTA	

Q. Where does the Lone Ranger take his trash?

A. To the dump, to the dump, to the dump, dump, dump.

Q. What does the pink panther say when he sits on an ant?

A. Dead ant, dead ant, dead ant, dead ant, dead ant.

Jena Dietrich, Lyons

Highlights for the 1978 trip to Europe include four days in Moscow, home stays of three or four days in Denmark, Holland, and England, and visits to exciting cities in Germany, France, and Switzerland. There will be a two day orientation program in Washington, D.C., before departing for Europe.

Twenty-six Kansas youth have taken part in this program during the past three years. The program is open to all Kansas youth between the ages of 16 and 21. For additional information including travel schedule, cost, and application form, write to Cecil Eyestone, 2055 Jay Court, Manhattan, Kans. 66502.

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L B O O T S T T S L N N
O C A N D Y C A N E O O
H S A I N T N I C K W S

Solution on page 13

Rosanne Schulte, Victoria

Teacher: Name one thing we didn't have 50 years ago.

Tommy: Me.

Scharla Kivitter, Gardner

Prize Winner

Diner: Waiter, why aren't there any apples in my apple pie?

Waiter: Well, sir, would you expect to find a dog in a dog biscuit?

Carla Kivitter, Gardner

Q. Why does a ballerina twirl so much?

A. She concentrates so hard she loses her mind.

Sue Blazek, Munden

4-H members are invited to contribute jokes, riddles, puzzles, or cartoons to Family Fun Page. Each month the fun page item selected as best by a committee will receive \$1.

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In addition to the outdoor Christmas candle, Donald is showing a metal detector which he made in the electric energy project.

Brightening the holiday scene at the Marvin Honig home near Onaga is an outdoor candle made from an oak table leg. The electric candle is the work of Donald Honig, state and national winner in the 4-H electric energy project.

Donald has been enrolled in the electric energy project for six years. After initial training from a club leader and an uncle, he has been able to help others as a project leader. For four years, he has taught other 4-H members in his club, county, and even in adjacent counties.

In addition to having made numerous articles, Donald has wired buildings, and done electrical repair at home and for older people and for friends.



Donald is helping another 4-H member with an electric project.



Among Donald's electronics projects are, from left, a burglar alarm system, radio, Volt ohmmeter, and engine analyzer.

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

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