



REMEMBER TO
HONOR AMERICA'S 200th BIRTHDAY
DURING THE
AMERICAN REVOLUTION BICENTENNIAL

March 1975-Dec. 1976

Family Fun Page

Mary: What did the mayonnaise say to the refrigerator?

Melissa: I don't know, what?

Mary: Close the door; I'm dressing.

Debbie Knapp, Easton

Q. How do you tell the sex of a chromosome?

A. By its jeans.

Laura Linsey, Emporia

Q. Why can't most people stand on their heads?

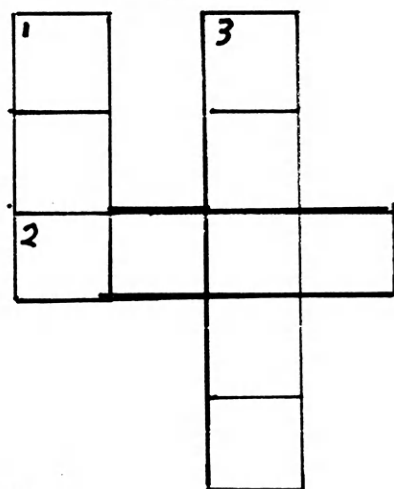
A. They trip over their hair.

Glenn Gaydusek, Mahaska

Q. What is the worst weather for rats and mice?

A. When it's raining cats and dogs.

Raymond Hammarlund,
St. Marys, and Jerry
Winkley, Marion



Down:

1. Cry or weep short breaths
3. A low, warning sound made by a dog
5. A large desert animal with one or two humps
7. Say or write the letters of a word in correct order

Across:

2. Send out a current of air
4. How big or small a thing is
6. A measure of length or distance that is equal to 5,280 feet

The solution to the puzzle is on page 11.

Johnene Gillespie, Goodland

Q. What has a purple face, big eyes, and a tongue that sticks out?

A. A man with his neck caught in a door.

Brenda Steffen, Manchester

Q. What did the judge say when the skunk entered the court?

A. Odor in the court.

Q. Why did the old lady put roller skates on her rocking chair?

A. Because she wanted to rock and roll.

Nerve: Lend me a half a buck.

Meek: I've only got forty cents.

Nerve: O.K., lend me forty cents. You can owe me a dime!

Clara Gaydusek

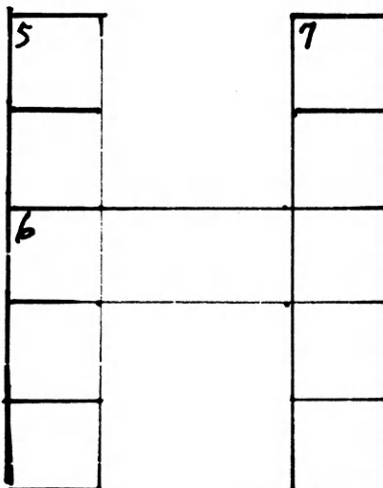
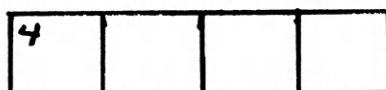
Sam: My mother is baking goodies for the party at the police station.

Sally: What kind of goodies?

Sam: Cop-cakes!

Deborah Singleton, Plevna

4-H puzzle



Q. What did one candle say to another?

A. Birthdays burn me up.

Victoria Hirsch, Mahaska,
and Kim Kelly, Chapman

John: How much did you weigh when you were born?

Joe: I don't know; I was just a baby when I was born.

Julie Hoover, Emporia

Coded messages—

Dear Dad,

Thing\$ are pretty good here at \$chool, but they could be better. Some thing\$ are needed de\$perately. I hope you can gue\$\$ what I mean and \$end \$ome \$oon.

Your loving \$on

Dear Son,

NOthing is new here. I kNOW that you are doing better NOW. Write aNOther letter soon. I want to get the NOon mail NOW, so I'll sign off NOW.

Love,
Dad

Robin Kearns, Lawrence

After hearing a knock, a young housewife opened the door to find a salesman carrying a vacuum cleaner and a paper sack.

Before she could ask him to come in, he walked into the living room and confidently poured a pile of nails, screws, dirt, and so on, on her carpet.

"If my vacuum cleaner won't pick up every speck of this mess, I'll eat it myself," the salesman announced to the startled housewife.

She then calmly walked into the kitchen and came out with a spoon. Handing it to the salesman, she said, "Starting eating. We don't have electricity."

Stephanie Pringle, Yates Center

Q. What is black and white with two red dots?

A. A zebra with red eyes.

Lisa Engelken, Goff

Q. Why did the jelly roll?

A. He saw the apple turnover.

Connie Mills, Enterprise

Q. Why did the elephant stand on the marshmallow?

A. Because he didn't want to fall into the hot chocolate.

Donna Martin, Ellinwood

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Star 34, 4-H, and the bicentennial

March 1975 marks the official beginning of the nation's bicentennial celebration. On the cover are two symbols of the bicentennial: the star, designed by the Chermayeff and Geismar firm as the symbol of the American Revolution Bicentennial; and the Kansas bicentennial medal, with its design drawn by Phillip Daves, Leavenworth.

What was happening in the colonies in March 200 years ago? It must have been an exciting time, with colonists moving west and a fiery orator down in Virginia warning of the coming struggle for independence. You can read about these happenings on page 4.

How will you observe the bicentennial? State 4-H leader Glenn Busset has a suggestion in the editorial below.

By Dr. Glenn M. Busset
State 4-H leader

It is the duty, the responsibility, and I also feel the pleasure of every Kansan to take an active part in the bicentennial celebration of our great nation. I suggest that 4-H club members and leaders search out little known historical events and in this way take an active part in the bicentennial celebration.

As an illustration, and a place to begin.

DID YOU KNOW THAT 13 FLAGS HAVE FLOWN OVER KANSAS?

Including the flag of Kansas Territory, and the present flag which has flown over Kansas since her admittance to statehood January 29, 1861, Kansas has been under at least 13 different flags.

The first known title to Kansas resulted from Coronado's spectacular expedition into the Southwest in 1540-42, giving substance to Spain's claim to the entire western interior region of the U.S.

In 1682, LaSalle floated down the Mississippi River and forthwith claimed the entire drainage area of the "Father of Waters," including a substantial part of Kansas for the French King.

During the 17th and 18th Centuries, the British Colonies of New England and Virginia generously extended their theoretical boundaries all the way to the Pacific Coast, overlapping the French and Spanish claims.

Between 1763 and 1848, Kansas belonged, in varying proportions, to France, Spain, Mexico, and the Republic of Texas.

When Napoleon decided to withdraw his claims from the West, and negotiated the famous Louisiana Purchase in 1803, all of Kansas came under the jurisdiction of the U.S.A. for the first time.

Between that time and 1861, flags over Kansas included those of the District of Louisiana (part of Indian Territory), the Territory of Louisiana, Missouri Territory, and Kansas Territory.

In 1854 Kansas Territory was created, somewhat larger than its present boundaries — and January 29, 1861, Kansas became the 34th state of the Union.

Occasionally as I read, and as I travel about the state, some bit of local information, some place of historical importance, some partially forgotten tale, all knit together and provide the living flesh and blood of a story that is thrilling even today. There is nothing dry and dull about history . . . only people make it that way. Let me illustrate with this tale from Kansas' rather recent past . . . come with me for a few minutes to Scott County, and let's look at two historical areas . . . two events widely separated in time, but close together in area . . .

This is a historical corner of Kansas, for within a few miles lies a storehouse of memories and events that every Kansan should know — and should visit — for we are inclined to overlook much of our splendid Kansas history. Surely Kansas historical events should be a part of our 4-H programs.

(Continued on page 4)

Bicentennial—

(Continued from page 3)

We can visit, within a few miles of Scott City, two historical areas — to the west, originating in the 4,000' elevation area of eastern Colorado, flowing north of Tribune in Greeley County, is a peculiar stream — White Woman Creek. Beginning everywhere and ending nowhere, even the name of this creek is unique.

First mention of the stream comes from the personal diary of a young lieutenant with the Fremont expedition about 1845. At about the spot where K-96 and the Missouri-Pacific railway cross White Woman Creek west of Leoti, the small expedition encountered a large force of Kiowa Indians one summer evening in 1845. Suddenly the diary of the young officer, filled for the most part with routine observations, takes on a horrified urgency — he has discovered that a wife of the Kiowa chief is a white woman, probably Spanish, for the Kiowas often traded for slaves with the Mexicans. We can easily imagine the confusion in the young officer's mind as he debates on how to free the woman. His diary indicates finally the order given by his commander that he is in no way to interfere — the small exploration force is greatly out-numbered by the fierce Kiowas — neither is he to endanger the expedition by attempting to buy the woman.

Here the diary ends, and the story of the white woman depends on local legend, fairly well substantiated from several sources — the Kiowas camped for the buffalo season along the stream — the white captive bore a son to the chief, and when the son died, the woman was put to death and buried with her son in a long forgotten grave along the lonely banks of the dry stream. Local legend named the stream the **White Woman**, to a martyr of the fierce warfare days in our too-often forgotten past.

No more than 10 miles to the north, the level, fertile prairie breaks sharply to a small stream running generally north — Beaver Creek. Sometime about 1604, long before the fantastic experience known as the Plymouth Adventure was thought out by the Puritans in England, a band of Pueblo Indians, far from their ancient home in central New Mexico, struck the stream and journeyed slowly northward. It

is almost certain the families made the long, dangerous journey on foot, carrying their possessions, for the Indians then owned no horses. Farther along, the Beaver enters a beautiful, deeply cut and rugged canyon. Below a big spring, the Picurie Indians built adobe homes and laid out a beautifully engineered irrigation system.

We aren't sure how long the Picuries lived in the beautifully wild canyon, or how many were there — but we do know why they left their ancient homeland and undertook a dangerous journey to find a new home — they had had enough of their Spanish conquerers. No one knows by what route they came, by whom they were guided or how they came across the trackless prairies to a valley with good water. Excavations indicate that a village of Jicarilla Apaches lived adjacent to the pueblo, so perhaps they guided the Picuries north. Many years later, early white immigrants into the valley used the same irrigation ditches for their gardens and fields.

Today, nothing remains as it was — only the big spring flows good water. The pueblo walls have eroded away but excavation is preserving the site. Some 20 years after the Picuries made their hazardous journey, a benevolent Spanish governor sent padres to persuade the Indians to come back to their homeland. But Spanish maps for hundreds of years included this part of Kansas, calling the area El Quar-telejo, in the state of Santo Domingo. That briefly is the story of the only pueblo ever known to be built in Kansas, in the pretty canyon we call Scott Park today — an area rich in history, romance, and tradition. How many know that the last Indian battle of the area was fought in the same place — and that even today you can see the deep holes where the Indian women and children were concealed — and can stand in the rifle pits above the deep gulch where the pursued Cheyennes laid a trap for the U. S. Cavalry? But that's another story for another time.

Did you know these things and the stories you have just read? This is a challenge to you — do you know or can you find some local history in your community, some traditions that few know? Surely there is no more appropriate time for such research as now, the Bicentennial of the American Revolution. Report it

to your 4-H club at the regular meeting — investigate and find all you can and write it up. History isn't dull and dusty — it is the great storehouse of our memories. It is our link with the past, which gives meaning to our lives.

March 1775

On March 10 in 1775 the Transylvania Company sent Daniel Boone and 28 others to establish a trail, the Wilderness Road, through Cumberland Gap to Kentucky bluegrass country. The trip was successful and soon the settlements of Boonesboro, Harrod's Town, and Benjamin Logan's were founded, with Daniel Boone's wife and daughter the first white women, except for some Indian prisoners, to live in Kentucky.

On March 23 Patrick Henry, a delegate to the 1774 and 1775 Continental Congresses, spoke to a convention in Richmond, Virginia. He presented a resolution to arm the Virginia militia. He told the listeners that the people of the colonies had used every means to peacefully secure their rights, but their efforts had been spurned, so now they had no choice but war.

"The war is actually begun!" he cried. "The next gale that sweeps from the north will bring to our ears the clash of resounding arms! Our brethren are already in the field! Why stand we here idle? What is it that gentlemen wish? What would they have? Is life so dear or peace so sweet as to be purchased at the price of chains and slavery?"

"Forbid it, Almighty God—I know not what course others may take; but as for me, give me liberty or give me death!"

When Patrick Henry sat down, the listeners sat silent and entranced. Then several sprang from their seats, and the resolution passed.

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National Collegiate 4-H Club Conference to meet in Kansas

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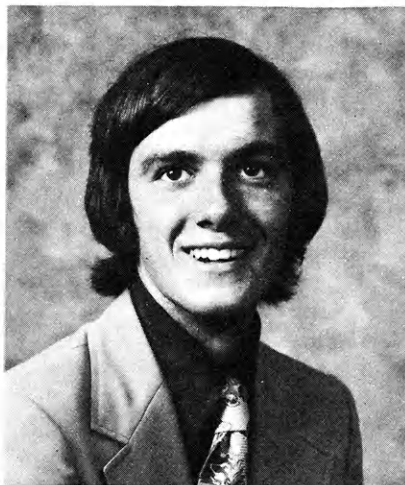
The county fair was the highlight of my 4-H days before I came to college and joined the KSU Collegiate 4-H Club. As a collegiate 4-H member, the yearly highlight has changed for me. Now I get excited in the spring when I hear about plans for the National Collegiate 4-H Club Conference.

I have been to the conferences in 1973 at Lincoln, Nebraska, and in 1974 in Champaign-Urbana, Illinois. But as a KSU 4-H'er, I'm twice as excited this year, because K-State will be hosting the 1975 National Collegiate 4-H Club Conference this April.

Many people are unaware that collegiate 4-H clubs were just newly recognized last summer as a national organization. At the business meeting at the National Collegiate 4-H Club Conference last spring, there was a mutual feeling among the delegates that the collegiate 4-H clubs across the country needed to be united by having common guidelines. A committee brainstormed and presented a set of guidelines to the delegation for the group's approval. Then these adopted, proposed guidelines for a National Collegiate 4-H Club were forwarded to Washington, D.C., for review by ECOP, the Extension Committee on Policy. Approval by ECOP in 1974 assures collegiate 4-H clubs across the country a common set of principles and the privilege to use the 4-H name and emblem in all our activities.

Any collegiate 4-H club that pays the annual membership dues and fulfills the purposes becomes a member of the national organization. At the first national conference in 1973 at Lincoln, 14 clubs from 11 states participated. At Illinois last year, 16 clubs from 13 states, for a total of 125 collegiate members, were delegates. This year, to date, 22 clubs from 14 states have paid membership dues to the national organization. Five clubs from Canada have also responded. The planning committee has estimated that this year, the conference delegation will number close to 200 collegiate 4-H members.

The four approved purposes for the National Collegiate 4-H Club are the following. Collegiate 4-H



Deryl Waldren
Chairman of the
National Collegiate 4-H Club
Conference

clubs have been formed to:

A. promote 4-H at local through international levels

B. improve communication among clubs and states

C. function as a service-oriented organization

D. innovate new ideas and fulfill needs of members and leaders

This year's national service project has been directed toward publishing a booklet that will help interested collegiate 4-H'ers to form new collegiate 4-H clubs. This will help spread the scope of 4-H to new regions.

The officers for the national organization were selected from the host school for the conference year. They are: Deryl Waldren, Tribune, conference chairman; Juliana Hair, Brownell, business manager; Beverly Droge, Seneca, newsletter

editor; Jamie Schesser, Atchison, parliamentarian; Jan Mills, Enterprise, publicity chairman; and Cecil Eyestone, KSU, extension specialist for 4-H and youth, adviser. Much of the preparation and reservations were already completed last fall. The committee has the agenda planned for the conference, April 18-20, at Manhattan.

The conference begins Friday afternoon with recreation and a choice of four workshops. Dr. Hope Daugherty, from the national 4-H staff in Washington, D.C., will be a leader of one workshop. Friday evening delegates will congregate at Tuttle Creek Reservoir for a picnic. Saturday continues with another series of workshops, the annual business meeting, and an evening banquet. The keynote speaker at the banquet will be Fred McClure, the 1973-74 national FFA secretary.

The KSU Collegiate 4-H'ers are working hard to make the National Collegiate 4-H Club Conference this year a big success! The national 4-H theme this year, "We Can Make It Happen," will be carried through by an outstanding group of national collegiate 4-H'ers in April. Anyone interested in 4-H is welcome to attend the conference. For more information about registration fees, please contact:

Deryl Waldren
322 Marlatt Hall
Manhattan, Kansas 66506

Juliana Hair
1200A Ratone
Manhattan, Kansas 66502

Citizenship in Action grants

As recipients of Citizenship in Action grants, eleven 4-H clubs will receive help for their 1975 community service activities. The grants are given by the Southwestern Bell Telephone Company through Kansas 4-H Foundation.

The counties, 4-H clubs, and the community betterment projects planned are: Barton, Fairview Scouts, repair community building; Brown, Fairview Willing Workers, help build the 4-H fair building in Fairview; Cheyenne, Pleasant Hill, assist with the ABC nursery school; Cowley, Liberty, establish a wild-

life refuge; put up sign for safety; Greenwood, Lucky 13, repair and maintain the community building; Leavenworth, Reno Bobwhites, contribute to Chief Tonganoxie Memorial Park; Linn, Busy Bugs, repair and redecorate Moneka Grange Hall; Morton, Best Yet, work to improve community park; Nemaha, Hustlers, put up a sign so travelers will know about local church services; Sherman, Ruleton Eager Beavers, provide heating for the community building; Sumner, Cardinals, buy a space heater for the community building.

Soybeans

By Terri Ochs
Garden City

Editor's note: Terri Ochs is enrolled in Youthpower. For her Youthpower project, she studied about soybeans, and wrote this report. Terri is a member of Beacon Boosters 4-H Club, Finney County.

Food shortages and rising food prices this year have made us all stop and think about our eating habits. The big question is, "How can we feed our families nutritious meals but yet without breaking our budgets?" Soybeans can be one of the answers to that question.

First of all, what are soybeans? Soybeans are the bean of a plant of the pea family, widely grown in China, Japan, and the United States. Soybeans are used in making flour, an oil, and as food. They are also grown for fodder for cattle.

It is reported that by 1980, soybean protein could account for as much as 8 per cent of the nation's meat requirements. This could be hastened considerably to cope with rising meat prices and shortages.

Right now, it is most popular as a meat extender. Mixtures of 75 per cent ground beef and 25 per cent hydrated protein are now being sold in supermarkets around the nation. These blends look and taste like regular hamburger, and best of all, they usually sell for 10 to 25 cents a pound less than ground beef.

Soybeans are the basis of a number of products including textured vegetable proteins. They can be purchased as flour or grits (with varying levels of fat), concentrates, or isolates with about 45 per cent, 70 per cent, and 90 per cent protein respectively.

Advantages of Soybeans

1. Good quality protein.
2. Low in fat and calories.

3. Less expensive than many protein foods.
4. Convenient and easy to use.
5. Keeps well.
6. Acceptable flavor and texture.
7. No waste for shrinkage.
8. Available in a variety of forms, flavors, and textures.

Disadvantages of Soybeans

1. Nutritionally not the same as many animal foods.
2. Absorbs fat.
3. High sodium and potassium levels.
4. Isolates unsuitable for those allergic to egg white or wheat gluten.
5. Can cause gas.
6. "Beany" or off flavors sometimes.
7. Often need to adjust recipes.
8. Anti-nutritional factors in soy-

beans not cooked thoroughly enough.

They are high in protein. Their value lies in the fact they may be economical, nutritious, and convenient to prepare. They are free from cholesterol, and products may be low in fat.

They can be purchased in many ways. Precooked, frozen, dry, and canned are some ways. There are also soybean sprouts, soybean milk, soybean mash or pulp, soybean curd, and soy sauce.

Soybeans and soybean products may be used in every meal. They can be used in main dishes, breads, desserts, salads, soups, and lots of other ways.

I am interested in soybeans because I am allergic to wheat and

(Continued on page 14)

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4-H'ers, you're invited to Hospitality Day

By Charlene Kendall
Grantville

Explore, Expand, Experience Home Economics will be the theme of the 45th annual Hospitality Day in Manhattan. The event will be April 12 at Kansas State University in conjunction with the All-University Open House. Hospitality Day is to show prospective K-Staters what the College of Home Economics can offer them; alumni, parents, current students, and the general public will find activities and displays of interest as well.

Justin Hall will be open from 9 a.m. to 3 p.m. featuring open classrooms and laboratory concepts.

"Expo '75" will be presented at 10 a.m., 11:30 a.m. and 1:30 p.m. in Forum Hall at the K-State Union. This special program includes skits depicting each home economics department, modeling of current campus fashions, and live music.

Visit with faculty advisers about home economics opportunities? Persons from admission and records, aids and awards, and housing offices will be giving information in Justin lounge. Hostesses will be on hand to answer questions and direct visitors to exhibits, demonstrations, and activities.

Hospitality Day is planned and coordinated by eight student and eleven faculty members. Susan Persinger, Norton, a senior student in home economics education, is general chairwoman. Other student members of the committee are Kathy Gatz, Newton; Charlene Kendall, Grantville; Kathy Cole,

Prairie Village; Kim Proffitt, Sterling; Claudia Taliaferro, Shawnee; Connie Cornett, Scandia; and Joyce Cathey, Kansas City.



Charlene Kendall, a senior in foods and nutrition in business, visits about Hospitality Day with Jean Reehling, assistant dean of home economics. Charlene was a national winner in the 4-H foods-nutrition project in 1969 when she was a member of Grantville 4-H Club in Jefferson County.

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The 5 year 4-H fund drive

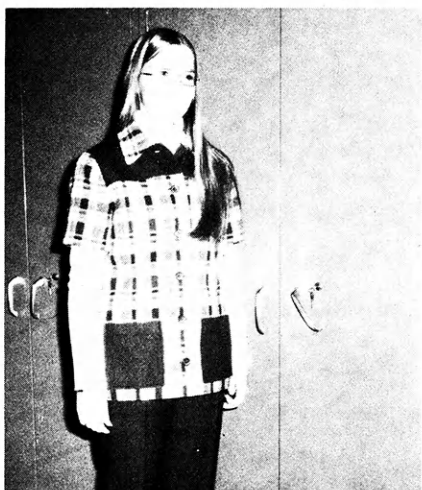
In Trego County, a letter was effective in collecting money for the five-year 4-H fund drive.

The committee for the drive was made up of an older member from each 4-H club and three adults, one from the 4-H advisory committee, a leader, and a former leader who served as chairman. Each one in the group listed persons to receive the letter who might wish to contribute to the fund drive. After the committee wrote the letter, the extension staff reproduced it, and the committee members addressed the envelopes.

Response brought more than three-fourths of the county's pledge for the five years. Many of those contributing were not 4-H families.

Keith Fish is the county extension director, and Mary Mann is the extension home economist.

Kansas 4-H in pictures



Kimbra Byerly, a member of Thrifty Thrivers 4-H Club of Greeley County, is shown here in her "Make It with Wool" pantsuit which was one of two state winners in the junior division in Hill City. Kimbra also participated in the state contest in December.

The 14 year old daughter of Mr. and Mrs. Bill Byerly has given health talks at county and Regional 4-H Days and in 1973 at the Kansas State Fair.



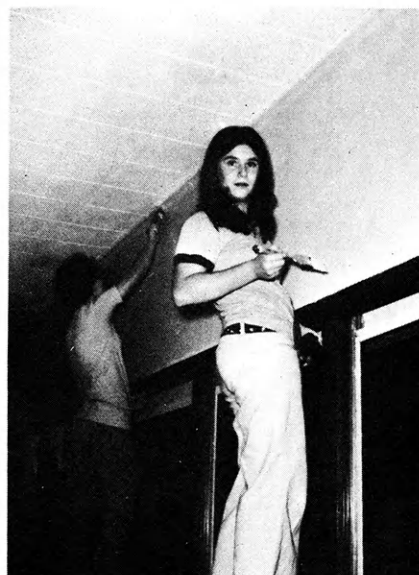
Glenn Underwood, left, Underwood Equipment, Inc., donor of two scholarships to Franklin County 4-H members, is shown with the first two recipients of the \$100 scholarships. They are Jo Turner, a freshman at Colby Junior College, and John Coen, a freshman at K-State. 4-H agent Susan Verdoorn, right, says, "Both were longtime, very active 4-H members."



At the Wyandotte County leaders' banquet Mrs. Marguerite Graves, county 4-H secretary, was presented a corsage and a big thank you for getting 4-H'ers "to the right place at the right time," according to toastmistress Julie Swanson. The leaders took part in the program as well as being honored for their work with 4-H members.



Mrs. Harold Wolf used a giant set of teeth to demonstrate proper tooth care at Parents' Night of Morning Glory 4-H Club of Johnson County. In addition to presenting the program, parents replaced the officers, Leesha Bottoms reports.



Members of Eastside 4-H Club, Bourbon County, painted the interior of the Bourbon County 4-H building at Fort Scott. Pictured is Regina Burchett with the project leader Marcella Gordon in the background.



The 1974 Kansas poultry judging team won first place in the national poultry judging team contest at the National Livestock Exposition in Chicago. The Kansas team, made up of the top four individuals in the state poultry judging contest, scored 4092 points out of 4200 possible. The second place team from Tennessee was close behind with 4090 points.

Pictured above from left are team coach, Terry Schoenthaler, Rush County extension director; Joe Simmons, Erie, Labette County; Carl Chapman, Parsons, Neosho County; John Sharp, Great Bend, Barton County; and Kay Miller, Bison, Rush County. Kay was third high individual and John was fourth.

"A lot of credit needs to go to Marion Jackson, who worked with the team," Mr. Schoenthaler writes, "and Cecil Eyestone, who helped arrange our trip."



This year's officers of Bonfire 4-H Club, Riley County, Doug Hall, president, and Connie Pelton, secretary, are shown at their club achievement party with their club charter with a new purple seal. Other officers are Brian Pelton, vice-president, and Bob Warner, treasurer.

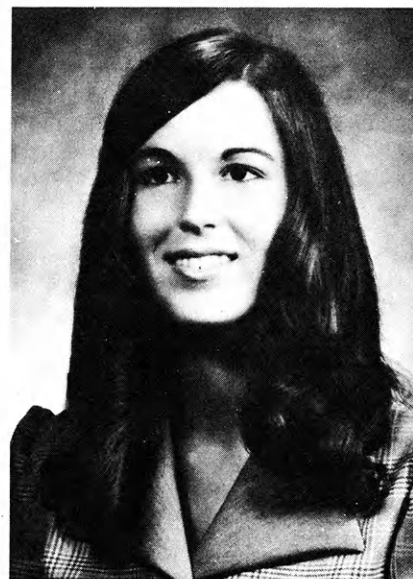
Some of the club's activities include collecting eyeglasses for the needy and having Delbert Ekart, safety director of Kansas Farm Bureau, give a program on safety.



Karen Erpelding, secretary of Friendly Farmers 4-H Club, Atchison County, has a gift for retiring leaders Martha and Ralph Scholz. Ralph has given 21 years of leadership and Martha, 29 years. Joan Schrieber is reporter of the club.



Four sets of twins make up an important part of Bell 4-H club in Leavenworth County. They gave the program at the January meeting. From left to right are Larry and Bill Franken, Mike and Mark Lingenfelter, Keith and Kevin Lunsford, and in front, Mike and Joe Lowe.



Kansas will be represented in the America Junior Miss Pageant in Mobile, Alabama, in May by Kim Wetzel, Greensburg, a 10 year 4-H member.

Kim was named Kansas Junior Miss at the state pageant at Belleville in November and received over \$1550 in scholarships.

Before becoming a member of the Upward Strivers 4-H Club at Greensburg three years ago, Kim was a member of the Abilene Aggies of Abilene.

IDEAS & News

The Washington County 4-H Council elected these new officers: president, **Darrel Carter**; vice-president, **Elwyn Duey**; secretary, **Diane Bott**; treasurer, **Ed Fritz**; reporter, **Guy Steier**; recreation leader, **Ann Diederich**.

A group of mothers in **Finney County** share two roles in common — all are 4-H community leaders and all are mothers of officers of the Garden City chapter of Future Farmers of America. The mothers, 4-H and FFA members and the 4-H clubs the mothers lead are: **Mrs. Larry Henry, Mike Henry, Buffalo Kids; Mrs. Arnold Schweer, Mark Schweer, Happy Hustlers; Mrs. Paul VenJohn, Pat VenJohn, Go-Getters; Mrs. Melvin Steinle, Brad Steinle, Eager Beaver; Mrs. Marion Lobmeyer, Margaret Lobmeyer and Jim Lobmeyer, Happy Valentine.**

Two of last year's officers, **Steve Mayo** and **Roger Reed**, also had mothers who were 4-H community leaders. They are **Mrs. Cliff Mayo, Beacon Booster leader, and Mrs. Chester Reed, Pawnee Indian leader.** Steve Mayo was a state FFA officer.

"A lipsmacking recreation was planned to help our king and queen candidates for the 4-H carnival," **Lester Burns Jr.** writes. "North Reno 4-H Club planned a cakewalk instead of their regular recreation. Cakes were brought by families and the cost was 10 cents to walk for a slice of cake." The activity brought in \$10.80 for the **Reno County 4-H club.**

At the achievement night of **Rustlers 4-H Club** in **Nemaha County**, the speaker was club alumnus **Harvey Allen** of **Overland Park**, who told about some of his achievements and disappointments during his 10 years as a 4-H member and later in college and business. He assured the members of the club that the time and effort he gave to 4-H work were well spent. **Mr. Allen** is a K-State graduate and is the treasurer of United Telephone Company.

For the past several years the **Rustlers** have had alumni members as guest speakers for their achievement night program. Other speakers have been **Jim Dobbins**, a K-State graduate who was with the state Department of Agriculture; **Ron Engelken**, K-State graduate and now a veterinarian in St. Joseph, Missouri; **Helen (Levret) Sourk**, Washburn graduate and history teacher at Troy High School; and **Ed Sourk**, Washburn graduate and now in the banking business.

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Good year for Happy Valentine 4-H Club

By Mark Lobmeyer
Garden City

Finney County's Happy Valentine 4-H Club had a very successful first year. They earned their charter, a purple seal, and placed in the top five clubs in conservation in Kansas.

Happy Valentine club members are all students in the level two class of the trainable mentally retarded. Last year there were nine class members. This year there are 11.

Patricia Geis, the children's teacher, and her husband, Jim, have been enthusiastic supporters of the 4-H program. During the school year, meetings are held every first Friday at the classroom at Valentine School.

The club has been warmly supported by many groups and individuals in the community. One of the club's big projects last year was raising two market pigs. The Garden City chapter of the Future Farmers of American built a house for the pigs with materials donated by Oswalds. FFA members set up the house and pen at the school. Jim Lobmeyer, Go Getter 4-H Club member, built a self-waterer for the pigs.

Cole Range, Happy Valentine member, and his parents, the Carl Traberts, kept the pigs during the summer. The children named their pigs Pinkie and Sugar. Pinkie died before fair time. Sugar went to the

fair and earned a blue ribbon. He was purchased at the 4-H livestock auction by Paul Dart of the Dart-In Superettes. Mr. Dart paid \$300 per hundred weight for the 210 pound pig, an amount equal to that bid for the grand champion pig.

Dan Crase, a local farmer, gave Happy Valentine members the use of two and one-half acres of his woodlot which the children used as an Acres for Wildlife project. Mr. and Mrs. M. L. Russell invited Happy Valentine members and their leaders to their home for a luncheon and tour of their grounds which feature many conservation practices. The luncheon was hosted by members of the Beacon Lights EHU.

The children planted 50 pine trees at the school. They were helped by Mel Baughman, Kansas State University forester.

Garden City's Rotary Club provided ten scholarships to the Happy Valentine conservation camp at Ford County Lake in June. Junior leaders who assisted with the camp were Elaine Mayo, and Jorita Henry, Beacon Booster members; and Jim and Margaret Lobmeyer, Go-Getter members. Also helping with the camp were Mrs. Cliff Mayo, Beacon Booster leader, and Mrs. Don Vsetcka.

In May the children had a special judging contest. They judged four classes of livestock with two animals in each class. Animals were provided by Steve and Elaine Mayo, Beacon Boosters; Mark Henry, Beacon Booster; and Jim Lobmeyer, Go-Getter. Special judging cards were made by Margaret Lobmeyer, Beacon Booster members. Greg Boyd and Steve Mayo, ran the contest and passed out ribbons to the participants.

Loren Whipps, area 4-H and youth specialist, assisted the children with the construction of their booth on Acres for Wildlife. The booth was reserve champion youth booth at the Finney County Fair.

Organizations who helped the club with money donations were the Beacon Booster 4-H Club and the Banner and Beacon Lights EHU. The Beacon Boosters took the Happy Valentine members on their tour this summer. The Happy Hustlers entertained the club at a special meeting. Go-Getter and Beacon

Booster 4-H clubs have provided refreshments and program numbers for the club.

Mrs. Gordon Gimple was project leader for the Tricks for Treats project. The project meetings were worked in during the school day.

Much of the success of the club must be credited to Larry Henry, Finney County extension director, and Mrs. Elsie Branden, Finney County home economics agent. They worked to arrange the special camp for the children, to provide ribbons for their activities, and to assist them during the fair.

Community leaders for the club were Mrs. Peter Thorpe and Mrs. Marion Lobmeyer.

The club is looking for a bright future. Thanks to the generosity of Mr. Dart they have a lot of money in their treasury. They had a special meeting for the Buffalo Kids, a new 4-H club for special education children at Hutchinson School in Garden City. They are also donating money to help the club get started.

The club is continuing its conservation projects and has started a rabbit project.



Wayne Stefan and Sarah Smith hang a bird feeder at Valentine School.



Mulching a tree are, from left, Cole Range, Wayne Stefan, Gerald Garcia, and Nils Anderson.

Solution to 4-H puzzle on page 2:

Down:

1. SOB
3. GROWL
5. CAMEL
7. SPELL

Across:

2. BLOW
4. SIZE
6. MILE

Honstead, Area, Boddicker leave 4-H staff

After 28 years as a member of the Kansas State University Extension Service staff, Arliss Honstead has retired.

A professional home economist, she coordinated 4-H home economics projects. One of Miss Honstead's major contributions to the Kansas 4-H program was the introduction of individual conference judging.

Marjorie Area has resigned from the state 4-H staff to become a full-

time homemaker. She had been an IFYE, and was responsible for the 4-H international programs in Kansas, as well as for citizenship and health.

The 4-H specialist in outdoor education, Major Boddicker, has resigned to become the wildlife damage control specialist in the Colorado Extension service. A native of Georgia, Dr. Boddicker came to Kansas from South Dakota.

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Route 1
Junction City, Kans. 66441
(postage will be refunded upon request)

Community project for reading group

By Helen Reynolds
Lawrence

Activities for a teenager scheduled to appear in Douglas County juvenile court are limited to: sitting, exercising, reading a few magazines and adult books, and playing games.

The members of Meadowlark's 4-H Club reading project earned \$20 by having a bake sale. They donated this amount to Mrs. Chernes, director of "Volunteers in Court and Concern" to buy reading material for juvenile court youth.

Last year the Meadowlark reading project group presented the funds earned by their bake sale to the Douglas County 4-H reading chairman, Mrs. Evelyn Hastings, as a donation for books for the new Lawrence Public Library.

Mrs. Ralph Leary, reading project leader, directed the members in presenting a story hour at the gallery room of the Lawrence Public Library. Songs and puppets, made by the 4-H'ers, entertained the pre-schoolers who attended.

4-H Calendar

Rabbit Leaders' Conference . . .

Rock Springs Ranch March 2

State 4-H Electric Leaders' Clinic . . .

Rock Springs Ranch March 6-7

Friendly Valley 4-H Club Mid Winter Judging Contest . . .

Fairgrounds, Salina March 8

(Write Bob Richter, Route 1, Assaria 67416)

Collegiate 4-H and Junior Leader Clean-up Weekend . . .

Rock Springs Ranch March 22-23

Kansas Quarter Horse Association Meeting . . .

Hutchinson April 5-6

(Clinic for youth exhibitors, barrel racing, calf roping, team roping—for information, write to Mrs. David Lukens, 308 Hyde Park Drive, Hutchinson 67501).

International Feast . . .

Rock Springs Ranch April 6

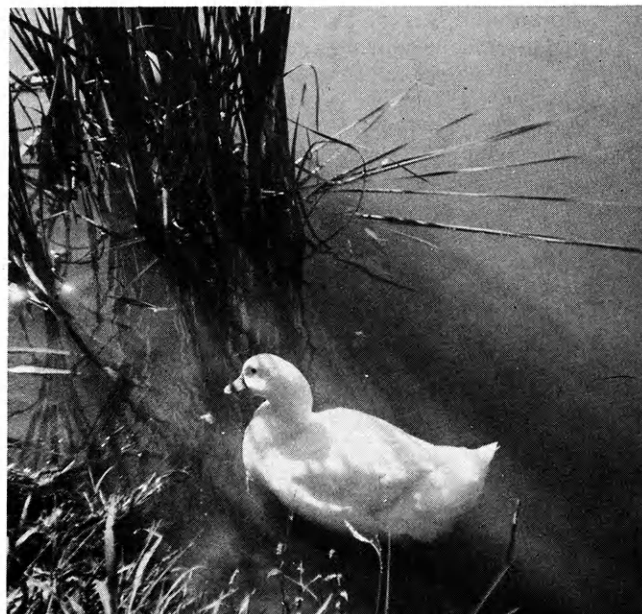
Kansas Recreation Workshop . . .

Rock Springs Ranch April 7-11



Just as Kelly Meek was ready to take a picture of the Meek's pond, a frog jumped into the pond leaving ripples on the water. Kelly took this purple ribbon winning picture about 4:30 on a November afternoon with an instamatic S-10 camera. The sun was to the back and left side.

Kelly is from Morganville.



Robert Wagner also used an Instamatic S-10 to take the picture of a duck on Potter's Lake on the University of Kansas campus.

Majoring in fine arts, he was formerly president of the KU Collegiate 4-H Club.

Bake and Take Day It's March 22—

What is Bake and Take Day and when is it?

March 22 this year, it's a day which many 4-H members are observing — a day to bake something good and to take it to a neighbor. Choose for a recipient someone who is shut in, someone who is elderly or ill, or just someone who doesn't get out much and would appreciate a good visit.

Or your club may want to remember residents in a nursing or convalescent home. Call in advance to learn the number of residents and to let the manager of the home know that you are coming. Many rest homes prefer food made without coconut, chocolate, and nuts.

If your town has a Meals on Wheels program, your club might call the chairman and make arrangements for a baked gift to be delivered with the daily meal on Bake and Take Day.

Although Kansas Bake and Take Day, designated by the Kansas Wheathearts as the fourth Saturday in March, began only in 1972, many 4-H members have been observing it before now.

Last year in Decatur County, Sappa Valley 4-H'ers in the international foods project made and baked 10 loaves of white bread, one for each of the dining room tables at the Good Samaritan Home for older persons in Oberlin. The hot bread was served at the noon meal, with a note explaining the club's desire to share Bake and Take Day with each resident.

In the afternoon the 4-H members visited many of the residents. Helping with the baking were Laurie Lotker, Jackie Lotker, Kirk Kelley, and Gary Anderson.

In Finney County, Beacon Booster 4-H Club members have participated for three years in Bake and Take Day. The first year, 4-H girls enrolled in food preparation projects made and delivered 54 cherry pies.

In 1973, 125 pumpkin and custard pies and 25 plates of cookies were delivered to elderly citizens.

Last year the Teens Entertain foods project group with their leader, Mrs. Lawrence Odgers, planned and prepared a tea for the residents of Garden Valley Retirement Village. Folk dances, de-

monstrations, and musical numbers given by Beacon Booster 4-H members provided entertainment.

An additional 50 plates of baked goods were delivered to elderly persons in the community by other girls in food projects.

"Through this project," Jorita Henry of Garden City writes, "the 4-H girls have gained valuable experience while showing concern and thoughtfulness to an elderly person."

Another group which observed Bake and Take Day is the Keen Klippers 4-H Club in Ford County. They baked cookies and took them to older persons in the community.

Elsie Lee Miller, extension specialist in food science, pointed out that vegetable, fruits, and nuts in cake and cookies add moistness so that the food keeps better, as well as contributing to good nutrition. However, nuts do require extra chewing, so you may wish to omit nuts from food made for older persons, as some of them do not have good teeth.

Consider taking part of an unfrosted cake. Miss Miller suggested, as older people don't need as many calories as do young ones. Angel food and applesauce cakes are good without frosting. Remember that fruit pies don't spoil as rapidly as soft pies.

For Bake and Take Day, Miss Miller recommends these two recipes from Practical Cookery, a cookbook prepared by the foods and nutrition department of Kansas State University.

Applesauce Cake

- 1 cup sugar
- ½ cup fat
- 1 egg
- 1¾ cups flour
- 1 teaspoon soda
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon cloves
- 1 cup raisins, finely cut and floured
- 1 cup currants or nuts, finely cut and floured
- 1 cup thick, strained applesauce, hot

Have all ingredients except applesauce at room temperature. Sift dry ingredients together into mixing bowl. Add fat and 2/3 cup hot applesauce. Beat 2 minutes. Add remaining applesauce (1/3 cup) and unbeaten egg. Beat 2 minutes. Bake at 365 F for about 45 minutes. Makes one pan 8x8x2 inches.

Carrot Cookies

- 1 cup fat, room temperature
 - ¾ cup sugar
 - 1 cup cooked, mashed carrots
 - 1 egg, unbeaten
 - 1 teaspoon vanilla
 - 2 cups flour
 - 2 teaspoons baking powder
 - ½ teaspoon salt
- Cream fat and sugar until fluffy. Add mashed carrots, egg, and vanilla; mix well. Sift together flour, baking powder, and salt; add to carrot mixture. Mix well. Drop batter by teaspoonfuls on an oiled baking sheet. Bake at 350 F about 20 minutes. While warm, frost with orange frosting.

Orange Frosting

- 3½ cups sifted powdered sugar, packed slightly
 - ¼ cup orange juice
 - 1/3 cup butter or margarine, melted
 - Pinch of salt
- Add liquid gradually to sugar, mix well, add fat. Beat until soft and creamy. Add grated rind of 1 orange. Use at once.

Idea Exchange for Parents, Leaders and 4-H Members

Dear 4-H members, leaders, and parents,

I have been a 4-H member for 10 years. In my county, getting a top ribbon or award is very important, as I'm sure it is in most of our counties in Kansas. I was one of the "average" 4-H members who usually came out with red and blue ribbons, not many purple ribbons, and no trophies. This used to bother me a little, until about three years ago. I'm not sure if I realized the real reason of 4-H because of the good advice of my parents, or because I was old enough to put values in the proper places, or a little of both. Anyway, I realize that the important aspect of 4-H was what I myself learned, not only about cooking, sewing, and so on, but also about myself and other people.

Last year I saw the show "Brian's Song" on television. Then

(Continued on page 14)

IDEAS & News

Tina Dykes, Gardner, and her horse Bar-R-Osage Lady won first purple in the quarter type halter class at the district horse show at Emporia, grand champion at the Gardner 4-H horse show at the **Johnson County** fair, and first in the open halter class at the fair. Unfortunately, Bar-R-Osage Lady didn't get to participate at the Kansas State Fair, as she was injured the Sunday before. At the KSHSC banquet, **Tina** received a 100 point trophy for herself and a 100 point trophy for Bar-R-Osage Lady, as well as other awards.

Tina is the secretary of **Prairie Star 4-H Club** in **Johnson County**.

At an extra-special parents' night, **Mrs. Winfred Nicholas** was honored for 22 years of helping with **Big Bow 4-H Club** in **Stanton County**. Secretary **Dayle Jeanne Bluhm** writes that in 1952 **Mrs. Nicholas** enrolled her oldest daughter in the club and became involved herself. She was a community leader for 3 years, foods leader for 2 years, and clothing leader for 17 years.

For the program, slides were shown of events during the time **Mrs. Nicholas** was with the club. Past leaders and members told of their experiences while working with her. At the end of the program the club presented **Mrs. Nicholas** with a gift.

"You are now entering **Toledo 4-H Club** county — HELP US keep it clean" is the lettering on the sign placed on the Dunlap road by the **Toledo 4-H Club** of **Chase County**. Club members hope people will respect what the sign is saying and help keep the country free from litter. **Glenda Danford** writes. Upon leaving the community on the Dunlap road, travelers will find a sign which reads, "Thank you."

Anita Nelson of Goodland, an IFYE to France and a former **Ruleton Eager Beaver**, talked and showed slides of her experiences while she was in France at a meeting with the **Ruleton Eager Beaver 4-H Club** as hosts. **Anita** also spoke at a meeting of the **Glendale Livewires 4-H Club** where the **Ruleton Eager Beavers** were guests. **Anita** was a **Sherman County 4-H** member.

In **Dickinson County** southeast of Enterprise is the **Art Hobbs** farm, home to a total 4-H family. **Randall, Andrea, Ronald, and Rose** are members of the **Swenson Creek Rustlers 4-H Club**, while **Mrs. Hobbs** is a community leader and **Mr. Hobbs** is poultry project leader. For their beef projects, the 4-H members

bought 10 Charolais heifers and a bull with Farmers Home Administration youth loans.

The **Hobbs** family was host to a 4-H'er from Ohio this past summer as part of an exchange of **Dickinson County** and Ohio 4-H members.

The **81 Hustlers** received one of the 13 awards given this past year to youth organizations by the National Safety Council. **Mrs. Nels Johnson**, Salina, is club leader. Members enrolled in the safety project were **David and Mark Shank, Waldeen Schmidt, Jolene Flaherty, and Darcy Fry**. **Carla Barnes** is reporter for the **Saline County 4-H** club.

Another 4-H club winning honors for safety activities is **Rustlers 4-H Club** of **Goff** in **Nemaha County**. As the 4-H members could not go to the awards meeting in Chicago, the plaque was presented to them at their local achievement night by **Mrs. Nancy Gafford**, **Nemaha County** home economist. **John Dobbins** is safety chairman and **Mr. and Mrs. Ray Dobbins** are safety project leaders. **Jeff Engelken** is president of the club.

In December the **Lone Star Rangers 4-H Club** in **Rush County** celebrated the club's 40th anniversary. **Lori Luft** reports. **Nora Harvey**, the first community leader, was the honored guest. The organizing county agent, **Frank Zitnik**, and his wife were present.

Bell 4-H Club members taking Foods with an International Flavor, yeast breads, and people-to-people projects had a Christmas tasting tea at the home of their leader, **Mrs. Mike Sachse**, Leavenworth. **Mrs. Anita Dhody**, wife of an Allied officer of the Command and General Staff College, Fort Leavenworth, from Hissar, India, was a special guest. **Anita** had made gulab-jamens, a reddish rose "sweet" for all to sample, and she told about her family and the customs of her country, and she learned more about the United States and 4-H club work.

Girls who contributed food and to the program were **Beth Pierron, Laura Sachse, Mary Sachse, Tina Edmonds, Debbie Knapp, Gail DeMaranville, Linda Bromell, Marina Hill, and Denise Schmidling**. The 75 member **Bell 4-H Club** is in Leavenworth County.

A related picture is in the next column.

Soybeans—

(Continued from page 6)

corn. Soybeans are very important to my diet.

Try soybeans in a meal and see how well you like them. Remember: Soybeans can be economical, nutritious and convenient, depending on how you use them.



Anita Dhody and Mary Sachse are ready to enjoy the Christmas tasting tea at the **Sachse** home in Leavenworth. **Mrs. Dhody** is from India.

Ideas Exchange—

(Continued from page 13)

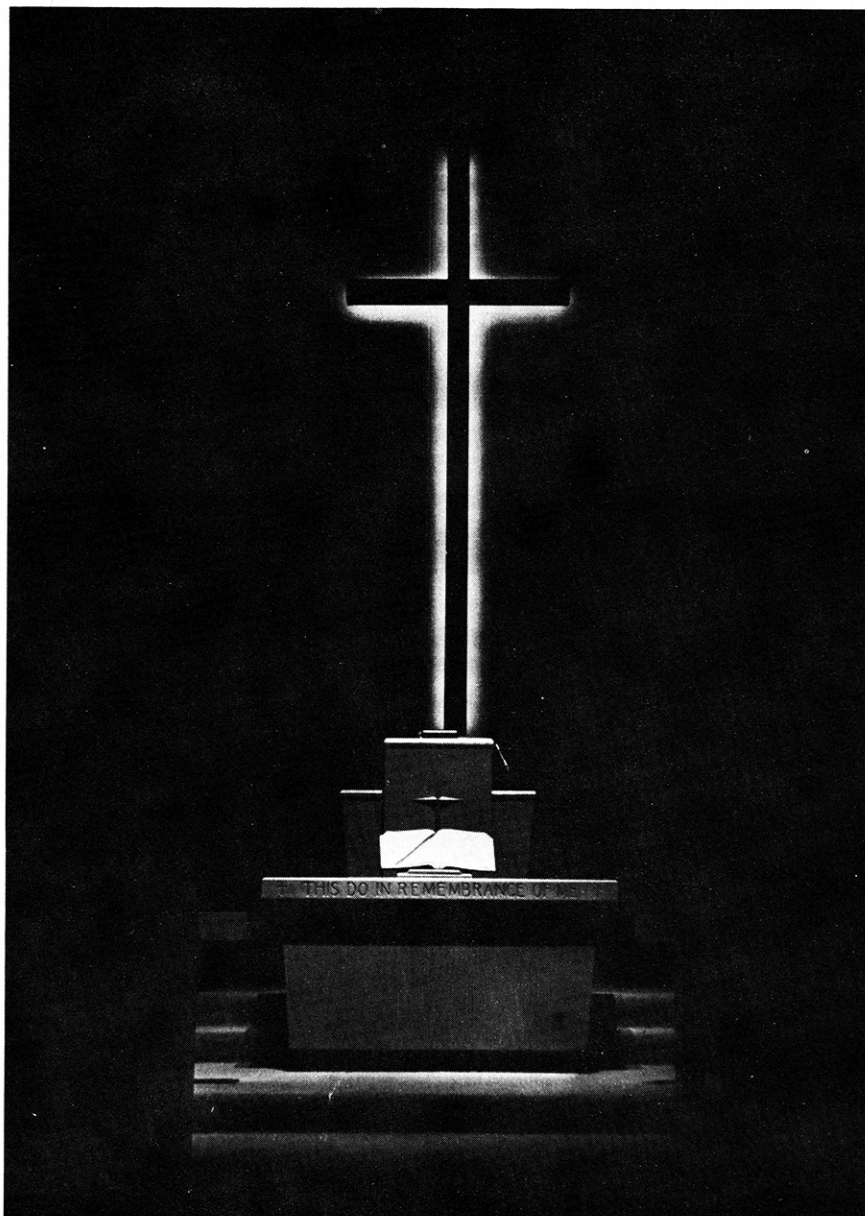
it really hit me that what we put into 4-H is what we'll get out of it. If we try only to capture all of the prizes, when we get out of 4-H, we may find that we really haven't learned a thing. Definitely, awards are very nice and an important goal to strive for, but we all can't be champions all of the time. However, we all can be learners, doers and winners when it comes to living with and helping others. I would like to share a thought of mine with you:

"Brian's Song," a show on television that I'm sure many of you watched, has a message for everyone alive on this earth today. **Brian Piccolo** was a wonderful man. He lived life to its fullest. He never let anything get him down and he never felt sorry for himself. This man's life is a great inspiration to me, and it should be to all 4-H'ers. It is really nice to receive purple and blue ribbons at the fair and county medals at our achievement banquets. But what was said at the end of "Brian's Song" should be a goal of all 4-H members. The show closed with this thought:

"**Brian Piccolo** was not remembered by his friends for how he died, but rather for how he lived. How he did live!"

Ten years, or even two years from now, people won't remember what awards we have received, but they will remember how we achieved these awards, how we learned, how we lived. I challenge each of you to live your life to the fullest and strive to always "make the best better" so that people will remember you for how you live today, tomorrow, and for the rest of your life.

Jan Dugan
Liberty Bell 4-H
Osborne County



Don Whitney, Concordia, took this prize-winning picture which symbolizes the Easter season. This year Easter will be March 30.

WE SALUTE ELECTRIC WINNERS

The Investor-owned Electric Companies of Kansas proudly salute the Electric Project winners listed here. These worthy 4-H'ers received Westinghouse Medals for their fine work. If you are not enrolled, join the many 4-H'ers in this project to learn more about electricity and the proper care and use of electrical equipment. Contact your club leader for more information.

State Winner: James Bergh, Wichita County, received a trip to National 4-H Congress in Chicago as Kansas winner of the electric project. Donor of the trip is Westinghouse Electric Corporation.

Electric Winners

Lincoln Terry Kruse	Morton Kent Swinney	Phillips Gary Flanigan Clinton Pumphrey Wyatt Pumphrey Scott Nyhart	Russell Matt Boxberger Brian Pertl	Stafford Spencer White Grant White Kenneth Miller
Linn Alan Charley Roger Lewis Roberta Lewis Danny Stainbrook	Nemaha Joanie Schmelzle Josey Schmelzle Joe Huerter Mike Tomlinson	Pottawatomie Donald Honig William Mergenmeier Charles Sauvage Mark Goehring	Saline Charles Lindshield* Dan Kvacik Barry Swanson	Stanton Troy Moore
Lyon Herbert Burris	Neosho Mark Reinhardt Joe Simmons	Pratt Phillip Goyen	Scott Brad Baker Randy Scheuerman	Sumner Brad Kloefkorn
McPherson Jeff Johnson Russell Galle	Ness Everett Burdett Shyrl McVicker	Rawlins Mark Bergling Brian Kantor	Sedgwick Keith Rhodes* Chris Radiel Byron Enix Dick Schoenecker	Thomas Billy Turner Donald Stragey
Marion Eric Unruh Bennett Cott	Norton Mike McMulkin Ailen Ward John Bieber Tim Lang	Reno Todd Thalmann Lucinda Wiebe Joe Horton	Seward Suzanne Harvey Joe Harvey Willie Cokeley	Wabaunsee Sharon Hammarlund Karon Hammarlund Dwayne Seematter
Marshall Mike Gress* David Nordhus Robert Stock Lyle Peterson	Osage Stan Park Martin Fillmore Eric Johnson	Republic Frank Shoemaker	Shawnee Gary Peel Bill Riley Cindy Tice James Swindale	Wallace Larry McWilliams Gayle Lewis Doug Lewis
Meade Clare Bender Randy Blehm David Dye	Ottawa Bret Wallace	Riley Larry Havenstein Alvin R. King Roy Duer	Sheridan David Reitcheck Maurice Baalman David Bergmeier	Washington Gary Sinn Ronnie Sinn
Miami Jared Kuhn Darrell Kuhn	Pawnee Mike Steffen Edgar Schadel Steven Finger	Rooks Larry Timmons Doug Pruter Darrell Brobst Grag Thyfault	Sherman Larry Winter* Sam Washburn Mike Jarmin	Wichita James Bergh* Diran Barr Brad Glanville Steve Glanville
Montgomery Stanley Gartner		Rush Steve Misegadis* Tom Keener Jeff Keener	Smith Steve Kirchoff Mark Long	Wilson Danny Apollo
				Woodson Chuck Sievers
				Wyandotte Jeff Haworth Russ Thogmartin

*Received an educational trip to the Kansas 4-H Congress.

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



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