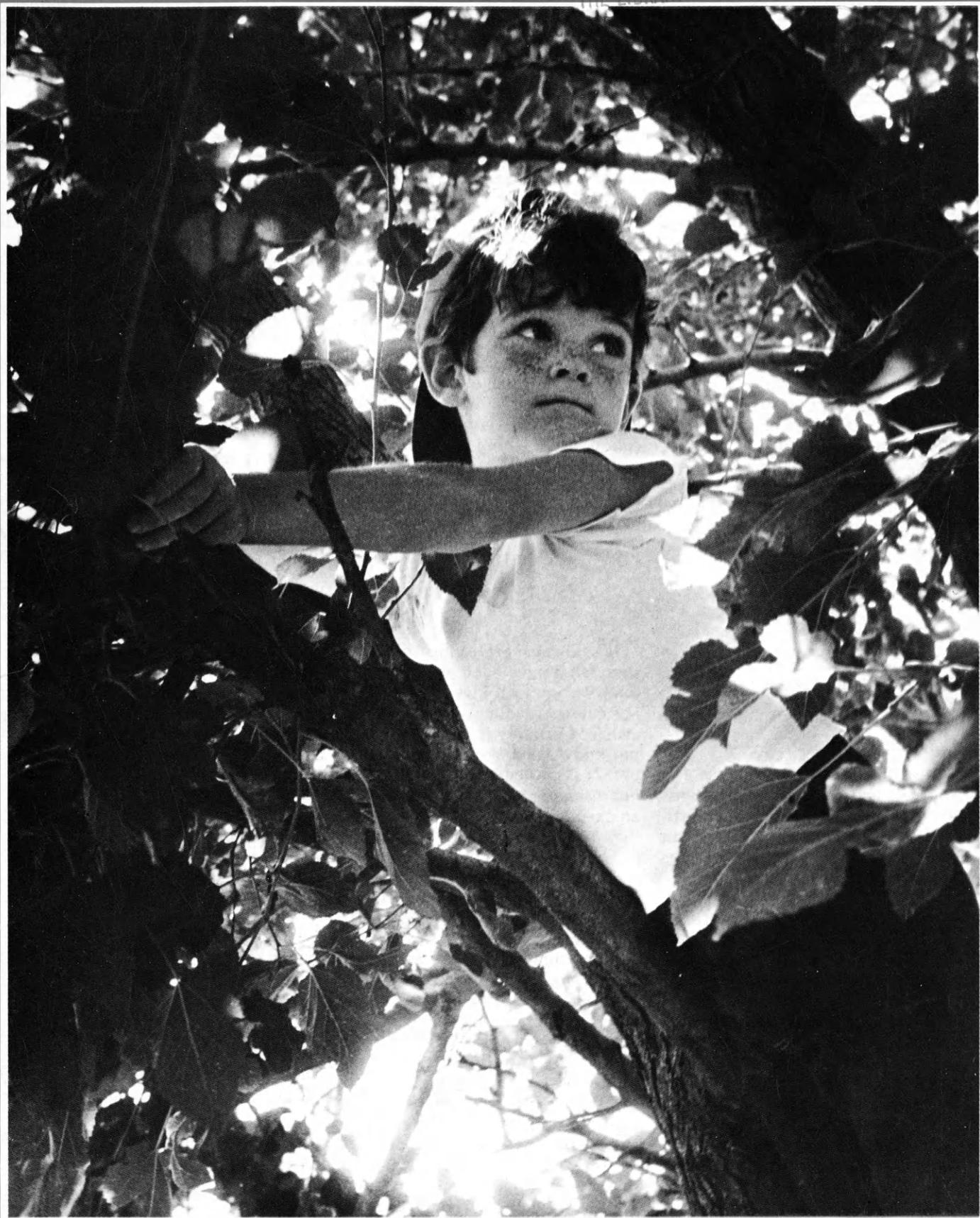


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Kansas 4-H Journal

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Letters to the editor

Editor
Kansas 4-H Journal
Umberger Hall
Kansas State University
Manhattan, Kansas 66506

Dear Editor:

With Christmas again rapidly approaching, we at Military Overseas Mail are concerned about the many thousands of our military personnel who will be away from their homes and families during the holiday season. For many of these young men and women this will be the first Christmas away from home.

Readers of Kansas 4-H Journal can help make this holiday season a little less lonely and a little more enjoyable for many of these young people by joining in the collection of Christmas mail sponsored by Military Overseas Mail. This is an ideal project for school classes, clubs, and other groups as well as individuals and families. For more information, please send a stamped, self-addressed envelope to Military Overseas Mail, Box 4330, Arlington, Virginia 22204, and mention that you read about M.O.M. in Kansas 4-H Journal. Thank you.

Sincerely,
Lee Spencer,
Coordinator

Glenna Wilson, Editor
Kansas 4-H Journal

Dear Glenna,

Just finished reading August 4-H Journal, and have some questions about Mary Clarke's nutrition article, "Good eating habits can strengthen your rope of life," pages 8 and 9.

First of all, questions 11, 12, 13, and 14 all tell me to eat less fat, and to eat vegetable oil instead of animal fat. I would like to know why. I realize that your author is a professional in her field, and has access to current research on nutrition, but my reading does not support this popular notion that vegetable oil is "good" and animal fat is "bad." For one thing, she has no idea how much fat my family gets each day, yet she assumes that it is too much and should be cut down. This would seem to me to be a dangerous assumption.

She then tells me to stick to polyunsaturates. This may be advisable for some people, but my information indicates that most people need **both** kinds of fat in their diets. A well-balanced diet is usually regarded as one containing a wide variety of nutrients, in moderate amounts. Attempting to eliminate **any** one nutrient without specific medical reason can be risky, as the various nutrients work together in so many complex ways to keep you healthy.

This all leads to a somewhat confusing presentation in the article as a whole. For example, No. 6 says eat foods high in calcium, such as cheese, No. 12 says watch out for fatty foods, such as cheese, but eat protein every day (No. 15), such as cheese. This is a bit confusing to some of my 4-H'ers.

I'm sure you also meant well including the question about fluoridated water, but I don't know of any rural kids who have that option.

My apologies for being so critical. I really do appreciate nutrition education articles, and hope they will continue to be a part of your magazine.

Sincerely,
Rachel Imthurn
Maple Hill

It's always gratifying to know that what has been written was read. I commend Mrs. Imthurn for her careful reading of the nutrition article. Certainly it is true that I do not know what she and her family eat. It is probable that because of her interest in nutrition, she is doing an excellent job of feeding her family a very good diet.

The questions in the Journal were written from the point of view of the average American diet. Americans generally consume a diet high in fat, with more than 40 per cent of the calories coming from fat, and a diet high in sugar as compared to starch. In fact, it has been estimated that a typical American diet contains 60 per cent or more fat and sugar, both notoriously low in carrying other nutrients along with them. Shifts in eating patterns to low nutrient foods are becoming of increasing concern to health professionals.

The questions were not meant to imply that all animal foods or animal fats are "bad." Certainly cheese,

meats, eggs, and the like all carry animal fat and should not be eliminated. Mrs. Imthurn is right, people do need both kinds of fat in their diets. But an "average" American consumes larger amounts of saturated fats in proportion to polyunsaturated fats than is believed by many researchers to be wise. Also some research suggests that using polyunsaturated fats exclusively might be harmful. Palm oil and coconut oil, although vegetable oils, are highly saturated and should not be considered as polyunsaturated vegetable fats.

If you live where fluoridated water is not available, your dentist can prescribe a fluoride solution that can be added daily to a liquid such as orange juice or milk.

Mary Clarke, Extension
Specialist, Nutrition Education,
Kansas State University

Letter to the readers

Dear 4-H members and other 4-H friends,

Happy October! It's a special month for 4-H, the beginning of a new 4-H year. National 4-H Week is October 2-8 this year, a time to tell your community what your club is doing and to invite others to join your club. An article on page 5 tells about one club's Pride Week; it wasn't during October, but the ideas are good any time of year for informing people about 4-H. If your club does something different, you may want to write to Kansas 4-H Journal to tell about it.

October is special in other ways; the weather's neither hot nor cold, just right for such seasonal joys as wiener roasts, football games, the World Series, and Halloween. So — happy October!

Ed.

P.S. You can help the Journal to keep from sending magazines which can't be delivered; if you have moved or will be moving, send both your new and old address to Kansas 4-H Journal, Umberger Hall, KSU, Manhattan, KS 66506.

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).

Involvement NO—Participation YES

By Belinda Decker
 Junction City

In the July editorial it was said that the prime ingredient that would insure added success to the 4-H program in a county was "more leadership help" and "better trained leadership." I believe that the second ingredient is "participation." I know that in our county we as a whole need to work at getting bigger crowds at our events. This is the topic of my editorial.

This summer I heard Ken Cheatham speak. Among the things he talked about, the words participation and involvement came up frequently. He is the person who taught me the difference between the two words. You can be involved in school, church, and yes, even 4-H, but that doesn't necessarily mean we take part in those areas. If we participate we are actually putting some of our own action into our project or event.

I have a few ideas to promote participation that might work in your county. I think events should be publicized and promoted more. A newsletter from the extension office telling of all upcoming events, items in the newspaper, promotion at club meetings, and maybe even postcard reminders to all persons who are, for example, in a project dealing specifically with the event. I know that some members don't go because they don't know how it will benefit him or her. These things can be included in the newsletter. If it is a judging contest they should know what it includes: home improvement, Hereford heifers, or horticulture. Let them know that it might help them with their record book. Our county does have newsletters and sometimes newspaper publicity. We need cooperation from the newspaper, the 4-H leaders, and everyone to get a better turnout. Most of all it is up to us, the 4-H members, to watch for upcoming events. Maybe these suggestions will help your county.

Yes, lack of participation is a definite problem, but why? Maybe one of these situations fit your county. More is expected of the older member in more areas than just 4-H. They also may have jobs to go to. Their time is limited. Many of the younger members don't know why they should come. If the event is a judging contest new members don't know how. How and why, who answers their questions? Some older members or junior leaders do once in a while, but new members need full-time answers.

I think the biggest factor in the lack of participation is backing from parents. For younger members, transportation is needed so they can support the event. This is where parents and even older brothers and sisters can help. Parents need to take part in their child's club. All members have problems filling out record sheets, so here parents can really help. Parents can also give encouragement and back their child up 100 per cent. My parents do! If parents don't cooperate how can we expect the members to get anywhere?

There is a lack of participation but I feel it can be overcome. You may see some of these situations in your county now, but hopefully it will be the last time! Remember—Involvement NO—Participation YES.

In closing I would like to tell you a little story. We have a pair of red birds that are building a nest. The female goes back and forth with one piece of building material in her beak. The male follows her faithfully but doesn't bring anything back. As she builds and arranges their nest he perches on a post and sings his heart out. Don't be like the male who is just involved; be like his mate—PARTICIPATE!

About the cover

"Tree Top View" is the title of youngster is Susie's younger Susie Mackey's picture, a winner at brother Jake, and the tree is on the the Kansas State Fair in 1976. The Mackey's farm near Olathe.

Girls learn at clinic

Sixty-five girls from 11 to 17 years of age learned about varied aspects of good grooming during a one-day clinic in Salina this past summer. Becky Zerger and other members of the Willing Workers 4-H Club's health committee organized nine 30-minute sessions on these topics: accessories, hair care, manicures, modeling, eyeglasses, nutrition, makeup, fashions, and self-defense. The groups were led by persons from schools and businesses in Salina.

The girls brought sack lunches, and noon provided a time for 4-H'ers and non-4-H'ers to get acquainted.

Highlights of the day included having hair tested for elasticity, mixing and matching the latest fashion accessories, trying different eyeglass frames, and getting a manicure.

After all the sessions, the smashing conclusion to the day was a demonstration of breaking boards and other martial arts self-defense techniques by SunYi's Academy.



"This is the correct way to manicure your nails," explains the leader of one of the groups at the good grooming clinic in Salina.

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Book movers

By Karen Nichol
Hill City

In February the junior leaders from the Spring Creek Hustlers 4-H Club of Graham County helped move the contents of the old public library to the new one. It was expected to be a two day job, but with the help of many other citizens, it was done in one day with many of the books on the shelves. We moved the boxes of books by assembly line method. A few weeks later our junior leaders went back to the old library and cleaned it up for use by a new tenant.

Junior leaders who helped were Karen Nichol, Malissa Morris, Melene Worcester, Daryl Clark, Mark Voss, Rod Belleau, J. P. Worcester, Mike Worcester, and Juanita Davis.

Their leader is Mrs. Helen Worcester.

Project tips

By Kim Counterman
Towanda

When taking photos is it best to clean the area and have the person to whom you are photographing alert to what you are doing, or have the area natural and "cluttered" and the person unaware.

When selecting greenware be sure to select a quality piece and one with very few, if any, nicks or rough spots. If your item is free from all rough spots it is less likely to break when cleaning and less likely to lose the natural features of the piece.

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INSURED SAFE

If you listened to the radio, read the paper, shopped, or went to the bank, you may have learned about 4-H work during

Pride Week

By the Meadowlark 4-H Club
Publicity Committee
Gretchen Wilson, Chairman
Kurt Wilson
Kevin Reynolds
Helen Reynolds
Scott Pendleton, Photographer
Lawrence

Members of the Meadowlark 4-H Club in Douglas County held a Pride Week to show pride in their 4-H club and its accomplishments. Encouraging other youth to join 4-H was a part of the week's activities.

A family picnic with sports activities for all club members started off the week. A car wash was held to raise money for the Jerry Lewis Telethon.

A variety of 4-H projects were portrayed in store windows and the club's county grand champion booth was on display in the First National Bank.

Club members entertained residents of Presbyterian Manor Retirement Home by giving a program of illustrated talks, demonstrations, and musical numbers.

Members also made flower bouquets for the residents of the Manor's nursing wing.

Club officers spoke about 4-H and the club's activities on a local radio talk show. Some junior leaders made spot commercials featuring 4-H activities that were aired throughout the week.

Publicity committee members wrote a letter to the editor of the local newspaper thanking 4-H sponsors throughout the community. A news article was also written and published in The Lawrence Journal-World.

"I enjoyed Pride Week," said 10-year-old club member, Kurt Wilson, "and I hope the club does it again next year."



The combo of Meadowlark 4-H Club played a jazz number for the residents of Presbyterian Manor Retirement Home. Combo members are Scott Pendleton, Helen and Kevin Reynolds, and Paula Studebaker.



Jill and Sheila Schaake, Meadowlark 4-H Club members, present a bouquet of spring flowers to a senior citizen.

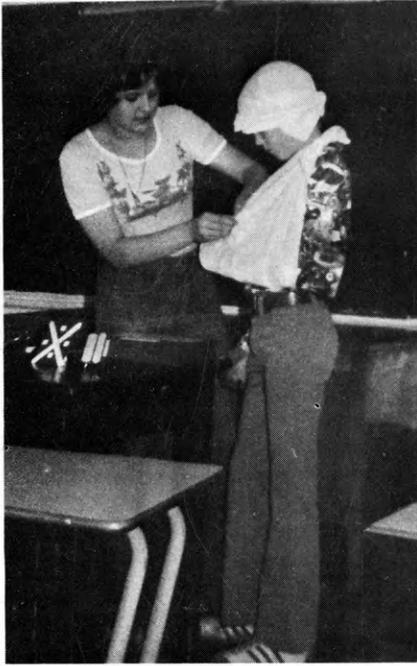
Names in the news:

James Unruh, Marion County, represented Kansas in the regional tractor operators event in Omaha in September. . . Four 4-H members receiving scholarships for the fall semester are Jean Phillips, Valley Falls; Peggy Sternsdorff, Effingham; Susan Wells, Mayetta; and Tammy Wilson,

Ashville. Susan received the \$300 Ship Winters scholarship; Jean and Peggy, \$250 Kansas 4-H Foundation scholarships, and Tammy, the \$100 Kansas Electric Cooperatives scholarship. . . The Saline County herd placed first on its herd class at the Kansas All Breeds Junior Dairy Show in August. Breed grand champions were shown by Jolene Mayer, Saline County, Holstein;

Richard Hammer, Marion, Jersey; Margaret Lutes, Pratt, Brown Swiss; Eva Blevins, Riley, Guernsey; Merle Thiessen, McPherson, milking shorthorn, and Kevin Pankratz, Marion, Ayrshire. Winners in fitting and showing were, in the 7-11 group, Patrick Becker, Sedgwick; 12 to 14, Jeff Reichert, Riley; and David Siemens, Harvey, 15 to 19.

Kansas 4-H in pictures



Emergency first aid can save someone's life, explains Gayla Whiteside as she wraps David Stackley's head wound and broken arm when he was chosen for the role of victim for an illustrated talk. Gayla and David are members of the El-Dorado Boosters 4-H Club in Butler County.



On their way to Europe, Mr. and Mrs. Cecil Eyestone and their 4-H Citizen Ambassador group stopped in Washington, D. C., and met with Congresswoman Martha Keys. Pictured, left to right, are: Joleen Moden, WaKeeney; Mrs. Eyestone; Rhonda Sherwin, Beeler; Rep. Keys; Allen Konicek, McPherson; Linda Lee Vopat, Wilson; Jan Czirr, Alma; and Mr. Eyestone.



One hundred and fifty two 4-H members entered more than 200 horses 702 times in the 13th annual High Plains 4-H Horse Show in Dodge City. The youths came from 42 counties in five different states. The winners in the Western Horsemanship division for 11 year olds and younger, are left to right, Shari Cummings, Ford County, Cindy Kohman of Scott County, Vana Kester of

Logan County, and Candee Saddler of Thomas County. The two contestants on the right were presented trophy buckles for ranking first and second in the class. Buckles, ribbons, and free noon meal were made possible by six business firms in Dodge City.

More pictures



A special award went to Penny Law of the Happy Crickets 4-H Club in Graham County for her progress in answering roll call and in giving project talks and demonstrations. Penny received a blue ribbon for her project talk at 4-H Days, Julie Farrell writes.



Charles Harnett's sheep interests two nursing home residents at the Happy-Go Getters mini-fair in Paola. Sixteen 4-H members exhibited their projects in a nursing home parking lot. Denise Kill took the picture.



Photo by Kenna Giffin

At a come-as-you-are party given by members of Richland Rustlers 4-H Club, two soon-to-be European travelers received felt sunflowers to give to people they would meet in Europe. The young women are Parthena Grigsby, left, a member of the U.S. Collegiate Wind Band, and LaTricia Pritchard, who visited Europe with a Foreign Study League group. Both had been members of the Richland Rustlers 4-H Club.

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"Andrew" photographed by Ann Seymour, Lawrence

Developmental tasks and 4-H

An article for parents and leaders

By Raymond Studer
Area 4-H and Youth Specialist
Iowa State University Area Office
Council Bluffs, Iowa

Why am I, an Iowa Area Extension Youth Specialist, writing an article for a Kansas magazine? Could it be that, just like all of you reading the article, I'm working on a developmental task? Many educators believe valid a concept, developed by Robert Havighurst, that suggests such "tasks" are motivators for humans, whether they are skipping rope or writing magazine articles. I believe in the concept and feel that

it must be considered in people relationships, especially by adults as they interact with youth. (4-H leaders/4-H members).

You should now be asking, "What is a developmental task?" Havighurst defines it as "a growing-up problem which arises at or about a certain time in the life of a person." A key to the importance of the task is that if the task is successfully mastered, it leads to personal happiness, success with later tasks, and approval by the rest of society. Failure leads to just the opposite — unhappiness, failure, and disapproval.

An example of a task for Early Childhood would be learning to walk. The importance of success is obvious!

Tasks are not only physical, as in the above example, but may also be either societal or psychological. Some tasks have an optimum time for accomplishment and failure may be permanent. Other tasks reoccur and give the person a "second chance."

Havighurst lists several tasks for each of six stages in life. Because most 4-H'ers in Kansas are in the stage he calls Middle Childhood (from about 6 to 12 years of age), we will limit our discussion in this article to the nine tasks suggested for that stage.

I will state the task as he has defined it and then provide some implications I see for 4-H. If you, as a 4-H leader, can determine the task (or tasks) providing the motivation for each member's participation, the implications should help you provide assistance and guidance with the result being successful accomplishment of the task.

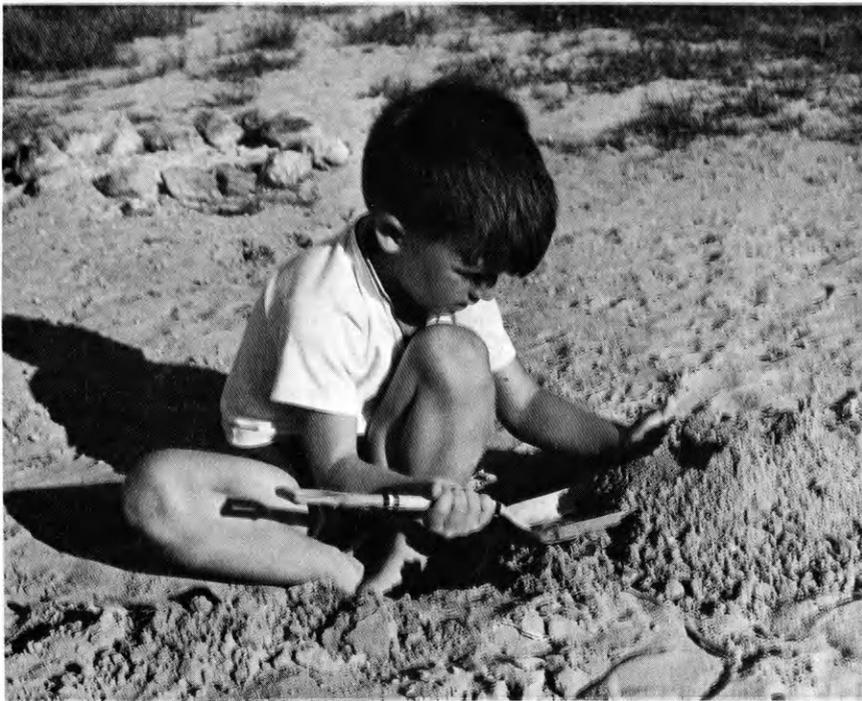
Middle Childhood (6-12)

Task — Learning physical skills necessary for ordinary games.

Implication for 4-H — Our culture does a good job of teaching these skills to most boys and girls. Leaders need to be aware of those that may be more awkward and see that they have good experiences in recreation, at camps and in similar activities.

Task — Building a wholesome attitude toward oneself as a growing organism.

Implication — The close relationship that results from a member/leader project experience provides many opportunities to spot those feelings of "Am I Normal?" Many young people decide they are inadequate and the support of a leader can do much to improve their self-concept. It is in this task that the child begins to develop an understanding of reproduction. Our 4-H live animal projects provide an excellent basis for learning in this area.



“Playing in the Sand,” photo by Kent Swinney, Rolla

Task — Learning to get along with age-mates.

Implication — When we bring this age group together to work on a common activity or project we normally find that much of the members’ concern is with this task. It is often evidenced by talking, poking, pinching, note passing, and so on. Recognizing the motivation behind this behavior can help the leader deal with such “discipline” situations.

Task — Developing skills in reading, writing and calculating.

Implication — Since schools are charged with teaching the 3-R’s, I doubt that this task should become another reason that records are a must! However, the opportunity to complete a record at a member’s level of ability would provide a basis for successful completion of this task in a non-classroom setting.

Task — Developing ideas necessary for everyday living.

Implication — 4-H provides many opportunities for “hands-on” experiences. Being a member, an officer, cooperating on committees, coming in contact with businessmen, and project work are all realistic experiences. A chance to talk over the experience is often all that it will take to help develop concepts for everyday living.

Task — Developing conscience, morality, and a scale of values.

Implication — Because 4-H leaders become significant in the eyes of 4-H’ers, they soon become role-models. A role-model has great effect on the values exhibited later in life. Who would they be having contact with if you were not with them? Through a concern for others we can turn youth out (concern for others) rather than in (self-centered). A heavy emphasis on individual awards turns kids in.

Task — Achieving personal independence.

Implication — Most people argue that 4-H is a young person’s organization. Sometimes, though, the goals of the organization become more important than the goals of the boys and girls, and adults feel a need to make decisions and insist on direction. Only by allowing the youth to assume most of the responsibility for their clubs can we help them accomplish this task. Classrooms with strict rules, bells, permits, grades, up and down staircases, and required subjects cannot begin to help with this task. This task could be one of the most important for 4-H. Allowing members to plan and act independently should be an important goal for all leaders.

Task — Developing attitudes towards social groups and institutions.

Implication — Participation in club activities and interacting with a variety of age groups should help members begin to develop positive social attitudes. Participating in activities conducted in a democratic way with respect and tolerance for all will do much to form a socially acceptable behavior.

Task — Learning an appropriate masculine or feminine social role.

Implication — With the current emphasis on equality this task takes on a new meaning. Youth need to develop a social behavior with which they feel comfortable. Leaders need to provide all youth with a look at many roles and with a chance to interact with both men and women. Both male and female leadership is important in 4-H if the task is to be successfully completed.

There is little doubt that the successful completion of these nine tasks would lead to a very solid adolescent. As you review the tasks and their implications to 4-H, consider where the children will gain the help needed if not from 4-H.

As with most human development topics, developmental tasks are not a hard and fast system. People will progress at their own speed and will fluctuate back and forth between tasks. The one thing we can be sure of is that behavior is the result of some motivation. This concept should help you label some of these motivations.

For more information on the tasks of youth I’d recommend reading more of Havighurst. However, for a better understanding of adult developmental stages read **Passages** by Gail Sheehy. **Passages** is a current best seller that explains much about adult behavior. It even helps explain my reason for writing this article, that part of the Mid-Life Explosion called “generativity” — nurturing, teaching, and serving others.

Before becoming an area specialist in Iowa, Ray Studer was the 4-H agent in McPherson County for 11 years.

“He was very successful in McPherson County with 4-H programs, including those for younger children,” commented Lawrence Cox, Area Extension Director for the South Central Area.

Ideas & News

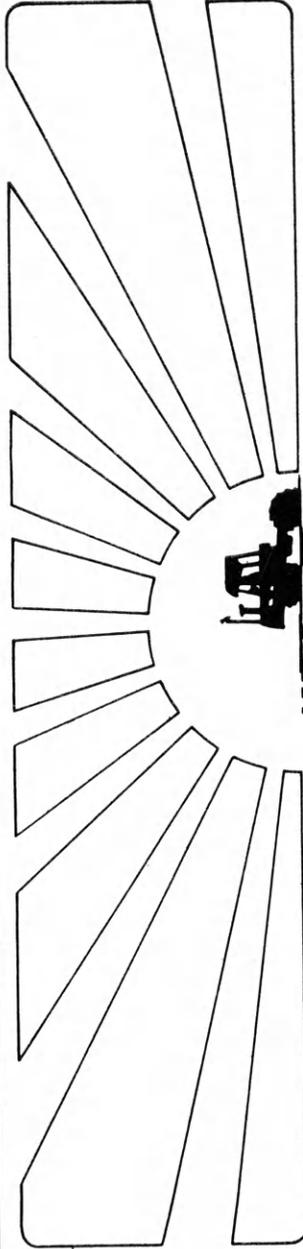
From the Northeast Area:

Atchison County: A judging school for members of **Prairie View 4-H Club** who had not had much experience helped the younger members learn how to fill out score cards, judge animals and give oral reasons. There were classes of steers, heifers, market pigs, breeding gilts, and sheep. Later, in the county judging contest, first place teams in both senior and junior divisions were made up of **Prairie View 4-H** members: **Charles Maxfield, Gary Cattrell,** and **Kathy Cattrell** on the senior team, and **Chris Brown, Becky Brown,** and **Missy Isles** on the junior team. The 4-H members were pleased with the results of their school, **Jackie Sheeley** reports.

Johnson County: Star of Talent Night at a camp for 4-H members from **Miami, Franklin, Douglas,** and **Johnson** counties was 4-H agent **Ken McGinness** of **Johnson County.** The grand finale of the talent show was the performance of Preston the Magic Dragon by the **Johnson County** girls camping in Preston cottage. The M.C. called **Ken McGinness** down from the audience to lie on the stage so that Preston, a long white dragon with yellow spots and a brown fuzzy tail, could walk over **Mr. McGinness** and not step on him with any of the dragon's many feet. With only four steps left to make over the tense **McGinness** the MC halted Preston to inform the audience that the dragon had one small problem — he wasn't housebroken — at which time **Mr. McGinness** was wet upon from head to toe! Reporter **Dara Keener** writes that **Ken** was "a real good sport about the whole act and that's why we really appreciate him as our 4-H agent." **Johnson County** had 72 4-H'ers "attending camp this year at Rock Springs Ranch" and in spite of the floods and continued downpours everybody had a blast! . . . A bake sale of yeast breads earned \$48 for four members of the **Pioneer 4-H Club** who used the money to go to Manhattan Kansas State University for a tour of the Grain Science and Milling Department. "They feel it was a great learning experience and would encourage others to go also," reporter **Barbara Bowlin** writes. The four members of the yeast breads project group are **Jeff Ruckert, Skip Bodine, Vicki Browne,** and **Barbara Bowlin.**

Shawnee County: It was a first for many host families in **Shawnee County** who opened their homes to students who came to visit through the Japanese

(Continued on page 11)



Fuel for Food and Fiber Production

Farm Energy Facts

Solar energy aside, on-farm production requires only three percent of the total energy used in the United States.

The total food system, however, is considerably more demanding. It takes three times more energy to process, package, refrigerate, and transport food from the farm gate to the home than it does to produce it. The energy used for food preparation in the home is 1.7 times as great as that needed in production agriculture.

Production Agriculture

Fuel energy (as distinguished from solar energy) is consumed in food production in two ways. Fuel is used off the farm to manufacture products used for farming—natural gas for nitrogen fertilizers, coal for steel production, and petroleum for pesticides, plastics, and machinery manufacture. Fuel is used on the farm when manufactured products are used to produce crops—by tractors during tillage, planting, cultivation, and harvesting as well as by irrigation, pest control, and protection of crops from frost. The total use in production agriculture in 1974, exclusive of family living, was estimated by USDA (1976) at 2.8 percent of the U.S. gross energy consumption of 2.81×10^{17} kilocalories (Federal Energy Administration, 1977).

Natural Gas

According to USDA (1976), less than one percent of the natural gas used in the United States is consumed directly in agricultural production. Another two percent is used in fertilizer production. Natural gas has a crucial role for a least three inputs in agricultural production—fertilizers, irrigation, and crop drying. Natural gas is used as a feedstock or production input for almost all nitrogen fertilizer produced in the United States. On the average, 24 cubic feet of natural gas are used to produce one pound of fertilizer nitrogen, and U.S. agriculture consumes about 17 billion pounds of nitrogen per year.

Irrigation in the Southwest depends greatly on natural gas. In Texas, New Mexico, Oklahoma, and Kansas, 40 to 60 percent of the power units used for irrigation are fueled by natural gas. Natural gas is the main feedstock for production of LP gas. LP gas is a major energy source for crop drying, a practice on which many farmers depend for producing high yields and high-quality products.

The Council for Agricultural Science and Technology's Task Force on Energy put together this report. We thought you'd like to have the information.

If we are to increase food production to feed a hungry world, more energy will be required . . . not less.

A message from Kansas Farm Bureau
. . . the professional organization
for professional farmers and ranchers

Labo Exchange program. Twenty-one families enjoyed this experience and the students were entertained by their host families with such activities as a Royals baseball game, Worlds of Fun, fishing, swimming, water skiing, horse back riding, visiting the Eisenhower Memorial at Abilene, visiting museums in the area and the State Capitol Building, going to the zoo, attending horse shows, the 4-H fair, 4-H meetings, and a rodeo. The tutor, **Toshie Watanabe**, was made an honorary citizen of Topeka by **Mayor McCormick** and was presented a medallion by him. **Maxine Hobbie** was the county coordinator.

From the Southeast Area:

Lyon County: As the first part of an exchange trip with Kentucky 4-H members, 27 junior leaders and three sponsors went to Kentucky during July. After meeting host families at Bowling Green, they enjoyed swimming, sight seeing, a trip to Opryland in Nashville, a tour of Mammoth Cave, and southern hospitality in general. The Kentucky hosts and hostesses will be guests in Kansas during the summer of 1978, **Vicki Nelson** reports. . . . **Logan Avenue 4-H Club** has an adopted Grandmother program. **Rhonda Fowler** is the reporter.

From the South Central Area:

Butler County: 4-H members in **Butler County** were hosts to a picnic for all business people who support the 4-H program in the county during the year. Each family brings food for themselves and six other people and the 4-H clubs share responsibility for the event. . . . The first **Butler County** mini-fair in July had three categories, horticulture, hand pets, and dogs. . . . For four consecutive years the **Towanda Rustlers** have won the trophy for the champion clothing booth. In 1974 the booth contained a handmade sewing machine. Fashion news was the title of the 1975 booth; it contained black silhouettes of 1700, 1800, and 1900 fashions. "Ye Old Proprietor Shop" was the theme for the 1976 booth. This year the booth contained calico quilt pieces made by the members. **Faralane Chase** is the leader and members enrolled in clothing are: **Lane Chase, Mary Jo Lill, Kim and Marsha Counterman, Brenda McColloch, Sharon Chippeaux, Frances Clemons, Janet and Debra Varner, Grace Chapman, Tammy Varner, and Kathy Tillotson.**

Dickinson County: On a bright sunny morning in June about 15 members and leaders of the **Sand Spring Rustlers 4-H Club** met to clean up the area around their meetingplace, an old brick schoolhouse. After several hours the project was completed and the grounds were clean, **Mary Garten** reports. She says this 4-H club put it all

together and got something done. 4-H gets it all together!

Harvey County: Macon 4-H Club had a club fair at the monthly meeting in August. Each member brought one item he would be entering in the county fair. The cooking girls each brought a cooking item which was used as refreshments after the meeting. **Shari Fiene** is the reporter. . . . International Foods members have had fun at countywide cooking meetings. Guest speakers talked about different countries and their customs and prepared food with the members helping. For the last meeting, the girls all prepared some international dishes, told about them, and then had a dinner trying everything everyone had made. On another day they set out for Tulsa, Oklahoma, eating at Casa Bonitas and touring Frankhoma Pottery Company, Oral Roberts University, and attending a candy demonstration at Flair's Flowers.

From the Southwest Area:

Finney County: Twenty-four members went on the **Beacon Booster 4-H Club** tour. They met at the 4-H building and from there they traveled to each member's home for a show and tell of their projects. **La Ken Heinrichs** describes it as a "very fun and exciting day" . . . **Wayne Goss**, son of **Mr. and Mrs. Darrell Goss**, Garden City, showed the grand champion hog at the Tri-State Royal Livestock Show at Goodland; he was also the grand champion hog showman. Other **Finney County** winners were **Shawn Frey**, daughter of **Mr. and Mrs. John Frey**; **Shawn** was fifth in the steer show and second in steer showmanship. **Arthur Green**, son of **Mr. and Mrs. Art Green**, placed fifth in sheep showmanship, and **Pat Smith**, son of **Mr. and Mrs. Von Smith**, placed eleventh in the sheep show. This was the 15th year for the Tri-State Royal, a show for grand champion steers, hogs, and sheep, as well as champions of showmanship contests, from three states. This year 14 Kansas counties were represented.

Greeley County: Greeley County junior leaders, three adults, and cooky ingredients went to Helmwood Care Home in Tribune in July. Most of the residents, including those in wheelchairs, mixed, rolled, cut, baked, and ate cookies. Each resident got to keep about three dozen cookies for his own pleasure. Everyone ate until they had cooky-itus. The 4-H'ers and leaders who participated were **Dale, Brad, and Karen Stone, Carolyn and Connie Herl, Cammie Dickson, Dee Anna Preston, Mona Harper, Karma Hoffman, Karen Hornabaker, Debbie Howell, and Jane Russell.** **Mrs. Carol Howell** had the inspiration and recruited **Mrs. Annalee Hampton** and **Mrs. Loretta Stone** to as-

sist. All clubs in the county were represented.

Morton County: The Dermot 4-H Club, located in the very northeast corner of **Morton County** in the Dermot community, was organized five years ago. Of the six charter members, the four still in the club are **Shurma Milburn, Pete Milburn, Shari Lewis, and Kent Swinney.** Membership has grown to 15. The first three years, the club project was citizenship; the past two years, recreation. In September 1976 the club had 15 state fair entries from three members. This year for the first time the club had junior officers. A highlight this year was the August meeting which began at the home of the leaders, **Mr. and Mrs. Tom Milburn**, where the parents gave an entertaining program. Then the group went to the members' homes to view their fair exhibits. Next they all went to the park in Rolla where **Mr. and Mrs. Jack Higgins** had the hamburgers cooked and ready for the picnic. Businessmen from Rolla who support 4-H were guests for the picnic. Later most of the young people and several parents enjoyed a swimming party, **Kent Swinney** reports.



Enjoying the swimming party after the **Dermot 4-H Club** tour are, left to right, **Shari Lewis, Tommy Williams, Brian Swinney, Shurma Milburn, Cindy Higgins, Ellen Milburn, and Rick Tattershall.**

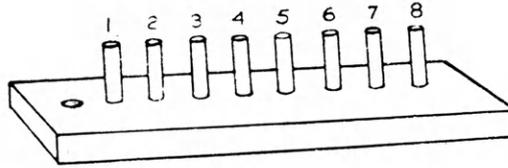
From the Northwest Area:

Trego County: 4-H members enrolled in the beef project learned about showmanship from slides provided by the **Ogallah 4-H Club.** Fifty-six 4-H members and leaders attended. **Linda Gibson**, who received the slides from the Kansas Hereford Association, writes, "We would all like to thank the KHA for providing the slides. We all learned a lot."

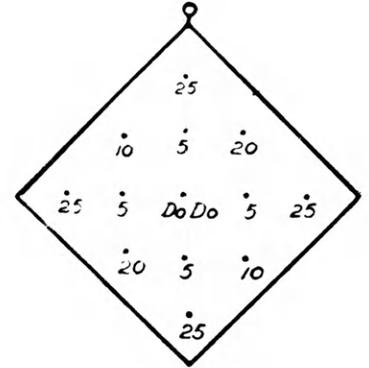
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Garden Entrance Trellis	Trestle Table
Foldaway Table	Quilting Frame
Picnic Table	Colonial Table
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Gun Cabinet	Pigeon Cage
Wall Desk	Hourglass
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Rocking Horse	Martin House
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Mod Squad Lawn Chair	Food Drying Tray
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First aid for dogs

By Jane Ramsbottom
Belleville

If you were put into an emergency situation where you would have to give immediate first aid treatment to a dog, what would be your first reactions? Would you panic? Or would you act quickly and confidently? One thing that needs to be stressed with emphasis to 4-H dog owners is the importance of knowing the first aid care for dogs.

I'm sure you have heard the old saying, "An ounce of prevention is worth a pound of cure." But accidents do occur, and it is up to you as a dog owner to be prepared to give first aid when necessary. You must keep in mind, however, that first aid is only a step before you reach the veterinarian for professional treatment. Remember your limits in knowledge when giving first aid to your dog, as you could cause more harm that good!

Sometime as a dog owner you may be faced with an emergency where you will have to use some first aid measures until a veterinarian is there for assistance. It might mean the difference between life and death for your dog. It is important that you know the symptoms of various injuries and illnesses and the first aid measures for them.

Your dog may be your closest friend and companion. But if he is frightened and in pain, he could attempt to bite you. You can avoid being bitten by using an "emergency muzzle." A strip of cloth or a bandage at least two feet long is best to use. Tie a loose knot in the middle of the cloth making a big loop. Slip the loop over the dog's muzzle behind his nose. Tighten it so the dog cannot open his mouth. Tie a knot under the

dog's chin and bring the ends back behind the ears and tie them together.

The following are some common emergencies with their symptoms and the emergency care for them:

Poisoning. You should treat all poisons in your home as though they are dangerous. If you suspect your dog of swallowing a poison, you can give him approximately two teaspoons of salt to make him vomit. If he shows signs of trembling, convulsions, staggering, or pain **don't** try to make him vomit. Get your dog to the veterinarian as quickly as possible, and make sure you know what kind of poison was swallowed so the veterinarian can treat your dog accordingly.

Wounds. If your dog gets involved in a dog fight, the results may consist of major or minor wounds. You should wash the wounds with soap and water and keep them clean. You should also clip the hair around the wound. If your dog receives a major wound, quickly get him to your veterinarian for special treatment.

Shock. Many dogs involved in accidents suffer from shock. They may be either motionless or in a condition of nervous excitement. Some symptoms are weak pulse, shallow breathing, and the eye may have a glassy appearance. Try to keep the vicinity quiet. Cover the dog with a warm blanket. Then quickly get him to your veterinarian.

Broken Bones. If your dog seems to be in pain and cannot walk or stand on his legs normally, he may be suffering from a broken bone. Keep the bone in position as well as you can. You can use a temporary splint or a pillow to

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help support the bone until you reach a veterinarian.

Heat Stroke. The best way to treat heat stroke is to prevent it. Don't ever leave your dog in a car on a hot day. Even though the windows are rolled down three to four inches, and the temperature outside is less than 90 degrees, the temperature in your car can exceed 130 degrees in one hour. And a dog can suffer from brain damage at 115 degrees! Some symptoms are excessive panting and staggering weakness. Pour cold water over the dog, and rub his skin to help stimulate the circulation.

With much regret, accidents do occur. But if you have the knowledge and know-how of giving first aid when necessary, you will be prepared if something does happen!

Kitchen Bowl

Coca Cola Cake

2 cups flour, unsifted
2 cups sugar
2 sticks of butter or oleo
1 cup of Coca Cola
3 T. cocoa
1 heaping cup of miniature marshmallows
1 cup buttermilk
2 eggs beaten well
1 t. soda
1 t. vanilla

Combine the butter, cocoa, Coca Cola and marshmallows in a sauce pan. Bring to a boil. Pour over the flour and sugar mixture. Mix well. Add the but-

termilk, eggs, soda and vanilla. Beat well. Grease and flour cake pan (flat) 10x14 inch. Pour in pan. Bake 30-40 minutes at 350 degrees.

Frosting

½ cup butter or oleo
3 T. cocoa
3 T. Coca Cola
1 lb. box of powdered sugar
1 cup chopped nuts (pecans or walnuts)

Combine butter, cocoa, Coca Cola in sauce pan. Bring to a boil. Pour over powdered sugar, beat well. Add chopped nuts. Pour the mixture over cake when taken directly from oven while hot.

Trisha Cash, Kansas 4-H Foundation

Facts for free

Do you have a question, or just need some information, on a specific aspect of agriculture, livestock, marketing, economics, foods, nutrition, clothing management, family life, creative use of leisure time?

These are some very broad descriptions of just some of the areas covered in publications available through the Cooperative Extension Service and Agricultural Experiment Station at Kansas State University.

Ask your extension agent first, if you have questions or need information. If he/she does not have what you want, write to the Distribution Center, Umberger Hall, KSU, Manhattan, Ks. 66506. In fact, they even have a pamphlet called Popular Publications of the

Cooperative Extension Service and Agricultural Experiment Station, which lists available publications. (Your extension agents probably have this.)

When you do need more information for a project, or for just about anything, your extension agents and the Cooperative Extension Service are here to help you.



1977 is a special year for Kansas 4-H Foundation, its 25th year.

"In honor of this 25th year, we hope 2,500 persons or firms or organizations, one hundred for each of the 25 years, will become donors to Kansas 4-H Foundation during 1977," Dr. Merle Eystone, executive director of the Foundation, commented earlier this year.

To become one of the Twenty-Five Hundred, send your check for any amount to Kansas 4-H Foundation, Umberger Hall, KSU, Manhattan, Kansas 66506.

What will your money do?

It may help to publish Kansas 4-H Journal, to maintain camping facilities, to provide trips, awards,

Please accept our check for the 2500 club. We really think Rock Springs Ranch is a great place. Our children love to attend 4-H camp there in the summer and we have one who has been working there. Thank you.

Mrs. Louis Carter, Morrowville

or scholarships for 4-H members, to assist with international programs, to help with Kansas 4-H Congress — in some way it will aid the Kansas 4-H program.

To the end of August, 944 have contributed to the Foundation in 1977.

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Family Fun Page

A young sixth-grade teacher made a firm statement about the kind of work she expected. She closed the speech by saying it would take far more than an apple to get a passing grade.

Apparently she made her point. On the following day, one pupil presented her with a watermelon.

Tom: Did you hear about the guy who got arrested?

Bill: No! What happened?

Tom: He was standing on a corner with a gun in one hand and a knife in the other.

Bill: Well, what was he doing?

Tom: He couldn't figure out whether to shoot across the street or cut around the corner.

Sam: Can I have an apple, Mom?

Mom: You just had dinner.

Sam: I know, but I just broke the doctor's window.

Barbara Jacobson, Waterville

Q. How can you tell if you've caught a pop fly?

A. See if it needs a shave. If not, it's probably a mom fly.

Advice to baseball players: "If you don't succeed at first, try second base."

Q. What is the difference between an egg, a drum, and Kansas 4-H Journal?

A. You can beat an egg and a drum, but you can't beat Kansas 4-H Journal!

Sam Jilka, Assaria

Prize winner

A lot of trouble in this world is caused by combining a narrow mind with a wide mouth.

The best vitamin for developing friends is B1.

If a cluttered desk is the sign of a cluttered mind . . . what is the sign of an empty desk?

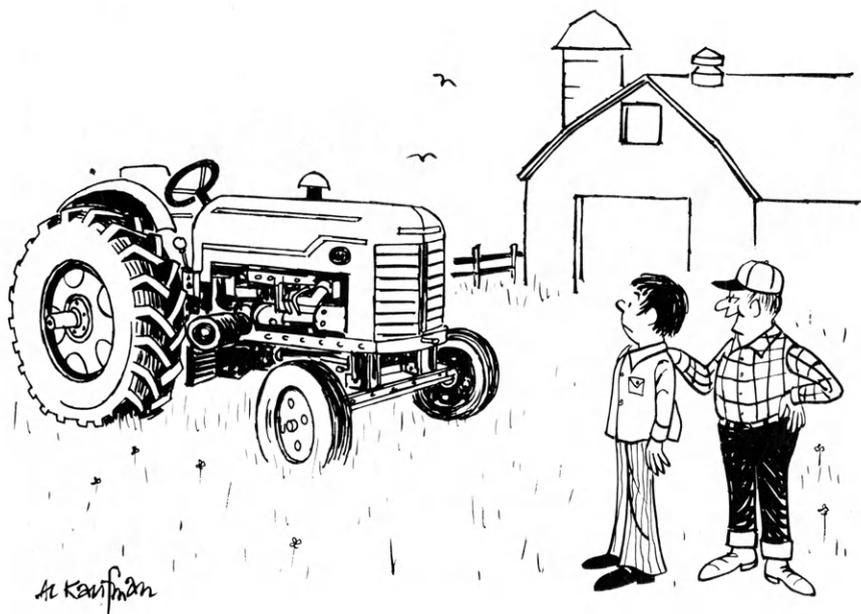
The school of life is an unending series of scheduled examinations . . . and pop quizzes.

Ann Ramsbottom, Belleville

If you ask a mummy for change for a quarter and he gives you two dimes in return, what has he done?

Egypt you.

Pam Holly, Narka



"WELL, SON, I PROMISED I'D BUY YOU A SET OF 'WHEELS' FOR YOUR 16TH BIRTHDAY."

Jeff: Did you know Alex Haley killed himself?

Bob: No! Why did he?

Jeff: He found out he was adopted!

Teacher: Ned, what makes the Tower of Pisa lean?

Ned: Because it's on a diet.

Jenny: Do you know what the quietest game is?

Penny: No, what?

Jenny: Bowling, because you can hear a pin drop!

Dianna Brogden, Nicodemus

Q. What kind of music do mummies like best?

A. Ragtime.

Q. What do you call a clean, hardworking, kind, intelligent monster?

A. A failure.

Robin Kearns, Lawrence

Two kids trying to decide where to eat:

Bob: Let's eat up the street.

Sue: Let's not! I hate concrete!

Q. Why is the river rich?

A. Because it has two banks.

Pat: Does the street run past your house?

Joe: Yes. Why?

Pat: Then you'd better go catch it!

Lisa Thoman, Jamestown

Q. What code message is the same from left to right, right to left, upside down and right side up?

A. S O S

Ginger Taylor, Olsburg

Traveler (to young boy): Hey, can you tell me which way is north?

Boy: Huh, what did ya' say mister?

Traveler: I said . . . Oh, gee . . . Uh, knock, knock.

Boy: Tee hee, who's there?

Boy: Alaska.

Traveler: Alaska again, WHICH WAY IS NORTH?

Deborah Verlin, Lebo

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.

Articles made in electric project are useful on the farm

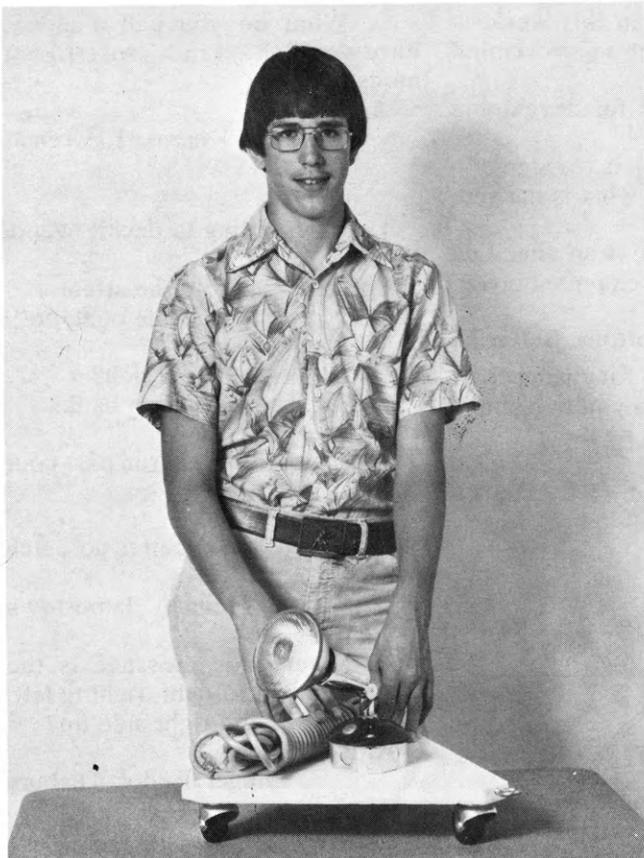
A chicken brooder with two heat lamps with the temperature controlled by a thermostat brought a grand champion ribbon to Steve Barrett, Larned, at the Pawnee County Fair this summer. He also received a blue on a portable patio light made from an old railroad lantern.

In previous years in the electric project, Steve rewired outlets, put grounded plugs on farm appliances, and made heat lamps, a trouble light, a flood lamp on a dolly, and heavy duty extension cords for use in farm

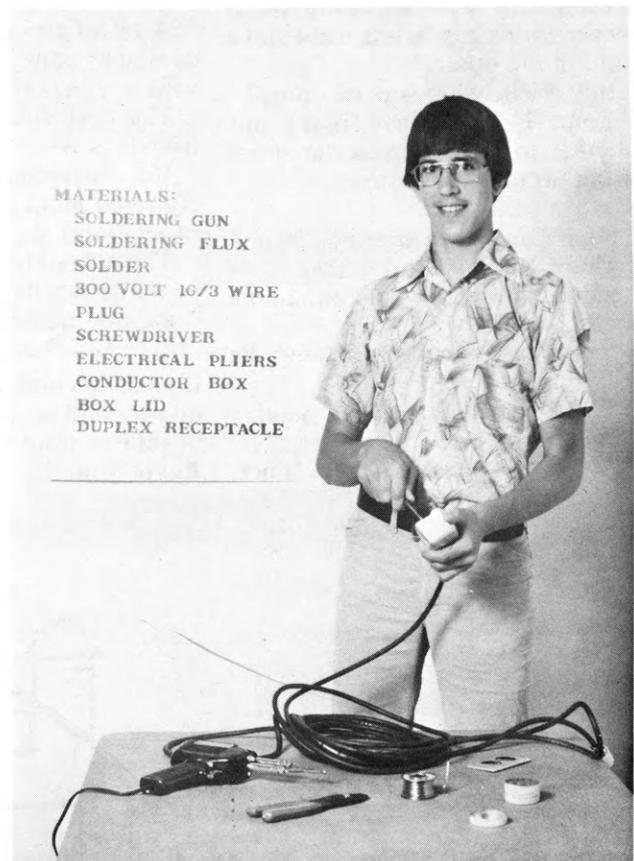
buildings. He has helped younger members with their electric projects.

A versatile young man who completed 16 projects and phases this year, Steve has found things learned in the electric project are helpful in swine, room improvement, and gardening projects. Some of his other projects are crops and health.

A sophomore at Thomas More Prep at Hays, Steve has participated in football and basketball. He is a member of the Gem Dandy 4-H Club.



A flood light for shop use received a blue ribbon at the 1976 Kansas State Fair at Hutchinson.



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CONDUCTOR BOX
BOX LID
DUPLEX RECEPTACLE

At Pawnee County 4-H Day and again at Kansas State Fair, Steve gave a demonstration on a topic relating to electricity.



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

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