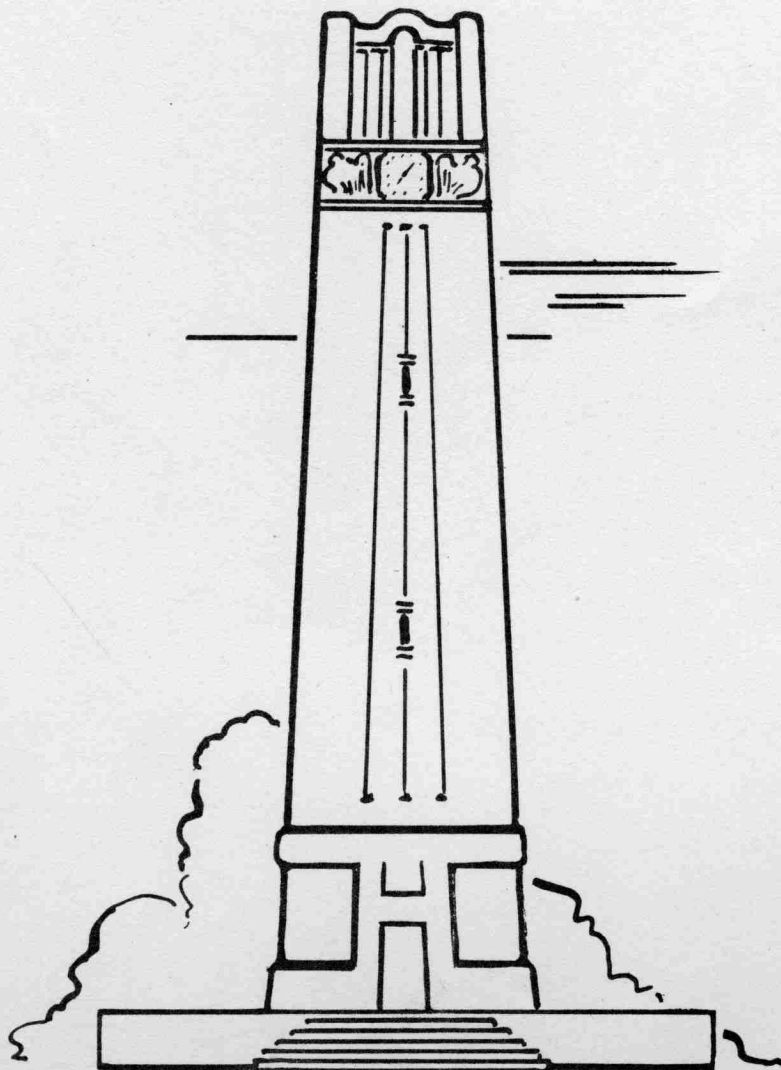


CLOVER LEAVES

Published at N. C. STATE COLLEGE, Raleigh, N. C.

During STATE 4-H CLUB WEEK, August 1-5



FRANCES LANCASTER AND RALPH BROWN
CHOSEN QUEEN AND KING OF HEALTH

Frances Lancaster of Edgecombe County and Ralph Brown of Iredell County were crowned queen and king of health at Riddick Stadium Wednesday night during the colorful health pageant conducted by Johnston County 4-H Club members.

Frances, a 19-year-old girl, has been active in health improvement work since she first became a 4-H Club member in 1940. In 1947, she was stricken with tuberculosis but fought back to regain her health. Much of her work during the war years was campaigning for the chest X-ray program and against the very disease which struck her.

In addition to the health title, Frances has many other 4-H achievements. She was state dairy foods winner in 1947, state girl's record winner the same year, has been to the National 4-H Club Congress in Chicago, and was a state finalist in the soil conservation speaking contest last winter. In her nine years of club work she has completed 56 projects ranging from clothing and gardening to leadership.

Ralph has been a member of the 4-H Club only three years, but during that time, he has achieved a long list of improvements in his own and his family's health. He has increased his consumption of milk and fresh vegetables, learned to like whole wheat bread, cut down on candy, and substituted milk for coffee and tea. His projects around the farm have included anti-rat campaigns, construction of a garbage disposal pit, and spray campaigns against mosquitoes and flies.

Six other boys and girls were named members of the health court for their outstanding work in health improvement. They were Esther Ballentine, Hertford County; Shirley Brown, Johnston County; Mary Burney, Bladen County; Jacob Reep, Lincoln; R. H. "Bobby" Williams, Wilson; and Harold Zimmerman, Rockingham.

The Health Pageant, always a looked-forward-to feature of the 4-H Club Week program, continued to win the applause of delegates this year with its beauty and story. Scenes of the pageant portrayed the importance of posture, exercise, plenty of milk and fresh vegetables in maintaining good health. Charlie Parrish of Smithfield was narrator. Misses Margaret Clark, Goldie Knowles, and Ruth Whitfield and Messrs. J. E. Piland, C. W. Tarlton, W. T. McPherson, home demonstration agents and county farm agents in Johnston County, arranged and directed the pageant. They were assisted by Miss Rita Dubois, Extension nutritionist at State College. Dr. Frederick Stanley Smith directed the music. Mrs. Maude P. McInnes, Miss Iva Hurst, and Miss Odellia Barber, home demonstration agents of Wake County, composed the flower committee. The property committee included Mr. R. M. Ritchie, Jr., Mr. J. C. Ferguson, Mr. H. M. Ellis, Mr. F. J. Teague, Mr. J. E. Mewborn, Mr. C. T. Dean, Jr., and Miss Iva Hurst.

THE ROMANCE OF UNCLE SAM

If club delegates had closed their eyes last night during Mr. Mark Love's program on Americanism, entitled "The Romance of Uncle Sam," no doubt many of them could have made believe they were at home listening to the radio. Mr. Love, who has sung with the Chicago Opera Company and in concerts, presented his program exactly as if it were being broadcast over the radio, complete with background music and song. He was assisted by Mr. John Wiederhirm.

Mr. Love told his audience that "we should never believe for one moment that the builders of our nation had a Utopia in which to live. Today we are facing the most amazing era of mechanical development the world has ever seen. There are now, actually invented and ready for production, scores of new and undreamed-of-creations that will bless and benefit all humanity. With half of these in production, unemployment of any man who will work is absolutely unnecessary. And with free and fair competition, these new comforts and machines will be in the reach of the humblest home."

D. G. Harwood of Stanly County presided at the evening program.

HHHH

TROUBLE WITH UNIFORMS

There was a small Pitt County 4-H Club girl who came to 4-H short course this year for the first time. She didn't know anything about the short course, so her agent Miss Marjorie Shearn, explained to her what was needed and she started preparing the articles around three weeks ahead of time.

First she ordered the material for her uniform and due to machine trouble at home, she carried the material fifteen miles to make it. Three days were used to make the jacket, shorts and two skirts.

Second, she went to her aunts to learn to crochet the beanie. After being timed, it took her 15 minutes to do the first five stitches, but after she caught the catch to it, she was only a day and a half. Because she didn't know how to crochet, the beanie was dirty so she washed it in warm water and starched it. Then she put it over a can that had been painted and was sitting out to dry. Well, the next day when she looked at the beanie, it had three small spots on the very top. So then she washed it in a weak acid used in washing and put it to dry, but that still didn't do any good.

The next day she used lemon juice and put it in the sun to dry again. When she brought it back into the house, the spots were gone. You can't guess what happened. Well, she had planned to spend the night with a friend of hers, so she did and the next day her beanie was just as yellow as a pumpkin. She washed it again in the weak acid solution, but it still didn't do any good. So then she decided it couldn't look any worse. She tried lemon juice again and all the stain came out while wet but after it had dried, she put it in a drawer and just about a couple of days before time to go she took it out to pack and guess what -- it was all yellow and dingy again. Can you beat that?

So girls, I know from experience that there isn't anyone who had more trouble with their uniforms than that girl, and "that girl" happened to be me.

Julia Stokes
Pitt County

HHHH

DAIRY PRODUCTION DEMONSTRATION

In the dairy barns yesterday, 4-H dairy production members were giving demonstrations on selecting good dairy cows and calves. These demonstrations were very interesting and informative.

The ideal dairy cow for a club project or for any dairyman is one that combines good type and production. A good cow should show symmetry of the body and a general blending of all the parts together. All sections of the animal should be in proportion with the rest of the body. The cow should show vigor, attractive carriage, and good breed characteristics.

Even if you are selecting a cow that has not been tested for production, you should be sure she has been tested for Bang's and tuberculosis. These diseases are very destructive to dairy cows.

The few spectators enjoyed the demonstrations very much, at least they learned what was in the milk veins--blood.

Hugh Lytton
Catawba County

HHHH

RUNNING?

Are you running? Some young men and women are running for offices of the state council while others seem to be running for such things as the "county line" and running from the dog catcher. Some of the popular girls are also running from a crowd of so-called boys.

This campaign business can be a big bother to those of you who aren't interested in anybody or anything, but since we are all 4-H Club members, I know there is not a person like that at State College this week.

These campaign managers seem to be working very hard to see that everyone gets a card or sheet of paper concerning their candidate, but they would be working ten times harder if Mr. Harrill were to ask them to clean up the campus.

There is also lots of fun in this particular event and I hope you are having your share. JUST REMEMBER TO VOTE.

Norma Ann Putnam
Gaston County

HHHH

DEMONSTRATION

Doris Bridgers of Edgecombe County gave a demonstration Tuesday with "plain custards". The demonstration was held at Withers Hall.

Doris is a blonde, has blue eyes and looks very neat in her uniform. When she gave the demonstration, her voice was very calm. She acts as though she has been getting around in the kitchen for quite a while because she knows every move to make.

She prepared six desserts for approximately fifty people in the demonstration. This plus answering all the questions the judges asked about the demonstration required only about twenty-five minutes.

Julia Stokes
Pitt County

HHHH

CAMPAIGNING

Who will win? We sure would like to know. You already know, because you are the ones who will say who the officers of the 4-H State Council will be.

We are seeing real 4-H democracy in action in this campaign.

When I returned to Owen Hall yesterday, things really had changed. There were posters everywhere--vote for so and so for this office and that office. Most of these had real catchy slogans. I think this is a wonderful campaign with plenty of good 4-H color and good will.

It is every 4-H Club members duty to vote for the person he thinks will do the best job. IF YOU HAVEN'T ALREADY VOTED, BE SURE TO DO SO BEFORE THE POLLS CLOSE. Talk to as many candidates as you can. Ask them questions. We know a good citizen is a person who, in an election, votes for the person he thinks is best qualified for the office.

Hugh Lytton
Catawba County

HHHH

HOME IS WHAT YOU MAKE IT

Sue Marshall and Bobby Simmons of Hyde County presented a very nice demonstration to the Heart group this morning on how to arrange our rooms.

This demonstration applied to both boys and girls. They explained plainly what we need and do not need in a room. The demonstration was very interesting and everyone enjoyed it.

The next thing on the program was a very interesting demonstration on curtains

by two girls from Nash County. They discussed many good points on the ways to hang and choose curtains to suit any kind of room.

The last demonstration on the program was a very interesting one given by a girl and a boy from Northampton County. They explained and demonstrated what type of paint to use on each type of wall. They also explained how to mix the paint they used. I think the Heart group enjoyed this demonstration very much.

Lee Fox
Chatham County

HHHH

CHATTERING WHILE WAITING FOR FOOD

Agents and leaders, you can always tell a smart 4-H'er when you see one, because have you ever noticed to see a line of 4-H members for their classes? Well, No you haven't. But if you ever want to see a long double line, just drop down to the cafeteria when you have nothing to do like me.

I am sitting in the shade of a large tree on a root, while writing this. I am watching the long line out in front of the cafeteria. Of course, some of the members are at the back!

They are chattering about what they will have for supper. Well, if they would like to have my suggestions, I know it will be good. The suppers, especially, are always good.

Julia Stokes
Pitt County

HHHH

MISS GERTRUDE WARREN SPEAKS ON LEADERSHIP

Four-H Club delegates were told this morning by Miss Gertrude Warren of the Extension Service office in Washington, D. C. that they should do good club work in North Carolina because they have all of the resources and leadership available that is needed to carry this out.

Miss Warren stated that Club work today means far more than it did even during the war years when members were called upon to produce an abundance of food and feed. Club members throughout the country responded wonderfully to this call, she said, by producing enough food to feed 1,000,000 fighting men for three consecutive years. And after the war, when club members were called upon to help raise funds to feed a hungry world, they raised more than \$250,000 for foreign aid, she told the delegates.

HHHH

STATE AND NATIONAL EVENTS

A series of talks were given at the Thursday morning general assembly on outstanding National and State 4-H Club events. Participants in these talks were: William Shackelford of Wayne County; Hazel Garris, Pitt; Hilton Brooks, Union; D. G. Harwood, Stanly; Paul Wagoner; Guilford; Billy Ray Allen, Pitt; Sue Nichols, Wake; and Dorothy Shields of Cherokee.

HHHH