

DON'T LET THE FUN AND FROLIC FELLOW TELL YOUR TIME!



4-H Club Objectives Very Broad

Organization of 4-H clubs in Sherman County is now under way. Boys and girls between the ages of 9 and 21 years are eligible to participate. Interested people may contact leaders in their community or the extension office to join. Additional adult leaders are needed in all communities. This is especially true of projects for boys outside of livestock.

Here are Extension objectives in this youth program. The primary aim of 4-H and other extension work with youth is to provide opportunities for the mental, physical, social, and spiritual growth of young people. Informal education offered by the Cooperative Extension Service uniquely supplements the training received in the home, church, school, and other youth-serving agencies.

Specifically, the Extension youth program has the objectives of helping people to:

1. Acquire knowledge, skills, and attitudes for a satisfying home and family life.
2. Enjoy a useful work experience, together with the responsibility and satisfaction of personal accomplishments.
3. Develop leadership talents and abilities to achieve their citizenship potential.
4. Appreciate the values of research and learn scientific methods of making decisions and solving problems.
5. Recognize the importance of scientific agriculture and home economics and their relationship to our total economy.
6. Explore career opportunities in agriculture, home economics and their related fields, and recognize the need for a continuing education.
7. Appreciate nature, understand conservation, and make wise use of natural resources.

8. Cultivate traits of healthful living, purposeful recreation, and intelligent use of leisure time.
9. Strengthen personal standards and philosophy of life based on lasting and satisfying values.
10. Gain attitudes, abilities, and understandings for working cooperatively with others.

Nutritionists Have Ideas About Foods

Pumpkin pie ala mode... a broiled hamburger... a wedge of pizza... how many calories does each contain? and what food value?

Answers to these and other questions that relate to feeding the family better are found in a new bulletin made available by OSC. Single copies of "Nutritive Value of Foods" may be obtained at county extension offices.

Mrs. Ruth Klippstein, extension nutritionist, describes the new booklet as a valuable aid to persons with special diet problems, or to their advisers—physicians, dietitians and nutritionists. Food values of about 500 foods are listed in the bulletin.

Readers can compare caloric value of ice cream and ice milk, creamed and uncreamd cottage cheese and study food values of five popular forms of orange juice.

One table is suggested as a guide to shoppers in determining amount of raw meat to buy in order to serve a given amount of cooked meat. Nutritive values are shown for only parts of food usually eaten—corn without the cob, meat without bone, potatoes with and without skins. With information provided in the booklet, meal planners will be able to calculate ways to increase certain vitamins and minerals in the diet, Mrs. Klippstein notes.

They can see at a glance how requirements for a high school age youngster and their husband differ, and plan accordingly, she added.

4-H Club News

The Knitting Stars met Oct. 10 at the school house with leader Emmajean Smith.

We elected officers and made plans for the year. Twenty-five knitters were present and four leaders.

Plans for the future include completing projects, choosing singing as regular part of meeting, spring modeling, being host to another 4-H club.

Lorraine Stark, reporter

We elected our officers for the Moro Livestock Club as follows: Nick Hall, president; Nancy Collee secretary Mary Sue Wallace, news reporter; Casey Wallace, song leader; Fred Hall, sgt.-at-arms.

We decided to have our club meetings the second Monday of the month in town in the winter time in the afternoon at 3:30.

Mary Sue Wallace

The Rascals 4-H club met Oct. 19 with Mrs. Donald von Borstel, leader partly in charge. Sheri Rolfe was a visitor. Ricky Cantrell is president and the members made deviled egg sandwiches.

Gary Brinkert, reporter

ADDING MACHINE TAPE At Journal Office

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Friday & Saturday, October 23 & 29



Sunday & Monday, October 30 & 31



Monday Night Only, October 31



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<input checked="" type="checkbox"/> Washer	<input checked="" type="checkbox"/> Shaver
<input checked="" type="checkbox"/> Television	<input checked="" type="checkbox"/> Electric Polisher
<input checked="" type="checkbox"/> Radios—2	<input checked="" type="checkbox"/> Lighting
<input checked="" type="checkbox"/> Irons—2	<input checked="" type="checkbox"/> Slide Projector
<input checked="" type="checkbox"/> Waste Disposal	<input checked="" type="checkbox"/> Corn Popper
<input checked="" type="checkbox"/> Vacuum Cleaner	<input checked="" type="checkbox"/> Electric Clock
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