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Year book for girls' home demonstration clubs, Mississippi 1924

Ellaine Massey

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Cooperative Extension Work in Agriculture and Home
Economics, Mississippi Agricultural and Mechanical
College and U. S. Department of Agriculture
Cooperating. Issued in furtherance of Acts of
Congress of May 8 and June 30, 1914.

YEAR BOOK
—FOR—
GIRLS' HOME
DEMONSTRATION CLUBS
MISSISSIPPI 1924

—BY—
Elaine Massey
Girls' Club Agent.

Approved by:
SUSIE V. POWELL
Ass't. Director of Extension in
charge of Home Demonstration Work
R. S. WILSON
Director of Extension.

CLUB COLORS: Green and White.

CLUB MOTTO: To Make The Best Better.

CLUB PIN: There is a pin for each of the four years and any club member doing one year's work satisfactorily may wear the club pin. Prices are 25c to 36c.

CLUB PLEDGE:-

Land of our birth we pledge to thee,
Our love and toil in the years to be,
When we are grown and take our place,
As loyal women of our race.

2

Land of our birth, our faith, our pride,
For whose dear sake our fathers died,
O mother land, we pledge to thee,
Head, Heart, Hand and Health in the years
to be.

CLUB SONG:- MISSISSIPPI.

(Tune, America the Beautiful).

I sing a song of greeting
to ye of other clime
A song of Mississippi, that
dear old state of mine;
A land of milk and honey,
of trailing bush and vine,
Of fig and sweet magnolia
and roses all the time.

Chorus:

O Mother State! Land of our birth,
With sunlit skies of blue.
Our faith and love we pledge to thee
And always we'll be true.
Oh Mother State! Land of our birth,
We love and reverence thee.
To thy traditions ever true
We pledge ourselves to be.

2

Her fields are fair and fertile,
o'er rolling hill and dell;
With prairies, plains and hummocks,
with riches none can tell!
Where grows the corn and cotton—
and golden wheat as well,
Sweet cane and green alfalfa,
nature's flow of blessing swell.

4 H TRAINING:-

All club products bear the 4 H Brand label. The 4 H's represent the equal training of the head, heart, hands, and health. The trinity of values suggested for the development of each is given below:

TRAINING

Head to

1. Think
2. Plan
3. Reason

Heart to be

1. Kind
2. True
3. Sympathetic

Hand to be

1. Useful
2. Helpful
3. Skillful

Health to

1. Enjoy life
2. Resist disease
3. Increase efficiency

CLUB MEMBERS

Name

Club

Post Office

CLUB MEMBERS

Name	Club	Post Office
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CLUB OFFICERS

President _____

Vice President _____

Secretary & Treasurer _____

Local Leader _____
(Some local woman or older girl!)

Song and Cheer Leader _____

County Council Representative _____

ORDER OF MEETING

Meeting called to order by President.

Roll call.

Reading minutes of previous meeting.

Old business.

New business.

Club Songs.

Program.

Discussion by all.

Club yells.

Reports from members.

Talks by visitors.

Adjournment.

HOW TO CONDUCT CLUB MEETINGS.

It is essential that every club member should know how to conduct a club meeting, and we are now giving a Primer of Parliamentary Law, which shows in a simple yet correct manner how to transact the business of any club meeting.

PRIMER OF PARLIAMENTARY LAW

Order of Business.

Meeting called to order by the President, who rises from her chair and says: "The meeting will please come to order."

Roll call by Secretary.

Reading of minutes by the Secretary.

The President says: "The Secretary will read the minutes of the last meeting." After the reading the President asks: "Are there any additions or corrections to these minutes? If not they stand approved as read" If there are corrections then the President directs that they be made unless there is an objection, in which case a vote of the club members present is required.

Report of the Committees. (a) Standing committees. (b) Special committees. In the report of the committees the president calls upon the chairman of the committee to make the report. A motion must then be made and seconded to accept or adopt the report. After this has been done the report is then open for discussion and amendments are made as regular business. (See section on Motions.)

Example—President: "We will now have the report of the Entertainment Committee". Chairman reads report.

President: Will someone move that this report be accepted?"

Member: "I move that this report be accepted".

Second Member: "I second the motion."

President: "It has been moved and seconded that this report be accepted. Is there any discussion?"

Some discussions may follow.

President: "Is there any further discussion? If not we are ready for the question." (That is, ready to vote).

If the members are ready to vote, they may say "Question".

The President then says: "All those in favor of the motion say "Yes", opposed "No". If those saying "Yes" are in the majority the President says: "The report is accepted".

Unfinished Business: Example—President: "We are now ready for the business of the meeting which is the question of raising money to send a representative to State Short Course at A. and M. College, Miss. Will some one make a motion in regard to this matter in order that the club may discuss the question?"

Member: "I move that the club give a play to raise money to send a representative to State Short Course at A. and M. College."

Second member: "I second the motion."

President: "It has been moved and seconded that the club give a play to raise money to send a representative to the State Short Course. Is there any discussion?"

Discussion follows for a long time by different members; therefore, someone calls "Question". This means that the President must ask: "Are you ready for the question?" Or the President asks it on his own initiative, and so brings the matter to a vote. All business must be

put in the form of a motion and seconded before it can be discussed and voted on.

Motion to Adjourn. This must be seconded. It may not be debated.

MOTIONS

Always rise when making a motion.

Always address the president, saying, "Madame President". The chairman or president then says, "Miss A". Miss A may not make her motion until recognized by the president.

State your motion as follows: "I move etc".

All motions must be seconded. It is not necessary to rise to second the motion. After being seconded the motion must be stated in full by the president as follows: "It has been moved and seconded that..... be done. Is there any discussion?"

If there is a motion before the club no other motion can be considered except it, amendment, the previous question, or a motion to adjourn, until the one before the club has been voted.

VOTING.

Only members in good standing are entitled to make motions, vote or hold office.

There are three ways of voting:

1. Yes or No. The president says, "All in favor of the motion say "Yes" or "No."

2. By a standing vote or a raising of hands.

3. Balloting. That is, by distributing slips of paper and allowing each member to write, "Yes" or "No", or a name upon the ballot.

MINUTES.

The minutes report what was done. Every motion should be recorded, whether lost or accepted. Details of reports are not necessary. Resolutions, if adopted, should be copied in full.

A vote by ballot should be recorded showing number of votes on each side.

Example of minutes—

The _____ club met at the home of the leader, Saturday, December 3, with the president in the chair. Thirteen members were present. The minutes of the last meeting were read and approved. (Then state the business of the meeting ending with the following): There being no other business to come before the club, the meeting adjourned, or

When a program is given, mention should be made in the minutes and a copy of the program written into them.

JANUARY

Subject: Club Uniform.

Roll call: What I hope to accomplish this year in my club work.

Topics:

1. Materials suitable for club uniform____

2. When and why wear the uniform____

Demonstration: Drafting apron pattern.

Community topic: Discuss plans for community and county contests.

Round table led by:_____

References: Knowing Standard Materials. Leaflet from A. and M. College, Miss.

FEBRUARY

Subject: Records and Booklets.

Roll call: My method of keeping my record.

Topics:

1. Why and how to keep a record____

2. Collecting 100% records in our community _____

3. Saving materials for booklets, posters, and reports (pictures, clippings, ribbons, etc.) _____

Demonstration: Making a booklet.

Community topic: What can our club do to make money to send a representative to State Short Course at A. and M. College

Round table led by:_____

References: Suggestions for making booklet from A. and M. College, Miss.

MARCH.

Subject: Health.

Roll call: How many of the health rules I practice each day.

Topics:

1. Benefits derived from preventive practices _____

2. Relation of dress to health _____

3. How to care for hair, nails and teeth _____

Demonstration: Daily Dozen Exercise.

Community topic: Health contest.

Round table led by: _____

References: Farmers' bulletins 444, 734, 450, 851, 897, 1101. State Board of Health, Jackson, Miss.

APRIL.

Subject: Nutrition.

Roll call: How much milk I drink daily.

Topics:

1. The value of a Balanced Diet _____

2. Necessity for fruits and vegetables in the diet _____

3. What it means to form good manners (give some table rules) _____

Demonstration: Setting the table.

Community topic: Bread Contest and County Short Course.

Round table led by: _____

References: Farmers' bulletins 808, 817, 824, 565, 535, 375, 871.

MAY

Subject: Girl's Room.

Roll call: What I have made for my bed room.

Topics:

1. Furniture and furnishings that every girl could make for her bed room_____

2. Discuss some inexpensive materials that may be used for draperies and bed sets _____

Demonstration: Making rag rug.

Community topic: Own Your Own Room Contest.

Round table led by:_____

References: Farmers' bulletins 1180, 1219, circulars.

JUNE

Subject: Clothing.

Roll call: Report of your work up to present.

Topics:

1. Daily care of clothing_____

2. Care of clothing before packing for winter or summer_____

3. What it means to be neatly dressed_____

Demonstration: Style Show (using girls as they are).

Community topic: Planning community Short Courses.

Round table led by:_____

References: Farmers' bulletins 861, 1089. Cleaning and Laundering Clothing, Household Art Series No. 1.

JULY

Subject: Community and County Short Course.

Roll call: How I made money to attend the Short Course.

Topics:

1. What it would mean to my community to hold a community Short Course_____

2. Benefits derived from attending the county short course_____

3. Benefits derived from attending the State Short Course_____

Community topic: What can I do to make the Short Course a success.

Round table led by:_____

AUGUST

Subject: Recreation.

Roll call: Recreation that I have daily.

Topics:

1. The value of supervised play in schools _____

2. Planning my work so as to have a rest period each day _____

3. How to get the most out of a party, game or any social function. (We mean here the spirit you enter into games, etc.) _____

Community topic: How to prepare my products for exhibits.

Round table led by:_____

Demonstration: Playing some games. Suggestion in back of book

SEPTEMBER

Subject: Fairs and Exhibits.

Roll call: What I have prepared for exhibits.

Topics:

1. Value of exhibit to the community and county _____

2. Why have exhibits and fairs _____

3. Report of representative from State Short Course _____

Demonstration: Preparing and labeling products for exhibit.

Community topic:

1. Collecting 100% records.

2. Appointment of committees for fairs: canning, poultry, dairy, textiles, and miscellaneous.

Round table led by: _____

OCTOBER

Subject: Girl's Budget.

Roll call: Report of year's work.

Topics:

1. Why have a budget? _____

2. Things to be included in a budget _____

3. How our club records can be correlated with our budget _____

Community topic: Plans for Promotion Day and Enrollment Campaign. (Practice songs, yells, stunts your club will give on that day.)

NOVEMBER

Subject: Promotion and Enrollment Campaign.

Roll call: What club work has meant to me this year.

Topics:

1. Present projects for next year.
Explain record books—Agent or local leader.

2. Enrollment for different clubs.

Community topic: What our club can do to make Promotion Day a success.

Round table led by:_____

Demonstration: Pack box for orphans. (Each girl will bring canned tomatoes, beans, or black berries).

DECEMBER

Subject: Christmas Bazaar.

Roll call: What I will make for the Bazaar.

Topics:

1. Suggestions of articles that may be made. Agent or Local Leader.

2. Preparing products for marketing—

Demonstration: Enamel painting of glass bottles, tin boxes, powder puff holders, etc.

Community topic: Appoint committees to assist with selling of articles on day of Bazaar.

SONGS.

"FOLLOW THE GLEAM"

Unto knights in the days of old
Keeping watch on the mountain heights,
Came a vision of holy grail
And a voice through the waiting night.

Chorus.

Follow, follow, follow the gleam,
Banners unfurled over the world
Follow, follow, follow the gleam,
Of the Chalice that is the grail.

2

And we who would serve the King
Keeping watch ever on the way
In the consecrate silence know
That the challenge still sounds today.

Chorus.

Follow, follow, follow the gleam,
Standards of worth over the earth
Follow, follow, follow the gleam,
Of the light that shall bring the dawn.

"MISSISSIPPI HERE'S TO YOU"

Tune: Boola, Boola.

Mississippi, Mississippi
We are singng
Praises ringing
We shall never
Know your equal
Mississippi, Here's to you.

"THE 4-H CLOVER"

Tune: Whispering.

Club folks all have something to tell you,
And it's worth while listening to.
It's just the 4-H clover glory,
And it will bring good luck to you.

Chorus.

Here's to the head that does the thinking,
Here's to the hands that do the working,
Here's to the heart that must be willing,
Health we must have to be cheerful and
happy.

Now can our luck never fail us;
If we must prove it, come and watch us,
We'll always keep the clover with us,
Fortune it will ever bring.

"BRING THE GOOD OLD 4-H SIGN"

Tune: Marching Thru Georgia.

Bring the good old 4-H sign,
We'll give a hearty cheer,
For the club work training,
That it gives us every year,
Head and Heart and Hands and
Health are all remembered here,
In making the best even better.

Chorus:

Hurrah! Hurrah! We'll make the echoes
ring!
Hurrah! Hurrah! The club work is the
thing!
We'll boost the farm and country till old
Agriculture's king,
By making the best even better.

**"HOW THE BOYS AND GIRLS
COME THROUGH"**

Tune: There's A Long, Long Trail Awind-
ing.

There's a long, long trail a-winding,
Into the land of our dreams,
With the Mississippi Club Work
And its demonstration teams.
We'll have lots of drill in canning,
Until our dreams all come true,
And we're going to show the public
How the Mississippi girls come through.

"PARTING SONG"

Tune: Till We Meet Again.

Four-H Club Folks that we love so well,
You're the folks that in our memories
dwell,

When we part from our friends here,
We'll boost club work all the year;
And the friends we've met so merrily,
One and all we'll hold in memory,
So farewell, Four-H friends, we say,
Till we meet again.

"4-H CLUB SONG"

Tune: Washington Lee Swing.

When Mississippi club girls fall in line,
We're gong to shine, our state is bound
to shine
And with a club girl's spirit we will yell,
And for the 4-H motto
We will work so well
We're going to mop, mop up with every-
thing
And to the 4-H banner we will ever cling,
Put those other states neath the sod,
Hit 'em hard, hit 'em hard
Hit 'em hard.

PLAYS.

"HEALTH TRAIN."

Have stage to represent a railroad station, using table or box for ticket office; have chairs or benches for passengers.

Some go to ticket office and ask for tickets to Coco Cola Bend, Pastryville, and Coffeeville and ticket agent tells them that they are not on his road.

The train whistles and the gate-master comes in and calls train: "All aboard for the Healthland Flyer to Milky Way, Drinkwater, Bathtubville, East Toothbrush, Orange Valley, Tomato Heights, Spinach Greens, Vegetable Gardens, Baked Potato Hills, Play Meadows, Long Sleep Mountains, Fresh Airville, Fruitland, and all points in Healthland. Train on track five."

All passengers pick up baggage while belated ones rush up to ticket office. Lots of fun could be brought in at this point by the late ones dropping their bundles in the rush and all kinds of things falling out. Have some to miss train.

Gate-Master, standing at door of stage, calls out: "Have tickets ready please." One lady fails to have ticket ready and tries to go through without showing ticket. Man says: "Ticket Lady." Then she puts down an arm full of bundles and searches through her purse for ticket, keeping crowd waiting.

Have the passengers to come back on the stage and, this time have flæman at door and as passengers go aboard they tell the flæman where they are going. Some say Tea Town, Candyland, and Fried Egg Hollow, and flæman tells them his train does not go to those places.

You could have passenger get off of train and few meet in station. Two pas-

sengers meet: "Oh! You look so well. Where have you been?" "I've been to Long Sleep Mountains. Where are you going?"

"I'm going to Healthland to try my luck. Goodbye."

While in station waiting for train, have butcher come thru with candies, magazines, and papers and have the belated ones eating candies, etc.

News boys come in and call: "Health News. Extra! All about the defeat of the Coffee King. Read about fight between Milk Fairies and Coco Cola Dwarfs, etc. Health News 5 cents. Paper, Mister?"

"INDOOR TRACK MEET."

If the party is large enough, it may be divided into groups and individuals from each group selected to represent the group in different events. Get as many different ones to participate as possible. To add interest give each group a name for a college and have yells to spur on the "athletes." If the party isn't large, the individuals may compete to see who gets the highest score. Give winner 5; second 3 and third 1 point. A larger number of events are given here than can be run off in one evening but selections can be made. Judges of the finish, a starter, time keeper, score keeper, announcer and cheer leaders should be selected. Have score sheet prepared.

1. Standing Broad Grin.

Who can grin the broadest? (Use a yard stick if accurate results are wanted.)

2. 100 Yard Dash.

The contestants are each given a string two feet long on one end

of which a lump of sugar is tied; the other end is taken in the teeth. The winner is the one who can chew to the sugar and get it in his mouth first. Hands behind.

3. Shot Put.

Each contestant stands on a chair and tries to drop ten beans, one at a time, into a Mason quart jar placed on the floor. Score one for each bean placed in jar and from this subtract one for every 2 seconds taken over 30 seconds.

4. Hammer Throw.

The contestants one at a time, toe a mark and see who can throw the farthest a paper bag filled with air.

5. Marathon Race.

Contestants are provided with lead pencil and a lemon. They are to roll the lemon with the lead pencil the length of the floor and back again.

6. Relay Race.

Four contestants represent a side. Each is given a large soda cracker. The members of each team line up behind each other. A line is drawn at the opposite side of the room. At the word go the first member of each team runs behind this line and starts eating his cracker. When he has devoured his cracker sufficiently so that he can whistle he runs to his side and touches the next in line who repeats the stunt. The four finishing first wins. Judges should demand a distinct whistle. This can be made more difficult by requiring each contestant to place cracker in his mouth and eat it with hands behind him. This relay may be varied by requiring each member to run to the line, crawl through a barrel hoop and then return to touch off the next member who repeats the stunt.

7. The Wiggler Race.

Each contestant stands with heels to-

gether and toes pointed outward. Simultaneously he raises the right toes and left heel and turns them in the direction of the finishing line—the right toes inward and the left heel outward, pivoting on the opposite toe and heel. This is then reversed so as to continue the progress in the same direction. Resting on toes and heel just moved, lift the opposite ones, move the left toes outward and right heel inward, and so the progress continues for the required distance.

8. Blow Race.

Stretch strong strings or wires, running through paper cones, across the width of the room. The object is to blow the cones from one end of the string to the other. Spectators may hold the ends of the strings.

9. Balloon Race—Siamese Twins Race.

A couple represents each side. Toy balloons are provided each couple. At a signal the partners link arms and with their free hands start batting the balloons down the length of the room and back again, using the open hand in batting. Arms are to be kept linked no matter what happens. A feather may be used in place of a balloon.

10. 220 Yard Hurdles.

Each contestant is provided with two pieces of newspaper. At the word go he puts down one piece and jumps on it then spreads out the other, jumps on it, picks up the other, spreads it out and jumps on it, and so on across the room and back again. The newspapers must be spread so that they touch each other.

11. The Drinking Race.

Each contestant lies on the floor and is given a glass almost filled with water. When the signal is given, each con-

testant starts drinking the water while lying flat on his back. Onlookers are not supposed to embarrass contestants by laughing. The one who first empties his glass, in himself and not over the floor, covers himself with glory (it should not be water). Milk bottles with nipples may be used in this race with fine effect.

12. 220 Yard Relay.

Lay out a course for each side by drawing a chalk line on the floor and stretching out a long piece of string. The fun in this race is found in having each contestant make progress by pushing one foot forward on the line and following it by the other thus making a single track. When the first runner of each side has reached the end of the line he turns and walks back on the line in same manner and touches off the next runner of his team. As many members of each team may participate as desire so long as the teams have the same number of participants. No rule against running.

13. Fifty Yard Dash.

Each runner grasps his ankles and at the signal runs the course and back again in this position. Can be made a relay using any number same as in preceding race. Fine race for over-weights.

14. Suitcase Race.

Each contestant has a suitcase and an umbrella. In the suitcase are a hat, coat, gloves, and any other clothing desired so long as the contents are uniform. At a given signal, all run to the goal, open suitcases, put on clothes, close suitcases, open umbrellas, and run to starting point, where they take off clothing, hat, etc., and pack in suitcases. A number of rooms may be used as places for these changes of clothing.

To Home Demonstration Agents and Local Leaders:

These programs are suggestive and deal with general topics that should be of interest to every club girl. They are short so as to give the home demonstration agent or local leader time to present or demonstrate any project that will meet the needs of that particular club: For instance, in January the agent may wish to get the poultry members started; she will have time to present the poultry project and to give a demonstration in the selection of eggs for setting. They may be changed from one month to another to suit local conditions.