THE STATE FARMER SECTION

Homemaker's

4-H Girls Keep House

By MRS. JOHN LAND

This is the second year twenty former 4-H Club girls have done cooperative housekeeping at Shelby House, Univer-sity of Kentucky, Lexington. In this way a college course is within the reach of a number who could not otherwise meet the expenses. The idea was so successful the first year that there was a waiting list this year.

The girls do all the work, dividing the tasks into eight divisions and the girls into teams so as to avoid monotony and broaden the training in home-making. Credit is given at current prices for any supplies that may be brought from home. The total cost per girl the first year of the experiment was \$152, the food averaging twenty-five cents per day per girl.

Shelby House was named for the first

governor of Kentucky, having been built for his daughter as a present from him. It has been modernized by up-to-date electrical equipment so the girls have the benefit of time- and labor-savers.

The ages of the girls occupying the house run from 16 to 20.

Miss Anita Burnam, Field Agent in Club Work, and a house mother have supervision of the project. Among the girls occupying the house are a national champion in canning judging, state and county champions in canning, sewing, cooking, and livestock projects.

These girls are courageous and am-bitious enough to undertake cooperative housekdeping in order to attend college. They do all the housekeeping and use many of their home products at current prices. Food costs during the first year of the undertaking averaged twenty-five cents per day per person.



Pages

A program of interest to farm women of the nation was presented at the first annual convention of the Associated Women of the American Farin Bureau Federation in Chicago, December 6 and 7. The convention dealt broadly with

subjects of primary importance to farm

homes and farm home-makers. Miss Mary Sue Wigley, of Alabama, Miss Mary Sue Wigley, of Alabama, lecturer on economic problems of the home and citizenship; Miss Ella Gard-ner, Washington, D. C., formerly of the Children's Bureau, Department of La-bor, and now in charge of applied rec-reation, United States Department of Agriculture; Mrs. Emily Newell Blair, Washington, D. C., Chairman, Con-sumers' Advisory Board, were among the featured speakers on the two-day program.

Associated Farm Women is an organization formed under the auspices of the American Farm Bureau, a year Mrs. Abbie C. Sargent, Bedford, N. H., served as first president, Mrs. Ellsworth Richardson, Iowa, vice-president, Mrs. Florence B. Bovette, Nevada, sccretary, and Mrs. Charles W. Sewell, Indiana, administrative director.

administrative director. The organization is set up in 33 states. Among the state leaders were, Kentucky, Mrs. W. M. Oliver, Padu-cah; Maryland, Mrs. Harry Williams, Worton; Tennessee, Mrs D. W. Bonl, Jackson; Virginia, Mrs. Guy Roop, Snowville; West Virginia, Mrs. John G. Lang Bridgenert Lang, Bridgeport. In this December meeting, rural hous-

ing, homestead beautification, recreation for the farm family, preservation of native home industries, and legislation af-fecting women and children were sub-jects given careful consideration.

By proper cooking, savory and rela-tively cheap dishes can be prepared from the shoulder, breast, flank and neck of The flavor of lamb combines eslamb pecially well with certain relishes and vegetables. Salads and flavorful dress-ings also may be used.

Cold Weather Menus

Cold winter days throw a double burden on the planning of the daily menu, not only due to the more robust appetites of the entire family but to fortify bodies against colds, flu, grippe and the rigors of the weather.

Roasts provide especially nourish-ing, sustaining dishes for the main meal of the day. Baked ham, roast fresh ham, crown roast of lamb, roast chuck, stuffed shoulder of veal and baked stuffed spareribs provide a series of meals that will win the family applause.

From the housekeepers' standpoint roasts are satisfying since leftovers can be used to provide a number of attractive dishes. Sliced beef in mustard sauce from the remains of a roast makes a second appetizing dinner; then there is veal ramekins, meat pie, American chop suey, and any number of other ideas that clever cooks employ

Griddle cakes give a little heavier breakfast, very satisfactory for Janu-ary mornings. Happily there are an endless variety, all the way from plan griddle cakes through sour milk cakes, blueberry cakes, rice cakes, meat cakes, bread cakes and on and on.

Soups, too, meet the requirements of a winter diet. Both chowder and cream soups satisfy hungry January appetites. Chowder, by the way, is properly a stew rather than a soup. Originally made with clams, although any kind of fish can be used. The story goes that a party of French voyagers shipwrecked on our eastern shore, saved some potatoes, onions, bacon and a few tins of sea biscuit and one big pot of "chaudiere." They dug some clams and put them in the

Home Industries Revived

R EVIVAL of home industries has received considerable attention of rural educational sources during the past year, and many county and state fairs hold striking displays of a wide variety of home handicraft reflecting a high degree of artistry and skill both in design and in craftsmanship. Hooked rugs, quilts, rag rugs, carpets and many other time accomplishments are coming back into their own. Many articles of furniture such as stools, chairs, tables, book-shelves and other things are being turned out in mountain homes and are finding ready sale.

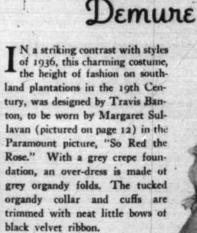
Sweaters are made from native wool dyed with vegetable colors obtainable in this immediate vicinity have been a recent addition to the handicraft activity.

It has been predicted that this revival of home industries may lead to a widespread interest in homespun jeans, a fabric once widely used for men's clothing.

The restoration of homecrafts is important not only because of the monetary return it brings to rural sections, but also because it marks a determination to fol-low the live-at-home program, advocated by the educational agencies. Of deeper significance is the cultural implication.



Above: Two women frequently work together on one rug. Left: Basket weaving instruction is frequently included in the program of farm women's camps. Below: A Home Demonstration group at Forest Grove School. Rappahannock County, Virginia, making hooked rugs.



Dainty and

