

4-H Proves Old Adage

"You'd scarcely expect one of my age to speak in public on a stage," recited a 7-year-old school boy. "Don't view me with a critic's eye, but pass my imperfections by... tall oaks from little acorns grow. These thoughts inspire my youthful mind to be the greatest of mankind..."

This lad was not a 4-H'er, but he could have been. He lived in New Ipswich, New Hampshire in 1791.

Fifty years before a poet had written "Tis education forms the common mind; just as the twig is bent the tree's inclined."

Today's 4-H youngsters exemplify those often quoted lines, as did the first Head-Heart-Hands-Health youth of the early 1900's.

Boys and girls work on projects that frequently shape their lives and future careers. Millions of 4-H alumni say early 4-H training was a big step toward their success.

"Learning-by-doing" has always been the 4-H way. Showing and sharing new knowledge gained and skills learned is part of the 4-H pattern. The steps to growth are unflinching.

A pre-teen girl enrolled in a clothing program starts out by making a simple item and progresses according to her ability. By the time she is in high school, she makes most of her own clothes. As a teen 4-H leader she teaches younger members how to sew.

Like the New England boy and the poet, 4-H youths find plenty of inspiration for mind-stretching and using their hands to master skills. Projects are designed to arouse their curiosity and raise questions. The more they learn, the more competent they become to experiment, explore and find the answers, believes the Cooperative Extension Service which supervises 4-H.

And there are rewards both intrinsic and material.

More than \$1 million contributed annually by private sources is channeled to 4-H members through the National 4-H Service Committee. Funds are used for county, regional, state and national awards ranging from certificates and medals to \$1,000 scholarships. And educational aids covering many subjects are published and distributed to 4-H leaders and members.

For nearly 50 years, private funds have augmented the public-financed 4-H program. Some of the oldest and largest business enterprises in the U.S. have supported 4-H work since its inception.

Among the scores of 4-H sponsors are: Allis-Chalmers, Armour and Company, Carnation Company, Coats & Clark Inc., The Firestone Tire & Rubber Company, General Foods Corporation, General Motors, Illinois Central Railroad and International Harvester Company.

Also, Kerr Glass Manufacturing Corporation, Montgomery Ward, Moorman Mfg. Co., Olin Mathieson Chemical Corporation, Ralston Purina Company, The Singer Company, Santa Fe Railway System, and Wilson & Co., Inc., A Subsidiary of Ling-Temco-Vought Inc.

FOR GALS ONLY

The Working World

By Neil R. Cronin

Neil R. Cronin is Director of Temporaries; Business Schools, Victor Comptometer Corp.

Once the public school season has begun, mothers will have plenty of free time to use profitably. The changing, expanding office world will eagerly pay high salaries for this time.

New technology has caused changes in procedures which could discourage the woman who has been away for awhile, but for those who are willing to make some preparations, the change holds new opportunity.



Neil R. Cronin

The best way to ease back into the action is to take a short refresher course from a local, reputable business school.

A business school can increase ability and build self confidence. The school can bring the office worker up to date on the newest calculators, keypunch or key-to-tape models currently in wide use. New office techniques and manners can be learned. Skills can be speeded up in classes on dictation, typing or business machines.

Automation Creates Jobs

One of the causes of the increased demand for employees in the office today is automation. Computers require a huge input from a variety of smaller business machines which require skilled operators.

Automation has even opened a new career for women who have the aptitude and willingness to learn. The career—computer programming—formerly a

male-dominated segment of business has recently risen from five to 13.8 per cent female. Eventually, 50 per cent of all programmers will be women.

Women Are Logical

Contrary to popular male opinion, the female mind is extremely logical, and a logical mind is a prime prerequisite for programming.

Management has learned that patience and meticulous attention to detail, a characteristic of most women, is an important trait for this profession.

Schools, of course, first must test the applicant's aptitude before starting her off in the profession. Courses in programming are more complicated than those for business machine skills or general office skills, but the salary is much higher.

Food For Thought

The main points to consider before enrolling in a course are:

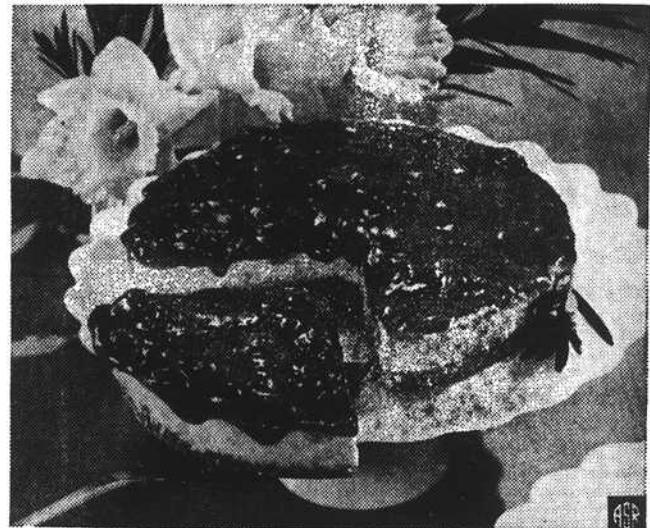
Be sure the school will provide you with free job placement assistance for either temporary or permanent positions.

Make sure your aptitude and desire is right for the subject you choose to study.

Observe a class in operation before signing up to be sure you know what to expect.

Find out how much money you stand to lose if you should have to drop out of class for any reason.

What's A Cheesecake?



The question was cheesecake. "What's a cheesecake?" was the question asked thousands of women in three major cities.

The answers indicated that when it comes to cheesecake, there are "traditionalists" and there are the "moderns." The traditionalists prefer a thick, rich variety. Younger women and their families prefer a lighter, fluffier cream base with a fruit topping.

To please the younger group, the Kitchens of Sara Lee perfected a new processing technique which for the first time preserves the fresh fruit flavor of specially grown strawberries throughout preparation and storage. The new fruit-topped variety was added to the company's line of blueberry, pineapple and cherry cheesecakes. (And for the traditionalists, there's still the original cream cheese cake.)

Contact Lenses Being Developed For Children

New York (NAPS)—Would you put contact lenses on your year-old child? Probably not, but science is blazing a trail of new vision potential for very young children with severe sight problems.

In Japan recently, contact lenses were prescribed to 9-month old post-surgery cataract victims. Additionally, toddlers afflicted with strabismus (crossed-eyes) were either corrected or their condition arrested with the lenses.

Youngsters in this country, as early as three years old, are fitted with them when the need is great, and results are often dramatic.

According to Barnes-Hind Ophthalmic Products, makers of contact lens solutions and accessories, it is from such research that eye specialists are learning more and more about the possibilities of the tiny vision aids for young people.

Today's contact lenses are about 1/4 inch in diameter, paper thin and made of plastic. Worn by millions of Americans, the lenses float on the natural tear layer of the cornea, the part of the eye out of which we see.

Other children's vision problems which have been treated with contacts are progressive myopia (near-sightedness); "one-eye" vision in which a muscle is deficient; and heavily scarred eyes. Most of these conditions cannot be helped with conventional eyeglasses.

Thirty percent of all elementary and pre-school children need vision care. Over a million among them suffer vision problems which hamper both learning and growing up. As research continues, more and more of these youngsters will have new lives opened up to them through contact lenses, miracles of vision.

SUSTEK ON INTREPID

Electronics Technician Third Class Tommy C. Sustek, son of Mr. and Mrs. George M. Sustek of 720 Greenmead Drive, Kingston, is serving aboard the aircraft carrier USS Intrepid.

HOME ECHOES

By Marie Penuel

? — How can I use evaporated milk in preparing mashed potatoes? Mix evaporated milk with an equal amount of potato water to use in mashing white potatoes — makes them taste rich without any butter.

? — How can I scramble eggs to make them creamy? Add one tablespoon of evaporated milk and a few grains of salt and pepper to each beaten egg before scrambling. This makes eggs creamier and makes them go further too.

? — What causes silver to tarnish? Tarnish on silver is caused by a deposit of silver sulphide on the surface of the silver.

? — What can I do to control household pests? Household pests live on grease, food stains, and crumbs. Eliminate these by wiping kitchen work surfaces, cabinets, doors, and floors often with a cloth dipped in hot suds. Store dry cereals, sugar & flour in jars and keep all food containers tightly closed.

? — How can I detect food spoilage in canned foods? Canned foods are spoiled when they "work," mold, have unnatural color, become "cheesy", sour or otherwise unfit to eat.

? — What can I do to help reduce static electricity in some synthetic fibers which are dried in an automatic dryer? If you put a load of synthetic fiber clothes in an automatic dryer after laundering, there is likely to be a build-up of static electricity. One way to control this is by mixing some clean cotton pieces into the same load.



Pimiento Chicken and Rice is a colorful dish featuring big pieces of pimiento, mushrooms, and green peas, their flavors blending with the chicken and rice to make tempting eating.

Pimiento Chicken and Rice

- 2 small broilers, cut up
- Seasoned flour*
- 1/4 cup olive oil or salad oil
- 1 large onion, chopped
- 2 cups water
- 1 can (1 lb. 4 oz.) stewed tomatoes
- 2 chicken bouillon cubes
- 1 bay leaf
- 1/2 teaspoon oregano
- 1 jar or can (4 oz.) whole pimientos, torn in large pieces
- 1 small can mushrooms, stems and pieces
- 2 cups raw rice (NOT pre-cooked)
- 1 package (10 oz.) frozen peas
- 1 teaspoon salt
- 1/2 teaspoon seasoned pepper

Coat chicken in seasoned flour.* (1/2 teaspoon garlic powder, 1/2 teaspoon powdered saffron, 1/2 teaspoon paprika and 1/2 teaspoon salt mixed well into 1 cup flour.) Add to hot oil and brown on all sides. Place in a baking dish with tight cover. Add onion, water, tomatoes, bouillon cubes, bay leaf, and oregano to oil remaining in pan and bring to boil. When mixture has reached boil, stir in the large pieces of pimiento, mushrooms, raw rice, peas, salt and pepper, and pour this over and around chicken pieces in baking dish. Cover tightly and bake in moderate oven, 375°, 30 min. Remove cover, stir ingredients well and return to oven for additional 10 minutes. Makes 6 servings.

101 PROOF—8 YEARS OLD

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