EC5571 Yearbook for Home Extension Study Clubs -- Series XXI

Mary-Ellen Brown
YEARBOOK
FOR
HOME EXTENSION
STUDY CLUBS

Extension Circular 5571
Series XXI
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Prepared by
Mary-Ellen Brown
State Extension Agent

Agricultural Extension Service
University of Nebraska
College of Agriculture

United States
Department of Agriculture
Cooperating

W. H. Brokaw, Director
Lincoln, Nebraska

Name...........................................
Address........................................
Club...............................................

Out of Print
A few years ago groups of women who were in the habit of meeting together, wrote to the Agricultural Extension Service and asked for circulars that might be studied when they held their meetings. As a result of such requests a number of circulars were prepared and sent to the clubs. These seemed to meet with approval and so the second year more were prepared. The plan has been continued for a number of years as will be seen in the study club enrollment blank.

The circulars are arranged so there is one for each month beginning in September and ending with June. However, clubs may begin at any time and may select as many circulars out of a series as desired. Any club anywhere may enroll for the circulars by securing the enrollment blanks from the agricultural or home agent. There is no fee charged to people who live in Nebraska for the circulars or the yearbooks.

One stitched set of the circulars will be included for the person who has charge of the distribution of the circulars.

Clubs will find that there is material enough in each circular for a good afternoon's study, so it is not advisable to try to handle two circulars in one meeting, nor to try to combine the study club work with the home demonstration project club work. The project club work is different from the study club work in that it consists of demonstrations given by specialists or county home demonstration agents to project leaders who in turn present the demonstrations to the club. The study club work consists of the study of circulars which are mailed to each club member and there are no demonstrations required in connection with the lessons.
When the study club enrollment blank is received a yearbook and the circulars for three months will be mailed for each club member. The first of October a letter will be sent to the club which will contain a report blank for September. The blank should be filled in and mailed at once or at least not later than October 15. After that report is received by the agricultural or home agent, then the circulars for December and January will be mailed. The same plan will be followed every two months; that is, on December first a letter will be sent which will include a report for October and November. When that report is received by the agricultural or home agent then the circulars for February and March will be mailed. The advance circulars will be sent upon receipt of the reports which are sent out only every other month.

A letter and the report blanks will be sent only the first of October, December, February, April and June. Reports will be expected only once in two months and the advance mailings will depend upon the reports, so reports are important.

Clubs whose enrollments are received late in the spring and during the summer will receive their first mailing in August unless the club desires to study during the summer and such a statement is given in their request. The new series for the following year will not be available until after August 1.

Clubs are free to use the circulars in any way they wish. Many clubs give the circulars to the members in advance so they can be studied before the meeting. If this plan is followed the one or two leaders to whom the topic has been assigned prepare additional material on the topic which they have studied from other sources. It is fine if all present will enter into the discussion of the topic.
The reading of the circulars in the club meeting is to be discouraged. There is a great deal more growth on the part of the individual members if there can be a kindly discussion upon the topic for the month.

The circulars sent out this year are to be punched and it would add to the interest if each member would prepare an attractive cover for her circulars. This would also help preserve them for future use.

Those who take part in the program are the ones who will have the most enjoyment and receive the greatest benefit from the club work. You know the story of the woman who came home from prayer meeting and said to her husband, "John, that was the best prayer meeting I ever attended—I talked twice." You may not get a chance to "talk twice" this year, but be sure you do not neglect your opportunities, nor disappoint those who are depending upon you to furnish your share of the program.

Early in the year the program committee should assign the topics for discussion to those who are to appear on the program. This will give an opportunity to find things in the current magazines or available libraries pertaining to the subject.

Material listed as Extension Service circulars may be obtained from the agricultural or home agent. Many of the books referred to in the programs may be obtained from the Nebraska Library Commission, State House, Lincoln, Nebraska. The books will be free except for express or postage. Do not send to the Agricultural Extension Service for books for they do not have any books. They can send out only the extension circulars.
September

Business Session--
Song-a-Month - America
Read the quotations on Pages 5 and 6
Roll call - Good things our community is now doing
or might do for our children
Reading of minutes
Report of committees
Unfinished business
New business
Adjourn

Study Hour--What the Community Owes the Child
Extension Circular 5-78

Suggestions for Additional Activities--
If suggestions are given for improvements in the community, a committee may be appointed to consider the suggestions and plan for follow-up action.
Compare today's community activities with those of twenty years ago -- ten years ago.

Additional References--
Beach, W. G. - Social Problems and Social Welfare
Carver, T. N. - Our Economic and Community Life
Cook, L. A. - Community Background of Education
Darling, M. S. - Effective Citizenship
Hanna, P. R. - Youth Serves the Community
Kirkpatrick, E. L. - Guideposts for Rural Youth
N. E. A. - Learning the Ways of Democracy; A Case Book of Civic Education
Redding, T. W. - When Home and School get Together
Reller, T. L. - Community Planning for Youth
Wallis, Mrs. G. A. - Our Social World

23446mh-8/41
POCKETS

"A child should have a pocket
Supposing on the road
He runs across a beetle,
A lizard, or a toad!
However will he carry them?
Whatever will he do?
If he hasn't got a pocket
To put them into!
A child should have a pocket —
On which he fairly dotes!
Not one, or two, but many
In his little waistcoats —
And one will be for money
He finds on the roads
And one for cake and cookies,
And one for hoptoads!"

--Susan Adger Williams

"For life is the mirror of king and slave,
'Tis just what we are and do;
Then give to the world the best you have,
And the best will come back to you."

--Madeline Bridges

"Children are the keys of Paradise."

--R. H. Stoddard

"Nobody knows what a boy is worth,
A boy at his work or play,
A boy who whistles around the place
Or laughs in an artless way.

Nobody knows what a boy is worth,
And the world must wait to see,
For every man in an honored place
Is a boy that used to be."

--Marjory Isabel
"Ah! What would the world be to us
If children were no more?
We should dread the desert behind us
Worse than the dark before.
--Longfellow

"Perhaps there lives some dreamy boy, untaught
In schools, some graduate of the field or street,
Who shall become a master of the art,
An admiral sailing the high seas of thought
Fearless and first, and steering with his fleet
For lands not yet laid down in any chart."
--Longfellow

"The world's a very happy place
Where every child should dance and sing."
--Gabriel Setoun

"Be you to others kind and true
As you would have others be to you
And neither do or say to men
What e're you would not take again."

"The hardest job a child faces is learning good
manners without seeing them."
--Mary Osborne

"You can do anything with children, if you only
play with them."
--Bismark

"Respect the child;
Be not too much his parent;
Trespass not on his solitude."
--Emerson

"I wonder why it is that we are not all kinder to
each other than we are. How much the world needs it!
How easily it is done!"
--Henry Drummond
HOME SAFETY QUIZZ

October

Business Session--
Song-a-Month - Old Folks at Home P. 82
Roll call - Tell of some good safety device
Reading of minutes
Report of committee
Unfinished business
New business
Adjourn

Study Hour-- Home Safety Quiz
Extension Circular 5-79

Suggestions for Additional Activities
The questions in the booklet could be written on slips of paper and handed to different members of the club at a previous meeting. Have each person find answers to her question. At the meeting a question at a time may be read and the answer given both from the booklet and from what the one having the question can suggest. Others may have contributions to add also. This can be an excellent study for general discussion. Discuss practices which can be improved in each home.

Additional References
Harris, F. L. - Every Woman's Complete Guide to Homemaking
Wood, Clement - Carelessness: Public Enemy No. 1
Pamphlets:
How to stop home accidents
Safeguarding the home against fire
How to stop farm accidents
Safety for the household

"He is safe from danger who is on guard even when safe."
--Publilius Syrus

"An ounce of prevention is worth a pound of cure."
--Benjamin Franklin

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Study Hour—A Healthy People—Our Best National Defense Ext. Cir. 5-80

Suggestions for Additional Activities—

Have someone report on health findings of the draft boards.

What are the conditions of the local milk and water supplies? What tests have been made? To whom are reports made? What follow-up is made to recommendations? What state facilities are provided to care for tuberculosis? What is the situation in our county?

What may the relationship between poor teeth and rejection of registrants in the army indicate?

Additional References—

Bauer, W. W. — Americans live longer!
Cockefair, E. A. — Health and achievement
Crisp, Mrs. K. E. — Be healthy
DeKruif, P. H. — Health is wealth
Heiser, Victor — You’re the doctor
Holt, L. E. — Food, health, and growth
McCollum, E. V. — Food, nutrition, and health
Sherman, H. C. — Food and health
Van Burskirk, E. F. — Principles of healthful living
"The health of the people is really the foundation upon which all their happiness and all their powers as a State depend."

--Benjamin Disraeli

"Better than grandeur,
Better than gold,
Than rank and title a thousand fold;
Is a healthy body, a mind at ease;
And simple pleasures that always please."

--Alexander Smart

"If I had my way—I'd make health catching instead of disease."

--Robert Ingersall

"A healthy body is the guest chamber of the soul; a sick, its prison."

--Francis Bacon

"Health is the second blessing that we mortals are capable of,—a blessing that money cannot buy."

"Progress is geared to every man's gait. Those who keep step feel the pace to be natural. Keeping step is keeping fit."

"Not love, nor honour, wealth nor pow'r,
Can give the heart a cheerful hour
When health is lost. Be timely wise;
With health all taste of pleasure flies."

--Gay "Fables"

"My wealth is health and perfect ease;
My conscience clear my chief defense."

--Edward Dyer
The A B C of Financial Credit for the Family
or
Sharing Recent Books

December

Business Session--
Song-a-Month — Joy to the World No. 29
Roll call—Christmas quotations
Reading Minutes
Report of committees
Unfinished business
New business
Adjourn

Study Hour—The A B C of Financial Credit for the
Family or Sharing Recent Books.
Extension Circular 5-81

Suggestions for Additional Activities
Secure copies of "Business Facts Homemakers Should
Know", Extension Circular No. 1195, and have it re-
viewed. Secure copies from your County Agricultural
or Home Agents.

Some lawyer or business man may be invited to dis-
cuss checks, notes, and wills, etc.

Additional References
Andrews, B. R.—Economics of the household
Bigelow, H. F.—Family finance
Blodgett, H. A.—Making the most of our income
Jordan, D. F.—Managing personal finances
McCullough, Ernest—How to spend your money
Owens, D. F.—Controlling your personal finances
Scott, L. H.—Income management for women
Smith, A. H.—Your personal economics
Runalls, M. E.—Business facts homemakers should
know

*Beware of little expenses; a small leak will sink
a great ship."

—Benjamin Franklin
"Gold! Gold! Gold! Gold!
Bright and yellow, hard and cold,
Molten, graven, hammered, and rolled;
Heavy to get and light to hold;
Hoarded, bartered, bought, and sold,
Stolen, borrowed, squandered, doled;
Spurned by the young, but hugged by the old
To the very verge of the churchyard mold;
Price of many a crime untold—
Gold! Gold! Gold! Gold!

—Hood

"The only road, the sure road, to unquestioned credit
and a sound financial condition is the exact and punctual fulfillment of every pecuniary obligation, public
and private, according to its letter and spirit."

—Rutherford B. Hayes

"However gradual may be the growth of confidence,
that of credit requires still more time to arrive at
maturity."

"Private credit is wealth; public honour is security.
The feathers that adorn the royal bird support its
flight. Strip him of his plumage, and you fix him to
the earth."

—Junius

"Willful waste makes woeful want,
And you may live to say,
Oh, how I wish I had the crust
Which once I threw away."

"Care may kill people, but don't care kills more."

"Money may buy the husk of many things, but not the
kernel. It brings you food, but not appetite; medicine
but not health, acquaintances but not friends; servants
but not faithfulness, days of joy, but not peace or
happiness."
AMERICAN SOLIDARITY

January

Business Session--
Song-a-Month—Old Black Joe—No. 82
Roll call—Name a product we use which came from Latin America
Reading of minutes
Report of committees
Unfinished business
New business
Adjourn

Study Hour—American Solidarity
Extension Circular 5-32

Suggestions for Additional Activities

This is a timely topic and contains material difficult to find unless one does much reading. The men may appreciate being invited to your meeting. They can help in the discussion.

Bring maps showing Central and South America. Exhibit book or magazine articles which have good information on these countries.

Additional References—

Bailey, T. A.—A Diplomatic History of the American People.
Freman, S. A.—Discovering South America
Goetz, Delia—The Good Neighbor
Buell, R. L.—Isolated America
McCullough, J. I. B.—Challenge to the Americas
Raushenbush, Joan—Look at Latin America
Showman, R. K., comp.—The Monroe Doctrine and the Growth of Western Hemisphere Solidarity
Strode, Hudson—South by Thunderbird
Tomlinson, Edw. L.—New Roads to Riches
Whitaker, J. T.—Americas to the South

** ** **
"I am a One Hundred Per Cent American."

** ** **
"We make friends by being a friend."

23H46mn-8/41
--Hodges
GETTING ACQUAINTED WITH CENTRAL AMERICA

February

Business Session

Song—a-Month—Swing Low Sweet Chariot—No. 19
Roll Call—Why I should like to visit a Central American country
Reading of minutes
Report of committees
Unfinished business
New business
Adjourn

Study Hour—Getting acquainted with Central America

Extension Circular 5-83.

Suggestions for Additional Activities—

This is another circular the men may enjoy studying with you.

Make a game of matching countries and capitols
Collect maps of central America
Have someone look up the legend of The Rain God

Additional References—

Chase, Stuart—Mexico
Crowther, Samuel—The Romance and Rise of the American Tropics
Franck, H. A.—The Pan American Highway
Hager, Mrs. A. R.—Wings Over the Americas
Halliburton, Richard—The Book of Marvels — Chapter XI
Lamb, Dana—Enchanted Vagabonds
Sanchez, Mrs. N. V.—Stories of the Latin American States
Willard, T. A.—The City of the Sacred Well
Williams, M. W.—The People and Politics of Latin America
Wilson, Charles Monroe—Challenge and Opportunity; Central America
ADD INTEREST AND VARIETY TO THE MENU

by

USING HOME GROWN HERBS

March

Business Session--
Song-a-Month - Christ the Lord has Risen Today No. 36
Roll Call - Herbs my grandmother used
Reading of minutes
Report of committee
Unfinished business
New business
Adjourn

Study Hour - Add Interest and Variety to the Menu
By Using Home Grown Herbs
Extension Circular 5-84

Suggestions for Additional Activities --
Make a list of the herbs each would like to raise

Additional References --
Magazine articles
Recipe books

"Better is a dinner of herbs where love is, than a stalled ox and hatred thereof."

"Eat to live, and not live to eat."
--Benjamin Franklin

23446mh-8/41
PRESENT DAY CHANGES THAT AFFECT THE FAMILY

April

Business Session—
- Song-a-Month - Resing Any of This Year's Songs
- Roll Call - A Change I have Noted Since my Childhood
- Reading of minutes
- Report of committees
- Unfinished business
- New business
- Adjourn

Study Hour - Present Day Changes that affect the Family

Extension Circular 5-85

Suggestions for Additional Activities—
- Suggest family changes caused by the war
- This circular can be divided into four parts and then have different people discuss them. Additional material can be collected.

Additional References
- Bossard, J. H. - Social Change and Social Problems
- Burns, C. B. - Leisure in the Modern World
- Coyle, David - Roads to a New America
- Cunningham, E. V. - Family Behavior
- Fiske, G. W. - The Changing Family
- Groves, E. R. - The Family and Its Relationships
- Overton, Mrs. G. S. - The Home in a Changing Culture
- Rich, M. E. - Family Life Today
- Withers, William - Current Social Problems

"The world is so full of a number of things
I'm sure we should all be as happy as kings."

—Stevenson
Business Session--
Song-a-Month - Star Spangled Banner
Roll call
Reading of minutes
Report of committees
Unfinished business
New business
Adjourn

Study Hour--Preparedness Among Our Children
Extension Circular 5-86

Additional References--
American Association of School Administrators
Education for Family Life
Anderson, J. E. - Happy Childhood
Baruch, D. W. - Parents and Children go to School
Brill, A. C. - Your Child and His Parents
Chane, E. J. - Personality Development in Children
Dennis, L. T. - Living Together in the Family
Faegre, Mrs. M. E. L. - Child Care and Training
Folsom, J. K. - Youth, Family and Education
Foster, Mrs. J. - Busy Childhood
Hohman, L. B. - As the Twig is Bent
Stuart, D. C. - Healthy Childhood

The Baby

"Another little wave
Upon the sea of life;
Another soul to save,
Amid its toil and strife.

Two more little feet
To walk the dusty road;
To choose where two paths meet
The narrow or the broad.

"Another little wave
Upon the sea of life;
Another soul to save,
Amid its toil and strife.

Two more little hands
To work for good or ill;
Two more little eyes;
Another little will.

Another heart to love
Receiving love again;
And so the baby came
A thing of joy and pain."
THE GOOD LIFE
June

Business Session—
Song-a-Month - My Nebraska
Roll call - Characteristics I enjoy in older people
Reading of minutes
Report of committees
Unfinished business
New business
Adjourn

Study Hour-- The Good Life
Extension Circular No. 5-87

Suggestions for Additional Activities
Interest will be added to the study if each person is given a sheet of paper on which she can score herself for the six main headings suggested by Dr. Hedger. If these scorings are handled tactfully, no one will be asked to tell her score, but each should be encouraged to improve her score. No one, except the member herself, needs to know her score nor the improvement made.

Additional References
Brotman, R. H. - Let's look at your teeth
Cadman, S. O. - Adventures for happiness
Diehl, H. S. - Healthful Living
Fishbein, Morris - Your weight and how to control it
Gilkey, J. G. - Solving life's everyday problems
Lane, Janet - Your carriage, Madam!
Rhodes, Winfred - Meeting the challenge of life
Rhodes, Winfred - The self you have to live with
Rogers, Agnes - Why not enjoy life?
Schauffer, R. H. - Enjoy living
Wilson, Margery - Your personality and God

"Life's greatest adventure is the adventure of living with God."

23446mh-8/41
"So live, that when thy summons come to join
The innumerable caravan, which moves
To that mysterious realm, where each shall take
His chamber in the silent halls of death,
Thou go not, like the quarry-slave at night,
Scourged to his dungeon, but, sustained and soothed
By an unfaltering trust, approach thy grave,
Like one who wraps the drapery of his couch
About him, and lies down to pleasant dreams."
--- William Cullen Bryant

"Let me grow lovely, growing old,
So many old things do;
Laces and ivory and gold
And silk need not be new.

And there is healing in old trees,
Old streets a glamour hold,
Why may not I, as well as these,
Grow lovely, growing old?"
--- Baker

"The truest test of civilization is not the census,
nor the size of cities, nor the crops; no, but the kind
of men our country turns out."

Does your life reflect the optimists or the pessimist's view point?

"Optimist
Love
Independence
Fun
Endeavor"

"Pessimist
Lies
Ingratitude
Foolishness
Exertion"

23446mh-8/41
"Into my Heart's treasury I slipped a coin
That time cannot take nor a thief purloin,
Oh, better than the minting of a gold-crowned king
Is the safe-kept memory of a lovely thing."
—Sara Teasdale

"Tho' your years be many,
Tho' your years be few,
All that truly matters
Is what you do.

Tho' you have but little
Or a lot to give,
All that God considers
Is how you live."
—Edgar Daniel Kramer

"The present moment is always the center of each person's eternity, therefore each moment is the proper time for worthful living."

"Truth and love working together have enough power to conquer any thing."

"The highest achievement of love is always communion."

"The love and the grace of God are ineffective until they wake the responding grace of man."

"Be not afraid of life. Believe that life is worth living, and your belief will help create the fact."

"Don't be a half-pint—be a full quart."

"Life is what you make it."