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My Extension Club and Me

Cooperative Extension South Dakota State University

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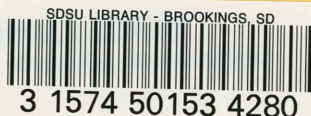
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LINCOLN MEN
South Dakota State College

My



Extension Club And Me

* * *

Goal

Well-informed, progressive
prosperous, efficient, happy
families

* * *

AGRICULTURAL EXTENSION SERVICE
SOUTH DAKOTA STATE COLLEGE ♦ BROOKINGS
UNITED STATES DEPARTMENT OF AGRICULTURE

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No. 144

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What Can an Extension Club Do For Me?

If I am an extension club member I may expect these things from my club meeting:

- ★ *New findings relative to all phases of homemaking.*
- ★ *New techniques in how to do a better job as a homemaker.*
- ★ *Inspiration.*
- ★ *Reference material to use in the job of homemaking.*
- ★ *Sociability.*
- ★ *Club and community mindedness.*

Ten Commandments For Homemakers

1. "Thou shalt not put other things above thy job of homemaking.
2. "Thou shalt remove from thy heart unkind thoughts, envy, and pretence.
3. "Thou shalt remember that fresh air, wholesome food, and play are necessary for the health of these, thy family.
4. "Thou shalt grow calm, serene, and gentle as thou goest about thy household tasks.
5. "Thou shalt not forget that as food keeps the body well, music, good reading, and flowers feed the mind.
6. "Thou shalt never be hasty in judgment, but always generous and kind.
7. "Thou shalt have time and strength for companionship and friendship with thy family.
8. "Thou shalt not become impatient today, but await with faith tomorrow's fruits of thy labor.
9. "Thou shalt season thy work with humor, thy thoughts with tolerance, thy sympathy with understanding, thy love with patience.
10. "Thou shalt attend thy club meetings and give service to thy community and treat thy neighbor as thyself."

Me

My Club

helps me with
my problems.

Our County Council

plans and carries out
county programs.

Our District

brings information and
inspiration for better club
work.

The State Federation of Home

Demonstration Clubs

plans and assists in carrying
out statewide projects and activities.

The National Home Demonstration Council

shares the experiences of state federations
and gives inspiration and suggestions.

The Country Women's Council Coordinates

and assists in the international projects of
all groups in the United States who belong to the
Associated Country Women of the World.

The Associated Country Women of the World

builds better international understanding as a
basis of peace and assists rural women world wide
in their club programs.

What Can I Do For My Club?

AS A MEMBER

1. Be prompt.
2. Be alert.
3. Assume my share of the responsibilities.
4. Share ideas with non-club members.
5. Participate in all club activities.

AS A DEMONSTRATOR

1. Attend training schools for my project.
2. Make adequate preparation for the meeting.
3. Assume responsibility of distribution of literature.
4. Check on use of information by club member.

Agricultural Extension Service

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