



TOPS AMONG YOUNG SHOWMEN

Mack Dixon, Clyde River is shown here with his Angus steer that was the 4-H Club champion steer at the Easter Beef Show and Sale this year. The training young showmen receive in the 4-H Club work is often praised by senior department of agriculture officials, and Mack Dixon's feats must rank among the most praiseworthy in this regard. This young man is known in many Maritimes centres for his ability in the

showing. At the Atlantic Winter Fair, the senior agriculture show in the Atlantic Provinces, both the name and the feats of Max Dixon are known and respected among the area's top showmen. Now 17, Mack was showing cattle when he was scarcely big enough to be seen over the heads and shoulders of the animals he was exhibiting. He is a son of Mr. and Mrs. Boyd Dixon, Clyde River.

Exchange program proves successful

In 1953 the Interprovincial 4-H Exchange program was initiated as a joint project between the Royal Bank of Canada, who sponsors the Exchange, and the Canadian Council on 4-H Clubs. This was done to commemorate the founding of 4-H in Canada 20 years earlier.

The aims of the Interprovincial Exchange program is primarily to acquaint 4-H members with other provinces of Canada, their 4-H programs and how life in general is carried on. Under this exchange program the 4-H members between the ages of 16-21 are chosen by each province to visit one of the other provinces of Canada.

These club members spend most of their time in the other Provinces in the home of host families. They live with one or two families for a ten day period and thus see how people in other areas live compared with their home area. It is only by the aid and interest of the Royal Bank, which sponsors this exchange, with assistance from the Department of Agriculture, that this program can be carried out.

The selection of these delegates at present is done at a leadership course which is held during the summer. The delegates are picked for their knowledge of 4-H personality, manner and leadership ability. Delegates should be the outgoing type, who make acquaintances easily.

GIVEN BRIEFING

Previous to leaving their home province the delegates are brought together for a 12-hour orientation and briefing and a banquet sponsored by the Royal Bank. Delegates are prepared for their trip by providing them with information about their own province further information on their host province and tips on how to live with the host family.

Each province is a contrast in topography and size. One may glance at the vast roll of land, the forests, mountains or over the ocean. The hospitality of the people their farming methods and ways of living are all different. One learns more about the 4-H movement in each Province and how the different projects are carried out.

Some of the activities organized by Provincial officials for visiting delegates are—a tour of points of interest, historical and scenic visiting—Premier, banquets and meetings. Each member takes special pride in speaking on the merits of the home Province.

The Inter-Provincial Exchange Program has proven to be very beneficial to all 4-H club members who have taken part in this program. Remember you will be treated like Royalty whether you are in Newfoundland or British Columbia.

Grant made to specialist

VANCOUVER (CP)—Dr. John Wallace Thomas, a Vancouver hematologist whose own blood triggered his research project on tuberculosis, has received a \$5,553 grant to help him continue his work.

Dr. Thomas, a blood specialist at the University of British Columbia's department of medicine, hopes to be able to discover which persons are susceptible to the disease.

The grant came from the B.C. Tuberculosis-Christmas Seal Society. The doctor says he will use the money to help pay for materials and a technician to continue the project.

Dr. Thomas, who once contracted TB himself, was working on another project and using his own blood as a control when he found his blood was different from that of other control subjects.

The difference was traced to white blood cells called lymphocyte cells, which help the body resist infections.

The lymphocyte cells were not performing normally in Dr. Thomas's blood and he guessed it was because he had had TB. Some followup appeared to confirm the tests, he said, but much more testing will be needed for proper analysis.

Dr. Thomas will attempt to find during the next year whether the ex-TB patient develops abnormal lymphocyte cells because of the disease or whether he contracted TB because of abnormal blood.

Speaking talents are developed

With our 4-H public speaking eliminations coming up in July, many members are very interested in teaching in their speeches. It is hoped this article will assist every budding orator.

Public speaking is the art of being able to express one's ideas clearly and forcibly and to convey these ideas to your audience. In order to do this effectively and enlighten, entertain and inspire your audience there are certain fundamentals one must follow.

Let us deal with these in four parts: (1) those covering the speaker; (2) Speech—speech outline; (3) delivery; (4) do's and don'ts of public speaking.

There are certain fundamentals that a good speaker must display. These can be listed as follows: (a) Knowledge; (b) Pleasing personality; (c) Clear thinking; (d) Sincerity; (e) Relaxation; (f) Good Vocabulary; (g) Voice Inflection; (h) Good Diction; (i) Self Confidence; (j) Sense of Humor.

SPEECH OUTLINE

A speaker is either given a subject or is asked to choose his own topic. Either is suitable, but the first is more demanding on the speaker's knowledge. The following outline will help in guiding the solution to a wide embracing topic.

Introduction—What is it? Body—(a) Where did it come from? (b) How is it organized? (c) Why does it exist? Conclusion—What will be its future or effect?

Using this, then, a short talk on 4-H to a group might be outlined as follows:

Introduction—What is a 4-H Club? Definitions and general facts, motto, pledge.

Body—(a) History of 4-H; (1) Origin; (2) Development; (3) Number; (4) Projects.

(B) How are 4-H Clubs Organized? (1) Supervision; (2) Club leaders; (3) Project types.

(C) Purpose of 4-H Clubs: (1) Develop leaders, citizens; (2) Projects.

Conclusion—Results and Effects of 4-H Clubs: (1) Community Leaders; (2) Training in Projects; (3) Improve rural youth, general knowledge.

DELIVERY

Present a balanced and graceful appearance. Stand well toward the front of the platform.

Relax—then commence to speak.

Remember—to relax, to use humor, to use hands to emphasize, to refrain from letting audience motion distract you, and to smile frequently because it becomes relaxing for the muscles.

DO'S AND DON'T'S

(A) Never memorize a speech. Use notes to provide speech continuity.

(b) Think out, plan and rehearse your talk.

(c) Be yourself and don't try to copy others.

(D) Don't use "Word Whiskers". These are the bothersome "ers", "ush" and "mms" common to many. Eliminate these by thinking about what one is saying and not speaking until you know what to say.

(E) Have someone check your rehearsals.

(F) Use exhibits to relax, to make the talk clear and vivid, to hold audience attention and to make your talks memorable.

(G) Some virtues of a good speaker: (1) Stress important words, subordinate unimportant ones. (2) Vary the rate of speaking. It makes ideas stand out. (3) Pause before and after important ideas. It makes others attentive, alert and awake to what's coming next. (4) Change the pitch. The effect is satisfying. When the tone is monotonous, stop and say to yourself, "Now I am talking like a sta-

model brought an offer to appear in The Group. To her father's despair, she took the role of a lesbian.

"The picture couldn't have been better for me," she commented. "How can you fall when you have only five minutes of scenes, play a controversial role and make a striking appearance? It was over before the audience had a chance to ask, 'Can she act?'"

Can she "I don't know yet," she admitted. But film makers who have showered her with scripts must think so.

END ADVANCE—PMs FRL, June 17.

Candice Bergen looms as star

HOLLYWOOD (AP)—A reluctant actress, Candice Bergen, may well prove one of the more successful ones.

She is headed in that direction. Everything about her bespeaks success. For her second film she is co-starring with Steve McQueen in the \$11,000,000 The Sand Pebbles. She has the background (famous father, continental education) and looks (tawny, fashion - model figure) that make the magazines flip.

She is also a fluent talker, especially about Candice Bergen. Acting came to her as an afterthought.

"I saw it as a chance to provide the independence to pursue what I really wanted to do, which was photography and writing," she explains.

Candy carries her independence like a banner and admits it has been a source of friction between herself and her father, ventriloquist Edgar Bergen.

"I've always been anti-discipline," she admitted, "and this has frustrated my father, poor man, because he is by nature a disciplinarian."

"He was able to exert discipline on me because I relied on him for financial support. Therefore the way for me to break his hold was to start earning my own money. I went to New York from the University of Pennsylvania, got my own apartment and started working."

"It was hard on my father, but it wasn't easy for me, either. After the first two months of living alone, I got terribly blue and wondered, 'Is this what I really want?'"

Candy moved to a larger, more cheerful apartment and became one of the darlings of the fashion world. Her fame as a

model brought an offer to appear in The Group. To her father's despair, she took the role of a lesbian.

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Work racket in golf balls

WELLINGTON (Reuters)—A scarcity of golf balls in New Zealand resulting from recent import restrictions has given young profiteers a golden opportunity.

Boys are running a booming black market in golf balls, and there is little that golf officials can do about it.

What is more, angry golfers are finding that their balls disappear before they lose them. The culprit—a youngster lying in wait behind bushes.

At most golf clubs and sports stores, players are rationed to buying only one or two balls a day.

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HERE'S WHY

- The fine training provided the young people better prepares them for all phases of rural life.
- Through 4-H projects they acquire skills and knowledge of better methods for better living.
- They gain a better knowledge of today's problems and through their efforts develop pride in their accomplishments.
- By demonstration they gain experience in public speaking and learn better ways to serve their community by informing others of improved methods.
- The 4-2 Club member points the way to better citizenship and to happier ways of life.

P. E. I. Federation of Agriculture

P. E. I. Dairymen's Association

P. E. I. Fluid Milk Association

SHUR-GAIN ... the Feed of CHAMPIONS

Another year has been completed in 4-H Club work. In Canada the Shur-Gain Manufacturers Association and its dealers would like to extend a special word of Congratulation to the Prince Edward Island movement.

Find Your Opportunity in the 4-H Field

- Many projects are available.
- Something of interest to every young person.
- Expert adult leadership in all phases.
- Hundreds of young men and women to work and play together in clubs throughout Prince Edward Island.

Many young Canadians have been given help through 4-H Club work over the last 50 years. 4-H Clubs have grown and aided those who had a desire to learn by doing . . . We urge every young person to look into the advantages of 4-H work.

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FEED DIVISION

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ROYAL TRAIN LEFT GARBAGE

LONDON (AP)—A British Railways spokesman said today that it was the royal train that left all that garbage at a rural beauty spot.

Businessman John Sawtell sighted the mess along a branch line near Holt, a picturesque spot in Wiltshire, after the Queen and Prince Philip stopped overnight at Holt on a recent visit to England's west country.

After the royal train moved off, Sawtell said he found 20 heaps of sawdust, six empty boxes marked "sawdust for use in connection with royal visit," decaying heaps of lobster and shrimp shells, dozens of empty beer cans, empty wine bottles, an empty six-pound tin marked "rocktail salad," eggshells, and egg boxes and quantities of waste paper.

"It was a sordid mess," said Sawtell. "I wrote to the British Railways asking them whose responsibility it is to clear it all up."

A railway spokesman said "I think it is the responsibility of the permanent way (track) gang to clear the track. It would seem to be the kitchen staff who dumped it. That's obvious."