



4-H VICTORY PROJECT FOR GIRLS 8-9 Years of Age



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**COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Oklahoma**

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COOPERATING

OKLAHOMA 4-H CLUB VICTORY PROJECT

For Girls 8-9 Years Old

By enrolling in the 4-H Victory Project and doing the work suggested in this leaflet you will be helping to win the war.

Recognition:

As soon as a Club member's enrollment is received in the state office a 4-H Victory enlistment card will be made available to the Club member through the office of the home demonstration agent.

4-H Club members who complete the minimum requirements of the 4-H Victory Project upon recommendation of the local 4-H Club leader and county Extension agents will be awarded a 4-H certificate of achievement.

Goals:

I. Buy war bonds and stamps regularly and assist in selling bonds and stamps in your community.

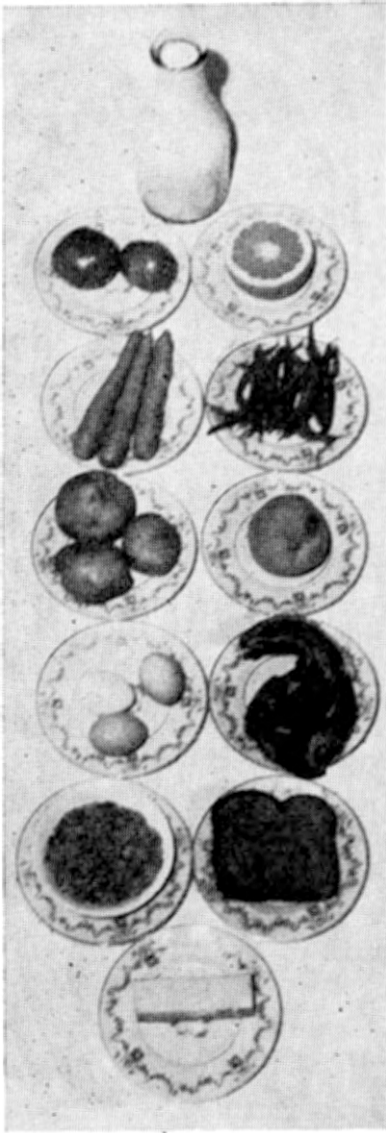
Goal: \$5 or more per member per year.

II. Collect scrap material because it is needed in the war effort. Goal: 100 pounds per member per year.

III. Prevent fire:

Examples:

1. Never dry clothing or shoes in the oven. The articles may catch fire.
2. Never put the wood too near the stove. Fire coals may roll out and set it afire.
3. Never leave matches where there is any possibility that a mouse or rat may get them.

IV. You should eat these foods each day:

Three or four glasses of milk.

One serving of potatoes.

One serving of tomatoes, oranges, grapefruit, or raw cabbage.

One serving of leafy green or yellow colored vegetables.

One or two additional servings of vegetables or fruits.

One egg.

One or two servings of meat, cheese, dried beans, peas, or nuts.

Two servings of whole grain and enriched products such as cereals and breads.

Butter.

Six or more glasses of water.



V. You may help set the table at least twice each week.

Table setting:

1. The table may be covered with oil cloth or with a tablecloth. The important thing is to have it clean and neatly spread.
2. Place each plate about one inch from the edge of the table; the knife and spoon to the right of the plate the same distance from the edge of the table—the knife with the cutting edge toward the plate, spoons with bowl up, fork to the left of plate with tines up.
3. Place napkins at left of fork.
4. Place water glass at point of knife.

5. Drinks such as coffee, tea, milk, should be placed at the right of the plate.



VI. You may help collect and stack silver and dishes and help wipe dishes twice each week.

First clear away the table and get the dishes ready to wash. Put away left-over food. Then collect knives, forks, and spoons. Then remove scraps from dishes and stack the dishes.

You will need two dish pans for washing. One dish pan should have clean hot water to rinse or scald the dishes. If you have a dish drainer you may want to drain the plates, cups, and saucers after they have been scalded. The knives, forks, and spoons should be wiped as they might rust if left in the dish drainer.

You should have a clean dish cloth for washing the dishes and a fresh dish towel for wiping the dishes.

It is best to wash dishes in this order: glassware, silverware, small china pieces, plates, and larger dishes; pans and kettles and greasy skillets last. The greasy utensils should be wiped out with paper before washing. Then burn the paper.

After the dishes are washed and wiped you should rinse out the dish cloth in some clean water and hang both the dish cloth and dish towel on a towel rack to air and dry. Be sure you hang these straight on the rack so they will look neat and also so they will dry properly. The towel rack should be placed where the towel and cloth will get plenty of air. If the towel rack is inside the cabinet or placed where the air does not circulate freely, the towels will become sour and will not be sanitary to use in washing and wiping dishes.

VII. Bake potatoes at least five times.

Wash the potatoes and place on a rack or in a pan in a moderate oven. Cook about 45 minutes or until tender. Remove and serve hot with butter. They may be served whole. Pierce the skin of potatoes as you remove them from the oven to prevent sogginess.

VIII. Help prepare the vegetables for cooking and canning.

In peeling or scraping potatoes, carrots, and apples, be very careful to peel them very thin as much food value is lost when they are peeled too thick.



You can be of much help to your mother and older sisters at canning time by helping to gather the vegetables from the garden and then help them get them ready for canning.

IX. Make three dish cloths:

The dish cloth can be made out of a salt, sugar, feed, or flour sack. Straighten the edges by drawing a thread near the edge and cut on that line. Then cut cloth about 14" x 14". Have your mother or older sister show you how to turn and crease the hem. To crease the hem fold the edge about $\frac{1}{4}$ inch to the wrong side, crease carefully. Next fold the creased edge to the wrong side so the hem will be



$\frac{1}{2}$ inch wide when finished. Pin the hem in several places so the hem will be even. Thread the needle with No. 50 or 60 white thread and tie a knot in one end of the thread. Then baste the hem in, using even basting stitches. Now you are ready to finish the hem. Use single thread. Fasten the thread by taking several back stitches in the fold of the hem. Hem the towel with small running stitches. Be sure to take several extra stitches at the corners. When you finish the hem, fasten the thread by taking several back stitches. You may make several dish cloths so you will have plenty of nice cloths to use in washing the dishes.

X. You can help make your own bed each day.

Air the bed by turning all covers back while eating breakfast. Straighten sheets, then covers, being careful to smooth out wrinkles and have covers even on both sides. Shake pillows, straighten the pillowcases, and place on bed. Cover bed and pillows with bedspread or top sheet.



XI. You may help keep the house clean.

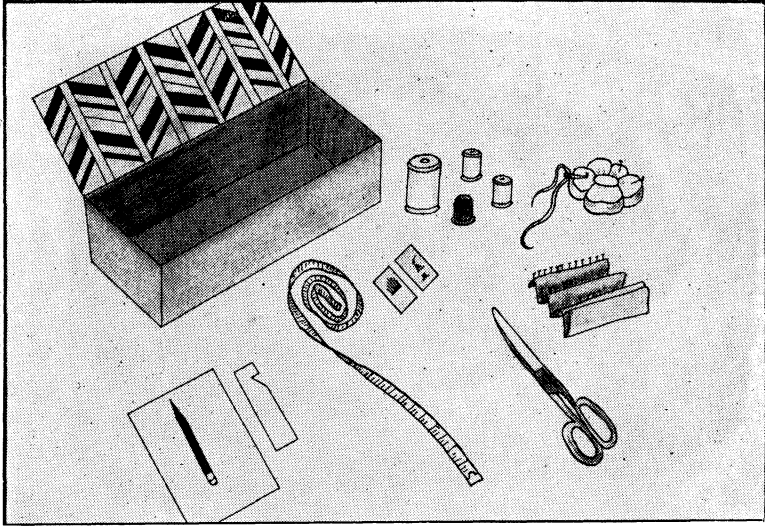
The smallest household service by the smallest child will help to win the war.

1. Dust furniture in own room and living room daily or at least three times each week. Provide a closed can for dustcloth and place it in can after each dusting.



2. Sweep porch and steps daily.
3. Keep your soiled clothing in your laundry bag.
4. Help iron dish towels and hand towels.

XII. Clothing—what can you do to help out during the war with your clothing?



1. Collect scissors, thread, pins, needles, tapeline and place in a sewing box.
2. Collect all buttons, hooks and eyes, snaps, zippers, and buckles and place where they can be found when needed.
3. Hang up clothes after each wearing.
4. Keep your clean underwear, sweaters, and socks folded in your dresser drawers.
5. Shine you own shoes at least once a week. This makes you look nicer and your shoes will wear longer.
6. You can make a scarf and a handkerchief.
Scarf—The scarf can be made out of print material. Have your mother straighten the edges

by pulling a thread and cut on that line. Then cut the scarf about 27" x 27". You can either fringe around all four sides of the scarf or put in a narrow hem by hand. If you hem the scarf, you should baste the hem in before stitching it by hand.

Handkerchief—The handkerchief can be made out of print material like your dresses. Straighten the edges as you did for the scarf. Then cut a square about 12" x 12". Now baste in a narrow hem on all four sides. You are now ready to finish the hem. Use a single thread and put in a narrow hem by hand.

XIII. You can help with chores around home.

1. Help carry in fuel such as wood at night.
2. Help feed and water the chickens.
3. Help gather the eggs.

XIV. Help care for the garden.

You can help keep the weeds out of the garden by hoeing and pulling them out just as soon as they appear.

XV. Exhibit.

You may exhibit a dish cloth and handkerchief.

