

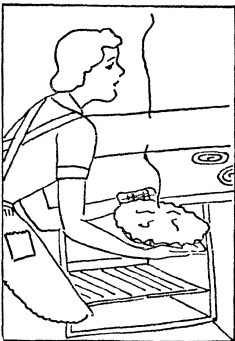
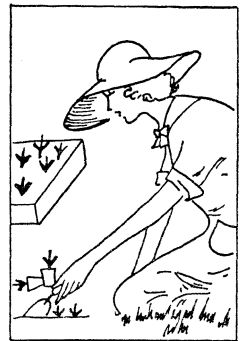
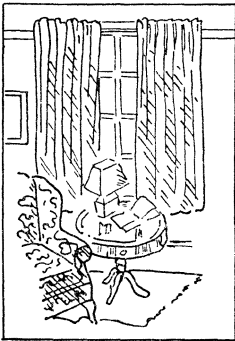


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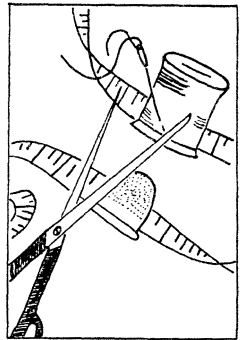
4-H

HOME DEMONSTRATION



CLUB MANUAL

SEVENTH YEAR



Circular No. 202
COOPERATIVE EXTENSION WORK
IN

AGRICULTURE AND HOME ECONOMICS

State of Oklahoma

ERNEST E. SCHOLL, Director

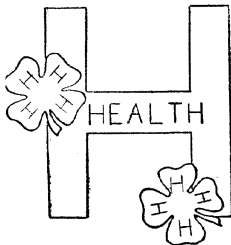
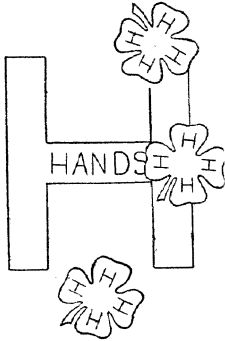
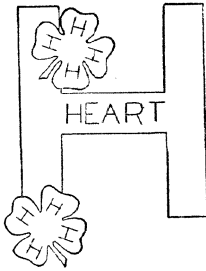
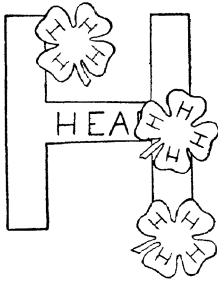
Oklahoma Agricultural and
Mechanical College and
United States Department of
Agriculture, Cooperating

Extension Service
County Agent Work
Stillwater, Oklahoma

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4-H HOME DEMONSTRATION CLUB MANUAL

SEVENTH YEAR



The required work in the seventh year includes: clothing, home improvement, food preparation, canning, yard improvement, and one food production phase. The production phase may be the 1/20-acre vegetable garden given in this manual, or one of the regular 4-H projects which includes the production of food, preferably poultry, dairy, or any one of the horticulture projects.

It should be kept in mind that the requirements outlined in this manual represent the minimum amount which is required, and that the member should be encouraged to do as much more as her opportunity and ability will permit.

PROJECT WORK

SEVENTH YEAR

PHASE OR WORK	AMOUNT OF WORK REQUIRED	EXHIBIT
Clothing	A one or two piece silk or rayon dress, suit, or ensemble, and a slip.	Silk or rayon dress, suit, or ensemble
Home Improvement	Make a table cover and four napkins. (For additional requirements consult instructions under "Home Improvement" in this manual.)	Table cover and one napkin
Food Preparation	Try all 10 recipes in this manual at least twice. Plan and prepare 30 meals, including all meals for one week. Follow meal planning suggestions in this manual.	$\frac{1}{2}$ doz. Parker House rolls
Canning	Can a total of 75 quarts (fruits, vegetables, pickles, preserves, jelly, fruit juice and meat.)	Exhibit 5 pints as follows: 1 pint vegetable 1 pint fruit 1 pint meat 1 pint vegetable pickle 1 pint fruit pickle
Food Production	Grow 10 or more vegetables, including 12 tomato plants, 6 hills of cucumbers, 6 hills of cantaloupes, 6 hills of squash, 50 feet of English peas, and 50 feet of blackeyed peas, and 50 feet of spinach, or enroll in one of the regular food production projects.	If 10 vegetables are grown, no exhibit is required. In case of a regular food production project, the exhibit will be as is given in the requirements of that project.
Yard Improvement	Plant and care for shrubs.	10 dried and pressed leaves of native shrubs mounted on herbarium cards.

THE RECORD

Keep a record of the work as it is done. Write a story of the year's work. Put the record form and the story in a loose-leaf notebook cover. This 4-H record book should be kept up to date from year to year.

CLOTHING

The sixth and seventh years of the clothing work are undoubtedly the most fascinating and gratifying to most girls. This is rightfully so since by this time the sewing technique has been mastered, and how to judge and select material and to select good line and design in patterns is knowledge gained. A desire to look attractive, dainty, and modest in clothes is a special attribute. At this age girls are particularly noticed because of their perfect grooming, good health, poise, and posture. It takes all of these to wear a garment well. If the 4-H Club girl can present herself appropriately and beautifully clad with a poise and grooming which will make her appear as a beautiful picture even in the simplest cotton dress, then and only then will her clothing work have been a success. Every 4-H Club girl should have been so trained that she will be a good buyer and a well dressed and groomed person for life.

Clothing Requirements: One or two piece silk or rayon dress, suit or ensemble, and a slip.

SOME POINTS IN CLOTHING SELECTION

COLOR IN DRESS

The choice of color is more significant in its influence upon dress than is generally believed and it exerts such an influence on our happiness that we should choose the colors with the utmost care. Color should be chosen because it is becoming and appropriate for the occasion on which it is to be worn.

If you are not acquainted with primary, secondary and intermediary colors, ask your county home demonstration agent to explain the color wheel to you. If you once learn to interpret the color wheel you will be able to make well chosen color choices, not only in clothing, but in all phases of your home improvement work.

Black and very dark colors make the figure look smaller and consequently are the most satisfactory and desirable for very stout people. There are different types of black. The thick, dull black is most unbecoming since it makes a person look old and sallow, while a transparent, thin black is almost always pleasing and flattering. Black is attractive when a touch of cream is added. Dark blue can be worn well by the majority of people. However, those with exceptionally dark skins are not their best in dark blue. The cream gray is becoming to many people while the blue gray is becoming to but few. Tones and shades of colors are in better taste than the

crude, true colorings which are harsh to look at. A dull, soft color is more becoming for dresses and outer garments than crude reds, blues, yellow, or greens, since in the latter case, the complexion loses its brilliancy in contrast. A person should study the skin, hair, and eyes, and buy colors and materials which enhance them rather than outdo them.

In selecting a becoming color for the wardrobe, there are several things other than color harmonies to be taken into consideration. There are size, color of hair, and skin.

Hair as Affected by Color

One should be careful not to select a color which will overshadow the personality since then only the garment is noticed while the wearer goes unnoticed.

Every 4-H Club girl should strive to present a pleasing appearance to those who must observe her.

Shade of Hair	Color that is Most Becoming	Color to Avoid
1. Ash Blonde	Powder blue, turquoise blue, marine blue, aquamarine, Nile green, soft dark brown.	Orange tones, neutral tans and yellows.
2. Golden Blonde	Bright blue, Flemish blue, clear bluish greens, blue lavender, lavender, seal brown, navy, and black.	Dull tans and any shades of orange. Yellows not good.
3. Brown	Blue, copenhagen blue, orchid, rose, soft orange, soft red-browns.	Drab and any greenish brown.
4. Brunette	Blue, clear golden tan, coral, rose, garnet, henna, apricot, and black with touches of scarlet.	Dull tones, particularly gray.
5. Auburn	Light brown, dark blue, cornflower, Chinese jade, almond green, peacock green, black, amber, and rust.	Shades of red.
6. Gray	Blue blue greens, powder blue, old blue, lavender, heliotrope, gray, burgundy.	Browns.

Size as Affected by Color

In general, soft dull colors and dark colors, such as black and dark blues, make objects appear to be smaller and disguise size; light colors, such as white, pinks, and yellows, make them appear larger. Therefore, the larger person who wishes to look smaller will choose dark and duller colors for her dress or outer garment, and the tiny person wishing to appear larger will wear the lighter colors which may also be of material to reflect light.

Skin as Affected by Color

The skin is usually one of two colors. It may be:

1. Clear and transparent, with a color showing through as in the case of the clear white or the olive red.

2. Or not clear; muddy or opaque. This class includes the olive, which is a green-yellow, the florid which is a yellow-red, and the coarse, rough, or irritated skin which is a combination of a sallow skin with purple red blotches.

Those with a clear and fair skin are fortunate for they can wear practically any color.

Those individuals with a skin described as under class 2 are less fortunate and must consider very seriously the problem in the selection of becoming colors. The person with the red, irritated skin should not wear those colors which will intensify the red such as blue-green for instance, which is directly opposite on the color wheel. These same individuals must take into consideration the red and yellow in their complexions when selecting colors for their wardrobes. If red predominates in the skin the individuals can wear a grayed red-purple, red-yellow, green, and blue.

If yellow predominates in the skin, the individual can wear blue, green, green-blue, yellow-red, and red-purple, but must avoid black, green-yellow, and blue purple.

GENERAL CONSIDERATIONS IN CLOTHING CONSTRUCTION

Suggestions for Appropriate Seams for Dresses

Material Used	Type of Seam Suggested	Width Finished
Batiste, dotted Swiss, diminty , voile, light weight ginghams, percales, prints, Peter Pan, and materials of similar and lighter weight.	French seam, if very light weight. Plain seam overcast or blanket stitched is a better seam to use on average cotton.	$\frac{1}{4}$ inch $\frac{3}{8}$ to $\frac{1}{2}$ inch
Linen, wool, sheers, the heavier seersuckers, piques, heavy rayon, and other materials which ravel easily and are too stiff and thick to French seam.	Plain seams pressed open and edges turned under and machine stitched. Plain seam pressed open and overcast or blanket stitched.	$\frac{3}{8}$ to $\frac{3}{4}$ inch
Pique, rayons, alpacas, and other materials which ravel too badly to be pinked or those which are too heavy for edges to be turned back and stitched.	Plain seam pressed open and overcast or blanket stitched.	$\frac{1}{2}$ to $\frac{3}{4}$ inch
Ratine, coarse tweeds, and crashes.	Plain seam pressed open and edges stitched about $\frac{1}{8}$ inch back and then overcast or blanket stitched.	$\frac{1}{2}$ to $\frac{3}{4}$ inch
Firmly woven flannels, taffeta, and firmly woven flat crepe. Also other materials that do not ravel.	Plain seam pressed open and pinked.	$\frac{1}{2}$ to $\frac{3}{4}$ inch from seam stitching to outer edge of pinking.

If the complexion seems to hold equal amounts of red and yellow, then you would wish to bring out the red in the skin and avoid those colors which emphasize the yellow. Use such colors as blue, green-browns, blue-green, and red-purple.

FURTHER SUGGESTIONS ON SEAM FINISHES

Avoid the binding of seams, especially in wash dresses.

Use the overcasting or blanket stitch to finish the armseam seams using sewing thread of same color as material or same as thread used in stitching the dress. Seams around the waist, seams where yokes are set on, and other similar seams may be finished in this way. These seams should be $\frac{3}{8}$ of an inch wide when finished. The overcasting should be from $\frac{1}{8}$ to $\frac{3}{16}$ of an inch deep, depending upon the material and width of the seam.

Armseam seams in thin material where the seams show through may be stitched as plain seams, then the edges turned in and fastened together with a running stitch, thus making a mock French seam. These seams should be about $\frac{1}{4}$ inch in width when finished.

For very thin and expensive material where the daintiest finish is desired and where the garment justifies the expense of the finish, the seams may be stitched as plain seams and then hemstitched and trimmed leaving a picot edge.

Collars and Cuffs

Cuffs should be put on as a trimming and not seamed in with the sleeve.

Hems

Hems should be measured with a yard stick from the floor to the desired length and marked by pins. The hem should then be turned up on the pin line and basted, being careful to get a smooth hem line around the bottom. Sometimes a pin may be a little out of line and will have to be moved. Now, mark the width of the hem by using a cardboard the desired width. Lay the cardboard on the wrong side of the garment and even with the lower edge of the hem which has been basted up. Mark with pins, turn edge under on pin line and baste. Trim the edge of the material to about $\frac{1}{4}$ inch of the top edge of the hem. This top edge of the hem may be machine stitched about $\frac{1}{16}$ of an inch from the edge, thus forming a tiny casing for the thread used in putting the hem in by hand. If the casing is not to be used or if the hem is to be stitched with the machine, baste down to the garment when you have finished trimming the edge.

When there is fullness to be taken in at the top of the hem, it can best be done by drawing up the basting which was made at the top of the hem where the edge was turned under. In order to do this, one basting thread must reach from seam to seam, and the basting must be done with small running stitches in order to draw the fullness into small even gathers. Fullness taken in this way gives a smoother hem and is less bulky.

Hems in silk or any material thin enough to be turned may be put in with the stitches as mentioned above.

In making a hem in material which is too thick to turn twice and ravel too badly to pink, use a silk bias tape or seam tape. Open the tape (if bias is used) and lay the right side of the tape to the right side of the material, with the edges of the bias and hem together. Baste and stitch. Then turn the tape up flat on the garment. This leaves the seam on the inside of the hem. Baste top edge of the tape to the garment and catch stitch or blind hem to the material.

A very close tight stitch should not be used in putting in hems or fastening facings down, as it makes a ridge at the edge and dents the material where each stitch has been taken.

Fastenings

Enough fasteners should be placed on openings to close them securely. One large fastener can never take the place of two or three of the correct size.

Buttons and buttonholes or slide fasteners are very efficient and attractive fasteners. Where there is an appropriate place for them they should be used. Using the buttons for decoration and sewing snaps or hooks and eyes under the buttons is bad practice.

Snaps, hooks and eyes, or slide fasteners are most effective fasteners on plackets if the dress is fitted.

Facings

The broad deep facing of the neck opening in the front of a dress may be catch stitched down but with a very loose stitch. If the other finishes of the dress have been pinked, it may be pinked. If it ravel easily, use seam tape or bias tape the same color as dress and finish as for trims and other facings. It is not wise to turn the edge under and stitch before fastening down as this produces a ridge which is not desirable. In any event, the catching down of facing should be very loosely

done. Wash dresses are more easily taken care of during laundering if the facing is caught down occasionally, but dresses of many other fabrics need not have the facing caught or if at all, on places where it will be invisible on the right side.

The type of dress, the fabric, and the use of the dress determine largely as to whether the facing should be caught down.

Tailored Buttonholes

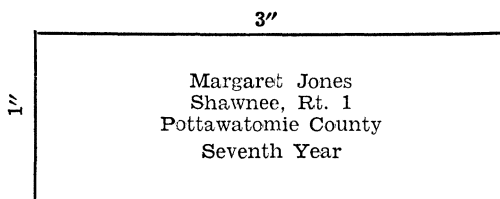
Tailored or corded buttonholes are used on tailored and semi-tailored garments such as dresses, blouses, skirts, suits, and coats. They are ornamental as well as useful.

SILK OR RAYON DRESS

The general directions which have been listed in the previous clothing work and in this manual are sufficient guides to the making of the dress, suit, or ensemble. You are urged to follow carefully the directions on the pattern selected, since in the seventh year you are judged largely by the initiative used in selection and construction.

THE EXHIBIT

The seventh year clothing exhibit is the silk or rayon dress, suit, or ensemble. Label each piece carefully. The label may be made of white muslin; the size suggested is one inch wide and three inches long after raw edges are turned under. The label should contain the member's name, post office, route, county, and year of work, typed or printed in ink. (See illustration below.)



The dress is to be labeled on the inside neck facing to the right of the front. To determine right side of front, think of the garment as being worn by you. A label placed here is easily found and does not show when the dress is hanging up for exhibit. A jacket or coat is labeled in like manner, and a skirt is labeled on inside of band in center front.

Put label on with fine hemming stitches, with no raw edges showing.

A SILK OR RAYON SLIP

Even though you do not always make your slips, it is felt that you should have experience in making a slip of silk or rayon. This experience will enable you to be a better buyer of commercial slips.

Whether you are buying silk or rayon, be sure that it is a good quality fabric.

For further suggestions on undergarments, see Extension circular No. 331, "Underwear Selection and Construction."

HOME IMPROVEMENT

Home Improvement Requirements: A cotton or mercerized table cover and four napkins and two improvements in the bedroom.

TABLE COVER AND NAPKINS

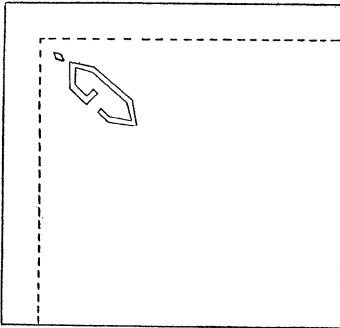
Nothing adds more to the appearance of the table at meal time than an appropriate, well made, and carefully laundered table cover and napkins.

There are many cotton and mercerized materials on the market which imitate the beauty and firmness of weave of linen fabrics.

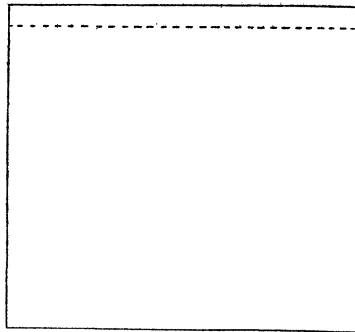
Table Cloth—This is the table cover that hangs over the side of the table from six to nine inches and gives a table the formal look that it needs for dinner. Dinner napkins should be about 18 to 24 inches square.

Materials—Damask and novelty weaves are preferred to plain weaves for these formal cloths.

Construction—The selvedge is the side finish on these long cloths and large napkins, and only the ends are hemmed. The width of the hem is determined by the design and type of material. Cloths and napkins may have narrow hems of about one-eighth of an inch; however, many of the cloths have hems from three-fourths to one and one-quarter inches in width, and the matching napkin hems are usually about one-half inch in width. Plain napery hems are always the preferred finish for table linens. The ends of the hems should be closed by overcasting the selvages together.



End of table cloth



Corner of Supper cloth

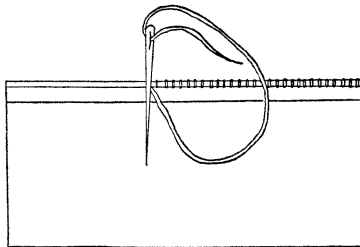
Supper Cloth—A 54 to 64-inch cloth will cover the top of most family tables. The napkin should be about 16 or 18 inches square. Since the hem is in a conspicuous place on top of the table it forms part of the decoration of the cloth and is much wider than for other cloths. Plain naperies about $1\frac{1}{2}$ inches wide on the four sides with mitered corners are appropriate. The napkin should be finished in the same way with a narrow hem about $\frac{1}{2}$ inch wide.

Luncheon Cloths—These are the small cloths 36 to 54 inches square that are used for small tables. The cloth and napkins are made in the same way that the supper cloth is made. The width of the hem on the cloth is determined by the size, usually from $\frac{3}{4}$ to $1\frac{1}{2}$ inches. The napkins may be as small as 14 inches, but the supper cloth size is more practical for family use.

Design on Table Covers—The beauty of the material and the naperies hem is the only design needed on the table cloth. If one is desired, an initial, or monogram is appropriate.

If a design is to be used on the supper or luncheon cloth and napkins, select a simple conventional motif, a monogram, or an initial, or a small design of cutwork, and embroider it in all white.

Napery or Damask Hem—After basting the desired width hem, fold a crease along the hemline by holding the bulk of the material in your lap, turning the hem down on the right side of the material. Thread a very fine needle with thread similar to the quality of the material; hide knot in the hem and overhand by taking needle through one thread of the hem and the nearest thread of the material. Your needle will always be pointed toward you. Open the hem and press flat. The stitches should be invisible as they are part of the warp threads.



THE EXHIBIT

A cotton or mercerized table cover and one napkin is the exhibit in seventh year home improvement. Label each of these articles. The label may be made of white muslin; the size suggested is one inch wide by three inches long after raw edges are turned under. The label should contain the member's name, post office, route, county, and year of work, typed or printed in ink. Put label on wrong side, on hem, at one corner.

ADDITIONAL REQUIREMENTS

Every 4-H Club girl should be interested in making her home as attractive and comfortable as possible for the family group.

When beauty is expressed in our surroundings, it becomes a part of us. It is not a thing to be set apart for occasional enjoyment, but should be stressed in everyday life. Beauty is not determined by cost, but by the quality of the articles chosen. For the sake of economy as well as good taste, every individual should understand and apply the fundamental principles of art in the selection and arrangement of all possessions.

Therefore, the additional requirement in the seventh year is to improve the attractiveness and comfort of the bedroom. Because of limited space, no attempt will be made to give instructions on the various improvements listed as possibilities for the year's work.

Complete *one* of the following special demonstrations:

- (1) 4-H Bedroom Window Treatment Exhibit (Refer to mimeographed bulletin).
- (2) 4-H Bedroom Unit Exhibit (Refer to mimeographed bulletin, "Bedroom Improvement for 4-H Club Girls").

Or complete *two* of the following:

Improve storage facilities

- a. Build clothes closet, or
- b. Make storage equipment for closet
- c. Construct and finish book case or shelves for books.

Paint or refinish floor or woodwork.

Paint or paper walls and ceilings.

Refinish a piece of furniture.

Select, clean, or repair window shades.

Make two pieces of bed linen.

Make a bed spread.

Improve lighting for windows or artificial lights.

The member should secure the following free publications, as well as other helpful material which the home demonstration agent will be glad to suggest.

Oklahoma Extension Circulars:

- The Comfortable Bedroom, No. 303.
- Practical Methods of Refinishing Furniture, No. 265.
- Rug Making, No. 297.
- Better Lighting for the Farm Home, No. 356.
- Handicraft, No. 366.

Oklahoma Extension Mimeographed Leaflets:

- It Takes Color to Make Rooms Beautiful.
- Curtains Make the Window.
- Four-H Bedroom Window Treatment.
- Bedroom Improvement for 4-H Club Girls.

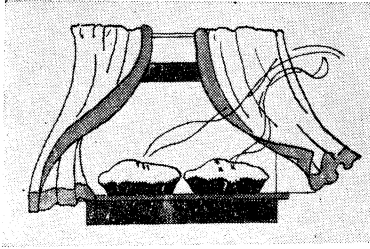
U. S. D. A. Farmers' Bulletins:

- Window Curtaining, No. 1633.
- Floors and Floor Coverings, No. 1219.

U. S. D. A. Leaflet:

- Slip Covers, No. 76.

FOOD PREPARATION



Each 4-H Club girl enrolled in seventh year food preparation should learn and follow the principles of meal planning given in this manual and in Extension Circular No. 243, "Home Demonstration Meals."

WHY EAT

Food serves our bodies in much the same way as fuel serves an engine. As the food we eat is burned, our bodies are supplied with the materials they use in their work. This work can be divided into four parts:

1. Growth and repair.
2. Regulation of body processes.
3. Protection.
4. Energy.

Since no single food furnishes the body with all the materials it needs, it is important that we select our foods carefully, we might say—balance our diet.

1. For Growth and Repair—proteins, minerals and vitamins.
2. For Regulating Body Processes—minerals, vitamins, roughage, and water.
3. For Protection—vitamins and minerals.
4. For Energy—carbohydrates (sugars and starches) fats, and proteins.

Perhaps this will be clearer if we plan with foods. The following foods will supply the body with the material needed to carry on its work efficiently.

DAILY FOOD NEEDS**Milk**

Children—1 qt.

Adults—1 pt.

Vegetables

Potatoes

1 leafy vegetable

1 other vegetable

Fruit

2 servings

One serving should be a raw fruit or vegetable or tomatoes (canned or fresh)

Whole Grain Products

(Bread or Breakfast Food)

1 or 2 servings

Meat, Eggs, Cheese, Dried Beans, or Peas

2 servings from this group

Water

Children—3 to 4 glasses

Adults—5 to 8 glasses

Does your daily diet supply your body with all the material it needs? If not, some part of your human engine is being weakened. If you are getting the proper food, you are building for long life, health, and happiness.

To be well balanced, the meal need not be elaborate. Even the simplest meal can be well balanced. For example:

No. 1—Irish Stew (meat with vegetables)

Bread and butter

Lettuce and tomato salad

Milk

No. 2—Fruit salad

Bread and butter

Milk

MEAL PLANNING

Well chosen meals provide:

1. Not more than one protein food in addition to milk. The chief protein foods are milk, eggs, lean meats, dried peas, and beans.

2. Not more than one starchy food in addition to bread, except in desserts, occasionally. The chief starchy foods are: Potatoes, rice, cereals, macaroni, bread, dried peas, and beans. Why spend time and energy in preparing a number of dishes for a meal that serve the same purpose to the body; for example, Irish and sweet potatoes, potatoes and macaroni, potatoes and rice.

3. A generous supply of minerals, especially calcium, iron, and phosphorus. The chief sources are: Fruits, vegetables, milk, eggs, lean meats, and whole grain cereals.

4. An adequate supply of roughage. Chief sources are: Green and succulent vegetables, fruits, and whole grain cereals.

5. A generous supply of protective foods (foods rich in vitamins and minerals are protective foods). Milk and milk products, eggs, vegetables, fruit, cod-liver oil, and whole grain cereals.

6. Limited amounts of fats. Chief fats are: Butter, cream, bacon, lard, and salad oils.

7. Limited amount of sweets, such as sugar, syrup, honey, preserves, and very sweet desserts.

SUGGESTED MENUS

Breakfast	Breakfast
Canned fruit	Stewed prunes
Oatmeal	Cornmeal mush with cream
Scrambled eggs	Broiled ham
Toast—jelly	Biscuits—butter
Milk or cocoa for children	Milk or cocoa for children
Milk, cocoa or coffee for adults	Milk, cocoa or coffee for adults
Dinner	Dinner
Roast pork	Chicken rice
Baked potatoes	Cole slaw
Scalloped tomatoes	Gingerbread—apple sauce
Baked apples	Bread—butter
Bread—butter	Milk for children
Milk for children	Milk, coffee or tea for adults
Milk, coffee or tea for adults	
Supper	Supper
Cold meat with relish	Corn chowder
Potato salad	Crackers
Cornbread—butter	Stuffed egg salad
Fresh or canned fruit	Whole wheat bread—butter
Cake	Gingerbread—apple sauce
Milk for children	Milk for children
Milk, coffee or tea for adults	Milk, coffee or tea for adults

MENU PLANNING HINTS

Our meals should not only be well-balanced, but they should be artistic—that is, pleasing both to look at and to eat. When planning meals one should remember that:

1. Simple meals that meet the nutritional needs of the entire family can be prepared with the least amount of effort and are enjoyed by all. There is no need to serve more than one relish, one jelly, one meat, or one dessert at a single meal.
2. The food served at a meal should vary in:
 - a. Texture
 - b. Flavor
 - c. Temperature
3. The food served at a meal should blend, have flavors that go well together. For example, cranberries with turkey—apples with pork.
4. A food should not be served more than once in the same meal. (If Irish potatoes are served, we should not serve a potato salad.)
5. Heavy desserts like pie should be served with a meal that is light. A light dessert such as fruit should follow a heavy meal.
6. Left-overs can be made more attractive if we change their form when they are placed on the table the second time. For example, roast beef from Monday's dinner may be served in meat loaf on Tuesday.

RECIPES**Chicken Rice**

1 c. rice	1 pint tomatoes
5 pounds chicken	$\frac{1}{8}$ t. white pepper
2 carrots	1 t. salt

Cut up the chicken in pieces suitable for serving; cover with boiling water. Add the salt and pepper and simmer slowly on the top of the stove or in the oven until the chicken begins to get tender. Then add the rice and continue cooking. About one-half hour before it is ready to serve, add the diced carrots, sliced onion and the tomatoes. Serve hot.

Corn Custard

2 c. canned corn	$\frac{1}{2}$ t. sugar
2 T. melted butter	Cracker crumbs
2 c. milk	3 eggs
	Salt and pepper to taste

Beat eggs well; add to corn. Melt butter and with the milk add to corn and eggs. Stir well. Add seasoning and sugar. Pour into well-buttered casserole, sprinkle with cracker crumbs, dot with butter. Bake in a very slow oven (250 degrees) about 40 minutes, or until custard has set.

Harvard Beets

3 c. sliced beets	2 T. butter
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. vinegar
2 T. flour	$\frac{1}{4}$ c. water

Mix the sugar, salt and flour; add the vinegar and water. Place the beets in a pan; pour the vinegar mixture over them. Dot with butter and cook until the beets are well heated throughout.

Crackling Bread

1 c. cracklings, ground	$1\frac{1}{2}$ c. cornmeal
$\frac{3}{4}$ c. flour	$\frac{1}{2}$ t. soda
1 c. sour milk	$\frac{1}{4}$ t. salt

(Cracklings are the pieces of meat remaining after the lard has been rendered from the pork.) Mix and sift together the dry ingredients. Add the milk, stir in cracklings. Form into oblong cakes and place in greased baking pan. Bake in hot oven (400 degrees) 30 minutes.

Scalloped Apples

Pare, core, and slice tart, firm apples. Place a layer of the sliced apples in a baking dish. Sprinkle very lightly with sugar, and dot with butter. Put in another layer of apples and press down, add more seasoning, and keep on until the dish is heaping full. Cover and cook slowly in a moderate oven until the apples are tender (about 1 hour). Then remove the cover, spread buttered bread crumbs over the apples and return to the oven to brown the crumbs. Serve hot with the main course of the meal.

When done, the apples should be in whole pieces, and almost transparent.

Peanut Butter Fondue

3 eggs	$\frac{3}{4}$ c. milk
6 T. peanut butter	1 t. salt
1 c. dry bread, cubed	

Blend the peanut butter with the milk. Add the beaten egg yolks and the cubed bread. Fold in the stiffly beaten egg whites. Pour into a buttered baking dish, set in pan of hot water and bake in moderate oven until firm.

Parker House Rolls

1 c. milk	1 T. sugar
1 cake ($\frac{1}{2}$ oz.) yeast	About $3\frac{1}{2}$ to 4 c. sifted enriched
$1\frac{1}{2}$ T. butter or other fat	flour
$1\frac{1}{2}$ t. salt	

Add the fat, sugar and salt to $\frac{3}{4}$ c. of hot milk and cool to lukewarm. Dissolve yeast in the remaining $\frac{1}{4}$ c. of scalded milk after it is cooled to lukewarm. Add dissolved yeast to the lukewarm mixture. Add enough flour to make a batter. Beat until very smooth (several minutes). Add more flour and make into dough. Toss on floured board and knead as you did for a plain loaf. Allow to rise until double in size. Punch down and allow to rise again.

Roll the dough out thin and cut with a biscuit cutter, or cut off small pieces, roll them into balls and flatten with the palms of the hands. Brush the top lightly with butter; crease through the center with the back of knife, fold over and press down the top. Fasten the loose edges by pressing together with the fingers. Brush top with butter if a soft crust is preferred. When they have doubled in bulk, bake them quickly in a hot oven (425° F.) for 10 to 15 minutes until nicely browned.

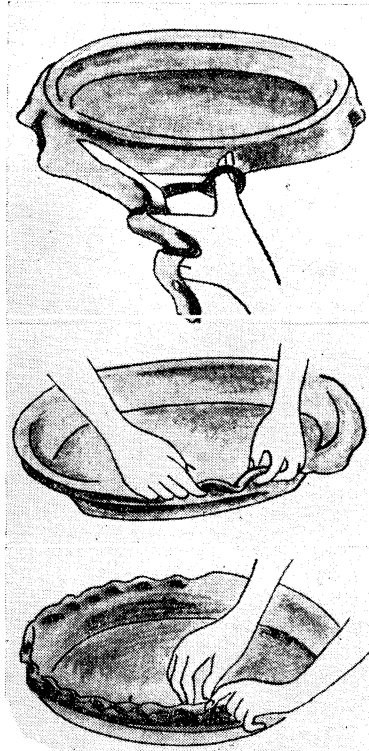
Plain Pastry

2 c. enriched flour
¾ c. shortening

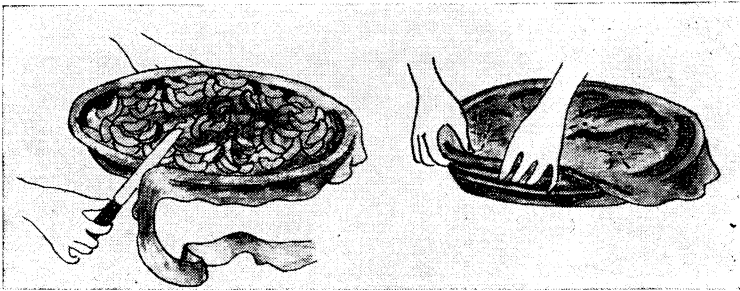
1 t. salt
Water (about 4 T.)

(This recipe makes one 9-inch double-crust pie or two 9-inch one-crust pies.)

1. Sift and measure flour.
2. Add the salt and sift again.
3. Measure the shortening. Cut it into the flour and salt mixture. Do not cream or rub the shortening into the flour.
4. Moisten a portion of the flour mixture with just enough cold water to hold it together. Continue until the entire mixture has been mixed into separate portions that are neither crumbly nor sticky. Press together and flatten lightly, working it into a lump. Be careful not to add so much water at one time that the mixture becomes pasty, for the dough is then hard to handle and usually makes tough pastry.
5. Divide into two pieces and roll out only enough pastry for one crust at a time.



6. Place on a lightly floured board and roll out gently to $\frac{1}{8}$ inch thickness, working from the center outward. Do not turn the pastry over during rolling.
7. When rolled out, fold the pastry in half and transfer into a pan, right side up.
8. Press out all air bubbles from underneath the pastry and ease it gently onto the sides of the pan. Do not stretch it.
9. **For one-crust pies**, trim the pastry with scissors, leaving one inch of dough beyond the rim of the pan. Turn the surplus pastry under in a fold, all the around. Press the folded dough into a fluted edge. Prick the bottom, sides, and fluted edge thoroughly before baking.
10. **For covered pies**, trim the lower crust of pastry close to the edge of the pan. Put the filling into the pastry-lined pan. Roll out the top crust. Cut a few gashes to allow the steam to escape. Moisten the edge of the lower crust with cold water. Place the top crust over the filling **without stretching** the pastry. Press crusts together lightly and trim the top crust, with scissors, about an inch beyond the rim of the pan. Turn the surplus edge of the top crust underneath the edge of the bottom crust. Press together firmly to form a sealed rim.



Baking

1. Pastry shells should be baked in hot oven (400-450° F.).
2. Filled pastry requires a hot oven (400-450° F.) for the first few minutes of baking in order to set the crust quickly. The temperature should then be lowered so that the filling can be properly cooked. Fruit fillings require a moderate oven (350-400° F.) while custard fillings require a slow one (250-350° F.).

Apple Pie

Pastry for one 9-inch double-crust pie.

6 medium-sized sour apples	$\frac{1}{4}$ t. nutmeg
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ t. cinnamon
$\frac{1}{4}$ t. salt	1 T. butter

1. Line one 9-inch pie plate with pastry.
2. Wash, pare, core and cut apples into lengthwise slices.
3. Sift together sugar, salt and spice. Mix thoroughly with apples.
4. Fill pastry with apple mixture.

5. Dot with butter.
6. Moisten the rim of the under crust with water. Cover with top crust, pressing the edges together with a fork or pinching with the fingertips. Prick the crust or make several gashes in it with a knife point to allow the steam to escape.
7. Bake in a moderately hot oven (400° F.) until the top is browned and the apples are tender. This will take about 50 minutes.



An Assortment of Prize Winning Pies

Custard Pie

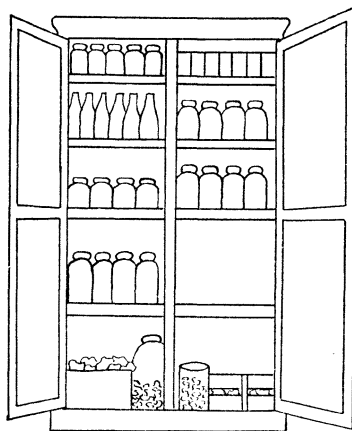
One 9-inch unbaked pie crust $\frac{1}{4}$ t. salt
 3 eggs $\frac{1}{8}$ t. nutmeg or mace
 $\frac{1}{4}$ c. sugar 2 c. rich milk

1. Bake the pie crust until the crust is set, but not brown.
2. Beat the eggs. Add sugar, salt, nutmeg and rich milk.
3. Pour this custard mixture into the partially baked crust.
4. Set in a moderate oven (350° F.) and bake until done (about 50 minutes). The custard is done when a knife blade inserted in the custard comes out with no custard adhering to it.

SCORE CARD FOR PIES

A. External Characteristics	30
1. Shape—regular, free from bulges on top.....	10
2. Surface	20
a. Crust—uniform browning	
b. No meringue—smooth, free from cracks	
c. Meringue—slightly browned, light and moist in appearance, adhering to crust around edge of pie	
B. Internal Characteristics	40
1. Crust	20
a. Texture—tender but free from tendency to crumble, crisp on bottom as well as along edges	
b. Grain—flaky, surface rough, almost blistered in appearance	
2. Filling	20
a. Fruit—well cooked, neither too dry nor too juicy	
b. Custard—tender and quivery; keeps angles when cut and does not weep on standing	
Cream—smooth; stiff enough to prevent running when cut but free from pastiness or rubberiness	
C. Flavor	30
1. Crust—rich, blended flavor of well-baked ingredients.....	15
2. Filling—characteristic of the kind, free from excessive sweetness or flavor of uncooked starch	15
STANDARD PRODUCT.....	100

CANNING



The canning requirements for this demonstration is 75 quarts of canned foods. Now that you have had some experience in canning fruits, a variety of vegetables, also preserves, pickles, and meat, we suggest that you select some of the problems for this year's work. Several suggestions however will be included in this manual.

Every Oklahoma rural homemaker should know how to can all of the vegetables, fruits, and meats that Oklahoma farms produce. The greater the variety the better. **Read and study**, the following Oklahoma A. and M. College Extension Service and Farmers' Bulletins:

260—Canning Fruits and Vegetables.

240—Home canning of Meats.

Jellies, Jams and Preserves

So far you have not had any work on jellies. Space in this manual will not permit a discussion on this subject. Use Extension Circular No. 260 and Farmers' Bulletin No. 1800 for your subject matter information on jelly and preserves. As you read, check your information by the following outline:

Definition of a jelly

Essentials for good jelly

Choice of fruits for jelly

Adding pectin to fruit juices low in pectin

Acidifying fruit juices

Quantity of sugar to juice

Selection and preparation of fruit

Extracting juice

Making the jelly

Jelly problems

Preservation of color and flavor for jelly and preserves

Changes in fruits caused by heat and sugar.

Pear Preserves

The Kiefer pear is a variety commonly used for preserving because it holds its shape and has a good flavor. It is important to allow the fruit to reach the firm-ripe stage. If possible, store Kiefer pears for 2 or 3 weeks at 60° to 65° F. to obtain the best qualities for preserve making.

Wash, prepare, and cut the fruit into uniform pieces, as quarters or eights, depending upon the size of the fruit; then core. To each pound of prepared fruit allow $\frac{3}{4}$ to 1 pound of sugar. Combine the fruit and the sugar in alternate layers and let stand 8 to 10 hours or overnight before cooking. Or cook at once with the sugar and $\frac{1}{4}$ cup of water to a pound of fruit. Whichever method is used stir carefully while heating to the boiling point. Boil rapidly until the syrup is somewhat thick, stirring constantly to prevent burning. Pour at once into hot, sterilized jars and seal.

PICKLES AND RELISHES

Pickles made from vegetables that have been through some process of curing or brining are usually of superior quality. A thorough discussion of "brining" may be found in Circular No. 260, Extension Service, Oklahoma A. and M. College.

Virginia Pickles

Seventy-five cucumbers (4 or 5 inches long), $\frac{1}{2}$ bushel. Pour over pickles the following: 2 c. salt to 1 gallon water. Let stand 1 week (skim if needed). After 1 week drain and pour on boiling water to cover. Let stand 24 hours. Drain off water, cut pickles into cubes, cover with boiling water, add 1 T. of alum. Let stand 24 hours. Drain off water and cover with boiling water again. Let stand 24 hours. Drain off water. Take 3 quarts of vinegar, 6 cups of sugar, $\frac{1}{2}$ cup cassia buds, 1 T. celery seed. Heat and pour over pickles. Next day reheat vinegar mixture, add 3 cups of sugar. Next day place pickles in jars; reheat vinegar mixture, add 2 cups sugar, pour over pickles and seal.

MEAT

Beef, pork, mutton, lamb and chicken.

Method I:

Place meat in boiling water to cover, or, in case of chicken, in a small quantity of water. Lower the heat and *simmer* until the pieces are white all the way through. Cut into desired pieces and pack in tin or glass. Add seasoning. Bring broth to boiling point and pour over the meat. Fill tin cans to within $\frac{3}{4}$ inch of top. Fill broth in glass jars just within $1\frac{1}{2}$ inches of top. Place containers in pressure cooker to keep hot until cooker is filled. Process immediately. Quarts for 50 minutes at 15 pounds pressure.

Method II:

Place meat in baking pan, add a small amount of water, and heat in a moderate oven until the pink stage disappears. Cut into desired size pieces and pack in containers. Add broth and process 50 minutes at 15 pounds pressure.

Consult "Home Canning of Meat," Extension Circular No. 240 for further information on meat canning.

THE EXHIBIT

The exhibit of canning for this year is one pint of vegetable, one pint of fruit, one pint of meat, one pint of preserves, one pint of fruit pickle and one pint of vegetable pickle. Select the jars from the canning you have done and wash and polish them.

Girls enrolled in seventh year home demonstration manual may also exhibit in any one or in all of the following special 4-H Club exhibits:

Emergency Meal—Five jars of food that might be used for an emergency dinner or hearty supper.

Vegetables—Five quart jars of different vegetables.

Fruits—Five quart jars of fruit to help solve the winter salad and dessert problem.

Meats—Five pint jars of at least three kinds.

The Label

Jars which are exhibited must be labeled. The label may be purchased or made of plain white paper. It should tell the name of the product, name, post office, route, and county of member, and the year of work. It should be placed on the plain side of the jar, with the lower edge $\frac{1}{4}$ inch from the bottom of the jar.

FOOD PRODUCTION

The food production work requirements for seventh year may be the growing of the vegetables listed below or one of the regular 4-H food production projects, preferably horticulture (garden club), poultry, or dairy. If the club member selects the regular garden club project, carry out the provisions outlined under "4-H Garden Club Requirements."

GARDEN

Members enrolled in the seventh year work should grow 10 different kinds of vegetables, including 12 tomato plants, 6 hills of cucumbers, 6 hills of cantaloupes, 6 hills of squash, 50 feet of English peas, 50 feet of blackeyed peas, and 50 feet of spinach. There are no objections to having the vegetables within the family garden provided they are staked or marked off in some way.

Suggested List of Vegetables to Grow:

Radishes	Spinach
Lettuce	Sweet Peppers
Beets	Onions
Tomatoes	Bush Snap Beans
Carrots	Bush Lima Beans
Cantaloupes	English Peas
Cabbage	Blackeyed Peas
Swiss Chard	New Zealand Spinach
Sweet Corn	Squash
Popcorn	

After selecting the kind of vegetables to plant, read about them in *Home Vegetable Garden*, Circular No. 196. This bulletin will give the necessary information about kinds of seed, how and when to plant, and how to cultivate.

Ask your home demonstration agent for Oklahoma Extension Circular 133, "Methods of Growing Strawberries and Bramble Fruits."

YARD IMPROVEMENT

SHRUBS

Ornamental shrubs are most desirable in beautifying our out-of-door surroundings and developing them into enjoyable and colorful environments for year round use. The use of our native shrubs is advocated, since they are hardy and supply color interest for all seasons; however, there are many cultivated species such as lilac, spirea, and althea which are easily available.

Shrubs have the flowering qualities of perennial and annual flowers, and at the same time possess, to some degree, the sheltering qualities of trees. Disposed in naturalistic groups or masses, they help to soften the hard lines of buildings; they soften and beautify corners of the yard or fence; they help to frame views from within the yard or house; and they screen out unattractive views and objects which might disturb the beauty and harmony of the place as a whole. Shrubs also make fine backgrounds for flower beds and rose beds.

It is by carefully planning the use of trees, shrubs, and flowers that a beautiful exterior appearance to the home is created.

Using your landscape plan made according to directions given in the fifth year manual, fill in details of planting as shown in the cut on page 40. This will be easy if you make a short list of shrubs that are conveniently available to you from the woods, neighbors, your own yard, or from cuttings. Number this list and use the numbers to designate plants you want to place around the house and in planting beds. Give each plant room enough to grow without crowding. A buckbrush plant takes up about one foot square space, a spirea about three feet, and a lilac about five feet. Select plants for each group that go well together in color, time of blooming, habit of growth, and soil. Consult plant tables in back of Extension Circular 323, "Landscaping Oklahoma Homes," for more information on plants with which you may not be familiar.

Plant shrubs in triangular groups of three, five, seven, or nine, and place lower growing plants in front of taller ones so that the group of planting slopes from the ground backward and upward. This method of planting is called "facing-down" a planting with smaller shrubs. The low-growing shrubs hide the legginess of the taller ones.

Beauty and harmony will be secured if you use several plants of one kind in a group rather than many different plants scattered all over the area. A mass of redbud, lilac, or goldenbell in full bloom in the spring is much more effective than a number of scattered plants in bloom.

Planting. Successful transplanting will follow these rules: The plant and its roots should not be allowed to dry out; it should be pruned at setting; holes must be large enough not to cramp the roots; topsoil should be used to back-fill; and the plant should be well watered. A basin around a plant or group of plants will catch and hold moisture and facilitate watering by hand. Well rotted barnyard manure scattered in the fall may be turned under just before planting. It will enrich the soil and make it better able to receive and hold water.

Most shrubs are easily transplanted in fall, winter or early spring, but a few require spring planting just at the time the buds begin to swell. They are: tamarix, sumac, hawthorn, althea, and the dogwoods.

Pruning. Each year some of the old wood and all dead wood should be pruned out so that the plant will be in good healthy condition at all times. Pruning done before spring bloomers, such as lilac, open, will reduce the number of flowers but will increase their size. Dormant season pruning is always permissible.

Preserve the natural form and shape of the plant by thinning out old branches rather than cutting them back. Do not leave long spurs to die and rot, cut in front of a bud or close to another branch.

Propagation. Most shrubs are easily propagated by one of these three methods: (1) By suckers, layers or divisions (lilac, spirea, sumac); (2) by cuttings (crapemyrtle, althea and tamarix); (3) by planting seeds (vitex, flowering willow, bird-of-paradise shrubs).

Native Shrubs. A fine fence corner group for year 'round color interest would include red cedar, redbud, sumac, and buckbrush. Hedges of wild plum, tamarix, hawthorn, and coralberry are successful. Blackhaw, the shrub dogwoods, flowering dogwood (Eastern Oklahoma), wild roses and berries, yucca (soapweed), elderberry, deciduous holly, juneberry, indigobush, the sumacs, buttonbush, and others, are adapted to landscape use wherever they grow. Try to duplicate the situation from which the plant was moved and watch Nature for most clever and beautiful planting groups and compositions.

Literature: Oklahoma Circular 323, *Landscaping Oklahoma Homes*; Farmers' Bulletin 1591, *Transplanting Trees and Shrubs*; Farmers' Bulletin 1567, *Propagation of Trees and Shrubs*; and Oklahoma mimeographed circular, *Horticultural demonstrations for Farm Women's Clubs and 4-H Clubs*.

MONTHLY ASSIGNMENT OF WORK TO BE DONE

List by months the work to be done being careful that the plan includes all the required work for the year.

January

February

March

April

May

June

July

August

September

October

November

December