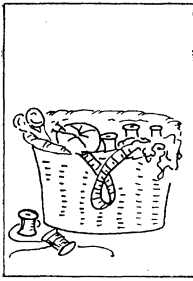
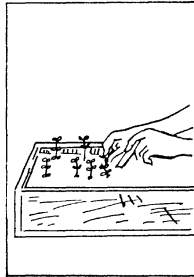
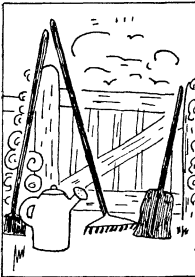


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**4-H
HOME
DEMONSTRATION
CLUB MANUAL**

THIRD YEAR



Circular No. 188

**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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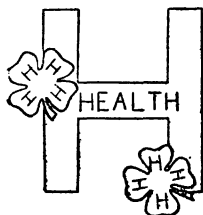
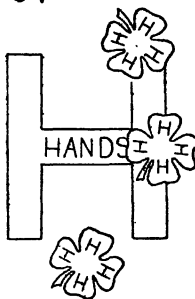
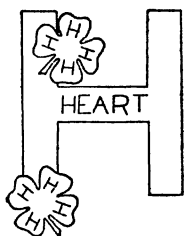
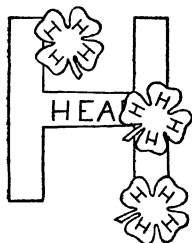
4-H Home Demonstration Club Manual

THIRD YEAR

This manual is for members who have satisfactorily completed the requirements in the first and second year of the 4-H home demonstration club, and for girls enrolling for the first time whose age and training would make it impractical for them to do the work in the first or second year manual.

The required work includes: clothing, home improvement, food preparation, canning, yard improvement, and one food production phase. The production phase may be the 1/40 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

THIRD YEAR

PHASE OF WORK	WORK REQUIRED	EXHIBIT
Clothing	Make a cotton school dress, slip for school wear and a hemmed patch.	Dress
Home Improvement	Make two comfort protectors or one comfort protector and one laundry bag.	Comfort Protector
Food Preparation	Try all 10 recipes in the manual at least once. Prepare and serve breakfast at least six times.	½ doz. whole wheat muffins
Canning	Can a total of 18 quarts (8 quarts of tomatoes, 8 quarts of fruit and 2 quarts of beet pickles).	1 quart tomatoes 1 quart fruit 1 quart beet pickle
Food Production	Grow 4 vegetables including 12 tomato plants and 50 feet of beets or enroll in regular food production project.	If 4 vegetables are grown no exhibit is required. In case a regular food production project is selected, the exhibit will be as is given in the requirements of that project.
Yard Improvement	A flower bed. If possible, use plan of one suggested in this manual.	A plan of flower bed (On 8½"x 11" poster)

The Record

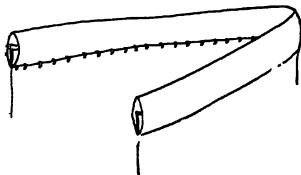
Keep a record of the work as it is done. Write a story of the year's work. Put the record form and the story in a loose-leaf notebook cover. This 4-H record book should be kept up to date from year to year.

Clothing

Third year girls are required to make a cotton school dress, a slip for school wear, and a hemmed patch.

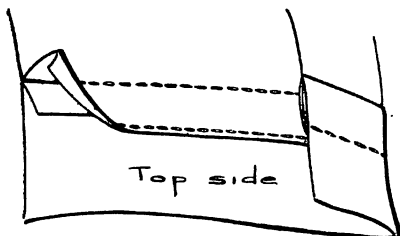
SEAMS AND FINISHES

Lap Seam.—This type of seam is used most commonly at present on almost any kind of material when joining yoke to waist or skirt, or many other places where top stitching is desired. Turn under seam allowance, baste and stitch very close to edge.



The edges may be overcast, pinked or the edge turned under and stitched.

Flat Fell Seam.—Stitch seam on right side and cut away one edge to one-eighth inch. Turn and baste wider edge down over the narrow one and stitch to garment, making a flat seam one-fourth inch wide with two rows of stitching on the right side.



THE COTTON SCHOOL DRESS

For this cotton school dress you are given an opportunity to make a selection; so use your best judgment both in the selection of your material and of your pattern. Choose a good firm durable material of a color best suited to you, and keep in mind that the pattern must also be suitable to your build and type.

Materials.—Cotton print, percale, or gingham.

Amount of Material.—Get the amount of material called for on the pattern for your particular age and size.

Pattern.—Select a pattern which has set-in sleeves and simple closing. Buttons and buttonholes will make the dress a difficult problem; so select a pattern that has no buttons or as few as possible.

Measurements.—While misses' patterns are usually sold by age, it is not always advisable to rely wholly upon one's age in choosing the size.

Measurements should be taken carefully before buying a pattern. Before cutting, check the pattern with your measurements.

Cutting.—Study the cutting chart of the pattern and place pieces of the pattern on material as indicated. Only one-half of the pattern is given, so that care must be taken to place the side of the pattern marked for fold on the lengthwise fold of the material. Pin pattern in place. Cut with a smooth even edge. Where notches are cut in the pattern, cut out instead of in, so that you will have the full amount of material for seams. Notches are valuable in matching the parts of the garment which should be placed together.

Making.—Baste each seam and fit before machine stitching is done. If any altering is needed, it should be done now. Press thoroughly after each step is completed.

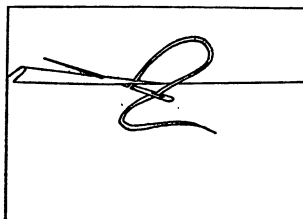
Seams.—For side, sleeve, and shoulder seams use the plain seam overcast.

Make the seams three-eighths to one-half inch wide with the exception of finishing seams around the neck and where cuffs are attached and on pockets. One-fourth inch seam is a good width to use here.

Hems.—Baste all hems the width desired, having measured the skirt length from the floor. Your mother or older sister may help with this. Use a gauge for measuring the evenness of your hem.

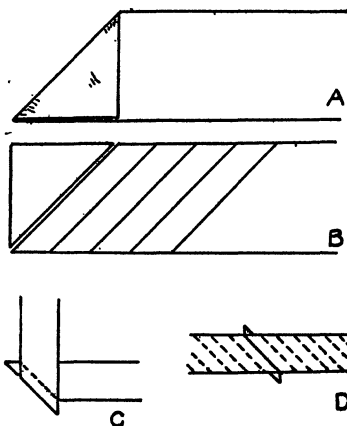
Put all hems in by hand. You may turn down the first edge and stitch on the machine before blind hemming to the dress. Do not machine stitch hems or facings to the dress.

Slip Stitch.—The slip stitch is invisible. A very small stitch is taken in the cloth opposite from where the needle comes out of the fold, and the needle is then slipped through the edge of the fold to where the next stitch is to be taken—about one-fourth to one-half inch.



Bias.—To make, fold the material with straight edges at right angles to each other. Crease along fold and cut. Measure for desired width and cut into strips.

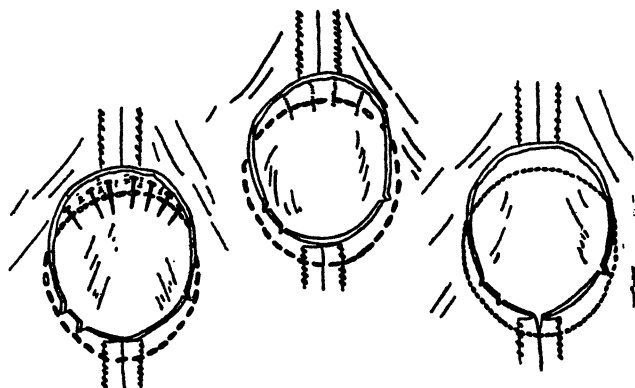
Bias bands are always seamed on the straight of the goods—with the thread—either cross to cross or length to length. Corners are clipped after stitching.



Bias is used for facings and bindings. It is more attractive than a straight piece and goes on more smoothly. To allow for seams cut the bias three-eighths to one-half inch wider than you wish the finished binding or facing to be. Never attempt to bind or face a curve with a straight piece of material. For single bindings, cut bias strips twice the width of finished binding, plus seam allowance on each edge. These may be applied to obtain different finishes.

Cutting of Bias. a. Method of Folding Bias. b. Cutting Bias strips. c. Joining Bias—Wrong Side. d. Joining Bias—Right Side.

Fasteners.— Since buttons and buttonholes are to



be avoided if possible, the placket at the neck may be closed with a hook and eye, with snaps, with a loop and button, or with a slide fastener.

Sleeves.—To successfully set in a sleeve, hold it toward you while working. Match notches perfectly. Because of the strain on sleeves, fullness is allowed at the top. For a plain set-in sleeve, this is to be set in so that the fullness does not show when the sleeve is finished. Run a fine gathering thread around the top of the sleeve. The sleeve may be a gathered one or with darts to give fullness. Pin freely before basting; finish the seam according to seam directions.

If bands are used on your puff sleeves, sew the sleeve seam first, then seam the band. Attach band to sleeve with right sides together, gathering the fullness and basting. Stitch this seam before bringing the other edge of band to wrong side of the sleeve and put down by hand with a hemming stitch.

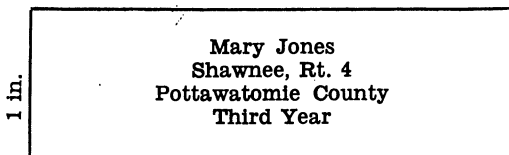
Belt Loops.—If a belt is used, belt loops are made and attached to or in the side seams of the dress at the belt line for the purpose of holding the belt in place. These may be of material, bias and very narrow, or crocheted of thread to match the material.

Pressing.—A final pressing is necessary for the finished garment.

THE EXHIBIT

The cotton school dress is the article to be exhibited in this year's clothing work. Label the exhibit. White muslin may be used for the label. One inch wide and three inches long, after edges are turned under, is the size for the label. The name of the member, post office, route, county, and year of work should be on the label, typed or printed in ink. (See cut below.)

3"



Sew label 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. Put on with fine running stitches with no raw edges showing.

SLIP FOR SCHOOL WEAR

Materials.—Longcloth, slipsheen, muslin, sateen, and broadcloth. There are other satisfactory materials as well as these mentioned.



Pattern.—Any pattern similar to illustrations may be used.

Cutting.—Lay the pattern on the material according to directions with the pattern. Pin and cut, always cutting notches out instead of in.

Making.—It is not necessary to use the side placket. Make a one and one-half to two-inch hem at lower edge, if ruffle is not used. Either the flat fell, French, or lapped seams may be used.

HEMMED OR SET-ON PATCH

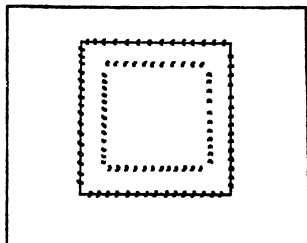
When a hole is torn or worn in an apron, dress, or in underwear, it should be mended with a hemmed patch.

Materials—

1. A worn apron, dress, or piece of underwear.
2. A shrunken piece of material like garment.
3. No. 60 thread.

Repairing Garment.—Cut away the worn part, keeping on a thread each way of the material, making a square hole. Slash each corner in about three-fourths inch and turn back under evenly and crease a one-fourth inch edge all around hole.

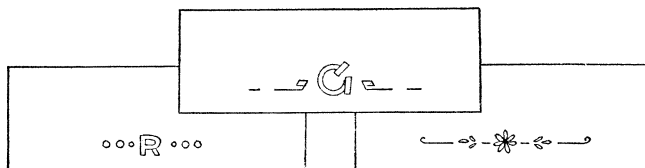
The patch should be large enough so that it will extend at least one inch beyond the edges of the hole, after the edge has been turned in. Place it back of the hole with the right side showing through, and match the pattern of the material. Pin securely.



Wrong Side

Baste around the edge of the hole where it was turned under, being careful not to stretch the corners, then hem the edge down to the patch. Turn to the wrong side of the patch and crease down one-fourth inch all around the edge of the patch. Baste and hem down to the wrong side of the garment, then press the patched part.

Home Improvement



There are many attractive articles that a girl can make for her bedroom. One of these is a comfort protector, which slips down over the head end of the comfort and keeps the part most easily soiled as clean as the remainder of the comfort. In the third year's work, the member may make two comfort protectors, or one comfort protector and a laundry bag.

COMFORT PROTECTOR

Materials.—Muslin, sheeting, cambric, or print.

Colors.—White or colors that harmonize with the comfort.

Size.—Comfort protectors should be made as long as the width of a comfort which is usually about two yards. Their width is from 8 inches to 12 inches.

To Make.—Take two yards of 36-inch width material. Cut the piece in two lengthwise. You now have material for two protectors. Take one piece, double it lengthwise, and stitch the ends together with a $\frac{3}{8}$ -inch plain seam and then overcast the edges. If light-weight material is used, you will have to use a French seam at the ends. If sheeting is used, buy only 18 to 22 inches as this material is two yards wide. There will be selvages at the end of the sheeting where you make the seams. Remove these and make seams according to the directions already given.

Finishing.—The edges that slip over the comfort may be hemmed or bound with bias fold. The width of the hem depends upon the depth of the comfort protector. A hem $\frac{3}{4}$ to 1 inch is usually a good width. It is more practical to stitch the 4-yard hem on the machine, but you may hem it by hand if you wish. Never hemstitch the hem as this requires too much time.

Design.—A design adds to the attractiveness of the white or plain-colored protectors. You may use a simple spray, a conventional design or a monogram. Use the outline or satin stitch or a combination of both. A small design may be repeated in three places on the long protector. When printed material is chosen, it is best to use only bias binding on the edge for decoration.

THE EXHIBIT

The comfort protector is the exhibit article in this year's home improvement work. Make a label of white muslin. A good size is one inch by three inches after raw edges are turned under. The member's name, post office, route, county, and year of work should be typed or printed in ink on the label.

Place the label in the center of the wrong side of the hem that is opposite the hem on which you embroidered the design. Fasten the label to the hem with fine running stitches. Launder the comfort protector and press in folds so the design is on the top.

LAUNDRY BAG

Material.—Print, unbleached muslin, gingham, sugar sacks, etc.

To Make.—A simple type of laundry bag is made of two circles of material. Cut the circles about 27 inches in diameter. Cut the top circle from the edge to the center. Bind around this slit with bias fold. Cut a piece of material 4x12 inches. Double lengthwise and bind on both edges. Seam ends together and sew securely at end of slit and center of top circle. Next place the top circle right side up over the wrong side of the other circle. Pin edges. Bind edges together with bias fold. Lift bag by strap. You have a laundry bag that was quickly made and will be easy to use.

Food Preparation

The chief food preparation problem in this manual is to prepare and serve breakfast. For this reason most of the recipes given are for dishes that can be used for breakfast. After learning to prepare a number of these dishes, you should prepare and serve the family breakfast at least six times.



WEIGHTS AND MEASURES

Abbreviations:

t.—teaspoonful

T.—Tablespoonful

c.—cupful

pt.—pint

qt.—quart

Equivalent:

3 t. equal 1 T.

4 T. equal $\frac{1}{4}$ c.

16 T. equal 1 c.

2 c. butter equal 1 lb.

2 c. sugar equal 1 lb.

4 c. (about) flour equal 1 lb.

All measurements should be level.

IMPORTANCE OF MILK AND EGGS IN THE DIET

Milk is the most important single food we have because it comes nearer supplying all of the food elements that the body needs for proper growth and good health than does any other single food.

Milk furnishes: (1) protein for building body tissues, especially muscles; (2) fat for energy and growth; (3) minerals, especially lime, for building bones and teeth and regulating body functions; (4) carbohydrates (milk sugar) for energy; (5) vitamins for growth and health.

Everybody, both young and old, should use a quart of milk (never less than a pint) in some form each day. We may drink it or use it in such dishes as custards, milk soup, cocoa, ice cream, cheese, butter, creamed dishes, etc.

Milk is usually cooked in a double boiler because the sugar and fat in milk burn easily, thus giving it a scorched taste. If milk is to be boiled, it should be quickly brought to the boiling point, boiled one minute and cooled quickly. It is more easily digested when prepared this way.

Eggs are also a good food and should be used frequently. They contain protein, fat, minerals (especially iron) and vitamins. Eggs are a splendid meat substitute because they contain a good quality of protein.

Intense heat hardens the protein of eggs and meat. It is better, therefore, to cook eggs, also cheese and meat, slowly and at a low temperature.

BREAKFAST MENUS

No. 1

Tomato Juice
Oatmeal Cream
Scrambled Eggs
Milk Coffee (adults)
(hot or cold)

No. 2

Fruit
Soft Cooked Eggs Bacon
Toast
Milk Coffee (adults)
(hot or cold)

No. 3

Scrambled Eggs Ham
Whole Wheat Muffins Marmalade
Cocoa Coffee (adults)

No. 4

Fruit
French Toast Syrup
Milk (hot or cold) Coffee (adults)

Beat the egg slightly and add the milk and salt. Dip both sides of the bread in the mixture and brown first on one side and then on the other in a hot, well greased frying pan. Do not allow the grease to burn. Serve the toast hot with syrup or marmalade. This is a good way to use up stale bread.

Cocoa

4 t. cocoa	1 c. boiling water
4 t. sugar	3 c. hot milk

Mix the cocoa, sugar and a little of the water together in a sauce pan until there are no lumps. Add the rest of the hot water and boil for 2 to 3 minutes. Then add the hot milk and bring to the boiling point, but do not boil. Serve hot.

Cup Cakes

1 $\frac{2}{3}$ c. sifted enriched flour	$\frac{1}{2}$ t. salt
1 $\frac{1}{2}$ t. baking powder	1 c. sugar
$\frac{1}{3}$ c. butter	$\frac{1}{2}$ c. milk
2 eggs, well beaten	1 t. flavoring

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Pour into greased cup-cake pans, filling them two-thirds full. Bake in moderate oven (375 degrees F.) until done, about 30 minutes. (Make two dozen cup cakes.)

Whole Wheat Muffins

1 c. sifted enriched white flour	1 c. milk
1 c. sifted whole wheat flour	3 T. melted fat
3 t. baking powder	1 egg
1 t. salt	2 T. sugar

Sift together the flour, baking powder, salt and sugar. Beat the egg; add the melted fat and milk. Stir this mixture into the dry ingredients. Mix lightly (do not beat.) Bake in greased muffin tins in a hot oven (400-425 degrees F.) for 20 to 25 minutes.

(If you wish to use sour milk instead of sweet milk, use 1 c. sour milk, $\frac{1}{2}$ t. soda, and 1 t. baking powder in place of 1 c. sweet milk and 3 t. baking powder. Sift the soda with the flour, baking powder, salt and sugar and follow the directions given above.)

Baking Powder Biscuits

(Recipe makes 18 small biscuits)

2 c. enriched flour	4 T. shortening
$\frac{1}{2}$ t. salt	$\frac{3}{4}$ c. milk (about)
2 t. baking powder	

Sift flour with salt and baking powder. Cut in shortening with pastry blender or two knives until mixture resembles coarse meal. Make a well in center of flour mixture; add milk. Mix with fork until all of flour disappears. Turn out on floured board; knead lightly for a few seconds. Pat or roll dough to about $\frac{1}{2}$ -inch thickness. Cut with floured biscuit cutter. Place on baking sheet; bake in hot oven for 12 to 15 minutes.

Sour Milk Biscuits: Substitute sour milk or buttermilk for sweet milk. Add $\frac{1}{2}$ t. soda and decrease baking powder to 1 teaspoon.

Cream or Corn Soup

3 T. butter	2 c. scalded milk
$2\frac{1}{2}$ T. flour	2 c. cooked corn
$\frac{1}{2}$ t. salt	1 small onion, thinly sliced
Dash of pepper	

Melt butter; add flour, salt and pepper. Mix to a smooth paste, then gradually add milk. Cook until thickened. Add corn and onion which have been cooked together. Serve hot. Serves 6 to 8.

Scalloped Cabbage and Apples

1 qt. shredded cabbage	$\frac{1}{2}$ t. sugar
1 pt. tart sliced apples	2 T. fat
1 t. salt	$\frac{1}{2}$ c. buttered bread crumbs

Place alternate layers of cabbage and apples in a greased baking dish, seasoning each layer with salt and fat and sprinkling the sugar on the apples. Spread the buttered bread crumbs over the last layer. Cover and bake in a moderate oven until the cabbage and apples are tender (about 35 minutes). Remove the cover toward the end of the baking period so the crumbs can brown. Serve in the baking dish.

TABLE ETIQUETTE

Stand behind chair until hostess sits. All be seated at same time.

Sit down from left side of the chair.

Spread napkin half unfolded across the lap. If small napkin is used, it may be entirely unfolded.

Wait until all at the table are served before beginning to eat.

Table conversation should be cheerful, pleasant and interesting to the entire group.

Sit erect.

It is best to keep elbows off the table and fairly close to your sides so as not to interfere with your neighbors' eating.

Never reach in front of a person, nor far across the table. Ask the one closest to the dish to please pass it to you.

If asked to express a choice of food do so at once. If not asked, take what is served you.

The mouth should be closed while it contains food.

Do not talk with food in the mouth.

Never use your own silver to remove food from the platter or plate which contains food for others.

Take bread, pickles and celery from the dish with your fingers, never use a fork.

In cutting food, hold the knife in the right hand, the fork in the left, tines down, grasping the handle firmly and naturally. The handle rests in the palm of the hand and is not seen. The index finger extends along the handle to steady and guide the knife or fork. Cut just enough meat for one or two bites at a time.

In raising food to the mouth, use the fork in the right hand, the tines up.

In using a soup spoon, dip away from you and drink the soup from the side of the spoon. Do not be a noisy soup eater.

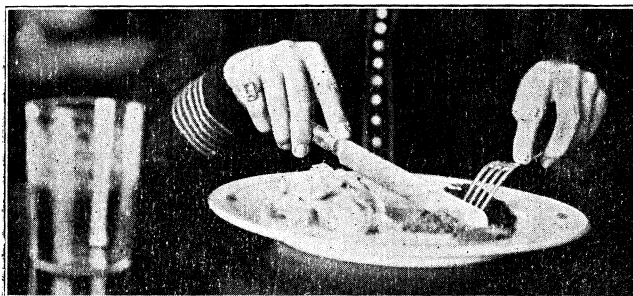
Do not blow on soup or other food to cool it.

Drink beverages quietly. A spoon may be used to test the temperature, but after that the spoon should be left in the saucer and the beverage drunk from the cup. The spoon should never be left standing in the cup.

Do not scrape or tip the plate to get the last drop, as if not fully satisfied with your portion.

At the close of the meal, the knife and fork are left side by side near the center of the plate with blade of the knife turned toward the center of the plate.

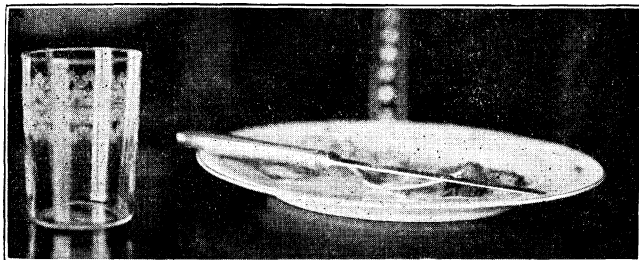
Do not use toothpicks at the table—wait until you are alone.



No. 1.—Position of hands and silver when cutting food.



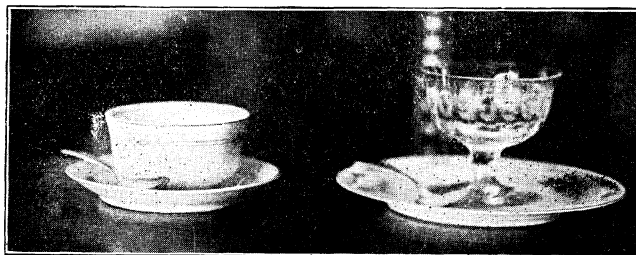
No. 2.—Position of hands and silver when carrying food to the mouth on a fork.



No. 3.—When not in use leave knife and fork side by side on side of the plate with blade of knife toward center of plate.



No. 4.—Dip soup away from you.



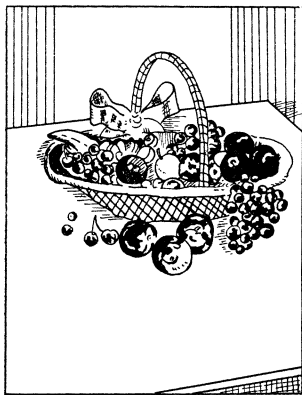
No. 5.—At the close of a meal leave dishes in place. Leave silver so placed that there is no danger of accident.

Do not handle water glass with sticky hands, nor touch with soiled lips. Take hold of the glass near the bottom.

When at home fold napkin when through eating. When away from home for a meal lay it gently to the left of your plate unfolded.

Arise from the left side of the chair, when the hostess indicates. All leave the table at the same time.

Canning



The third year member should can a total of 18 quarts. If possible these should be as follows: 8 quarts of tomatoes, 8 quarts of fruit, and 2 quarts of beet pickle.

TOMATOES

Prepare tomato juice by cutting up ripe tomatoes (avoid spoiled tomatoes) into small pieces and place in a stew pan without water and heat slowly until hot through. Put through a sieve to remove skins and seeds. This leaves a thick juice.

Select tomatoes of uniform size, shape, and ripeness. They should be firm and ripe, but not over-ripe, free from green spots and blemishes and not too large for exhibit jars. A much more attractive pack is produced if the tomatoes are small enough to slip through the mouth of the jar easily.

Wash and place in a wire basket or square of cheese cloth and dip into boiling water for one minute. Remove from hot water and dip into cold water immediately for one minute. Remove, core and peel. Place peeled tomatoes in jars, being careful not to crush them too much. Pack rather tightly. Add a teaspoon of sugar and one-half teaspoon salt to each jar and add tomato juice to fill all vacant spaces. Adjust lids. Cook for 30 to 35 minutes. Count time after the water around jars begin to boil. Remove jars and seal. Cool and store.

BERRIES

Any berry; such as blackberries, dewberries, loganberries, raspberries, youngberries, strawberries, huckleberries, etc., may be used.

Special Method.—This is a very nice method for canning berries. It is important that the berries be of excellent quality and the jars and lids to be used be thoroughly boiled. When filling the jars with berries, they may be heaped up until no more will stay on. Set the filled jars on a rack in a shallow pan containing about two inches of warm water. Set the pan containing the jars in an oven which is only a little hotter than a warm oven. Watch closely to see that the berries do not get too hot. They should shrink gradually. As soon as the jars and the berries seem thoroughly hot (about 15 or 20 minutes) and the berries have shrunk down past the top of the jar, remove the jars from the oven. Pour off any juice that accumulated and refill with a boiling syrup made of 1 cup of sugar to 4 cups of water or fruit juice, made from over-ripe and small berries. Place and adjust lids and seal at once. Work rapidly. The success of this method depends upon having everything as hot as possible until the lids are adjusted and the jars are sealed. Berries prepared in this way need no further cooking.

PEACHES

Follow instructions given in first year manual.

BEEF PICKLES

Select freshly gathered beets about $1\frac{1}{4}$ inches in diameter. If larger beets are used, they may be quartered or sliced after being cooked.

Cut the tops off the beets, leaving two inches of stem. Leave the roots on. Wash thoroughly without breaking the skin so that the beets won't lose color. Put into a kettle, cover with boiling water, and cook until the skin will slip off and the beets are done. (Do not overcook.) Drain off the boiling water and cover with cold water for a few minutes. Drain and peel the beets.

Spiced Vinegar

Prepare: 1 pt. vinegar, $\frac{1}{2}$ c. water, $\frac{1}{2}$ c. sugar. Make a spice bag of: 1 T. cinnamon, $\frac{1}{2}$ T. allspice, 6 cloves. Boil

together. Pack beets into hot sterilized jars and cover with the hot spiced vinegar. Use only good cider or fruit vinegar for pickle making. Poor vinegar ruins the color and good eating quality of pickles.

Packing Beets in Jar

When small whole beets are used, place the first layer with the root end up and the second layer with the root end down, the third layer with the root end up and the fourth layer with the root end down. Continue to so place them until the jar is filled, then add hot spiced vinegar and place rubber and lid. Process quart jars 20 minutes at *simmering* temperature in a hot water canner.

THE EXHIBIT

The exhibit of canning for this year is one quart of tomatoes, one quart of fruit, and one quart of beet pickles. For your exhibit, select the three jars from the canning you have done. Wash and polish the jars.

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 one-fourth inch from the bottom of the jar.

Food Production

The food production work in the third 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 third year work should grow four or more kinds of vegetables, including 12 tomato plants and 50

feet of beets, to provide adequate supply for canning. There are no objections to having the vegetables within the family garden provided they are staked or marked off in some way.

Suggested Vegetables to Grow:

Radishes	Onions
Lettuce	Bush Snap beans
Beets	Bush Lima beans

STARTING EARLY PLANTS

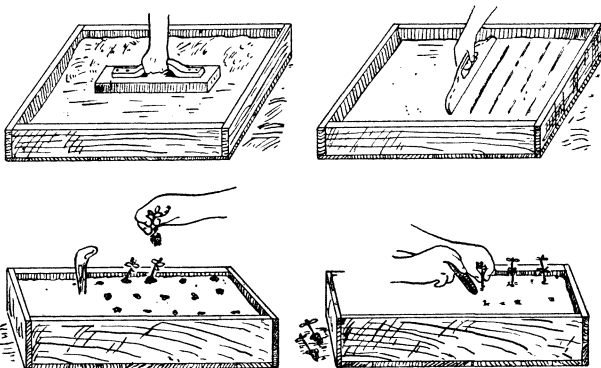
Much of the pleasure and profit of a garden is derived from having vegetables just as early in the spring as possible. Many gardeners prefer to purchase early plants rather than grow them, and most communities have someone who sells plants at very reasonable prices. However, there are club members who have excelled in growing their own plants in the house or in hot beds. The girls often begin with a seed flat in a sunny window producing a supply of plants sufficient for the small garden and later on they learn how to make and care for a hot bed successfully. Tomatoes, cabbage, peppers, cauliflower, and egg-plant are among the plants which can be started in seed flats and hot beds.

FLATS

For planting indoors there is nothing more serviceable than a "flat," which is a box about three inches deep, 15 to 16 inches wide, and about 24 inches long. Any box may be used, but one of approximately these dimensions has been found to be the most convenient. Leave cracks or bore a few holes in the bottom of the box, so that any surplus water will drain out. Place one-half inch of gravel or cinders in the bottom of the flat, and then fill it with good garden loam soil, well pulverized, pressing it in firmly, particularly around the sides and in the corners. Level and firm the soil. After planting, water, and place in a light warm place. When the plants appear, turn the box from day to day to prevent the plants from drawing toward the light.

A good sprinkler may be made by punching holes in the bottom of a can or small bucket. Punch the holes from the inside, so that the small funnels will be in their normal position rather than inverted. An ice pick is a convenient tool with which to bore the holes.

On warm days the flat may be placed on a frame built just outside of a south window, so that the plants will have a chance to gradually become accustomed to outside conditions.



1. Tamp smoothly the fine soil for the seedbed in shallow flats. 2. Mark rows carefully and at proper depths for the different seeds. 3. Transplant into deeper flats after marking with a dibber.
4. Tamp soil firmly around roots.

It is desirable to have the soil in the box moist. Do not expose the plants any more than is necessary in removing to the cold frame or garden. Have the ground prepared in advance, and transplant as rapidly as possible. Unless the plants are very stocky they should be set somewhat deeper than they stood in the flat.

Seeds should be planted in flats about eight weeks before the time when it is desired to remove them to the open ground.

Seedlings should be transplanted from the seed flat to a cold frame or another flat in three or four weeks and thence to the garden in about five weeks.

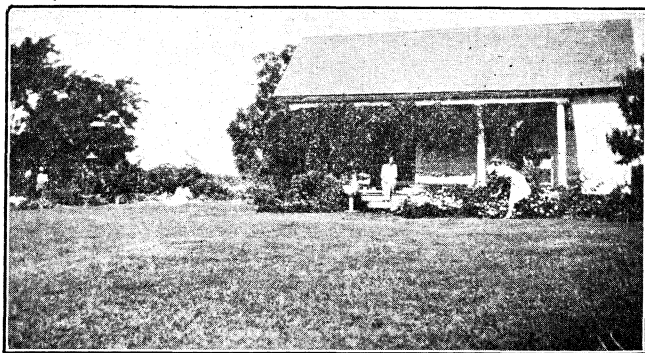
SOURCE OF INFORMATION

For further help, ask your home demonstration agent for a copy of the bulletin "Home Vegetable Garden Circular No. 196." It contains information on all the vegetables commonly grown in Oklahoma. Read it carefully and follow the instructions given.

IMPORTANT POINTS

1. Have vegetables to eat just as early in the spring as possible.
2. It takes a rich soil to grow good, crisp, tender vegetables.
3. The garden plot should be free from stones and stumps.
4. The nearer the dwelling, the greater the convenience.
5. You cannot afford any seed but the best.
6. Be sure your garden is well plowed and harrowed.
7. Cultivation should be frequent.
8. Keep on the look-out for insect pests.
9. Garden work to be successful requires the use of the head and hands.
10. Keep a record.

Yard Improvement



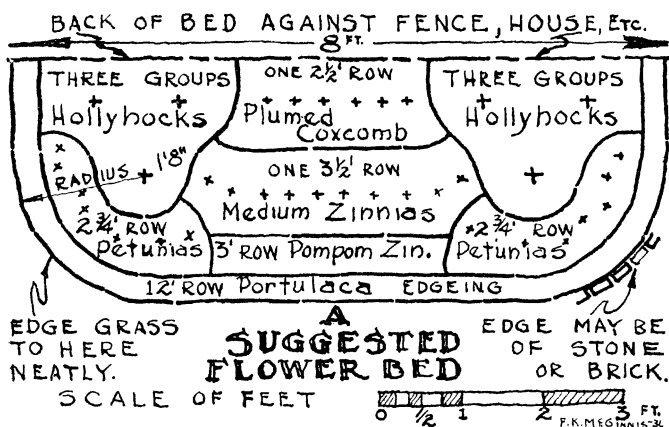
Farm home made attractive by use of flowers and vines.

THE FLOWER BED

Flower beds, properly planned, placed, prepared, planted, and cared for are very important assets to the home. The naturalistic style of landscaping should prevail. In order to carry out this style the flower beds should be placed about the foundation of the house, at the division lines between the front and rear of the premises and to the sides of the yard. Do not locate your flower beds in the front lawn. Leave the lawn open. Geometrical or formal beds may be placed in the sides or rear yards, and combined into a small pattern garden or formal garden.

The soil of a well planned flower bed will be filled with roots before the close of the season; therefore, manure the bed and prepare it deeply, preferably in the late fall or winter.

The planning of a flower bed is very important. When the bed is about the foundation of the building or a border bed, such as along a fence, place the taller plants to the back, but not in a continuous row. Group several plants of a kind together and then other different groups varying as to height, color, form, etc. Follow with similar groupings, but lower plants as you plant toward the front of the bed. Finally complete your plan with low border plants. Note illustration of a suggested flower bed.



In the selection and arrangement of your flowers consider their expense, adaptability to your climate and soil; whether foliage or flowering plants, color and size of foliage; color, size, and blooming period of flowering plants, in addition to the height of plants. The above consideration will produce variety, which is an essential element in the naturalistic style of landscaping.

The care of flower beds is not materially different from that of any other growing crops. In watering a flower bed soak it down thoroughly and as soon as dry enough to cultivate, do so. Light sprinkling or watering results in the development of a shallow root system by the plants, which prevents their standing much dry weather.

The planting time for flower seed will depend upon the hardiness of the plants and the place of planting the seed.

The seed of very hardy plants may be planted before freezing weather is past, that is when the ground freezes at night but thaws during the day. Sometimes such seed are even planted in the fall.

Seed of hardy plants can be sown after freezing weather is past and will stand frost. Plant these seed as soon as the ground is dry enough to work.

Seed of half hardy plants may be sown in the open ground a week or 10 days before the last frost is expected, or started

under a glass or in a box in the house and transplanted to the open ground, while there is still danger of light frost. However, they do better with a temperature above frost.

Tender plants are those that are injured even by the lightest frost. Many are started under glass and transplanted to the open ground after the soil is warm and all danger of frost is past. It is best not to plant the seed in the open until danger of frost is past. Tender plants should not be taken from the seed bed in the hotbed, cold frame, or box in the house until 10 days after danger of frost, as they are checked or stunted by cold.

See tables in back of Oklahoma Extension Circular 323 for specific information on annual and perennial flowers.

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 -----

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