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Collection



4-H

# HOME DEMONSTRATION CLUB MANUAL

## FOURTH YEAR



CIRCULAR NO 189

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

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Agriculture, Cooperating

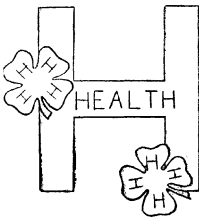
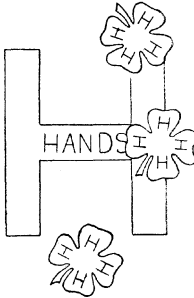
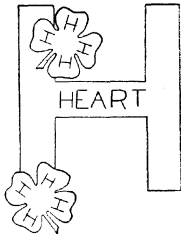
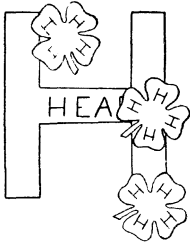
Extension Service  
County Agent Work  
Stillwater, Oklahoma

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**4-H HOME  
DEMONSTRATION  
CLUB MANUAL**

**FOURTH YEAR**



The required work in the fourth 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.

## C O N T E N T S

	Page
Introduction .....	3
Project Work .....	4
Clothing .....	5
Cotton School Dress .....	7
Sleeping Pajamas .....	8
Home Improvement .....	10
Pillow Cases .....	10
Top Sheet .....	12
Bed Spread .....	12
Food Preparation .....	13
School Lunch .....	14
Recipes .....	17
Canning .....	20
Food Production .....	23
Yard Improvement .....	24

# PROJECT WORK

## FOURTH YEAR

PHASE OF WORK	AMOUNT OF WORK REQUIRED	EXHIBIT
Clothing	Make a cotton school dress and pajamas.	Pajamas
Home Improvement	Make two pairs of pillow cases, or one pair of pillow cases and a sheet or a bed spread.	Pillow cases
Food Preparation	Try all 10 recipes in the manual at least once. Prepare school lunch 10 times, following instruction in manual.	½ dozen sugar cookies
Canning	Can a total of 24 quarts (8 quarts of beans, 8 quarts of fruit and 8 quarts of other foods)	1 quart tomatoes 1 quart beans 2 quarts carrots or beets, or one quart of each 2 quarts fruit, same or different kinds
Food Production	Grow 5 or more vegetables including 50 feet of bush snap beans, 50 feet of beets, and 12 tomato plants, or enroll in one of the regular food production projects.	If 5 vegetables are grown no exhibit is required. In case a regular food production project is chosen, the exhibit will be as is given in the requirements of that project.
Yard Improvement	Plant a flower box or basket and continue flower bed of previous year.	Mixed bouquet in suitable container.

### 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

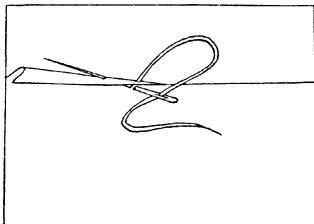
Every club girl should know how to dress herself economically, becomingly and appropriately. In order to do this she must make a careful study of textiles, patterns, line, design, color harmony and balance. All of the above points should be considered with reference to the family since every girl should learn early in life how much she may spend on clothes so as not to deny other members of her family. It is essential, therefore, that each girl study the clothing requirements of the other members of her family.

One may have many clothes of the loveliest materials and yet appear poorly dressed and untidy just because these clothes have not been properly cared for. For this reason each girl is taught how to launder various fabrics, how to darn, patch and mend, how to iron and press, how to dye and make over and how to care for clothing when it is not being used. One's dress might be clean, but she might still look unkempt because of her hair, nails and skin. It is essential that each girl know how to care for hair, nails and skin so as to appear well groomed at all times.

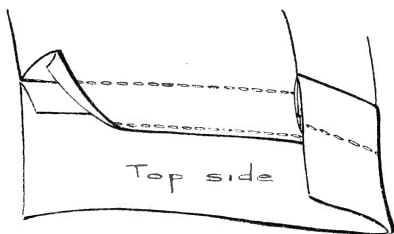
Sometimes we see girls nicely dressed, but their general appearance is ruined by the incorrect use or selection of shoes, hats, gloves, handbags and beads. It is as essential to study the use and selection of accessories as it is to know how to sew, since the day does not pass that we are not called upon to make decisions in buying, and only experience and knowledge can teach us to be wise buyers.

*Clothing Requirements:* A cotton school dress and a pair of pajamas.

### FINISHES YOU WILL USE



*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  $\frac{1}{4}$  to  $\frac{1}{2}$  inch.

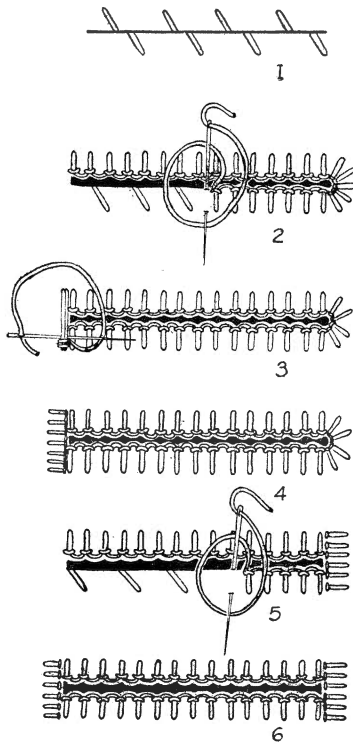


*Flat Fell Seam*—  
Stitch seam on right side and cut away one edge to  $\frac{1}{8}$  inch. Turn and baste wider edge down over the narrow one and stitch to garment, making a flat seam  $\frac{1}{4}$ -inch wide with two rows of stitching on the right side.

*Buttonholes*—Place the needle at the same place where the overcasting started. Point the needle at right angles to the edge and take a stitch about  $\frac{1}{16}$  of an inch deep. Hold the buttonhole so that it lies flat on top of the forefinger. Do not spread it open. Pass the double thread from the eye of the needle around the point of the needle from right to left. Draw the needle through, pulling from you and at right angles to the cut edge of the buttonhole; a loop called the purl will be formed on the edge. This protects the edge of the buttonhole from wearing. Continue until the corner is reached. All stitches should be the same depth and spaced the same.

*Turning the Corner*—The fan is made with the same buttonhole stitch. Five or seven stitches make a good fan. The third or fourth one is taken on a line with the turning of the fan. Turn the buttonhole and continue with the buttonhole stitch as on the first side. When second corner is reached, make a bar.





Worked Buttonholes. 1. Overcast Slash. 2. Buttonhole Stitch With Fan End. 3 Making of Bar. 4. Completed Buttonhole. 5-6. Buttonhole with Bar at Each End.

*The Bar*—Take two or more stitches across the end of the buttonhole in line with the outer edge. Turn the work and take tiny blanket stitches over these, taking up a few threads of the cloth each time. Fasten the thread on the wrong side by several stitches. On fine material, the bar may be made by over and over stitches.

Vertical buttonholes usually have the bar at both ends, while horizontal ones have the fan at the button end and the bar at the other. There are often, however, exceptions to this rule.

*Fastening* — Catch the first stitch and last stitch with the needle and tighten with two or three stitches.

#### THE COTTON SCHOOL DRESS

The cotton school dress has been chosen as one of the clothing problems for this year since in some counties this dress is modeled in the appropriate dress contest.

*Patterns*—Select any style suitable for school wear and for the individual.

*Materials*—Any cotton material suitable for school wear such as cotton prints, percale, gingham, pique and broadcloth.

*Seams*—Choose the seam that is best suited to the material used. Suggested seams are—pinked, plain seam overcast or blanket stitched. If the material is quite firm, pinked seams are most suitable, but if the material ravel badly the best finish would be plain seam overcast or blanket stitch. On very sheer materials, the French seam may be used.

*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 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. Hems and facings should never be machine-stitched to the dress.

When there is fullness to be taken in at the top edge 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. 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 fullness into small, even gathers. Fullness taken in this way gives a smoother hem line and is less bulky.

*Fasteners*—Use either hooks and eyes or buttons and buttonholes or slide fasteners at the neck opening. The buttonholes may be bound or worked. If slide buckles are used on the belt, use a snap to hold down belt end. Sew the hooks and eyes and snaps on with the buttonhole stitch.

### SLEEPING PAJAMAS

There is a variety of suitable materials and attractive designs from which to choose.

*Materials*—Cotton prints, cotton crepe or cotton broadcloth.

*Pattern*—Any tailored pattern similar to the illustration is suitable.

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

*Cutting*—Follow directions in pattern for laying pattern on material. Pin and cut.



*Making* — Baste all seams using the flat fell seam where practical. This type should be used on the trousers but in some cases other substantial seams may be used on the blouse.

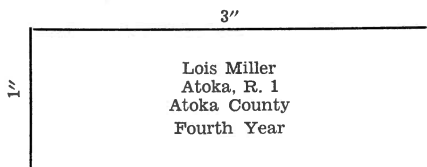
Follow directions for making flat fell seam as previously explained. The directions on the pattern will be helpful in putting the pajamas together and for finishes.

Fasten the pajamas in front with buttons and worked buttonholes. Buttons and buttonholes are also used at plackets on band of trousers. The buttonholes should be cut crosswise.

#### THE EXHIBIT

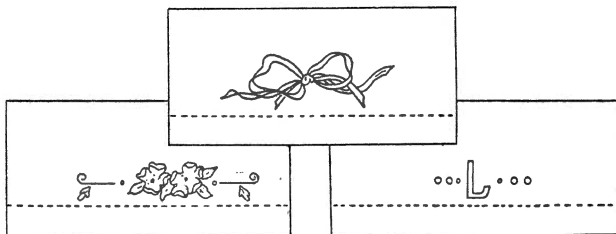
The pajamas are to be the exhibit piece in clothing for this year's work. White muslin may be used for the label. One inch wide and three inches long after raw edges are turned under is a good size for the label.

The name of the member, post office, route, county and year of work should be on the label, typed or printed in ink. (See illustration on next page.)



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 hemming stitches, with no raw edge showing.

### HOME IMPROVEMENT



Home Improvement Requirements: Two pairs of pillow cases, or one pair of pillow cases and a sheet or bed spread.

#### PILLOW CASES

The most important linens of the home are pillow cases because they have so much to do with the sanitation, comfort and daintiness of the bed.

*Materials*—Tubing, sheeting or muslin.

The essential qualities in selecting material are long wear, found in firmly woven yet soft and smooth material, whiteness, ease of laundering and correct size for comfort.

Standard sizes for Pillow Cases:

Pillow	Pillow Cases
20x26	42x36
22x28	45x36

The right size is very important as a tight pillow case makes the pillow hard, while a loose case means almost total lack of shape in addition to a wrinkled appearance.

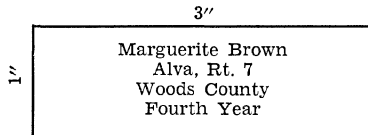
*To Make*—Measure the required length plus the hem; tear instead of cutting. Then make a plain machine stitched seam across the end, overcasting the two raw edges together by hand. If muslin is used there will also be a side seam. Remove the selvages and make a plain seam as you did in the end, or you may overcast the two selvages together with tiny stitches.

Measure and baste a two to three inch hem in the open end. This may be finished by hand using tiny hemming stitches or by hand hemstitching. Plain machine stitching is more durable and can be very attractive if the machine makes an even stitch.

*Design*—Place the design in the center of the pillow case, one inch above the top of the hem. The design should be simple and appropriate for either outline or satin stitch. It is always better to use white rather than colored embroidery thread when decorating bed linens. Tubing and sheeting may be used and laundered for four or five years before it shows wear. Laundering, of course, includes boiling, and even boil proof thread will not keep its beauty over that period of time. Then, too, one soon tires of colored designs.

#### THE EXHIBIT

The fourth year home improvement exhibit is one pair of pillow cases. Both should be labeled. White muslin may be used for the label. One inch wide and three inches long, after raw edges are turned under, is a good size. The name of the member, post office, route, county and year of work should be on the label, typed or printed in ink. (See illustration below.)



On under side, place label on the center of the hem opposite from the one on which the design is embroidered. Fasten securely with tiny running stitches. Launder the pillow cases and fold in fourths crosswise.

**TOP SHEET***Material*—Sheeting.

Sheets are judged by the same standards as pillow cases because their material is similar.

The size of the sheet is very important. Short sheets are uncomfortable and cause needless soil on both the mattress and bed covers. The under sheet should tuck in well under the mattress all the way around. The top sheet should tuck in well at the foot and sides and turn back far enough over the bed coverings to protect them.

After hemming, the sheet is five to seven inches shorter, depending on width of hems. Then after the first laundering, the sheet shrinks at least five inches. You will therefore need to buy at least 10 inches more than the length necessary for the finished sheet.

The top sheet often has a wider hem at the top, especially when it is made to match the pillow cases. The hems should be put in with a fine even stitch on the machine and closed at the ends by hand.

The same design that was used on the pillow cases will be appropriate for the sheet.

Standard sizes for Sheets:

Cot bed	Twin bed	Double bed
54x 99	63x 99	81x 99
54x108	72x108	90x108

*To Make*—Tear with the thread of the material. This insures a perfectly straight hem and the desired rectangular shape after laundering. Sheets wear much longer when the top and bottom hems are the same width as they are reversible and the sheet will not always receive wear in the same place—the area occupied by the shoulders.

**BED SPREADS**

A bed spread protects the bedding during the day and keeps it clean and sanitary for night use. The spread should be of durable and washable material so it can be laundered frequently.

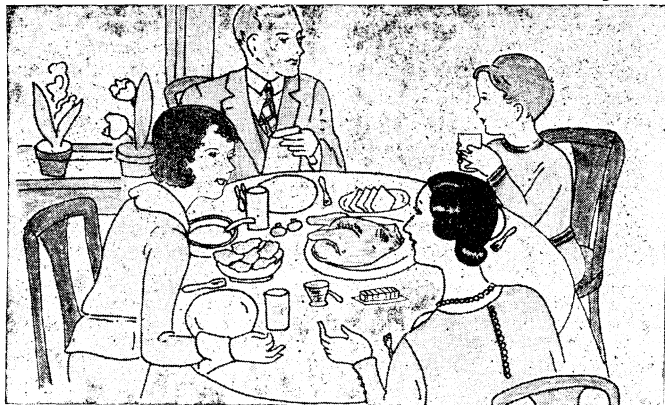
*Materials*—Unbleached muslin, crinkled material, colored prints in plain or floral design are always appropriate.

*To Make*—Measure material so the finished spread will cover mattress, springs and pillows.

Simple designs may be applied of colored prints or home-made bias fold. Candlewick spreads are attractive, easily made and can be used without ironing. The mimeographed bulletin, *Candlewicking*, Extension Division, Oklahoma A. and M. College, will be helpful if you make that type.

## FOOD PREPARATION

Every girl wants to be healthy and beautiful. Some of the essentials for real beauty are bright, steady eyes, glossy hair, clear, clean skin, strong, clean teeth, erect, graceful carriage, proper weight for height and body build, and a cheerful expression. To acquire these qualities of beauty one must have good health. To have good health one must eat the right kind of food and practice good health habits.



You could not possibly do a better thing for yourself as a club member than to carry the 4-H health demonstration as a special demonstration. Ask your home demonstration agent to explain the special 4-H Health Demonstration to you.

**SCHOOL LUNCH**

*Selecting the Lunch*—One of your daily meals is eaten at school each day for a period of six to nine months each year. For this reason, your school lunch should be chosen and prepared with care if you wish to do good work and to make proper physical development.

A well chosen lunch should include:

1. A substantial food, such as bread and butter, cottage cheese, hard cooked eggs, meat or cheese sandwiches, etc.
2. A vegetable or fruit or both (served raw as often as possible).
3. One cup milk. It may be made into soup, cocoa or some other milk dish.
4. A simple dessert such as baked custard, rice pudding or simple cakes and cookies.
5. One hot dish during at least the coldest months.

The quantity of the lunch will be determined by your age, activity, and appetite. If your lunch does not seem to be adequate, it may easily be increased by the addition of an extra sandwich or two.

**Suggested Lunch Combinations**

No. 1. Egg sandwiches Gingerbread Baked apple Milk	No. 3. Choped meat sandwiches Stewed or fresh tomatoes Baked custard—cookies
No. 2. Nut bread sandwiches ¼ c. cottage cheese Apple Cocoa—Cup cake or graham crackers	No. 4. Bread and butter sandwiches Vegetable soup Peanut butter sandwiches Stewed fruit

**Preparation of the Lunch**

1. Sandwiches.
  - a. Breads (not too fresh).  
 Graham, whole wheat, rye, corn, nut, raisin, Boston brown bread, as well as white bread. Whatever the kind, it should be good quality and well baked.



## b. Fillings.

Most fillings are mixed with salad dressing or cream. Sandwich fillings should be moist but not soft enough to make the bread soggy.

- (1) Meat, sliced or chopped, seasoned with salt, pepper and possibly a little salad dressing.
- (2) Bacon and salad dressing.
- (3) Eggs sliced or chopped and mixed with salad dressing.
- (4) Meat and eggs chopped and mixed with salad dressing.
- (5) Peanut butter, mixed with cream or salad dressing.
- (6) Chopped raisins and cream, or chopped dates and cream worked to a paste consistency.
- (7) Lettuce leaf with butter.
- (8) Nuts (chopped) alone or with chopped eggs and salad dressing.
- (9) Grated cheese and salad dressing.
- (10) Grated cheese and chopped pickles.
- (11) Beans, baked, a little chopped onion and salad dressing.
- (12) Dried fruits (drained and chopped) with nuts or cottage cheese.
- (13) Jelly, jam, marmalade, or honey.

## c. Sandwich Making.

- (1) Bread—even, thin slices, crusts left on.
- (2) Butter—creamed or softened and spread on each slice of bread.
- (3) Filling—enough, not too much.
- (4) Size—convenient to handle.

## 2. Fruit or Vegetable.

Fresh, canned, stewed or baked.

## 3. Milk.

- a. Cocoa.
- b. Soups, made with milk.
- c. Custard.

Cocoa and soup may be taken from home and reheated at school by setting container on a rack in a cooker provided by teacher or the pupils.

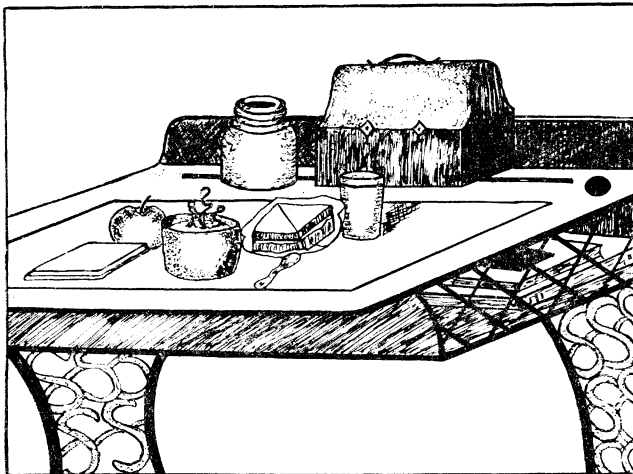
## 4. Sweets.

- a. Cake—plain, sponge, or gingerbread.

- b. Cookies—plain, raisin, nut.
- c. Puddings—custard, rice, tapioca, corn starch, fruit, etc.
- d. Candy occasionally.

#### Packing the Lunch

1. The lunch box should be ventilated and easy to keep clean. If a pail is used, the lid should fit loosely or it should be perforated with nail holes. The tin folding box or box with a vacuum jar is very nice for the school lunch, but more expensive than other kinds of lunch boxes. If you do not have a vacuum jar or bottle in which to carry soup, cocoa or milk, you may use a pint or half pint fruit jar.
2. Waxed paper for wrapping each kind of food separately.
3. Container with lid for moist foods, as stewed fruit. (Custard may be baked and carried in the container in which it has been baked.)
4. Heavy articles of food should be placed at bottom to prevent mashing other foods.
5. Compact packing to prevent shaking.
6. Silverware if needed.
7. Two napkins, paper or cotton (one to be used as desk cloth).



**Serving and Eating the Lunch**

1. Wash hands.
2. Spread lunch.
  - a. Spread cloth or paper napkin on desk.
  - b. Place container with moist food or soup in front of you. Place spoon at right of this container. Place napkin to the left of this same container and on straight line with it. Place drink at top of spoon. Place dessert at top of napkin.
3. Spread other napkin in lap.
4. Eat food in order, dessert last.
5. Eat slowly and quietly.
6. Keep lips together when food is in the mouth.
7. Sit erect and keep arms off desk.
8. Visit quietly with neighbors.
9. Wait until companions have finished lunch before leaving desk.
10. When lunch is finished clear up desk neatly, scrape the crumbs into your lunch container and put it in its proper place.

**RECIPES****Scalloped Eggs**

4 hard cooked eggs	1 c. milk
2 T. enriched flour	2 T. butter
$\frac{3}{4}$ t. salt	$\frac{1}{8}$ t. pepper

Make a white sauce of the butter, flour, milk, pepper and salt. Quarter the eggs and place a layer of eggs in a buttered baking dish. Sprinkle with salt and add a layer of white sauce, then another layer of eggs and a layer of white sauce. Buttered bread crumbs or grated cheese may be sprinkled over the top. Set in oven to keep hot until time to serve. Bits of crisp bacon or chopped ham are a delicious addition when sprinkled through with each layer of eggs.

To butter bread or cracker crumbs, melt 1 or 2 T. butter in frying pan or pie tin and add about 1 cup of crumbs. Stir until evenly oiled.

**White Sauce**

1 c. milk	$\frac{1}{4}$ t. salt
2 T. butter	Dash pepper
1 to 2 T. enriched flour	

Scald milk. Melt butter, but do not brown; add flour to the butter and stir until smooth. Add the hot milk gradually to the butter and flour mixture stirring constantly until mixture thickens. Cook for 5 or 10 minutes. White sauce may be used for many dishes such as cream soups, scalloped dishes, gravies, croquettes, etc.

#### Baked Apples

Wash and core good, uniform apples. Put into a baking pan, fill the center of each apple with sugar, preferably brown sugar, place a bit of butter on the top. Add enough water to cover the bottom of the pan. Bake in a hot oven until soft; baste with the juice in the pan. (Cinnamon or nutmeg may be added to sugar mixture, if desired.)

#### Cabbage Slaw

1 small head cabbage	3 T. vinegar
1 t. salt	2 T. sugar
White pepper	$\frac{1}{2}$ c. thick cream

Shred the cabbage very fine, place in a dish, season with salt and pepper. Stir the sugar into the vinegar until all is dissolved; then add the thick cream gradually and stir thoroughly until the mixture thickens. Pour over the cabbage and mix well. Pile lightly in a bowl ready to serve.

#### Corn Meal Muffins

(Recipe makes 12 medium muffins)

1 c. corn meal	2 T. shortening
$\frac{3}{4}$ c. enriched flour	2 T. sugar
$\frac{1}{2}$ t. soda	1 egg
$\frac{3}{4}$ t. salt	1 c. buttermilk or sour milk

Sift flour, soda and salt together. Cream shortening and sugar together. Add the egg, beaten slightly. Add flour mixture and milk alternately, stirring only until flour disappears. Fill greased muffin pans  $\frac{2}{3}$  full; bake in moderate oven until done—about 30 minutes.

#### Nut Bread

3 c. sifted enriched flour	4 T. melted butter or other shortening
$\frac{3}{4}$ c. sugar	1 t. salt
1 c. milk	1 egg, well beaten
3 t. baking powder	
1 c. chopped nut meats	

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Add nuts. Combine egg, milk, and shortening; add to flour mixture and blend. Bake in greased loaf pan (about 9x5 inches) in moderate oven (350° F.) 1 hour, or until done. Store several hours or over night before slicing.

**Gingerbread**

$\frac{3}{4}$ c. sugar	1 t. cinnamon
$\frac{1}{2}$ c. fat	1 t. ginger
1 egg	$\frac{1}{2}$ t. allspice
$\frac{3}{4}$ c. molasses	$\frac{1}{2}$ t. salt
$2\frac{1}{2}$ c. enriched flour	1 c. hot water
$1\frac{1}{2}$ t. soda	

Cream fat and sugar. Add beaten egg, molasses, then dry ingredients for about 45 minutes.

sifted together. Add hot water last; beat until smooth. Bake in a greased, floured, shallow pan 35 minutes in a moderate oven.

**Baked Custard**

2 c. scalded milk	$\frac{1}{16}$ t. salt
2 eggs	1 t. vanilla
4 T. sugar	

Beat the egg lightly, add the sugar and salt and then the scalded milk slowly. Stir until the sugar is dissolved and add flavoring. Pour into cups or into large baking dish, grate a little nutmeg on top, set the cups in a pan of hot water and bake in a slow oven until a knife piercing it will come out clean. Do not allow the water in the pan to boil. Serve cold, with or without whipped cream.

**Sugar Cookies**

1 c. sugar	3 t. baking powder
$\frac{1}{2}$ c. butter	$2\frac{3}{4}$ c. enriched flour
2 eggs (well beaten)	1 t. vanilla
$\frac{1}{2}$ t. salt	

Cream butter and gradually add sugar. Add eggs and mix well. Then add vanilla and dry ingredients which have been sifted together and blend thoroughly. Roll and cut with either small or large cutter. Sprinkle sugar on top of cookies. Place on ungreased baking sheet and bake in hot oven (400° F.).

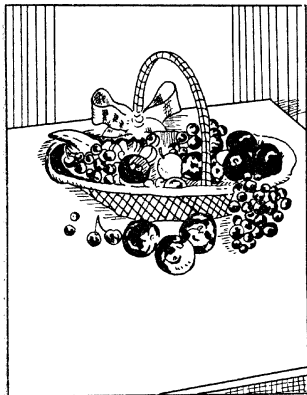
**Baked Carrots**

3 c. grated carrots
3 T. butter
Salt and pepper

Place grated raw carrots in baking dish with tight cover. Bake in moderate oven (350° F.) for half an hour. Just before serving sprinkle with salt and pepper and dot with butter. Carrots baked in this way have an extraordinarily rich, sweet flavor. Sprinkling of ginger may be added to carrots before putting in oven for added flavor.

## CANNING

The fourth year canning requirement is 24 quarts of fruits and vegetables. We suggest that you can them in this proportion: 8 quarts of beans, 8 quarts of fruit and 8 quarts of other foods.



### Essential Steps for Successful Canning

1. Harvest vegetables and fruits for canning when they are in prime condition for table use (young, tender and crisp).
2. Use garden fresh vegetables, "an hour from garden to can."
3. Grade and sort for age, size and color.
4. Wash thoroughly.
5. Prepare for the can (peel, shell, etc.).
6. Precook vegetables for 5 minutes to:
  - a. Shrink them
  - b. Soften for packing
  - c. Remove strong odors and flavors
  - d. Remove air
  - e. Have hot for packing in hot jar.
7. Pack food in jar neatly and attractively—use jar space to best advantage, but do not pack so snugly that there is not sufficient space for liquid to reach through to center of jar; have a full pack—not too loose a pack.
8. Add seasoning.
9. Add liquid. The liquid should be hot, clear and free from food particles. There should be enough liquid to have the food well saturated with liquid. The liquid should reach to center of the jar for heat penetration, and should cover the food in the jar.
10. Place and adjust lids.
11. Process *immediately*—very important.
12. Process (or cook food in jars) the required length of time.
13. Remove, inspect, and complete seals.

Since you have had three years' practice in canning, we hope that you have developed a real "liking" for this particular household task. Most 4-H girls find it very fascinating. The foods that you have canned so far in your club work have been foods that are rather easy to can and usually keep well. They were fruits and acid vegetables (tomatoes). This year you will can some of the *non-acid* vegetables such as snap beans, carrots and beets. Non-acid vegetables are more difficult to keep from spoilage when canned. For this reason a pressure cooker should be used for the canning of these vegetables. However, if a pressure cooker is not available, you may use the hot water canner for beans, carrots and beets with fairly good success provided you follow carefully all instructions.

Ask your mother or home demonstration agent to teach you how to use a pressure cooker.

All canned non-acid vegetables and meats should be boiled for 10 or 15 minutes when opened for use. This is a particularly necessary "safety measure" if a hot water canner is used.

#### STRING BEANS

Use only well sorted, tender string beans for canning. The beans in the pod should be only slightly developed. Wash thoroughly, string, leave whole or cut in desired lengths. Cover the beans with boiling water and boil 5 minutes in uncovered sauce pan. Pack hot, add 1 t. salt and cover with hot water or water in which beans were boiled. Green, snap black-eyed peas are also canned by this method. Process in a pressure cooker for 35 minutes at 10 pounds pressure or boil three hours in a hot water canner.

#### CARROTS

Carrots should be young, tender, crisp and not more than one inch in diameter. Wash, scrape, cut in uniform pieces for packing. Boil 5 to 10 minutes. Pack. Add 1 t. salt to each quart, and fill with hot water. Process quart jars in a pressure cooker for 30 minutes at 10 pounds pressure or 2½ hours in a hot water canner.

A very attractive pack is made by leaving the carrots whole if not more than ¾ inches thick. If larger, split once lengthwise. Pack first layer with big end down and second layer with point down. Repeat this order until jar is filled. If too long, cut into 2½- or 3-inch lengths. Beets may be canned in the same manner.

### **CANNED BEETS**

*Method I.* Use only *young, tender, crisp* beets for canning. Wash thoroughly, peel thinly. Cut into quarters or smaller pieces or leave whole if not larger than a half dollar. Pack the raw beets into jars and cover with hot water.

Do not add salt to beets or red vegetables. It dulls the color. Process  $2\frac{1}{2}$  hours in a hot water canner or 40 minutes at 5 pounds pressure in a pressure cooker.

Plain canned beets are nice served as buttered or Harvard beets.

*Method II.* Precook the beets as you did for beet pickles, but do not cook quite as done—just until skins slip, then skin, pack into jars and cover with water and process as in Method I.

### **APPLES**

Select firm, sound, slightly under-ripe apples. Jonathans and Winesaps make attractive packs. Make a syrup of 1 c. sugar to 3 cups of water. Then wash, pare and core apples. Cut into quarters or halves. Drop into salt water (1 table-spoon salt to 1 quart water) to keep from discoloring, if they must stand any length of time before being placed in the syrup. Drop the fruit into the hot syrup and boil gently for 5 minutes. Remove the fruit and pack neatly into jars. Cover with strained syrup. Process in a hot water canner for 10 minutes after the water begins to boil.

### **PEARS**

Peel, cut into halves, core and heat from 1 to 5 minutes in hot syrup (1 c. sugar to 3 c. water) according to tenderness of pears. Allow them to cool in the syrup then pack into containers and fill with hot syrup. Process 20 to 25 minutes in a hot water canner.

### **BLACKBERRY AND OTHER BERRY JAM**

Wash the berries carefully, drain and remove the caps and stems. To each pound of prepared fruit allow an equal weight of sugar. Crush the berries and bring slowly to boiling, stirring constantly. Add the sugar and boil until the fruit mixture has thickened to jellylike consistency. Stir throughout the cooking. Pour into hot, sterilized jars and seal. Process 20 minutes at simmering temperature in hot water canner.

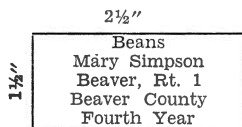


If seeds in blackberries and black raspberries are objectionable, boil the fruit for a few minutes, then put through a fine sieve to remove the seeds before weighing the fruit and adding the sugar.

### THE EXHIBIT

The exhibit of canning for this year is one quart of tomatoes; one quart of beans; two quarts of carrots or beets, or one quart of each; and two quarts of fruit, same or different kinds. Select the jars from the canning you have done, and wash and polish carefully.

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 the member and the year of work. Such a label is shown below 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 in the fourth year may be the growing of the vegetables listed below or one of the regular 4-H Club 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 fourth year work should grow 5 or more kinds of vegetables, including 12 tomato plants, 50 feet of beets, and 50 feet of bush snap beans. 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:

Lettuce	Onions
Beets	Bush Snap Beans
Radishes	Bush Lima Beans
Tomatoes	English Peas
Carrots	Blackeyed Peas

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.

Wherever possible, start some kind of fruit; a few berry or grape vines or two fruit trees, so you may become a member of the fruit club later. If you do not have a berry patch, plant as many vines as possible. Make a start.

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

## YARD IMPROVEMENT

Each year you have added some beauty to your home. Flowers have improved the outward appearance, while touches of your handiwork have added to the attractiveness and convenience of the interior of the home.

Porch flower boxes and hanging baskets may be other products of your handiwork. These may be placed on the porch in the summer and they may add to the cheerfulness of some room during the winter.

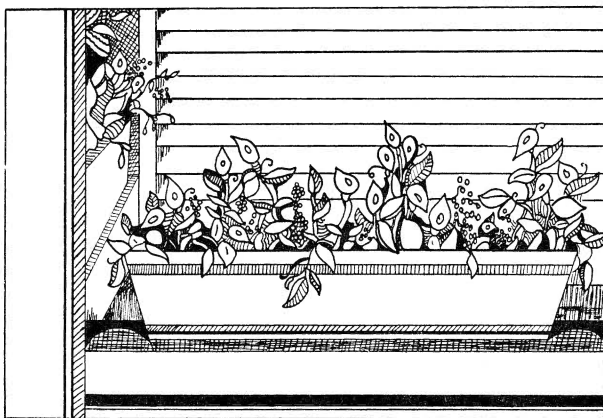
Things of beauty with their green trailing vines and bright blooming plants, porch boxes are often exhibited at the county fairs as a class in the horticultural section.

The following suggestions are given for your use.

*Flower Boxes.* The plants in flower boxes are more confined than when they are grown in the open ground, and they will quickly suffer unless the box has been properly prepared as to drainage and soil. Daily watering in the evening will be found necessary, especially during hot weather, to prevent wilting or death among plants crowded into the limited soil space of the box.

The size of the box will depend upon where it is to be placed. The most convenient size, as to height and depth, is made by using 1"x12" boards in the construction. A flower box three feet long is made of three 1"x12" boards three feet long together with two pieces cut to fit the ends of the box. The box should be nailed together substantially. The addition of a piece of strap iron around each end will add materially to the durability of the box. For a longer box, a third piece of strap iron in the middle will add to the strength of the box. In case the bottom

rots, a new board or piece of board can be laid in at subsequent settings. Bore holes in the bottom of the box to provide for drainage. The inside of the box may be charred to help in prevention of decay. Where available, an old log or half a log can be hollowed out, and used as a good substitute for a flower box; however, its weight makes its moving difficult.



Paint the flower box green or a color to conform with the surroundings. Decorative details in the form of moldings applied to the box are permissible, as are painted designs made in good taste.

The long type of flower box mentioned above can be used as a window box to decorate the house by placing it under windows on supports, or it can be set on the porch railing or floor. Smaller boxes of this type may also be attached to the garage or other buildings close to the house.

Since the size mentioned above is only suggested, where there is a real desire for a flower box, it can be made out of different kinds of material. Ten-cent candy buckets, painted and properly planted, give good effects on the porch, steps or at either side of the gate.

Place some charcoal, broken bricks, or rocks in the bottom for better drainage; then fill with good rich soil. A good soil may be made by mixing two parts of good garden loam soil, one part of well-rotted manure, and one part of sand.

Drooping or low growing plants should be planted around the front edge. Plants suitable for this are ice plants, Wandering Jew, trailing vines (variegated periwinkle), drooping asparagus fern (sprengeri), cypress vine, smilax, petunias, pansies and verbena. Taller plants may be set back of these plants. A variety of plants in a box is preferable to one or two kinds. In order to give variety, use different colored foliage and different colored flowers. The height of the plants should taper toward the ends of the box. Among plants that may be used are coleus, geranium, lantana, marigold, petunia, salvia or scarlet sage, Madagascar periwinkle, snapdragon, begonias and zinnias. For an early spring box, plant tulips and small flowering bulbs such as squill and crocus. English ivy (ever-green) will go well with these spring flowers.

*Hanging Baskets.* The suggestions made concerning the preparation of soil are equally applicable to hanging baskets where a permanent container is used. A resourceful person would naturally use any available container which could be used successfully as a hanging basket. Wooden candy buckets cut to one-half or three-fourths their original size are good to use in place of large flower pots. Such buckets can be secured on the average market. In most cases paint will add to their appearance. Be sure that there are holes in whatever container you use, so that there will be proper drainage. In the planting of a hanging basket, use trailing plants around the edges and perhaps one of the taller plants in the center. The above mentioned lists may be used in selecting your planting.

It is hoped that you will continue your good work of planting and caring for your flower beds.

**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 -----





