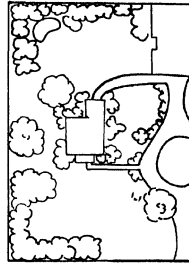


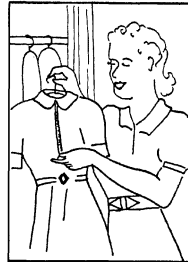
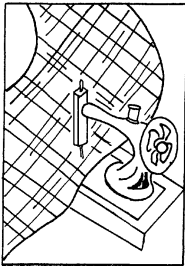


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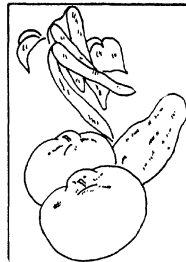
HOME

TRATION



CLUB

MANUAL



FIFTH YEAR

Circular No. 190

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

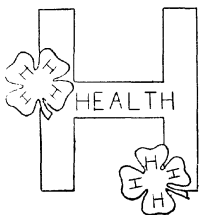
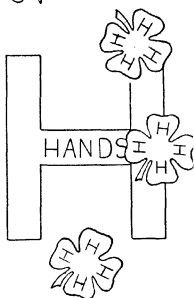
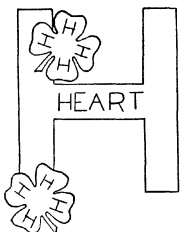
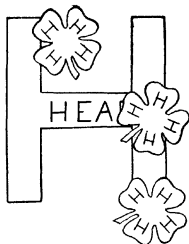
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4-H HOME DEMONSTRATION CLUB MANUAL

FIFTH YEAR

The required work in the fifth 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 Club 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**FIFTH YEAR**

PHASE OF WORK	AMOUNT OF WORK REQUIRED	EXHIBIT
Clothing	Make a wash dress, house coat and set-in patch.	Wash dress
Home Improvement	Make dresser scarf or vanity set and improve facilities for storing clothing.	Dresser scarf or set
Food Preparation	Try all 10 recipes in the manual at least once. Prepare supper 10 times and set the table 10 times, following instructions in manual.	Loaf of bread
Canning	Can a total of 45 quarts (fruits, vegetables, pickles, preserves).	Exhibit 6 quarts as follows: 2 quarts fruit pickle, same or different kinds 2 quarts soup or salad mixture, or 1 quart each 2 quarts peas or greens, or 1 quart of each
Food Production	Grow 6 or more vegetables including 12 tomato plants, 6 hills cucumbers, 50 feet of bush or pole snap beans, and 50 feet of carrots, or enroll in one of the regular food production projects.	If 6 vegetables are grown no exhibit is required. In case a regular project is chosen, the exhibit will be as is given in the requirements of that project.
Yard Improvement	Make to scale a landscape planting plan for your house and yard, and begin improvement as outlined. Cooperate with Mother if she is enrolled in yard improvement.	Landscape plan on 8½"x11" 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 Club 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 wash dress, house coat and set-in patch.

FINISHES YOU WILL USE

Tailored Buttonhole—Mark the length of buttonhole on the garment with basting. Cut the binding piece either on the straight or bias, $\frac{3}{4}$ inch longer than the marking and $1\frac{3}{4}$ inches wide. This binding piece may be of the same material or a contrast. Crease binding piece lengthwise through center.

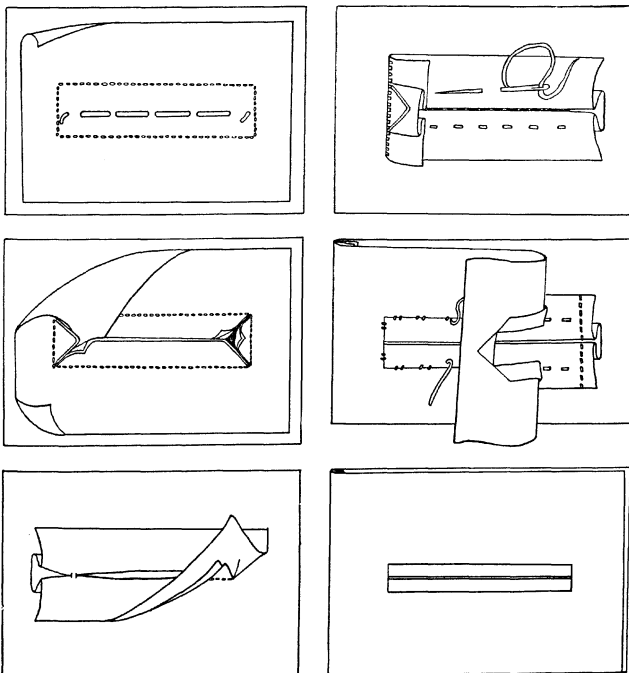
Place the right side down on the right side of the garment with the crease along the basting line which marks the buttonhole. Lay the piece out flat and baste along crease.

Draw an oblong box around the basting, making it as long as the basted line. This should be $\frac{1}{8}$ inch on either side from

the center marking and across the ends. Stitch on this line which has been drawn, turning square corners. Do not start stitching at the corner.

Slash the opening, cutting exactly through the center of the box and diagonally to the corners as shown. Turn the binding material through the slash to the wrong side. Crease the seam back from the buttonhole on either side.

Fold the binding material to meet in the center of the opening on wrong side and to form little box pleats at the ends on the wrong side as shown. After pleating, turn to right side to be sure both sides are even. Baste along each side to hold the pleat in place but not across the ends. Baste and stitch across the pleats, sewing through the slashed triangles at the ends of the buttonhole opening. It is best to stitch with the triangle on top. This gives more strength and helps to square the buttonhole.

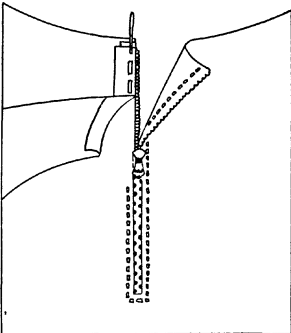
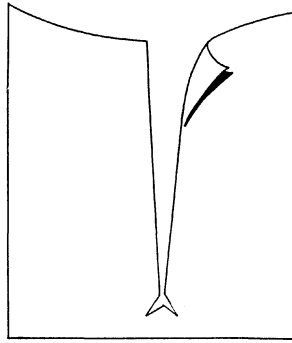
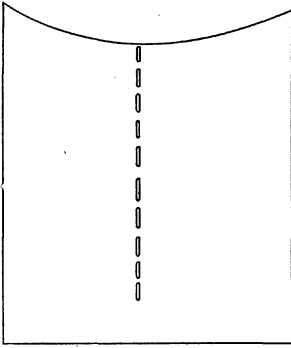


Slash the buttonhole opening in the garment facing, turn under the raw edges and slip-stitch down to the wrong side of the buttonhole binding.

SLIDE FASTENERS FOR NECK OPENINGS, ETC.

Mark opening with basting thread the length of slide fastener plus $\frac{1}{2}$ inch.

For opening, slash along the basting line to within $\frac{1}{4}$ inch of the end of the basting, then cut diagonally, forming a triangular slash as shown in diagram. Turn seam under, then baste down each side and across the end. Press.



Pin to the right side of the closed fastener, keeping clear of the metal. Baste in place.

Do not cut off the fastener binding tape, but bury in collar or fold of material. Trim all loose threads.

Slash the facing in the same manner as for the front opening of the garment. Baste wrong side of facing to the wrong side of the fastener. Stitch close to the edge from the right side, being careful to catch the facing on the wrong side.

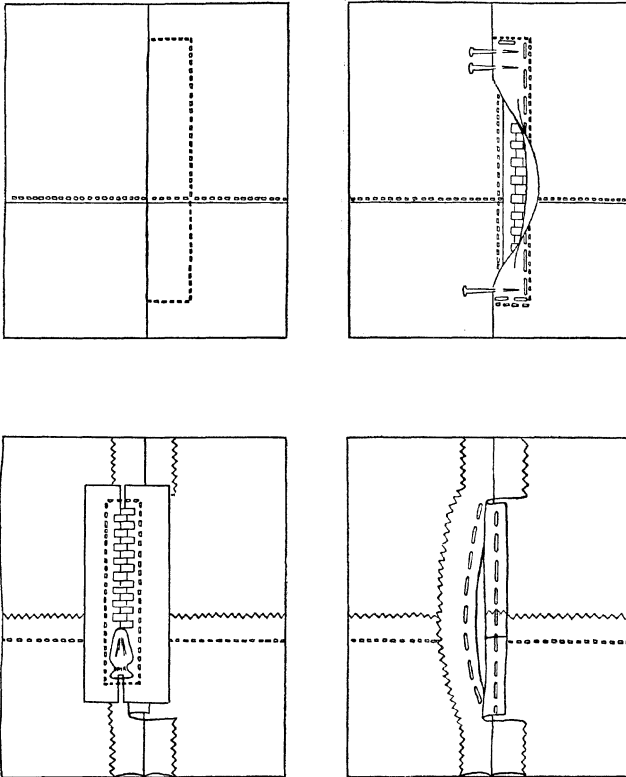
SLIDE FASTENERS FOR DRESS PLACKETS

Clip half of the seam allowance at the upper and lower ends of the back part of the opening of the dress.

Turn the seam allowance of the front opening of the placket to the wrong side along the seam line and baste. Seam must be at least $\frac{1}{2}$ inch wide.

Turn under the half of the seam allowance at the back and baste. Then baste and stitch it to the tape of the fastener, close to the metal. If a cording foot is used on the machine it is easy to get material close to the teeth.

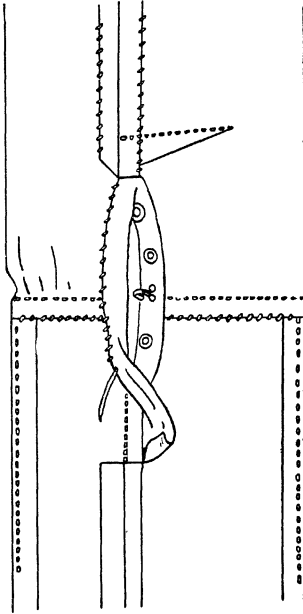
Always keep the fastener closed while working. Lap the front over the back edge of the opening to the seam line so as to conceal the fastener. Pin into position and baste the outer edge of the front opening flat to the garment as it would be closed. Turn the garment to the wrong side, and baste the tape to the front in a straight line along the edge of the fastener teeth and across the ends. Turn the garment back to the right side and stitch along the inside basted line.



SIDE DRESS PLACKET

Leave the side seam of the dress at the waist line open the desired length of the placket. Clip the seam at each end of the stitching line. The seams at each end should be back stitched $\frac{1}{2}$ inch and thread tied.

Cut a piece of the fabric twice the length of the opening and $1\frac{1}{4}$ inches wide, allowing $\frac{3}{8}$ inch at ends for finishing. Turn in the ends. Stitch the binding around opening with right side of binding to right side of garment, cutting seam to $\frac{1}{4}$ inch in width. Fold binding over seam and bring to wrong



side. Turn in free edge and hem down by hand to stitching on seam. Turn lap under on front edge and close opening with snaps, except at waistline where hook and eye is to be used. Matching tape may be used.

FURTHER SUGGESTIONS ON SEAM FINISHES

Avoid the binding of seams, especially in wash dresses.

Use the overcasting or blanket stitch to finish the armseye 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 $\frac{3}{8}$ to $\frac{1}{2}$ inch wide when finished. The overcasting should be from $\frac{1}{8}$ to $\frac{3}{16}$ inch deep, depending upon the material and width of the seam.

Armseye 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.

Flat fell seams should be used for panties, pajamas and similar garments.

GENERAL CONSIDERATIONS IN MAKING OF DRESS**Suggestions for Appropriate Seams for Dresses**

Material Used	Type of Seam Suggested	Width Finished
Batiste, dotted Swiss, dimity, voile, light weight gingham, percales, prints, Peter Pan and materials of similar 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.	$\frac{3}{8}$ 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.

Pressing

Press garment as each step is completed. A final pressing is necessary and sponging or dampening the garment as you press will give better results.

Collars and Cuffs

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

In wash dresses where collars and cuffs are put on with a bias facing, the self material wears longer and looks better than the commercial tape.

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 $\frac{1}{16}$ 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, baste down to the garment when you have finished trimming the edge.

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. 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 line and is less bulky.

The hems of your wash dresses are put in by hand and should be put in with a slip stitch or a good type of hemming stitch. It is well to stitch the first edge with the machine and then slip stitch in this casing.

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.

BIAS BINDING

When bias tape is used as a binding and is put on with stitchings, the last stitching will be on the right side of the garment. If this last stitching is made just off the edge of the tape on the right side of the garment, it gives a much softer prettier finish. This may be done by slipping the under edge so that the stitching will be sure to catch the under edge.

If the tape is being used in such a way that it necessitates stitching on the edge, it should be done with the same color of thread as the tape.

FASTENINGS

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

Buttons and buttonholes or slide fasteners are very efficient and attractive fasteners. Where there is an appropri-

ate 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.

PLACKETS

A flat placket should never gap; so use as many fasteners as the opening requires. Be sure they are sewed behind the edge of the seam so they will not show when the placket is fastened. A slide fastener solves this problem nicely.

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 becoming 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 or white is added. Dark blue can be worn well by the majority of people. 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, yellows 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 one's wardrobe, there are several things other than color harmonies to be taken into consideration. There are one's size, color, hair and skin.

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 large 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 material to reflect light.

Hair as Affected by Color

One should be careful not to select a color which will over-shadow 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 and neutral tans.
2. Golden Blonde	Bright blue, Flemish blue, clear bluish green, blue lavender, lavender, seal brown, navy and black.	Dull tans and any shade of orange.
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, cornflower, Chinese jade, almond green, peacock green, dark green, black and amber.	Shades of red.
6. Gray	Blue, blue greens, powder blue, old gray, burgundy, lavender, heliotrope gray.	Browns.

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. 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 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 individual can wear a greyed 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.

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, brown, blue-green and red-purple.

WASH DRESS FOR SCHOOL

In the fifth year clothing work your fair exhibit piece is a wash dress. Use the kimono sleeve pattern only when it represents the style of the season. There have been a few seasons when practically every dress was designed with kimono sleeves, and it would be out of keeping with progressive thought to suggest a set-in sleeve when fashion advocates the kimono sleeve. When possible to use set-in sleeves, do so.

Material—Any desirable wash material, such as gingham, percale, Peter Pan, seersucker, pique, prints, linen or washable rayons will be suitable for the dress. If regular weight gingham is used, a plain color of gingham to match one color in the plaid is effective as trimming. White pique or white nurse's linen is also good for collar and cuffs. However, a self-trimmed dress is attractive. Buttons are good.

Pattern—A one-piece dress, two-piece dress or dress and jacket selected according to bust measure.

Cutting—Place the pattern on the material according to the instructions given. Mark all notches, cutting them out instead of in. Cut carefully around pattern and follow the directions given very carefully.

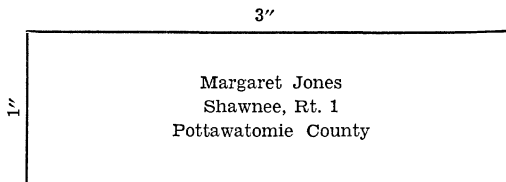
Seams—See general suggestions on seams in chart.

Set-in Sleeve—The fullness for the plain set-in sleeve should be eased in so that there will be no gathers. A gathering thread will be helpful in easing in this fullness. Other types of sleeves show darts or gathers at the top to give the desired fullness and effect. Pin the sleeve in the armscye every inch or two before basting. Baste and stitch. Finish with overcasting.

Important Note—In making the wash dress, follow the directions which come with the pattern. These directions have been carefully thought out by designers and should be followed.

THE EXHIBIT

The wash dress is the exhibit piece in fifth year clothing. White muslin may be used for the label. The label should be one inch wide and three inches long after raw edges are turned under. The member's name, post office, route and county should be typed or printed in ink on the label. (See illustration below.)



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 edges showing.

A COTTON HOUSE COAT

Almost every girl has a need for a simple house coat of wash material. This is particularly useful for older 4-H Club girls who will be taking trips. For this reason it has been chosen as one of your clothing problems.

Materials—Such cottons as prints, percales, seersuckers or similar fabrics are suggested for this problem.

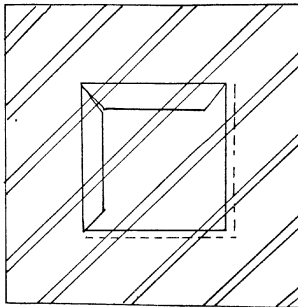
Pattern—There are many simple and attractive house coat patterns that are suitable. Choose the style that is best suited to your figure.

Making—Instructions for making will be found with each pattern.

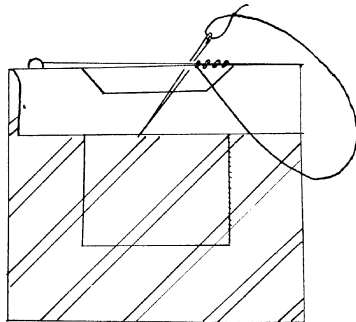
SET-IN OR OVERHAND PATCH

This is used a great deal on outer garments as it shows less than any other form of patch. It is nothing less than art to do this well.

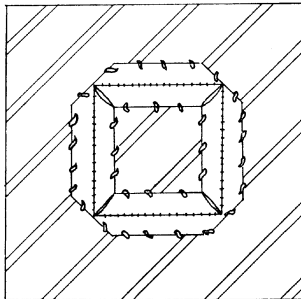
Prepare the hole in the garment by cutting away the worn portion to a square, always keeping the cut edge on a thread or yarn. Create a seam exactly on thread. Clip diagonally outward from the corners of the hole to the corner of the



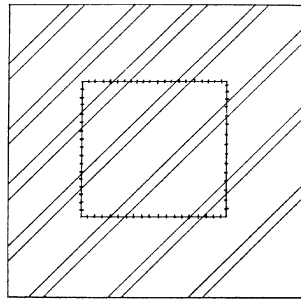
A



B



C



D

creases. Then turn the edge to the wrong side, crease and baste in position, if necessary. (See Fig.)

Cut a piece of material for a patch large enough to cover the hole easily (it should extend at least one-half inch beyond the hole on each side). Place with the right side of the patch to the wrong side of the garment, matching the thread or design perfectly. Baste carefully in position. Next mark the outline of the hole on the patch by running a basting along the edge of the hole close to the folded edge.

Overhand or Set-in Patch

- A. Right side—placing and basting patch
- B. Method of holding patch and garment and stitch used
- C. Wrong side—finished patch
- D. Right side—finished patch

Remove from one side of the patch the basting which holds the patch and garment together. Fold the patch and garment together. Fold the garment back toward the right side and fold the patch back on itself on the basting line so that the right side of the garment rests on the right of the patch, with the folded edges even and with design perfectly matched.

Overhand the edges together with small stitches, on the wrong side, starting in the center of the edge. Continue the overhanding around the four sides of the patch, removing the basting from one side at a time. By following this method small, straight overhanding stitches will show but slightly on the right side of the garment. (See B, Fig.) Use thread no coarser than No. 80 on average weight materials, and No. 100 is better on finer ones.

SPECIAL CLOTHING PROBLEM

The following may be made by any girl in fifth, sixth and seventh year manuals, but is not a requirement.

Children's Garments—The girls in the fifth, sixth and seventh years have had sufficient training in clothing to take an interest in children's garments. These may be made as special clothing problems and any girl in these years may exhibit a boy's suit or a girl's dress with bloomers, or both, at the fairs, if called for in the fair catalogs.

Follow the directions of the pattern, trying to incorporate as many self help features as possible in the type of pattern selected.

HOME IMPROVEMENT

Home Improvement Requirements: Make a dresser scarf or vanity set and improve facilities for storing clothing.

DRESSER SCARF OR VANITY SET

Every girl needs either a dresser, dressing table or a chest with sufficient space for the storage of clean underwear, handkerchiefs, clothing accessories and toilet articles. The tops of these pieces of bedroom furniture should be protected.

Materials—Linen is preferred because it wears and launders well and keeps its beauty. Crash, batiste, Indian head and print are other suitable materials. Natural colored linen blends with dark woods and harmonizes with any bedroom color scheme. White is always good.

To Make—Choose the style dresser cover which fits your dresser. A three-piece set is best for a vanity dresser, but one which is the shape of the top, leaving the same amount of wood showing on all sides, is best for other types of dressers.

Mitered Corner—When a wide hem is used, mitered corners are desirable, as they are less bulky than the square folded corner.

Crease the hem the desired width and turn under the usual $\frac{1}{4}$ inch. Then open the folded, creased corner and make a diagonal crease from the corner. Now, pull the previously folded corner up, allowing the $\frac{1}{4}$ -inch turn at the edge to remain folded, with the corner pulled out and up. Place the edges of the hem together at the corner making them meet exactly on the diagonal crease, then crease a line in both sides of the hem, making the line run diagonally from this point to the corner.

Unfold the hem, except the $\frac{1}{4}$ -inch turn at the edge, smooth flat. Mark crease $\frac{1}{4}$ inch out from the diagonal crease for seam allowance, cut off extra material. The seam allowance is now turned to the wrong side, the hem folded in and the edges of the mitered corner may either be slip stitched or overhanded. This corner may also be folded with the right sides together and machine stitched.

The hem may be finished with the hemming stitch, hemstitching or the napery hem. Choose a simple design and try to do the best piece of embroidery work that you have ever done. Satin stitch, cut work or plain hemstitching are all suit-

able. Place the design either one inch from the hem at the ends, one inch from the hem in the center front, or in the four corners. The spacing in the corners will depend upon the size of the design.

THE EXHIBIT

The fifth year home improvement exhibit is a dresser scarf or set. White muslin may be used for the label. The label should be one inch wide and three inches long 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.

If you exhibit a dresser scarf, sew label on wrong side in the center on the opposite end of the scarf which will be uppermost for exhibit purposes.

If you exhibit a dresser set, sew label on wrong side of each piece in conspicuous place so judge can locate it easily.

EFFICIENT AND CONVENIENT STORAGE

Fifth year girls should relieve mother of the care of their rooms and should take pride in keeping them tidy. No room can be clean, orderly and attractive unless there is a place for everything and everything is in its place. To make this possible, plan and arrange the clothes closet and dresser drawers so everything is out of sight and always in place.

Equipping the Old Clothes Closet

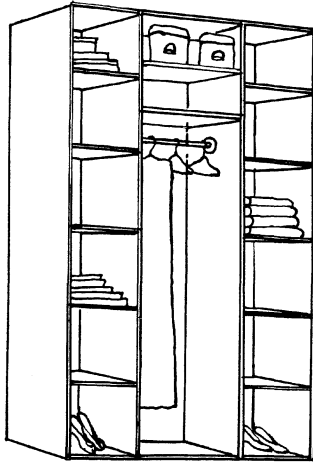
If you already have a closet, you may need to clean, paint or repair it and provide equipment in order to increase its efficiency.

The articles and equipment needed to do this are a pole or rod which can be made of a broom stick, sufficient coat hangers for coats, dresses and blouses, skirt hangers, garment bags, hat boxes, racks for shoes or a shoe bag, laundry bag and shelves for folded garments.

The Built-in Clothes Closet

When the room closet has not been included in the house plans, you can construct a portable or built-in type with the help of father or brothers. Old lumber, orange crates or other wooden boxes can be used for the form. When this is

painted or papered and equipped according to the list already given, you should make either doors or a curtain to cover the front so it will be as dust proof as possible.



Design for Built-in Type

Increasing Efficiency of Dresser Drawers

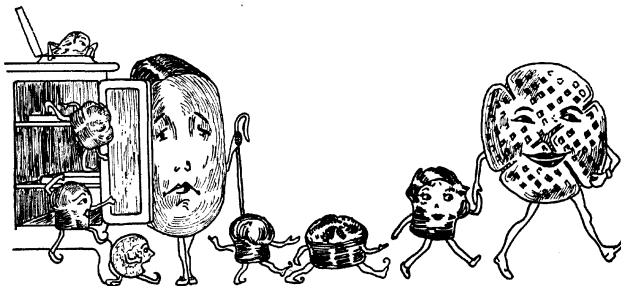
In choosing a new dresser, notice the depth of the drawers. A shallow one is easier to keep in order than a deep one. If you already have the deep type that seems to get topsy-turvy when you hunt gloves, hose or handkerchief, you can easily correct the cause. Cleats of wood make partitions that give you as many small sections as is needed. You can paint the inside and make it clean and attractive. You may wish to line the section for hose to prevent snags.

SPECIAL DEMONSTRATIONS

A fifth year 4-H Club girl may enroll in *one* of the following special demonstrations:

- 4-H Bedroom Window Treatment Exhibit (Refer to mimeographed bulletin by same title.)
- 4-H Bedroom Unit Exhibit (Refer to mimeographed bulletin, Bedroom Improvement for 4-H Club Girls.)

FOOD PREPARATION



Bread is often referred to as the "Staff of Life." It is one food that is used, in some form, at each meal. This has been true as far back in history as we have records. In Biblical times bread was such an important part of the diet that the word was used when speaking of food in general. We use it in this sense in the Lord's Prayer, "Give us this day our daily bread."

Every 4-H Club girl should learn to make bread of good quality.

RECIPES

WHITE BREAD

Overnight sponge method

(2 loaves)

Sponge

- ½ cake dry yeast
- 1 c. lukewarm water or milk
(scalded and cooled)
- 2 c. sifted flour

Making the Sponge

At Night

1. Collect your material and utensils
2. Break and soften the yeast in the lukewarm liquid
3. Mix together the softened yeast, the liquid and sifted flour
4. Beat until smooth
5. Cover the sponge and set in a moderately warm place (78° F.) to rise
6. Let it rise until it is light and fully doubled in bulk. This will take about 10 hours.

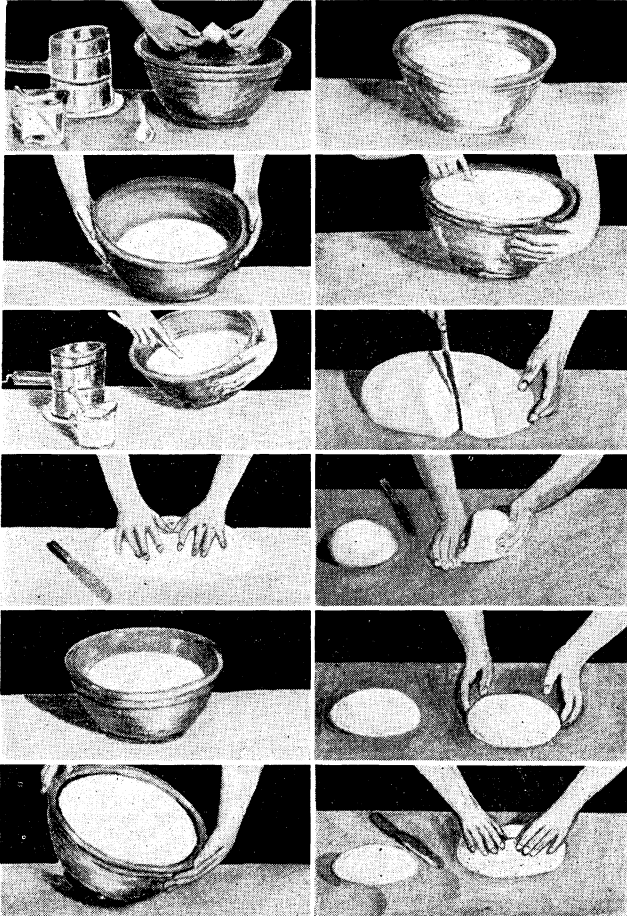
Dough

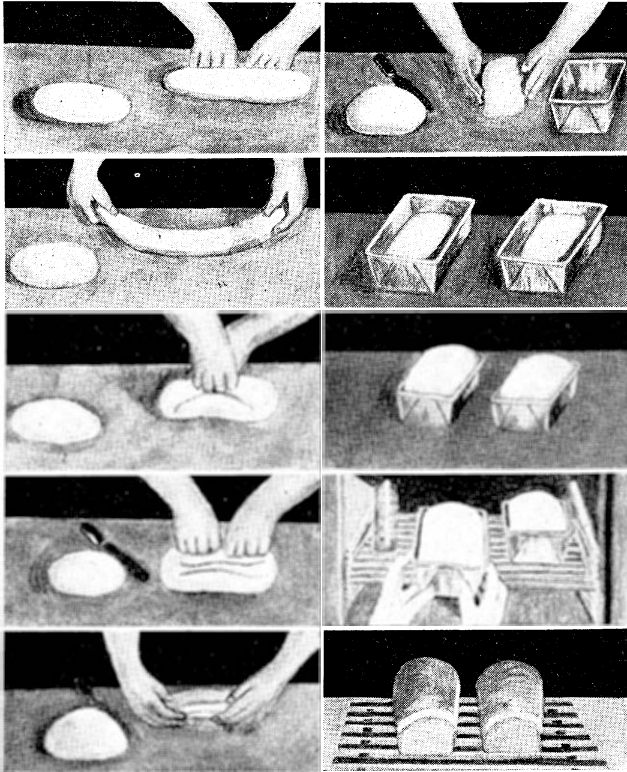
- 1 c. lukewarm water or milk
(scalded and cooled)
- 2 level t. salt
- 2 level T. sugar
- 2 level T. shortening
- About 4 c. sifted flour,
enough to make
medium dough

Making the Dough

In the morning

1. Dissolve the salt, sugar and shortening in the lukewarm liquid
2. Add this to the light sponge, beating well
3. Then add most of the flour to the sponge, beating well
4. Place the dough on a floured board and knead it thoroughly. If the dough





sticks to hands or board add a little flour and knead in well. Continue kneading (about 10 minutes) until the dough is smooth and elastic and does not stick to the unfloured board

Rising of Dough

1. Grease lightly a clean mixing bowl
2. Round the dough into a ball and place in the bowl
3. Cover and set in a moderately warm place (82° F) until doubled in size (about 2 to 2½ hours)
4. When the dough has doubled in size, knead the dough down by folding it from the sides to the center until it is the same size as it was when you put it into the bowl to rise. Cover and allow to rise again

5. When the dough has doubled in size, again fold it down from the sides to the center until it is the same size as it was before

Molding the Loaves

1. Turn the dough onto a bread board and divide into two equal portions
2. Gently round each piece into a ball
3. Cover the dough and let rest on the board for about 20 minutes
4. Flatten each piece into a sheet
5. Double over and seal edges of dough
6. Stretch dough slightly into a long sheet
7. Fold ends to center letting them overlap and seal with knuckles
8. Fold nearest side of dough over $\frac{1}{3}$ and seal
9. Fold opposite side of dough over and seal again
10. Shape into a long roll and place in the pan smooth side up

Rising of Loaves

1. Cover and set in a warm place (82° F.) to rise until doubled in size

Baking

1. When the loaves are almost double in size, heat your oven. It should be moderately hot (350° F. to 400° F) for bread
2. Place the loaves on the lower rack one or more inches apart
3. Turn the pan if the bread bakes unevenly
4. Bake about 50 minutes
5. When baked, the loaves should shrink from the sides of the pan, sound hollow when tapped with the fingers and the crust should spring back without leaving a dent when pressed with the finger

Cooling the Bread

1. When baked, remove the loaves from the pans at once
2. Place on a wire rack or across the edges of pans to cool
3. Let cool thoroughly before wrapping or storing

WHITE BREAD**(Quick Method)**

(4 loaves)

1 cake compressed yeast	4 T. butter or other shortening
$\frac{1}{2}$ c. warm water	1 T. salt
4 T. sugar	1 qt. scalded skim milk or water
$3\frac{1}{2}$ qts. enriched flour	

Soak yeast in warm water. Add sugar, salt and shortening to scalded liquid. Stir in enough of the flour to form a stiff batter. Set aside to cool. When lukewarm add yeast and water mixture. Beat well. Add remainder of flour and knead on a floured board until smooth. Return to bowl, grease surface, cover, and let rise in a warm place until double in bulk. Knead again and shape into loaves, grease surface, keep in a warm place until light, and bake in a hot oven (400° F.) until brown. Reduce temperature to 350° F. and continue baking, about one hour in all.

YEAST BREAD SCORE CARD

	Points
General Appearance—(outside of loaf)-----	30
Size-----	10
Practical, not too large. Comparatively light for size	
Shape-----	10
Oblong, uniform, slightly rounded top, not flattened or extended over sides, unbroken crust	
Crust-----	10
Color—uniform golden brown	
Quality—crisp but tender	
Crumb—(inside of loaf)-----	70
Color-----	5
White bread—creamy white, no dark streaks.	
Graham or whole wheat bread—uniform in color, dark enough to show that at least one-half dark flour has been used	
Grain-----	15
Fine, even texture with no large holes. Tender. No heavy streaks or spots. Slightly moist, elastic crumb	
Baking-----	15
Thoroughly done. Springs back when touched with finger. About 1/8-inch crust	
Flavor and odor-----	35
Sweet, nutty flavor and odor, no suggestion of sourness, yeast or mustiness. Enough salt so that bread does not taste flat	
Total Score - - - -	100

Cream of Tomato Soup

- | | |
|-----------------------|---------------------------|
| 1½ c. canned tomatoes | 1 or 2 slices bacon |
| 4 T. enriched flour | 1 t. salt |
| 4 T. butter | 1 t. finely chopped onion |
| 3 c. milk | |

Heat the tomato and onion together and run through the sieve. Make a white sauce of the milk, flour, butter and salt. Cook until thick. Add the hot tomato juice to the hot white sauce gradually, stirring to make it smooth. Heat, but do not boil. Serve with crackers or small pieces of toasted bread cut into fancy shapes as half moons, circles, diamonds, oblongs, etc. Other cream soups may be made by changing the vegetable.

Baked Eggs

1 egg	1 t. butter
Salt and pepper	1 t. bread crumbs

Grease individual baking dishes or muffin tins. Put in a thin layer of buttered crumbs, break an egg into each and season with salt and pepper and sprinkle lightly with buttered crumbs. A teaspoon of cream might be added to each if desired. Bake slowly in a moderate oven until egg is firm and crumbs brown. Several eggs may be baked in one dish, if preferred.

Browned Carrots

Precook and peel and split lengthwise. Place the carrots in a frying pan containing a small amount of hot fat, and brown first on one side, and then on the other. Do not soak with fat. Use just enough to brown the carrots.

Combination Salad

2 tomatoes	1 medium sized cucumber
2 carrots	1 c. chopped lettuce

Dice carrots. Slice or dice the cucumbers, chop the lettuce and cut the peeled tomatoes into eighths or quarters. Toss together lightly with 4 T. French dressing. Serve in a salad bowl or on lettuce on individual salad plates. Each serving may be topped with a teaspoon of mayonnaise if desired.

French Dressing

$\frac{1}{2}$ to 1 t. salt	2 T. vinegar or lemon juice
1 t. sugar	4 T. salad oil
	Dash paprika

Mix salt, sugar, paprika and add vinegar and oil. Beat well or shake in a bottle until ingredients are thoroughly mixed. (Bacon fat may replace the oil. Sugar may be omitted.)

Brown Betty

(For four persons)

2 c. bread crumbs	$\frac{1}{2}$ c. sugar, brown or white
$\frac{1}{4}$ c. melted butter	$\frac{1}{2}$ t. cinnamon
4 pared and sliced apples	$\frac{1}{2}$ c. hot milk

Mix the crumbs with the melted butter; then put a layer of the crumbs in a greased baking dish, then a layer of apples. Sprinkle the apples with the sugar and cinnamon. Continue making alternate layers, but have the top layer of crumbs, and pour in the hot milk before you put on the last layer. Bake the pudding until the apples are tender and the crumbs on top are brown. Serve with milk or cream.

Frosted Caramel Cookies

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ t. salt
1 c. white sugar	1 c. nuts—chopped
2 eggs beaten together	1 c. brown sugar
$\frac{1}{2}$ t. vanilla	1 egg white
1 $\frac{1}{2}$ c. enriched flour	1 t. vanilla
1 t. baking powder	

Cream butter and sugar, add beaten eggs and vanilla. Beat again. Sift together flour, salt and baking powder; add to butter and sugar mixture and beat well. Spread in shallow pan. Sprinkle with nuts. Beat one egg white. Fold in 1 c. brown sugar and 1 t. vanilla. Spread over the nuts and bake in a slow oven (325° F.) for about 30 minutes. When cold, cut in strips (1 by 2½ inches).

Divinity

- | | |
|-----------------------|----------------|
| 2½ c. white sugar | 2 egg whites |
| ½ c. light corn syrup | ½ t. vanilla |
| ½ c. water | ½ c. nut meats |

Mix the sugar, syrup and water together and boil until it spins a thread when dropped from the spoon.

Beat the egg whites until stiff. Pour one-half the hot syrup mixture over the eggs slowly, folding the egg whites as you pour.

Return the remaining half of the syrup mixture to the stove and cook until it forms a hard ball when dropped into cold water. Then, pour it over the egg whites slowly, beating them as you pour. Beat until the mixture is thick, then add the vanilla and nuts. Pour into a buttered pan and cut into squares.

SUPPER MENUS

No. 1		
String Beans	Tamale Pie	Bread and Butter
Lettuce Salad		Milk
No. 2		
Sausage or Pork Chops	Cream of Tomato Soup	Biscuits
Fresh or Canned Fruit		Milk
No. 3		
Scalloped Eggs	Carrot, turnip and cabbage salad	Peas
Cinnamon Rolls		Milk
No. 4		
Baked Eggs	Combination Salad	Buttered Carrots
Blackberry Pudding		Milk

TABLE SETTING

The silver, china, linen and glass put in place for one person at the beginning of a meal is called a "cover." Each cover should be a definite unit, but should not be crowded. Each cover requires from 16 to 20 inches. The table covering may be oil cloth, cotton, or finest linen. No matter what kind, it should be clean, well laundered and neatly spread. Luncheon sets and runners are quite generally used now. Many still prefer the table cloth for dinners.

There are two general rules that should always be observed when setting the table:

1. Convenience—Place everything where it is the most convenient for use.

2. Good Design—When setting the table you are decorating a surface. All lines should be straight across or lengthwise. Avoid diagonal lines as far as possible in placing silver and dishes. The table should appear balanced. No one end or side should appear crowded or over balanced with dishes. "Covers" on opposite sides should be evenly spaced and exactly parallel with each other. The whole design should be neat, orderly and balanced.

To Set the Table

1. Dust the table. Lay silence cloth if one is being used. Any kind of thick, white, clean cloth may be used for a silence cloth. The main reasons for using a silence cloth are to protect the table and to prevent noise. When a silence cloth is not used individual pads should be used under hot dishes.

2. Spread the table cloth over the silence cloth with the length extending from head to foot. Luncheon sets and runners are spread on the bare table.

3. Arrange a bouquet of flowers or small potted plant in the center of table. Use a low bowl or vase so the family may see each other across the table.

4. Place the plate about one inch from edge of table; knife and spoons to the right of the plate the same distance from the edge of the table as the plate; the knife with cutting edge toward the plate, and the spoons with the bowls up. The forks should be placed to the left of the plate with the tines up. These should all be kept on a straight line with the edge of the table.

5. Place napkin at left of fork, the loose corners toward the edge of the table and toward the plate.

6. Place water glass at point of knife.

7. Place all side dishes to the left, as near the plate as possible without crowding.

8. Place pepper and salt shakers, butter, jelly, pickles, bread and other dishes of food in convenient places about the table, being careful to space them well.

9. Place meat platter at top of the host's plate.

10. If coffee is served at the table, place cups and saucers at top of hostess' plate. Place coffee pot at the right of the hostess' silver and place the sugar and cream at the right of the cups, above the coffee pot.

11. The water or milk pitcher may be placed to the right of the silver of some member of the family whose responsibility it is to refill glasses.

To Wait on Table

1. Place, pass and remove all dishes except drinks to the left of the guest, or person at the table.

2. Drinks, as coffee, must be placed at the right, because one raises the cup or glass with the right hand. Remove beverages from the right so as not to have to reach in front of anyone.

3. Serve the hostess first, then the one on her right, and so on around the table.

4. In removing dishes, remove all food first, then soiled dishes, glasses and silver, then clean dishes and silver. Remove the plate of the hostess first unless she is waiting on the table.

The hostess indicates when to begin eating, when to leave table, etc.

The hostess should not be away from the table any more than is absolutely necessary. Daughters and sons should help to wait on the table so that the mother will not need to leave the table.

CANNING



You will need to can 45 quarts of fruits and vegetables in order to complete this demonstration. We suggest that you can some of each of the following products: fruits, vegetables, pickles and preserves.

If you have a pressure cooker in your home, can the non-acid vegetables in the pressure cooker. Ask your home demonstration agent, mother or sister for help with the pressure cooker.

Use Extension Circular No. 260, Home Canning of Vegetables and Fruits, for additional recipes.

English Peas

Use only young, tender peas. Shell, sort and grade for size and age, wash, add hot water to cover, and *simmer* for about 5 minutes. Pack hot in jars, cover with hot water, and add 1 teaspoon of salt to each quart. If tender peas are packed in pint jars they are less likely to become overcooked. Process immediately for 45 minutes at 10 pounds pressure or 3½ hours in a hot water canner.

Lima Beans

Only young, tender lima beans should be canned; older ones may be dried. Shell, sort and grade for size and age, wash, cover with hot water, and bring to a boil. Pack hot into containers, cover with hot water, and add 1 teaspoon of salt to each quart. Process lima beans immediately for 50 minutes at 10 pounds pressure. (Note: When canning lima beans or black-eyed peas for exhibit purposes, drain the beans or peas free of the water in which they were precooked and add clear hot water. This will make a clearer jar for your exhibit.)

Black-Eyed Peas

Same as lima beans.

Soup Mixture

A good combination to use for this mixture is one pint of thick tomato pulp, one cup of corn or tiny lima beans, and one cup of sliced okra, a slice or two of onion, and a dash of sugar and pepper, and a teaspoon of salt. Cook this mixture together in a kettle for 10 minutes. Pack into jars and process for 50 minutes at 10 pounds pressure.

Vegetable Salad Mixture

Carrots and green peas make a very attractive and palatable mixture; pre-cook each separately. They may be used for a salad or for creamed carrots and peas. They may be packed in layers or may be mixed. First a layer of peas and then carrots, another layer of peas and then carrots, etc., until the jar is filled, or they may be arranged in three parts; peas, then carrots and then peas. In this case the layer of carrots through the middle should be wider than the layers of peas. Season with a teaspoon of salt. Then process 40 minutes at 10 pounds pressure.

Greens

Use only tender, fresh, crisp greens. Discard all old, withered, webby, insect-bitten leaves and coarse stems. Leave on tender, crisp, brittle stems. Clean carefully by washing through several waters. Lift greens out rather than pouring the water off. Steam or heat in vessel with just enough water to prevent scorching until thoroughly wilted. Some greens, such as mustard, require more water for wilting. Pack hot, taking care that greens are not packed too solidly, especially through the center of jar.

A very good method is to pack about $\frac{1}{3}$ of a jar with greens, then add water to come to top of them, being sure that the water reaches into center of the jar. Continue with a layer of greens and water, until jar is filled or after greens are packed, cut across both ways with a long sharp knife.

Thorough wilting of greens before packing them in jars makes for a fuller and more attractive pack. Process 55 minutes at 10 pounds pressure or 4 hours in a hot water canner. When canned in a hot water canner, add 2 tablespoons of vinegar. Vinegar does not greatly impair the flavor of the greens.

Pear or Peach Pickle

6 lbs. fruit	4 sticks cinnamon
3 lbs. sugar	1 T. ground cloves (in bag)
3 c. vinegar	1 piece ginger root

Select firm, clingstone peaches. It is better to have them under-ripe than over-ripe. Peel as for canning and drop them a few at a time, at once into the pickling solution which is made by boiling together the vinegar, sugar and spices for 10 minutes, or until syrup is fairly thick. Add the peaches, cook them gently until tender, but not broken and let stand in the syrup overnight. In the morning drain the syrup from the peaches and pack the fruit into sterilized jars. Boil the syrup rapidly until thick and pour over the peaches in the jars. Seal, label and store in a cool place. Allow the pickled peaches to stand several weeks to develop flavor before serving.

Grape Jam

Use slip-skin grapes such as Concord. Wash, drain and remove from the stems. Press with thumb and forefinger on the grapes, one by one, to separate the pulp from the skin. Heat the pulp over the fire until it softens and changes color a little, then with a wooden spoon rub the pulp through a strainer leaving the seeds in the strainer. To the pulp add the skins, and sugar to equal the weight of the skins and pulp. Mix thoroughly and let cook until it shows a jam test.

Peach Marmalade

2 lbs. peaches (sliced)	1 lb. sugar
½ c. peach juice	2 t. bark cinnamon,
1 cracked peach seed	in small pieces
½ t. allspice	1 t. cloves
1 sprig mace	1 inch ginger root

Tie spices in cheese cloth bag. Cook all materials together until fruit is clear and syrup thick. Remove the spice bag. Pack hot into hot sterilized jars and seal.

THE EXHIBIT

The exhibit of canning for this year is two quarts of fruit pickle, same or different kinds; two quarts of soup or salad mixture, or one quart of each; and two quarts of peas or greens, or one quart of each. Select the six jars from the canning you have done and wash and polish them.

Girls enrolled in 5th year home demonstration work may also exhibit in any one or in all of the following special 4-H Club canning exhibits:

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

Vegetables—Five jars of different vegetables.

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

Meats—Exhibited by 4-H Club girls using fifth, sixth and seventh year manuals. 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 in the fifth 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 fifth year work should grow 6 or more kinds of vegetables, including 12 tomato plants, 6 hills of cucumbers, 50 feet of bush or pole snap beans, and 50 feet of carrots. 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	Tomatoes	Onions	English Peas
Lettuce	Carrots	Bush Snap Beans	Blackeyed Peas
Beets	Okra	Bush Lima Beans	Cucumbers

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



A farm home beautified through planning for best use of existing and new plantings. Note open lawn, and barns to the right of house screened from direct view.

Making a Landscape Plan

The requirement this year is not an easy one to fulfill, but it is one which will repay the maker and be needed much in the coming three years' 4-H Club work. Further even than that, a landscape plan made now will be the basis for growth and improvement of the home for the future. Think of planning work now that will be enjoyed and appreciated for years to come. A tree is a lasting monument to its planter.

You may not own the home you are living in, but rest assured that any work you do in planting flowers, shrubs and trees, and cleaning up the place, will be appreciated. Such labor will be appreciated by you and your family, your landlord, and the people who come to that house after you may have moved. If every person who rents a house beautifies and improves it a little, then when the moving takes place each person comes to a new place with some improvement already begun.

You begin now to plan for the permanent planting which must come in the form of trees and shrubs. Flowers can be moved around easily, but you risk a plant's life each time it is moved; so right now each tree, shrub and vine that is to be planted must have a definite and correct place in relation to all the others that exist or are to be planted.

It is first necessary to have a map of the existing conditions around your yard drawn to scale on paper so that you may have a miniature picture of your yard. Secure mimeographed directions from your home demonstration agent and consult "Landscaping Oklahoma Homes," Extension Circular No. 323, for information on the making of this map. This map is to be the basis for your landscape planting plan, so make a good accurate one. The circular, "Landscaping Oklahoma Homes," will be used as a guide in your yard improvement work from now on, and you will want to take good care of that booklet.

The cut on page 37 shows how one farmstead was blocked out in four steps, becoming a well designed plan to be completed as to planting of trees and shrubs when the owner was able to make the plantings.

Having your planting beds and tree groups blocked in means that you are a long way towards the finished result, because no matter what kinds of plants you use, the effect you get will be at least unified and organized.

Leave open areas of lawn to be outlined by trees, shrubs and flower beds at the borders. Plan to frame good views and screen bad ones, as is shown in the picture.

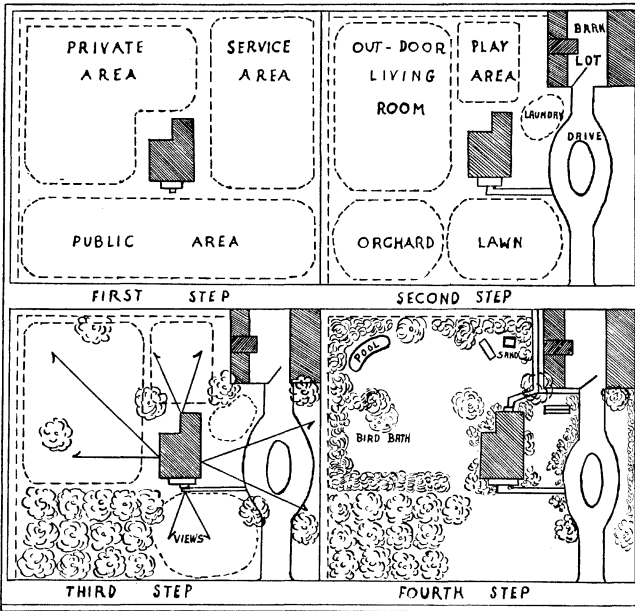
If possible, begin to use a service area which is conveniently located with reference to the kitchen or service side of the house. To this area you will move the clothesline, wood-pile, smoke house, wash house, garage and any other buildings or objects that seem to belong to such an area. This area and its buildings can be screened by plantings from both the public and house views.

Begin the necessary clean-up of trash, weeds and brush from the premises. Encourage the men to do work that is too hard for you, such as building up under the sills of the house with stone or lattice—underpinning; repairing fences, gates, porches and steps; and painting.

Make your plan and accomplish what you can this first year under the general head of "clean-up" and follow the plan from year to year until, as Dr. Seaman A. Knapp said "The farm will be made a place of beauty, so attractive that every passing stranger inquires: 'Who lives in that lovely home.' The house is of minor consideration. The gorgeous setting of trees and shrubbery holds the eye."

If your mother is enrolled in yard improvement and has a landscape plan, cooperate in every way in helping to carry it out, taking credit for those things you personally do.

After making your map of existing conditions, follow these four steps of blocking-in major areas to be used in your landscape plan.



A method of outlining the three areas of the farmstead and blocking in proposed plantings.

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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