

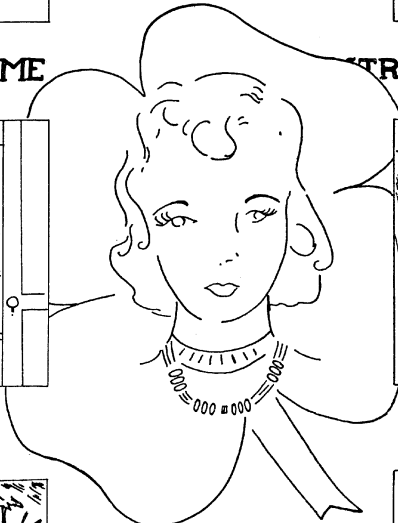


4-H



HOME

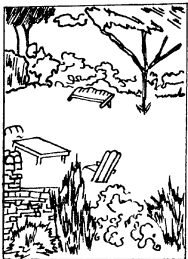
CONSERVATION



CLUB MANUAL

SIXTH YEAR

Circular No. 191



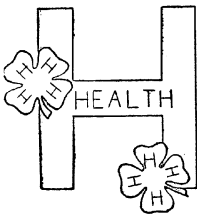
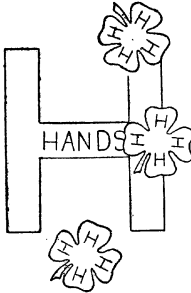
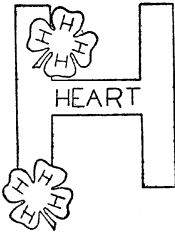
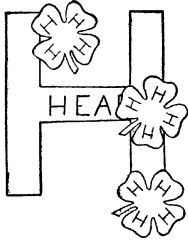
COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Oklahoma

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Oklahoma Agricultural and
Mechanical College and
United States Department of
Agriculture, Cooperating
Extension Service
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**4-H HOME
DEMONSTRATION CLUB
MANUAL**

SIXTH YEAR



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

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

PROJECT WORK

SIXTH YEAR

Phase of Work	Work Required	Exhibit
Clothing	Dress, suit, or ensemble made of wool, wool mixture, or synthetic wool. Woolen darn on worn material.	Wool, wool mixture, or synthetic wool dress suit or ensemble
Home Improvement	Make a rug and do two of the following: Finish or refinish floor, walls, ceiling, woodwork or furniture. Select material and make curtains or one or more pieces of bed linen; select floor covering; select and hang pictures; improve furniture arrangement.	Rug
Food Preparation	Try all 10 recipes in the manual at least twice.	Loaf of nut bread
Canning	Can a total of 60 quarts (vegetables, fruits, pickles, preserves, jelly, fruit juice, meat if you have a pressure cooker).	Exhibit 5 pints as follows: 2 pints meat, same or different kinds 2 pints okra or corn or 1 pint each 1 pint pickles or relish
Food Production	Grow 8 or more vegetables including 12 tomato plants, 6 hills of cucumbers, 6 hills of cantaloupes, 50 feet of bush or pole snap beans, 50 feet of bush or pole lima beans, and 50 feet of carrots, or enroll in one of the regular food production projects.	If 8 vegetables are grown no exhibit required. In case of a regular food production project, the exhibit will be as given in the requirements of that project.
Yard Improvement	Plant and care for trees	10 dried and pressed leaves of native trees mounted on herbarium cards

THE RECORD

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

CLOTHING

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

Clothing requirements: Dress, suit or ensemble made of wool, wool mixture or synthetic wool and woolen darn.

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 colors with the utmost care. Color should be chosen because it is becoming and appropriate for the occasion on which it is to be worn.

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

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

color is more becoming for dresses and outer garments than crude reds, blues, 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 of 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 larger person who wishes to look smaller will choose dark and duller colors for her dress or outer garment and the tiny person wishing to appear larger will wear the lighter colors which may also be of material to reflect light.

Hair as Affected by Color

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

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

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

Skin as Affected by Color

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

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

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

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

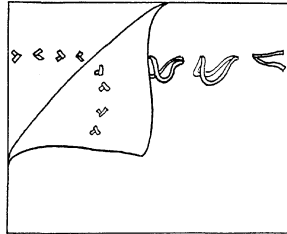
Those individuals with a skin described under class 2 are less fortunate and must consider very seriously the problem in the selection of becoming colors. The person with red, irritated skin should not wear those colors which will intensify the red, such as blue-green, which is directly opposite on the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

GENERAL CONSIDERATIONS IN CLOTHING CONSTRUCTION

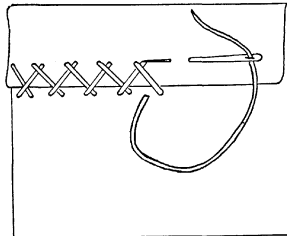
Suggestions for Appropriate Seams for Dresses

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

Tailor Tacking—This is used to mark pattern perforations or other markings that are to be made through two layers of material. Leave the pattern attached to the material after cutting. Use double thread, begin with a back stitch, then take running stitches, but leave a loop of each stitch on the top side. When completed, pull the pieces of cloth apart and clip the stitches. Both pieces of material are then properly marked.

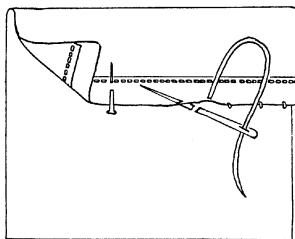


Catch Stitch—This is used to hold down an edge. It may also be used for decoration. The catch stitch is worked from left to right. Fasten the thread and bring the needle out at the upper left-hand end of edge to be held down or space to be decorated. Take a stitch below from right to left far enough to the right of where the thread is fastened to give the proper slant to the stitch. Then take another stitch at upper edge, exactly on a line with the beginning of the first stitch, and far enough to the right to give the proper slant and continue in same manner.



Pinked Seam—Notch the seam edges with pinking shears or with a machine, and press open. This finish is desirable for materials that do not ravel such as taffeta, flannel, all firm crepes and wools, and firm heavy cottons.

Hem With Facing Tape—A hem suitable for wools, heavy silks, and heavy cottons is shown in the sketch. Use bias or straight seam tape, stitch to raw edge, and sew down flat, using slip stitch.



TAILORED BUTTONHOLE

The bound or welt buttonhole will lend no end of dash to a cotton, silk, or light weight wool frock, and is also the right buttonhole for a garment of heavy woolen goods. Many beginners hesitate to attempt this smart, tailored finish which can be very simple if the step-by-step instructions are first followed on a practice piece.

It is worth the time and the trouble to master the details as this buttonhole is a much used finish.

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 $1\frac{1}{4}$ inches wide. This binding piece may be of the same material or a contrast. Crease binding piece lengthwise through center.

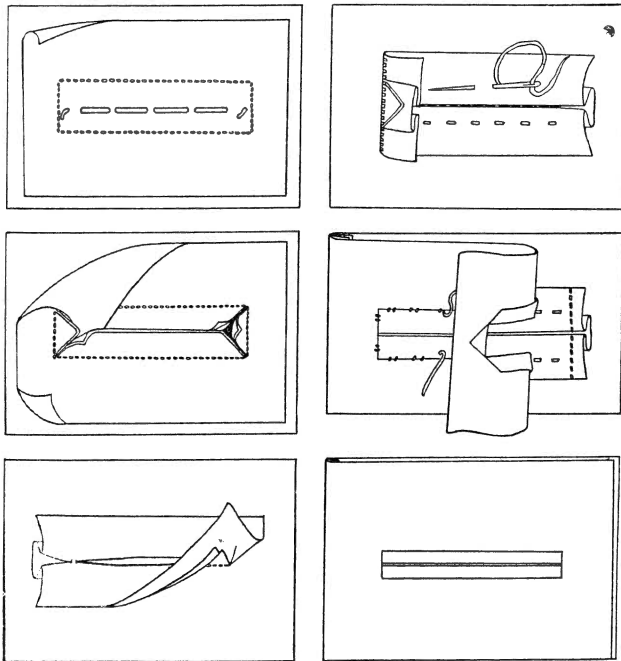
Place the right side down on the right side of the garment with the crease along the basting line which marks the buttonhole. Lay the piece out flat and baste along crease.

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 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.



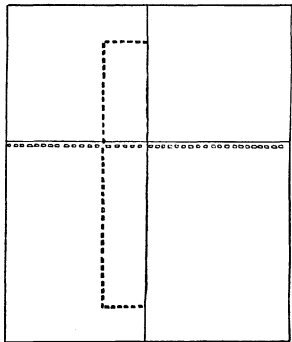
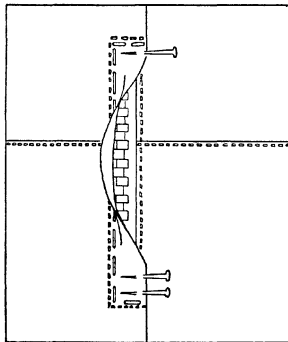
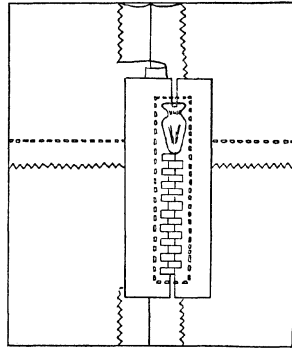
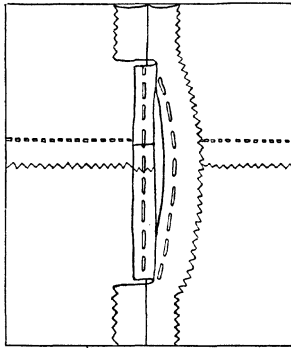
SLIDE FASTENERS FOR DRESS PLACKETS

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 ½-inch wide.

Turn under the half of the seam allowance at the back edge 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.

FURTHER SUGGESTIONS ON SEAM FINISHES

Avoid the binding of seams, especially in wash dresses.

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

Armscye 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 $\frac{1}{4}$ -inch in width when finished.

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

Collars and Cuffs

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

In heavy woolen dresses where self material is used for bias facings in putting on collars and cuffs, avoid turning the facing twice—instead pink the lower edge or catch stitch down without pinking. Where woolen material is very heavy, a silk facing of the same color as the dress makes a smoother and more comfortable finish.

Hems

Hems should be measured with a yard stick from the floor to the desired length and marked by pins. The hem should then be turned up on the pin line and basted, being careful to get a smooth hem line around the bottom. Sometimes a pin may be a little out of line and will have to be moved. Now, mark the width of the hem by using a cardboard the desired width. Lay the cardboard on the wrong side of the garment and even with the lower edge of the hem which has been

basted up. Mark with pins, turn edge under on pin line and baste. Trim the edge of the material to about $\frac{1}{4}$ -inch of the top edge of the hem. This top edge of the hem may be machine stitched about $\frac{1}{16}$ of an inch from the edge, thus forming a tiny casing for the thread used in putting the hem in by hand. If the casing is not to be used or if the hem is to be stitched with the machine, baste down to the garment when you have finished trimming the edge.

When there is fullness to be taken in at the top 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 and is less bulky.

Hems in silk or any material thin enough to be turned may be put in with slip stitch or good hemming stitch.

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

Hems in dresses made of material which will permit pinking, may be pinked and catch stitched down. Avoid turning hems of heavy materials twice.

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

Fastenings

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

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

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

Facings

The broad deep facing of the neck opening in the front of a dress may be catch stitched down. If the other finishes of the dress have been pinked, it should be pinked. If it ravel easily, use seam tape or bias tape the same color as dress and finish as for trims and other facings. It is not wise to turn the edge under and stitch before fastening down, as this produces a ridge which is not desirable. It is often advisable to catch the facings down only occasionally and sometimes not at all in order to avoid ridge on the right side.

DRESS, SUIT OR ENSEMBLE

Material—Any suitable wool, wool mixture, or synthetic wool material—always choose good quality.

Pattern—Any suitable wool, wool mixture, or synthetic dress, suit or ensemble. Test pattern by pinning together at shoulder and underarm and trying on. If alterations must be made, they should be made now. See "Pattern Alteration," (Extension Circular).

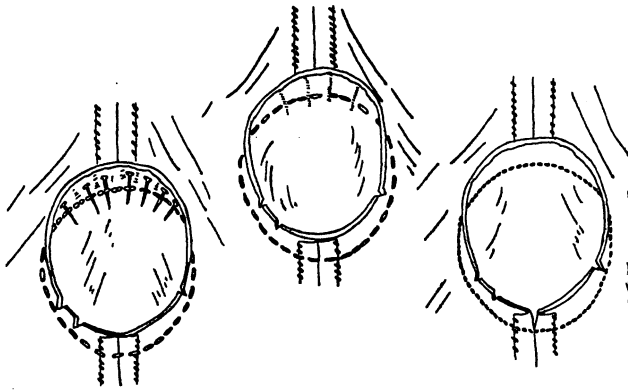
Amount of Material—Because of the varying widths of materials the safest way to determine the amount of material is to go according to the amount required on the envelope of the pattern for the different widths of cloth.

Cutting—Read directions carefully, then choose the pieces of pattern you will use and place them on the material according to directions. Do not do any cutting until you have all of the pieces of the pattern placed and are certain that you have plenty of material. Do not cut notches, but mark with chalk or tailor's tacks where they are indicated on the pattern.

Stitching—Be accurate with your machine stitching. In woolen cloth, sewing silk is the best kind of thread to use since it is strongest and its color will not fade as cotton sometimes does.

Pressing Seams—All seams should be carefully pressed as each step is completed. Place your dress on the ironing board, the wrong side out, open and moisten seams. Place dry cloth on top and press with hot iron, being careful not to scorch dress, since some materials scorch easily.

Putting in Sleeves—Put in sleeves according to directions on pattern. Pin each sleeve into its proper armhole beginning at the notches. The sleeve should be held a little fuller than the armhole all the way around the top. You will find that two gathering threads will help in easing the fullness in without any gathers forming. After it is pinned in, baste and try on. The seam should be at least $\frac{3}{8}$ of an inch wide. Stitch and press.



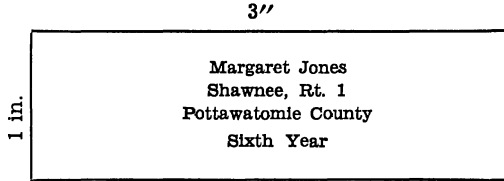
Finishing—This dress may be finished around the neck and lower edge of the sleeves as desired, following previous directions.

Hemming—Follow the hemming directions on page 13.

If making a coat or jacket, see "Tailoring," a mimeographed Extension circular.

THE EXHIBIT

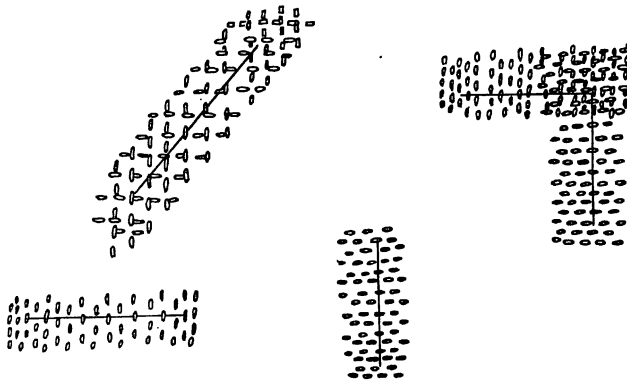
The sixth year clothing exhibit is the dress, suit or ensemble made of wool, wool mixture, or synthetic wool material. Label each piece carefully. The label may be of white muslin; the size suggested is one inch wide and three inches long after raw edges are turned under. The label should contain the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



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

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

DARN FOR WOOLENS



Woolen Darn

be able to darn a cut or tear in a garment so visible. The darns should be made on worn places which are similar in shape to the cut. Darn one slit with sewing silk or fine color of cloth, and two with ravelings of same cloth.

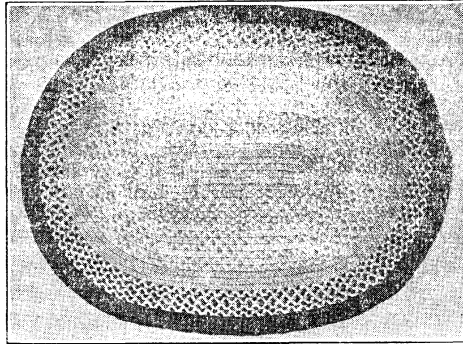
Darn from the right side, picking up only about one thread of cloth with the needle, thus keeping most of the darning thread on the wrong side. Very little should show on the right side. Always have your darning thread run along with the thread of the cloth, even if the slit is diagonal. Keep edges of slit together when darning. Use single thread or raveling as it shows less than when doubled. Do not draw the darning thread too tight or it will give a drawn appearance. Press on the wrong side when finished.

A patch of light weight material of same color as cloth to be darned may be placed on wrong side of darn if strength is needed in the garment. Sew into place around the edge with the same stitch used in darning, making a long stitch on the wrong side and short one on the right side and darn through this.

HOME IMPROVEMENT

Home Improvement Requirements: Make a rug and make two improvements in your bedroom.

HOMEMADE RUGS



Homemade rugs, because of their economy, beauty, and service, have become popular. They are particularly appropriate for a girl's room. The beauty of the homemade rug depends upon its coloring and the skill with which the work is done. Harmony of color is more desirable than contrast. A rug may be beautiful in itself but unless it blends with other furnishings in the room in design and color, its effect will not be pleasing. To get the best results one should decide on the kind of rug to be made—braided, crocheted, woven, or hooked. Prepare the rags, washing and dyeing if necessary, so the colors will be right, then work out the design. The workmanship is very important, so do not sacrifice a nice finish because you are in a hurry. You will be repaid for taking time in making your rug as well as you possibly can.

A few general suggestions for making braided rugs are:

1. *Color*—not too dull nor too bright; at least two-thirds should be neutral or black with small amounts of bright color for accent notes.

2. *Design*—conventional and all-over designs are most suitable for hooked rugs. Uneven numbers as three or five are more artistic than even numbers in borders and stripes.

3. *Workmanship*—materials should be the same kind, quality, and weight throughout the rug; strips should be cut or torn evenly, and on the straight of the material. The joinings should be smooth and the wrong side neatly finished.

The rug should be heavy enough to keep from slipping and avoid cupping. Press rug well before using it.

THE EXHIBIT

The rug is the article exhibited in sixth year home improvement. Sew the label in the center on wrong side. The label may be made of white muslin; the size suggested is one inch wide and three inches long after raw edges are turned under. The label should contain the member's name, post office, route, county, and year of work typed or printed in ink.

IMPROVING THE BEDROOM

In addition to making a rug, select and complete the improvement that is most needed in the bedroom.

Suggestions::

Finish or refinish walls and ceiling.

Finish or refinish woodwork.

Finish or refinish one piece of furniture.

Improve furniture arrangement.

Select and hang pictures.

Select material and make two pieces of bed linen.

Complete *one* of the following special demonstrations:

(1) 4-H Bedroom Window Unit (Refer to mimeographed bulletin, same title.)

(2) 4-H Bedroom Unit Exhibit (Refer to mimeographed bulletin Bedroom Improvement for 4-H Club Girls.)

COLOR

One of the most important steps in furnishing your room is choosing the right colors, since color supplies an inexpensive and a generally successful means of making a room attractive. Its emotional effect is also easily felt, as drab colors are depressing, and gay colors are enlivening.

The color quality that is most important is its warmth or coolness. Colors that contain much yellow or red are considered to be warm; those that contain much blue are regarded as cool. If your room is on the sunny side of the house and you want it to appear cool, you can use such cool colors as green, blue, and blue-green with a touch of bright warm color to add cheer and character. North rooms need warm colors, especially yellow, as a substitute for sunlight. An additional problem is deciding on the intensity of color to use in rooms of the same exposure. Dark rooms demand light tones of color, while rooms with many windows will look equally as attractive in deeper shades of the same colors.

WINDOW CURTAINS

Curtains add to the attractiveness of your bedroom and soften the light. If made of materials in colors to harmonize with the room they lend an added charm. Plain curtains of simple material are always in good taste.

Material—Muslin, bleached or unbleached; dotted Swiss; voile; cretonne; cheesecloth or scrim.

To Make—Curtains should conform to the furnishings and type of room for which they are selected. The following general rules are given: Curtains should separate in the center of the window. Length should be to the window sill just over the apron (board below sill) or within one inch of the floor. Fullness of a curtain: two widths of 36-inch material for an average window. Wide hems at the bottom or ruffles down the center and across the bottom make attractive decoration. There should be a one-inch heading at the top and casing large enough for the curtain to slide easily on the rod.

REFINISHING OLD FURNITURE

It is not possible to give the directions necessary for refinishing an old piece of furniture in this manual, but you may write for Extension Circular No. 265, "Practical Methods of Refinishing Furniture, and you will have the steps clearly outlined. The steps in brief are:

1. Take off all removable parts that do not need to be refinished.
2. Remove old finish.
3. Sandpaper surface.
4. Fill cracks, nail holes, and scratches.

5. Stain the wood the desired color.
6. Fill the pores of open grained wood.
7. Apply the new finish.

Among the publications which the member will find helpful are:

Oklahoma Extension Circulars—

The Comfortable Bedroom, No. 303.

Practical Methods of Refinishing Furniture, No. 265.

Rug Making, No. 297.

Curtains Make the Window (mimeographed).

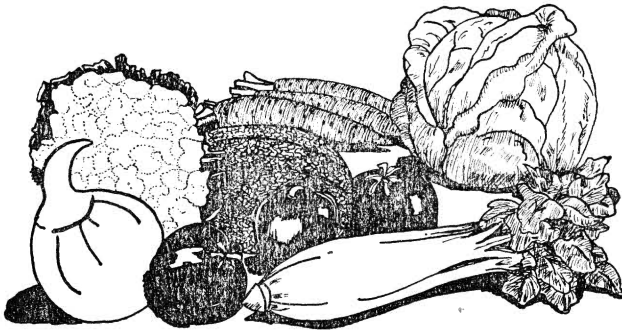
It Takes Color to Make Rooms Beautiful (mimeographed).

U. S. D. A. Farmers Bulletins—

Window Curtaining, No. 1633.

Floors and Floor Coverings, No. 1219.

FOOD PREPARATION



VEGETABLES

Vegetables furnish valuable materials for building and regulating the body. They are especially rich in vitamins, minerals, and roughage. Vegetables belong to a class of foods known as protective foods (milk and milk products, vegetables, fruits, and eggs). These foods are called "protective," because, if eaten daily in sufficient amounts and variety, they build strong bodies, promote good health, and protect the individual by helping build up a resistance to disease.

The flavor, appearance, texture, digestibility, and food value of vegetables are affected by the way they are cooked. It is, therefore, very important that they be properly cooked.

Preparing Vegetables for the Table

1. Vegetables are at their best when they are young, crisp, tender, and firm—freshly gathered from the garden.
2. All vegetables should be washed thoroughly to remove all sand and insects.
3. A large percentage of mineral content is near the skin; therefore when vegetables need to be pared, only the thin outer layer of skin should be removed.

COOKING VEGETABLES

1. Vegetables should be cooked until tender, but no longer.
Overcooking—
 - a. Destroys some of the vitamins.
 - b. Impairs the flavor.
 - c. Injures the color.
 - d. Causes digestive discomfort.
2. When vegetables are baked, they retain more of their food value and flavor than they do when cooked by other methods.
3. No water need be added when cooking tender greens. The water that clings to the leaves after washing, plus the water in the leaves themselves, is all that is needed. There should be only enough liquid after cooking to serve in the dish of vegetables.
4. Some of the minerals in vegetables dissolve out into the cooking water. The vegetable juice should be served with the vegetable, or used in soups or gravies and should not be thrown away.
5. Green vegetables should be cooked with the lid off so that the acid vapor released by cooking may escape. If this acid vapor is held close to the vegetable, it causes a change in color.
6. Soda should not be added. It does help to keep the green color in vegetables, but destroys vitamins.

RECIPES**Baked Potatoes**

Select smooth, medium sized potatoes. Wash thoroughly, using a vegetable brush if you have one. Dry the potatoes, oil them lightly, then place in a shallow pan or on the grate in the oven. Bake in a hot oven for 45 minutes, or until the potatoes are soft. Just as soon as done crack or pierce with a fork to allow steam to escape. Serve immediately.

Half-and-Half Vegetable Dish

6 medium-sized beets	½ t. pepper
6 medium-sized turnips	1 c. water
1 t. salt	1 T. butter

Peel and shred beets and turnips. Add seasonings, water and butter; cover and cook 12 to 15 minutes, or until tender. Remove cover during the last 5 minutes of cooking. Serve hot.

Southern Cabbage

Place 3 tablespoons of butter in an iron skillet and brown slightly. Add 1 quart of shredded cabbage (not chopped) and stir well. Cover tightly and simmer for 5 minutes. Stir again, cover and simmer for 5 minutes longer. Add $\frac{1}{8}$ t. pepper, $\frac{1}{2}$ t. salt, $\frac{1}{2}$ c. cream or $\frac{1}{2}$ c. rich milk, and stir well. Cover and simmer 3 to 4 minutes. Serve.

Buttered Spinach

Gather young spinach, sort it carefully and wash through several waters so as to be certain that it is free from sand and insects. Lift it from the last water into a large kettle and put it over a moderately hot fire. Do not cover it or add water. You will soon notice that vapor is rising from the kettle. Turn the spinach so that it will wilt quickly. Add a small amount of salt, and cook the spinach slowly until it is tender. If the spinach is young, this will take only a few minutes. Usually when young spinach is thoroughly wilted it is done. Most spinach requires from eight to ten minutes of cooking.

Season with butter, pour into a serving dish and garnish with hard cooked eggs or strips of broiled bacon. (If bacon is used, the bacon fat may be used instead of the butter.)

Raw Vegetable Salad

- | | |
|-----------------------------------|-----------------------|
| 6 tomatoes | 2 hard cooked eggs |
| $\frac{1}{2}$ c. shredded cabbage | $\frac{1}{2}$ t. salt |
| 1 sliced cucumber | French dressing |
| 3 shredded carrots | |

Toss together the cabbage, cucumber, carrots and salt so that they will be well mixed. Then add the quartered tomatoes and toss lightly. Divide into servings and place on lettuce, garnish with hard cooked egg. Pour a small amount of French dressing over each serving just before it is served.

Scrambled Onion Eggs

- | | |
|----------------------|----------------------------|
| 3 T. butter | $\frac{1}{4}$ c. rich milk |
| 1 onion, sliced thin | $\frac{1}{2}$ t. salt |
| 5 eggs | $\frac{1}{8}$ t. pepper |

Melt butter in frying pan. Add the onion. Cover and allow to simmer until the onion becomes softened a bit.

Melt butter in frying pan. Add the onion. Cover and allow to simmer the onions and cook slowly. Scrape from the bottom and sides of the pan as the eggs cook. Cook until creamy. Turn out onto a hot dish, garnish with crisp bacon and serve at once.

Cornbread

- | | |
|--------------------|-----------------------|
| 1 egg | 1 c. yellow meal |
| 1 T. sugar | 1 c. flour |
| 1 c. sour milk | $\frac{1}{2}$ t. salt |
| 2 T. melted fat | $\frac{1}{2}$ t. soda |
| 1 t. baking powder | |

Beat egg and add milk. Combine dry ingredients. Stir liquid ingredients into the dry. Add melted fat last. Beat thoroughly, pour into hot, greased 8-inch pan and bake in a hot oven (400° F.) until done, about 45 minutes.

Nut Bread

1 cake compressed yeast	6 T. sugar
$\frac{1}{2}$ c. lukewarm water	1 t. salt
2 c. scalded milk	2 c. chopped nuts
3 T. butter	6 c. enriched flour

Soak yeast in lukewarm water. To scalded milk add butter, sugar, salt, and two cups flour. Cool, beat in yeast, nuts, and add enough more flour (about four cups) to make a stiff dough. Knead well. Put in an earthen bowl, grease the surface with butter, cover, and allow to stand in a warm place until double in bulk. Knead again, shape into loaves, put in pans. Grease surface, and allow to rise. When again light, bake in hot oven (400° F.) until crust starts to brown. Reduce to moderate oven (350° F.). Baking time about 50 to 60 minutes.

Sour Cream Cake

3 eggs	$\frac{3}{4}$ t. soda
$1\frac{1}{2}$ c. sugar	$1\frac{1}{2}$ c. sour cream (not too thick)
$2\frac{1}{2}$ c. enriched flour	1 t. vanilla and some grated lemon rind
$1\frac{1}{2}$ t. baking powder	
$\frac{1}{2}$ t. salt	

Beat eggs well; add sugar and beat again. Sift dry ingredients together. Add alternately with sour cream to egg mixture; add vanilla and lemon. Bake in a moderate oven (350° F.) for about 45 minutes. Cool. Cover with Seven Minute Frosting. This cake can be made into two round layers or two 8x12-inch layers.



Turn Out Butter Cakes After Slight Cooling.

CARE OF CAKE AFTER BAKING

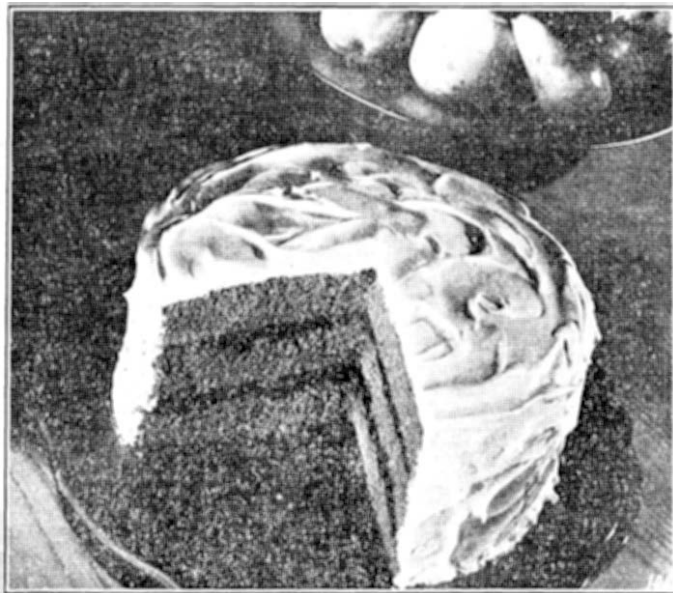
Careful handling after baking is a very important step in cake making.

When removed from the oven, butter cakes should be set on a cake rack for about five minutes to allow a slight cooling. Then, the edges should be loosened, and the cake inverted on the rack. The paper (if it has been used) and pan should be removed and the cake turned right side up. Leaving the cake to cool on a wire rack often prevents sogginess of the bottom crust.

Seven Minute Frosting

1½ c. sugar	2 egg whites (unbeaten)
5 T. water	1 t. vanilla
½ T. white corn syrup	

Place sugar, water, unbeaten egg whites and corn syrup in top of double boiler. Beat with rotary beater until thoroughly mixed. Then place over boiling water and keep the water boiling during the entire time of cooking. Beat the mixture in the top of the double boiler continuously until stiff enough to hold its shape. This will require about seven minutes. Add vanilla and beat until stiff enough to spread.



A Prize Winning Cake.

CANNING



To complete this demonstration you are required to can 60 quarts of food products, namely, fruits, vegetables, preserves, pickles and meats if you have a pressure cooker.

The following circulars should be used as reference material:

No. 260—Home Preservation of Fruits and Vegetables.

No. 63—Meat Canning.

Corn

(Cream Style)

Can only young, tender, juicy corn. Can at once after gathering. Wash and cut from cob, being careful not to cut too close to the cob. Scrape cob once only, or better not at all. Measure and add 1 teaspoon of salt to each quart of corn. Place in sauce pan and cover well with water. Bring to the boiling point and boil 8 to 12 minutes. Stir frequently because corn scorches easily. Pack while hot into hot jars to within 1 inch of top of jar. The pack should be loose and mixture quite soft. If the mixture is too thick, thin with hot water. Corn should be canned in No. 2 cans or pint jars, and never in anything larger than a glass quart jar. Process 80 minutes at 10 pounds pressure.

Corn
(Whole Grain)

Corn for the whole-grain pack should be gathered three or four days earlier than for cream style corn. The whole-grain product retains the appearance and flavor of fresh corn more nearly than the cream style because it may be given a lighter processing and therefore is not so likely to be overcooked.

For the whole-grain style cut the corn from the cob deeply enough to remove most of the kernels without objectionable hulls. Do not scrape the cob. Add 1 teaspoon of salt to each quart of corn and half as much boiling water as corn. Heat to boiling and pack into containers at once. Process 65 minutes at 10 pounds pressure.

Okra

Select young, tender pods; remove stems without cutting too closely to seed pod. Cover with water, and boil young okra 1 to 3 minutes, more mature pods 6 to 8 minutes. Pack hot, add salt and hot water and process 45 minutes at 10 pounds pressure.

PRESERVES

"A fruit preserve is a product consisting of whole small fruit or pieces of larger fruits cooked in a syrup until clear and somewhat translucent and stored in the thick syrup or jellied juice."

Peach Preserves

Any variety of white or yellow peach of good dessert quality will make satisfactory preserves if chosen at the firm-ripe stage.

Wash and pare the peaches. Cut them into uniform pieces such as halves, quarters or eighths. To each pound of prepared fruit allow $\frac{3}{4}$ to 1 pound of sugar. Combine the fruit and the sugar in alternate layers and let stand 8 to 10 hours or overnight before cooking. Or add the sugar and one-fourth cup of water for each pound of the fruit and cook at once. In either case stir carefully while heating to boiling. Boil rapidly until the syrup is somewhat thick, stirring constantly to prevent burning. Pour at once into hot sterilized jars and seal.

Cherry Preserves

Select sour, red cherries. Discard any imperfect ones. Wash and drain. Remove stems and pits without tearing the fruit needlessly. For each pound of pitted cherries use $\frac{3}{4}$ to 1 pound of sugar. Combine the fruit and sugar in alternate lay-

ers and let them stand 8 to 10 hours or overnight before cooking. Or, if preferred, add the sugar and $\frac{1}{4}$ cup of water for each pound of the fruit and cook it at once.

Whether or not the fruit has been allowed to stand with the sugar, it must be stirred carefully while it is being heated to boiling point. Boil rapidly until the syrup is somewhat thick, taking care to prevent scorching. Pour at once into hot sterilized jars and seal.

Pepper Relish

Select 12 each, sweet red and green peppers and tiny onions, 3 T. salt, 1 pt. vinegar, 2 c. brown sugar. Remove seeds from peppers and chop very fine, chop onions, add salt and allow mixture to simmer 10 minutes. Drain and add vinegar and sugar. Let come to boiling point, pour into pint jars and seal. As soon as sealed place in hot water and process 5 minutes.

Bread and Butter Pickles

5 medium cucumbers	1 c. water
3 medium onions	$\frac{1}{2}$ t. mustard seed
$\frac{1}{4}$ c. salt	$\frac{3}{4}$ c. sugar
1 c. vinegar	$\frac{1}{2}$ t. ginger
$\frac{1}{2}$ t. celery seed	$\frac{1}{4}$ t. turmeric

Wash cucumbers; slice in thin slices. Peel and slice onions. Combine onions and cucumbers, and add $\frac{1}{4}$ cup of salt. Let stand 2 hours. Heat vinegar, water, celery seed, mustard seed, sugar, ginger and turmeric to the boiling point. Add the drained cucumbers and onions and boil gently just until tender. Pack while hot into hot, sterilized jars.

MEAT

We do not recommend the canning of meat except with a pressure cooker.

CHICKEN

Kill, *bleed well*, and dress in the usual manner. Cool thoroughly or chill for canning.

Cut into pieces suitable for serving. Leave the bone in friers. Remove the bones from the meaty pieces (thighs, drumsticks and breasts) of hens used for baking and stewing.

Fried Chicken

Method I. Sear in hot fat until delicately browned (golden brown). Browning in deep fat gives a uniform brown on all

sides. Do not flour for canning. Salt lightly and pack into jars. Place the thighs, drumsticks and breasts next to the jar and bony pieces to the inside for attractiveness and for heat penetrating to the center of the jar. Do not add liquid to exhibit jars. Process in a pressure cooker for 50 minutes at 15 pounds pressure.

Method II. Many homemakers prefer to brown the meat after it comes out of the can. It tastes more like freshly fried chicken. If this method is used, the pieces of chicken are placed in a kettle of fairly hot water (not hotter than simmering) and heated at this low temperature for about 15 minutes for friers and 20 minutes for older meat. This shrinks the meat and partially sets the blood if it has not been well bled. Pack as described above (perhaps more snugly). Fill to neck of jar with the clear broth, and process 50 minutes at 15 pounds pressure.

Baked Chicken

Method I. Prepare and bake as for immediate use, cooking only partly done (just until pink color disappears and the meat is delicately browned on outside). Cut into serving pieces, remove bone, pack into jar, add $\frac{1}{2}$ t. salt to pint and fill with broth to neck of jar. Process 50 minutes at 15 pounds pressure.

Method II. Cut up and heat in simmering water for 20 minutes as described above. Remove bones from thighs, drumsticks and breasts. Pack snugly, add $\frac{1}{2}$ t. salt and fill with broth to the turn in jar. Process 55 minutes at 15 pounds pressure.

THE EXHIBIT

The exhibit of canning for this year is two pints of okra or corn, or one pint of each; one pint of preserves, butter, marmalade, or jam; one pint of pickles or relish; and two pints of meat, same or different kinds. Select the jars from the canning you have done, and wash and polish them.

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

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

Vegetables—Five quart jars of different vegetables.

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

Meats—Five pint jars of at least three kinds.

The Label

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

FOOD PRODUCTION

The food production work requirements for sixth 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 sixth year work should grow 8 or more kinds of vegetables, including 12 tomato plants, 6 hills of cucumbers, 6 hills of cantaloupes, 50 feet of bush snap beans, 50 feet of bush lima 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.

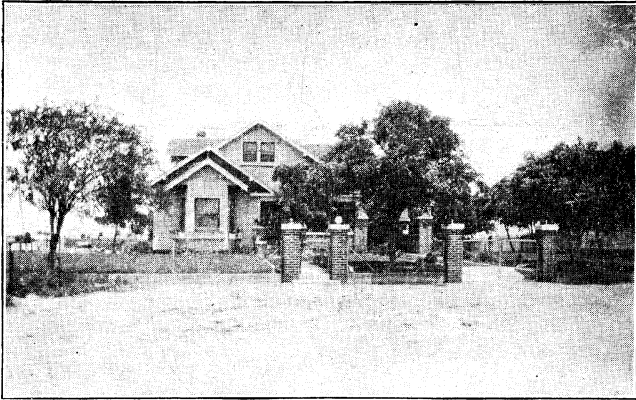
Suggested list of Vegetables to Grow:

Radishes	Spinach
Lettuce	Sweet Peppers
Beets	Onions
Tomatoes	Bush Snap Beans
Carrots	Bush Lima Beans
Cantaloupes	English Peas
Cabbage	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.

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

YARD IMPROVEMENT



House nicely framed by trees, which also give it shade.

TREES

Almost the first thing early settlers of Oklahoma and other plains states did was to plant trees. Probably their first thought was for shade and protection from heat, but surely the desire to have the forest conditions they had left in the North and East was an important factor. Unfortunately, many of our trees have died after only 25 or 30 years, because in those early days not so much information was available on good tree varieties to plant under Oklahoma conditions. The loss of many maples, locusts, and cottonwoods in the last two or three years strongly brings out that fact. Large plantings of one variety were made in those days, but today several varieties are planted so the whole planting will not be affected in the same way by a bad season or a plague of insects. For success, plant native trees and species of cultivated trees that have proved their good qualities. Select trees for special uses by their habit of growth.

Today you will want to plant trees around your homes for shade, for windbreaks, to give a background, and to frame it. Wherever trees are planted, you should try to imitate nature and achieve a simple effect. This is done by planting as Nature does—in triangular groups of three or more.

For further information on tree planting, consult Extension Circular No. 323, "Landscaping Oklahoma Homes." Also note the comments in U. S. D. A. Farmers' Bulletin No. 1591, "Transplanting Trees and Shrubs;" in U. S. D. A. Farmers' Bulletin No. 1481, "Planting the Roadside;" Oklahoma Experiment Station Bulletin, "A Shade Tree Program for Oklahoma;" and in the 4-H Club Forestry Manual on uses and requirements of various trees.

Study the above references, review the preceding year's work of making a plan, and check the positions of proposed trees again before planting. Try to visualize a full grown tree in each spot where you have planned to put a tree.

Trees for shade, framing, and background may be planted as close to the house as 15 feet, especially when placed diagonally out from the corners. Such a distance will allow the trees to be most efficient in providing shade, and will not cramp its growth.

Trees in groups of three may be planted 15 or 20 feet apart when the group is not crowded by other trees, but ordinarily the larger trees will be planted 40 or 50 feet apart and smaller trees 30 or 40 feet apart. This spacing allows for the natural growth of the specimens and gives each the necessary space of soil for food and moisture when maturity is reached.

Usually the open lawn will be towards the approach side of the house and trees which will obstruct this view of the house should not be planted except when there is an urgent need. Such a need might be for protection from the southwest sun or for protection from dust blowing from an adjacent road.

Windbreak and woodlot planting should be spaced on an average of eight by eight feet so that a stout, wall-like growth will result. Such plantings can be more easily cultivated if planted in rows, but the monotony of their straight lines may be broken by placing a group of trees out from the row now and then. This manner of treating a windbreak to make it seem more natural will be most important on the side next to the house.

Do not forget tall screens of trees for barns and sheds. One may do the double duty of screening a barn and breaking up the glare that would come from its roof.

Young trees should have their tender trunks protected from the burning heat of the afternoon sun until they are able to grow branches for shade in that direction. An exposed trunk will surely sunburn and scald; and the soured sap will attract borers which will kill or seriously damage the tree. Lowest branches should be placed facing the southwest. A slender trunk without branches can be protected by a few cornstalks or a board tied to it, or by newspaper wrapped around it.

The following are a few of the trees which are good to plant in Oklahoma for shade, framing, background and screening:

Native Elms. The American elm, with its goblet shape, should be a more popular shade tree for Oklahoma planting. It grows to be larger and more graceful than any other shade tree. Where properly cared for, it is a rapid grower and adapted to a variety of soil conditions. The wood is hard and difficult to split. This tree may be used for shade and framing. It is drought resistant and much longer-lived than most other trees.

Cedar Elms. This one and the winged elm are similar in having a small rough-to-the-touch leaf, a rough and rugged character of growth, and plenty of stamina to resist bad conditions of soil and weather. It may be used for shade, background and screening.

Chinese Elm. The Chinese elm is one of the most promising, rapidly growing trees for shade purposes. It stands the dry weather well. It is a good windbreak tree, and grows in any soil much more rapidly than the American elm. So far, the Chinese elm has proved to be free from the attacks of diseases and most insects. It may be attacked by borers, in which case the insects have to be cut out of the trunks. To prevent attacks of this insect, trees should be protected from sunscald. The only apparent objection to the Chinese elm is the tendency to form narrow crotches which may split when the tree is older. Removing entirely or cutting back one of the limbs forming the crotch will correct this fault.

Green Ash. This tree should be popular in Oklahoma, although it is a slower grower. It stands dry weather well and grows to be a good size.

Silver Maple (Soft Maple). This tree is a rapid grower and is popular on this account. It is a short-lived tree, however. The wind breaks off limbs, and this mars the beauty of the tree if it does not entirely destroy it. This tree does best in good soil with plenty of moisture. It should be used where its loss will not be greatly missed.

Catalpa (catalpa speciosa). This common catalpa is the most popular of the catalpas, and grows rapidly, especially on a rich soil. It sprouts well from the stump when the trees are cut in the winter, and the second growth makes a tall, central trunk. The wood is light, soft, and very durable. When creosoted, it makes good fence posts.

Sycamore. The sycamore grows to be a large, pyramidal tree, and is a fairly rapid grower. It stands dry weather well. The sycamore drops its leaves in late summer, thereby causing the early loss of its shade. It has horizontal limbs, and a smooth white trunk. It may be used for street or avenue plantings.

Lombardy Poplar. This is a graceful tree, growing straight up for some 30 feet and being less than six feet wide in spread. It is a rapid growing tree, but short-lived, and saps the ground greedily and sends up suckers. However, it is one of a kind for use as a vertical accent against the sky. Two lombardies are used in the picture appearing on the cover of "Landscaping Oklahoma Homes." This tree is good for use in a narrow planting space to thinly cover a barn wall or form a temporary screen.

Hackberry. This is a common native tree that is hardy to heat and cold, resistant to attacks of insects and diseases, fairly rapid in growth, and of long life. A good shade tree, it will grow in any soil and never ask for much water. Water and cultivation will increase its rate of growth doubly. It is a native of the entire state. It may be used for shade, framing and screening.

Pecan and Walnut. These trees should be planted wherever the soil is rich, well drained, and moisture is available either artificially or naturally. The pecan especially is a grand shade tree of extra long life and beauty.

Oaks. The native oaks of Oklahoma are fine, long-lived trees. Best are pin, red, and burr oak.

WINDBREAKS

Chinese Elm. This is an excellent tree for this group.

Cottonwood. Because of its drouth resistance, rapid growth, and thick foliage and limbs, this is a popular tree for deciduous windbreaks. Grows best in low, moist places.

Russian Mulberry. Because of its density and drouth resistance, this tree is popular as a windbreak, but it is not adapted for shade purposes. It is non-fruiting.

Osage Orange (Bois d' Arc). Many people regard this tree as a shrub but it will attain a height of 40 to 50 feet and a diameter of 18 inches. It grows rapidly in most locations, but sprouts badly. The wood is heavy and durable, and makes good fuel and posts. It is used extensively as a hedge or windbreak, probably being the most popular for these purposes.

Arborvitae (Chinese and American Arborvitae). These evergreens are popular hedges and windbreaks.

Red Cedar. This tree is a juniper and is more extensively planted than either of the above. It should not be planted near apple trees as it is a host plant of the cedar apple rust which is often very injurious to apple trees and redhaws. The red cedar is seen growing in the poorest hillside soils, and this characteristic of growing under bad conditions is one of its best points. It boasts many uses, such as the following: posts, shade, framing, background, windbreak, hedge and driveway planting. It may be clipped into any form and used as an ornamental tree around the house.

Pines. Pines (Scotch, Austrian and Western Yellow) will grow in any average soil, even in the Western part of the state. As small plants, they may require some protection from the hot south winds for the first couple of years. Two shingles to the south and west will protect them.

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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