

# 4-H

## *Junior Project*

### 9 YEAR OLD GIRLS



EXTENSION SERVICE  
OKLAHOMA A. & M. COLLEGE  
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## **4-H JUNIOR PROJECT GOALS**

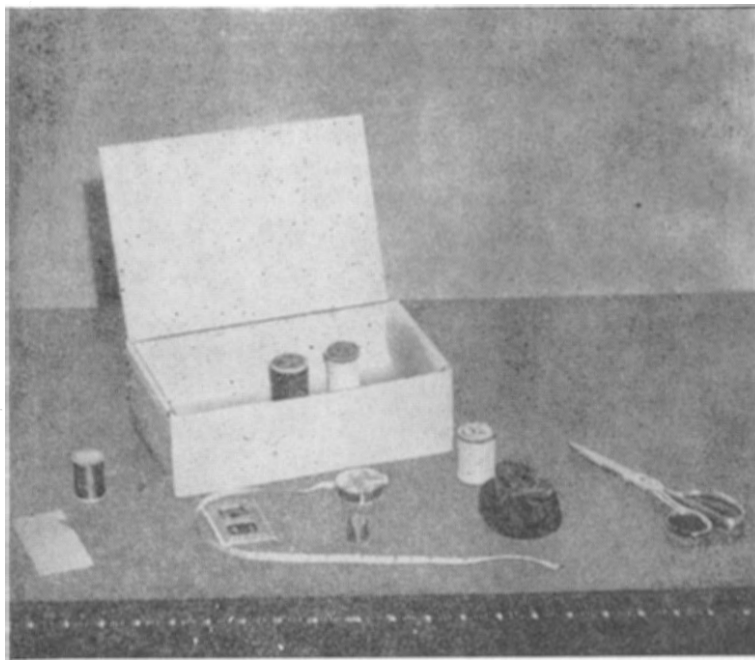
### **For Girls 9 Years Old**

1. **CLOTHING—**  
Make sewing box.  
Make one scarf and two handkerchiefs.  
Take care of your clothes.
2. **IMPROVE YOUR HOME—**  
Make two dishcloths.  
Help wipe dishes twice each week.  
Help keep the house clean.  
Make your bed.
3. **PREPARE FOOD—**  
Try each recipe in manual five times.  
Set table 12 times following instructions.
4. **IMPROVE YOUR HEALTH—**  
Follow health rules for one month.
5. **PRODUCE FOOD—**  
Plant 12 feet radishes.  
Help hoe the garden.  
Help feed and water the chickens.  
Help gather eggs.
6. **BEAUTIFY YOUR YARD—**  
Plant zinnias.  
Help clean yard.

## CLOTHING

What you can do:

1. Collect scissors, thread, pins, needles, tapeline and place in sewing box.
2. Hang up clothes after each wearing.
3. Keep your clean underwear, sweaters, and socks folded in your dresser drawers.
4. Shine your own shoes at least once a week.  
This makes you look neater and your shoes will wear longer.



You can make a scarf and handkerchief.

**SCARF**—The scarf can be made out of print material. Have an older person show you how to pull a thread; then cut on that line to even the sides. Cut the scarf about 27 inches by 27 inches. Fringe the scarf around all four sides. You may stitch on the sewing machine if you wish just at the edge of the fringe. If you can't use the sewing machine ask your mother to do it for you. The fringe will be more attractive if it isn't more than an inch wide.

**HANDKERCHIEF**—You should make at least two handkerchiefs. The handkerchief can be made out of print material like your

**resses.** Straighten the edges as you did for the scarf. Then, cut a square about 12 inches by 12 inches. Now baste in a narrow hem on all four sides. You are now ready to finish the hem. Use a single thread and put in a narrow hem by hand.

### **Improve Your Home**

There are many things you can do in your home that will help to improve it.

**DISH CLOTHS**—You can make two dish cloths. It will be more fun to wash dishes when you can use a dish cloth that you have made.

The dish cloth can be made out of a salt, sugar, feed, or flour sack. Straighten the edges by drawing a thread near the edge and



cut on that line. Then cut the cloth from 15 inches by 15 inches to 18 inches by 18 inches depending on the weight of the material. Have your mother or older sister show you how to turn and crease the hem. To crease the hem fold the edge about  $\frac{1}{4}$  inch to the wrong side, crease carefully. Next fold the creased edge to the wrong side so the hem will be  $\frac{1}{2}$  inch wide when finished. Pin the hem in several places so the hem will be even. Thread the needle with No. 50 or 60 white thread and tie a knot in one end of the thread. Then, baste the hem in, using even basting stitches. Now you are ready to finish the hem. Use single thread. Fasten the thread by taking several back stitches in the fold of the hem. Hem the towel with small running stitches. Be sure to take several extra stitches at the corners. When you finish the hem, fasten the thread by taking several back stitches. You may make several dish cloths so you will have plenty of nice cloths to use in washing the dishes.

**WASHING DISHES**—You may help collect and stack silver and dishes and help wipe dishes twice each week.



First, clear away the table and get the dishes ready to wash. Put away left-over food. Then collect knives, forks, and spoons. Then remove scraps from dishes and stack the dishes.

You will need two dish pans for washing. One dish pan should have clean hot water to rinse or scald dishes. If you have

a dish drainer you may want to drain the plates, cups, and saucers after they have been scalded. The knives, forks, and spoons should be wiped as they might rust if left in the dish drainer.

You should have a clean dish cloth for washing the dishes and a fresh dish towel for wiping the dishes.

It is best to wash dishes in this order: glassware, silver, small china pieces, plates, and larger dishes; pans and kettles and greasy skillets last. The greasy utensils should be wiped out with paper before washing. Then burn the paper.

After the dishes are washed and wiped you should rinse out the dish cloth in some clean water and hang both the dish cloth and dish towel on a towel rack to air and dry. Be sure you hang these straight on the rack so they will look neat and also so they will dry properly. The towel rack should be placed where the towel and cloth will get plenty of air. If the towel rack is inside the cabinet or placed where the air does not circulate freely, the towels will become sour and will not be sanitary to use in washing and wiping dishes.

**CLEANING HOUSE**— You may help keep the house clean.

1. Dust furniture in own room and living room daily or at least three times each week. Provide a closed can for dust cloth and place it in can after each dusting.
2. Sweep porch and steps daily.
3. Keep your soiled clothing in your laundry bag.
4. Help iron dish towels and hand towels.
5. You can help make your own bed each day. See how well you can make your own bed.

Air the bed by turning all covers back while eating breakfast. Straighten sheets, then covers, being careful to smooth out wrinkles and have covers even on both sides. Shake pillows, straighten the pillowcases, and place on bed. Cover bed and pillows with bed-spread or top sheet.

#### **YOU CAN LEARN TO BE A GOOD COOK**

You are beginning to learn to cook and are interested in becoming a good cook. During your first year of 4-H Club work there are six recipes for you to try. If the first time you try the recipe the product is not so good as you think it should be, try it again and again. Try each recipe 5 times.

#### **Toast**

Cut bread into slices  $\frac{1}{2}$  inch thick. Place in hot oven or toaster and brown a nice even golden brown on both sides. Watch carefully to prevent burning. Remove from oven and serve hot, buttered or unbuttered. Bread at least one day old is best for toast.

#### **Soft and Hard Cooked Eggs**

Place eggs in a pan or kettle and cover with cold water. Heat the water gradually to a simmering temperature but do not let it boil. It is simmering when little bubbles appear on the bottom and sides of kettle. When it reaches simmering temperature, remove from the fire, cover the pan and let the eggs stay in hot water for a few minutes. Pour water off and serve eggs while hot.

Start the eggs in cold water as you did the soft cooked eggs. Heat to simmering point. Cover and cook at simmering temperature for 30 minutes. Do not allow the water to boil. Remove, pour off hot water. The eggs may be cooled in cold water.

Prepare hard cooked eggs by this method for your school lunch and notice how tender the whites are.

#### **Cinnamon Toast**

Toast the bread according to the directions in this manual; butter while hot and sprinkle with a mixture of  $\frac{1}{4}$  teaspoon cinnamon and 1 teaspoon sugar. Keep warm in oven until serving time.

#### **Deviled Eggs**

Hard cook 6 eggs according to the directions given in this manual. Cut eggs lengthwise; remove yolks and mix with 2 tablespoons mayonnaise, 1 teaspoon vinegar,  $\frac{1}{2}$  teaspoon salt, dash of pepper, 1 teaspoon mustard. Refill egg whites with mixture.

#### **Spring Salad Plate**

Select several small onions and radishes from your garden. Wash carefully. Arrange all radishes on one side of the plate and all onions on the other, placing all the green tops in the same direction.

#### **Carrot Sticks**

Select several young carrots. Wash and scrub very clean. Slice carrots lengthwise into quarters or smaller strips depending on the size of the carrot. This too could be added to the salad plate or served on a plate.

## Setting the Table

You will want to know how to set the table. Set the table 12 times. Make your table look neat and attractive.

1. The table may be covered with oil cloth or with a tablecloth. The important thing is to have it clean and neatly spread.



2. Place each plate about one inch from the edge of the table; the knife and spoon to the right of the plate the same distance from the edge of the table—the knife with the cutting edge toward the plate, spoon with bowl up, fork to the left of plate with tines up.
3. Place napkin at left of fork.
4. Place water glass at point of knife.
5. Drinks such as coffee, tea, and milk should be placed at the right of the plate.



## Improve Your Health



See how much you can improve your health by including these foods in your diet. Try to include all of these foods in your diet each day for one month. You may get a 4-H health demonstration score card from your home demonstration agent and check it each day during the month.

Three or four glasses of milk.

One serving of potatoes.

One serving of tomatoes, oranges, grapefruit, or raw cabbage.

One serving of leafy green or yellow colored vegetables.

One or two additional servings of vegetables or fruits.

One egg.

One or two servings of meat, cheese, dried beans, peas, or nuts.

Two servings of whole grain and enriched products such as cereals and breads.

Butter.

Six or more glasses of water.

## Grow Some Vegetables and Flowers



You will enjoy seeing things grow. You should plant 12 feet of radishes.

Plant some of the radish seed in February then plant more two weeks apart in March and April. For fall, from the middle of August to the middle of September, plant about  $\frac{1}{2}$  inch deep, rather thick, in rows.

You can help keep the weeds out of the garden by hoeing and pulling them out just as soon as they appear.

You can help to make a pretty yard by planting flowers and by helping to keep it clean and neat. Keep all papers and trash picked up.

Zinnias are very easy to grow and are very beautiful flowers. You may plant zinnias and any other flower seeds you like. Plant the seeds after all danger of frost is past and the soil is warm. Plant the seeds about six inches apart and about  $\frac{1}{4}$  inch deep.

When your zinnias are in bloom, arrange some bouquets for your home. In arranging a bouquet of large zinnias, use about three zinnias in a flower vase. If the zinnias are small, you may use from seven to nine flowers to make a pretty bouquet.

## Suggestions on What You May Do Each Month

### NOVEMBER

1. Read your manual carefully. Ask your mother to read it, too.

### DECEMBER

1. Equip sewing box.
2. Make toast.

### JANUARY

1. Make one dish cloth.
2. Help wipe dishes five times.
3. Help dust furniture once each week.
4. Make toast and cook soft-cooked eggs.

### FEBRUARY

1. Make a scarf.
2. Follow the health rules for one month.
3. Make cinnamon toast.
4. Set table four times following instructions in manual.

### MARCH

1. Make a handkerchief.
2. Plant twelve feet of radishes.
3. Cook hard-cooked eggs for your school lunch.

**APRIL**

1. Plant zinnias and help hoe the family garden.
2. Wear scarf and carry handkerchief at the dress revue whenever it is held.
3. Make deviled eggs.
4. Make another dish cloth.

**MAY**

1. Gather radishes and wash them carefully for the table. Help hoe the garden.
2. Help clean the yard.
3. Make toast five times.
4. Prepare a spring salad plate.

**JUNE**

1. Set the table four times following instructions in manual.
2. Make your bed each morning.
3. Prepare carrot sticks.

**JULY**

1. Make another handkerchief.
2. Help wipe dishes.
3. Make deviled eggs.

**AUGUST**

1. Arrange a nice bouquet of your zinnias for your home. Use three large zinnias or nine small ones in a suitable flower vase.
2. Set table four times following instructions in the manual.

**SEPTEMBER**

1. Set the table for Sunday dinner.
2. Exhibit your dish cloth and scarf at the club or community exhibit.

**OCTOBER**

1. Check your manual to see if you have completed all your work.
2. Make a report of your work and give it to your home demonstration agent.