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4-H

HOME DEMONSTRATION

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First Year

Circular 531

EXTENSION DIVISION

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Oklahoma A. & M. College, Stillwater

AGRIC REF 531312

4-H HOME DEMONSTRATION

One - For Girls 9 Years Old

Phases of Work	What You Will Do	Exhibit
Understanding Ourselves	List things that you do well. List things that you want to do better.	None
Clothing	Make a sewing box, head scarf, and handkerchief.	Head scarf
Home Improvement	Make a pincushion and prepare dishes for washing.	Pincushion
Food Preparation	Try all eleven recipes in manual at least once. Set breakfast table at least 12 times.	Three oat-meal cookies
Garden Beautification of Home Grounds	Plant 12 feet of radishes. Plant zinnias.	

UNDERSTANDING OURSELVES

We are different: No two people are exactly alike. Our bodies are built differently. The color of our skin, eyes and hair differ. These differences come to us from our parents, grandparents and great-grandparents. Haven't you heard someone say, "Mary has eyes just like her grandad?"

We all have different kinds of times at home, school, play and work. We learn to do things differently. We learn different kinds of skills and habits. We have different friends and like to play different games, and have different hobbies.

People keep changing and growing. You are larger and like different things than you did a year or two ago. At different ages we like and can do different things.

All of these and other things make us different from one another in our feelings, thoughts, likes, dislikes, and habits. Because of these differences, we should not expect "Mom," "Dad," brother and sister always to like or be interested in the same things we are. We should not feel jealous because someone can do some things better than we can do them. Nor should we feel better than others because we can do something better than they do it. Each of us is different—each in our very own way.

List some of the things that you do well.

List some of the things that you want to do better.

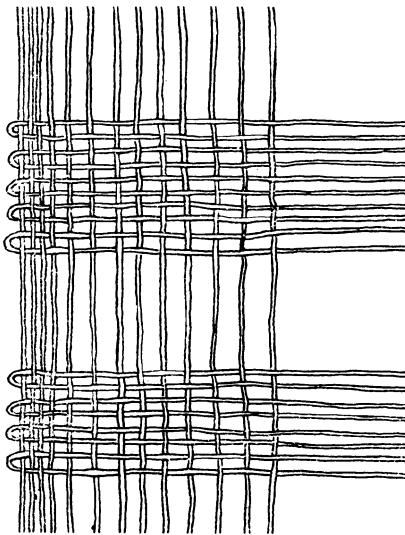
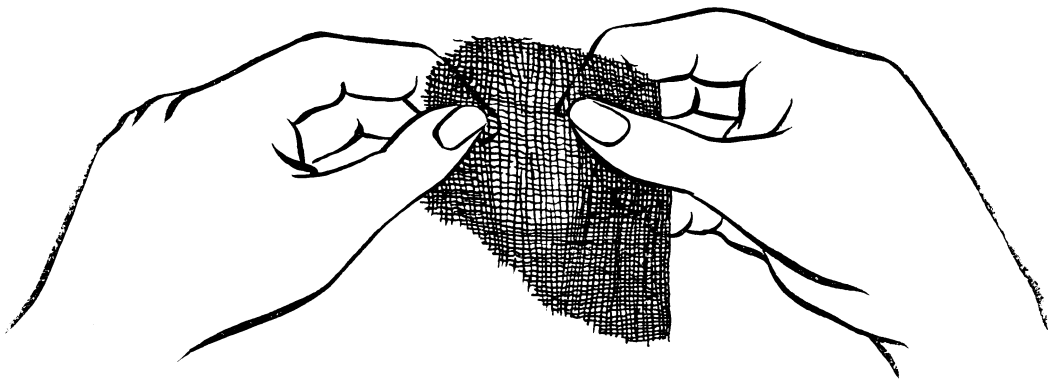
GET ACQUAINTED WITH THE TOOLS AND MATERIALS YOU WILL USE IN SEWING

There is fun in store for you first year girls who are learning to sew. One way to enjoy your sewing is to sew with the 4-H girls your own age. You will be able to compare your stitches with someone else's. This will help you to improve them.

This manual is to help you to become acquainted with the methods and tools to be used in sewing.

Learn about Material: Find a small piece of cloth. A piece the size of your hand is large enough. Look at it closely. Hold it up between you and the light. You will see the threads crossing each other.

Stretch along the thread going in one direction. Turn the material and stretch it along the threads going in the other direction. Do you feel the difference?



Warp and Woof: In weaving, the first threads laid lengthwise on the loom are called the warp. This is called the lengthwise grain of the material. These threads are stronger because they have to bear all the weight of the other threads crossing them. The warp usually stretches less when you test your material to feel the difference.

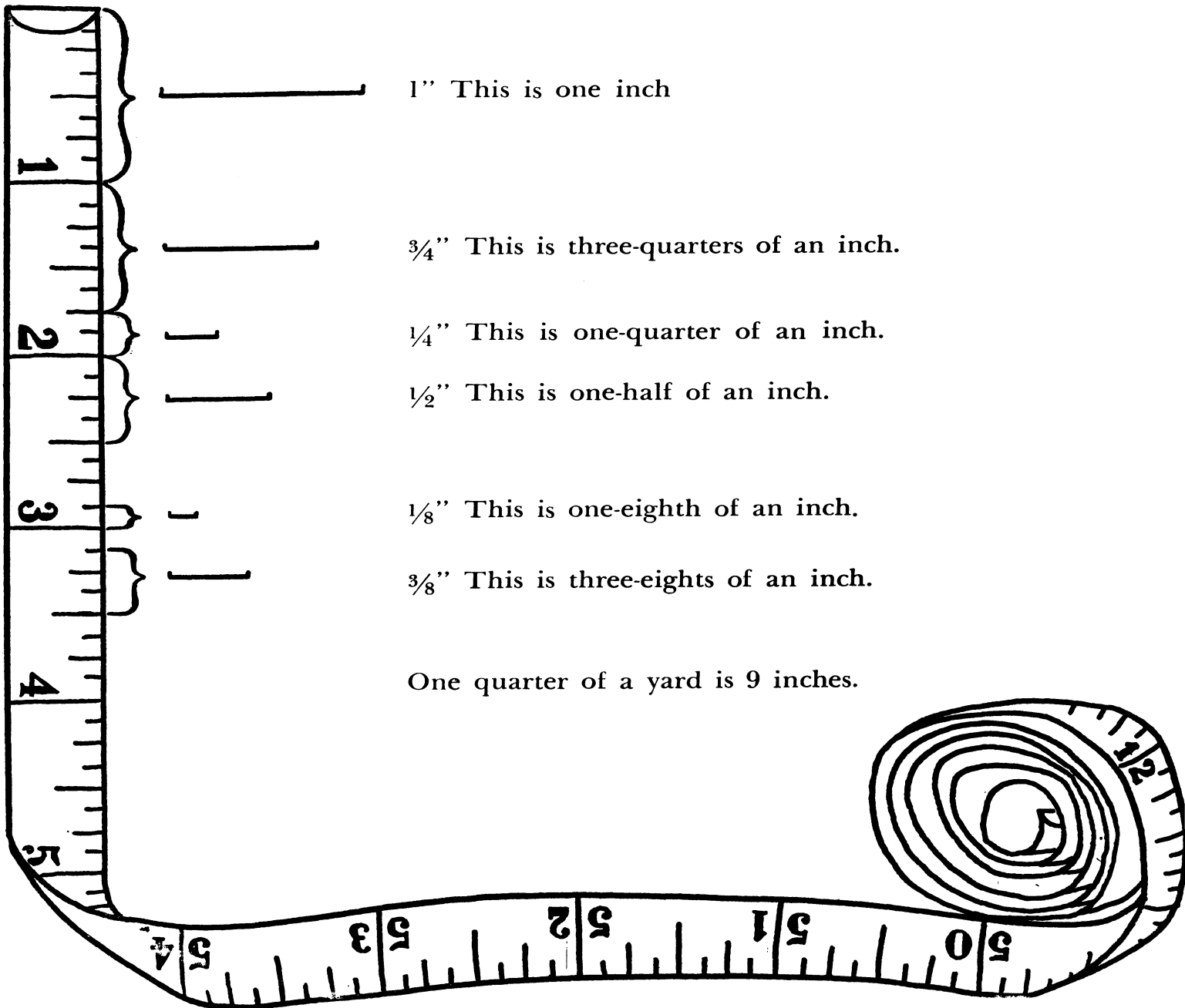
The thread that is woven under and over from edge to edge is called the woof, or filling yarn. This is called the crosswise grain of the material.

The loops made by turning of the thread at the edges are called the selvage. The selvage goes along the warp thread, which always runs the length of the cloth.

In washing, material will shrink more lengthwise because the warp threads are pulled tighter in weaving to support the weight of the woof.

Perhaps at first you won't be able to tell the difference between the warp and woof—that is, the lengthwise and crosswise of every piece of material you pick up. With practice you can tell the difference.

Know Your Tape Measure:

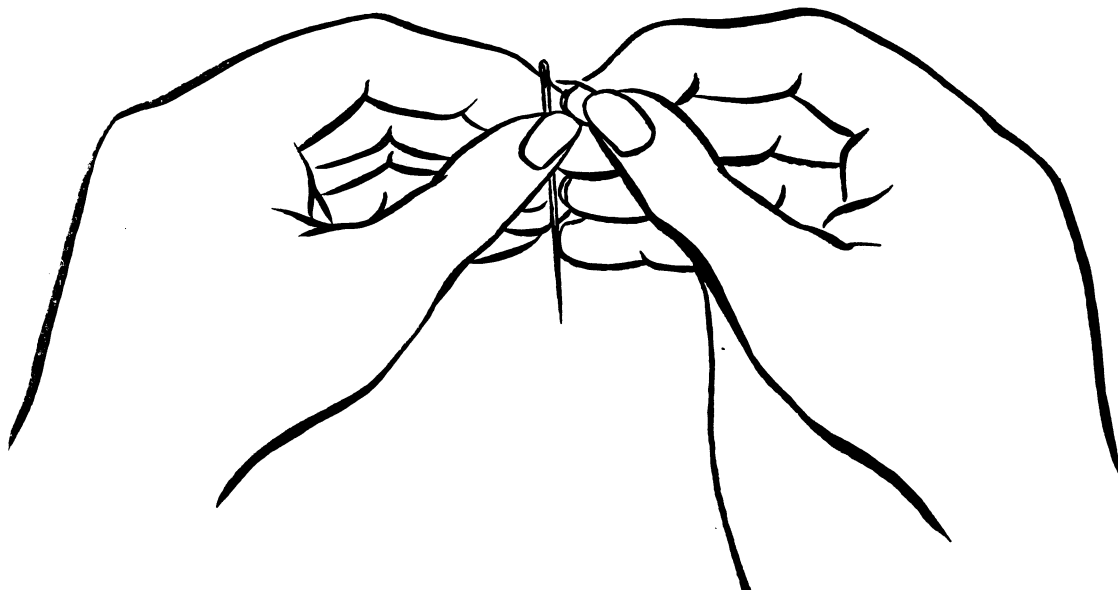


There are two sides to every tape measure. Always start measuring from number one at either end. Do not twist the tape.

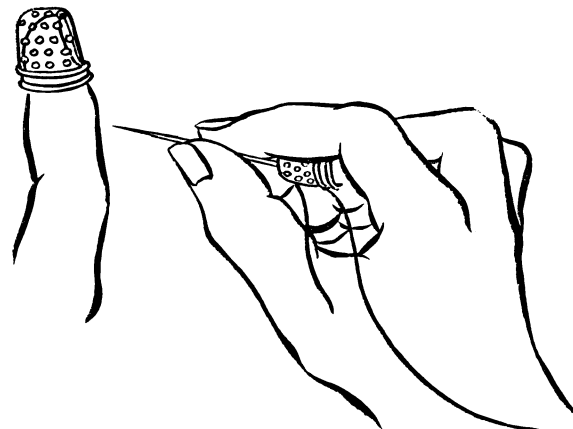
Choose a good needle: There are three kinds of needles: Crewels, darners and sharps. Crewels are short needles with long eyes. Darners are long needles with long eyes. Sharps are short with small eyes. Short needles are best for beginners.

Different thread sizes: Thread comes in different sizes. If thread is too coarse it will be difficult to thread the needle and to pull through the material. Coarse thread marks the hem in the dish cloth, so that it is not attractive. Use sizes 60 or 70 thread. Mercerized thread should be used in making your aprons and dresses.

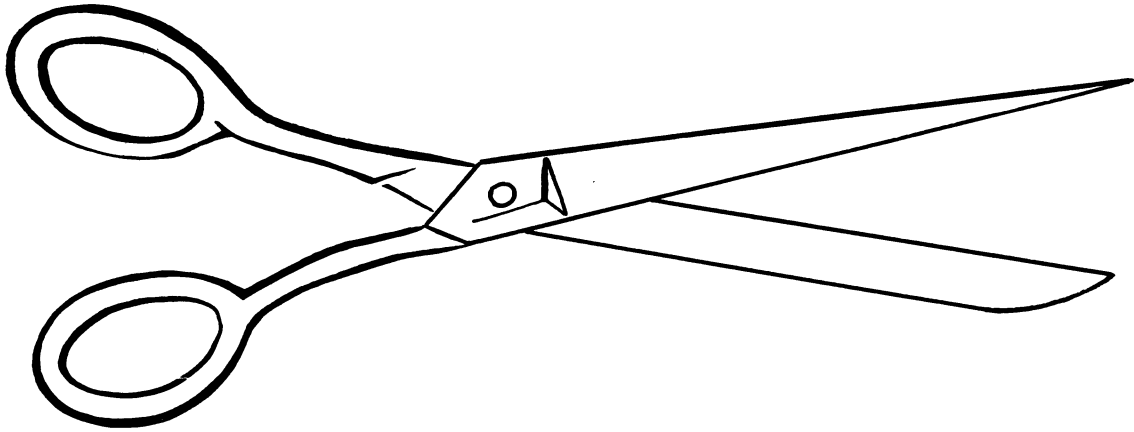
Threading the needle: Lean one hand against the other. Use thread the length of your arm. If you can't see the needle's eye, hold it against the light or something white.



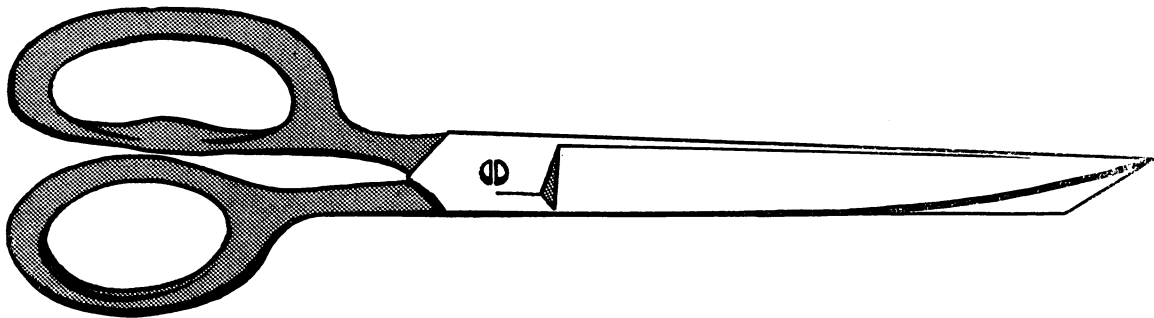
Thimbles are helpful: Use a thimble that fits the middle finger. The top of thimble should touch the tip of finger. Hold your needle in the middle. Push with thimble. If you have trouble, try a shorter needle and push with side of thimble. Pull the needle out with thumb and forefinger. It takes longer to wear a hole in a thimble than it does your finger.



Difference between scissors and shears:



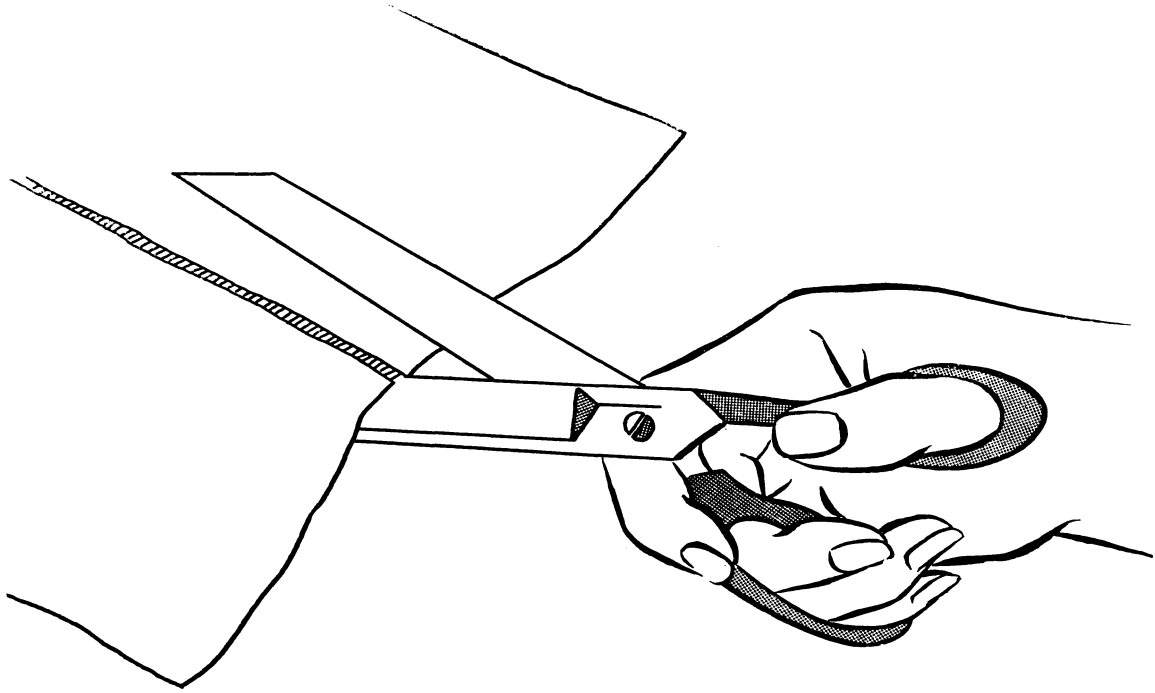
Scissors have both handles equal size. They may be larger than shears, but if the handles are the same size they are called scissors.



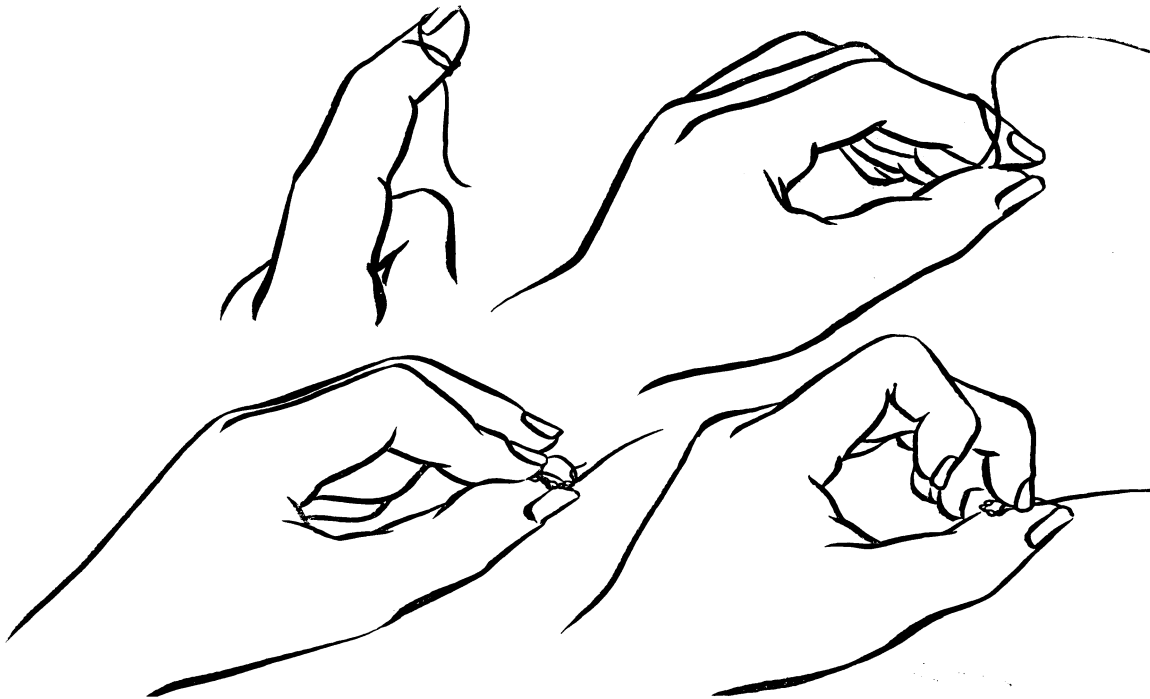
Shears have one handle larger than the other, so that on one side three fingers may be used in holding them. Their weight is a help in cutting material.

Holding scissors or shears: Hold shears with three fingers with the large handle. Place thumb in other handle. Place forefinger outside of bow handle.

The quickest way to get a pair of scissors or shears to “chewing” your material is to cut anything but cloth with them (paper, string, apples). Our tools should be our helpers. They cannot be much help to us if we abuse them.



Hold scissors or shears correctly.



How to make a knot: (1) Wind thread around tip of forefinger of left hand. (2) Roll thread over twice between thumb and forefinger. (3) Slip forefinger out of loop. (4) With the middle finger pull down on loop to make knot.

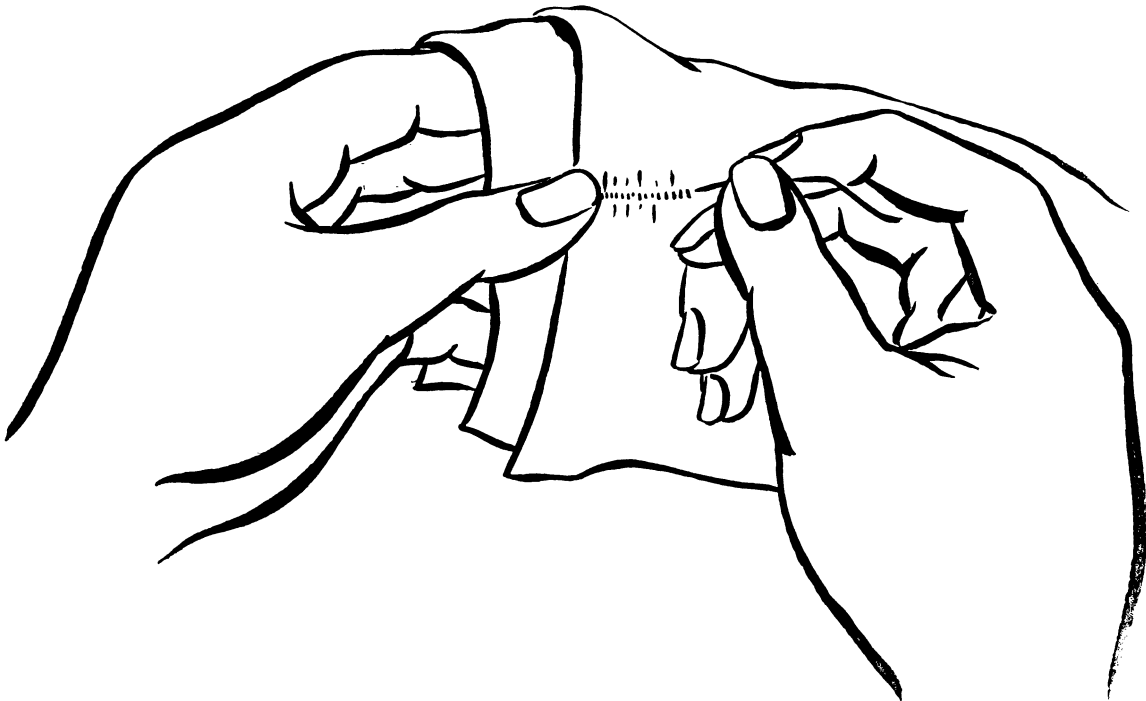
A perfect knot is the size of a pinhead without frills.

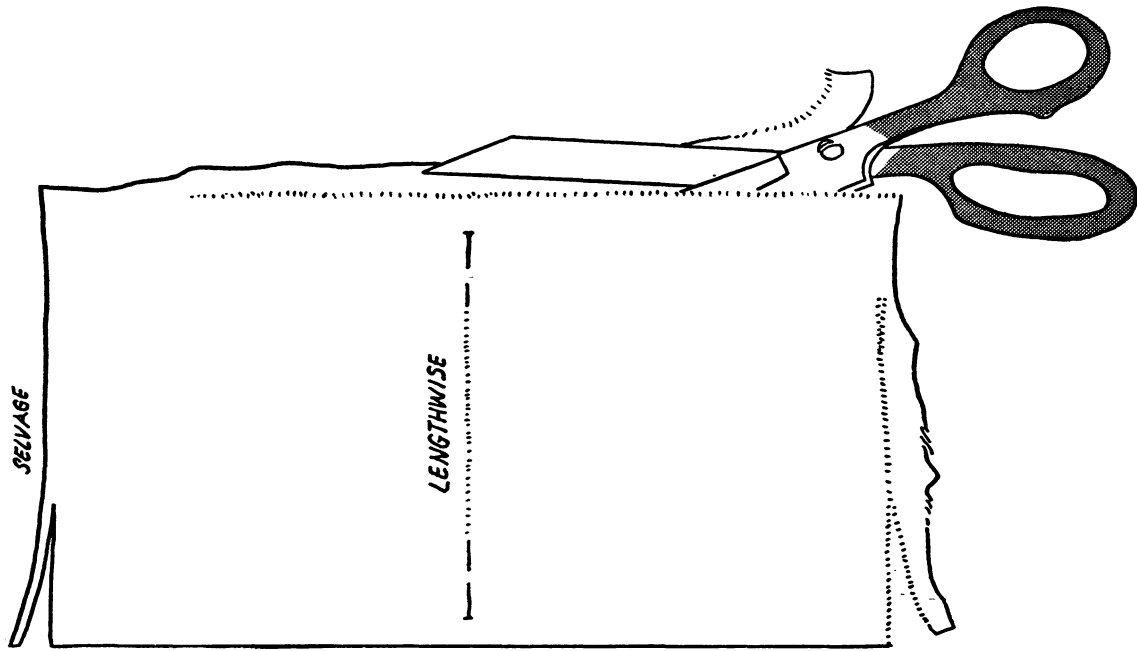
Practice Good Sewing Habits

1. Choose a comfortable chair. Sit straight with your feet on the floor.
2. Sew with clean hands and nails.
3. Keep all tools and materials together.
4. Ask for help from your local leader, mother, or older 4-H club girl, but do your own work.
5. Use matching thread for all stitching, unless you want a contrast for trim.
6. Remove bastings and press as you sew.
7. Exhibit clean, well pressed articles.
8. Follow all directions carefully.
9. Start the article to be made early enough, so that you will not have to hurry, and you can do your best work.

Helps in Making Clothing and Home Improvements

Drawing a thread: Drawing a thread of the material is a help in cutting it straight. With a pin point, pull up a thread along the edge you wish to cut. Draw it out. If the thread breaks, you can pick up the thread again with a pin point or cut with scissors down to the end of the thread. Then you can pick the thread up with your fingers. Cut on the line made by pulling the thread. The material will be straight and easy to work with.

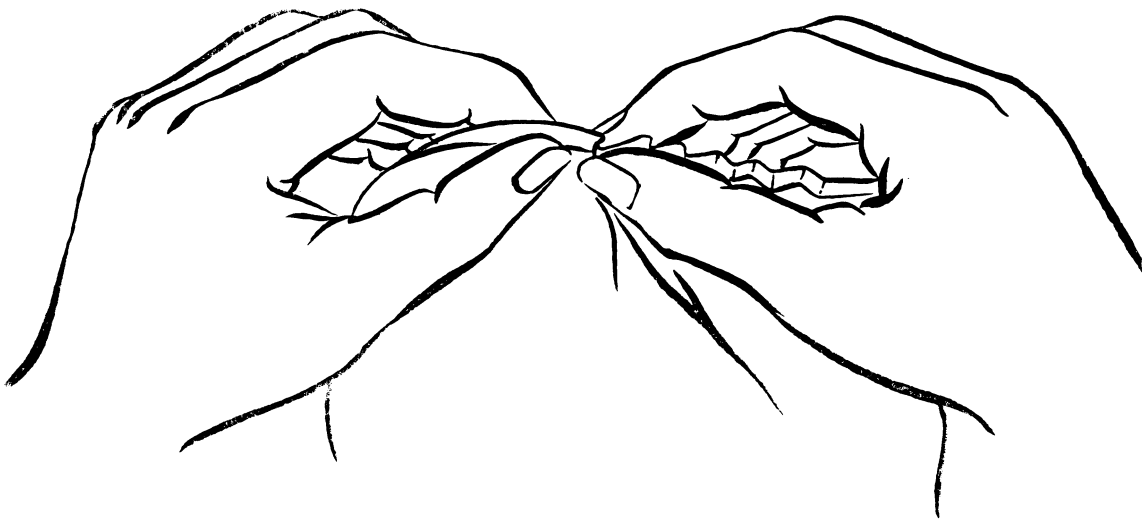




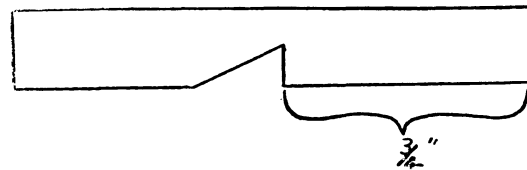
Learn to cut your material straight by drawing thread

Creasing the hem: Creasing the hem helps to keep it in place. Make about three small pleats, press with fingers, then let go. If material is wiry, the first fold must be basted. Then press into place with an iron. The evenness of the hem will depend on the neatness of your two folds. Watch that you do not stretch the material when you make a hem on the crosswise of the goods.

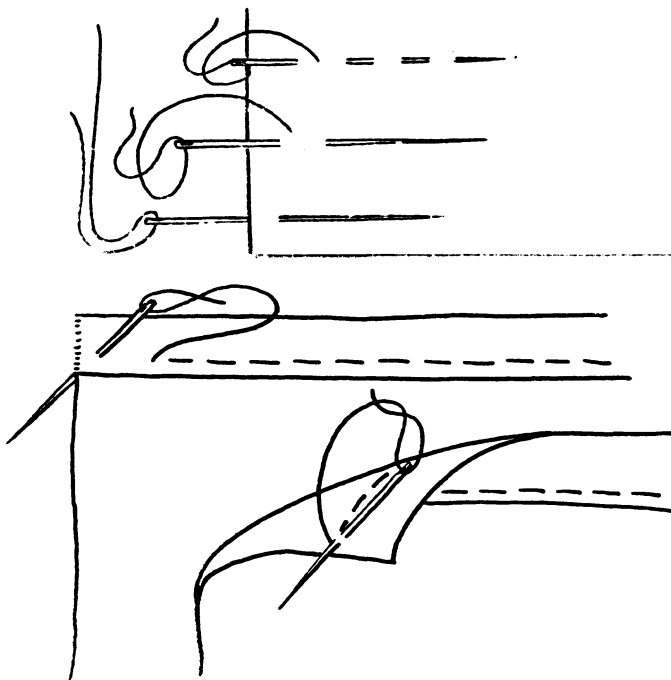
To help you keep your hem straight use a hem gauge. Pin in hem as you measure.



Hem Gauge: Cut a piece of cardboard about 4" long and 1" wide. Measure on one side the depth of the hem desired cutting a notch; use this in measuring your hem.



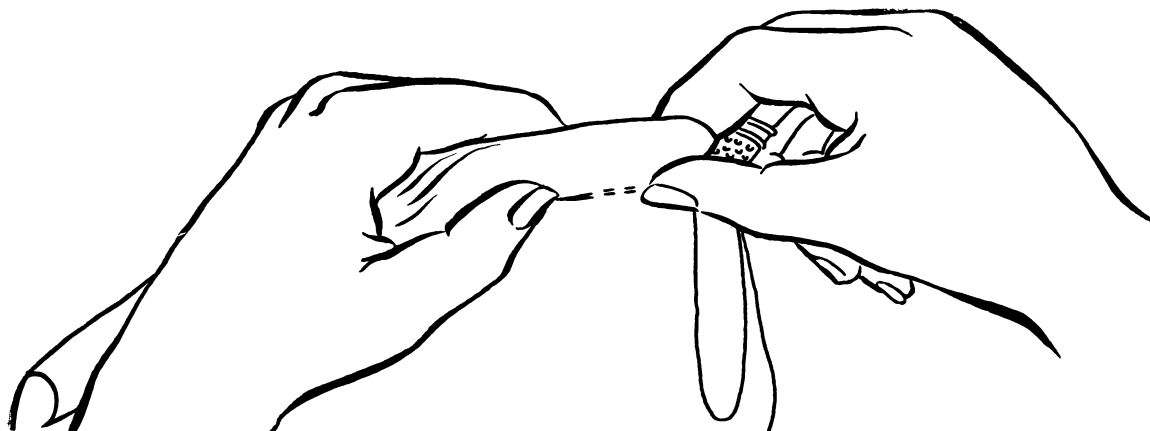
How to start sewing without a knot: Take a stitch on the needle $\frac{1}{4}$ inch from the edge of material. Pull thread through to within $\frac{1}{2}$ inch of the end. Cut this off later.

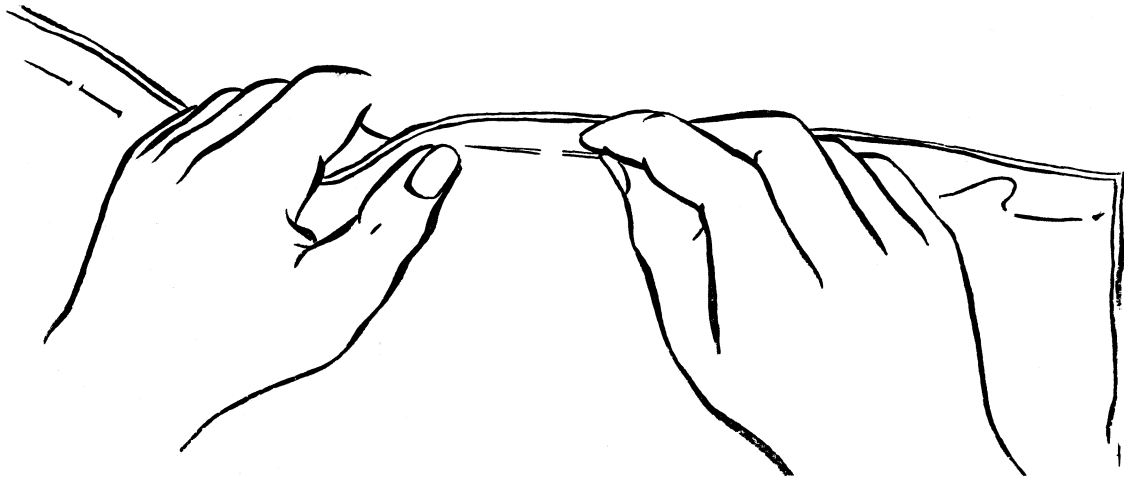


Take two stitches back to where the first one started and then start sewing.

To finish running stitch: Push the needle and thread to the wrong side. Under the last stitch, take up a few threads of the material. Take 3 or 4 stitches in the same place. Cut thread.

How to hold your work for running stitch: The left hand pushes the cloth onto the needle. Hold the needle between the thumb and forefinger, with the thumb on the right side. Take one or two stitches at a time. When you can keep your stitches and spaces even, more stitches can be put on the needle. Your thimble is a good helper in making the running stitch.





To baste material: Basting is a large, even running stitch, used to hold the work in place until it is sewed to stay. A basting stitch in time, saves a lot of ripping later. Make sure to stitch through both layers of cloth.

4-H CLOTHING

If you are going to be a good workman, it is not only important to know good tools, but how to use and to care for them. A special place to keep them is part of their care. Choose a box of heavy cardboard or a very light weight wooden one. A box ranging in size from 8 to 10 inches wide, 12 to 15 inches long, and from 4 to 6 inches deep will be convenient for storing sewing tools and materials.

Equipment for sewing box: Tape measure, numbered from opposite ends; (2) Pins; (3) Scissors, six to seven inches in length, sharp to the point; (4) Thimble; (5) Needles — Sharp, different sizes—Number 5-10; (6) Pin-cushion; (7) Notebook and (8) Pencil.



Handkerchief

Making the headscarf: The headscarf should be made of a washable material. Some suggested materials are, gingham, chambray, novelty cotton, and spun rayon. Material that does not have a right or wrong side makes a more attractive headscarf.

Cut the scarf 27 inches square. To do this draw threads across each end of the material and 27 inches from one of the selvage sides. Fringe the scarf around all four sides, until the fringe is $\frac{3}{4}$ inches wide. Do not machine stitch.

Handkerchief: Suggested materials for handkerchief are batiste, nainsook, or other soft cottons. White will look well with any color you may have used for the headscarf, however, a color blending or matching the headscarf may be selected.

The handkerchief is to be cut 13 inches square. To do this draw the threads lengthwise and crosswise as you did in cutting the headscarf. Baste a $\frac{1}{4}$ inch hem in on all four sides. Use a single strand of mercerized thread and put the hem in with a small running stitch. The hems at the corner of handkerchief should be slip stitched together.

THE EXHIBIT

The headscarf is the clothing exhibit article for the first year.

Label: Follow instructions given in labeling a pincushion (page 14). The label should be placed on the corner on the wrong side of the headscarf.



Wrist pincushion, first year project.

4-H HOME IMPROVEMENT

The activities for the girl enrolled in First Year 4-H Home Improvement will include making a pincushion for the sewing box and preparing the dishes for washing at least 12 times.

Sharing in the family responsibility is a privilege. You can do your part by stacking the dishes for washing. This is to include carrying the dishes to the kitchen, removing the food from the dishes and stacking in the order they will be washed. Using a tray to carry the dishes to the kitchen will be a time and labor-saving habit to form. A rubber spatula can be used for removing food from the dishes. Some-

times it may be necessary to rinse bowls before stacking them to wash. Since many people are right handed, we usually arrange the dishes to the right of the sink in this order, starting near the sink: glasses, silverware, cups, saucers, plates and bowls.

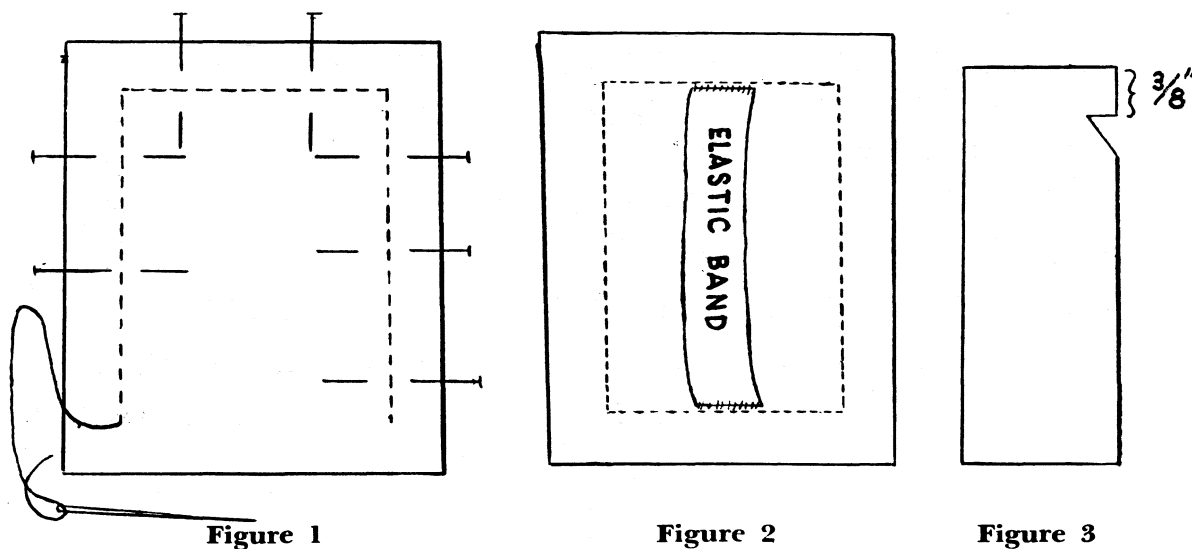
PINCUSHION

The pincushion can be kept in the sewing box and used for holding pins and can be worn on the wrist when sewing.

Materials needed: Two pieces of fabric of any color, tightly woven wool or cotton that will not ravel, or clean felt from old hats, each piece $3\frac{1}{4}$ " x $2\frac{1}{2}$ ", matching thread, needle, scissors, pins, thimble, five inches of elastic and stuffing. Suitable stuffing would be clean wool scraps chopped in small bits, old wool yarn, or clean hair.

To make: Place the wrong sides of the two pieces of the fabric together, keeping the raw edges even. Pin baste, (figure one). Use the gauge (figure three) to make small running stitches $\frac{3}{8}$ ", from the edge along one side, one end and the other side, (figure one). Take one or two extra stitches at corners, do not break the thread. Stuff the center of the cushion, use pins to hold the stuffing in place. Continue the running stitch across the end, enclosing the stuffing. To finish off the thread, take three small stitches and run the needle through the stuffed area and clip close to the surface.

Attach the elastic to the back of the cushion (figure two). The elastic band should be measured to fit your wrist. Allow $\frac{1}{4}$ " to turn under at each end. Use the whipping stitch to sew the elastic ends to the cushion.

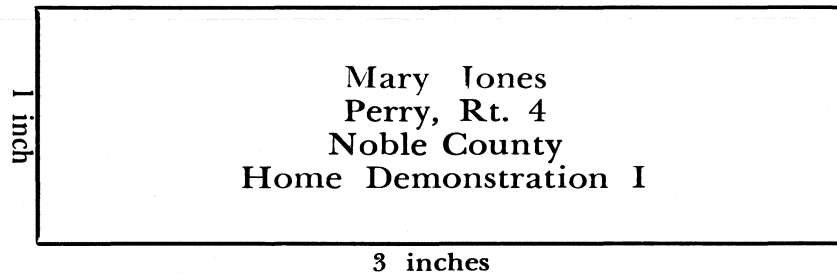


THE EXHIBIT

The pincushion will be the exhibit article for first year 4-H Home Improvement.

Label: The label may be made of twill tape or muslin. It should be made 1" x 3" after the raw edges are turned under. It should give the name of the person, post office, route, county and year of work. Place the label on the back side of the cushion. Use running stitch to fasten the ends of the label to the middle of each side of the cushion, about 1/4" from the raw edge.

After the pincushion has been exhibited the label can be removed.



4-H FOOD PREPARATION

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 eleven 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.

This year you will want to set the breakfast table twelve times.

Learn the abbreviations and become familiar with cookery terms. Here are some of the ones you will see most often:

t. or tps. means teaspoon

T. or tbsp. means tablespoon

c. means cup

Ingredients—the foods needed in preparing a dish

Stir—to mix foods with a spoon using a circular motion.

Cream—to work one or more foods with a spoon until the mixture is soft and creamy.

Boil—to cook liquids at a temperature at which bubbles rise and break on the surface.

Simmer—to cook below the boiling point.

RECIPES

Buttered Toast

1. Use bread at least one day old.
2. If bread is unsliced, cut in slices $\frac{1}{2}$ to $\frac{1}{4}$ inch thick.
3. Brown evenly in toaster or on baking sheet placed under broiler.
4. Spread with butter and serve while hot.

Cinnamon Toast

$\frac{1}{2}$ cup sugar
1 tablespoon cinnamon

Bread
Butter

1. Mix sugar and cinnamon.
2. Toast slices of bread lightly.
3. Spread with butter.
4. Sprinkle with cinnamon and sugar mixture. (About 1 table-
spoon for each slice of bread.)
5. Heat in hot oven (450° F.) for 1 to 2 minutes.
6. Serve immediately.

Milk Toast

2 cups milk
4 slices bread

Butter
Salt

1. Put milk in saucepan and heat.
2. Toast bread.
3. Butter toast and place in cereal bowls.
4. Pour hot milk over toast, using about 1 cup for each 2 slices
of toast.
5. Sprinkle with salt and serve.

Fresh Fruit

Grapefruit or Orange served in halves. Wash the fruit. Cut in halves crosswise. Remove center and seeds by cutting them out with scissors or a sharp knife.

With a small sharp knife, loosen each section. To do this, begin at center between the pulp of the section and the white skin around it. Follow this skin around the section toward the rind and back to the center.

Fresh Sliced Peaches Wash peaches, peel, then cut in half and remove seed. Now slice and serve.

Soft-Cooked Eggs in Shell

Starting with cold water.

1. Cover eggs with cold water and bring to a boil.
2. Remove at once for a soft-cooked or coddled egg.
3. Or, cover and leave in water 2 to 5 minutes for a medium
soft-cooked egg.

Starting with boiling water.

1. Slip eggs from spoon into pan of boiling water. Water must cover eggs.
2. Cover pan and simmer for 3 to 5 minutes, depending on how firm you want the eggs.

To prevent cracking let eggs stand at room temperature for 30 minutes. Or, put eggs in lukewarm water for about 5 minutes before cooking.

Hard-Cooked Eggs in Shell

1. Start in cold or boiling water (see above).
2. Let simmer 15 to 20 minutes.
3. Plunge in cold water.

Deviled Eggs

6 eggs
2 tablespoons mayonnaise
1 teaspoon vinegar

$\frac{1}{2}$ teaspoon salt
Dash of pepper
1 teaspoon mustard

1. Hard cook egg in shells as directed above. Peel.
2. Cut eggs lengthwise and remove yolks.
3. Mix together yolks, mayonnaise, vinegar, salt, pepper and mustard.
4. Refill egg whites with mixture.

Spring Salad Plate

1. Select several small onions and radishes from your garden. Wash carefully.
2. 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

1. Select several young carrots.
2. Wash and scrub very clean.
3. 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.

Cocoa

3 tablespoons sugar
 $\frac{1}{4}$ teaspoon salt
3 tablespoons cocoa

$\frac{1}{2}$ cup water
4 cups milk

1. Measure sugar, salt and cocoa. Mix well.
2. Measure water. Mix thoroughly with dry ingredients in a saucepan.
3. Place saucepan over direct heat and cook mixture until it is a thick paste.
4. Add milk and heat. Do not boil.
5. Beat with a Dover egg beater until foamy and serve immediately. Makes 6 cups.

Oatmeal Cookies

$\frac{1}{2}$ cup sifted flour	$\frac{1}{2}$ cup raisins
$\frac{1}{3}$ cup sugar	1 egg, slightly beaten
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup milk
1 teaspoon baking powder	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon cinnamon	$\frac{1}{4}$ tablespoons fat, melted
$1\frac{1}{2}$ cups quick-cooking rolled oats	

1. Sift together flour, sugar, salt, baking powder, cinnamon. Mix in oats and raisins.
2. Combine egg, milk, vanilla, and fat, and add to first mixture. Stir only until ingredients are moistened.
3. Drop dough by teaspoonfuls on to greased baking sheets.
4. Bake at 375° F. (moderate oven) about 20 minutes. Makes about 3 dozen cookies.

Setting the Table

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

The table may be covered with oil cloth or with a tablecloth. Separate place mats may be used for each person. If cloth is used it should be fresh and clean and the fold should run lengthwise along the center of the table.

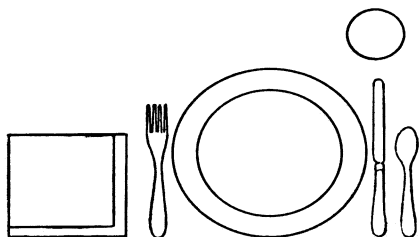
Flowers or a pretty piece of pottery or china, or a bowl of fresh fruit looks nice in the center of the table. It should be low enough so that it does not interfere with seeing across the table. It should be fresh and attractive—or not used at all.

The dishes and silver arranged for each person is called a “cover.”

The plate is the center of the cover and is placed one inch from the edge of the table. The knife goes to the right of the plate with the sharp edge next to the plate. The spoon with the bowl up goes to the right of the knife. The fork goes to the left of the plate with the tines up. All silverware is placed one inch from edge of the table.

The napkin is placed to the left of the fork with the open corner next to the fork and the edge of the table so that it will be easy to pick up and unfold.

Cover for Breakfast



1. Napkin
2. Fork
3. Plate
4. Knife
5. Spoon
6. Water Glass

The water glass goes at the tip of the knife with the glass of milk being placed at the tip of the spoon.

The cup and saucer are placed to the right of the spoon, with the handle of the cup pointing away from the plate.

THE EXHIBIT

The exhibit in food preparation for this year's work will be three oatmeal cookies which may be placed on a paper plate. Select three cookies that are uniform in size and shape and seem to be baked just right.

The label for your oatmeal cookies should be typed or printed in ink. Give your name, post office, route, county, and the year of club work.

GROW SOME VEGETABLES AND FLOWERS

Plants respond to good treatment and care. They get water and food from the soil. They need room to grow.

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 them from seven to nine flowers to make a pretty bouquet.

PLAN OF WORK

Plan what you will do each month. Then write these things in the spaces below. Be sure your plan includes all the project work and special problems that are included in your manual.

January: -----

February: -----

March: -----

April: -----

May: -----

June: -----

July: -----

August: -----

September: -----

October: -----

November: -----

December: -----

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