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4 - H

HOME DEMONSTRATION

AGRIC REF SERVICE

2

Second
Year

Circular 532



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EXTENSION DIVISION

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nutritional
Oklahoma A. & M. College, Stillwater

4-H HOME DEMONSTRATION

Two

Phases of Work (Select at Least Three)	What You Will Do	Exhibit
Understanding Ourselves	Make a list of ways you can use your power.	
Clothing	Make an apron.	Apron
Home Improvement	Make a dish towel. Activity: Help in home by drying dishes and cleaning kitchen floor at least 12 times.	Dish Towel
Food Preparation	Try eight recipes in manual. Special Problem: Set table for dinner or supper at least 12 times.	Three Cup Cakes
Food Preservation	Can four quarts of fruit.	1 quart of fruit
Garden	Grow 12 tomato plants and 20 feet of radishes.	
Beautification of Home Grounds	Zinnias, Marigolds, or Iris.	9 small or 3 large zinnias in suitable container

UNDERSTANDING OURSELVES

Do you remember the story of the boy who rubbed the magic lamp? You remember a Genie appeared to help him to do whatever he wanted to do. This magic was like a hidden power. Today we do not have Genies, but we do have hidden powers. We can use them to do things for ourselves and others.

We need to remember that in a family each person is different. Each will use his hidden power in a different way.

Here are some ways we can use our hidden powers:

By using our head to think, plan, and reason. We can read, study, and learn about people and things in our own country and in other lands.

By using our heart to be kind, true and sympathetic. Some people use their hidden power and heart by making friends easily. We should learn to work and play with people. We need to learn how to get along with people.

We should train our hands to be useful, to be helpful, to be skillful. Some people make their dreams come true in growing flowers or growing a garden, making a dress, learning to cook. Other people use their power to make their dreams come true in music or painting.

There are people who use their power in all these ways. Others use their power one or two ways. How do you use your power? Which way is Mom's, Dad's, Sister's and Brother's?

Make a list of ways to use your power and see how often you can add to it. Remember, only the boy in the story, Aladdin, could use his power on the lamp. So it is with us. We cannot use someone else's power by copying their way. This would cause our hidden power to be choked up inside us. So let us find our way and use it so it will grow.

4-H CLOTHING

Learn to Use the Sewing Machine

You have already learned to sew by hand. This year you are ready to use a machine. Don't stop until you know how to:

Wind the bobbin and place it in its case or shuttle.

Thread the machine-top and draw up the bobbin thread.

Make a straight line of stitching, turn corners and curves.

Learn to adjust the stitch length.

Run the machine smoothly.

Fasten thread ends so they will hold and look neat.

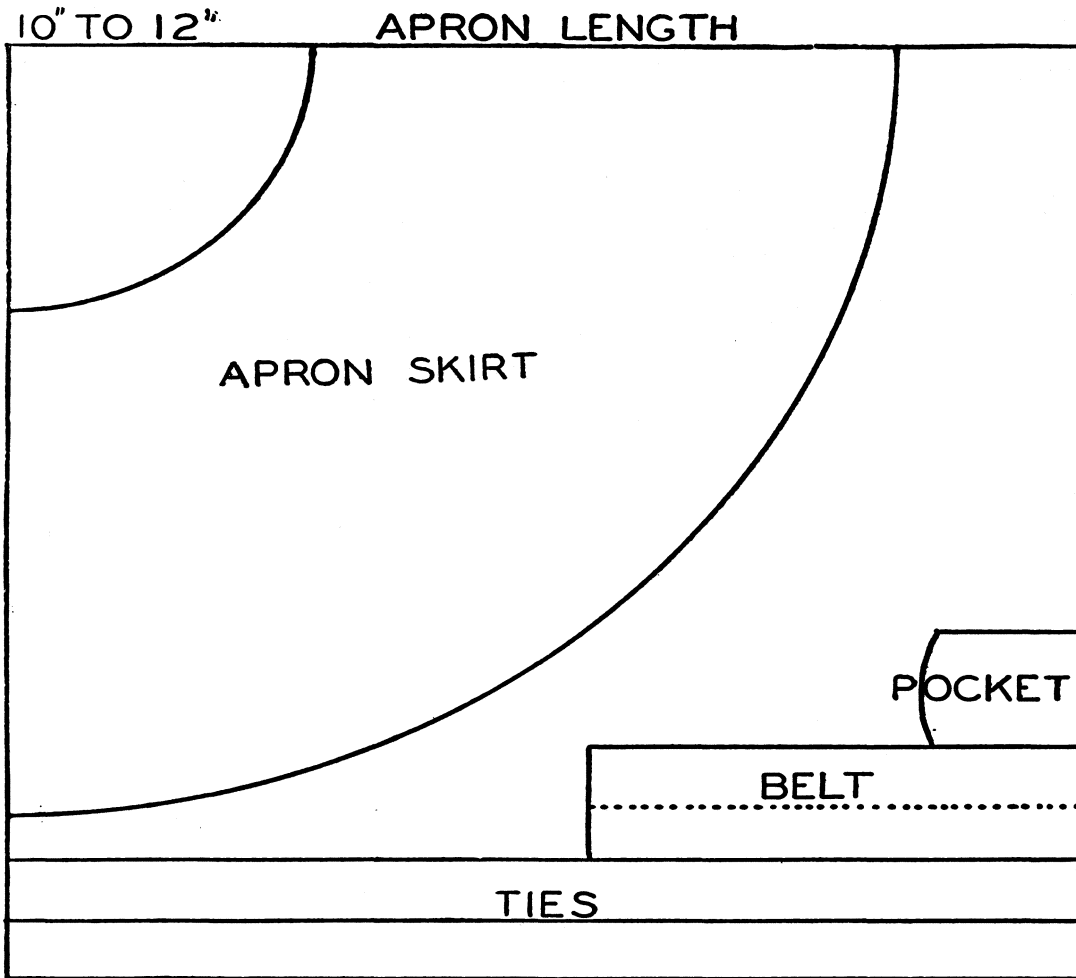
Take proper care of the machine.

Making the Apron

Material: A good grade of washable, color fast cotton fabric. This may be percale, gingham or cotton flour or feed sacks. Choose small designs or checks and of a suitable color for the one who will wear the apron. Use mercerized thread matching the predominant color of the material.

Amount:—The amount of material will depend on the size of the girl. Ordinarily the apron can be cut from 1 yard of material. Small girls will want their aprons to be about 1½ to 2 inches shorter than their dresses, and larger girls will want theirs to be from 2 to 4 inches shorter than their dresses.

Cutting: 1. **Band**—Width 4 inches unfinished (to be 1½ inches finished). Length of band 2 inches beyond each side of body for length. (The length of the band will vary according to size of girl.)
2. **Tie**—Width 4 inches unfinished (to be single and 3 inches finished). Length 28 inches.



1 YARD CIRCULAR APRON



Circular Apron



Dirndl Apron

3. **Pocket**—Unfinished 5½ inches by 6¾ inches (5 by 5¼ inches finished).
4. **Hem**—Dirndl-3 inch hem. Circular-¾ inch hem.

Construction Steps:

Step I—After cutting of the apron has been completed, hem sides of apron with ¼ inch hem. Turn down the raw edge ¼ inch to back side, crease along the edge. Turn another ¼ inch and baste the side hem in making sure the hem is perfectly straight and measuring only ¼ inch all the way down the side of the apron skirt. Stitch the hem in on the machine keeping close to the inside edge of the hem.

Step II—To hem the bottom of the apron turn the raw edge down ¼ inch on the back side creasing as the edge is measured with the hem gauge. Turn up 3 inches for a gathered skirt and ¾ inches for a circular skirt, pinning in the hem as it is measured. The pins may be replaced with a basting thread which will hold the hem in place while it is being stitched on the machine. The machine should be close to the inside edge of the hem in a perfectly even row.

Step III—Slip stitch the ends of the hem together.

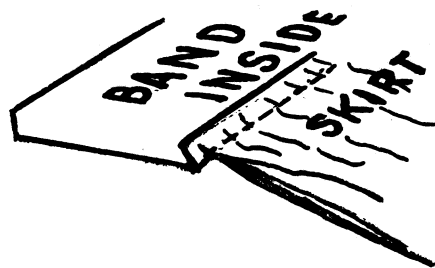
Step IV—Baste ¼ inch hem on both sides of the tie as was done on the sides of the apron. On one end of the tie fold down ½ inch. Turn ends of the tie over the side of the tie forming a triangle. Baste, then slip stitch along the side and across the ends of the tie.

Step V—Dirndl type apron. Make 3 rows of long machine stitches ¼ inch, ½ inch and ¾ inch from the top of the skirt. Gently pull the bottom threads of each row until the desired fullness is obtained or until the top of the skirt is ½ inch shorter than the band.

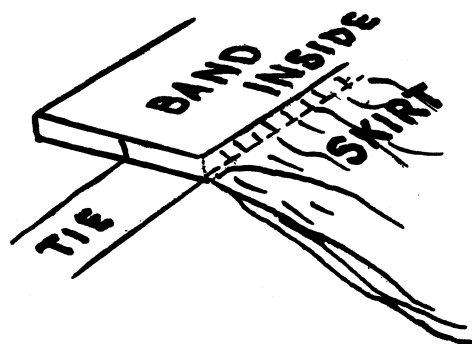
Step VI—Join the skirt and the band by basting and stitching right sides together with a ½ inch seam. (If dirndl type, stitch on top of middle row of gathers). Remove the bottom row of gathers, before the ties are attached. The apron band should extend ¼ inch beyond the side of the apron skirt.

Step VII—Attaching ties to the band: The end of the tie should be pleated or machine gathered to fit the band. Baste the ties to the ¼ inch extension of the band. Stitch to only one thickness of the band, portion just above section sewn to apron. Turn to back side, finish back side and end of the band with the slip stitch.

Step VIII—Making and attaching apron pocket: Turn upper side of pocket

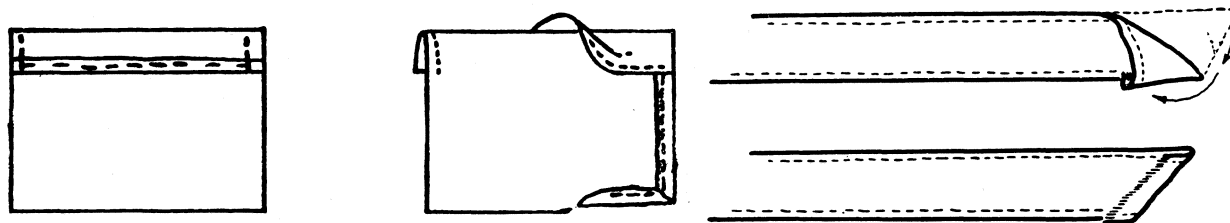


Step 1



Step 2

Hem pocket before attaching to Apron



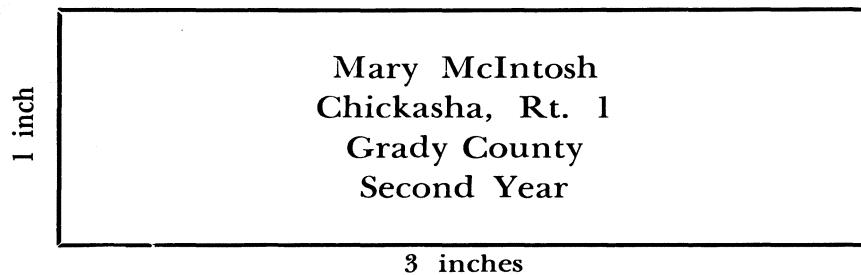
Turn end of tie over forming a triangle

down $\frac{1}{4}$ inch on wrong side and baste. Fold 1 inch hem to right side of pocket. Stitch $\frac{1}{4}$ inch across the sides of the hem. This prevents the raw edge showing at the top of the pocket. Turn hem back to wrong side, baste and machine stitch. Turn down raw edges of pocket and baste. Try the pocket on the apron and decide where you would like it. The usual place is 4-5 inches from waist band and side of the apron.

Step IX—A very careful pressing of the apron, particularly all hems and seams, gives the apron a well made appearance.

THE EXHIBIT

The apron is the article to be exhibited in this year's clothing work. Label the exhibit. White muslin may be used for the label. One inch wide, and three inches long, after edges are turned under, is the size for the label. The name of the member, post office, route, county and year of work, should be on the label, typed or printed in ink.



Place the label on the wrong side of the bottom hem of the apron, in the center. Turn raw edges under and put it on with fine hemming stitches.

4-H HOME IMPROVEMENT

The 4-H girl enrolled in Home Demonstration Two will make a dish towel. Other activities to help in the home may include drying the dishes and cleaning the kitchen floor at least 12 times.

A clean dish towel should be used when drying the dishes. Drying dishes includes wiping the moisture from the dishes after they are rinsed and placing them in their proper storage place. The kitchen floor can be cleaned by using the broom, the dust mop, or vacuum

sweeper, according to the way mother recommends. The broom is held so it is swung with ease and not flipped in front of the person using it. When using the broom the crumbs are swept into the dust pan, then the pan emptied into the waste basket. A long-handled dustpan for sweeping the dust eliminates stooping.

A good 4-H girl will also assume the responsibility of putting equipment away after using it.

Project

The dish towel will be an attractive and useful project.

Materials needed: A good quality soft feed or flour sack; scissors or shears; pins (straight); pin cushion; thimble to fit your finger; white thread, size 60 or 70; sewing needle size 9; tape measure; gauge which can be made from thin cardboard; and sewing machine.

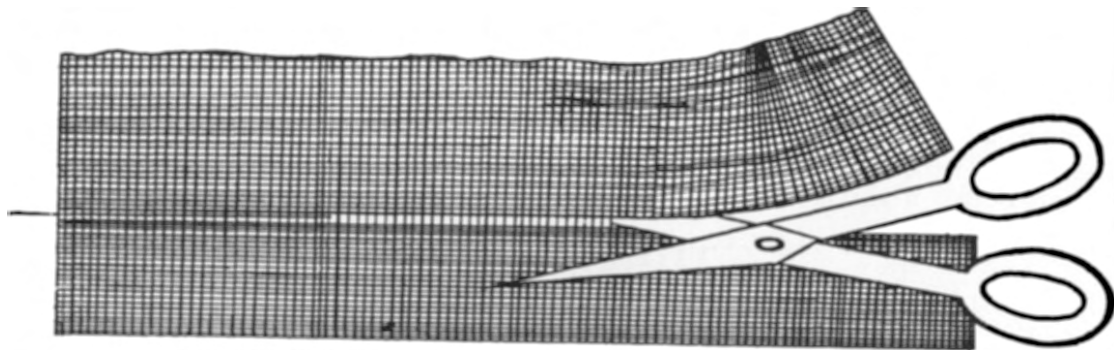
For the embroidery these things will be needed: embroidery hoops (small); boilfast embroidery thread the color you desire; embroidery needle, size 9; and pencil carbon paper for tracing designs on the fabric.

To make: Draw a thread across the uneven end of the sack to give you a straight cutting line. If the thread breaks use a pin to pick up the same thread to pull. (Figure 1).

Draw a thread along the selvage side to give a cutting line. Spread the sack flat, use the tape to measure from the corner 29 inches along



Second year girl using broom and long handle dust pan to clean the floor.



Cutting on Draw Thread Line

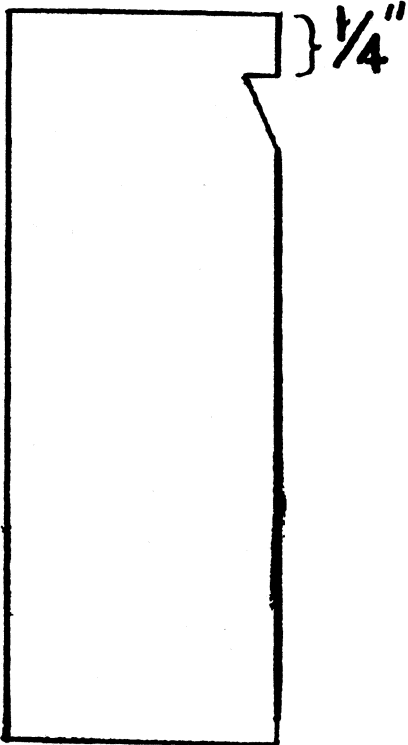


Figure 2

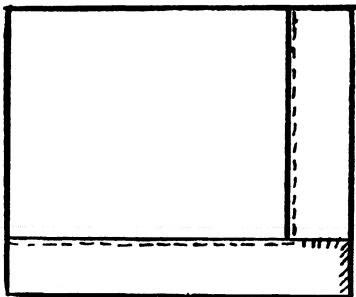


Figure 3

the cut side. Clip on the 29 inch mark, pull a thread, and cut. The unfinished square should be 29 inches.

Use the $\frac{1}{4}$ inch gauge (Figure 2) to measure turn of the hem. Turn the edge to the wrong side. Pin baste carefully. Pins are placed so the points are toward the edge of the material. This allows you to baste with needle and thread over the pins. Next, make the second turn of the hem which is also $\frac{1}{4}$ inch. Pin baste and baste the hem into place. Do this on two opposite sides, then the other two opposite sides to complete the basting.

The hem may be put in by hand or on the sewing machine. If by hand, make a small running stitch close to the edge and close the corners with the overhand stitch. If the sewing machine is used, the stitches should be close to the edge of the hem, about 10-12 stitches per inch. The stitching should be used only along the edge to form a square. The edges not caught by the square of machine stitching can be made fast by the overhand stitch. (Figure 3).

To embroider: Choose a simple design suitable for dish towels. Place the design in one corner with the lowest part of the design one inch from the hemline on each side of the corner. If help is needed in transferring the design, you may call upon your mother, club leader, or an older 4-H girl.

Next thread a needle with two strands of embroidery floss. Select a color that will harmonize with the color scheme of the kitchen in your home. Be sure to buy a skein that has the words—BOIL-PROOF—on the label, because this colored thread will not fade when it is laundered. Use the outline stitch for embroidering the design.

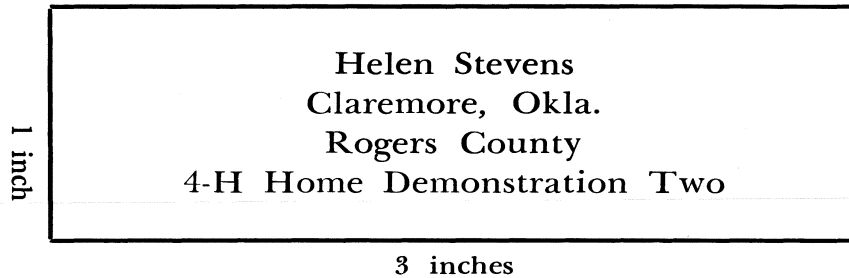
Outline Stitch: Knots should not be used in embroidery. Begin with a running stitch about one-half inch from the end where you plan to begin embroidery. Then begin the outline stitch, going back over the running stitch. When you reach the end, fasten the thread by running needle to wrong side. Go back and forth underneath stitches on the wrong side for about one-half inch. Clip thread close to the material.

THE EXHIBIT

The dish towel is to be the home improvement exhibit in this year's work. Wash, iron and label it. Fold to an 8 inch square. Have the design on top.

The label may be made of white muslin or twill tape. A good size is 1 inch by 3 inches after raw edges are turned under. It should give the member's name, post office, route, county and year of work, typed or printed in ink.

Place the label on the wrong side of the corner that is diagonally across from the design. Fasten the label to the towel with tiny running stitches.



4-H FOOD PREPARATION

The special problem for the second year girls is to set the table for dinner or supper at least twelve times. Each time you will want to try and see how attractive and neat you can make the table.

Try all eight recipes at least once. Some of them you will want to try over and over.

Setting the Table

Setting the table is like drawing a picture. This picture should have beauty and design. An attractive table is a background for good manners and a successful meal.

Dust the table. The table may be covered with a plastic cloth, oil cloth, cotton or linen cloth, but whichever is used it should always be clean and neatly placed on the table. A silence cloth helps to reduce noise.

A few flowers neatly arranged in a low bowl or a very low growing plant makes an attractive centerpiece for the table.

Each plate placed on the table should be about one inch from the edge of the table; the knife and spoon is placed to the right of the plate with the cutting edge of the knife toward the plate and the spoon with the bowl up. The fork goes to the left of the plate with the tines up. All pieces of silverware are placed one inch from the 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 and near the plate.

Place the water glass at the tip of the knife. The glass of milk is placed to the tip of the spoon and the cup and saucer to the right of the spoon two inches from the edge of the table.

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

We hope that each 4-H Club girl will enjoy using the recipes in this manual. Each recipe should be tried with the idea of making the product better the second time it is tried.

If you do not now know the following abbreviations learn what they mean and learn how to measure accurately.

Abbreviations in Recipes

t. or tsp. means teaspoon
T. or tbsp. means tablespoon
c. means cup
pt. means pint
qt. means quart
° F means degrees Fahrenheit

Equivalent

3 t. equal 1 T.
4 T. equal $\frac{1}{4}$ c.
16 T. equal 1 c.
2 c. equal 1 pt.

Measure Accurately

A good cook does not guess, but measures accurately.

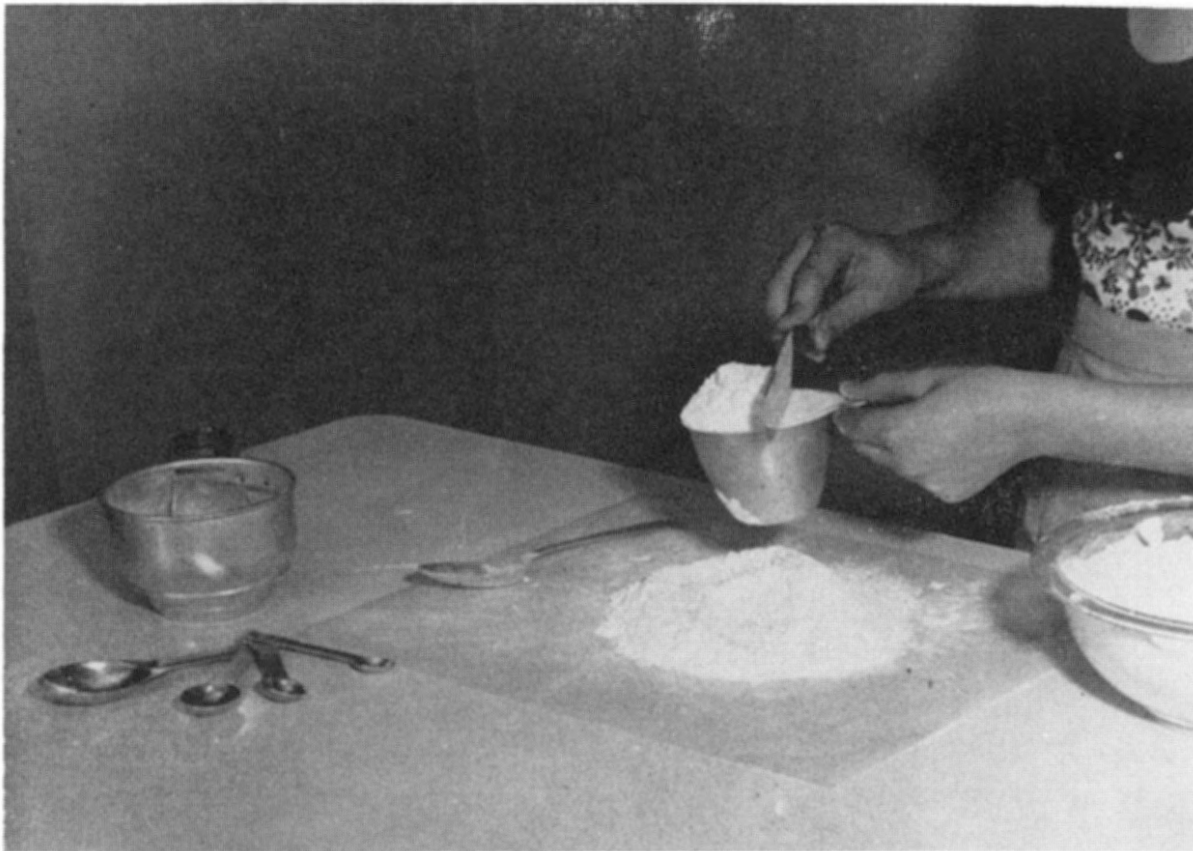
1. Use standard measuring cups and spoons.
2. Sift flour before measuring. Pile lightly into cup. Level off with the straight edge of knife or spatula. Do not shake down while measuring.
3. Measure small amounts of fats by spoonfuls. Pack as much in the spoon as it will hold. Level off with spatula or flat side of knife.
4. To measure liquid, fill the cup to the desired marked line. A glass measuring cup is best to use for liquids.

RECIPES

French Toast

1 egg
Few grains salt
 $\frac{1}{4}$ cup milk
4 slices bread
Shortening

1. Beat the egg slightly and add the milk and salt.
2. Dip both sides of the bread in the mixture and brown first on one side and then on the other in a hot, well greased frying pan. Do not allow the shortening to burn.
3. Serve the toast hot with syrup or marmalade.



Sift flour before measuring, lift lightly into cup, and level off with spatula or straight edge knife.

Scrambled Eggs

5 eggs	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup milk	1 teaspoon butter or margarine
$\frac{1}{2}$ teaspoon salt	

1. Beat the eggs slightly, add salt, pepper, and milk.
2. Melt fat in a frying pan, turn in egg mixture and cook slowly, scraping from the bottom and sides of the pan when the mixture first sets.
3. The entire mixture may be turned over after it sets.
4. Turn out into a hot dish and serve at once.

Stewed Tomatoes

3 cups canned tomatoes	2 teaspoons sugar
3 tablespoons butter or margarine	$\frac{1}{2}$ teaspoon salt
1 cup bread cubes	Dash of pepper

1. Pour canned tomatoes into a sauce pan and heat 5 minutes.
2. When hot, add the butter, bread cubes, and other seasonings. (The bread may be omitted). Serve hot.

2. Beat the eggs slightly, add the salt, syrup and milk. Mix well.
 3. Pour this mixture over the bread, allowing it to soak for one hour.
 4. Then bake the pudding in a moderate oven (350° F.) until done about 45 to 60 minutes.
- This recipe will make eight average sized servings.

Cup Cakes

1/4 cup shortening	1/4 teaspoon salt
1 cup sugar	2 1/2 teaspoon baking powder
1 egg unbeaten	3/4 cups milk
2 cups sifted cake flour	1 teaspoon vanilla

1. Cream shortening, add sugar gradually and cream until fluffy.
2. Add egg and beat thoroughly.
3. Sift dry ingredients together 3 times and add alternately with milk and vanilla.
4. Fill greased muffin tins 1/2 full with batter.
5. Bake in a moderate oven (350° F.) 15 to 20 minutes, or until done.

THE EXHIBIT

The exhibit in food preparation for this year's work will be three cup cakes that may be exhibited on a paper plate. The cup cakes should be as follows:

Uniform in shape
 Light in weight
 Have slightly rounded top
 Evenly browned crust
 Tender crust
 Tender crumbs which is moist but not gummy
 Velvety texture
 Fine even grain
 Pleasant odor and flavor

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

4-H FOOD PRESERVATION

Since this is your first year in 4-H Club work, we suggest that you ask your mother or older sister to help you with your canning project. A second year girl should can four quarts of fruit and exhibit one of them.

Boiling Water Canner

You will process your fruits in a boiling water canner. The canner should be deep enough for your quart jars to rest on a rack with two inches of hot water over the jar. There should be enough space be-

tween the jars to allow for the water to circulate. The canner should have a tight fitting lid. Do not start counting time until the water around the jars reaches the boiling point. The water should be kept boiling during the entire time of processing.

Peaches

Make a medium syrup of 1 cup of sugar and 3 cups water boiled together until sugar is thoroughly dissolved.

Peaches that are evenly ripened may be skinned by scalding for about one minute in boiling water. Remove and dip in cold water for one or two minutes; drain off water, skin, cut in halves and remove the seeds.

As soon as peaches are pitted drop them in the syrup. Preheat for 4 or 5 minutes in hot syrup. Pack in hot sterilized jars, placing the halves in overlapping layers, seed side down, with blossom end facing the glass. Cover with boiling juice or syrup. Adjust lids and process quart jars 15 minutes in a boiling water canner.

Berries

All berries, such as blackberries, dewberries, boysenberries and huckleberries may be used. Sort and grade the berries and wash thoroughly and stem. Three methods may be used in preparing the berries for the boiling water canner. Use the method you prefer.

1. If the berries are firm, add just enough medium syrup (1 cup sugar to 2 cups water boiled together until sugar dissolves) to berries to prevent sticking to pan. Heat until steaming hot. Pack hot, adjust lids, and process in boiling water bath 12 minutes.

2. Place berries in a covered dish. Add $\frac{1}{4}$ to $\frac{1}{2}$ cup sugar per quart of berries, cover and place in a slow oven (225° F.) until fruit is thoroughly heated. Pack hot, cover with juice, adjust lids, and process in boiling water bath 12 minutes.

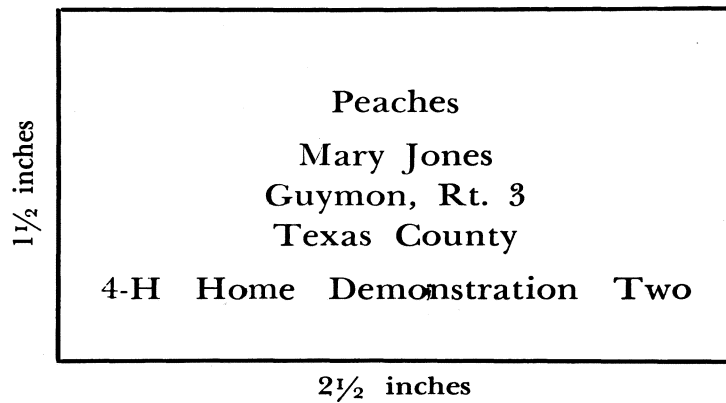
3. Berries may be placed into the jar cold. Pack closely into the jar. Fill the jar with hot thin syrup (1 cup sugar to 3 cups water) adjust lids, and process in boiling water bath 15 minutes.

THE EXHIBIT

The exhibit for food preservation this year is one quart of fruit. Select the nicest looking jar of food you canned. Wash the jar so that it will be clean. Then label.

The label may be purchased or made of plain white paper. It should tell the name of the product, your name, post office, route, county of member and the year of work. Such a label is shown below. 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. If label is made of plain paper use the following dimensions:



Wash your jars of fruit before storing.

GARDEN

Second year girls are to grow 12 tomato plants and a 20-foot row of radishes.

These may be grown in the home garden; but if so, the rows should be marked in some way so the member can point them out as her garden.

The member should plant, care for, and keep a record of her garden.

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.

French Breakfast and Early Scarlet Globe are early varieties. White Icicle, Chartiers, and Long Scarlet are better for later plantings.

Tomatoes

Girls' club work started with the "Tomato Club," and all through the years it has been the favorite vegetable of the 4-H garden.

The members may grow any variety of tomatoes they chose. Stokesdale, Pritchard and Marglobe are good varieties. Ask your parents about using fertilizer.

Setting the Plants

Have the ground prepared and select healthy, stocky tomato plants. Wait until danger of frost is past before setting in the garden. Set plants 3 to 4 feet apart in the row and space the rows about 5 feet apart.

If the ground is dry, it will be necessary to water it when the plants are set. In watering, fill the hole around the plant about two-thirds full of soil. Firm, water generously, fill the remainder of the hole with soil; firm again and add a layer of loose soil to the top around the plant to prevent baking. Handle plants carefully leaving a lump of soil on the roots if possible, when taking them up to transplant. Make holes for transplanting deep enough to set the plants a little deeper than they stood in the flat or bed. Place the soil carefully around the plant and pack firmly.

Protect the newly transplanted tomatoes from the sun and wind using a cardboard box or newspaper to make a tent to cover the plant. Place some soil on the edge of the newspaper to keep it from blowing away. After three or four days the plant should be toughened to where it can live without protection.

Cultivation

The tomatoes and radishes will need cultivation. Perhaps someone will plow them for you, but you should use a hoe frequently. Cultivate after each rain, or frequently enough to control grass and weeds.

Using the Vegetables

The food preparation instructions in this manual give different ways of preparing tomatoes and radishes for the table. If well done, the family will enjoy the vegetables that you have grown and prepared.

Insect Control

Insect control is an important part of gardening. Some insects eat the plants and some suck the juice out of the plants. Extension Circular 414, Vegetable Insect Control, has pictures of the insects so you can identify them and it also lists methods of control.

BEAUTIFICATION OF HOME GROUNDS

Each year 4-H Club girls are learning more about flowers and how to grow them. 4-H girls doing the second year of work are to plant one kind of flower. Zinnias, marigolds, or iris are suggested.

You will no doubt get a great deal of pleasure out of this part of your club work. Other members of the family, as well as passersby, will share this pleasure with you.

Zinnias

The colors range from white through pink and red to yellow, orange and bronze—almost all colors except blues. Plant the seed in the open ground after all danger of frost is past and the soil is warm. Give the plants plenty of room—6 to 8 inches for small types or 12 to 15 inches for giant types—and a good garden soil. Plant in a loose, well-prepared soil by using the rake handle to draw shallow furrows in the soil. The seeds are then sprinkled in these furrows which are not more than 1 inch deep, and the soil is carefully raked back over the furrows. Immediate sprinkling which will not wash the seed out of the ground is fine.

Marigolds

There are three kinds of marigolds for use in the summer flower garden: The Mexican marigold is a dwarf type, usually less than six inches high and is a yellow color; The French marigold grows eight to twelve inches high, is a bronze-yellow color; The African marigold is one to feet high, is an orange-yellow color.

Marigold seeds should be planted fairly thick in rows outdoors March 20 to May 1. After planting, water lightly, but avoid washing seed from the ground. Later, after the plants come up, thin the Mexican and French varieties to a spacing of 6-10 inches. The African variety should be thinned to at least a foot.

Marigolds do quite well in full sun or partly shaded locations. Any good garden type soil which is well drained is quite satisfactory for growing marigolds.

Iris

The one perennial flower that we shall consider is the Iris, very often called the "flag." The most common color is blue, but many other colors can be had.

The Iris root is a fleshy tuber called rhizome. Older plants can be divided in the fall or spring by using a sharp knife to cut off sections of rhizomes with leaves attached. The blade-like leaves should be cut back fan-shaped to about one-third their former height. Set the plants about one foot apart and see that the top of the rhizomes are at the surface of the ground. This is necessary in order that this shallow rooted plant can receive plenty of sunshine on the rhizome and not become effected with rot.

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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