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UNIVERSITY OF CALIFORNIA

HOME DEMONSTRATION

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Third
Year

Circular 533



EXTENSION DIVISION

Shawnee Brown, Director

Oklahoma A. & M. College, Stillwater

*Shawnee
Brown*

4-H HOME DEMONSTRATION

Three

Phases of Work (Select at Least Three)	Activities and Projects	Exhibit
Understanding Ourselves	Make a list of things that you can do for the family.	
Clothing	Make a cotton school dress. Stocking or sock darn.	Dress
Home Improvement	Make hand towel. Activities: Wash dishes and do small flat ironing at least 12 times.	Hand towel
Food Preparation	Try all 8 recipes at least once. Special problem: Learn to cook vegetables properly.	Peanut butter cookies
Food Preservation	Can or freeze 8 quarts of fruit.	2 quarts of fruit. Same or different kinds.
Garden	Grow 12 tomato plants, 15 feet of lettuce, 40 feet of string beans.	No exhibit required
Beautification of Home Grounds	Plant two annual or two perennial or one each. Plant nasturtiums and zinnias.	Small bouquet of zinnias or nasturtiums (in suitable containers).

UNDERSTANDING OURSELVES

Understanding Ourselves is concerned mainly with the home—and isn't the home about the most important place there is on earth? In your work as a 4-H member you will learn things that will help to make your home better all of the time. Most people want to make their homes better. They really are using our club motto "To make the best better."

Even though home is a very important place—there is something more important—our family! Then the question is asked, "How can I make the best better in my family?" The answer is: *Be the Best*. It is a lot like looking in a mirror—you see your own self in others. You know if someone smiles at you—you smile back.

So let us use our heads "to think, to plan, to reason," where we can be a better family member. First, had you realized that no two people are alike? Since this is true we cannot expect everyone to see things just

as we see them. At the same time doesn't the love and understanding of our families mean more than anything? One member of a family might spoil the happiness of the others for an entire day by being selfish or showing a bad temper. A 4-H club member should stop and think—practice being a good family member. Being a member of a family means that there are things we must do for others as well as having things done for us. Make a list of things that Mother and Daddy do for you.

Now make a list of things that you do for them. Could you add some things to your list? Use this thinking and plan to be a better member of your family team. You know the family is a team. Each member must do his part well if we are to be the best that we can be.

4-H CLOTHING

Girls enrolled in 4-H Home Demonstration III are required to make a cotton school dress and darn a stocking.

Making a Cotton School Dress

Choosing the pattern: For the beginning dress choose a simple pattern. The pattern should not have set in sleeves or button holes. A dress with no sleeves at all or a cap sleeve is an easier problem than one with set-in sleeves. Types of neck fasteners that may be used are hooks and eyes, loops, or ties made of the same material as the dress.

To decide the size of the pattern you need, compare your measurements with those given on the pattern envelope, or in the pattern books that you will find on pattern counters. Select the size that has measurements most nearly like yours.

Materials: A good choice of material for this dress is closely woven cotton percale, broadcloth, or chambray. For the beginning dress, do not choose a plaid or stripe. Instead select a solid color or a small all-over design that requires no matching. Stripes and plaids must be cut and matched perfectly to give a pleasing effect.

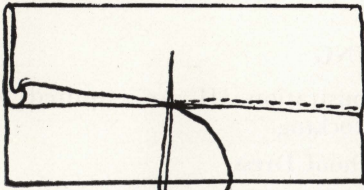
Buy the right amount of material. The chart on the back of the pattern envelope will tell you how much material you need for the style and size of your dress.

Cutting: Before cutting, pin the pattern together and fit to your figure. Make the necessary alterations. If the pattern is purchased to correspond with your measurements, there should be very few alterations to make. Study the cutting chart of the pattern and place pieces of pattern on material as shown. Only one-half of the pattern is given. Care must be taken to place the side of the pattern marked for the fold on the length-wise fold of the material, being careful to place the straight of the pattern on the straight of the material. Pin pattern in place, cut with a smooth, even edge. Where notches are cut in pattern, cut out instead of in, so that you will have the full amount of material for seams. Notches are valuable in matching the parts of the garment which should be placed together. Be sure all markings such as darts and pleats are made before removing the pattern from the material.

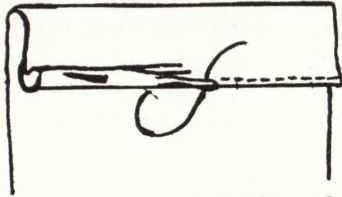
Finishes to be Used in Making Your Dress

Seams: The fabric should determine the seam finish used on your dress. For firmly woven cottons a plain or pinked seam is desirable. All seams should be pressed after they are stitched. No seam should be joined to another until it has been pressed.

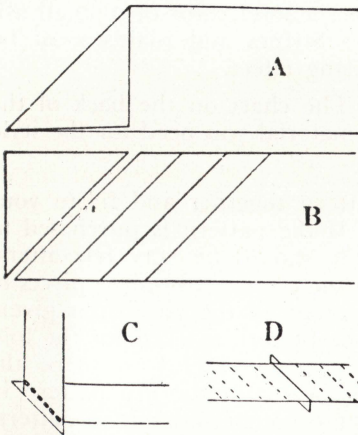
Slip Stitch: Insert the needle in the turned under edge of the hem or facing to be caught down exactly on the edge of the fold. Directly across from the stitch, make a small stitch (about one or two threads) in the garment. Then put the needle into the fold of the hem just where the needle left the fold. The needle is then slipped along the inside



Step 1.



Step 2.



Cutting of bias. (a) method of folding bias (b) cutting bias strips (c) joining bias—wrong side (d) joining bias—right side.

of the fold, to where the next stitch is to be taken, one-fourth to one-half inch, and is brought out of the edge of the fold. Now take another small stitch in the garment, and place the needle back into the fold. Repeat this process until the hem is fastened into place.

Cutting, Joining, and Applying

Bias: To make, as shown below, fold the material with straight edges at right angles to each other. Crease along fold and cut. Measure for desired width and cut into strips.

Bias bands are always seamed on the straight of the goods—with the thread either cross to cross or length to length. Corners are clipped after stitching.

Bias: Bias can be used for facings and bindings. Cut the bias $\frac{3}{8}$ to $\frac{1}{2}$ inch wider than you wish the finished binding or facing to be, to allow for seams. Never attempt to bind a curve with a straight piece of material.

Placket: If a placket is needed, a zipper may be used. To put the zipper in, machine baste left side seam at the placket opening. Press the seam open, and extend the back side seam $\frac{1}{8}$ inch and press flat. Place this fold on right side of the zipper close to slide as illustrated. Baste and stitch. Open seam with slide fastener placed flat against front seam allowance. Hold flat and baste

parallel to metal slide. On the right side of the dress, stitch parallel to basting. Remove the machine basting.

Belt Loops: Belt loops are used to keep the belt in position and are placed back of the side seams at the waistline. They may be crocheted of matching thread or made with the blanket stitch of matching thread. Belt loops made of the fabric are bulky and unattractive.

Blanket Stitched Button Loops: To make the thread loops, extend two threads the distance apart sufficient to loop over the buttons and fasten to the edge of the dress. Blanket stitch over the threads until covered and proceed until all loops needed are made. Double mercerized thread of matching color or heavy-duty mercerized thread can be used as well as various crochet and embroidery threads.

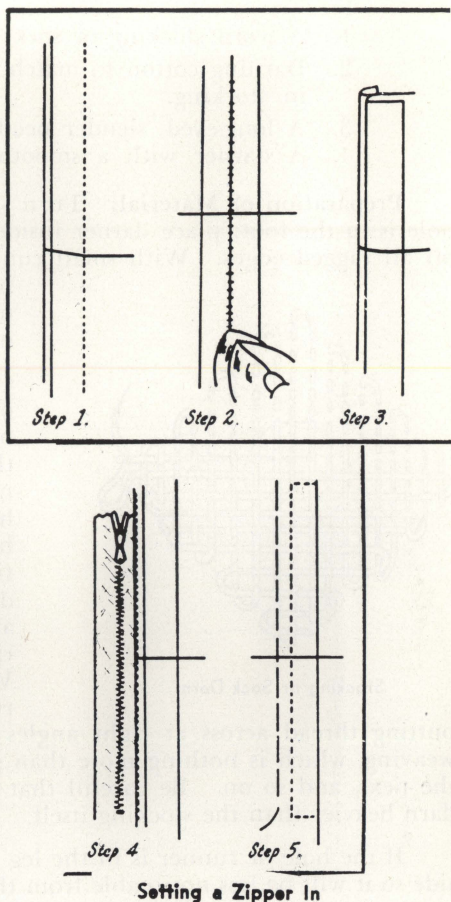
Hems: Measure the hem line after the rest of the dress has been finished. Put the dress on and have someone use a yard stick measuring from the floor. Place pins at regular intervals all around the skirt. Turn the hem up on this pin line and baste close to the turn.

Mark the desired width of the hem, using a gauge in order to have an even hem. The width of the hem depends on the type of skirt. A flared skirt will need a narrower hem than a straight hanging one. The hem on a flared skirt can be one, one and a half or even two inches, depending on the fullness in the skirt. Straight hanging skirts may have wider hems, sometimes as wide as 3 inches.

The fullness in hems of gored skirts must be adjusted to the dress before the hand work is done. This can be done by gathering the edge of the hem so its fits the dress smoothly. Put all hems and facings down by hand. Do not machine stitch your hem to the dress.

Stocking or Sock Darn

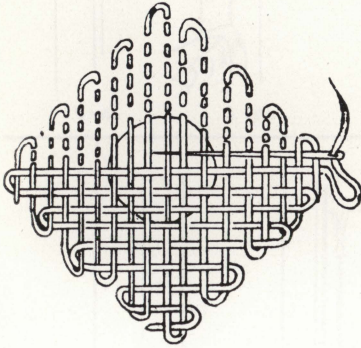
"A stitch in time saves nine," is truly quoted when we think of repairing stockings. Every girl old enough to join a club should learn how to care for her own stockings.



Materials:

1. A worn stocking or sock.
2. Darning cotton to match, both in color and size of thread in stocking.
3. A long-eyed, slender needle.
4. A darning with a smooth hard surface.

Preparation of Material: Turn stocking or sock right side out, if hole is in the foot; place darning inside stocking under the hole. Trim off all ragged edges. With small running stitches sew around edge of hole as close as possible, then draw material up a little so hole will not stretch while working on it.



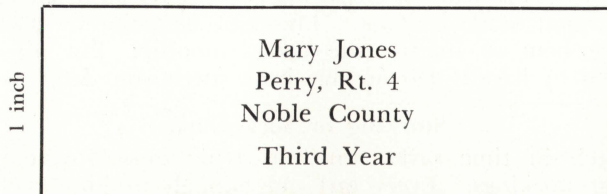
Stocking or Sock Darn

Start about one half inch from one side of the hole, taking running stitches the same direction as the rib in the stocking. The running stitches extend about one half inch beyond the edge of the hole. Do not draw thread too tight because it shrinks when laundered. Alternate stitches above and below edge of hole to prevent ridge of stocking around hole. When the hole is filled with thread running in one direction, start putting thread across at right angles to the first ones. We call this weaving, which is nothing more than going under one thread and over the next, and so on. Be careful that your weaving does not make the darn heavier than the stocking itself.

If the hole or runner is in the leg of the hose, darn from the wrong side so it will be less noticeable from the right side.

THE EXHIBIT

The cotton school dress is the article to be exhibited in this year's clothing work. 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.



3 inches

Sew new label on the inside neck facing to the right of the front. To determine right side of front, think of the garment as being worn by you. Put on with fine running stitches with no raw edges showing.

4-H HOME IMPROVEMENT

The project for the 4-H girl enrolled in the Third Year Home Improvement is making a hand towel. Other activities will include washing dishes and doing small flat ironing at least 12 times.

Two dish pans are needed for washing dishes. One dish pan should have clean hot water to rinse or scald dishes. If you have 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 become discolored if left in the dish drainer. A clean dish cloth should be used for washing dishes.

One should have the proper height working surface when ironing. Perhaps, a kitchen stool could be used to elevate the person when the board is too high.

Instructions in use and care of the iron or ironer should be given to the 4-H girl before she attempts to use this piece of equipment.

Towels (figure one) should be folded in this manner to make for easy handling and storage. Also, they are easy to hang on a towel rod when folded in this manner. Pillow cases also fold well this way for storage and the last fold can include a pair of cases.

Hand Towel

The hand towel may be made of cotton huck, crash, or other suitable cotton toweling materials. This towel may be white or colored and may be embroidered in white or colored embroidery floss.

Materials needed: Fabric 30" long after shrinking, usually toweling materials are 15" to 18" wide; scissors or shears; straight pins; pin cushion

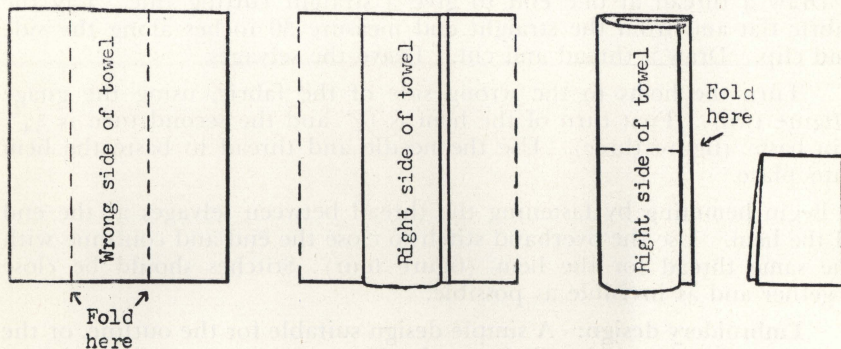
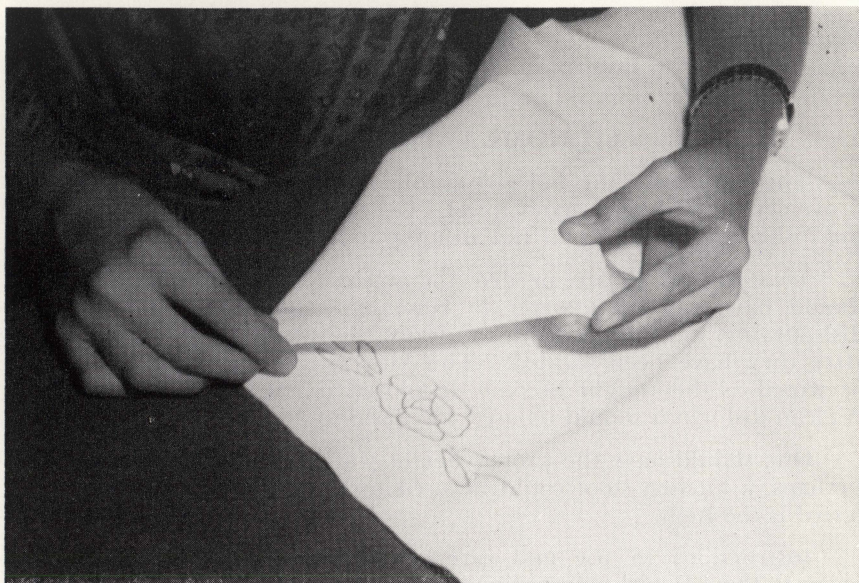


Figure One. Folding towels.



Hand towel, the third year project.

ion; thimble; sewing thread to match the fabrics; size 60 to 70 is desirable, sewing needle size 9; guage; and tape measure.

For embroidering these items are needed: Boil fast embroidery floss; embroidery hoops; embroidery needle size 9, (sometimes called crewel); and pencil carbon paper for tracing designs on the towel.

To make: Shrink the toweling fabric by placing it in warm water for 10 minutes. Then hang it to dry. Smooth the fabric by ironing it on the wrong side. Huck toweling has a definite right and wrong side. The right side is rough, while the wrong side has groups of 2 threads parallel to the selvage.

Draw a thread at one end to give a straight cutting line. Lay the fabric flat and from the straight end measure 30 inches along the side and clip. Draw a thread and cut. Leave the selvages.

Turn the hems to the wrong side of the fabric, using the guage (figure two). First turn of the hem is $\frac{1}{4}$ " and the second turn is $\frac{3}{4}$ ". Pin baste (figure three). Use the needle and thread to baste the hem into place.

Begin hemming by fastening the thread between selvages at the end of the hem. Use the overhand stitch to close the end and continue with the same thread for the hem (figure four). Stitches should be close together and as invisible as possible.

Embroidery design: A simple design suitable for the outline, or the outline and satin stitch will be used. Use two strands of floss and an embroidery needle. The design should be placed one inch above the

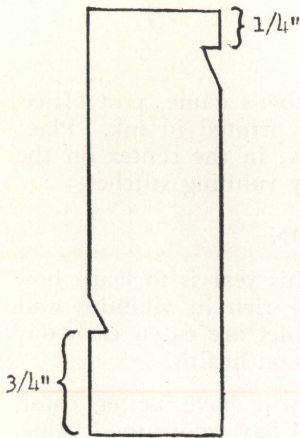


Figure 2

Figure 2. Gauge.

Figure 3. First and second turns of hem.

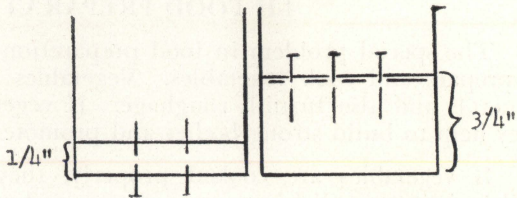


Figure 3

Figure 4. Hemming stitch.

Figure 5. Padding and satin stitch.

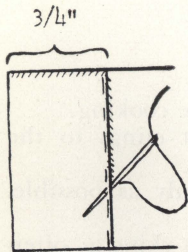


Figure 4

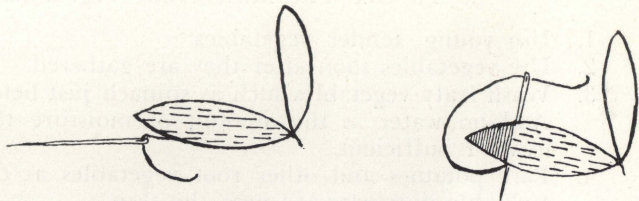


Figure 5

hem at the center of the one end. Use pencil carbon paper for tracing the design.

Outline Stitch: Use two strands of embroidery thread to make the outline stitch. Knots are never used in 4-H embroidery work. Begin the outline stitch with a running stitch about $\frac{1}{4}$ inch to the right of the point where you plan to begin. When you have made the tiny running stitches to the end of the design, turn, going from left to right, and embroider directly on top of the small running stitches using the outline stitch. Make your stitches about $\frac{1}{16}$ of an inch in length. When the end of the thread or design is reached, fasten the thread by running the needle through the wrong side of the material. Then go back and forth through the stitches for about $\frac{1}{4}$ of an inch.

Satin Stitch: Two strands of embroidery thread are used. The satin stitch will look better if the design is padded lightly. To pad a design, make several lines of running stitches the length of the design. Place the needle at the point where the satin stitch is to be started. Work the stitches as close together as possible. The finished design will be solid and not made up of rows of threads (figure five).

THE EXHIBIT

Hand towel folded in fourths (crosswise).

Labeling: The label should give the member's name, post office, route, county and year of club work, typed or printed in ink. Place the label at the opposite end of the embroidery, in the center on the wrong side. Fasten the label in place with tiny running stitches.

4-H FOOD PREPARATION

The special problem in food preparation this year is to learn how to prepare and cook vegetables. Vegetables are rich in vitamins and minerals and also furnish roughage. If vegetables are eaten each day they help to build strong bodies and promote good health.

If vegetables are cooked properly, they will have better color, will look nicer, will be easier to digest, and will have more food value. It is very important that they be cooked properly.

To Get The Most From Vegetables

1. Use young, tender vegetables.
2. Use vegetables soon after they are gathered.
3. Wash leafy vegetables such as spinach just before cooking. Add no water as the amount of moisture that clings to the leaves is sufficient.
4. Pare potatoes and other root vegetables as thinly as possible. Valuable nutrients are near the skin.
5. Cook vegetables whole or in large pieces and in skins as often as possible; more of the food value is saved when so prepared.
6. Cook vegetables only until they are tender but still firm. This is one of the most important rules in vegetable cookery.
7. Use only enough water, lightly salted, to leave not more than two or four tablespoons at the end of the cooking to save flavor, vitamins and minerals. Have the water boiling before



Cook vegetables only until tender.

- placing the vegetables in it. Bring the water back to boil quickly and let it boil gently thereafter.
8. Leave the cover of the pan on.
 9. Serve vegetables as soon as they are cooked.
 10. Keep the extra juices from cooked vegetables in a jar in the refrigerator to use in soup stock or in the liquid for meat pies.
 11. If vegetables must be stored, place them in a covered container in the refrigerator or some other cold place.

Getting Ready For Work

Let's suppose you are now ready to go in the kitchen to start work. You will remember to:

1. Wear a clean apron.
2. Have hair neatly combed and pinned back.
3. Have hands and fingernails very clean.

And while working you will remember to:

1. Assemble all supplies and equipment before starting to work.
2. Measure carefully.
3. Use clean towels and pot holders.
4. Use different spoons for stirring and tasting.
5. Keep work table clean and orderly.
6. Put all cooking utensils to soak.
 - (a) Flour and eggs dishes in cold water.
 - (b) Sugar dishes in hot water.

RECIPES

Potato Soup

3 medium sized potatoes	4 tablespoons butter
3 cups hot milk	1½ teaspoon salt
3 or 4 slices of onion	Pepper

1. Pare and cube the potatoes, cover with hot water, add the salt and onion and cook to a mush.
2. Add the butter and milk and heat until steaming hot. Serve while hot.

Buttered Carrots

Young carrots	Butter
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1. Wash and scrape young tender carrots. Boil until tender (15 to 30 minutes).
2. Add 1 tablespoon butter for each 6 small carrots and cook slowly for 5 minutes

Southern Cabbage

3 tablespoons butter	1/8 teaspoon pepper
1 quart shredded cabbage (not chopped)	1/2 teaspoon salt
	1/2 cups cream or rich milk

1. Place butter in an iron skillet and brown slightly.
2. Add cabbage and stir well. Cover tightly and simmer for 5 minutes.
3. Stir again, cover and simmer for 5 minutes longer.
4. Add pepper, salt, cream and stir well. Cover and simmer 3 to 4 minutes. Serve.

Scalloped Corn

2½ cups whole kernel or cream style corn	¼ to 1 cup milk 2 tablespoons butter
1 cup dry bread crumbs or cracker crumbs	Salt and pepper

1. Combine whole-kernel corn and 1 cup milk or cream style corn with ¼ cup milk.
2. Add crumbs and seasonings. Pour into greased casserole; dot with butter.
3. Bake in moderate oven (350°) for 30 minutes.
4. Three tablespoons chopped green pepper or pimento may be added.

Buttered Spinach

Spinach	Butter
Salt	Hard cooked eggs or bacon

1. Sort young spinach carefully and wash thoroughly several times so as to be certain that it is free from sand and insects.
2. Lift it from water into a large kettle and put it over a moderately hot fire. Cover the kettle with a lid.
3. Turn the spinach occasionally so that it will wilt quickly.
4. Add a small amount of salt and cook the spinach slowly until it is wilted and tender. If the spinach is young, this will take only a few minutes—about eight to ten minutes.
5. Season with butter, pour into a serving dish and garnish with hard cooked eggs or broiled bacon. If bacon is used, the bacon fat may be used instead of butter.

Green Salad

Lettuce	4 tablespoons vinegar
2 tomatoes	2 tablespoons melted fat
Small bunch radishes	1 or 2 hard cooked eggs

1. Choose fresh, crisp lettuce leaves. Wash thoroughly and drain. Cut into strips or shreds. Place in bowl.
2. Add tomatoes, cut in wedges and radishes cut in quarters.
3. Add dressing made by mixing vinegar and fat. Mix well.
4. Slice hard cooked egg and add on top.

Chocolate Cookies

½ cup shortening	¼ cup milk
1 cup sugar	2½ cups sifted flour
1 egg	2 teaspoons baking powder
2 squares chocolate, melt- ed or 2 tablespoons cocoa	¼ teaspoon salt
1 teaspoon vanilla	½ cup nuts (finely chopped) if desired

1. Cream shortening and sugar, add beaten egg and melted chocolate and vanilla and milk.
2. Sift together flour, baking powder and salt and add to the first mixture. Add nuts.
3. Drop by teaspoons on greased baking sheet, or form dough into a roll, chill and slice. Bake at 375° F. until done.

Peanut Butter Cookies

1/2 cup fat	1 egg, well beaten
1/4 teaspoon salt	1 1/2 teaspoon milk
1/2 cup peanut butter	1 cup sifted flour
1/2 cup granulated sugar	1/4 teaspoon soda
1/2 cup brown sugar, finely packed	

1. Combine fat, salt and peanut butter, and mix well.
2. Gradually add granulated sugar and brown sugar. Cream thoroughly after each addition.
3. Add egg and milk, mixing well.
4. Sift together the flour and soda. Blend with first mixture.
5. Roll the dough into balls about 3/4 inch in diameter. Place on ungreased baking sheets, press lightly crosswise and lengthwise with a fork to flatten.
6. Bake at 325° (slow oven) 15 to 20 minutes.

THE EXHIBIT

The exhibit in food preparation for this year of work is three peanut butter cookies. Exhibit these cookies on a paper plate. On the label print in ink or type your name, post office, route, county and the year of club work.

You will want your cookies to be uniform in size, shape and color, with a texture rather soft and a tender crumb. The flavor needs to be pleasing, free from any strong or off flavors.

4-H FOOD PRESERVATION

Girls enrolled in Home Demonstration III are to can or freeze eight quarts of fruit. Since your canning experience is somewhat limited we suggest that your mother or older sister continue to help you with your food preservation this year.

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 boiling water over the jars. There should be enough space between 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.



Sterilizing fruit jars.

Peaches

Make a medium syrup of 1 cup 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 to two minutes; drain off water, skin, cut in halves and remove seeds.

As soon as peaches are pitted, drop them in syrup. Preheat from 4 to 5 minutes.

Pack into 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 the lids. Process the quart jars 15 minutes in boiling water bath. Keep the water boiling during the entire processing time.

Berries

Any berries such as blackberries, dewberries, loganberries, raspberries, boysenberries, youngberries or 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 with hot thin syrup (1 cup sugar to 3 cups water) adjust lids, and process in boiling water bath 15 minutes.

Freezing Fruits

Freezing is a simple, easy and very satisfactory method for preserving fruits. By this method fruit can have all of the natural color, flavor and nutritive value of fresh foods, provided they are properly selected, prepared, frozen and stored.

This year you might wish to freeze some of your fruits if you have access to a freezer locker in town or to a home freezer.

Freezing Berries

Select firm, fully mature, evenly ripened berries of good quality. Sort, wash and drain. Either the sugar pack or the syrup pack may be used for berries. Always package foods for freezing in moisture-vapor-proof containers.

For the sugar pack, mix 1 cup sugar to 4 to 6 cups of fruit. Mix gently until sugar is dissolved. Package, leaving sufficient head space and seal.

For the syrup pack use a 40% to 50% syrup. To prepare the 40% syrup dissolve 3 cups of sugar in 4 cups of water. Pour over the berries which have been packaged being sure all pieces of fruit are covered. Leave about $\frac{1}{2}$ inch head space in pints.

Then date and label your berries, freeze immediately and store at 0°F.

For information on freezing other fruits refer to Oklahoma Extension Circular No. 502, "Home Freezing of Foods."

THE EXHIBIT

The exhibit in food preservation for this year is two quarts of fruit. These may be the same kind of fruit or different kinds. Select the two best jars of fruit you canned, wash and label.

The label may be purchased or made of plain white paper. It should tell the name of the product, your name, post office, county 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. If you make your label use a sheet of white paper $1\frac{1}{2}$ by $2\frac{1}{2}$ inches.

4-H GARDEN

Girls enrolled in the 4-H Home Demonstration Three are to grow 12 tomato plants, 15 feet of lettuce and 40 feet of bush snap beans. These vegetables may be grown in the home garden, but if so, the rows should be marked so that the member can point them out as her garden. She should plant, cultivate, harvest and keep a record of her vegetables.

Lettuce

The leaf varieties Grand Rapids and Black Seeded Simpson are good ones. Plant lettuce between four and five weeks before the average of the last killing frost in the spring. Plant the seed thick and cover about $\frac{1}{4}$ inch deep. After the plants are up it is well to thin them two or three inches apart, in the row. Since lettuce is a short season crop the rows may be spaced close together. To have lettuce for several weeks make the plantings at two weeks intervals until April 1.

Bush Snap Beans

The green varieties Top Crop, Contender and Stringless Greenpod and the wax varieties Top Notch and Black Wax are good ones. Beans will not stand frost, therefore, should not be planted until about a week before the average date of the last killing frost in the spring. To prolong the bean producing season, make plantings at two weeks intervals until 1st of May. Plant beans in rows from $2\frac{1}{2}$ to 3 feet apart and thin the plants to about 2 inches apart in the row. A half pound of seed is plenty of seed for a 40 foot row.

Tomatoes

The varieties Firesteel, Stokesdale and Sioux are good ones. For summer production plant the small fruited variety, Porter. Western Red is especially good for western sections of the state. Have your ground prepared in advance of transplanting and use healthy, sturdy tomato plants of your own growing for best results. Do not set tomato plants out until after the danger of frost is past. Plant in rows four to five feet apart, and space the plants from $2\frac{1}{2}$ to 3 feet apart in the row. Handle plants carefully, leaving lumps of soil on their roots, if possible when transplanting. Make the holes deep enough to set the plants a little deeper than they were growing in the flat or hotbed. Pack the soil firmly around the growing plant, and if it is dry, water it using about a quart to each plant. After the water has soaked away, pull dry soil up around the plants.

Cultivation

Vegetables need to be cultivated quite often. The main object is to control weeds and to prevent the formation of a crust. Always cultivate shallow and after each rain as soon as the ground is dry enough to be stirred.

Mulch the tomato plants with old hay or straw or suitable materials after they have been cultivated one time.

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 we want to add to the attractiveness of our homes. Plant two annuals or two perennials or one of each. These may be put in a bed, grown along borders of the yard or in between small plants in foundation planting. Any of the adapted annual or perennial flowers may be used. However, those suggested are easy to grow and adapt themselves in all sections of the state.

Annuals

Nasturtiums and zinnias are suggested. There are single or double varieties of nasturtiums from which to make your selections. They should be planted early in the spring about the same time lettuce is planted in the garden. See should be covered around an inch and plants spaced from 6 to 8 inches apart in the row.

There are four general types and a wide array of colors in zinnias you may choose to grow: The large flowering, the large and small pompom, and the fantasies. Seeds of zinnias should not be planted until after the ground warms up, at about the time you transplant your tomatoes to the garden. Seed may be planted thick and should be covered around a quarter of an inch. Plants that come up too thick in the row should be thinned by transplanting the surplus plants to leave the large flowering sorts from 8 to 10 inches apart, and those of the smaller flowering varieties 6 to 8 inches apart.

Perennials

Day lilies and Shasta daisies are suggested. Day lilies should be dug up and the clumps divided after they have stopped blooming in the spring or early in the fall. The plants should be spaced from 12 to 18 inches apart, either in borders or beds. In dividing the clumps be sure each plant used has plenty of roots on it and handle to avoid allowing these root to dry out while transplanting. There are double and single day lilies of different colors that may be secured to provide blooms over a long period.

The clumps of shasta daisies should be dug and divided during the winter or early spring. Plants should be spaced from two to three feet apart and given plenty of space to develop into sizeable clumps. Adequate space is necessary to have long stems. As in the case of day lilies, be sure each plant has plenty of roots and transplant in such a way to avoid letting them dry out. To have an abundance of flowers either

of day lilies or Shasta daisies, use manure around them or work it into the soil before they are transplanted. For best results Shasta daisies should be dug and divided each year and day lilies every two years. Perennials should be located in permanent beds since they remain in the same location for a long period.

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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