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4 - H

HOME DEMONSTRATION

AGRICULTURE SERVICE



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Fourth
Year

Circular 534

EXTENSION DIVISION

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no. 534

4-H HOME DEMONSTRATION

Four

Phase of Work

(Select at Least Three) **Project Work and Special Problems** **Exhibit**

Understanding Ourselves	List ways that you can practice cooperation with your family members.	
Clothing	Make a cotton school dress, and a hemmed patch.	Dress
Home Improvement	Make one pair of pillow cases. Activities: Make bed daily and change linen as needed.	One pair of pillow cases.
Food Preparation	Try all 10 recipes at least once. Special Problems: Plan, prepare, and serve breakfast six times.	3 whole wheat or corn meal muffins.
Food Preservation	Can or freeze 12 quarts of fruit, tomatoes and beet pickles.	2 quarts: 1 quart of fruit 1 quart of tomatoes or 1 quart of beet pickles.
Food Production	Grow 4 vegetables including 12 tomato plants and 50 feet of beets, or enroll in regular food production project.	
Beautification of Home Grounds	A flower bed. If possible, use plan of one suggested in the manual.	The plan of a flower bed (On 8½" x 11" poster).

UNDERSTANDING OURSELVES

The 4-H Club girl develops a self with whom she and others can live successfully by developing the Head "H", the Heart "H", the Hands "H", the Health "H".

All of the "H's" are important. We have stressed the Head, Hands, and Health "H's", but perhaps less attention has been given the Heart and "The Art of Living" than some of the other phases in club work.

Remember that part of our ritual: "In what way can we be a help in our home life? By striving to train for a home life that represents true character, comfort and contentment." We believe that club girls are ready to study something about home life and their part in the home. It is time to stress "true character, comfort and contentment."

Shall we consider "The Art of Living"? The most important thing about the home is the family. You may have read this statement, "There are families who live in mere houses, but many more live in real homes." A very fine house is not a real home unless a homemaking family lives in it. On the other hand an ordinary house may be a real home if the "right family" lives there. What is a homemaking family? First, of course, is the family, and then the home. The house needs a "lived-in look" with space for each family member and his possessions.

You can make home more interesting for other family members by respecting their rights and their things. In this way, you can make it more pleasant for your brothers and sisters and for your parents and their friends. Have you ever thought that mother is often interested in having as "good looking" clothes as yours? We must also remember that father likes a chance to rest after a hard day's work.

Some important qualities of a homemaking family are: being considerate and thoughtful of other people, learning to be "self managers," making the home an interesting place to all family members, and practicing teamwork in the home.

One thing necessary to this homemaking family is teamwork. All family members must pull together. They plan for share in work, money and wise use of time in both work and play. The interests of all members are, of course, considered.

Teamwork and cooperation is about the same thing. Cooperation is necessary for all members of the homemaking family. It is just as important for teamwork in the family as in a basketball or football game. There is an old, old story that shows the importance of working together. It is the story of the bundle of sticks.

A father asked his seven sons to bring him seven small but stout sticks. The father took the seven sticks and tied them in a bunch and told his sons that he would give an award to the one that could break the sticks. Each took his turn and tried to break the sticks, but no one could break them. The father then took the bunch and separated them and gave each son one stick to break. This, of course was easily

done. The father then told the sons that as long as they worked together as a team they would have the strength resulting from cooperation.

List some ways that you can practice cooperation with your family members.

4-H CLOTHING

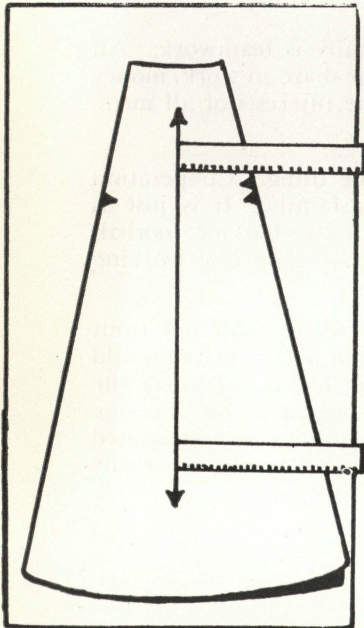
Dressing Appropriately for School

Simplicity characterizes the suitable school dress. One reason for the need of this simplicity is its use. You wear your school clothes more or less constantly, and if they are elaborate or extreme, you and your friends will soon tire of them. How much time have you to spend on the care of your school clothes? This limited time is another reason for the need of simple garments which require little care. Simplicity is the key-note of attractiveness, but it must be accompanied by becomingness of line and color. Freshness of all your clothes should not be neglected.

Requirements—Make a cotton school dress, and a hemmed patch.

The problem in making the fourth-year dress will be very much the same as those in making the third-year dress.

Choosing the Pattern: The patterns, with cap or regular sleeves, are very becoming to girls your age and size, and are much easier to make than set-in sleeves. Buttonholes make a difficult problem so again select a pattern that has no buttonholes. While misses patterns are usually sold by age, it is not advisable to rely wholly upon one's age in choosing the size. Measurements should be taken carefully before buying a pattern. Before cutting, check the pattern with your measurements.



Material: For a school dress, gingham, chambray, percale, broadcloth or pique is a good choice. Since this is the second dress, choose a solid or all over design as you did for the beginning dress. Learning to work with plaid or stripe materials will come later in your club work.

Thread: Use mercerized thread on wash fabrics. Buy thread that is slightly darker in color than your material because colored thread usually works in lighter when it is stitched.

Get Material Ready for Cutting: Straighten both ends of your fabric by pulling a yarn all across the material and cutting on the line left by the pulled yarn, or if the material will tear, straighten the ends by tearing off a small

piece, straight across the width of the fabric. Sometimes material is twisted when it's finished at the mill and will look crooked even when ends have been straightened. To straighten it, pull the fabric diagonally and then crosswise.

Cutting: On the guide sheet draw a circle around the cutting layout that you wish to use. Spread the material out flat, with ends and sides straight. Following your pattern layout, put the big pattern pieces on first, but don't pin them until you are sure you can get all pieces on. See that the line which shows the straight of the goods is placed exactly on a lengthwise yarn of the cloth. Measure from selvage to the line, making certain that the distance is equal at all points. Before you remove the paper pattern from the dress pieces, transfer all markings from the pattern to the dress fabric.

Finishes to be Used in Making the Dress

Seams: The type seam finish used depends on the material in the dress. If the material ravel quite easily, an overcast or blanket stitched seam may be used; if it does not ravel easily, a plain or pinked seam is desirable.

Blanket Stitched Button Loops: To make the thread loops, extend two threads the distance apart sufficient to loop over the buttons and fasten in 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.

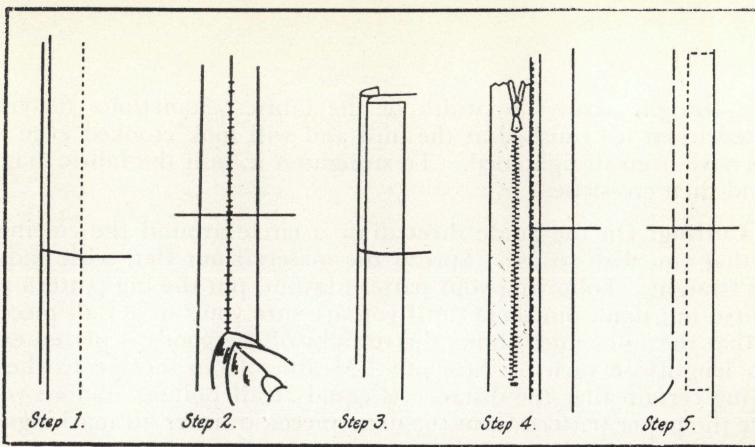
Belt Loops: Belt loops are used to keep the belt in position and are placed back of the side seams at the waistline. They may be crocheted of matching thread or made with the blanket stitch of matching thread.

Zipper: 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 stitching.

Hems: Baste all hems the width desired, after having measured the skirt length from the floor. Your mother or older sister may help with this.

Put all hems in by hand. You may turn the first edge and stitch on the machine before slip stitching to the dress. Do not machine stitch hems or facings to the dress.

Slip Stitch: The slip stitch is invisible. A very small stitch is taken in the cloth opposite from where the needle comes out of the fold, and the needle is then slipped through the edge of the fold to where the next



How to set in a zipper

stitch is to be taken, about one-fourth to one-half inch. A final pressing is necessary for the finished garment.

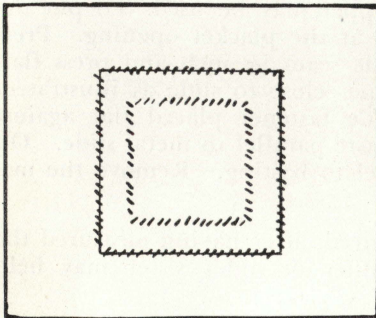
Hemmed or Set-On Patch

When a hole is torn or worn in an apron, dress, or in underwear, it should be mended with a hemmed patch.

Materials: (1) A worn apron, dress, or piece of underwear. (2) A shrunken piece of material like garment. (3) No. 60 thread.

Repairing Garment: Cut away the worn part, keeping on a thread each way of the material, making a square hole. Slash each corner in about three-fourths inch and turn back under evenly and crease a one-fourth inch edge all around hole.

The patch should be large enough so that it will extend at least one inch beyond the edges of the hole, after the edge has been turned in. Place it back of the hole with the right side showing through, and match the pattern of the material. Pin securely.



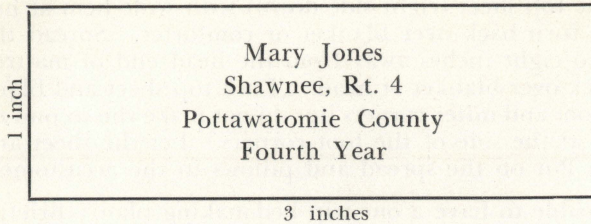
Wrong Side of Set on Patch

Baste around the edge of the hole where it was turned under, being careful not to stretch the corners, then hem the edge down to the patch. Turn to the wrong side of the patch and crease down one-fourth inch all around the edge of the patch. Baste and hem down to the wrong side of the garment, then press the patched part.

THE EXHIBIT

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



Sew the 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.

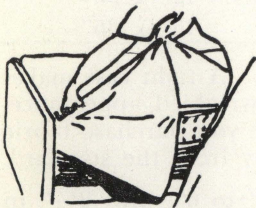
4-H HOME IMPROVEMENT

The project for the girl enrolled in Fourth Year Home Improvement is making one pair of white pillow cases. Other activities could be making the bed daily, and changing linens as needed. These would be contributing to the family responsibility.

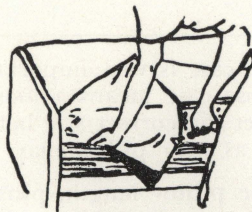
A well-made bed is comfortable for sleeping and attractive in appearance. If the corners are properly folded and tucked, spreading the bed each day will be easier to do.

To Make the Bed: Straighten the mattress and mattress pad. Spread the bottom sheet (right side up) with center fold in center of the mattress. Stretch the sheet smooth, tuck under at head and foot on **one side**, mitering the corners.

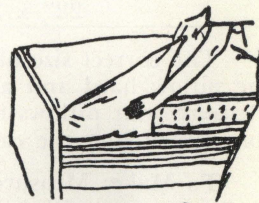
To Miter a Corner: (Figure 1). About two feet from the corner lift the edge of the sheet with the hand next to the bed. Lift it up straight to form a triangle. With the other hand tuck the lower edge under the mattress. Drop the top edge and tuck under the mattress.



Step 1



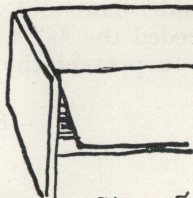
Step 2



Step 3



Step 4



Step 5

This makes a neat fold. Do one side (head and foot) before going to the other side of the bed.

Place the top sheet (right side down) with wide hem at head. Allow 12 inches to turn back over blanket or comforter. Spread the blanket leaving six to eight inches away from the head end of mattress. Turn top sheet back over blanket at head. Tuck top sheet and blanket under together at foot and miter corners but do not make the second tuck under the mattress at the side of the foot corners. Let the sheet and blanket hang loose. Put on the spread and pillows in the accustomed manner.

It is possible to have a one-trip bed-making plan. Briefly, the better method of bed making is to make up one side of the bed completely, and then to finish the other side, with no return trips from side to side or head to foot.

Pillow Cases

Pillow cases protect the pillows from soil and add to the comfort in using the pillow. Clean bed linens add to the appearance of the bed.

Materials Needed: (In addition to the sewing box) tubing, sheeting, muslin, or sacks; size 80 sewing thread for finer fabrics; size fine sewing machine needle to carry the finer thread; and white embroidery floss.

In selecting the fabric for pillow cases consider the evenness of the weave, the whiteness, and the soft, smooth yet firm feel of the fabric.

How to measure the feather pillow to know the size of case needed: The case should be 2" to 3" larger than the measurement around the pillow. It should be 4" to 6" longer than the pillow—then add the amount you desire for hem. The foam rubber pillows can sometimes have a little tighter pillow case.

Standard sizes of pillows and pillow cases: (This indicates also the available width of pillow tubing.)

Pillows: 20" x 26"	Pillow cases: 42" x 36"
22" x 28"	45" x 36"

The correct size of the case is very important. A tight case makes the pillow hard and a loose case means a loose wrinkled appearance. Measure your pillows to get the correct size before you purchase fabric for constructing the cases, as your pillow may vary from the standard.

To Make: Measure the pillow length, plus 4" to 6", plus 2¼" to ¾" for a hem. Wide hems are desirable on large cases while smaller hems are attractive on smaller cases. Either draw a thread or tear the fabric to assure straight lines.

On the wrong side, baste and stitch the seam ⅜" to close the end. If a side seam is needed the ⅜" would apply here, too. Overcast the raw edges together to prevent the edges from raveling. To overcast

use size 80 thread and take stitches $\frac{1}{8}$ " from the raw edge and about $\frac{1}{2}$ " apart along the edge.

Hem the open end of the case. The first turn of the hem is $\frac{1}{4}$ ". The second turn of the hem will be 2" to 3" depending on the size of the pillow case. Pin baste and thread baste the hem into position.

Allow 12 to 14 stitches per inch when stitching the hem in on the sewing machine. The stitches should be close to the edge to prevent the edge from turning back during ironing. The line of stitching should be straight. The hem may be put in by hand although machine work is faster and more durable. Begin stitching at one end, stitch around the hems, and therefore you will stop at the side. Draw the thread ends to the wrong side of the pillow case, thread each on a needle and run the needle under the hem line about one inch.

The embroidery design should be in pleasing proportion to the size of the pillow case and the size of the hem. Pencil carbon paper should be used in tracing the design one inch above the hem and in the center of the pillow case.

The design is to be embroidered in white for long wear and beauty. The type thread used will be determined by the design and the desired results.

The satin stitch is more effective on rather narrow areas so select this type of pattern for this work. Embroidery hoops help to hold the fabric smooth while working. Padding gives a thicker, firmer result to the satin stitch, especially on thin materials. Padding stitches are made as running stitches lengthwise of the design. The satin stitches are taken across the padded area, close together to develop a smooth pattern. Thread should be neither too tight nor too loose. Two strands of regular embroidery floss are used.

Pillow Protector

Every pillow used in the home should have a protector between the pillow case and the pillow ticking. The protector keeps the ticking and feathers much cleaner.

This protector should be easy to remove and laundered frequently. The protector may be made from white or unbleached muslin or sack material. It should be finished about $1\frac{1}{2}$ " larger than the measurements around the pillow and finish $1\frac{1}{2}$ " to 2" longer than the measurements around lengthwise of the pillow. This will fit snugly around the pillow and give a neat appearance through the pillow case. It should fit like an envelope over the end of the pillow.

THE EXHIBIT

The Fourth Year Home Improvement exhibit is one pair of pillow cases. Both should be labeled. White muslin may be used for the label. One inch wide and three inches long, after raw edges are turned under, is a good size. 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 $\frac{1}{2}$ " above the hem opposite from the one on which the design is embroidered. Fasten securely with tiny running stitches. Launder the pillow cases and fold in fourths crosswise.

4-H FOOD PREPARATION

The special food preparation problem for the fourth year manual is to prepare and serve the family breakfast at least six times. In so doing you may prepare all eight recipes in this manual at least once.

Why Eat Breakfast?

Breakfast is one of the most important meals of the day. For twelve hours you have had nothing to eat so your stomach is empty. Could a car take off without gasoline? You cannot get off to a good start to school, work or play without a good breakfast to keep your body going. Then too, the foods we serve at breakfast contain much of the valuable foods our body needs.

The kinds and amounts of food you eat for breakfast depend upon your age and activities. However, everyone should eat a good breakfast. All of the foods which your body must have for growth and good health should be included in the three meals which you eat every day. Unless a good breakfast is eaten, it is almost impossible to get all the food we need for the other two meals. A good breakfast is made up of fruit, cereal, bread and butter, and milk. A better breakfast would also include an egg and bacon or ham.

When you cook breakfast you can plan the menu the day before, and start part of the breakfast the night before, such as measuring dry ingredients to be used in muffins or biscuits, cooking fruit, etc.

SOME BREAKFAST MENUS

	Dried Prunes	
Oatmeal		Poached Egg
Milk		Toast
<hr/>		
	Apple Sauce	
Soft Cooked Egg		Bacon
	Whole Wheat Muffin	
Butter		Marmalade
	Milk	
<hr/>		
	Orange Juice	
Scrambled Eggs		Ham
Biscuit		Butter
	Milk	

Abbreviations in Recipes

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

Equivalent

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

2 c. butter equal 1 lb.
2 c. sugar equal 1 lb.
4 c. flour equal 1 lb.

RECIPES

Cocoa

1 cup boiling water 4 teaspoons cocoa
3 cups hot milk 4 teaspoons sugar

1. Mix the cocoa, sugar and a little of the water together in a sauce pan until there are no lumps.
2. Add the rest of the hot water and boil for 2 to 3 minutes.
3. Add the hot milk and bring to a boiling point, but do not boil. Serve hot.

Poached Eggs

1. Bring about 2 inches of water in shallow pan to the boiling point.
2. Reduce heat to hold temperature at simmering.
3. Break each egg into a sauce dish and slip egg into water quickly at the surface.
4. Cook 3 to 5 minutes depending on the firmness desired.
5. Remove eggs with slotted pancake turner or spoon, and drain.
6. Serve on toast or on a bed of seasoned cooked rice.

Scrambled Eggs

4 eggs 4 tablespoons milk
1 tablespoon fat Salt and pepper to taste

1. Beat the eggs, add liquid and salt.
2. Melt fat in pan over low flame.
3. Add slightly beaten egg mixture.
4. Let the eggs cook until the mixture begins to thicken around the bottom edges.
5. Then lift masses of egg mixture from edges toward center, scraping egg from bottom pan. Repeat until the entire mixture is of creamy consistency.
6. Serve immediately. The mixture will continue to cook if left in the hot pan.

Oatmeal (Quick)

3 cups boiling water $1\frac{1}{2}$ cups oatmeal
 $\frac{3}{4}$ teaspoon salt

1. Add salt to boiling water.
2. Stir in oatmeal. Boil for 3 minutes, stirring occasionally.
3. Serve with sugar and milk.
4. If you desire, now place in the double boiler and cook covered 10 to 20 minutes.

Cream of Wheat (Regular)

3 cups water or $3\frac{1}{3}$ $\frac{1}{2}$ teaspoon salt
cups milk $\frac{1}{2}$ cup regular cream of wheat

1. Add salt to water. Bring to rapid boil.
2. Slowly sprinkle cream of wheat into rapidly boiling water. Stir constantly while mixture thickens.
3. Cook with heat lowered for 15 minutes or longer if desired.
4. Serve with milk or cream and sugar.
Delicious topped with brown sugar.

Apple Sauce

4 apples 1/4 cup sugar
3 tablespoons water

1. Wash the apples, then pare, core and cut into quarters.
2. Add water and cook until the apples begin to break. Now add sugar and boil a few minutes longer.
3. If the apples are sour, you may need to add more sugar.
4. The sauce may be mashed and beaten smooth or left in separate pieces. Serve hot or cold.

Stewed Prunes

1. Rinse the prunes, cover generously with water and bring to a boil.
2. Reduce heat, cover saucepan and simmer until fruit is tender, about 30 to 40 minutes. Add more water during cooking, if necessary, to keep fruit covered with liquid.
3. If desired, a few drops of lemon juice or 1 to 2 tablespoons of sugar may be added to each cup of prunes 5 minutes before end of cooking period.

Hard Dried Fruits

1. Hard, dried fruits need soaking in enough water to cover them.
2. Soak one hour or more, using boiling water. Do not drain.
3. Cook covered until tender. Add sugar as indicated in table.
4. Orange and lemon slices may be added to any dried fruit during cooking. Some people prefer a stick of cinnamon.

Dried Fruit Cooking Table

Fruit	Cooking Time	Amount of Sugar for Uncooked Fruit
Apricots	About 40 minutes	1/4 cup for each cup fruit
Peaches	About 30 minutes	1/4 cup for each cup fruit
Figs	About 30 minutes	1 tablespoon for each cup fruit

Baking Powder Biscuits

2 cups sifted flour 1/3 cup fat
2 teaspoons baking powder About 3/4 cup milk
3/4 teaspoon salt

1. Sift flour, baking powder and salt together.
2. Cut or rub in fat until well blended.
3. Slowly mix in milk, using just enough to make dough that is soft but not sticky.
4. Turn dough on to a floured board and knead a few strokes.
5. Roll or pat to 3/4 inch thickness. Cut with a biscuit cutter or cut into squares with a knife.
6. Place on a baking sheet and bake at 450° F. (very hot oven) about 15 minutes.

Whole Wheat Muffins

1 cup sifted flour	1 cup milk
1 cup whole wheat flour	3 tablespoons melted fat
3 teaspoon baking powder	1 egg
1 teaspoon salt	2 tablespoons sugar

1. Sift together the white flour, baking powder, salt and sugar.
2. Add whole wheat flour and mix together.
3. Beat the egg, add the melted fat and milk.
4. Stir this mixture into the dry ingredients. Mix lightly and only until all the flour disappears. (Do not beat).
5. Fill oiled muffin tins three-fourths full and bake in hot oven (425° to 450° F.) for 20 to 25 minutes.

Note: If you wish to use sour milk instead of sweet milk, use 1 cup sour milk, $\frac{1}{2}$ teaspoon soda, and 1 teaspoon baking powder in place of 1 cup sweet milk and 3 teaspoons baking powder. Sift the soda with the dry ingredients.

Corn Meal Muffins

1 cup sifted flour	$\frac{1}{2}$ teaspoon salt
1 cup corn meal	1 egg
2 tablespoons sugar	1 cup milk
3 teaspoons baking powder	3 tablespoons melted shortening

1. Measure the sifted flour, corn meal, sugar, baking powder and salt. Mix together and sift into mixing bowl.
2. Beat the egg until foamy.
3. Measure the milk and add it to the egg. Measure fat and add to milk and egg mixture.
4. Turn the wet ingredients into the flour mixture all at one time. Stir with circular strokes only until the dry ingredients are just dampened.
5. Dip the batter into oiled muffin tins with as little stirring as possible. Fill each section of the tins $\frac{2}{3}$ full.
6. Bake for 20 minutes or until done at 425° F.
7. Remove from muffin tins and serve at once.

Waiting On Table

You may be called on to wait on tables at a church or community supper. Practice waiting on the table at home so that you can say "yes" when asked to do it for others.

Here are a few suggestions:

1. Place chair so the front of the seat is even with the edge of the table. This allows room to sit down without pulling out the chair.
2. Be sure that each person has the necessary silver and dishes for the food served.
3. Place, remove and serve all dishes except beverages to the left of the person being served. Serve beverages from the right with the right hand.

4. When serving from the left, use the left hand.
5. Fill water glasses three-fourth full. Keep hands off the rim of glasses.
6. Clear the table in this order: food, soiled dishes, glasses and silver.

THE EXHIBIT

The fourth year food preparation exhibit is either three whole wheat or three corn muffins which should be placed on a paper plate.

You will want your muffins to be:

1. Uniform in shape with definitely rounded top and a pebbled surface.
2. A golden brown exterior and tender crust.
3. The interior should be slightly moist with medium size, fairly uniform holes or cells.
4. Light in weight.
5. The taste and flavor need to be pleasing.

The label needs to include your name, post office, route, county and the year of club work typed or printed in ink.

4-H FOOD PRESERVATION

Girls enrolled in Home Demonstration IV are to can or freeze 12 quarts of fruits, tomatoes, or beet pickles.

You will process your tomatoes and 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 water over the jars. There should be enough space between the jars to allow the water to circulate. The canner should have a tight fitting lid.

Setting the table for breakfast



Tomatoes

Select firm ripe tomatoes of medium size. Never use over-ripe tomatoes or any part of those from which you have removed decayed spots. Scald in wire basket or cheese cloth for $\frac{1}{2}$ to 1 minute. Dip into cold water, remove core and peel. Pack closely with blossom end next to jar. Tomatoes packed snugly should not require the addition of liquid, but if liquid is added, it should be tomato juice. Add one teaspoon salt.

Make tomato juice by simmering some of the tomatoes until soft. Stir occasionally to prevent scorching. Put through a sieve small enough to remove seeds. Bring juice to the boiling point and pour over the tomatoes.

Adjust lids; process in boiling water bath canner 35 minutes. Do not start counting time until the water around the jar reaches the boiling point. Keep the water boiling throughout the processing time.

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 for 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 berry 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

Peeling tomatoes.



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 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.

Beet Pickles

Select freshly gathered beets about $1\frac{1}{4}$ inches in diameter. If larger beets are used, they may be quartered or sliced after being cooked.

Cut the tops off the beets, leaving two inches of stem. Leave the roots on. Wash thoroughly without breaking the skin so that the beets won't lose color. Put in a kettle, cover with boiling water, and cook until the skin will slip off and the beets are done. (Do not overcook). Drain off the boiling water and cover with cold water for a few minutes. Drain and peel the beets.

Spiced Vinegar

Prepare: 1 pint vinegar, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup sugar. Make a spice bag of: 1 tablespoon cinnamon, $\frac{1}{2}$ tablespoon allspice, 6 cloves. Boil together. Pack beets into hot sterilized jars and cover with the hot spiced vinegar. Use only good cider or fruit vinegar for pickle making. Poor vinegar ruins the color and good eating quality of pickles.

Packing Beets in Jar

When small whole beets are used, place the first layer with the root end up and the second layer with the root end down, the third layer with the root end up and the fourth layer with the root end down. Continue placing them in this manner until the jar is filled, then add hot spiced vinegar and place lid. Process quart jars 20 minutes at simmering temperatures in a hot water canner.

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 Strawberries

To freeze strawberries select high quality, firm ripe berries. Sort the berries, wash in cold water, drain, and remove the hulls. You

may leave the berries whole, cut in half, sliced or crushed. Add $\frac{3}{4}$ cup of sugar to 4 cups berries. Mix lightly and pack into moisture-vapor-proof containers. Leave $\frac{1}{2}$ inch head space and seal.

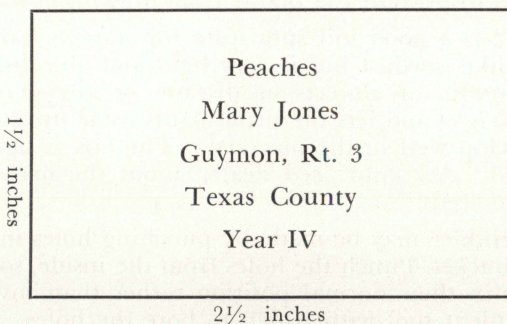
Strawberries may also be packed by using a 40% syrup. Make the syrup by dissolving 3 cups of sugar in 4 cups of water. Pour over berries after they are in the containers leaving a one-inch head space. Seal, date and label cartons, and freeze immediately. Store at 0° F.

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 one quart fruit and 1 quart tomatoes or 1 quart beet pickles. For your exhibit select two of the best jars you have canned. Wash and polish the jars and 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 and county of member, and the year of work. It should be placed on the plain side of the jar, with the lower edge one-fourth inch from the bottom of the jar. Below is a label like you may make.



FOOD PRODUCTION

Members enrolled in the fourth year work should grow four or more kinds of vegetables, including 12 tomato plants and 50 feet of beets, to provide adequate supply for canning. There are no objections to having the vegetables within the family garden provided they are staked or marked off in some way.

Suggested Vegetables to Grow:

Radishes
Lettuce
Beets

Onions
Bush Snap Beans
Bush Lima Beans

Tomatoes

Starting Early Plants

Much of the pleasure and profit of a garden is derived from having vegetables just as early in the spring as possible. Many gardeners prefer to purchase early plants rather than grow them, and those communities have someone who sells plants at very reasonable prices. However, there are club members who have excelled in growing their own plants in the house or in hot beds. The girls often begin with a seed flat in a sunny window producing a supply of plants sufficient for the small garden, and later on they learn how to make and care for a hot bed successfully. Tomatoes, cabbage, peppers, cauliflower, and egg-plant are among the plants which can be started in seed flats and hot beds.

Flats

For planting indoors, there is nothing more serviceable than a "flat," which is a box about three inches deep, 15 to 16 inches wide, and about 24 inches long. Any box may be used, but one of approximately these dimensions has been found to be the most convenient. Leave cracks or bore a few holes in the bottom of the box, so that any surplus water will drain out. Place one-half inch of gravel or cinders in the bottom of the flat, and then fill it with a good garden loam soil, well pulverized, pressing it in firmly, particularly around the sides and in the corners. Level and firm the soil. After planting, water, and place in a light warm place. When the plants appear, turn box from day to day to prevent the plants from drawing toward the light.

Vermiculite is a good soil substitute for starting early plants. The material looks like sawdust but is very light and absorbs water quickly. It does not contain any insects or diseases or any grass seeds. It is quite light in weight and lets the little plants come up easily. The root system can develop well in the material. The box is lighter and easier to move around. Ask your seed dealer about the material when you buy your garden seeds.

A good sprinkler may be made by punching holes in the bottom of a can or small bucket. Punch the holes from the inside, so that the small funnels will be in their normal position rather than inverted. An ice pick is a convenient tool with which to bore the holes.

On warm days the flat may be placed on a frame built just outside of a south window so that the plants will have a chance to gradually become accustomed to outside conditions.

It is desirable to have the soil in the box moist. Do not expose the plants any more than is necessary in removing to the cold frame or garden. Have the ground prepared in advance, and transplant as rapidly as possible. Unless the plants are very stocky, they should be set somewhat deeper than they stood in the flat.

Seeds should be planted in flats about eight weeks before the time it is desired to remove them to the open ground.

Seedlings should be transplanted from the seed flat to a cold frame or another flat in three or four weeks and thence to the garden in about five weeks.

Remember Stokesdale and Sioux are the two best varieties of tomatoes for most of Oklahoma. In the high plains country, Western Red and Porter usually will do better than other varieties.

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 also it lists methods of control. Ask the Home Demonstration Agent for a list of improved varieties of vegetables and Circular 414, Vegetable Insect Control.

BEAUTIFICATION OF HOME GROUNDS

The Flower Bed

Flower beds, properly planned, placed, prepared, planted, and cared for are very important assets to the home. The landscape should be natural in design. In order to carry out this style, the flower beds should be placed about the foundation of the house, at the division lines between the front and rear of the premises and to the sides of the yard. Do not locate flower beds in the front lawn. Leave the lawn open. Geometrical or formal beds may be placed along the sides or to the rear and combined into a small pattern garden or made into a formal garden.

All of the soil in a flower bed will be filled with roots before the close of the season; therefore, manure the entire bed and spade it up in the fall or winter.

The planning of a flower bed is very important. When the bed is about the foundation of the building or a border bed, such as along a fence, place the taller plants to the back, but not in a continuous row. Group several plants of a kind together to secure variations in height, color, form, etc. Follow this with similar groupings, but lower plants as you plant toward the front of the bed. Finally, complete your plan with low border plants.

In the selection and arrangement of flowers, consider their expense, adaptability to climate and soil; whether foliage or flowering plants; color and size of foliage; color, size, and blooming period of flowering plants, in addition to the height of plants. These considerations will produce variety, which will help make the landscape look more natural.

See Extension Circular 456 for more information.

PLAN OF WORK

Plan what you will do each month. Then write 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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