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4-H

HOME DEMONSTRATION

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5

Fifth
Year

Circular 535



EXTENSION DIVISION

Shawnee Brown, Director

Oklahoma A. & M. College, Stillwater

4-H HOME DEMONSTRATION

Five

Phase of Work (Select at Least Three)	Project Work and Special Problems	Exhibit
Understanding Ourselves Clothing	List problems you need to work on to make you a more interesting person. Tailored cotton blouse with flat fell seam and hand worked button-hole and cotton skirt.	Tailored cotton blouse. Laundry bag.
Home Improvement	Make laundry bag. Special Activity: Assist with family laundry and do personal laundry.	Laundry bag.
Food Preparation	Try 9 recipes at least once and make sandwiches at least 5 times. Special Problem: Plan and prepare a picnic lunch at least 3 times.	3 sugar cookies
Food Preservation	Can or freeze 18 quarts of fruit, tomatoes or vegetables.	3 quarts: 1 quart fruit 1 quart tomatoes 1 quart vegetables
Food Production	Grow 5 or more vegetables including 50 feet of bush snap beans, 50 feet of beets, and 12 tomato plants, or enroll in one of the regular food production projects, or help with the family garden.	If 5 vegetables are grown no exhibit is required. In case a regular food production project is chosen, the exhibit will be as required for that project
Beautification of Home Grounds	Plant a flower box or basket and continue flower bed from previous year.	Mixed flower arrangement of not more than three colors, in suitable container or a house plant.

UNDERSTANDING OURSELVES

Being an Interesting Person

Almost everyone would like to be an interesting person. There are many opportunities in 4-H Club work which may help you to become such a person. Doing the best possible piece of club work, **beating your own record, being your own best exhibit**, not only makes you more interesting to others and makes your family proud of you, but makes you more interesting even to yourself.

Then, too, interesting people are always interested people. They care about other 4-H Club members and the things they are doing; they are interested in school work, home life, and play of their own brothers and sisters, both those who are older and those younger; and they are interested in many of the things which interest their parents; such as, family recreation and an attractive home. They are interested in community activities and other organizations and they are not too selfish to work with other youth groups, because they realize the importance of team work. It is impossible to separate the four H's. Head and heart, hands and health are a grand combination in the American Home. Remember this heart "H" is a 4-H crop that requires a lot of cultivating. Shall we work on finding ways to widen our horizons; thus, developing both head and heart? We might do this by listening to good radio programs. Part of the time choose a program that the entire family will enjoy. Here, as in other things, we must consider the desires of other family members. Isn't it grand to listen to a good program and then discuss it together? There are a number of good musical programs and by careful study of them we can develop an appreciation for good music.

Still another way of growing more interesting is through the reading of worthwhile books and magazines. If we do not have these books at home, there is the school library, the public library, and the State Library Commission at Oklahoma City. The Library Commission will send you good book on many subjects; such as, travel, fiction, science, and biographies. This might be a club project. The Commission will send a number of books and let you keep them in your community for two or three months. The only cost will be that you are required to pay the postage to and from Oklahoma City.

Some one has said, "Good books are the record of the very best that men and women have hoped, felt, and thought. When we read these we enjoy the companionship of the finest of mankind."

Learn to play one or more games well. Learn activities that will give pleasure in different seasons such as, swimming in summer and skating in winter. Build yourself a hobby; something you really like very much to do. It might be sewing, cooking, music, (a collection of a few good records) nature study, study of other lands, or something entirely different. These things will make you more interesting to others as well as giving you interesting things to do by yourself.

One 4-H girl has a large collection of picture post cards. She has many pictures of beautiful buildings from different parts of the world.

In developing her hobby she has learned many things about our country and other lands. A hobby should not just be a collection of things but learning should come with the growth of the hobby.

Another girl collects vases. She learned how and where they are made. Then she became interested in how to use them most effectively. At present she is studying flower arrangement.

We gain most by giving of our time and energies. People who are interested in others usually gain as much or more than they give. As an older club member, you can do for others by helping your local leader and by helping younger members. You may teach others by preparing and giving worthwhile demonstrations. You might make scrap books for children who are ill. How about making a loaf of bread or some cookies for some neighbor lady who is not well? A mother of small children would welcome you with open arms, if you arrived on a busy afternoon and took charge of the little tots. This would give her freedom to get more work done. We might also remember that our own "mom" sometimes needs an extra bit of help on very busy days and when guests are coming. There will always be things for the alert girl to do; something that will help other people and at the same time help her.

4-H CLOTHING

Clothing Requirement: Tailored cotton blouse with flat fell seam and hand worked buttonhole and cotton skirt.

Materials for Blouse: There is a variety of suitable cotton materials to use for blouses. Listed below are a few suggestions: Chambray, gingham, broadcloth, pique and percale.

Pattern: A tailored pattern similar to the illustration is suitable. The sleeves may be either short or long. Or a sleeveless pattern may be used.

Finishes for the Blouse

Seam: A flat fell seam should be used on the blouse. Flat fell seams should be kept narrow, about $\frac{1}{4}$ inch finished. For a flat fell seam stitch

seam on right side and cut away one edge to 1-8 inch. Turn and baste wider edge down over the narrow one and stitch to garment making a flat seam $\frac{1}{4}$ inch wider with two rows of stitching on the right side.

Hand Worked Buttonholes

Buttonholes must be worked from right to left. After overcasting is finished bring the needle through immediately below the first overcasting stitch, which should bring the thread into position for the first buttonhole stitch at the inner end of the slit. Pass the needle through the slit and bring it up through the cloth exactly beside the last stitch.

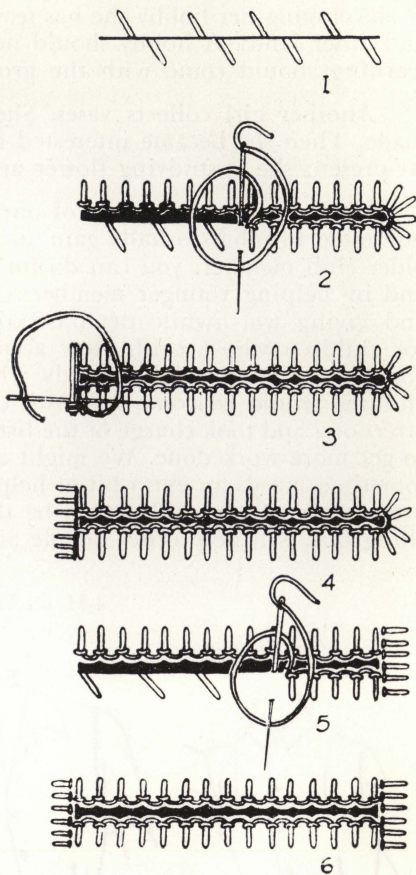
While the needle is still in the cloth, pass the double strand of thread from the eye of the needle around the point of the needle from right to left and then pull the needle through the cloth. Continue until the corner is reached. All stitches should be the same depth and spaced the same.

Turning the Corner: The fan is made with the same buttonhole stitch. Five or seven stitches make a good fan. The third and fourth one is taken on a line with the turning of the fan.

Turn the buttonhole and continue with the buttonhole stitch as on the first side. When second corner is reached, make a bar.

The Bar: Take two or more stitches across the end of the buttonhole in line with the outer edge. Turn the work and take tiny blanket stitches over these, taking up a few threads of the cloth each time. Fasten the thread on the wrong side by several stitches.

Vertical buttonholes usually have the bar at both ends, while horizontal ones have the fan at the button end and the bar at the other. However, there are exceptions to the rule.



Worked buttonholes. 1. Overcast slash. 2. Buttonhole stitch with fan end. 3. Making of bar. 4. Completed buttonhole. 5-6. Buttonhole with bar at each end.

Cotton Skirt

Material: Suggestions of material for cotton skirt are: Chambray, percale, gingham, broadcloth, cotton sateen, cotton suiting and other novelty cotton suitable for a skirt.

Pattern: Gathered, circular, gored, or pleated skirt pattern may be used. Select your pattern carefully and keep in mind not all cottons will hold pleats well.

Finishes for Skirt

Hem: The width of the hem will be determined by the style of your skirt. If the skirt is gored or circular a hem $1\frac{1}{2}$ -2 inches may be used. For a straight skirt the hem may be $2\frac{1}{2}$ -3 inches.

If the skirt is made of a cotton suiting or one of the heavy novelty cottons then it is desirable to finish the hem with seam tape. Put the hem in, using the hidden hemming stitch given in Circular 269 "Appropriate Finishes." For light weight cottons turn the edge of the hem under, machine stitch, and put the hem in using the slip stitch.

Waist Band of Skirt: A washable interfacing should be used in the skirt band. Stitch the band to the right side of the skirt, then turn band to wrong side and fasten down by hand using the slip stitch. A button and buttonhole or hooks and eyes and snaps may be used on the band.

THE EXHIBIT

The cotton blouse and skirt are to be the exhibit pieces in clothing for this year's work. 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 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. (See illustration.)

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

4-H HOME IMPROVEMENT

The activities for the girl enrolled in Fifth Year Home Improvement include making a laundry bag for soiled personal clothing, assisting with family laundry, and doing personal laundry as needed.

Much assistance can be given by collecting the soiled clothing and household linens from the different areas. This may include bringing them to the place where they are to be sorted for laundry.

Between family laundry times if personal articles need to be laundered such as socks and underwear, it would be well for you to assume the responsibility for them.

Laundry Bag

The laundry bag will be made of a durable cotton fabric such as broadcloth, Indian-head, chintz, denim, feed sack or others. The fabric

may be plain or designed. Bias binding that combines well in color with the fabric will be used to construct the bag. The sewing thread should be selected to match the background of the fabric or in some cases the bias. A wire or wooden coat hanger will be used to hold the bag.

Materials needed: Have $\frac{3}{4}$ yard of 36" fabric; one package of bias binding; one spool of thread; one coat hanger.

To make: Shrink the fabric unless it is sanforized material. Cut a paper pattern 18" wide, 26" long. Lay the coat hanger across the 18 inch end of the paper and let the neck of the hanger extend beyond the edge of the paper (figure one). Draw a line along the top edge of the hanger.

Cut along these lines to give shape to the top of the laundry bag. This will be your pattern for the back piece of the bag. After you have cut the back you can use this paper for shaping the opening in the front piece. The opening can be the shape you would like, and should extend from the top about 13" down the center front. It should be large enough to insert the coat hanger with ease and large enough to insert and take out clothing articles without damaging or straining the fabric (figure two). The back and front pieces will be identical in size and shape except for the opening in the front piece.

Start construction by applying bias binding to the opening in the front piece, being careful not to stretch the opening. Next pin and baste the edges of back and front pieces together and apply the bias to the raw edges, making one continuous binding.

Place the right side of the bias to the right side of the fabric and baste into place. Place basting stitches between the edge of the fabric and the crease line (or the line where the stitching will be). In order to have the bias continuous around the outside edge of the bag join the bias (figure three). Press the seam open after the bias tape is stitched, remove bastings and turn

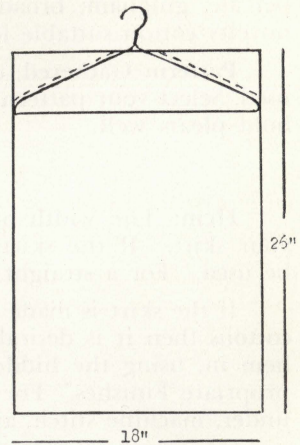


Figure One

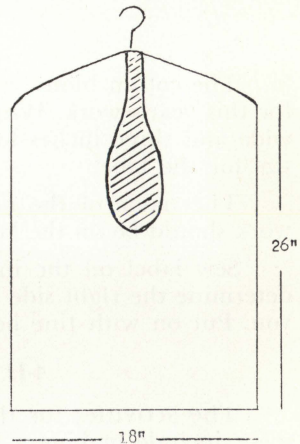


Figure Two

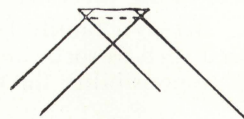


Figure Three

the bias to the back side. Baste the bias so it covers the first line of stitching. Now turn the laundry bag so the right side is up. Put a line of machine stitching into the background using the edge of the bias as the guide. This will catch the back side of the bias.

Press the completed laundry bag and insert the hanger.

THE EXHIBIT

The laundry bag is to be exhibited on the hanger. It should have a label, 1" wide and 3" long, after raw edges are turned under. The label can be muslin or twill tape. The name of exhibitor, post office, route, county, and year of work should be on the label, typed or printed.

To label, turn the laundry bag with back side up. Now attach the label with the running stitch to the lower left corner $\frac{1}{2}$ " from bias binding.

4-H FOOD PREPARATION

Every girl wants to be healthy and beautiful. Some of the essentials for real beauty are bright, steady eyes; glossy hair; clear skin; straight, clean teeth; erect, graceful carriage; proper weight for height and body build; and a cheerful expression. To acquire these qualities of beauty, one must have good health. To have good health, one must eat the right kind of food and practice good health habits.

This year you will wish to plan and prepare picnic lunches at least three times. Plan food that will be easy to pack. Some of these might be sandwiches, salads, fresh vegetables, fresh fruits, cookies or cake and something to drink.

Suggested Picnic Menus

	Baked Ham Sandwich	
Potato Salad		Sliced Tomatoes
	Sugar Cookies	
	Lemonade	
	<hr/>	
	Hard Cooked Egg Sandwich	
Baked Beans		Carrot Sticks-Celery Curls
Pickles		Olives
	Gingerbread	
	<hr/>	
	Roast Beef Sandwich	
Cabbage Slaw		Deviled Eggs
	Orange or Apple	
	Date Cake	

Hints For Sandwich Making

1. Take two slices of bread that lie next to each other in the loaf. Matched slices will assure even edges. Leave crusts on bread to help hold the sandwich together.

2. Butter or margarine should be at room temperature (not melted) before being used. Melted fats soak into bread and do not form the protective coating needed to prevent moist fillings from soaking into the bread.
3. Use a spatula for spreading soft fillings because the flexibility of the blade makes spreading easier.
4. Spread both butter and filling to the edge of the bread.
5. For crispness, add sweet or dill pickles, relish, celery, green peppers, raw carrots, cabbage or cucumber to sandwich filling.
6. Use various kinds of breads when making sandwiches.
7. Color and attractiveness in any meal heightens appetites and adds to the eating enjoyment.
8. Plan accompaniments with sandwiches. These may be cheese, hard cooked eggs (plain or deviled), or a variety of relishes such as onions, pickles, celery, radishes, or carrot sticks. Vegetable or fruit salads are very good additions to picnic meals.
9. Wrap each sandwich individually. Set sandwich in center of waxed paper square. Bring opposite sides together directly over center. Fold edges over and over till seam rests against sandwich. Fold ends and tuck under.

A Few Sandwich Filling Suggestions

- Cold sliced ham, thinly sliced Swiss cheese and crisp lettuce.
- Chopped prunes, dates, raisins, figs or apricots mixed with about twice as much cream or cottage cheese and seasoned with salt.
- Hard cooked egg, deviled meat and mayonnaise.
- Chopped hard cooked egg, spinach and mayonnaise.
- Cold roast pork.
- Tuna fish, chopped carrots and pickles, mayonnaise to moisten.
- Chopped chicken or ham with celery and mayonnaise.
- Chopped roast meat with green pepper, pickle, celery or onion.
- Salmon mixed with chili sauce or pickles.
- Peanut butter with grated raw carrot, crisp bacon or pickle relish.
- Raisins and chopped carrots moisten with salad dressing.

RECIPES

Cabbage Slaw

- | | |
|----------------------|-----------------------|
| 1 small head cabbage | 3 tablespoons vinegar |
| 1 teaspoon salt | 2 tablespoons sugar |
| Pepper | 1/2 cup thick cream |

1. Shred the cabbage very fine, place in a dish, season with salt and pepper.
2. Stir the sugar into the vinegar until all is dissolved; then add the thick cream gradually and stir thoroughly until the mixture thickens.
3. Pour over the cabbage and mix well.
4. Pile lightly in a bowl ready to serve.

Potato Salad

3 cups cubed cooked potatoes	1 teaspoon salt
1 tablespoon minced onion	1/4 cup chopped green peppers
1 cup thick dressing	1/2 cup finely cut celery
	1/4 cup chopped pickles

1. Mix lightly the potatoes, onion, dressing and salt; take care not to break potatoes.
2. Chill.
3. Add rest of ingredients and mix lightly. Add more dressing and salt if needed.
4. For variety 1/2 cup cubed cheese, 2 chopped hard-cooked eggs, 1 cup chopped cooked ham or spiced meat may be added to the above ingredients.

Boston Baked Beans

2 cups navy beans	1 to 2 teaspoons salt
1 1/2 quarts cold water	1/2 teaspoon mustard
1/4 pound salt pork	Hot water
4 tablespoons molasses	

1. Wash beans. Add water, boil two minutes, then remove from heat and let soak 1 hour. Or, add water and let soak overnight in cool place.
2. Boil soaked beans gently in the same water for 45 minutes or until they begin to soften.
3. Make cuts through rind of the pork about 1/2 inch apart. Put half the pork in a bean pot or deep baking dish. Add beans and rest of the pork.
4. Mix molasses, salt and mustard with a little hot water.
5. Pour over the beans and add enough hot water to cover them. Cover bean pot.
6. Bake at 250° F. (very slow oven) 6 to 7 hours; add a little hot water from time to time.
7. During the last hour of baking remove the lid to allow the beans on top to brown.

Orange Nut Bread

1 orange	1 egg, beaten
Hot water	1 cup sugar
1/2 cup raisins	2 cups flour, all purpose
1/2 cup dates	1 teaspoon soda
1/2 cup chopped nuts	1 1/2 teaspoon baking powder
2 tablespoons margarine	1/2 teaspoon salt
	1 teaspoon vanilla

1. Grate rind from orange and blend with sugar.
2. Squeeze juice from orange and add enough water to make 1 cup liquid.
3. Combine the fruit and nuts with the sugar then dry mix which has been sifted together.
4. Blend margarine with hot liquid before adding the egg and vanilla.
5. Add the liquid portion to the dry mix and stir only enough to get ingredients moistened. It should be like muffin batter.
6. Pour into greased loaf pan, spreading batter well to the corners. Center should be hollowed somewhat so loaf will rise evenly.
7. Bake for 50 minutes in preheated oven 350° F. (300° to 325° F. if using glass bakeware) or until done when tested with a toothpick.
8. Remove from pan; cool thoroughly before slicing.

Baked Custard

3 cups milk	1/2 cup sugar
4 eggs, slightly beaten	1 teaspoon vanilla
1/4 teaspoon salt	Nutmeg, optional

1. Heat the milk over boiling water.
2. Blend eggs, sugar and salt.
3. Slowly pour scalded milk into egg mixture stirring constantly. Add flavoring. Strain mixture to remove the chalazae or yolk anchors.
4. Pour into custard cups or 1 quart casserole. Set in baking pan and pour hot water into pan to within 1/2 inch from top of custard.
5. Bake in a slow oven (325° F.) until a knife inserted in mixture comes out clean, 40 to 50 minutes for custard cups and 60 minutes for large custard.
6. Remove promptly from hot water. Serve warm or chilled. If you wish, sprinkle nutmeg over top.



Place sugar cookie carefully on ungreased baking sheet.

Sugar Cookies

- 1 cup sugar
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ eggs (well beaten)
- $\frac{1}{2}$ teaspoon salt
- $\frac{2}{3}$ teaspoons baking powder
- $2\frac{3}{4}$ cup flour
- 1 teaspoon vanilla

1. Cream butter and gradually add sugar.
2. Add eggs and mix well.
3. Add vanilla and dry ingredients which have been sifted together and blend thoroughly.
4. Roll about $\frac{1}{8}$ inch in thickness and cut with cutter about the size of a doughnut cutter.

A pastry cloth and rolling pin cover will help when rolling your cookies. Roll about $\frac{1}{3}$ of the dough at a time.

5. Sprinkle sugar on top of cookies.
6. Place on ungreased baking sheet and bake in hot oven (400° F.) until even delicate brown. Time will vary but usually about nine minutes.

Gingerbread

- | | |
|-------------------------------|---------------------------------|
| $\frac{3}{4}$ cup sugar | 1 teaspoon cinnamon |
| $\frac{1}{2}$ cup fat | 1 teaspoon ginger |
| 1 egg | $\frac{1}{2}$ teaspoon allspice |
| $\frac{3}{4}$ cup molasses | $\frac{1}{2}$ teaspoon salt |
| $2\frac{1}{2}$ cup flour | 1 cup hot water |
| 1 $\frac{1}{2}$ teaspoon soda | |

1. Cream fat and sugar.
2. Add beaten egg, molasses, then dry ingredients sifted together.
3. Add hot water last; beat until smooth.
4. Bake in greased, floured, shallow pan 35 minutes in a moderate moderate oven.

Brown Betty

2 cups bread crumbs	1/2 cup sugar, brown or white
1/4 cup melted butter	1/2 teaspoon cinnamon
4 apples	1/2 cup hot milk

1. Wash and slice apples. Pare only if necessary.
2. Mix the crumbs with melted butter.
3. Place a layer of crumbs in a greased baking dish, then a layer of apples. Sprinkle the apples with the sugar and cinnamon. Continue making alternate layers, but have the top layer of crumbs.
4. Pour in the hot milk before you put on the last layer.
5. Bake the pudding in a moderate oven until the apples are tender and the crumbs on top are brown.
6. Serve with milk or cream.

Date Cake

1 cup chopped dates	1 teaspoon vanilla
1 cup boiling water	1 teaspoon soda
1/2 cup butter	1 2/3 cups cake flour
1 cup sugar	1/4 teaspoon salt
1 egg	1/2 cup chopped nuts

1. Mix dates with boiling water and cool to lukewarm.
2. Cream butter and sugar thoroughly.
3. Add egg and vanilla and beat well. Combine with date mixture.
4. Sift flour, salt and soda. Add to mixture and beat until well mixed. Add nut meats.
5. Bake in a greased 8" x 8" cake pan in a moderate oven (350° F.) 35 to 40 minutes.

THE EXHIBIT

The exhibit for this year's work is three sugar cookies exhibited on a paper plate. The typed or printed label should include your name, post office, route, county and the year of club work.

You will want your cookies:

To be uniform in size and shape.

To have uniform thickness with a fairly smooth surface with no flour visible.

They should be even delicate brown or slightly darker around the edge.

They should be tender with a mild pleasing odor and flavor.

4-H FOOD PRESERVATION

Girls enrolled in Home Demonstration V are to can or freeze 18 quarts of fruits, tomatoes and vegetables.

The non-acid vegetables need to be canned in a pressure cooker. Your mother or older sister can show you how to use the pressure cooker. Use the boiling water canner for fruits and tomatoes.

Essential steps for successful canning are:

1. Preparation and sterilization of containers. After jars have been thoroughly washed and rinsed well, boil in water to cover for 15 minutes or steam in pressure cooker for 15-20 minutes. Either fill each jar as removed from sterilizer or invert on a clean cloth.
2. Selection of food. Choose vegetables of proper maturity— young and tender.
3. Freshly harvested. Follow slogan: "One or two hours from garden to can." Freshness aids in reducing spoilage and makes for a higher vitamin content of finished product.
4. Condition. Should be fresh, sound, and free from spots and bruises.
5. Grade and sort for age, color, and size.
6. Washing. To be done thoroughly before shelling, cutting, paring, peeling to remove bacteria. After shelling, cutting, etc., wash again. Do not allow foods to stand in water because nutrients may be lost.
7. Preparation for processing. Follow instructions for particular food.
8. Preheating checks action of enzymes, shrinks the food, exhausts air from the food, aids in preserving flavor, and relaxes the product which makes for ease in packing. Thorough preheating aids in shortening the processing time.
9. Packing. Immediate packing of hot food is important. Pack most foods reasonably tight next to walls of the container, leaving it somewhat loose in center for complete heat penetration. Such foods as corn, greens, English peas, and green shelled beans should be loosely packed. Pack jars to within $\frac{1}{2}$ inch of top of jar except corn, peas, and green shelled beans which require one inch "head space," (this allowance left at the top of the jar). Liquid should cover the food. Seasoning may be added or omitted. The usual amount of salt is one teaspoon to a quart.
10. Adjustment of closures (lids). Remove all food particles from mouth of jar with clean, damp cloth. A seed or sticky bit may prevent a seal. Adjust all closures carefully according to manufacturer's latest instructions for the particular type being used.
11. Processing. Process immediately after packing. Place each container as filled in the canner which is heated and ready for

processing to keep hot until canner is filled. This is very important. Process required time as given in chart for method used.

12. Venting pressure canner. Pressure canner should be well vented at least for ten minutes before closing petcock for running up pressure. The pressure will be more accurate if this is done.

13. Cooling. Remove from canner. Place jars right side up, leaving space between for quick cooling. Avoid drafts and never set jars on cold surface. Never remove lids to replace lost liquid.

14. Storage should always be cool, dry, and dark.



Removing green beans from cooker.

String Beans

Use only well sorted, tender string beans for canning. The beans in the pod should be only slightly developed. Wash thoroughly, string, leave whole or cut in desired lengths. Cover with boiling water and boil 3 to 5 minutes until bright green. Pack hot; cover with fresh boiling water or cooking liquid. Process the jars of beans in a pressure cooker for 25 minutes at 10 pounds pressure.

Carrots

Carrots should be young, tender, crisp and not more than one inch in diameter. Leave whole if small and cut lengthwise if larger. Cover with boiling water; boil five minutes. Pack hot; add 1 teaspoon salt and cover with hot water or water in which carrots were cooked. Process the jars of carrots in pressure cooker 25 minutes at 10 pounds pressure.

Beets

Use only young, tender, crisp beets for canning. Before washing, trim off tops, leaving tap root and one inch stem. Boil until skins slip easily—baby beets take about 15 minutes; older beets take longer. Skin and trim. Cut older beets. Pack hot; cover with fresh boiling water.

If preferred, beets may be washed thoroughly, pared raw, covered with boiling water and boiled 3 to 4 minutes. Pack hot, cover with hot cooking liquid and process in pressure canner 40 minutes at 10 pounds pressure.

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 and 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.

Apples

Select firm, sound, and slightly under-ripe apples. Jonathans and Winesaps make attractive packs. Make a syrup of 1 cup sugar to 3 cups of water. Then wash, pare and core apples. Cut into quarters or halves. Drop into salt water (1 tablespoon salt to 1 quart water) to keep from discoloring, if they must stand any length of time before being placed in the syrup. Drop the fruit into the hot syrup and boil gently for 5 minutes. Remove the fruit and pack neatly into jars. Cover with strained syrup. Process in a hot water canner for 25 minutes after the water begins to boil.

Pears

Select firm, sound, and ripe pears. Wash, peel, and cut into halves. Drop into salt water (1 tablespoon salt to 1 quart water) to prevent discoloring, if they must stand any length of time before being placed in the syrup. Preheat in syrup (1 cup sugar to 3 cups water) for 5 minutes. Pack hot; cover with boiling juice or syrup. Process 25 minutes in hot water bath. For less tender pears increase time 10 minutes.

For further information on canning other fruits and vegetables see "Home Canning of Fruits and Vegetables," Extension circular No. 260.

Freezing Foods

Freezing is a simple, easy and very satisfactory method for preserving foods. By this method foods can have most 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 and vegetables if you have access to a freezer locker in town or a home freezer.

Choose fresh, young, tender, barely mature vegetables of recommended variety. The fresher the vegetable when frozen the more satisfactory will be your product.

Freezing Whole Grain Corn

Some of the varieties of corn recommended for freezing are Golden Cross Bantam, Golden Bantam and Gold Rush. Select corn in the milk stage. Husk, remove the silk and wash. Then sort ears according to their size. Scald the corn using a large kettle with a lid. For each pound of corn use at least 1 gallon of boiling water. Put the corn in a cheese cloth bag, wire basket or blancher. Lower it into the boiling water and put the lid on the kettle. Start counting time immediately and scald for four minutes.

Remove from the heat and cool quickly and thoroughly in ice water or cold running water. When the corn is cool remove it from the water and drain thoroughly.

Cut the corn from the cob about $\frac{2}{3}$ the depth of the kernels. Pack into moisture-vapor-proof containers leaving $\frac{1}{2}$ inch head space.

Seal according to directions for package used; excluding as much air as possible.

Label, date, and freeze immediately. Store at 0° F.

Freezing Rhubarb

To freeze rhubarb select that which is firm and of good quality. Wash, trim and cut into 1 or 2 inch pieces or in lengths to fit package.

A 40% syrup may be added or it may be frozen without the addition of sugar. For the 40% syrup dissolve 3 cups of sugar in 4 cups of water. Pour over rhubarb leaving about $\frac{1}{2}$ inch head space in pints. Be sure to use moisture-vapor-proof containers. Seal, date, label and freeze. Store at 0° F.

If you pack rhubarb without sugar omit this step. Most fruits have better texture and flavor if packed in sugar or syrup. Some fruits such as gooseberries, blueberries, cranberries and rhubarb give as good a quality without as with sugar.

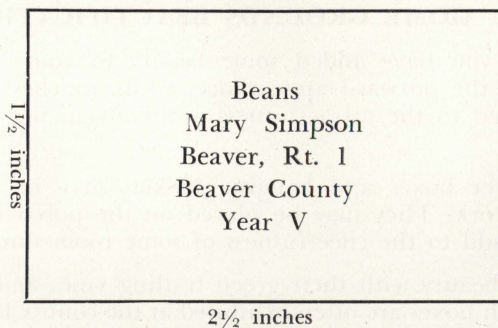
For information on freezing other fruits and vegetables refer to Oklahoma Extension circular No. 502, "Home Freezing of Foods."

THE EXHIBIT

The exhibit for food preservation this year is three quarts to include 1 quart of fruit, 1 quart of tomatoes, and 1 quart of another vegetable.

Select the jars from the canning you have done, wash and polish carefully.

Jars which are exhibited must be labeled. The label should tell the name of the product, name, post office, route and county of the member and the year of work. Such a label is shown below and may be placed on the plain side of the jar, with the lower edge $\frac{1}{4}$ inch from the bottom of the jar.



FOOD PRODUCTION

The food production work in the Fifth year may be the growing of the vegetables listed below or one of the regular 4-H Club food production projects, preferably horticulture (garden club), poultry or dairy. If the club member selects the regular garden club project, carry out the provisions outlined under "4-H Garden Club Requirements."

Garden

Members enrolled in the Fifth year work should grow 5 or more kinds of vegetables, including 12 tomato plants, 50 feet of beets, and 50 feet of bush snap beans. There are no objections to having the vegetables within the family garden provided they are staked or marked off in some way.

Suggested List of Vegetables to Grow:

Lettuce	Onions
Beets	Bush Snap Beans
Radishes	Bush Lima Beans
Tomatoes	English Peas
Carrots	Blackeyed Peas

After selecting the kind of vegetables to plant, read about them in "Home Vegetable Garden," Oklahoma Extension Circular No. 196. This bulletin will give the necessary information about kinds of seed, how and when to plant, and how to cultivate.

Ask the home demonstration agent for a list of the improved varieties of vegetables.

Insect control is an important part of gardening. Some insects eat the plants and some suck the juice out of the plants. Extension Circular No. 414, Vegetable Insect Control, has pictures of the insects so you can identify them and also it lists methods of control.

Wherever possible, start some kind of fruit; a few berry or grape vines or two fruit trees, so you may become a member of the fruit club later. If you do not have a berry patch, plant as many vines as possible. Make a start.

HOME GROUNDS BEAUTIFICATION

Each year you have added some beauty to your home. Flowers have improved the outward appearance, while touches of your handiwork have added to the attractiveness and convenience of the interior of the home.

Porch flower boxes and hanging baskets may be other products of your handiwork. They may be placed on the porch in the summer, and they may add to the cheerfulness of some room during the winter.

Things of beauty with their green trailing vines and bright blooming plants, porch boxes are often exhibited at the county fairs as a class in the horticulture section.

The following suggestions are given for your use:

Flower Boxes. The plants in flower boxes are more confined than when they are grown in the open ground, and they will quickly suffer unless the box has been properly prepared as to drainage and soil. Daily watering in the evening will be found necessary, especially during hot weather, to prevent wilting or death among plants crowded into the limited soil space of the box.

The size of the box will depend upon where it is to be placed. The most convenient size, as a height and depth, is made by using 1" x 12" boards in the construction. A flower box three feet long is made of three 1" x 12" boards three feet long together with two pieces cut to fit the ends of the box. The box should be nailed together substantially. The addition of a piece of strap iron around each end will add materially to the durability of the box. For a longer box, a third piece of strap iron in the middle will add to the strength of the box. In case the bottom rots, a new board or piece of board can be laid in at subsequent settings. Bore holes in the bottom of the box to provide for drainage. The inside of the box may be charred to help in the prevention of decay. Where available, an old log or half a log can be hollowed out, and used as a good substitute for a flower box; however its weight makes moving it difficult.

Paint the flower box green or a color to conform with the surroundings. Decorate details in the form of moldings applied to the box are permissible as are painted designs of good taste.

The long type of flower box mentioned above can be used as a window box to decorate the house by placing it under the windows on supports, or it can be set on the porch railing or floor. Smaller boxes of this type may also be attached to the garage or other buildings close to the house.

Since the size mentioned above is only suggested, where there is a real desire for a flower box, it can be made out of different kinds of material. Ten-cent candy buckets, painted and properly planted, give good effects on the porch, steps or at either side of the gate.

Place some charcoal, broken bricks, or rocks in the bottom for better drainage; then fill with good rich soil. A good soil may be made by mixing two parts of good garden loam soil, one part of well-rotted manure, and one part of sand.

Drooping or low growing plants should be planted around the front edge. Plants suitable for this are ice plants, Wandering Jew, trailing vines (variegated periwinkle), drooping asparagus fern (sprengeri), cypress vine, simlax, petunias, pansies, and verbena. Taller plants may be set back of these plants. A variety of plants in a box is preferable to one or two kinds. In order to give variety, use different colored foliage and different colored flowers. The height of the plants should taper toward the ends of the box. Among plants that may be used are coleus, geranium, lantana, marigold, petunia, salvia or scarlet sage, Madagascar periwinkle, snapdragon, begonias, and zinnias. For an early spring box, plant tulips and small flowering bulbs such as squill and crocus. English ivy (evergreen) will go well with these spring flowers.

Flowering Bulbs

Flowering bulbs should be planted in groups around shrubs and perennials or in solid beds.

Spring flowering bulbs which should be planted during October and November are narcissus, tulips, hyacinths, regal lilies, coral lilies, and tiger lilies. The bulbs are usually planted a depth of about three times their diameter and spaced 8 to 24 inches apart, depending on the type planted. If the soil is a heavy clay type, set the bulb in a small bed of sand in the hole.

Such plants as dahlias, gladiolus, and cannas, although not true bulbs, are stored above freezing temperature during the winter and planted in the spring—March 15 to May 1.

After planted bulbs have flowered, the leaf tops should not be cut back until they yellow and start dying naturally.

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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