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4-H

# HOME DEMONSTRATION

AGRIC REF SERVICE

6

Sixth  
Year

Circular 536



**EXTENSION DIVISION**

Shawnee Brown, Director

Oklahoma A. & M. College, Stillwater



# 4-H HOME DEMONSTRATION

## Six

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

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Understanding Ourselves	Check yourself on how well you cooperate with others.	
Clothing	Make a wash dress and set in patch.	Wash dress
Home Improvement	Make a shoe bag. Special activity: Improve storage.	Shoe bag
Food Preparation	Try 10 recipes at least once. Special Problem: Prepare and serve supper or dinner 10 times.	Loaf Nut Bread
Food Preservation	Can or freeze 24 quarts or 48 pints of fruit, vegetables, and pickles.	4 Pints: 1 pint fruit pickles 1 pint soup mixture 2 pints vegetables— peas, greens, lima beans, or green beans. May be same or different.
Food Production	Grow 6 or more vegetables including 12 tomato plants, 6 hills cucumbers, 50 feet of bush or pole snap beans, and 50 feet of carrots, or enroll in one of the regular food production projects.	If 6 vegetables are grown, no exhibit is required. In case a regular project is chosen, the exhibit will be as is given in the requirements of that project.
Beautification of Home Grounds	Make to scale a landscape planting plan for your house and yard, and begin improvement as outlined. Cooperate with Mother if she is enrolled in yard improvement.	Landscape plan on 8½"x11" poster.

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## UNDERSTANDING OURSELVES

### The Art of Cooperation

You will remember that one of the 4-H guide posts is "Joining With Friends for Work, Fun, and Fellowship." Is that not another way of saying cooperate? You know the art of cooperation cannot be developed alone.

In a group there is strength. A group working together can do things which one or two people could never do. Unwind a piece of rope and you will see that the separate strands are not very strong, but all wound together they carry a heavy weight. So it is with us, one person working alone cannot achieve very much compared to a group.

4-H Club work brings us challenges to work efficiently and skillfully. It is the attitude and spirit that makes work a pleasure rather than a task. Along with developing skills, let's develop better attitudes. Then will come the feeling of satisfaction as expressed by the poet.

"Each morning sees some task begun. Each evening sees it close.  
Something attempted, something done, Has earned a night's repose."

We are all interested and rightly should be in joining friends for fun and fellowship. The socially mature person will balance his work and play.

Now, you, are building the pattern of work and play that will guide your whole life. Of course, you are preparing for your future life work in school. It is also important to prepare for a wholesome recreational plan for future living. However, life isn't all preparation. You want to live each day in such a way that you will get the most from it.

What are some of the things you and your friends can do for fun? Here is a list. Add to it and put your ideas to work.

**Creative activities**—hobbies where you make things.

**Collective activities**—such as stamp collections.

**Educational activities**—where things are learned.

Examples: Playing an instrument, nature study and reading.

**Competitive sports and games**—make a list.

**Non competitive sports and games**—drama, magicians, camping, and hiking.

**Spectator activities**—baseball, basketball, radio, and television.

**Member of group activities**—clubs, choir or glee club, and orchestra.

Why not make an inventory?

Do we need more space for sports? Are there any places we could clean up and use for sports? How can we get permission to use them?



## 4-H CLOTHING

Requirement—A cotton school dress.

Material—Any desirable wash material such as gingham, percale, chambray, or pique will be suitable for the dress.

Pattern—a one-piece or two-piece dress.

Important note in making the dress—Follow the directions which come with the pattern. These directions have been carefully thought out by designers and should be followed.

**Before You Pick Up the Shears**—Examine the cutting chart to find the pattern lay out suited to your size, the width of the fabric, and the style you have chosen. Follow the chart exactly. A beginner who attempts to shift or rearrange is apt to forget that sleeves cut separately must be made to fit opposite arms. Your fabric must be straight, crosswise as well as lengthwise. Remove all wrinkles and creases from the fabric. Pin every piece before cutting. Be sure that the perforations on the pattern which indicate the grain are laid exactly on the grain and are pinned to it. On the grain means straight with a lengthwise or crosswise thread. The distance from the top and bottom of the lengthwise grain mark to the selvage should be the same. Each piece of the pattern is pinned on the straight lengthwise grain line first. Then the pattern is smoothed out toward the nearest edge and pins put in closer together along curves rather than along straight long seams. Cut with long clean strokes. When you come to a notch cut it out rather than in as shown on your pattern.

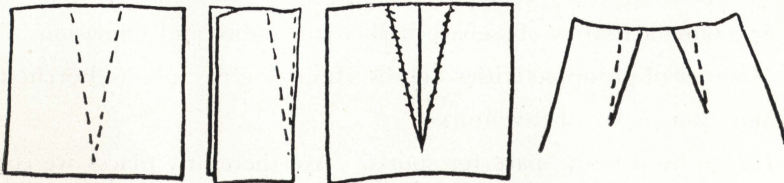
### Preparing the Pattern Piece for Basting and Stitching

1. Mark all perforations which indicate seams, darts, pleats, pockets, and buttonhole location. There are several methods of marking perforations: tailor tacks, tracing paper and wheels.

2. Run a marking basting along all center folds whether back, front collar, skirt or yolk. Always consult pattern directions to find out what perforation indicates the center front when the garment has a front closing. Do not remove the pieces of the pattern from the fabric until you are ready to work with it.

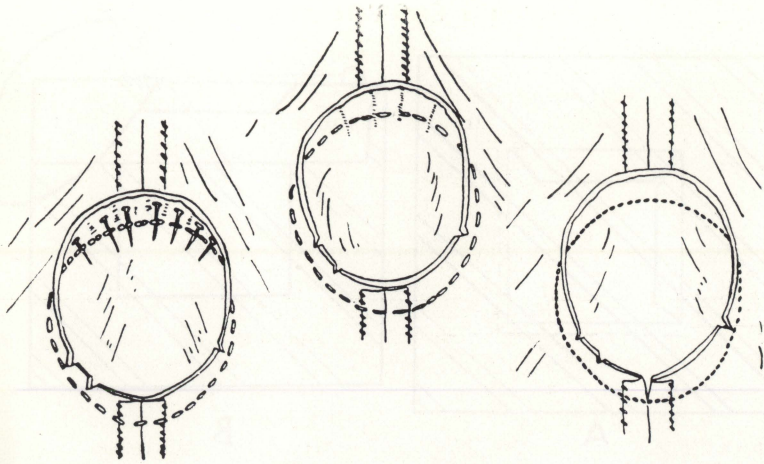
### Darts

**Darts**—Darts are simple to make if the preliminary step of marking is done with precision. Darts for fitting are marked and basted on



Darts





Putting in Sleeves

the wrong side. Darts as a decorative interest are marked and basted on the right side. Pin darts together, matching perforations. Start with the wide end of the dart and taper to a sharp point. When the dart is stitched; tie off the ends or sew with a few over and over stitches. Never stitch back on a dart. Darts at the shoulder are pressed toward the neckline. Those at the back of the neck, the waistline, and hip are pressed to the center, as underarm darts are pressed down. Darts made in very heavy fabric should be slashed, pressed open and edges overcast if the garment is unlined.

**Material**—Any desirable wash material such as gingham, percale, peter pan, seersucker, pique or linen will be suitable for the dress.

**Pattern**—A one-piece or two-piece dress.

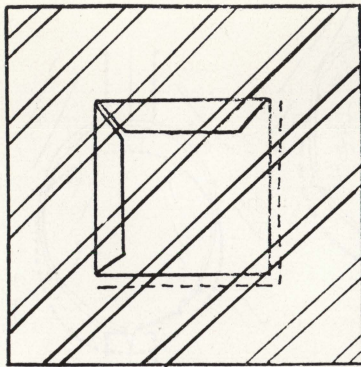
**Important note in making the dress**—Follow the directions which come with the pattern. These directions have been carefully thought out by designers and should be followed.

**Putting in Sleeves**—Put in sleeves according to directions on the pattern. The sleeve should be held a little fuller than the armscye all the way around the top. You will find that two gathering threads will help in easing the fullness in without any gathers forming. The fullness may be adjusted more easily if the pins are placed so that they point toward the bottom of the sleeves.

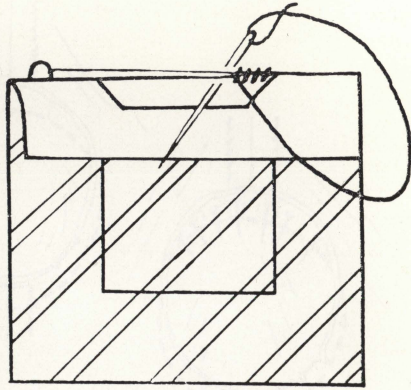
**Hems**—Baste all hems the width desired, after having measured the skirt length from the floor. Your mother or older sister may help with this.

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

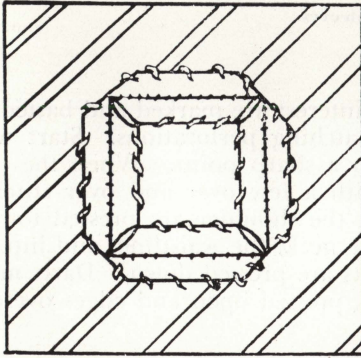




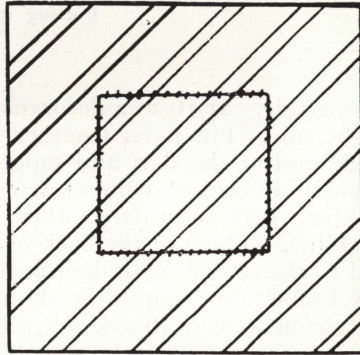
A



B



C



D

#### Overhand or Set-in Patch

- A. Right side—placing and basting patch
- B. Method of holding patch and garment and stitch used
- C. Wrong side—finished patch
- D. Right side—finished patch

**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 stitch is to be taken—about one-fourth to one-half inch. Seam tape should be used on linen.

#### Set-in or Overhand Patch

This is used a great deal on outer garments as it shows less than any other form of patch. It is nothing less than art to do this well.

Prepare the hole in the garment by cutting away the worn portion to a square, always keeping the cut edge on a thread or yarn.



Crease a seam exactly on thread. Clip diagonally outward from the corners of the hole to the corner of the creases. Then, turn the edge to the wrong side, crease, and baste in position, if necessary.

Cut a piece of material for a patch large enough to cover the hole easily, it should extend at least one-half inch beyond the hole on each side. Place with the right side of the patch to the wrong side of the garment, matching the thread or design perfectly. Baste carefully in position. Next, mark the outline of the hole on the patch by running a basting along the edge of the hole close to the folded edge.

Remove from one side of the patch, the basting which holds the patch and garment together. Fold the patch and garment together. Fold the garment back toward the right side and fold the patch back on itself on the basting line so that the right side of the garment rests on the right of the patch, with the folded edges even and with design perfectly matched.

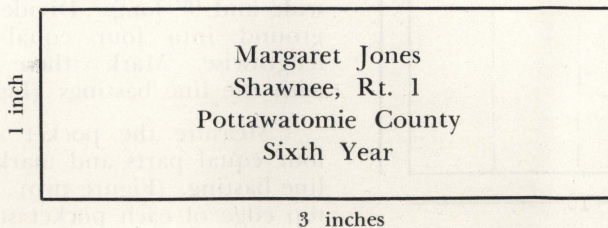
Overhand the edges together with small stitches, on the wrong side, starting in the center of the edge. Continue the overhanding around the four sides of the patch, removing the basting from one side at a time. By following this method, small straight overhanding stitches will show but slightly on the right side of the garment. (See B, Fig.) Use thread no coarser than No. 80 on average weight materials, and No. 100 is better on finer ones.

### THE EXHIBIT

The wash dress is the exhibit piece in sixth year clothing. White muslin may be used for the label. The label should be one inch wide and three inches long after raw edges are turned under. The member's name, post office, route, and county should be typed or printed in ink on the label. (See illustration below.)

Sew 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 hemming stitches, with no raw edges showing.







Sixth year girl improving the storage in dresser drawer

lar 438. This circular includes suggestions for improved kitchen storage.

#### 4-H HOME IMPROVEMENT

The activities for the girl enrolled in Sixth Year Home Improvement include improving storage and making a shoe bag.

Areas where storage might be improved are: Kitchen storage, bedroom closet, dresser drawers, or linen closet. One or more areas might be improved. This will in some cases be the re-arrangement of articles to get the most for the storage in closets, while adding shelves may be the solution to better storage in another situation. Putting dividers in dresser drawers can help storage situations. Helpful ideas can be obtained from the circulars, "Storage for the Living Room and Bedroom" and "Kitchen Planning and Arrangement," Circular 438.

#### Shoe Bag

The shoe bag provides a means of storing shoes. It may have either two or three rows of pockets.

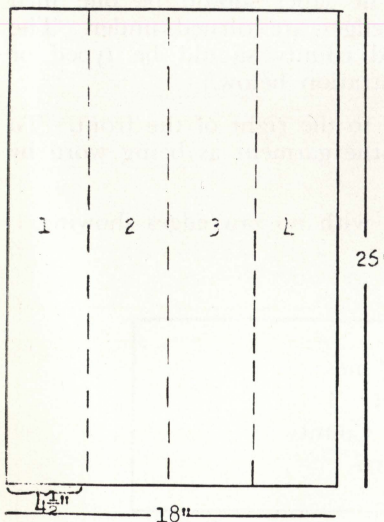


Figure One

Fabric suitable to use in the construction of the shoe bag are sturdy washable cottons such as: denim, Indian-head; broadcloth and unbleached muslin.

**To make:** The background piece for the 8 pocket bag will be 18" wide, 26" long; for the 12 pocket bag it will be 18" wide, 36" long. Strips of fabric for the pockets will be 36" wide and 9" long. Divide the background into four equal divisions lengthwise. Mark these divisions with the line basting (Figure one).

Measure the pocket strips into four equal parts and mark with the line basting, (Figure two). Finish the top edge of each pocket strip.



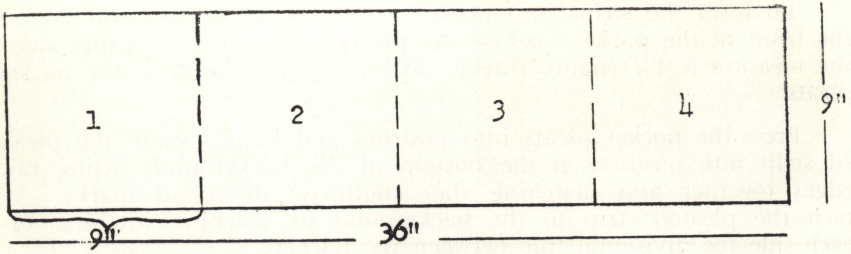


Figure Two

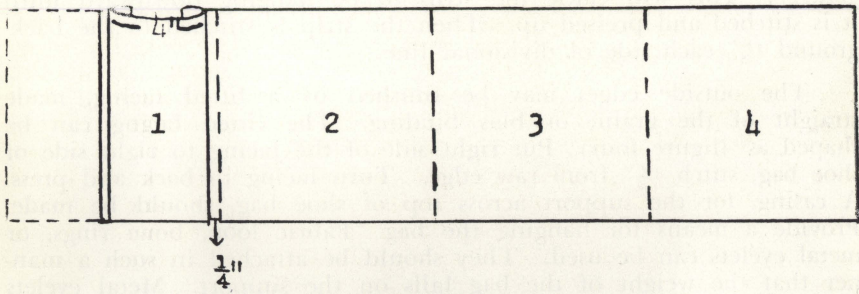


Figure Three

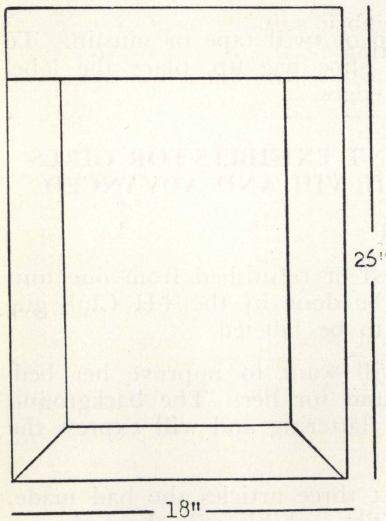


Figure Four

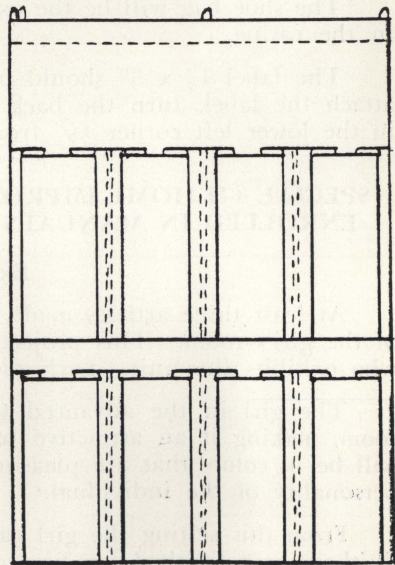


Figure Five



To form the strips into pockets, pleats must be formed. Across the front of the pocket (before the pleats are formed on either side) the measure is 4", (figure three). Allow  $\frac{1}{2}$  inch between the pocket pleats.

Press the pocket pleats into position and baste. Baste the pleated strip into position at the bottom of the background, fitting raw edges together and matching the lengthwise divisional marks. Attach the pleated strip to the background by machine stitching  $\frac{1}{8}$ " each side the divisional line between the pockets.

The next row of pockets will be stitched to the background  $1\frac{1}{2}$ " above the top of the bottom row. Allow  $\frac{1}{2}$ " seam. Baste the bottom edge of the pocket strip to the background piece (right sides together). This will cause the strip to be hanging downward until it is stitched and pressed up. Then the strip is stitched to the background  $\frac{1}{8}$ " each side of divisional line.

The outside edges may be finished by a fitted facing, made straight of the grain; or bias binding. The fitted facing can be shaped as (figure four). Put right side of the facing to right side of shoe bag, stitch  $\frac{1}{2}$ " from raw edge. Turn facing to back and press. A casing, for the support across top of shoe bag, should be made. Provide a means for hanging the bag. Fabric loop, bone rings, or metal eyelets can be used. They should be attached in such a manner that the weight of the bag falls on the support. Metal eyelets should only be used in firm, closely woven materials (figure five).

### THE EXHIBIT

The shoe bag will be the exhibit article. The support should be in the casing.

The label 1" x 3" should be made of twill tape or muslin. To attach the label, turn the back of the shoe bag up, place the label in the lower left corner  $\frac{1}{2}$ " from the edges.

### SPECIAL 4-H HOME IMPROVEMENT EXHIBITS FOR GIRLS ENROLLED IN MANUALS VI, VII, VIII AND ADVANCED

#### Exhibit I

At least three articles made, finished or refinished from one unit of the girl's room. This project is to be done by the 4-H Club girl who exhibits the unit. Each piece is to be labeled.

The girl in the advanced work will want to improve her bedroom, making it an attractive background for her. The background will be in colors that are pleasing and flattering and will express the personality of the individual.

From this setting the girl can select three articles she had made, finished, or refinished for her room. The exhibit will show the accomplishments and skills of the girl.



Bedroom improvement may be a treatment of the background which will deal with the window treatment; floor coverings; floor; walls; ceiling; and wood trims. The circular, "Backgrounds for Living Room and Bedroom" will give some guidance to the solution of this problem.

Furniture can be finished or refinished to comply with the needs of the room. This might include any of these items; table, desk, chair, book shelves, bed or dresser. It might even include refinishing picture frames.

The circular "Refinishing Furniture and Care of Woods," Circular 265, will be helpful in this work. Refinishing does mean taking off the old finish and putting on a new one.

"Decorate with Accessories," Circular 601, will provide some information for the selection, matting, framing and arrangement of pictures.

Other improvements that could be made are: bedspread, pillow shams, a dressing table skirt, or decorative pillows. The design one chooses for these items will, in a large measure, decide the type of construction. It should be kept in mind that long skirts as flounces on furniture should lack one inch of touching the floor. Hem allowances of one inch is frequently adequate. This provides  $\frac{1}{4}$  inch for first turn of the hem and  $\frac{3}{4}$  inch for the second turn. Hems can be put in on the machine if the line of stitching does not detract from the project, otherwise use hand hemming.

## Exhibit II

One of the following projects may be exhibited: one large framed picture; a group of framed pictures; or one refinished piece of furniture. The project is to be completed by the 4-H Club girl who exhibits it. Each piece is to be labeled.

The project may be developed for any room in the house where appropriate and needed.

A brief story will accompany the project telling where and how the article is used; the dimensions of the space where it is used; the cost of the project in time and money; and other details that will give reasons for choosing, or problems involved in the completion of the project.

Refinished or new picture frames will be used, according to need.

A picture of medium size approximately 15" x 18" is best when hung over a small piece of furniture. It can be hung so that it is a little to the right or left of center piece of furniture. A decorative object can be placed on the opposite side to balance the picture and form a unit with the furniture (figure 1).

Small pictures are often hung in a group. Too many small pictures in a group on one wall appear crowded and distracting. All pictures



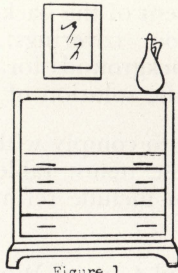


Figure 1

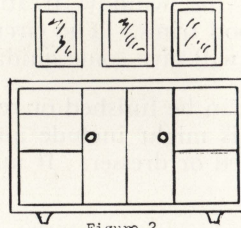


Figure 2

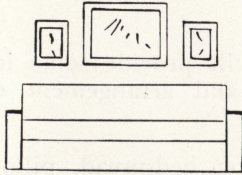


Figure 3

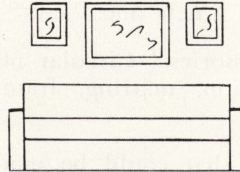


Figure 4

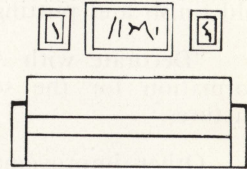


Figure 5

in a group should be related in color, subject matter and frame. It is usually desirable to have less space between the pictures than the width of the pictures themselves. (figure 2.)

Pictures look better if they are not hung in step formation. Pictures should follow the lines of the furniture underneath. There should be very little space between the pictures and the piece of furniture underneath.

Groups of pictures may be hung so the lower edges are all on the same line (figure 3), or all of the tops of the pictures on a line (figure 4), or with the middle of all pictures on a line (figure 5). Information on pictures for different rooms, matting instructions, and other helpful information on pictures may be found in "Decorate with Accessories," Circular 601.

Refinishing a piece of furniture means removing all the old finish, making necessary repairs and applying a new finish. Helpful information on refinishing furniture is available in "Refinishing Furniture and Care of Woods," Circular 265.

The oil treatment is a practical way to finish many pieces because the finish goes into the grain of the wood. Varnish, shellac, and paint are applied on top of the wood and are subject to scratching or chipping. You will choose the finish most suitable to your need. A paste wax should be applied as a protective coat to all finishes to keep dirt from getting into the surface. Two light applications of the wax is better than one application that is too thick.

#### 4-H FOOD PREPARATION

This year in your 4-H food preparation you will want to try all ten recipes in your manual at least once. Then you will want to prepare and serve supper or dinner at least 10 times. Following is a tinner pattern for a light, medium and heavy dinner.



### Light Dinner

Meat, fish, or one-dish meal  
One or two vegetables  
Breadstuff  
Dessert (optional)  
Beverage

### Medium Dinner

Meat  
Two vegetables  
Salad  
Breadstuff  
Dessert  
Beverage

### Heavy Dinner

Soup or cocktail  
Meat  
Two vegetables  
Salad  
Breadstuff  
Dessert  
Beverage

### Serving The Table

1. Serve hot foods on heated dishes and cold foods cold on chilled dishes.
2. When serving a meal, do not handle the eating surfaces of dishes. Touch silver and cups by the handles, plates by the rim, glasses by the base.
3. Serve dishes from the left of the person being served, except beverages which are served and placed at the right.
4. When placing dishes at the left, place them with the left hand. When placing beverages, use the right hand.
5. Hold foods with the left hand and offer them at a person's left.
6. Use a folded napkin to protect your hand when carrying hot dishes of food.
7. Serve the hostess first, then the one on her right, and so on around the table.
8. In removing dishes, remove all food first, then soiled dishes, glasses and silver; then clean dishes and silver. Remove the plate of the hostess first, unless she is waiting on the table.
9. Remove the dishes from the left side with the left hand, except those, such as cups and saucers, which are at the right of the cover.
10. Do not stack dishes in front of the person whose place is being cleared. Remove the plate with the left hand and transfer it to the right hand. Then remove the bread and butter or salad plate with the left hand.



11. The hostess indicates when to begin eating, and when to leave the table.
12. The hostess should not be away from the table any more than is absolutely necessary.
13. Daughters and sons should help to wait on the table so that the mother will not need to leave the table.

## RECIPES

### Cream of Tomato Soup

1½ cup canned tomatoes	1 or 2 slices bacon
4 tablespoons flour	1 teaspoon salt
4 tablespoons butter	1 teaspoon chopped onion
3 cups milk	

1. Make a thin white sauce by melting fat and stirring in flour, to make a smooth paste.
2. Add 1 cup milk which has been heated (but not boiled) stir until the mixture is smooth.
3. Add the remainder of the milk and salt; cook until smooth and the consistency of a thin sauce. This will take about 10 to 15 minutes over direct heat or about 25 to 30 minutes in a double boiler. (Using a double boiler makes a smoother sauce.)
4. Heat the tomatoes and onions together and run through a sieve. Add the hot tomato juice to the hot white sauce, stirring gradually to make it smooth.
5. Heat, but do not boil.
6. Serve with crackers or small pieces of toasted bread, cut into fancy pieces, half moons, circles, diamonds or oblong pieces.

Note: Other cream soups may be made in the same manner with other vegetables such a peas, corn, potatoes, etc.

### Meat Loaf

2 pounds ground beef or veal	Canned tomatoes
½ pound sausage or salt pork	1 egg, beaten
½ cup chopped onion	1 teaspoon salt
¼ cup chopped celery	Pepper
¼ cup chopped parsley	

1. Mix all ingredients together thoroughly. If salt pork is used, cut in small pieces and fry until lightly browned before adding to the other ingredients.
2. Pack mixture into a loaf pan. Bake at 350° F. 1 to 1½ hours or until done. Serve hot or cold.

### Italian Hamburg

1 pound ground meat	1½ teaspoon salt
2 tablespoons water	1 cup spaghetti, uncooked
⅓ cup onion, chopped	½ cup cheese, grated (may be omitted)
2 cups canned tomatoes	



1. Put hot water in heavy skillet which has a close fitting lid. Bring water to a boil. Add ground meat. Cook until meat turns gray, stirring often.
2. Sprinkle over meat the chopped onion, then the uncooked spaghetti, and salt.
3. Pour tomatoes over all.
4. Place the close fitting lid on skillet and turn flame very low.
5. Let it cook slowly, without lifting lid for 30 minutes.
6. Remove lid. Stir well. Place in serving dish. Sprinkle cheese over top and serve at once.

### Browned Carrots

Carrots

Fat

1. Precook, peel and split lengthwise.
2. Place the carrots in a frying pan containing a small amount of hot fat, and brown first on one side, and then the other. Do not soak with fat. Use just enough to brown them.

### Cooked Green Beans

Green Beans

Pepper

Salt

Melted fat

1. Cut the beans into medium sized pieces or leave them whole, if very young and tender.
2. Drop the beans into just enough boiling salted water to cover and boil quickly until tender but still firm.
3. Season to taste with salt, pepper and melted fat.

### Combination Salad

2 tomatoes

1 medium sized cucumber

2 carrots

1 cup chopped lettuce

1. Wash vegetables
2. Dice carrots. Slice or dice the cucumber, cut the peeled tomatoes into eights or quarters. Add lettuce.
3. Toss lightly with 4 tablespoons French dressing.
4. Serve in a salad bowl or on lettuce on individual salad plates.
5. Each serving may be topped with a teaspoon of mayonnaise if desired.

### French Dressing

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  cup vinegar or lemon juice

$1\frac{1}{2}$  teaspoon sugar

$\frac{1}{2}$  cup salad oil

$\frac{1}{8}$  teaspoon paprika

1. Mix the salt, sugar and paprika in a fruit jar.
  2. Stir in the vinegar; then add the oil.
  3. Adjust the lid to make the jar leak-proof and shake vigorously.
- Note: Bacon fat may be substituted for the salad oil. This dressing separates after standing a few minutes and requires shaking each time it is used.



## Spice Cake

$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ teaspoon salt
1 cup sugar	$2\frac{1}{2}$ teaspoon baking powder
2 eggs	$\frac{3}{4}$ teaspoon cloves
$\frac{1}{3}$ cup molasses	$\frac{3}{4}$ teaspoon allspice
$2\frac{1}{2}$ cups cake flour	$\frac{3}{4}$ cup milk

1. Measure and sift together dry ingredients.
2. Thoroughly cream shortening. Add sugar and cream.
3. Add eggs, one at a time, beating after each addition.
4. Beat in molasses.
5. Add dry ingredients alternately with milk, beating after each addition.
6. Bake in two lined 9 inch layer cake pans in moderate oven ( $350^{\circ}$  F.) 30 to 35 minutes.

## Frosting

$\frac{1}{2}$ cup brown sugar	2 stiffly beaten egg whites
$\frac{1}{4}$ cup water	

1. Cook sugar and water to thread stage.
2. Pour over egg whites; beat constantly until mixture forms peaks.

## Nut Bread

3 cups sifted flour	1 cup chopped nuts
$\frac{2}{3}$ cup sugar	4 tablespoons melted shortening
1 cup milk	1 teaspoon salt
3 teaspoons baking powder	1 egg, well beaten



Preparing ingredients for nut bread.

1. Sift flour once, measure, add baking powder, salt and sugar, and sift again.
2. Stir in nuts.
3. Combine eggs, milk and shortening.
4. Add to flour mixture and blend only until all flour disappears.
5. Bake in greased loaf pan (about 9" x 5") in moderate oven ( $350^{\circ}$  F.) 1 hour, or until done.
6. Store several hours or over night before slicing.



## THE EXHIBIT

The exhibit for this year's food preparation is a loaf of nut bread. Exhibit the loaf of bread on a paper plate.

Your nut bread will want to have these qualities:

- Well proportioned shape
- Slightly rounded top (cracks in the crust are fairly typical of nut bread)
- Uniform, golden brown color
- Thin, tender, slightly rough crust
- Light in weight in proportion to size
- Medium, fairly uniform holes (not coarse or compact)
- Nuts evenly distributed
- Does not crumble when cut
- Fairly moist, tender crumb
- Pleasing, blended flavor of well baked ingredients

The label should give you name, post office, route, county and the year of club work typed or printed in ink.

## 4-H FOOD PRESERVATION

You will need to can or freeze 24 quarts or 48 pints of fruits, vegetables and preserves. Can your non-acid vegetables in the pressure canner and your fruits and tomatoes in boiling water bath canner.

### English Peas

Can only young tender peas. Wash pods before shelling, drain, shell, wash, cover with boiling water; boil until bright green (1 minute). Pack hot and loosely; cover with hot cooking liquid or hot water. Add  $\frac{1}{2}$  teaspoon salt to each pint. Process pints immediately for 40 minutes at 10 pounds pressure.

### Lima Beans

Only young, tender lima beans should be canned; older ones may be dried. Wash pods before shelling, drain, shell, sort, and grade for size and age. Wash again, cover with boiling water; boil 2 minutes; pack hot and loosely; cover with hot cooking liquid or hot water, add  $\frac{1}{2}$  teaspoon of salt to each pint. Process lima beans immediately for 35 minutes at 10 pounds pressure.

### Black-Eyed Peas

Same as lima beans.

### Soup Mixture

A good combination to use for this mixture is one pint of thick tomato pulp, one cup of corn or tiny lima beans, and one cup of sliced okra, a slice or two of onion, and a dash of sugar and pepper, and a teaspoon of salt. Cook this mixture together in a kettle for 10 minutes. Pack into jars and process pints for 75 minutes.



## Greens

Use only tender, fresh, crisp greens. Discard all old withered, webby, insect bitten leaves and coarse stems. Leave on tender, crisp, brittle stems. Clean carefully by washing through several waters. Lift greens out rather than pouring water off. Steam or heat in vessel with just enough water to prevent scorching until thoroughly wilted and bright in color. Some greens such as mustard, require more water for wilting. Pack hot, taking care that greens are not packed too solidly, especially through the center of the jar.

A very good method is to pack the jar about  $\frac{1}{3}$  full of greens, then add water to the top of them, being sure that the water reaches the center of the jar. Continue with a layer of greens and water, until jar is filled, or, after greens are packed, cut across them both ways with a long sharp knife.

Thorough wilting of greens before packing them in jars makes for a fuller and more attractive pack. Process pints 25 minutes at 10 pounds pressure.

## Green Beans

Select young tender green beans and wash thoroughly. Leave whole or cut into 2 or 3 inch lengths. Cover with boiling water and boil 3-5 minutes until bright green. Pack hot and cover with fresh boiling water or cooking liquid. Add  $\frac{1}{2}$  teaspoon salt to each pint, adjust lids and process pints 20 minutes at 10 pounds pressure.

## Pear or Peach Pickles

1 quart vinegar	1 tablespoon ground cloves
6 pounds sugar	1 piece of ginger root, if desired
12 pounds peeled fruit (6 quarts)	4 or 5 whole sticks of cinnamon

Make a syrup of the vinegar and sugar and add a spice bag made of the cloves and ginger. Add cinnamon sticks to the syrup. Drop a few of the peaches at a time into this boiling syrup. Cook until the fruit is tender. Do not overcook. Let stand in covered kettle over night and next day pack into clean sterilized jars. Cover with the syrup and process in water bath at simmering temperature (180° F.) for 20 minutes.

For further information see: "Home Canning of Fruit and Vegetables," Extension circulars No. 260 and "Pickles and Relishes," circular No. 496.

## Freezing Foods

Freezing is a simple, easy way 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 Peas

Some of the recommended varieties of peas for freezing are Glacier, Thomas Laxton, World's Record and Perfection.

Choose tender peas. Wash and shell. Sort out immature and tough ones. Wash and scald. For scalding use a large kettle with a lid. Scald not more than two pounds at a time. Use 1 gallon of boiling water for each pound of peas scalded.

Put the peas in a cheese cloth bag or wire basket. Lower into the rapidly boiling water. Put lid on the kettle. Start counting time immediately and scald for 1½ minutes.

Cool quickly and thoroughly in ice water or cold running water. When the peas are cool remove them from the water and drain thoroughly.

Package immediately in moisture-vapor-proof containers leaving a ½ inch head space. Seal, date, label, and freeze. Then store at 0° F.

### Freezing Greens

To freeze greens select young, tender leaves. Wash carefully by lifting greens out of the water rather than pouring water off of the greens. Remove imperfect leaves and large tough stems. Scald 2 to 3 minutes and chill. Then pack into moisture-vapor-proof containers leaving ½ inch head space.

Seal, date, label, freeze and store at 0°F.

### Freezing Cherries

Select firm, fully mature, evenly ripened cherries of good quality. Sort, wash and drain. Remove pits if you wish. They tend to give an almond-like flavor to the fruit.

Ascorbic acid is needed for best results. Use ¼ teaspoon ascorbic acid dissolved in ¼ cup cold water to each quart of cherries. Sprinkle over fruit before adding sugar. Add 1 cup sugar to 5 to 6 cups fruit. Sprinkle sugar over the cherries and stir gently until sugar is dissolved, then package.

A 40% syrup using 3 cups sugar to 4 cups of water may be poured over the cherries, after packaging. Leave head space, seal, date, label and freeze. Store at 0°F.

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



## THE EXHIBIT

The exhibit for food preservation during your sixth year of work is 4 pints of canning as follows: 1 pint fruit pickle, 1 pint soup mixture, 2 pints vegetables, such as peas, greens, lima beans or green beans. The two pints of vegetable may be the same or different to those mentioned above.

Girls enrolled in this year of home demonstration work may also exhibit in any one or in all of the following Special 4-H Canning Exhibits:

**Emergency meal**—Four jars of food that might be used for an emergency dinner or hearty supper. (This exhibit may be in pints, quarts, or a combination of the two.)

**Vegetables**—Four jars of different kinds of vegetables. (Starchy vegetables in pints.)

**Fruits**—Four quarts of different kinds of fruit to help solve the winter salad and dessert problem.

Select the best jars you canned in each group, wash, polish and label. The label may be purchased or made of plain white paper. It should give the name of the product, your name, post office, route, county and 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 the label is made of plain white paper use a piece  $1\frac{1}{2}$  inches by  $2\frac{1}{2}$  inches.

## FOOD PRODUCTION

The food production work in the year VI may be the growing of the vegetables listed below or one of the regular 4-H 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 this year's work should grow 6 or more kinds of vegetables, including 12 tomato plants, 6 hills of cucumbers, 50 feet of bush or pole snap beans, and 50 feet of carrots. 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:

Radishes	Tomatoes	Onions	English Peas
Lettuce	Carrots	Bush Snap Beans	Black-eyed Peas
Beets	Okra	Bush Lima Beans	Cucumbers

After selecting the kind of vegetables to plant, read about them in "Home Vegetable Garden," Oklahoma Extension Circular, No. 196.

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 414, Vegetable Insect Control, has pictures of the insects so you can identify them and it also lists methods of control.

## HOME GROUNDS BEAUTIFICATION

### Making a Landscape Plan

The requirement this year is not an easy one to fulfill, but it is one which will repay the maker and be needed much in the coming three year's 4-H Club work. Further event than that, a landscape plan made now will be the basis for growth and improvement of the home for the future. Think of planning work now that will be enjoyed and appreciated for years to come. A tree is a lasting monument to its planter.

You may not own the home you are now living in, but rest assured that any work you do in planting flowers, shrubs and trees, and cleaning up the place, will be appreciated. Such labor will be appreciated by you and your family, your landlord, and the people who come to that house after you may have moved. If a person who rents a house beautifies and improves it a little, then when the moving takes place, each person comes to a new place with some improvement already begun.

You begin now to plan for the permanent planting which must come in the form of trees and shrubs. Flowers can be moved around easily, but you risk a plant's life each time it is moved; so right now each tree, shrub and vine that is to be planted must have a definite and correct place in relation to all the others that exits are are to be planted.

Make your plan and accomplish what you can this first year under the general head of "clean-up" and follow the plan from year to year. A few good plants and features properly located and maintained are desirable; do not over do the project in one year. Plan your work according to available time and material and do not neglect some important phase of the activity.

For added information, see Circular No. 456, "Landscaping Home Grounds."



## 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: -----  
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February: -----  
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March: -----  
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April: -----  
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May: -----  
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June: -----  
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July: -----  
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August: -----  
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September: -----  
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October: -----  
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November: -----  
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December: -----  
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