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# 4-H

## HOME DEMONSTRATION

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Seventh  
Year

Circular 537



*Service*  
**EXTENSION DIVISION**

Shawnee Brown, Director

Oklahoma A. & M. College, Stillwater

*General  
Agricultural*



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no. 537

## 4-H HOME DEMONSTRATION Seven

Phase of Work (Select at Least Three)	Activities and Projects	Exhibit
Beautification of Home Grounds	Check the items listed in column on getting along and work on improvements.	
Clothing	Dress, made of wool, wool mixture, or synthetic wool, woolen darn on worn material.	Wool, wool mixture, or synthetic wool dress.
Home Improvement	Make curtains. Activity: Assist with selection and care of curtains in the home.	One pair of curtains on rods.
Food Preparation	Try all 11 recipes at least twice. Special Problem: Learn to cook meat properly.	Loaf of bread.
Food Preservation	Can or freeze 30 quarts or its equivalent of fruits, vegetables, pickles, preserves, fruit juice.	4 Pints: 2 pints okra or corn or 1 of each. 1 pint pickles or relish. 1 pint preserves or jam.
Food Production	Grow 8 or more vegetables including 12 tomato plants, 6 hills of cucumbers, 6 hills of cantaloupes, 50 feet of bush or pole lima beans, and 50 feet of carrots, or enroll in one of the regular food production projects.	If 8 vegetables are grown no exhibit is required. In case of a regular food production project, the exhibit will be as given in the requirements for that project.

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### Phase of Work (Continued)

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Beautification of Home Grounds	Starting the home grounds improvement program according to the plan made for the sixth year.	A collection of ten dried and pressed specimens of leaves of trees and shrubs. (At least three specimens to be native.)
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## UNDERSTANDING OURSELVES

### There's an Art in Getting Along

Learning to get along with so many different kinds of people is the most difficult, yet the most important thing you will have to learn in life. Getting along with people is an art that we have to work to develop.

*A Good Way to Get Along Is The Art of Forgetting Yourself*

“But whoso gives himself with grace,  
And never dreams of payment,  
Shall find his home in every place,  
And never lack kings raiment.”

—Helen Mullins

Learning to forget one's self and living for others means that you will be socially accepted by the group with whom you work, play and live. Whether it is said or not, every normal person has a desire to be considered socially acceptable. It is important for you to take a complete inventory of the personal traits which will affect **your** social acceptability. You must weed out those not leading to your goal, at the same time developing and unfolding all the hidden possibilities which make for the ideal person you are hoping to be.

In order to forget yourself there are certain outstanding characteristics that you need to develop. For instance, **self-control, tolerance, cooperation, resourcefulness, progressiveness, and dependability.** Can you think of others? The time you spend cultivating these qualities will be time well spent.

**Self-Control.** Someone has wisely said that no one can control others until he has learned to control himself. What is meant by self-control? Simply the control of your emotions in time of excitement or strain.



**Tolerance.** Tolerance is a respect for the rights and opinions of others. It is a quality especially worthy of cultivation.

**Cooperation.** Cooperation is one of the secrets of successful living. None of our greatest inventors, philanthropists, or other leaders could have achieved his success alone. Each needed someone to help in one way or another, perhaps, in many cases, only with a word of encouragement or praise; but the fact remains that success and happiness depend upon cooperation—working together. The person who is always ready to cooperate will always be socially acceptable. Remember that cooperation means working **together**.

**Resourcefulness:** Resourcefulness (as a social asset) is a combination of such qualities as originality, initiative, independence, and individuality because these traits are essential parts of attractive personalities.

**Dependability.** If you were asked to name one person who is outstanding in your life for the quality of dependability, you would unquestionably name your mother. She is usually the one person who can always be relied upon to understand your problems if you give her a chance, by talking things over with her. Does this indicate anything about that quality—dependability?

Be your best self at all times and you can be justly proud of yourself. How can you answer the following:

Place a check (X) mark in the column according to the way you would answer the question:

- A. Am I responsible for a spirit of friendliness and helpfulness?  
Yes  No
- B. Do I meet people easily and graciously? Yes  No
- C. Am I considerate of those outside my own immediate group?  
Yes  No
- D. Am I really interested in others and sincere in all my dealings?  
Yes  No
- E. Do I have friends and acquaintances of the right sort?  
Yes  No
- F. Do I always endeavor to make parties given by others a success by entering into the spirit wholeheartedly? Yes  No
- G. Do I refrain from criticism? Yes  No
- H. Do I refrain from trying to manage everything? Yes  No
- I. Do I try to make everyone have a good time? Yes  No
- J. Do I remain calm in the midst of agitation? Yes  No
- K. Do I respect the rights and opinions of others? Yes  No
- L. Can I work and play with others? Yes  No

#### 4-H CLOTHING

Clothing Requirements: A one or two-piece dress made of wool or a wool substitute.



The clothing work in Home Demonstration Manuals VII, VIII, and Advanced is undoubtedly the most fascinating and gratifying to most girls. By this time you have learned the sewing technique, you have learned to judge and select materials, and you have learned to select good line and design in patterns. Then, too, you have arrived at that age when you desire to look attractive, dainty, and modest in your clothes. At this age girls are particularly noticed because of their perfect grooming, good health, poise, and posture. It takes all of these to wear a garment well. If the 4-H girl can present herself appropriately well dressed with poise and grooming which will make her appear as a beautiful picture even in the simplest cotton dress; then, and only then, will her clothing-work have been a success. Every 4-H Club girl should have been so trained that she will be a good buyer, a well-dressed and groomed person for life.

**New problems will be found in a wool garment**—When making a garment, remember that wool materials require different handling than any other material. Because of the felting properties of wool, new and interesting problems will arise in the construction of this garment. Slight fullness in the garment can be shrunk so that it does not show. Fullness in hems and sleeves is removed in this way so it is possible to have a smart looking garment with a tailored appearance.

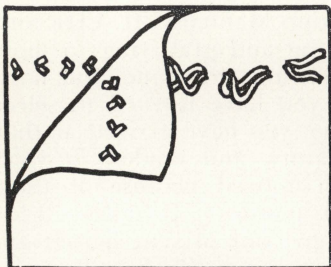
**Pattern**—For successful dressmaking, the correct size of a pattern is essential. A tape measure held over the bust and hips with ease so that the finger may be slipped under it, but drawn more snugly over the waist, will give your correct measurement. Check these details with the information given on every pattern envelope. If your measurements differ in a marked degree from the standard, it is advisable to choose according to bust measurement, as the adjustment of the skirt is a comparatively simple matter.

**Preparation of Material**—In making any wool garment your first consideration is the shrinkage of the fabric. Many woollen materials are shrunk before they are sold in the stores, but this shrinkage is not always to be relied upon. It is always wise to have wool fabrics shrunk by a local tailor or do it yourself.

**Cutting**—One of the very first things you learned about sewing was grain line, the lengthwise (warp) and crosswise (fill) threads of yarns woven together at right angles to make the fabric. The garment pieces must be cut on the correct grain and have the grain kept in its correct position during construction so that the finished garment will be grain perfect. The finished garment will not fit well, hang correctly, look smart, or keep its shape unless cut and sewn on the correct grain. There is no secret formula nor any methods that can make up for or conceal a badly cut garment; therefore, be sure the garment pieces are cut out on the exact grain indicated in the pattern.

Read directions carefully, then choose the pieces of patterns you will use and place them on the material according to directions. Do not do any cutting until you have all the pieces of the pattern placed and





Tailor Tacking

side. When completed, pull the pieces of cloth apart and clip the stitches. Both pieces of material are then properly marked.

**Pressing**—Pressing is an important part of good sewing, not a finishing touch. Each part of the garment should be pressed after it has been stitched and the bastings removed.

Pressing is the placing of the iron on the fabric, lifting it and placing it on again. Ironing is the pushing of the iron pack and forth evenly, always with the grain of the fabric. Ironing is used only for washable fabrics, never on wool.

In working with wool garments, fullness can be removed by shrinking. Sleeve fullness and fullness in hems are two of the most common places where this process is used. Because of the shrinking and fitting qualities of wool, it is possible to remove apparent fullness by running gathering stitches into the material to adjust the desired fullness. Steam the portion of the material to be shrunk. When the material has been shrunk to its desired size, allow it to dry before working it again. A sleeve board or tailor's cushion will be of great help when steaming curved garment pieces.

**Stitching**—Be accurate with your machine stitching. In woolen cloth, silk thread is the best kind of thread to use since it is strongest and its color will not fade as cotton sometimes does. Hand stitches should be small, and put in easy, not tight.

## Hems

Hems should be measured with a yardstick from the floor to the desired length and marked by pins. The hem should then be turned up on the pin line and basted, being careful to get a smooth hem line around the bottom. Sometimes a pin may be a little out of line and will have to be moved. Now mark the width of the hem by using a cardboard the desired width. Trim off excess fabric if not even, leaving about 2½" for hem on straight skirts and 1½" on very full, or circular skirts. Seam tape should be used on woolens and all heavy hems because it prevents bulk. Stitch seam binding to edge. If skirt is circular it should be eased to binding. To hem invisibly, turn hem back away from you and with a running stitch catch thread or two of skirt to hem under binding. This method conceals all threads between garment and hem and is consequently more satisfactory as well as more durable.



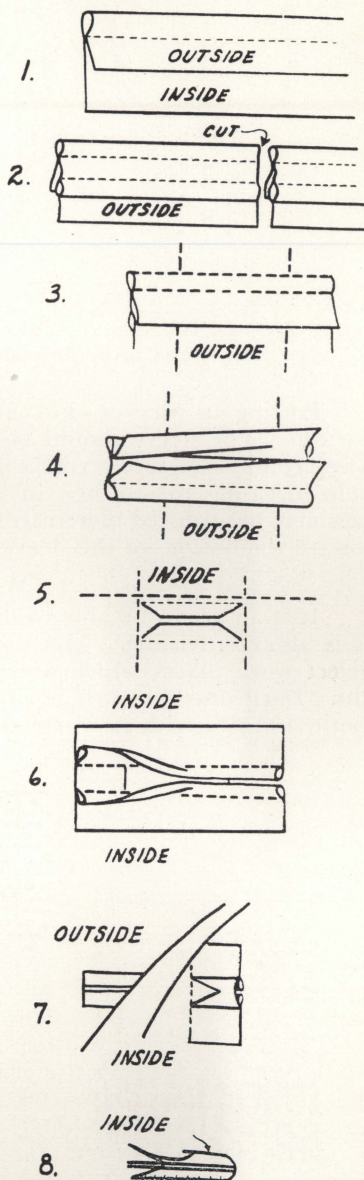
## Buttonholes

A bound, tailored, or corded buttonhole will add much to the attractiveness of your wool garment. It would be well to practice on a scrap of material from the garment you are making.

### Tucked Strip Buttonhole:

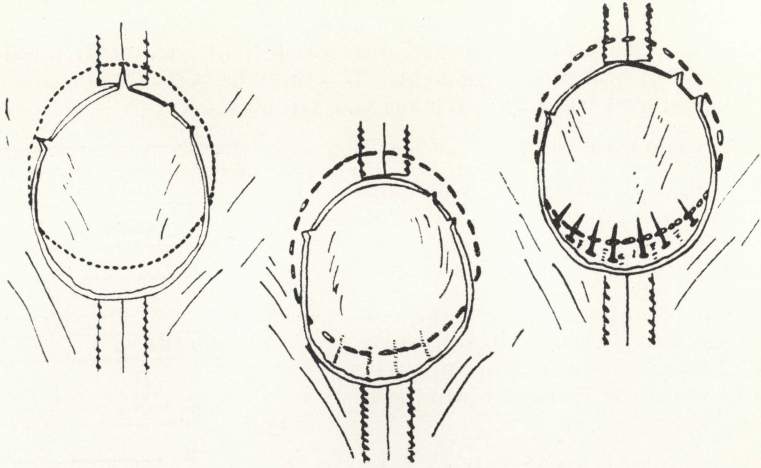
1. Cut lengthwise strip  $1\frac{1}{2}$ " wide and twice the length of total number of buttonholes. Fold strip  $\frac{1}{2}$ " and stitch tuck  $\frac{1}{8}$ " from fold.
2. Repeat on other edge keeping cut edge of first tuck free. Result—two  $\frac{1}{8}$ " tucks  $\frac{1}{2}$ " apart. Cut into sections twice the marked buttonhole size.
3. Shorten machine stitch. Place fold of tuck on location line which has been marked **Grain Perfect**. Stitch marked length of buttonhole on original tuck stitching, securing at each end by making several stitches in the same spot.
4. Bring cut edges of tucked strip together with strip laying flat and repeat stitching on the other tuck forming a parallel line.
5. On the wrong side, cut between parallel lines of stitching to  $\frac{3}{8}$ " from each end. Clip diagonally to each end of stitching.
6. Turn the tuck strip to the wrong side. Pull ends of strip to square the corners.
7. Holding the garment away, stitch back and forth over triangle and strip at end of buttonhole. Repeat at the other end.
8. For finishing, cut material of the facing the same length as the buttonhole. Turn in cut edges and fell in position.

**Seam Finish**—Each kind of material requires a special seam finish. Choose seams best suited for design and material. Since wool does not ravel badly, pinking shears are usually sufficient.



Steps in Making a Bound, Tailored or Corded Buttonhole



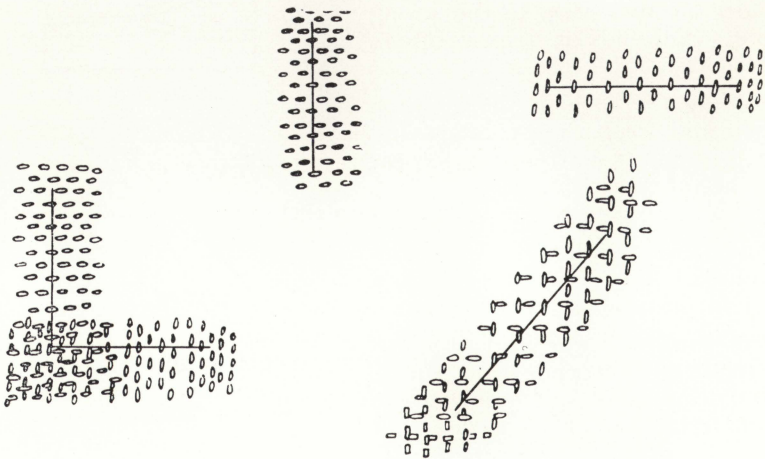


Put sleeves in by directions in pattern: pin, baste, and stitch.

**Putting in Sleeves**—Put in sleeves according to directions on the pattern. The sleeve should be held a little fuller than armhole 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 sleeve.

### Woolen Darn

It is an art to be able to darn a cut or a tear in a garment so that it is almost invisible. The darns should be made on worn garments. Select worn places which are similar in shape to those shown in the cut. Darn one slit with sewing silk or fine cotton to match color of cloth, and two with ravelings of same cloth.



Darn for Woolens



Darn from the right side, picking up only about one thread of cloth with the needle, thus keeping most of the darning thread on the wrong side. Very little should show on the right side. Always have your darning thread run along with the thread of the cloth, even if the slit is diagonal. Keep edges of slit together when darning. Use single thread or raveling as it shows less than when doubled. Do not draw the darning thread too tight or it will give a drawn appearance. Press on the wrong side when finished.

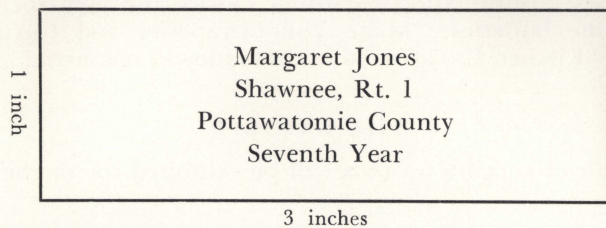
A patch of light weight material of same color as cloth to be darned may be placed on wrong side of darn if strength is needed in the garment. Sew into place around the edge with the same stitch used in darning, making a long stitch on the wrong side and a short one on the right side and darn through this.

### THE EXHIBIT

The seventh year clothing exhibit is the wool dress. Label dress carefully. The label may be of white muslin; the size suggested is 1" wide and 3" long after raw edges are turned under. The label should contain the member's name, post office, route, county, and year of work, typed or printed in ink. (See illustration below.)

The dress is to be labeled 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. A label placed here is easily found and does not show when the dress is hanging up for exhibit.

Put on with fine hemming stitches with no raw edges showing.

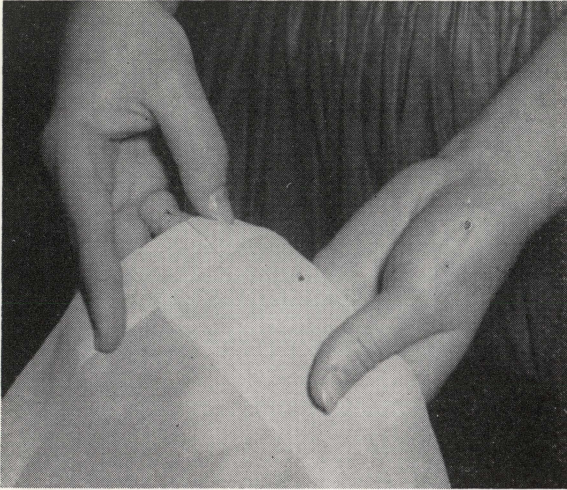


### HOME IMPROVEMENT

The activities for the 4-H girl enrolled in Seventh Year Home Improvement include making curtains and assisting with selection and care of the curtains for the home.

Work and plan with mother on the care of the present curtains and selection and construction of needed curtains. This should give an opportunity to learn types of curtain materials, and the care curtains should have. Some material should be laundered and stretched on frames to dry; some should be laundered and ironed; others might even need dry cleaning. The types of fabric used and the way a curtain is made will in a large measure determine the way it will be





Heading, casing, and side hem, suitable for panel type curtains.

cleaned and how often it will need laundering or dry cleaning. Many new fabric finishes allow a minimum of up-keep. You will want to look at curtain fabrics that offer these features.

### Curtains

Curtains may be made for any room in the house where curtains are needed. Curtains may provide privacy, soften the lines of the woodwork, filter light, and add a decorative note.

The design or style of the curtain should fit the individual room and its needs. Also, the fabric should be suitable for the room and the way the curtains are constructed. Sheer curtains should be used where light is needed.

The individual room will determine whether white, colored, or designed fabrics will be needed.

**Materials:** Information regarding fabrics and construction is discussed in the bulletins: "Make Your Draperies and Curtains," No. 597 and in "Kitchen Background and Window Treatment."

## THE EXHIBIT

One pair of curtains on rods will be exhibited for the Seventh year girl.

**Label:** Each curtain is to be labeled, with the exhibitor's name, address, county, and year of work. The label should be 1" x 3" and attached to the curtain with the running stitch. Turn the curtain with the back side up, now sew the label to the lower left corner, one-half inch from the hems.

## 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 has 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 mimeographed bulletin, "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 bulletin "Refinishing Furniture and Care of Woods," Circular 265, will be helpful in this work. Refinishing means 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 allowance 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.



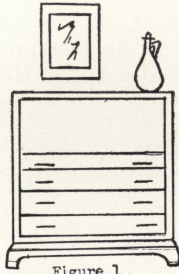


Figure 1

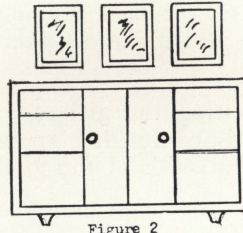


Figure 2

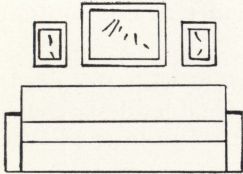


Figure 3

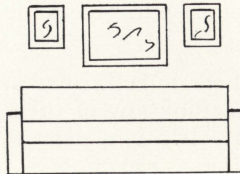


Figure 4

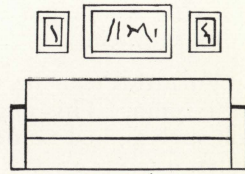


Figure 5

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 of the 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 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 them. There should be very little space between the pictures and the piece of furniture below.

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

The special problem in food preparation for this year is meat cookery. You should learn to identify various cuts of meat and how to prepare them so they are nutritious and palatable.

Meat is a high ranking, protective food. A liberal use of meat in the diet promotes growth in children and greater and continued vigor for adults.

Meat is an important source of:

Protein of high quality needed to build, repair, and maintain body tissues.

Minerals: Meat is rich in iron and phosphorus and contains copper and varying amounts of most of the minerals needed by the body.

Vitamins: Meat is especially rich in B Complex vitamins such as Thiamin ( $B_1$ ), Riboflavin ( $B_2$ ) and Niacin (nicotinic acid). The glandular organs are very high in vitamins A and D.

#### Do You Know How to Cook Meat Properly?

When meat is tough, it is sometimes due to improper methods of cookery. Very poor quality of meat may be cooked so that it will be tender and very palatable. Nice, tender cuts may be made tough by the wrong method of cookery. The secret is to use the proper method and to use low temperatures.

If it is cooked at a low temperature it is more attractive, palatable, nutritious, juicier and flavorful.

If the cook knows how to prepare the different cuts of meat in order to bring out their best qualities, she can select and serve appetizing meats to suit any family budget.

There are two basic methods of cooking meat. One of these is the dry heat method such as roasting, broiling, and pan broiling used for tender cuts, and moist heat methods such as braising, stewing, and simmering in water used for less tender cuts of meat.

A brief description of the various methods are:

- A. Roast—Roasting is cooking meat uncovered in an oven.
  1. Place meat fat side up on a rack in open roasting pan.
  2. Do not add water. Do not cover. Do not baste.
  3. Roast in constant slow oven (300 degrees F.—350 degrees F.).  
Searing does not prevent loss of juices and requires more fuel.
  4. Roast to desired degree of doneness.



- B. Broil—Broiling is cooking by direct heat.
1. Set oven regulator to broil.
  2. Broiler oven may or may not be preheated. Follow manufacturer's directions.
  3. Place meat 2 to 3 inches from heat which depends upon thickness of meat and degree of doneness desired.
  4. Broil on one side until brown.
  5. Season the top with salt.
  6. Turn and broil on the other side.
  7. Season and serve at once.
- C. Pan Broil—Pan broiling is cooking in an open pan by dry heat.
1. Place meat in a heavy preheated, lightly greased frying pan or griddle.
  2. Grease pan just enough to prevent sticking.
  3. Brown meat on both sides.
  4. Reduce temperature and cook slowly until done, turning occasionally for even cooking. (Beef does not need this extra cooking time).
  5. Pour off fat as it accumulates. Season before serving.
- D. Braise—Braising, used for less tender cuts, is cooking in moist heat.
1. Dredge meat with flour.
  2. Brown meat on all sides in hot fat in heavy skillet. Season.
  3. Add small amount of liquid, if necessary. (This may be water, meat or vegetable stock, tomato juice, etc.)
  4. Cover tightly and cook at low temperature, either on top of stove or in oven.
- E. Stewing and Simmering or Cooking in Liquid.
1. For stews, cut meat in one or two inch cubes. If desired, leave meat in larger pieces.
  2. Brown meat on all sides if desired. Season.
  3. Cover with liquid, cover the kettle and simmer until done. Do not boil. (To simmer means to keep below boiling point, 160 degrees to 180 degrees F.)
  4. If vegetables are used, add them only long enough before serving that they can cook until just tender.

## RECIPES

### Swiss Steak

- |                                  |                        |
|----------------------------------|------------------------|
| 2 pounds round or<br>chuck steak | 1/2 teaspoon pepper    |
| 1/2 cup flour                    | 1 small onion, chopped |
| 2 teaspoons salt                 | 1 cup canned tomatoes  |
|                                  | 3 tablespoon fat       |
1. Have steak cut 1 1/2" to 2" thick.
  2. Mix flour, salt and pepper thoroughly and pound into steak.
  3. Brown meat and onion in hot fat.
  4. Add tomatoes, cover and cook over low heat or bake in moderate oven (350 degrees F.) until tender—about 1 1/2 hours.



Place bird in shallow pan on a rack, breast down.

1. Rub cavity with salt,  $\frac{1}{8}$  teaspoon per pound of bird.
2. Place enough dressing in neck end to fill it out nicely. Fasten neck skin down to back with skewer. (May be purchased from most hardware stores).
3. Stuff body cavity with dressing, do not pack it. Fasten opening.
4. Brush bird thoroughly with melted, unsalted fat.
5. Place bird in a shallow pan on a rack, breast down.
6. Cover with a cloth dipped in melted fat.
7. Roast in moderate oven (325 degrees to 350 degrees F.) until done. A four pound bird will take about 2 to 2  $\frac{3}{4}$  hours. A six pound bird will take about 3 to 3  $\frac{1}{2}$  hours.
8. Turn bird breast side up (with cloth replaced over breast) when half done.
9. Do not sear. Do not add any water to the pan. Do not season the outside.
10. Do not cover except with the fat moistened cloth. Do not prick with a fork.

#### Dressing For The Bird

1 quart bread crumbs	$\frac{3}{4}$ cup chopped celery
$\frac{1}{3}$ cup fat	1 small onion chopped
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon savory seasoning
$\frac{1}{4}$ teaspoon pepper	3 tablespoons parsley

1. Melt fat in frying pan, add celery, parsley and onion, and cook a few minutes.
2. Add to crumbs with the seasonings. Mix lightly but well.
3. To vary dressing: eggs, oysters, mushroom soup, walnuts, corn-bread or giblets may be added to the dressing.



### Baked Ham With Glazed Pineapple

1 slice smoked ham, one inch thick  
Prepared mustard  
Pineapple rings

1 cup pineapple syrup  
1/2 cup brown sugar  
6 cloves

1. Place ham in casserole, spread with mustard. Pour pineapple syrup over ham, sprinkle with sugar and stick with cloves.
2. Bake in moderate oven (350 degrees F.) until tender.
3. Arrange pineapple rings on ham. Bake until pineapple is delicately brown, basting often with syrup in pan.

### Ground Beef on Bun

6 to 8 buns or 8 slices of bread  
1 teaspoon salt  
Pepper

1 pound ground raw beef  
2 to 3 tablespoons top milk

1. Season the meat with salt and pepper and add the milk.
2. Spread the meat mixture on one-half of each bun, covering evenly to and over the very edge.
3. Put under broiler and broil 8 minutes having meat surface about three inches from the flame.
4. Toast upper part of bun.
5. Serve with cream gravy or make into hamburgers.

### Braised Pork Chops

4 to 6 pork chops cut 3/4 to 1 inch thick  
Salt

Pepper  
Fat

1. Sprinkle the meat with salt, pepper and flour if desired and brown in fat.
2. Cover the pan closely and finish cooking slowly on top of stove or in oven (325 degrees F.) for 45 minutes to one hour or until meat is tender.

### Candied Sweet Potatoes

6 medium-sized sweet potatoes  
1 cup corn syrup or maple syrup

1/2 cup brown sugar  
3 tablespoons butter  
1/4 teaspoon salt

1. Boil potatoes until they are fairly tender, but not done. Allow to cool, skin, and cut lengthwise in halves.
2. Arrange the pieces in one layer in a buttered baking dish or a large shallow pan, and do not pack too close together.
3. Boil syrup, sugar, salt until slightly thickened. Pour over the sweet potatoes.
4. Bake in a moderately hot oven (375 degrees F.) for 45 minutes to 1 hour. Turn pieces carefully while cooking and brown them on both sides.
5. Serve the candied sweet potatoes with roast pork.

### Raw Vegetable Salad

- |                          |                    |
|--------------------------|--------------------|
| 1/2 cup shredded cabbage | 6 tomatoes         |
| 1 sliced cucumber        | 1/2 teaspoon salt  |
| 3 carrots, shredded      | 2 hard cooked eggs |

#### French Dressing

1. Toss together the cabbage, cucumber, carrots and salt so they will be well mixed.
2. Then add the quartered tomatoes and toss lightly.
3. Divide into servings and place on lettuce, garnish with hard cooked eggs.
4. Pour a small amount of French Dressing over each serving just before it is served.

### Devil's Food Cake

- |   |   |
|---|---|
| 2 cups cake flour                                       | 3 egg yolks, beaten until very thick and lemon colored (or 2 eggs unbeaten) |
| 1 teaspoon soda   | 1 cup milk  |
| 1/4 teaspoon salt                                       | 1 teaspoon vanilla  |
| 1/2 cup shortening                                      | 2 or 3 square unsweetened chocolate, melted                                 |
| 1 1/4 cup granulated sugar or firmly packed brown sugar |   |

1. Sift flour once, measure, add soda and salt and sift together three times.
2. Cream shortening, add sugar gradually, and cream together until light and fluffy.
3. Add beaten egg yolks and beat well.
4. Add chocolate and blend.
5. Add vanilla to milk and add alternately with milk, a small amount at a time.
6. Bake in 2 greased 9" layer pans in moderate oven (350 degrees F.) 25 minutes or until done.

### Care After Baking

Careful handling after baking is a very important step in cake making.

When removed from the oven, butter cakes should be set on a cake rack for about five minutes to allow a slight cooling. Then, the edges should be loosened, and the cake inverted on the rack. The paper (if it has been used) and pan should be removed and the cake turned right side up. Leaving the cake to cool on a wire rack often prevents sogginess of the bottom crust.

### Seven Minute Frosting

- |                                 |                         |
|---------------------------------|-------------------------|
| 1 1/2 cup sugar                 | 2 egg whites (unbeaten) |
| 5 tablespoons water             | 1 teaspoon vanilla      |
| 1 1/2 teaspoon white corn syrup |                         |



1. Place sugar, water, unbeaten egg whites and corn syrup in top of double boiler.
2. Beat with rotary beater until thoroughly mixed. Then place over boiling water and keep the water boiling during the entire time of cooking. Continue to beat with the rotary egg beater until stiff enough to hold its shape. This will require about seven minutes.
3. Add vanilla and beat until stiff enough to spread.

### White Bread

#### Basic Straight Dough Method

1 package yeast	2 tablespoons sugar
1/4 cup lukewarm water	2 teaspoons salt
2 cups milk	1 tablespoon shortening
6 cups flour (about)	

1. Soften yeast in lukewarm water.
2. Scald milk. Add sugar, salt, and shortening. Cool to lukewarm.
3. When cooled, add 2 cups flour, stirring well. Add softened yeast.
4. Add enough more flour to make a moderately stiff dough.
5. Turn out on lightly floured board and knead until smooth and satiny (7 to 10 minutes).
6. Shape into ball and place in lightly greased bowl. Grease surface of dough lightly.
7. Cover and let rise in warm place (80 degrees to 85 degrees F.) until doubled (about 1 1/2 hours).
8. Punch down. Let rise again until doubled (about 45 minutes). If preferred, shape dough into loaves after first rising.
9. Divide dough into 2 equal portions. Shape each portion into smooth ball. Let rest 10 minutes.
10. Shape into loaves. Place in greased bread pans; brush top lightly with melted fat.
11. Let rise until doubled (about 1 hour). Bake in moderately hot oven (400 degrees F.) 50 minutes.
12. When baked, remove the loaves from the pans at once.
13. Place on a wire rack or across the edges of pans to cool. Let cool thoroughly before wrapping or storing.

#### Eight Steps in Molding a Loaf

1. Flatten ball of dough
2. Fold lengthwise
3. Stretch dough gently
4. Overlap ends at center.
5. Fold lengthwise in thirds.
6. Seal edges
7. Roll
8. Put into greased loaf pan.

For further reference on breadmaking see Extension Circular 425, "Breadmaking In The Home."

## THE EXHIBIT

The food preparation exhibit article for this year is a loaf of bread which you may exhibit on a paper plate.

Your loaf of bread will want to have these qualities:

1. External characteristics:  
Well proportioned shape, evenly rounded top.  
The crust uniformly brown, about 1/8 inch deep, crisp tender, smooth, free from cracks and bulges.
2. Internal characteristics:  
For texture a tender elastic crumb, free from dryness or doughiness.  
Fine cells with thin walls, evenly distributed.  
Light cream color, free from dark streaks.
3. Flavor and odor:  
Sweet nutty flavor and odor, no suggestion of sourness, yeast or mustiness. Enough salt so that bread does not taste flat.

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

## 4-H FOOD PRESERVATION

Girls in this year's work are required to can or freeze 30 quarts or its equivalent of fruits, vegetables, pickles, preserves, jams and fruit juice.

### Corn

#### Whole Grain:

Can only young, tender, juicy corn at once after gathering. Husk, silk and wash. Cut corn from cob so as to get most of the kernel but do not scrape. Cover corn with boiling water, use half as much boiling water as corn. Heat to boiling and boil about 3 minutes. Pack into containers at once leaving a one-inch head space. Add 1/2 teaspoon salt for pint jars and process 55 minutes at 10 pounds pressure.

#### Cream Style:

Prepare as for whole kernel except cut only 3/4 the depth of the kernel. Scrape lightly only once.

The pack should be loose and the mixture quite soft. If the mixture is too thick, thin with hot water. Process pints of cream style corn 85 minutes at 10 pound pressure.

### Okra

Select only young tender pods. Wash thoroughly; remove stems without cutting too closely to seed pod. Cover with boiling water and bring back to boiling. Pack hot; cover with fresh boiling water and process pints 25 minutes at 10 pounds pressure.



### Pepper Relish

1 dozen sweet red peppers	1 tablespoon salt
1 dozen sweet green peppers	2 pints cider vinegar
1 dozen small onions	2 cups granulated or brown sugar

Chop first three ingredients until fine. Cover with boiling water and let stand 10 minutes. Drain. Cover again with hot water, let come to a boil, and let stand again.

Drain dry and add salt, vinegar, and sugar. Cook 15 minutes and pack hot in jars. Process 10 minutes at simmering temperature in water bath canner.

### Bread and Butter Pickles

5 medium cucumbers	1 cup water
3 medium onions	1/2 teaspoon mustard seed
1/4 cup salt	3/4 cup sugar
1 cup vinegar	1/2 teaspoon ginger
1/2 teaspoon celery seed	1/4 teaspoon turmeric

Wash cucumbers; slice in thin slices. Peel and slice onions. Combine onions and cucumbers, and add 1/4 cup of salt. Let stand 2 hours. Heat vinegar, water, celery seed, mustard seed, sugar, ginger and turmeric to the boiling point. Add the drained cucumbers and onions and simmer 10 to 20 minutes but do not boil. Pack while hot, into hot, sterilized jars and seal at once.

### Peach Preserves

1 pound sliced under ripe peaches (3 cups)	1/4 cup water Sugar
--	------------------------

Cook the peaches in the water for about 5 minutes or until barely tender. Keep heat low and watch so the peaches will not scorch. Drain off juice and for each cup of juice add 2 cups of sugar. Boil until sugar spins a thread. Then add the peaches and cook very rapidly for 4 or 5 minutes. Remove from fire, skim if necessary. Let stand in shallow bowl or tray for 24 hours. Pack into hot sterilized jars and seal.

### Jams

Jams are made from crushed fruits mixed with sugar and cooked until of even consistency and thick. Jams are sometimes sieved. Well-ripened, yet sound berries and soft-fleshed fruits like apricots, peaches, and plums make good jam. The standard proportion of sugar varies from 3/4 to 1 pound sugar to 1 pound prepared fruit.

### Grape Jam

Use slip-skin grapes as the concord. Wash grapes picked from the stems, press with thumb and forefinger on the grapes, one by one to separate the pulp from the skin. Heat the pulp until it softens and changes color, then with a wooden spoon rub the pulp through a strainer. To the pulp add the skins. (If preferred the uncooked skins may be coarsely chopped or ground.) Add sugar to equal the weight of the skin and pulp. Mix thoroughly and let cook until it shows a jam test.

For further information see, "Home Canning of Fruits and Vegetables," Extension circular No. 260, "Pickles and Relishes," circular No. 496, "Jams, Jellies and Preserves," circular No. 460.

### **Freezing Foods**

Freezing is a simple, easy and very satisfactory method for preserving food. 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 fruit juices if you have access to a freezer locker in town or to a home freezer.

For fruits select those that are firm, fully mature and evenly ripened. Choose fresh, young, tender and barely mature vegetables of recommended variety. The fresher the vegetable when frozen the more satisfactory will be your product.

### **Freezing Okra**

To freeze okra select young, tender green pods. Wash carefully and cut off stems in such a way as not to cut open seed cells. Scald in a large kettle of boiling water. Have at least 1 gallon of boiling water for each pound of okra. Place the okra loosely in a cheese cloth bag or wire basket. Lower into the rapidly boiling water, put on the lid and start counting time immediately. Scald three to four minutes.

Chill immediately and drain. You may leave the pods whole or slice crosswise. Pack in moisture-vapor-proof containers leaving a 1/2 inch head space.

Date, label, freeze and store at 0 degree F.

### **Freezing Peaches**

To freeze peaches select free stones. Sort the peaches, wash, pit, and peel with a stainless steel knife. It is best not to scald to slip the skins. Slice the peaches or cut into quarters or halves. They may be packed either by the sugar pack or syrup pack.

To prevent darkening you may wish to use ascorbic acid which may be purchased at a drugstore.

For the sugar pack method add about 1/4 teaspoon ascorbic acid dissolved in 1/4 cup cold water to each quart of fruit. Sprinkle over the fruit and then add 1 cup sugar to each quart of peaches. Stir gently until the sugar is dissolved.

Pack into moisture-vapor-proof containers. Leave 1 inch head space in quart container.

For a 40 percent syrup pack for the peaches dissolve 3 cups of sugar in 4 cups of water. Add 1/2 teaspoon ascorbic acid to each quart of cold syrup shortly before using. Package the peaches. Add the syrup



being sure the fruit is covered so the top pieces will not discolor and change flavor. To keep the peaches under the syrup, place a small piece of crumpled cellophane, parchment or waxed paper on top and press fruit down into the syrup before closing and sealing containers. Seal, date, and label cartons, and freeze. Store at 0 degree F.

### Freezing Grape Juice

Wash the fully ripe grapes, stem and heat gently in a small amount of water to 165 degree F. (simmer below the boiling point) until soft. Then extract the juice, sweeten to taste, and package in moisture-vapor-proof containers. Leave 1-inch of head space. Seal, date, label, freeze and store.

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

### THE EXHIBIT

The exhibit in food preservation this year is 4 pints of the following: 2 pints okra or corn or 1 each; 1 pint pickles or relish; 1 pint preserves or jam.

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 jars. 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 the year of work. It should be placed on the plain side of the jar, with the lower edge 1/4 inch from the bottom of the jar. If the label is made of plain white paper use a piece 1 1/2 inches by 2 1/2 inches.

### FOOD PRODUCTION

The food production work requirements for year VII 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."

Members enrolled in the year VII work should grow 8 or more kinds of vegetables, including 12 tomato plants, 6 hills of cucumbers, 6 hills

of cantaloupes, 50 feet of bush snap beans, 50 feet of fresh lima beans, 50 feet of carrots, or take over the responsibility of the family garden.

### Suggested List of Vegetables to Grow:

Radishes	Spinach
Lettuce	Sweet Peppers
Beets	Onions
Tomatoes	Bush Snap Beans
Carrots	Bush Lima Beans
Cantaloupes	English Peas
Cabbage	Blackeyed Peas

After selecting the kind of vegetables to plant, read about them in "Home Vegetable Garden," 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 your home demonstration agent for Oklahoma Extension Circular No. 458, "Bramble Fruits." "Improving Garden Soil Fertility," Circular No. 448. List of Improved Varieties of Vegetables For Oklahoma; and "Vegetable Insect Control," Circular 414.

### HOME GROUNDS BEAUTIFICATION

The requirements of this year's work are the starting of the home grounds improvement program according to the plan made the Sixth year. A detailed plan drawn to scale is important and should be completed before the planting and improvement program is started. For instructions relative to the making of such a plan refer to your Year VI Manual.

As suggested in Manual VI, carry out the planting and improvement program in the following order. (1) General clean-up of premises and grading to provide drainage. (2) Sod or seed the lawn. (3) Plant the trees. (4) Plant screen and border groups. (5) Plant foundation shrubs. (6) Put in special features.

It is important to start the improvement program with a general clean-up, plus the grading and filling necessary to drain the water away from the house. Repairs to fences, gates, walks and drives would also be included as a part of this first job. Start the planting program by seeding or sodding the lawn. A lawn is like a rug on the floor of a room and is the foundation of attractive grounds. To get a good lawn established it may be necessary to add fertilizer to the soil. Use either barnyard manure or commercial fertilizer or a combination of the two, and work them into the soil well ahead of the planting season. A firm level seedbed is half the job of getting a good lawn started.

About one pound of manure to each square foot of soil and 2 to 3 pounds of 5 - 10 - 5 or 4 - 12 - 4 to 100 square feet are about the right amounts to use on the average soil. Most soils need some added conditioning and fertilizing to grow a good lawn.



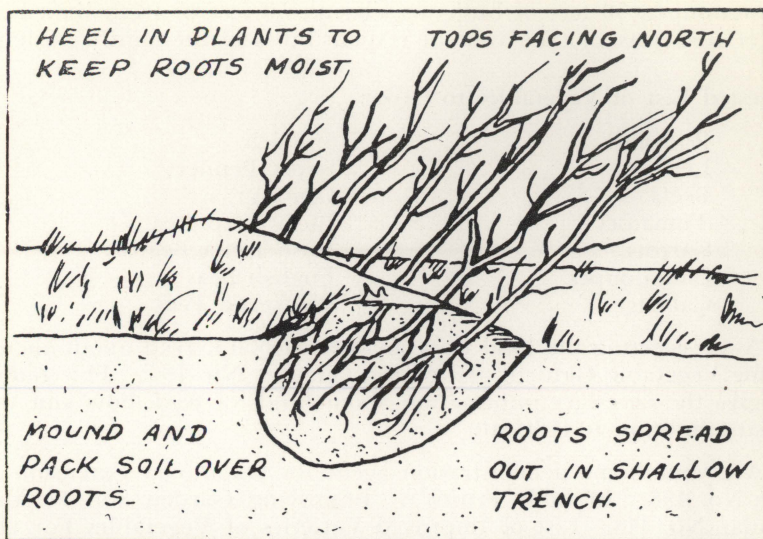


Figure One

The two grasses Bermuda and Buffalo are best for Oklahoma. On the tighter soils, especially in western counties, Buffalo is preferred, while Bermuda is best on the sandier soils and in eastern counties. Sodding is preferable to seeding. For a quick cover, space the pieces 2 by 2 feet. Use pieces 3 to 4 inches square and press them firmly into the soil. Bermuda may be covered completely, but Buffalo cannot be covered and should be left level with the soil. Take advantage of a rain to do the sodding job whenever possible, and water often enough to give the grass a good start. The lawn should be entirely covered after one growing season if it is sodded early in the spring, and the pieces are spaced 2 by 2 feet.

After the lawn is planted the trees and shrubs should be put out in the following order: trees, foundation planting, screen and border planting. Before planting, locate and mark where each tree or shrub is to be planted. Follow the plan and put down a stake or throw up a mound of soil where each plant is to go. You are apt to find it desirable to shift some of the plants as distances indicated on the plan may not fit conditions exactly. Make these changes and you are ready to start planting.

Plants that drop their leaves after frost in the fall may be transplanted anytime after their leaves are down during the late fall, winter or early spring. The only exceptions are the nut trees—pecans and walnuts—which grow better if they are not transplanted until late spring—between March 15 and April 15. During dry periods it is desirable to delay the transplanting until spring unless water is plentiful. Keep in mind that trees and shrubs are alive even though they don't have any leaves on them. Plants of this type may be moved "bare rooted," that



is, without a ball of soil around their roots. Never, however, allow their roots to dry out. Keep them wrapped in moist sacks, straw or sawdust, and if they must be kept for several days, before they are planted, heel them out. (See Fig. 1).

All types of evergreens do best if transplanted during the early spring. Since they hold their leaves the year round they must be moved with a ball of soil around their roots. These "balled and burlapped" plants should be handled carefully to avoid breaking the ball of soil and exposing their roots as drying is fatal to them. Handle them by lifting the ball rather than by using the top as handle.

Many of the native shrubs found in Oklahoma can be used in home grounds improvement plantings. The native Red Cedar, for example, may be used in screen or border plantings with its natural shape or sheared for foundation plantings.

Sumac, Tamarix, Elderberry, Deciduous Holly, Currant, Redbud, Dogwood, Indigobush, Skunkbrush, Hawthorne, and Wildrose are a few of the other native shrubs that are available for use in border, screen or foundation plantings. Careful selection of low, bushy plants and careful transplanting and pruning opens a wonderful field for improvement in the home grounds with native shrubs. When selecting specimens for transplanting, pick the smaller ones, because it is difficult to dig large plants with anything like their normal root system. Avoid exposing their roots and allowing them to dry out.

In planting bare rooted trees and shrubs, start by digging a hole large enough to accommodate the roots in their normal position. Dig the hole deep enough to set plants an inch deeper than they were growing. Pile the top six or eight inches of soil and the subsoil in separate piles. Prune off broken or damaged roots and place the plant in the hole in its natural position, then spread the roots out in all directions

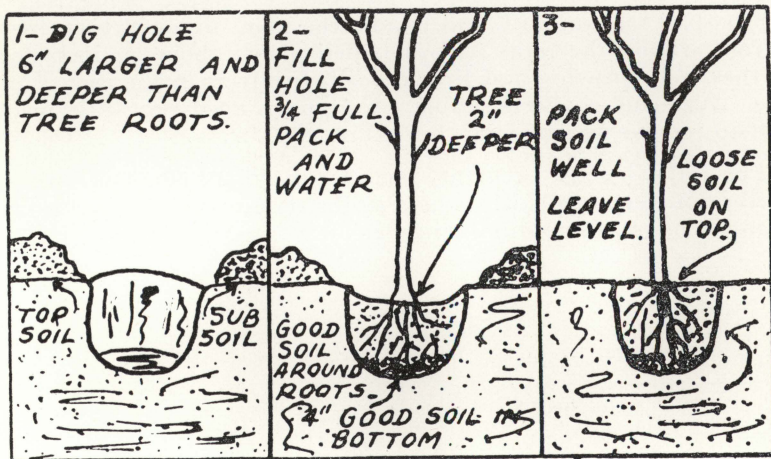


Figure Two



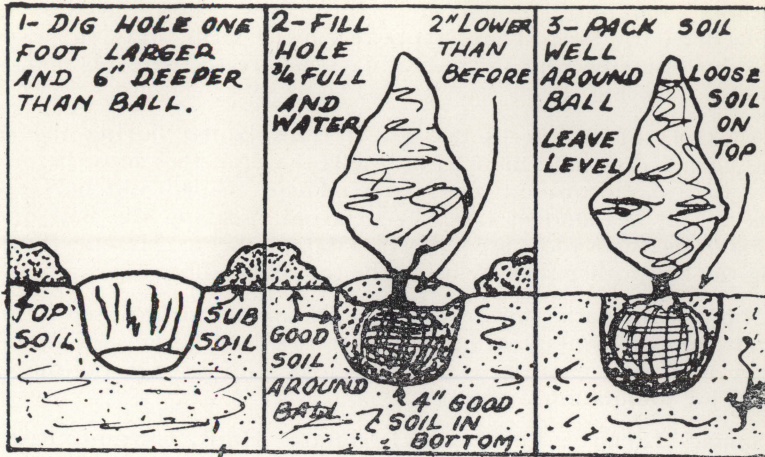


Figure Three

in the natural locations. In wind exposed areas turn plant to face a low heavy branch toward the wind and lean trees slightly in that direction. Fill the hole, using the pile of topsoil first to get it around the roots. Firm the soil as the hole is filled to exclude air. Water when the hole is three-fourths full. After the water has soaked away finish filling the hole, firm again and complete the job by pulling in a little loose soil. Don't mound the soil up around plants. Leave it level or slightly lower than the surrounding soil. Finish the transplanting job by pruning back the top. When moving native plants cut off about a third of their tops. Unpruned plants from the nursery will need similar pruning. (Fig. 2)

The steps in transplanting balled rooted evergreens are about the same as for bare rooted plants. The only difference being that you plant the ball sack and all, and handle the plant to avoid breaking the soil from around the roots. Plant balled plants about an inch deeper than they were growing and firm the soil firmly as in the case of other plants. Watering is also desirable. Evergreens need very little pruning except to remove broken branches. (Fig. No. 3).

The following list of plants includes the more common ones used in yard improvement plantings here in the state. Spacing is from center of plant to house foundation, fence, etc.

Plant	Flower Color or Plant Habit	Time of Flowering	Desirable Spacing (feet)	Use
(Shrubs less than 4 feet in height)				
Winter Jasmine	Yellow	Early Spring	2 1/2-3 1/2	Foundation Screen
Snowgarland Spirea	White	Early Spring	3-3 1/2	Foundation Screen
Golden Bell	Yellow	Early Spring	4-6	Foundation Border
Oregon Holly Grape (evergreen)	Yellow	Early Spring	3-5	Foundation
Autumn Sage	Red	Entire Season	2-3	Foundation
Japanese Barberry	Red Berries	Winter	3 1/2-5	Foundation Screen
Glossy Abelia (evergreen)	White	Summer	3-5	Foundation
(Shrubs 4 to 7 feet in height)				
Winter Honeysuckle	White	Early Spring	6-8	Foundation Screen, Border
Lescpedeza, Shrub	Rose	Fall	6-8	Screen
Bridalwreath	White	Early Spring	4-6	Foundatioon Border
Flowering Quince	Rose to Red	Early Spring	4-6	Foundation Screen
Lilac Chaste Tree	Blue	Summer	4-6	Border
Flowering Almond	Pink	Early Spring	3-3 1/2	Foundation Screen
Buffalo Current	Yellow	Early Spring	3-5	Screen
Vanhoute Spirea	White	Spring	4 1/2-6	Foundation Hedge, Screen
Hydrangea	White	Summer	4-6	Foundation Groups
Firethorn (evergreen)	White Orange berries	Spring Winter	7-10	Foundation Groups
Butterfly Bush	Blue	Summer	4-6	Groups
American Elder	White Purple berries	Spring Fall	6-8	Foundation Groups
Mock Orange	White	Spring	5-7	Foundation Groups
Deutzia	White	Spring	4-6	Foundation Groups
Shining Sumac	White	Summer	4-6	Groups
Pink Wegela	Pink	Spring	6-8	Foundation Groups



Plant	Flower Color or Plant Habit	Time of Flower- ing	Desirable Spacing (feet)	Use
Chinese Privet	White	Spring	4-6	Hedge Screen
Sumac	Cream	Spring	4-6	Groups
Nandina (evergreen)	White Red berries	Spring Winter	3-4	Foundation Groups
(Shrubs 7 feet or more in height)				
Purple Leaf Plum	Pink	Spring	8-10	Screen Groups
Persian Lilac	Pink to Rose	Spring	10-12	Screen
Desert Willow	Pink	Summer	8-10	Screen Groups
Redbud	Red	Early Spring	8-12	Screen Specimen
Crapemyrtle	Red to to Pink	Summer	4-10	Specimen
Flowering Peach	Red	Spring	12-15	Specimen
Rose-of-Sharon	Red to White	Summer	4-6	Foundation Screen
Cherrylaurel (evergreen)	White	Spring	8-12	Specimen Groups
Kashgar Tamarix	Pink	Spring	8-12	Hedge Screen
<b>Trees</b>				
Catalpa	White	Spring	20-30	Specimen
Soapberry	White	Summer	20-25	Background
Russian Olive	Gray leaves	All Season	10-15	Screen
Pecan	Nuts	Fall	40-50	Shade
Black Walnut	Nuts	Fall	30-40	Shade
Thornless Honey-locust	—	—	25-35	Specimen
Flowering Dogwood	White	Spring	15-20	Specimen
Flowering Crab Apple	Pink	Spring	15-25	Specimen
American Elm	—	—	30-40	Shade Background
Chinese Elm	—	—	30-40	Shade Background
Weeping Willow	Light green bark	—	20-30	Specimen
Pear	White	Spring	25-30	Specimen Background
Russian Mulberry	Large leaves	—	20-30	Background
Sycamore	White bark	—	30-40	Background Specimen

Plant	Flower Color or Plant Habit	Time of Flower- ing	Desirable Spacing (feet)	Use
Oaks	—————	—————	30-40	Shade Specimen
Austrian Pine	Ever- green	—————	15-25	Specimen
Scotch Pine	Ever- green	—————	15-25	Specimen
Red Cedar	Ever- green	—————	12-15	Background

#### Evergreen Shrubs

Euonymus, Japanese	—————	—————	4-6	Foundation
Spreading Euonymus	—————	—————	4-6	Foundation
Columnar Junipers	—————	—————	3-5	Foundation
Pfitzers Juniper	Low spreading	—————	6-9	Foundation
Spiney Greek Juniper	—————	—————	3½-4½	Foundation
Savin Juniper	Low spreading	—————	5-8	Foundation
Mugo Pine	Low	—————	3-6	Foundation
Arbor Vitae	Columnar	—————	4-6	Foundation
Arbor Vitae Berkmanns or Bonita	Low	—————	3-4	Foundation

#### Vines

Honeysuckle- Moonglow	White	Summer	3-4	Screen Trellis
Goldflame	Gold	Summer		
Trumpet Honeysuckle	Red	Summer	3-4	Specimen
Trumpet vine	Red	Summer	3-4	Poles Fences



## 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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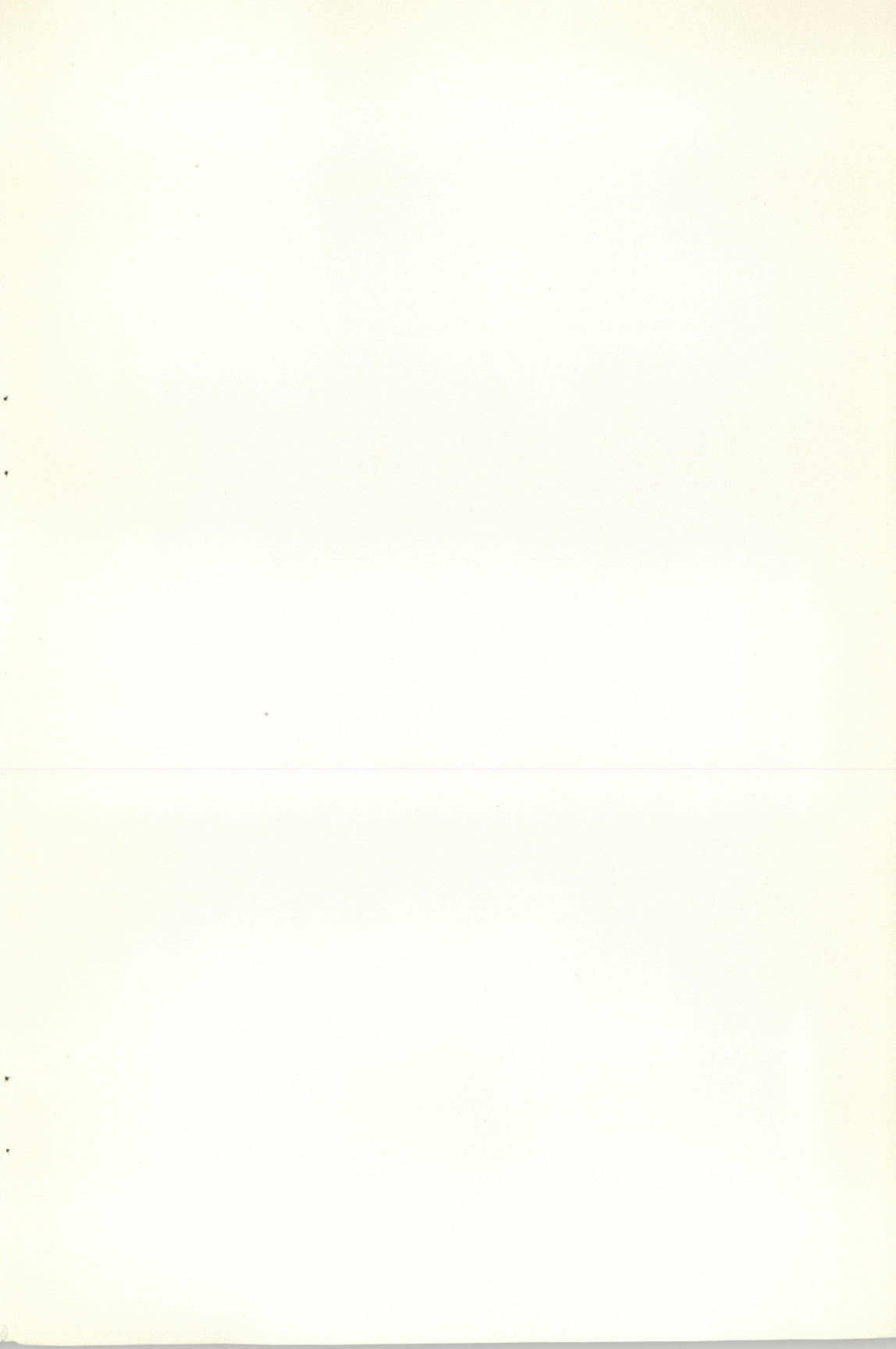
August: -----  
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September: -----  
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October: -----  
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November: -----  
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December: -----  
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