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4-H

# HOME DEMONSTRATION

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8

Eighth  
Year

Circular 538

*Service*  
EXTENSION DIVISION

Shawnee Brown, Director

Oklahoma A. & M. College, Stillwater

*chemical  
genetical*

# 4-H HOME DEMONSTRATION

## Eight

Phases of Work (Select at Least Three)	Activities and Projects	Exhibit
Understanding Ourselves	Check on needs of community and work on at least one special community activity.	
Clothing	One or two piece dress or ensemble.	One or two piece dress or ensemble.
Home Improvement	Make small table cover. Activity: Assist with the family laundry and ironing of linens.	A table cover and one napkin.
Food Preparation	Try all 10 recipes in manual at least twice. Special Problem: Plan and prepare 30 meals, including all meals for one week.	$\frac{1}{2}$ dozen Parkerhouse Rolls.
Food Preservation	Can or freeze 36 quarts or its equivalent in fruits, vegetables, pickles, preserves and meat.	4 Pints: 1 pt. vegetables 1 pt. fruit 1 pt. meat 1 pt. fruit pickles.
Food Production	Grow 10 or more vegetables, including 12 tomato plants, 6 hills of cucumbers, 6 hills of cantaloupes, 6 hills of squash, 50 feet of English peas and 50 feet of blackeyed peas, and 50 feet of spinach, or enroll in one of the regular food production projects. This may be a part of the regular family garden.	If 10 vegetables are grown, no exhibit is required. In case of a regular food production project, the exhibit will be as is given in the requirements of the project.
Home Grounds Beautification	Plant and care for shrubs.	10 dried and pressed leaves of native shrubs mounted on herbarium cards.

## UNDERSTANDING OURSELVES

You will remember that sharing responsibility for community improvement is one of the 10 guide posts in 4-H club work. We also know that every community has needs that are vital to the welfare of the group. These needs may be physical, such as property; social needs, such as schools and other cultural enterprises. We also remember that our 4-H Club Pledge emphasizes participation in whatever the community needs. Here is our challenge to learn to cooperate and work together for our own good and for the welfare of the community.

If we want to have a better community each must teach by example. The kind of community life we have depends upon the activities, ideals and beliefs of the people who live in the community.

(1) What can you, as a 4-H member, do? You might first learn which other groups over your community are interested in community improvement. You will find groups in schools, church and civic groups. Your parents, teachers and ministers will guide you in locating these groups.

(2) How do the people live in your community? Do they have suitable buildings for homes, the right kind of food? And you say "What could we do about it?" A well known community in the south was completely made over as a result of the interest of a youth group.

(3) How do the people get along? Do the people meet together, work together and play together? If not, a youth group can, in time, remedy this situation.

(4) How do the people of your community play? Do you have play grounds for the little folks? Do you have books for those of the community to read? Do you have play equipment?

(5) Is there something of interest for the older people of your community to do, or does granddad or grandmother just "look on?" Are some provisions made for the pre-school youngsters when community meetings are held? They should not be made to "sit on a chair and be good." Why not provide play materials and supervision suitable to their needs? Are new people of all ages made welcome in your community? Are the disabled made to feel they have a share in your community? Give them something to do.

(6) As an older club member you could promote a hobby show, pet show, nature show or a 4-H exhibit, all sorts of things for the younger folks of your community.

(7) 4-H club members could work together on clean-up or safety drives, or health projects. If you and your group make safety popular, we can reduce accidents in Oklahoma and save many lives.

(8) You may find that your community needs a lot of things that are not within your power to secure. Then, what can you do? Why not talk to adult groups and get other youth organizations to talk to adult

groups. Tell the other folks individually what your needs are. Perhaps you can get some of the adult groups to help. Sometimes, the newspaper will be interested in your efforts. Working together in a group you can do much for the community with your imagination. Many times a playground, a hobby group, a library have had their beginnings because boys and girls with imagination have talked with the right people. Use every opportunity and take Walter Malone's view of opportunity.

"They do me wrong who say I come no more  
When once I knock and fail to find you in;  
For everyday I stand outside your door  
And bid you wake, and rise to fight and win."

#### 4-H CLOTHING

**Clothing Requirement:** One or two piece dress or ensemble. Material: There are a variety of materials that may be used for this dress. A few suggestions are: linen, silk shantung, tie silk, antique taffeta, rayon, nylon, or blends of different fibers.

#### Facings

The broad, deep facing of the neck opening in the front of a dress may be slip stitched down with a very loose stitch. If it ravel easily, use seam tape the same color as dress and finish as for trims and other facings. The catching down of a facing should be very loosely done. Wash dresses are more easily taken care of during laundering if the facing is caught down occasionally, but dresses of many other fabrics need not have the facing caught, or, if at all, only on places where it will be invisible on the right side.

#### Hems

Hems should be measured with a yard stick 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. Lay the cardboard on the wrong side of the garment and even with the lower edge of the hem which has been basted up. Mark with pins, turn edge under on pin line and baste. Trim the edge of the material to about  $\frac{1}{4}$  inch of the top edge of the hem. This top edge of the hem may be machine stitched about  $\frac{1}{16}$  of an inch from the edge, thus forming a tiny casing for the thread used in putting the hem in by hand. If the casing is not to be used or if the hem is to be stitched on the machine, baste down to the garment when you have finished trimming the edge.

When there is fullness to be taken in at the top of the hem, it can best be done by drawing up the basting which was made at the top of the hem where the edge was turned under. In order to do this, one basting thread must reach from seam to seam, and the basting must be done with small running stitches in order to draw the fullness

into small even gathers. Fullness taken in this way gives a smoother hem and is less bulky.

Hems in silk, or any material thin enough to be turned, may be put in with the stitches as mentioned above.

In making a hem in material which is too thick to turn under, use a seam tape.

A very close, tight stitch should not be used in putting in hems or fastening facings down, as it makes a ridge at the edge and dents the material where each stitch has been taken.

The general directions which have been listed in the previous clothing work are sufficient guides to the making of the dress. You are urged to follow carefully the directions of the pattern selected, since, in the eighth year, you are judged largely by the initiative used in selection and construction.

The eighth year clothing exhibit is the one or two piece dress or ensemble. Label each piece carefully. The label may be made of white muslin; the size suggested is one inch wide and three inches 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.



Two piece ensemble.

## HOME IMPROVEMENT

The activities for the 4-H girl enrolled in the Eighth Year Home Improvement include making a small table cover and assisting with the family laundry and ironing of linens.

**In assisting with family laundry much can be learned about:** Sorting the laundry so that articles requiring approximately the same amount of time can be washed together; sorting white and colored articles separately; and the number of articles that will make up a load in machine laundry; how to hang the clothes on the line; how to gather and fold the clothes from the line to prevent wrinkling and how to sprinkle and fold clothes in preparation for ironing.

Ironing table linens requires considerable skill—starting with the sprinkling. Linen fabrics (more especially those that have never been ironed before) must have a large amount of moisture in them to allow ironing the many wrinkles.

Large table linens can be folded in half and rolled on cardboard tubing for storage with few creases. If this is not possible, the areas where storage is available should be measured, so the folded cloth will

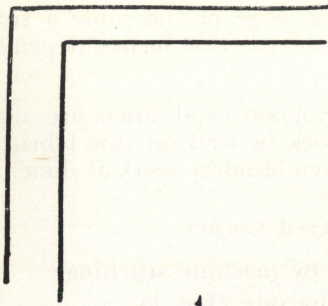
fit in most conveniently. Napkins are folded so they open conveniently for the guests and remain folded in half.



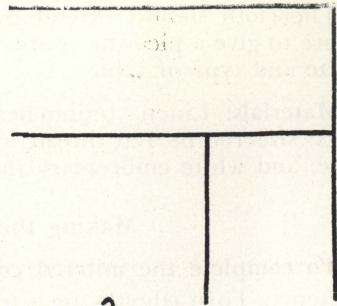
Table cover and four napkins, the eighth year project.

### Table Cover and Four Napkins

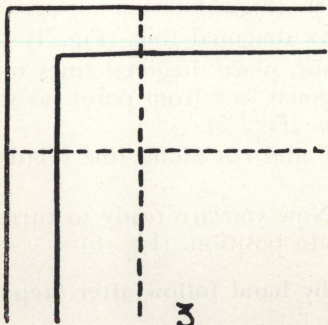
The small table cover and 4 napkins can be used to advantage in informal entertaining. The cover can be made of either white cotton or white linen, plain weave fabric. The cloth can be made to fit a small table and can range in size from 36" to 54". Each napkin will be about 15".



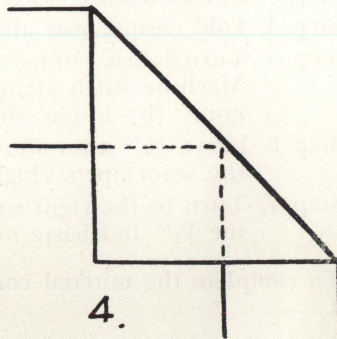
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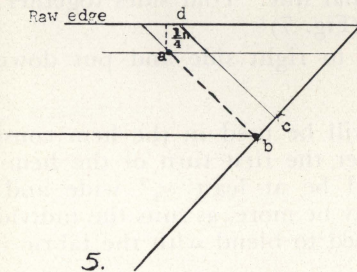
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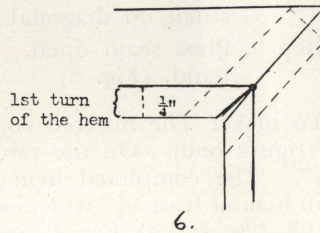
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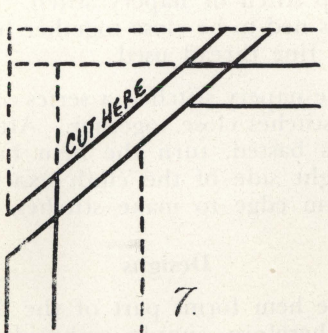
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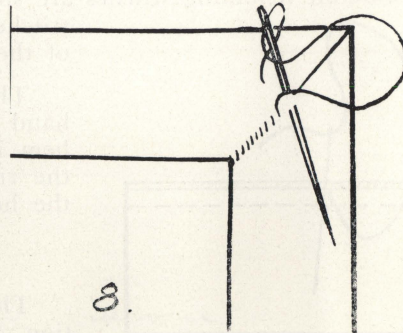
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6.



7.



8.

Steps in making the mitered corner.

The cloth should extend over the edge of the table a sufficient distance to give a pleasing proportion about 5 to 9 inches, depending on the size and type of table.

**Materials:** Linen, Indian-head or moose-head linen are suggested fabrics; size 100 or 120 thread will work in well on this fabric; size 9 needle; and white embroidery floss if embroidery work is done.

### Making the Mitered Corner

**To complete the mitered corner by machine stitching:**

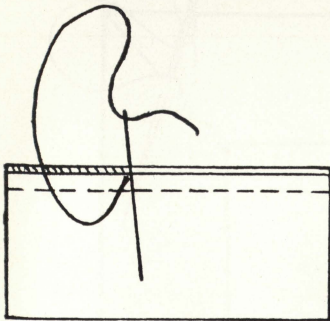
- Step 1. Turn edge  $\frac{1}{4}$  inch to wrong side. (Fig. 1)
- Step 2. Turn desired width hem to wrong side and crease. (Fig. 2)
- Step 3. Open folded creased corner. (Fig. 3)
- Step 4. Fold corner over and mark diagonal line. (Fig. 4)
- Step 5. Turn fabric wrong side out, place diagonal lines together. Machine stitch along diagonal line from point (a) through point (b) fasten threads. (Fig. 5)
- Step 6. Leave  $\frac{1}{4}$ " seam allowance and cut along line (c)-(d). Press the seam open. (Fig. 5)
- Step 7. Turn to the right side. Now you are ready to turn under the  $\frac{1}{4}$ " and baste hem into position. (Fig. 6)

**To complete the mitered corner by hand follow after Step 4 with these:**

- Step 8. Cut  $\frac{1}{4}$  inch above diagonal line. Fold sides together and stitch on diagonal line. (Fig. 7)
- Step 9. Press seam open. Turn to right side and put down by hand. (Fig. 8)

**To make:** The mitered corner will be used in the hem construction, (figure one). On the table cover the first turn of the hem will be  $\frac{1}{4}$ ". The completed hem should be at least  $\frac{3}{4}$ " wide and the napkin hem at least  $\frac{1}{2}$ " wide, each may be more, as suits the individual. Size 100, 120, or 150 thread can be used to blend with the fabric used.

Suitable hemming stitches are slip stitch or naperly stitch. These stitches need to be close together because of the fine thread used.



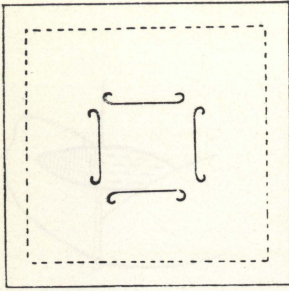
Naperly or damask hem.

The naperly stitch is a series of overhand stitches close together. After the hem is basted, turn the hem back to the right side of the cloth exactly on the hem edge to make stitches.

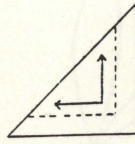
### Designs

The hem forms part of the decoration, therefore, simple embroidery designs are in good taste.

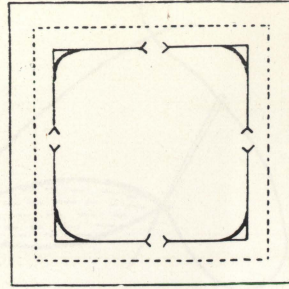




Center Design



Corner Design



Border Design

If a design is to be used on the supper or luncheon cloth and napkins, select a simple design, a monogram, an initial, or a small design of cutwork—and embroider it in white.

The design may be a corner design, border design, or center design.

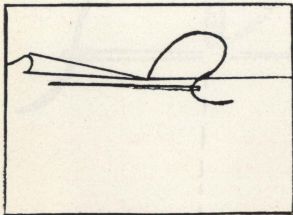
### Cut Work Stitches

The blanket stitch is to be used around section of a design that is to be cut out. Design may be padded under the blanket stitch if desired.

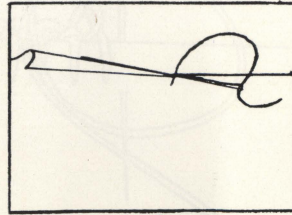
To make the buttonhole stitch, thread the needle with two strands of embroidery floss, or cut work thread.

Begin by making a back stitch or five running stitches. Point the needle at right angles to the edge to be cut. Bring the needle up on the right side as far from the edge as the depth the stitches are to be, depending upon the fabric and the article you are making.

While the needle is in place pass the double thread from the eye of the needle around under the point of the needle. Draw the thread through, pulling the thread from you and at right angles to the edge to be cut. A loop called the purl will be formed on the edge. This protects the edge from wearing. Repeat the stitch until the entire edge is finished.

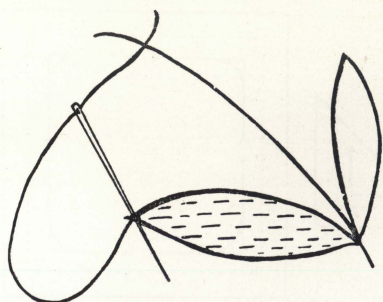


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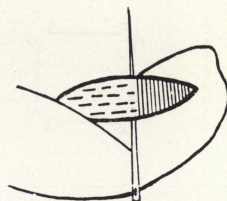


2

Slip Stitch



Step 1—Padding the Motif



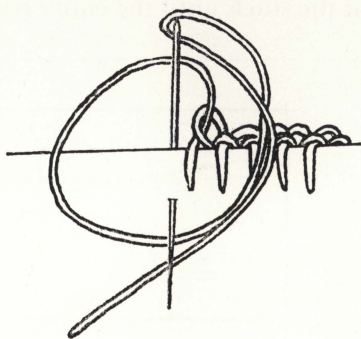
Step 2—The Satin Stitch

**Bars for cut work designs:** Fasten thread on the wrong side under the blanket stitches. Bring the needle to the right side and push through opposite end of the bar to the wrong side. This makes a thread over the material along the stamped line. Fasten only at the ends where the blanket stitches appear. Go over the thread with the stem stitch, being careful not to go through the material as this section will be removed later when it is clipped out with the scissors. These bars reinforce the design and hold it in shape.

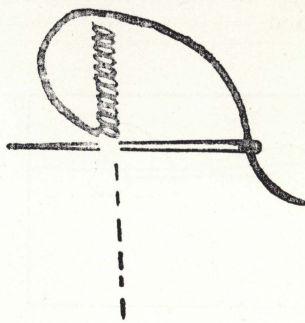
**Removing material from under cut work design:** When the design is completely embroidered, the next step is to launder the piece before cutting. The material is allowed to shrink so that it will not pull away where it is clipped near the edge of the buttonhole stitches. After laundering clip up material indicated by x on the design.

### Stem Stitch

The stem stitch is sometimes more appropriate than the outline stitch for the stem or lines of designs having much satin or blanket stitch.



Buttonhole Stitch



Stem Stitch

To make the stem stitch thread the needle with two strands of embroidery floss. Fasten thread by beginning with fine running stitches as for outline stitch.

When you reach the end, place the points of the needle about one or two threads to the right of the stem and go under wrong side of material, coming up through the left side of the design the same number of threads you took at the right. Repeat until design is complete. Fasten thread by running the needle through the wrong side of material and go back under the stitches for about  $\frac{1}{2}$  inch. Finish with lock stitch and clip thread closely.

### Satin Stitch

The satin stitch is introduced in the third year of club work to be used for the hand towel design.

Two strands of embroidery floss are usually heavy enough. Designs embroidered in satin stitch usually look better when padded lightly to support the satin stitch. To pad a design, make several lines of running stitches the length of the design and place the needle at the point where the satin stitch is to be started. In completing the satin stitch, work stitches crosswise over the design. Work the stitches as close together as possible so the surface will appear to be solid and not made up of rows of threads.

## THE EXHIBIT

A cotton, or linen table cover and one napkin is the exhibit in this year's home improvement. Label each of these articles. The label may be made of white muslin, or twill tape, the size suggested is one inch wide by three inches 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. Put label on wrong side, in one corner  $\frac{1}{2}$ " from hems.

Since the workmanship on cotton and linen shows up so differently and since the cost of cotton and linen cannot be compared favorably, two classes of table covers will be set up for state fair exhibits. These classes will be I—a linen table cover and 1 napkin, II—a cotton table cover and 1 napkin.

## 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 is the 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.

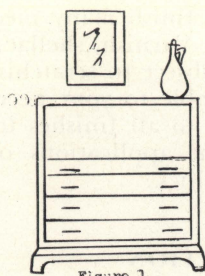


Figure 1

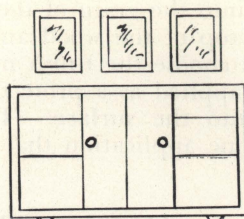


Figure 2

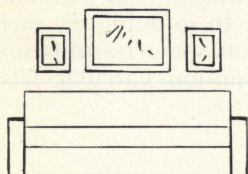


Figure 3

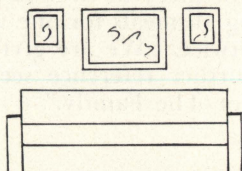


Figure 4

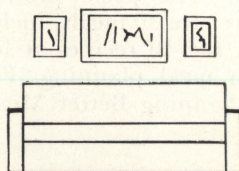


Figure 5

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 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. 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

The special problem for this year in food preparation is to plan and prepare 30 meals, including all meals for one week. In so doing try each of the 10 recipes at least twice. We are giving you some information on meal planning. For further reference see Extension Circular 604, "Planning Better Meals For The Family."

### Why Eat

The food we eat is often referred to as a building material. When building a house, if one wants it to be a good house, he selects good building materials, and has a good building plan and skilled workmanship. If we wish to possess strong, well-built bodies and wish to enjoy good health, foods of good quality must be chosen carefully from the Basic Seven Food Guide. Foods also must be handled, prepared, and put together in pleasing and appetizing ways.

### Meal Planning

Food has three big jobs to do. In order to be right, meals must include:

1. Foods for building and repairing of body tissues: Chief sources are protein foods as milk, eggs, lean meat, cheese, dried beans and peas. Usually not more than one protein food, in addition to milk, is necessary in a single meal.

2. Foods for energy: Chief sources are carbohydrates (starchy foods and sweets) such as bread, cereals, potatoes, hominy, macaroni and rice. Usually not more than one should be served in addition to bread in a single meal except occasionally in desserts. Limited amounts of sweets should be included in the meal. Sweets may end the meal. Fats as cream, butter, cooking fats and salad oils also furnish energy and may be used for seasoning. Butter or margarine for children should be provided at every meal.

3. Foods to keep the body regulated and running smoothly: (minerals and vitamins). Good sources are all fruits and all vegetables. One fruit may be served for breakfast, two or more fruits or vegetables for other meals. Milk, eggs, red meats and dried beans and peas are also rich sources of certain minerals and vitamins.

## THE BASIC SEVEN

### Our National Nutrition Guide

You should eat foods from each of the following seven groups every day.

1. Leafy green and yellow vegetables—some raw, some cooked, canned, or frozen.
2. Oranges, tomatoes, grapefruit, raw cabbage, or salad greens.
3. Potatoes and other vegetables and fruits—raw, dried, cooked, frozen, or canned.
4. Milk, cheese, ice cream—fluid, evaporated, dried.
5. Meat, poultry, fish or eggs—or, dried beans, peas, nuts, or peanut butter.
6. Bread, cereals—natural whole grain or enriched or restored.
7. Butter and fortified margarine (with added vitamin A).

The first point to consider in planning meals is to include in the day's meals at least one generous serving from each of the seven food groups and several servings from certain groups as cereal foods, milk, fruits and vegetables. Sweets are not classed as one of the basic seven food groups, but may be used to end the meal.

The second point to consider is to put these foods together in simple meals so they will be pleasing and satisfying.

This guide may be used for planning meals:

#### Breakfast

Fruit or fruit juice	Tomato juice
Bacon and egg or cooked cereal	Scrambled eggs—bacon
Bread	Whole wheat toast—butter
Beverage	Milk

#### Luncheon or Light Supper

A meat or meat alternate	Roast beef
Two or more vegetables or fruits (one may be salad)	Mashed potatoes, green beans
Bread	Cabbage slaw
Dessert	Rolls—butter
Beverage	Canned peaches
	Milk

#### Dinner or Hearty Supper

Meat or meat alternate (May be milk, soup, eggs cheese )	Corn chowder, crackers
Two vegetables or fruits	Tomato—Cottage cheese salad
Bread	Whole wheat bread—butter
Something sweet to end meal	Gingerbread—apple sauce
Beverage	Milk

## RECIPES

### Rib Roast of Beef

1. Wipe roast, rub with salt, (allow 1 teaspoon salt per pound of meat) and flour if desired.
2. Place the rib roast in a roasting pan fat side up. As the meat cooks, the fat will melt and baste the roast. Add no water to the pan and do not cover the roaster.
3. If you use a meat thermometer, insert so that its bulb is in the center of the largest muscle. The bulb should not touch the bone or rest in fat.
4. Roast at 325° F. For medium done, roast 22 to 25 minutes per pound; well done, 27 to 30 minutes per pound. A thermometer will read 160° F. for medium done and 170° F. for well done roast.

### Harvard Beets

2 cups beets, cut in small balls or $\frac{1}{2}$ inch cubes	$\frac{1}{2}$ cup vinegar 2 tablespoons butter
$\frac{1}{3}$ cup sugar	$\frac{1}{3}$ teaspoon salt
2 tablespoons cornstarch	

1. Mix sugar, salt, and cornstarch; add vinegar and boil 5 minutes stirring constantly.
2. Pour over hot beets and let stand covered, over low fire  $\frac{1}{2}$  hour.
3. Add butter just before serving. Serve as accompaniment for veal or beef.

### Waldorf Salad

2 cups diced apples	Juice of half of lemon
1 cup chopped celery	$\frac{1}{4}$ cup mayonnaise
$\frac{1}{2}$ cup chopped nut meats	

1. Squeeze lemon juice over the apples and mix with celery and nuts.
2. Add mayonnaise to hold ingredients together.
3. Arrange on crisp lettuce.

### Scalloped Apples

1. Pare, core and slice tart, firm apples. Place a layer of the sliced apples in a baking dish.
2. Sprinkle very lightly with sugar and dot with butter.
3. Put in another layer of apples and press down, add more seasoning and keep on until the dish is heaping full.



4. Cover and cook slowly in a moderate oven until the apples are tender (about 1 hour).
5. Then remove the cover, spread buttered bread crumbs over the apples and return to the oven to brown the crumbs.
6. When done, the apples should be in whole pieces and almost transparent. Serve hot with the main course of the meal.

### Basic Sweet Dough

2 packages yeast	2 teaspoons salt
$\frac{1}{4}$ cup lukewarm water	$\frac{1}{4}$ cup shortening
1 cup milk	2 eggs
$\frac{1}{2}$ cup sugar	1 teaspoon grated lemon rind (if desired)
5 cups flour (about)	

1. Soften yeast in lukewarm water.
2. Scald milk. Add sugar, salt, and shortening.
3. Cool to lukewarm. Add flour to make a thick batter. Mix well.
4. Add softened yeast and eggs. Beat well. Add enough more flour to make a soft dough.
5. Turn out on lightly floured board and knead until smooth and satiny. Place in a greased bowl.
6. Cover and let rise in warm place until doubled (about  $1\frac{1}{2}$  hours).
7. When light, punch down. Let rest 10 minutes.
8. Shape into tea rings, rolls or coffee cakes. Let rise until doubled (about 1 hour).
9. Bake in moderate oven until done.

### To Shape Parker House Rolls

1. Roll the dough out thin about  $\frac{1}{4}$  inch thickness and cut with a biscuit cutter.
2. Brush top lightly with butter, crease slightly off center with dull edge of knife.
3. Fold larger part over the other and press edges.
4. Place on greased baking sheet. Brush top with butter.
5. When doubled in bulk, bake in hot oven ( $425^{\circ}$  F.) for 10 to 15 minutes.

Note: Directions for shaping other fancy rolls and sweet breads see Extension Circular 425, "Breadmaking In The Home."

### Tea Ring

½ recipe Basic Sweet Dough	½ cup coarsely broken nut meats
¾ cup currants or chopped raisins	½ cup brown sugar Butter or margarine
1 teaspoon cinnamon	½ cup powdered sugar

1. Mix thoroughly raisins, cinnamon, nuts and brown sugar.
2. Roll dough into rectangle ¼ inch thick. Brush with melted butter, then spread with raisin filling.
3. Roll as for jelly roll.
4. Place on greased baking sheet. Draw the ends together making a ring.
5. With sissors cut almost through the ring at one inch intervals, turning each piece with the cut side down.
6. Brush lightly with egg white or melted butter. When light, bake in moderate oven (350° F.) about 30 minutes or until done.
7. While hot, glaze with thin icing made from the powdered sugar and two to three teaspoons water.

### Plain Pastry

2 cupsn enriched flour	1 teaspoon salt
⅔ cup of shortening	Water (about 4 table- spoons)

(This recipe makes one 9-inch double-crust ed pie or two 9-inch one-crust pies).

1. Sift and measure flour.
2. Add the salt and sift again.
3. Measure the shortening. Cut it into the flour and salt mixture. Do not cream or rub the shortening into the flour.
4. Moisten a portion of the flour mixture with just enough cold water to hold it together. Continue until the entire mixture has been mixed into separate portions that are neither crumbly nor sticky. Press together and flatten lightly, working it into a lump. Be careful not to add so much water at one time that the mixture becomes pasty, for the dough is then hard to handle and usually makes tough pastry.
5. Divide into two pieces and roll out only enough pastry for one crust at a time.
6. Place on a lightly floured board and roll out gently to ⅛ inch thickness, working from the center outward. Do not turn the pastry over during rolling.

7. When rolled out, fold the pastry in half and transfer into a pan, right side up.
8. Press out all air bubbles from underneath the pastry and ease it gently onto the side of the pan. Do not stretch it.
9. For one-crust pies, trim the pastry with scissors, leaving one inch of dough beyond the rim of the pan. Turn the surplus pastry under in a fold, all the way around. Press the folded dough into a fluted edge. Prick the bottom, sides, and fluted edge thoroughly before baking.
10. For covered pies, trim the lower crust of pastry close to the edge of the pan. Put the filling into the pastry-lined pan. Roll out the top crust. Cut a few gashes to allow the steam to escape. Moisten the edge of the lower crust with cold water. Place the top crust over the filling without stretching the pastry. Press crusts together lightly and trim the top crust, with scissors, about an inch beyond the rim of the pan. Turn the surplus edge of the top crust underneath the edge of the bottom crust. Press together firmly to form a sealed rim.

### Baking

1. Pastry shells should be baked in hot oven (400° to 450° F.).
2. Filled pastry requires a hot oven (400° to 450° F.) for the first few minutes of baking in order to set the crust quickly. The temperature should then be lowered so that the filling can be properly cooked. Fruit fillings require a moderate oven (350° to 400° F.) while custard fillings require a slow one (250° to 350° F.).

### Apple Pie

Pastry for one 9-inch	¼ teaspoon salt
double-crust pie	¼ teaspoon nutmeg
6 medium-sized sour	½ teaspoon cinnamon
apples	1 tablespoon butter

½ cup sugar

1. Line one 9-inch pie plate with pastry.
2. Wash, pare, core, and cut apples into slices.
3. Sift together sugar, salt, and spice. Mix thoroughly with apples.
4. Fill pastry with apple mixture.
5. Dot with butter.
6. Moisten the rim of the under crust with water. Cover with top crust, pressing the edges together with a fork or pinching with the finger tips. Prick the crust or make several gashes in it with a knife point to allow the steam to escape.
7. Bake in a moderately hot oven (400° F.) until the top is browned and the apples are tender. This will take about 50 minutes.

### Lemon Chiffon Pie

1 tablespoon gelatin	1/2 teaspoon salt
1/4 cup cold water	1 teaspoon grated lemon rind
4 eggs, separated	Baked pie shell
1 cup sugar	
6 tablespoons lemon juice	

1. Sprinkle the gelatin over the cold water.
2. Mix egg yolks, and sugar well in the upper part of a double boiler. Add lemon juice. Beat well and cook over the hot water until the mixture thickens.
3. Add the softened gelatin, salt and grated lemon rind. Stir until the gelatin is dissolved.
4. Fold into this the well-beaten egg whites.
5. Pile into a baked pie shell. Place in a cool place until filling "sets."

### Cooking Frozen Vegetables

Generally vegetables should be kept frozen until ready to start cooking. A general rule for fresh as well as frozen vegetables is to cook for the shortest time required to secure an acceptable product.

Frozen vegetables require about one-half of the cooking time required for fresh vegetables. Like fresh vegetables, the length of time varies for the same kind of vegetables, depending upon variety, maturity and size and length of time they stood between harvesting and the blanching and freezing process.

Boiling is the best cooking method except for corn, squash, mushrooms, eggplant and mashed vegetables which may be baked in the oven.

To keep the fresh flavor and color and the food value, use **little** water and cook **just until tender**. Most of the water should be evaporated by the time the vegetable is done.

Use one-fourth to one-half cup water and a half teaspoon salt for a pint package of vegetables.

Bring water to a boil; add vegetable and salt and cover with a tight fitting lid.

When partly thawed, break the block apart with a fork. Watch carefully to avoid overcooking or boiling dry.

Learn to time your vegetables and serve as soon as tender.

### THE EXHIBIT

Your exhibit for this year will be one half dozen parkerhouse rolls which may be exhibited on a paper plate. The label should give your

name, post office, route, county and the year of club work typed or printed in ink.

You will want your rolls to have these qualities.

Golden brown color; well rounded and uniform in size and shape and light in weight.

For texture the holes should be uniform, finer and less resilient than bread.

The interior should be creamy or light yellow in color, free from dryness or doughiness.

The flavor needs to be slightly sweet and nutty; and a little richer than bread.

#### 4-H FOOD PRESERVATION

Girls in this year's work will want to can or freeze 36 quarts or its equivalent in fruits, vegetables, pickles, preserves and meat.

##### Pear or Peach Pickles

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

Make a syrup of the vinegar and sugar and add a spice bag made of the cloves and ginger. Add the cinnamon sticks to the syrup. Drop a few of the peaches into this boiling syrup at a time. Cook until the fruit is tender. Do not overcook. Let stand in covered kettle overnight 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.

##### Chicken

Cut up the chicken and sort into bony and meaty pieces. Place chicken in a pan or kettle, cover with hot water and heat gently in oven or on top of the stove until medium done (all color gone). Remove the breast bone if not already done so. You may or may not wish to remove other bones. Pack into hot sterilized jars and fill broth in glass jars within 1½ inch of top. Add ½ teaspoon salt and process pints with the bone 65 minutes, and without the bones 75 minutes at 10 pounds pressure.

For further information on canning see:

"Home Canning of Fruits and Vegetables," Extension circular No. 260.

"Home Canning of Meats," Extension circular No. 441.

"Pickles and Relishes," Extension circular No. 490.

##### Freezing Foods

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

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

Always select high quality foods for freezing. Freezing does not improve the quality. It merely preserves quality and prevents spoilage.

### Freezing Poultry

Select healthy, well finished birds for freezing. No better quality of meat comes out of the freezer than goes into it. Kill and dress chickens carefully just as you would for table use. Chill promptly and thoroughly; then wrap in moisture-vapor-proof wrapping.

Place all pieces of cut up or disjointed fryers on center of paper in such a way as to make a flat, compact, square package. Place the back with the curved portion up. Place meaty pieces in back to make a compact package, or leave out the bony pieces, such as the back and neck. Place small ends of legs toward center of the pack. Wrap giblets separately (omitting liver) and place in pack, or package giblets from several birds together. Exclude as much air as possible from the package. Make an air-tight seal. Label, date, freeze promptly, and store at 0° F.



Chill vegetables promptly.

you may wrap them in moisture-vapor-resistant paper.

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

### Freezing Green Beans

Select young, tender, stringless beans that snap when broken. Wash and remove ends. Then cut into pieces or slices lengthwise for Frenched snap beans. Scald in large amount of boiling water. Use one gallon water for each pound of green beans. Place beans into cheese cloth bag or wire basket and dip into boiling water, adjust lid and start counting time immediately for 3 minutes.

Chill promptly. Pack in moisture-vapor-proof containers leaving a 1/2 inch head space. If you leave the beans whole,

## 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 the peaches 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 drug store.

For the sugar pack method add about  $\frac{1}{4}$  teaspoon ascorbic acid dissolved in  $\frac{1}{4}$  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 containers.

For a 40% syrup pack for the peaches dissolve 3 cups of sugar in 4 cups of water. Add  $\frac{1}{2}$  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 container. Seal, date and label cartons and freeze. Store at 0°F.

For further information on freezing meats, vegetables and fruits see Extension circular No. 502, "Home Freezing of Foods."

## THE EXHIBIT

The exhibit of food preservation for this year is 4 pints: 1 pint vegetable, 1 pint fruit, 1 pint meat and 1 pint fruit pickle.

Girls enrolled in this year of home demonstration work may also exhibit in any one or in all 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  $\frac{1}{4}$  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 requirements this year 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 10 different kinds of vegetables, including 12 tomato plants, 6 hills of cucumbers, 6 hills of cantaloupes, 6 hills of squash, 50 feet of English peas, 50 feet of black-eyed peas, and 50 feet of spinach. 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	Spinach
Lettuce	Sweet Peppers
Beets	Onions
Tomatoes	Bush Lima Beans
Carrots	Bush Snap Beans
Cantaloupes	English Peas
Cabbage	Black-eyed Peas
Swiss Chard	New Zealand Spinach
Sweet Corn	Squash
Popcorn	

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

Ask the home demonstration agent for a list of the new improved varieties of the vegetables you select to plant.

Insect control is an important part of gardening. Some insects eat the plants and some suck the juice out of the plants. Extension Circular 414, Vegetable Insect Control, has pictures of the insects so you can identify them and it also lists methods of control.

## BEAUTIFICATION OF HOME GROUNDS

### Shrubs

Ornamental shrubs are most desirable in beautifying our out-of-doors surroundings and developing them into enjoyable and colorful environments for year-round use. A combination of native Oklahoma plants and nursery grown or cultivated species is more desirable than attempting to make a complete landscape planting of native trees and shrubs.

Shrubs have the flowering qualities of perennial and annual flowers, and, at the same time, possess, to some degree, the sheltering qualities



of trees. Planted in naturalistic groups or masses, they help to soften the hard lines of buildings; they soften and beautify corners of the yard or fence; they help to frame views from within the yard or house; and they screen out unattractive views and objects which might disturb the beauty and harmony of the place as a whole. Shrubs also make fine backgrounds for flower beds and rose beds.

It is by carefully planning the use of trees, shrubs, and flowers that a beautiful exterior appearance to the home is created.

Using your landscape plan, made according to directions given in the sixth year manual, fill in details of planting as shown in the drawing in the back of that manual. This will be easy if you make a short list of shrubs that are conveniently available to you from the woods, neighbors, your own yard, or from cuttings. Number this list and use the numbers to designate plants you want to place around the house in planting beds. Determine the spacing of plants in accordance with their mature size rather than their small size at the time of planting. For example, a buckbrush plant should have a space of not less than three feet in diameter, a lilac six to eight feet, and Pfitzer's juniper six to eight feet. Select plants for each group that go well together in color, time of blooming, habit of growth, and soil.

Plant shrubs in irregular groups of three, five, seven, or nine, and place lower growing plants in front of taller ones so that the group of planting slopes from the ground backward and upward. This method of planting is called "facing down" a planting with small shrubs. The low-growing shrubs hide the legginess of the taller ones.

Beauty and harmony will be secured if you use several plants of one kind in a group rather than many different plants scattered all over the area. A mass of redbud, lilac, or goldenbell in full bloom in the spring with a neutral green background is much more effective than a number of scattered plants in bloom.

**Planting.** Successful transplanting will follow these rules: Keep bare-root plants from drying out before planting by covering root system with moist material such as burlap or "puddling" of the roots, that is, dipping of the root system in mud; dig holes large enough that roots are not cramped; set the plant about one inch deeper than it originally stood; firm good top soil well around the roots to two thirds full; fill the partly filled hole with water—if it soaks down immediately, refill; when the water has slowly soaked down, finish filling the hole with the soil. Shade trees and upright evergreens should be guyed or staked to hold them straight. Most bare-root plants should have at least a third of the top pruned out at the time of planting. A basin around a plant or group of plants will catch and hold moisture and facilitate watering by hand. Well rotted barnyard manure scattered in the fall may be turned under just before planting. It will enrich the soil and make it better able to receive and hold water.

Most shrubs are easily transplanted in fall, winter or early spring, but a few require spring planting just at the time the buds begin to

swell. They are: Tamarix, sumac, hawthorne, althea, and the dogwoods.

**Pruning.** Each year some of the old wood and all dead wood should be pruned out so that the plant will be in good, healthy condition at all times. With a few exceptions, shrubs that bloom in the spring should be pruned after blossoming; shrubs that bloom in the summer and fall should be pruned during the winter or early spring.

Preserve the natural form and shape of the plant by thinning out old branches rather than cutting them back. Do not leave long spurs to die and rot, cut in front of a bud or close to another branch.

**Propagation.** Most shrubs are easily propagated by one of these three methods: (1) By suckers, layers or divisions (lilac, spirea, sumac); (2) By cuttings (privet, goldenbell and tamarix); (3) By planting seeds (vitex, flowering willow, bird-of-paradise shrubs).

**Native Shrubs.** A fine fence corner group of year-'round color interest would include red cedar, redbud, sumac, and buckbrush. Hedges of wild plum, tamarix, and coralberry are successful. The shrub dogwoods, flowering dogwood (Eastern Oklahoma), wild roses and berries, yucca (soapweed), elderberry, deciduous holly, juneberry, indigobush, the sumacs, buttonbush, and others, are adapted to landscape use wherever they grow. Try to duplicate the situation from which the plant was moved and watch Nature for most clever and beautiful planting groups and compositions.

**Literature.** Oklahoma Extension mimeographed circular, "4-H Club Home Beautification Project Suggestions," and Extension Circular 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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July: -----  
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August: -----  
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October: -----  
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November: -----  
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December: -----  
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PLAN OF WORK

That what you will do each month. If you write these things in the space below, you will plan intelligently all the project work and the points between that are included in your manual.

January

February

March

April

May

June

July

August

September

October

November

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