

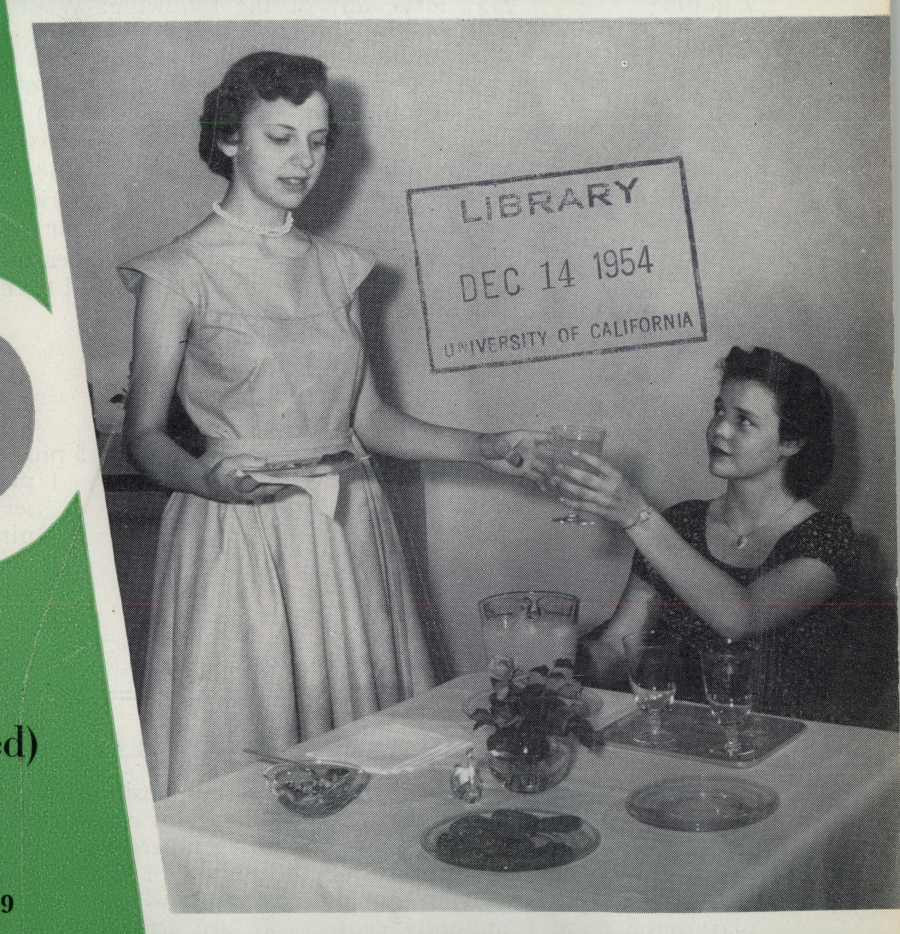
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4-H

HOME DEMONSTRATION

AGRIC. REF. SERVICE



Ninth
Year
(Advanced)

Circular 539

Service
EXTENSION DIVISION

Shawnee Brown, Director

Oklahoma A. & M. College, Stillwater

Home Demonstration

630, 476608
 C578
 no. 539

4-H HOME DEMONSTRATION

Nine-Advanced

Phase of Work (Select at Least Three)	Project and Activities	Exhibit
Understanding Ourselves	Lead the 4-H Club in developing a chart listing responsibilities that come with privileges.	
Clothing	May make any of the following: wool suit, wool coat and dress, silk or rayon dress or evening dress. In making a wool suit or coat use the tailoring bulletin, Circular 397.	Wool suit or wool coat and dress (dress may be of wool or silk) or evening dress.
Home Improvement	Make slip covers or draperies. Activity: Assist with daily and weekly household activities.	One pair of draperies on rods or one slip cover.
Food Preparation	Prepare a recipe file of favorite recipes. Try 10 recipes at least once. Problem: Plan, prepare, and serve three company meals. Entertain guests at an afternoon or evening party 3 times.	3 each of 3 kinds of tea cookies.
Food Preservation	Can or freeze 50 quarts or its equivalent in fruits, vegetables, pickles, preserves and meat.	3 pints: 1 pint pre- serves 1 pint mar- malade 1 pint but- ter, jam, conserve or fruit honey.

UNDERSTANDING OURSELVES

World progress depends upon individual responsibility. Along with every opportunity and privilege that life brings us comes additional responsibility. The privilege of 4-H Club membership brings with it the acceptance of responsibility for the success of the Club program. When we accept the privileges of our community—its schools, churches, playgrounds, and community centers—we are accepting the responsibility of increasing their usefulness to ourselves and our neighbors. The privilege of family membership brings with it the responsibility of helping the family achieve the best possible comfort, health, and happiness in living together. The ability to recognize and meet re-

sponsibility is a measure of maturity. This is acquired through practice based on understanding.

You can work out a chart listing responsibilities that come with some of the privileges that you enjoy such as: living with your family; being a member of a 4-H Club; or being a citizen in a community. This might be a part of one of the 4-H Club meetings. This is a challenge to you to lead your 4-H Club in developing such a chart. Make an effort to get all members in your club to participate.

The following chart should serve as a guide in listing responsibilities that come with the privileges that you enjoy in life.

Privilege	Responsibility	Members Part
Living with my family	Examples: Help keep the family comfortable, well, and happy.	Examples: Be orderly, prompt; do my share of work; guard against health and safety hazards. Protect younger brothers and sisters. Help the baby learn new habits easily.
4-H Club Membership	Help the Club have a good program and achieve recognition. Help other Club members succeed.	Take part in discussion; accept assignments; talk over projects with folks at home, and with other Club members.

4-H CLOTHING

Clothing Requirement: May make any of the following: Wool suit, wool coat and dress, silk or rayon dress or evening dress.

In making a wool suit or coat refer to Circular 397 "Tailoring" and Circular 269 "Appropriate Finishes."

Every 4-H girl should learn the importance of planning her wardrobe as a whole and how to make a plan for the year. To do this she needs to have a knowledge of selecting materials, colors, designs, and accessories becoming to her and appropriate for the places she is to wear them.

The first step in planning an ideal wardrobe is to decide what you need most and then try to fill that need. To get the best results, take a pencil and paper and make a list of every article of clothing you possess. Now comb your hair, put on your smoothest girdle and slip and try on every dress, skirt, suit and coat you have on hand. Check each carefully for becoming line, color and fit. Are the needed fasteners and belt loops secure so that the garments look their best on you?

Divide your list under three headings: (a) Ready to Wear, (b) Needs Cleaning, Pressing, or Repair, (c) Needs to be Remodeled. After doing this you have a splendid start toward an ideal wardrobe because you will know what you have on hand ready to wear at a moment's notice. You will readily see what the possibilities are of adding to your wardrobe. Remodeled garments can be just as smart as new ones. You will also realize that any garment which musses or soils easily is going to take a lot of time to keep in a presentable condition. All this information will help you to choose articles for your wardrobe.

The less money you have to spend on clothing the more time and effort you will have to spend in selecting and caring for them. Let "perfection in every detail" be your aim.

Keep your wardrobe simple. Eliminate all nonessentials. Every really good limited wardrobe is built on a single color or combination of colors.

Label each piece carefully. The label may be made of white muslin; 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.

HOME IMPROVEMENT

The activities for the girl enrolled in 9th year and advanced home improvement will include making slip covers or draperies and assisting with daily and weekly household activities.

The suggested responsibility to assume as a family member might be: weekly cleaning of the house; shopping for the groceries; planning and preparing refreshments for a family activity or a home entertainment of friends. This will vary with the needs of the individual and the needs of her family. It is to be desired that the girl enrolled in advanced 4-H home improvement will take this opportunity to make new opportunities for learning more about managing the home.

Making Draperies: Draperies made from correctly chosen materials and well constructed can add beauty and charm to your home. The advanced 4-H girl who chooses drapery making as her project will have a number of decorating problems to consider. Draperies can be used effectively for any room in the house if fabrics appropriate in design, texture, color and style are chosen. Draperies may be used combined with venetian blinds or shades for an attractive result, or they may be draw draperies mounted on traverse rods, and used without either shade or blind.

The relationship the window has to the rest of the room is the first thing to be given thought when selecting fabric and style of drapery to be used. The effect you want, the style, color and design in the furnishing, as well as wall and floor coverings and size must be considered. Drapery fabrics may be floral, striped or geometric in design or plain.



Lined draw draperies.

Keep in mind that it requires more figured material than plain, for designs in each panel must be matched.

In small rooms draperies in solid colors, and colors the same as the wall covering or the same value detract less from the size of the room.

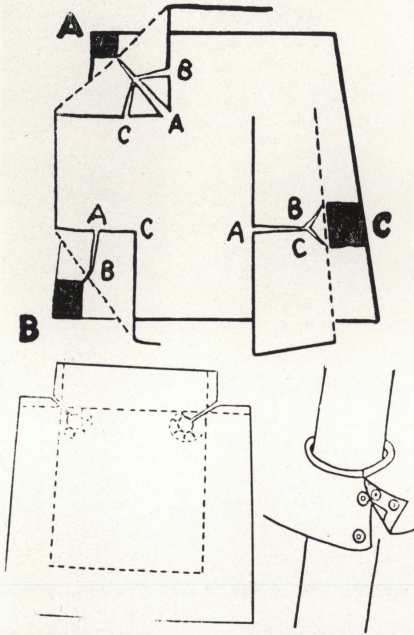
Colors in draperies may be closely related to the colors in the rug, walls or furnishings. They may serve to tie other colors in the room together.

Linings are usually desirable. Linings protect the fabric from light and wind and lessen fading. The lining adds weight and makes the

drapery hang better. Sometimes the light shines through and disfigures the fabric if no lining is used.

Linings are usually made from regular lining sateen. It may be white, ivory, or colored. Unbleached muslin may be used but it is often necessary to piece the width.

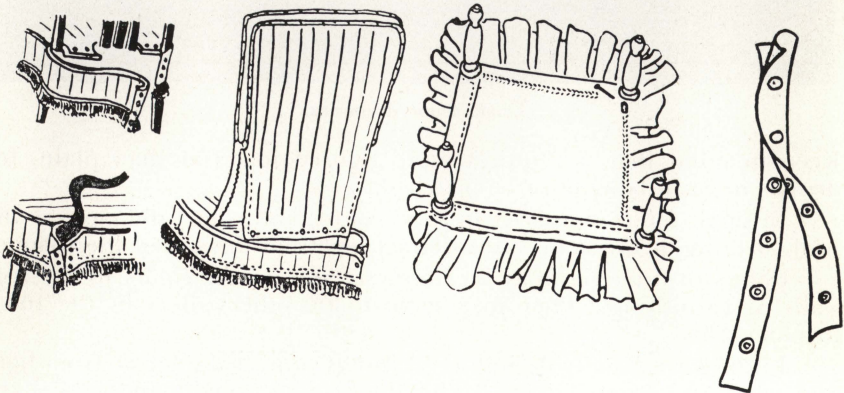
If rods are set back to make the window appear larger, and the drapery hangs over the wall and not over the window, linings are often omitted.



If a choice must be made between a lined drapery where the panels must be split to keep down cost, it is far better to have a full width unlined drapery. Skimpy widths and lengths spoil the appearance of otherwise well made draperies. They should always be at least a full 36 or 50 inches in width. Never split even a 50 inch material.

There are many suitable drapery materials on the market. Whip cord, damask, linen, chintz, denim, and novelty weaves are always good. Fabrics made from spun glass and synthetics are new and have possibilities.

Buckram is used as a stiffening in the heading. It is available in different weights and widths. The buckram tape varies in width from 3 to 6 inches. The tape is preferred to buckram bought by the yard



and cut into strips. The width is usually truer, and no piecing is necessary.

The amount of material needed will depend on the window and drapery style. Both length and width are important measurements. The first important step is to know the window and how to measure for correct lengths and widths. Drapery may hang to the window sill, to the bottom of the apron, or to the floor.

Cutting: Drapery materials do not tear well without puckering and stretching. It is better to pull crosswise or filling thread, and cut on the line. To pull crosswise thread, clip the selvage and pick up one of the threads. Pull the thread gently with the thumb and forefinger. Slip the fabric along the thread with the thumb and forefinger of the other hand. Cut on the line of the pulled thread.

Straightening Fabric: Fabrics are always woven straight, but often in the pressing process they are pulled out of shape before they are wound on the bolts. If the material is not pulled and pressed back into shape, the drapery will not hang straight at the window.

To straighten the lengths of fabric that have been cut, dampen with wet cloth, grasp the edges of the fabric at opposite corners and pull toward the part of the fabric that needs straightening. If the pulling does not straighten the fabric completely, bring the two ends together and pin them to the ironing board. Pin the lengthwise edge together at intervals. Dampen the section with a cloth and press toward the part that needs straightening.

Removing Selvage: Selvages are always woven more firmly than the rest of the fabric. It does not shrink as much when the fabric is laundered or cleaned and causes the curtains to get out of shape. In making draperies always remove the selvages to prevent puckering.

To remove the selvage pull the first warp or lengthwise thread between the body of the material and the selvage, and cut on the line.

Instructions for Making Draperies: For step by step instructions in drapery making, see Extension Circular 597, "Making Your Draperies and Curtains."

Slip Covers: Slip covers today are not an ill-shaped covering used for the protection of your upholstery. They form a very important part in the scheme of home decoration the year around.

The entire appearance of a room may be changed even with one slip cover. With a little planning time and a few yards of harmonizing fabric, the room can be transformed into a new, friendly and charming place to live.

For steps in drafting and making a slip cover, measuring for material, making carding and seam finishes and selection of materials, see Circular 498, "You Can Make Slip Covers."

Cutting Materials at Posts for Bedroom Chairs: Pull the material as tight as it will be when the work is completed. Find the point where it meets the inner corner of the post at the level of the seat and mark this point with pencil or pin. Fold back the corner of the material as shown. First make a diagonal slash (a) from the outside corner of the cloth to the corner of the post. Then make two slashes (b) and (c), following the grain of the material to within 1 to 1½ inches of the end of the first cut so as to allow enough for turning under.

- A. When enough material is needed to be drawn around the front posts: Follow the grain of the material cutting it at (a) until the cut meets an imaginary line from the corner of the cloth (c) to the corner of the post, then make a diagonal cut (b) to meet the corner of the post.
- B. When the material is cut to fit around two corners: Fold the material back close to the post. Make cut (a) on the grain leading to center of the post, to within 1½ inches of the post at the seat level; then make two diagonal cuts (b) and (c) to each corner of the post.

Finishes Around Post and Bottom: To cover a rocker or chair for the bedroom the following suggestions may be helpful: Cording added around the legs and arms of the chair helps make the cover fit and gives a finished appearance to the chair. (See Illustration on slip covers for bedroom chairs p. 6.)

THE EXHIBIT

One pair of draperies (lined or unlined) on rods, or one slip cover. Label each of these articles. The label may be 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, on hem, at one corner.

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 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.

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

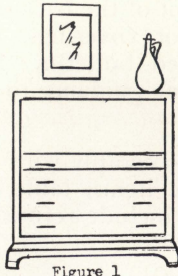


Figure 1

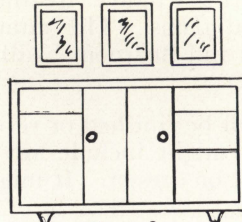


Figure 2

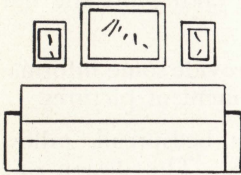


Figure 3

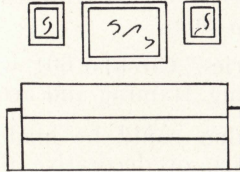


Figure 4

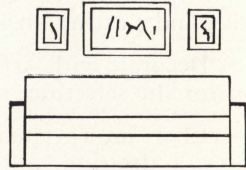


Figure 5

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

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

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

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

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

4-H FOOD PREPARATION

Entertaining In The Home

Your special problem this year will be to plan, prepare and serve three company meals and entertain guests three times at an afternoon or evening party.

Table For Serving

The appearance of the table from which the food is served to the guest helps to make a successful company meal. White table linen should be laundered so that it will be snow white and then ironed so that it is free from wrinkles. The silver should be polished and free from stains.

Table Decorations

Novel and interesting decorations can be found in magazines. When flowers are used, special care should be taken in arranging flowers to produce the most pleasant effect. Select dainty flowers that harmonize with the linen, glassware, and china. Bouquets low in height are desirable for a dining room table. Candles also are appropriate table decorations for evening dinners.

When You Serve

Serve hot food hot on heated dishes. Serve cold foods cold on chilled dishes. When serving a meal, do not handle the eating surfaces of dishes. Touch silver and cups by the handles, plates by the rim, glasses by the base.

Serve dishes from the left of the person being served, except beverages which are served and placed at the right. When placing dishes at the left, place them with the left hand. When placing beverages, use the right hand. Hold foods with the left hand and offer them at a person's left. Use a folded napkin to protect your hand when carrying hot dishes of food.

At the end of a course, remove all the dishes which belong to that course. First, take away the serving dishes and the silver used in serving. Then



Entertaining guests.

clear the dishes belonging to each cover. Remove the dishes from the left side with the left hand, except those, such as cups and saucers which are at the right of the cover.

Do not stack dishes in front of the person whose place is being cleared. Remove the plate with the left hand and transfer it to the right hand. Then remove the salad or bread and butter with the left hand.

The hostess indicates when to begin eating, and when to leave the table. She should not be away from the table any more than is absolutely necessary.

Entertaining Guests at Afternoon or Evening Party

To be a gracious host or hostess, to be a charming guest, and to prepare dainty attractive party foods, are achievements.

It is fun to entertain, especially if you are sure the party has been well planned and you yourself feel at ease.

Some suggestions that will help you are the following:

Create a friendly feeling.

Receive guests naturally and express pleasure at seeing them.

Introduce all guests to each other and to the members of your family.

Serve the refreshments in an attractive manner.

Be present when the guests are leaving and receive their compliments on the party with appreciation. Do this in a friendly and gracious manner.

Refreshments

Cookies and a refreshing cold drink or hot drinks probably are the favorite foods for party refreshments. Cookies can be made in advance of the party, which will help to prevent some of the last minute tasks just before the party.

Suggestions on care of cookies after they are baked: Cookies should be removed from the pan as soon as they come from the oven. Place each cookie on a flat surface to cool—preferably on a wire rack, so it will not warp. Cookies should never be stacked until they are cold. Properly stored, some cookies will keep several months and will become better with age. Cookies containing fruit, honey, or molasses, and those with dry, crisp texture have the best keeping quality. Cookies that have a high amount of fat or nuts may become rancid eventually.

Recipe File

This year you will want to start your recipe file if you do not already have one. Include all recipes you have used and would like to use again. The recipe is not yours until you have tried it.

There are two general types of recipe files you might select from. One is a medium or small size loose leaf notebook. The recipes may be typed or printed on the sheets; and placed in the notebook. The other one might be a recipe file box found at most variety stores. Use cards 4" x 6" on which to type or print your recipe.

Work out the headings you wish. A suggestion if you are beginning on your files may be as follows:

Beverages	Meats
Breads	Menus
Cereals	Salads
Desserts	Soups
Eggs	Vegetables
Fruits	

RECIPES

Chicken Delicious

- | | |
|---------------------------|---------------------|
| One 4 or 5 pound chicken | 1 cup diced celery |
| 7 cups whole wheat crumbs | 5 eggs |
| Salt, pepper, butter | 4 tablespoons flour |
1. Cook chicken until tender. (There should be about 6 cups of broth when finished cooking.) Bone chicken and cut into small pieces.
 2. Prepare dressing
 - a. Season crumbs with butter, pepper and salt.
 - b. Cook celery about 10 minutes in some of the chicken broth.
 - c. Combine crumbs, celery and 2 slightly beaten eggs.
 3. Prepare custard
 - a. Mix 3 cups broth and the flour. (Gradually add small amount of broth to flour to prevent lumping.) Cook until tender.
 - b. Remove from fire and beat into it three eggs.
 - c. Cook until thick.
 - d. Season with salt and pepper.
 - e. Set aside to become cool.
 4. Place a layer of dressing in a pan, then a layer of chicken and a layer of custard.
 5. Put crumbs on top and bake 30 minutes.
 6. This may be prepared a day in advance if kept in a refrigerator. Then bake before serving.

Baked Ham

1. Place ham, fat side up, on rack in open roasting pan in oven at 325° F.
2. Bake a half ham (chilled from the refrigerator) 27 minutes per pound. Whole hams require 18 to 23 minutes per pound. For cooked, ready-to-eat hams, reheat 10 to 15 minutes per pound.

3. Half an hour before end of baking period, score fat, stick with whole cloves, and glaze with honey, apricot jam, brown sugar moistened with a little fruit juice, or red jelly thinned with hot water.
4. Finish baking at 325° F., basting frequently.

Vegetable Salad Bowl

1 small head cabbage	1 Medium cucumber
2 large tomatoes	1 small onion
1 bunch radishes	Salt to taste
1/2 head cauliflower	French dressing
	Few leaves of Spinach

1. Wash all vegetables. Cut lettuce into inch cubes.
2. Separate cauliflower flowerettes, split large flowerettes.
3. Peel, chill and cut tomatoes into wedges.
4. Slice cucumber, chop onion very fine and cut spinach. Make radish roses to garnish or slice and place in salad.
5. Combine all the vegetables. Season with salt.
6. Just before serving add French dressing to season. Toss salad lightly. Pile into large salad bowl lined with salad greens or serve on individual salad plates.

Chocolate Sundae Pie

1 1/2 cups milk	1/2 teaspoon salt
3 eggs separated	3/4 tablespoon gelatin
3/4 cup sugar	3 tablespoons cold water
1/2 teaspoon nutmeg	1/4 cup grated sweet chocolate
1/2 teaspoon vanilla	1 cup sweetened whipped cream

1. Heat milk in double boiler with nutmeg.
2. Beat egg yolks with sugar and salt until light.
3. Pour hot milk over egg mixture, return to double boiler and cook until consistency of thick cream.
4. Remove from fire and add gelatin which has been soaked five minutes in cold water. Add vanilla, cool.
5. When cold and ready to set, beat with Dover egg beater and fold in stiffly beaten egg whites.
6. Pour into a baked pie shell and set in refrigerator.
7. When cold, cover with whipped cream and sprinkle top with grated sweet chocolate.

Lemonade

Juice of 4 lemons	2 1/2 cups water
2/3 cup sugar syrup	

1. Mix lemon juice with water, add sugar syrup.
2. Flavor, if desired, with fruit juice from canned cherries, raspberries or strawberries.
3. Serve iced with a sprig of mint top.

Note: Sugar Syrup may be made by mixing $\frac{1}{2}$ cup water and $\frac{1}{2}$ cup sugar in a sauce pan. Stir over direct heat, until sugar dissolves. Cool before serving.

Fruit Juice Punch

1 pint water	1 quart grape juice, cranberry or pineapple juice or any home canned fruit juice
$\frac{1}{2}$ cup sugar	
$\frac{1}{2}$ teaspoon salt	
1 quart strong tea	$\frac{3}{4}$ cup strained lemon or lime juice
3 bottles (9 oz.) gingerale	
2 cups strained orange juice	

1. Combine sugar, salt and water. Boil 5 minutes.
2. Mix this syrup with tea and fruit juices, and chill thoroughly.
3. Just before serving pour over a large piece of ice or ice cubes in the punch bowl.
4. Add gingerale. Serve with cookies.

Fruit Cookies

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup brown sugar	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup chopped figs
1 egg	$\frac{1}{2}$ cup chopped raisins
2 tablespoons sour cream	$\frac{1}{2}$ cup chopped citron
1 teaspoon cinnamon	2 $\frac{1}{4}$ cups cake flour
$\frac{1}{2}$ teaspoon cloves	$\frac{1}{4}$ teaspoon soda

1. Cream shortening, add sugar gradually, creaming thoroughly.
2. Add unbeaten egg and sour cream. Add remaining ingredients.
3. Mix well and shape into rolls about $\frac{1}{2}$ inch in diameter. Wrap each in wax paper. Chill.
4. Slice thin with a sharp, thin knife.
5. Bake on an oiled baking sheet 10 minutes at 350° F.
6. Yield is about 6 dozen 2-inch cookies. They are crisp and fine flavored.

Honey Cookies

$\frac{2}{3}$ cup shortening	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
1 cup strained honey	5 cups flour
1 egg beaten	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ teaspoon cloves
1 teaspoon soda	

1. Cream shortening with sugar. Add honey and blend.
2. Add egg and sour milk.
3. Sift remaining ingredients together and combine well with first mixture. Chill.
4. Roll about $\frac{1}{4}$ inch thick, cut and bake at 350° F.
5. Yield is about 4 dozen $2\frac{1}{2}$ inch cookies.

THE EXHIBIT

The exhibit for this year's work is three each of three kinds of tea cookies. These are cookies you would serve for party refreshments so select any recipes you like.

Place cookies on a paper plate and label with your name, post office, route, county and year of work.

Each kind of cookies will need to be uniform shape and color.

They should be fine grained and even textured.

The flavor should be pleasing and characteristic of its kind, free from off flavor.

4-H FOOD PRESERVATION

Girls in this year's work will want to can or freeze 50 quarts or its equivalent in fruits, vegetables, pickles, preserves and meats.

Preserves, Jams and Jellies

When fruit is cooked with enough sugar to make a thick mass in consistency, it is called preserve. There are various classes of preserves such as preserves, marmalades, jams, conserves, and butters.

A preserve is the result of whole fruit or large pieces of fruit being cooked in syrup until clear and transparent and the syrup thick.

A marmalade is a product very similar to a preserve except that the fruit has been divided into small pieces. The shape of the fruit should be retained and should be evenly distributed through the syrup.

A jam is a form of preserve in which either whole fruit or portions of it have been used. In the process of making, the fruit crushes or jams together into a mixture of even consistency. Jams are sometimes sieved.

A conserve is a combination of fruits. It may also contain nuts.

A butter is a form of preserve in which the fruit has been passed through a sieve and then cooked to a smooth consistency.

General Procedure

Equipment:

1. Sterilize containers.
2. Use large flat enamel lined aluminum pans or kettles for cooking and cooling.

The Fruit:

1. Fruit should be firm-ripe rather than a soft-ripe.
2. Weigh fruit. For each pound of fruit, use $\frac{3}{4}$ pound to 1 pound sugar ($1\frac{1}{2}$ to 2 cups sugar to 1 well-filled quart of fruit). Measuring is not as accurate as weighing because fruits differ in weight.

3. Firm fruits such as apples, firm pears, etc., make better preserves when the cooking is started in a thin syrup. This allows fruit to cook tender before syrup becomes concentrated.
4. It is better to allow tender, juicy fruit such as berries to stand 8 to 10 hours, or overnight, in sugar. This process helps to firm them.
5. The firm-skinned juicy fruit such as plums may be started in a thick syrup because the fruit juices thin down the syrup quite rapidly.
6. Cook small quantities at a time, not more than two or three quarts.
7. Cook rapidly after syrup becomes thick to retain bright color, flavor, and good texture.
8. Stir frequently to prevent scorching.
9. Skim at end of cooking period.
10. Cool rapidly for better color and flavor.
11. Paddle or shake out bubbles.
12. Seal by one of the following methods: A. Process filled containers to insure a perfect seal and to prevent mold; B. Pour boiling hot mixture into hot, sterilized containers and seal immediately; or cool, and cover well with hot paraffin.

Strawberry Preserves

Select large, firm, tart berries. Wash, drain and remove caps. To one pint of berries add 1 pint sugar. Boil together for 10 minutes. Remove from fire. Cool. Add another cup of berries and another pint of sugar. Boil 10 minutes more. Allow to cool. Pour into sterilized jars and seal. Seal by heating at simmering temperature for 15 minutes in boiling water bath.

Orange Marmalade

Use 2 pounds of oranges (about 6 medium sized), 2 quarts of water, 3 pounds of sugar, and one-half teaspoon of salt. Select from the oranges two with clear skins and remove the peel. Slice the peel very thin and cover with water. Boil until tender, adding more water as it boils away. Change the water frequently if the bitter flavor is objectionable.

Peel the other oranges, discarding the peel. Boil the pulp in the 2 quarts of water until very soft and then strain through a bag with pressure. Re-strain without pressure. Mix this juice with the drained peel, the sugar, and the salt, and boil until the jelly stage is reached. Let stand in the kettle until slightly cool, then stir, and pour into hot sterilized jars and seal; or pour into hot sterilized jelly glasses and cover with the paraffin.

This method gives a clear jelly with small pieces of peel distributed through it.

Rhubarb Conserve

4 pounds rhubarb	5 pounds sugar
1 lemon	2 oranges
1 pound seeded raisins	

Wash and peel stalks of rhubarb and cut in 1-inch pieces. Put in kettle, sprinkle with sugar, add raisins, and grated rind, and juice of oranges and lemon. Mix, cover, and let stand $\frac{1}{2}$ hour. Bring to boiling point, and let simmer 45 minutes, stirring constantly. Fill jelly glasses with mixture; cool, seal, label, and store.

For further information see: "Home Canning of Fruits and Vegetables," circular No. 260.

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

"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 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 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 livers) 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.

Freezing Whole Grain Corn

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

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

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

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

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

Freezing Berries

Select firm, fully mature, evenly ripened berries of good quality. Sort, wash and drain. Either the sugar pack or the syrup pack may be used for berries. Always package foods for freezing in moisture-vapor-proof containers.

For the sugar pack mix 1 cup of sugar to 4 to 6 cups of fruits. Mix gently until sugar is dissolved. Package, leaving sufficient head space and seal.

For the syrup pack use a 40% to 50% syrup. To prepare the 40% syrup dissolve 3 cups of sugar in 4 cups of water. Pour over the berries which have been packaged being sure all pieces of fruit are covered. Leave about $\frac{1}{2}$ inch head space in pints.

Then date and label your berries, freeze immediately and 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 this year is three pints: one pint of preserves, one pint marmalade and one pint butter, jam conserve or fruit honey.

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 pint jars.)

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

Select the best jars of food 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.

PLAN OF WORK

Plan what you will do each month. Then write these things in the spaces below. Be sure your plan includes all the project work and special problems that are included in your manual.

January: _____

February: _____

March: _____

April: _____

May: _____

June: _____

July: _____

August: _____

September: _____

October: _____

November: _____

December: _____

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