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Name..... Age..... Club No.....
(Nearest birthday)

R.F.D. or Street Address..... Grade in School.....

Post Office..... Parent's Name.....
(In full)

County..... Local Leader's Name.....
(In full)

School..... Dist. No..... Address.....

Year 193.....

4-H Club Member's Record Book

Cookery Project

Division.....



NATIONAL 4-H CLUB PLEDGE

I Pledge

my HEAD to clearer thinking,
my HEART to greater feeling,
my HANDS to larger service,
my HEALTH to better living,
for my club, my community, and my country.

Oregon State System of Higher Education
Federal Cooperative Extension Service
Oregon State College
Corvallis

Cooperative Extension Work in Agriculture and Home Economics
Wm. A. Schoenfeld, Director
Oregon State Agricultural College, United States Department of Agriculture, and State
Department of Education, Cooperating
Printed and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914

Club Series M-33

4-H Club Cookery Project

INSTRUCTIONS FOR KEEPING 4-H CLUB RECORDS

Each 4-H Club member is required to keep a business-like record covering the projects carried. It is good business to keep complete and accurate records. Such records are for you to know how you stand in dollars and cents on completing the year's work.

1. This record book is for all Cookery projects. Write the number of your division on the line provided for it.
2. Keep a record on all the dishes and meals prepared.
3. Read carefully the instructions on each page. Be sure you understand the method of keeping records.
4. Keep your record up to date. At the close of the year's work, see that your record book is complete and accurate.
5. Your record book is a required part of your 4-H Exhibit. Turn it in to your Club Leader or County Extension Agent for checking and credit when making an exhibit and at the close of the year's work.
6. Your record book will be returned to you. Keep it for future reference and information.
7. Your record book is not complete without a story accompanying it. Write it on the pages provided for it in the back of this book.
8. Cost should be based on actual local cost of materials at time of using.

4-H CLUB CREED

I believe in Boys' and Girls' 4-H Club Work for the opportunity it gives me to become a useful citizen.

I believe in the training of my HEAD for the power it will give me to THINK, PLAN, and REASON.

I believe in the training of my HEART for the nobility it will give me to be KIND, SYMPATHETIC, and TRUE.

I believe in the training of my HANDS for the ability it will give me to be HELPFUL, SKILLFUL, and USEFUL.

I believe in the training of my HEALTH for the strength it will give me to ENJOY LIFE, RESIST DISEASE, and MAKE FOR EFFICIENCY.

I believe in the United States of America, in the State of Oregon, and in my responsibility for their development.

I am therefore willing to devote my efforts for the fulfillment of these things which I believe.

Use this table in computing costs.*

PRICE LIST OF FOODS

Food material	Relative Wgt. Meas.		Price paid in local market	Cost per cup or teaspoon	Food material	Relative Wgt. Meas.		Price paid in local market	Cost per cup or teaspoon
FAT:					CEREALS:				
Butter	1 lb.	2 c			Finely ground	1 lb.	3 c		
Cream	1 lb.	2 c			Flaked	1 lb.	7 c		
Salad oils	1 lb.	2 c			Chopped	1 lb.	3½ c		
Other fats	1 lb.	2 c			Whole ..	1 lb.	2½ c		
FLOUR:					SUGAR:				
White	1 lb.	4 c			Granulated	1 lb.	2 c		
Whole wheat	1 lb.	3½ c			Powdered	1 lb.	4 c		
Other	1 lb.	3 c			MILK ...	2 lbs.	1 qt.		
BAKING POWDER	½ lb.	50 tsp.			EGGS	1 lb.	1 doz.		
CORN-STARCH	1 lb.	3 c			CHEESE:				
BREAD (½" slices)	1 lb.	12			American, grated	1 lb.	2 c		
CRACKERS (White)	1 lb.	120			FRUITS				
Graham (large) ..	1 lb.	30			Dried Raisins (seedless)	1 lb.	2 c		
					Figs or dates	1 lb.	1½ c		
					Prunes	1 lb.	2½ c		
					Canned ..		4 c or 1 qt.		
					Citrus		1 doz.		

* It is not necessary to compute these costs all at one time. When a food is used for the first time, compute the cost and record in the proper place, thereafter use the costs so found whenever the food is used.

PRICE LIST OF FOODS—Continued

Food material	Relative Wgt. Meas.		Price paid in local market	Cost per cup or teaspoon	Food material	Relative Wgt. Meas.		Price paid in local market	Cost per cup or teaspoon
Fruits, continued					NUTS:				
Raw	1 lb.	3 apples			Shelled	1 lb.	4 c		
					CHOCOLATE	1 lb.	16 sq.		
					COCOA	1 lb.	4 c		
VEGETABLES									
Leafy (shredded)	1 lb.	3½ c							
					JELLO	3½ oz.	8 Tb.		
Root	1 lb.	3 potatoes			GELATIN	1½ oz.	4 Tb.		
					VINEGAR		4 c-1 qt.		
Other									
					Other Products				
MEAT	1 lb.	3 servings							

SEPARATE DISHES PREPARED AS PART OF A MEAL

(Record for all dishes prepared.)

[illegible]

* Give number of group under which the recipe for the dish prepared is found in the bulletin.

MEALS PLANNED AND PREPARED

(Record for all meals prepared.)

Menu:	Date served Number of persons served..... Total cost of meal..... Cost per person..... Name of meal.....
Menu:	Date served Number of persons served..... Total cost of meal..... Cost per person..... Name of meal.....
Menu:	Date served Number of persons served..... Total cost of meal..... Cost per person..... Name of meal.....
Menu:	Date served Number of persons served..... Total cost of meal..... Cost per person..... Name of meal.....
Menu:	Date served Number of persons served..... Total cost of meal..... Cost per person..... Name of meal.....

MEALS PLANNED AND PREPARED—Continued

(Record for all meals prepared.)

Menu:	Date served Number of persons served..... Total cost of meal..... Cost per person..... Name of meal.....
Menu:	Date served Number of persons served..... Total cost of meal..... Cost per person..... Name of meal.....
Menu:	Date served Number of persons served..... Total cost of meal..... Cost per person..... Name of meal.....
Menu:	Date served Number of persons served..... Total cost of meal..... Cost per person..... Name of meal.....

Total number of meals served.....

Total cost of meals..... \$.....

Total number of persons served.....

STORY OF MY WORK

This story need not be long but is a requirement, so be *sure* to write it.

You may like to use some of the following suggestions:

1. Do you feel that you have learned something from the project? What?
2. What are some of your favorite dishes?
3. Have you prepared more meals than were required?
4. Have you done more baking than was required? If so tell about it.
5. Did your club have any parties, picnics, contests, etc.? Tell about them.
6. Have you been of any particular help to your leader?
7. Have you taken part in demonstrations and judging contests?

Perhaps there are other interesting things you want to tell.

STORY OF MY WORK—*Continued*

STORY OF MY WORK—*Continued*

WORK ACCOMPLISHED AND FINANCIAL STATEMENT*

Before starting on this page, be sure you have filled in all necessary blanks on the preceding pages. Carry totals over from pages 3, 4 and 5.

Number of dishes prepared.....

Total cost of individual dishes prepared.....

Total number of persons served from dishes prepared.....

Total number of meals prepared:

Breakfast..... Luncheon..... Dinner.....

Total cost of meals prepared.....

Total number of persons served.....

Total number of batches of cookies made..... Cost.....

Total number of cakes made..... Cost.....

Total number of loaves of bread baked..... Cost.....

Total number of bakings of biscuits..... Cost.....

* Fill in those blanks pertaining to your division.

BE SURE TO FILL IN THIS PAGE!

SUMMARY

Name of Project..... Date closed.....

Cost (taken from financial statement).....

Club activities for the year:.....

Office held (if any)

Demonstration or judging team.....

Local Leader or Assistant.....

Clubs you organized. No..... Kind.....

SCORE CARD FOR USE IN JUDGING FOODS

Appearance	20
Texture	35
Flavor	45
Possible score	100

Appearance: Appetizing, of pleasing color, texture and shape.

Texture: Bread, cake and pastry—fine grained, tender, even in texture, good crust. Soups, gravy, custards, etc., of the right consistency, free from lumps.

Flavor: Palatable, no "off" flavor, well seasoned.

BE SURE TO FILL IN THIS PAGE!

Member's Name Age.....

Parent's Name
(In full)

Post Office County.....

Name of Club School.....

Name of Local Leader Address.....
(In full)

Years in 4-H Club work completed (1, 2, 3, etc.).....

Projects you plan on carrying next year.....

Times, if any, you have carried this division or divisions.....

Other projects carried this year.....