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COLLECTION
OREGON
COLLECTION

OREGON
Club No.
FEB 18 1914
Grade in School

Age..... Club No.....
(Nearest Birthday)

dress Grade in School

Post Office Parent's Name
(In full)

County Name of Club.....

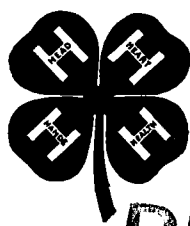
Local Leader's Name Address
(In full)

School Dist. No..... Year 19.....

4-H Club Member's Record Book

Food Preservation Project

Division.....



DISCARD

FEDERAL COOPERATIVE EXTENSION SERVICE , OREGON STATE COLLEGE , CORVALLIS

Cooperative Extension work in Agriculture and Home Economics, F. E. Price, director. Oregon State College, the United States Department of Agriculture, and the State Department of Education co-operating. Printed and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

How to Keep this 4-H Club Record

1. This record book is for all Food Preservation Club members. Write the number of your division on the line on the front cover provided for it.
2. Read carefully the instructions on each page.
3. Keep a record of all the food preservation you do.
4. Use only such spaces as you require in your division.
5. Keep your record up to date. At the close of the year's work see that your record book is complete and accurate.
6. A story of your 4-H work is necessary to complete your record book.
7. 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 at the close of the year's work.
8. Your record book will be returned to you. Keep it as long as you are a 4-H member. *All* of your record books are needed if you are being considered for any special honors.

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.

Record of Fruits That I Have Canned

COST OF MATERIALS

In *figuring costs* of materials for canning and freezing, include cost of lids, sugar, and foods to be preserved.

1. If you purchased the food, use the actual cost.
2. If you grew the food and it would have been sold, use the current price for your cost.
3. If the food was a surplus, and would not have been sold, or if it was given to you, and no actual cash was spent in getting the food, there would be only the cost of your sugar and lids to be considered.

Date	Name of product	Pints	Quarts	Value*	Cost of Material	Savings
<i>Example:</i> June 30	Royal Ann Cherries	6	4	\$ 3.00	\$ 1.20	\$ 1.80
TOTALS				\$	\$	\$

*Consult your grocer for the selling price of commercially canned products in order to obtain the figures for your value column.

Record of Fruits I Have Frozen

Date	Name of product	Pints	Quarts	Value*	Cost of Material	Savings
<i>Example:</i> 7/3	Strawberries		12	\$ 7.00	\$ 4.68	\$ 2.42
TOTALS				\$	\$	\$

*For value, go to the store and see how much a similar sized package of frozen fruit would cost if purchased.

Record of Vegetables That I Have Canned

Date	Name of product	Pints	Quarts	Value	Cost of Material	Savings
<i>Example:</i> 8/10	String beans	8		\$ 1.76	\$.36	\$ 1.40
TOTALS				\$	\$	\$

Record of Vegetables I Have Frozen

Date	Name of product	Pints	Quarts	Value*	Cost of Material	Savings
<i>Example:</i> 6/15	Peas	5		\$ 1.05	\$.15	\$.90
TOTALS				\$	\$	\$

Record of Meat, Poultry, or Fish I Have Canned and Frozen

Date	Name of product	Number of Containers	Value	Cost of Material	Savings
			\$	\$	\$
TOTALS			\$	\$	\$

Record of Pickles and Relishes I Have Canned

Date	Name of product	Number of Containers	Value	Cost of Material	Savings
			\$	\$	\$
TOTALS			\$	\$	\$

Record of Jams and Jellies I Have Made

Date	Name of product	Number of Containers	Value	Cost of Material	Savings
			\$	\$	\$
TOTALS			\$	\$	\$

Record of Other Foods Preserved

Date	Name of product	Amount	Value	Cost of Material	Savings
<i>Example:</i> Sept. 1	Prunes (dried)	6 pounds	\$ 1.50	\$.90	\$.60
TOTALS			\$	\$	\$

Activities

1. List the demonstrations that you gave. (Club, community, or fair).

Date Given	Title	Where given	Attendance

2. List judging that you did in your club, community, or fair.

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3. What contests related to canning have you entered?

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4. Club meetings:

How many meetings did your club have this year?

How many meetings did you attend?

What office did you hold in the club?

On what committees did you serve?

The Story of My Club Work

Tell what you feel you have gained from this year's club work. Mention any activities in which you took part, such as safety, health, music, recreation, achievement days, etc., and any better ways that you have learned of doing things.

Story of My Work—Continued

Project Summary

Division of Project

Before starting this page, be sure you have filled in all necessary blanks on the preceding pages. Penciled totals may be filled in at exhibit time so additional preservation may be added later.

Totals	No of Pts.	No. of Qts.	Value	Cost	Saving
Fruits Canned					
Jams and Jellies					
Vegetables Canned					
Pickles and Relishes					
Other Products					
TOTALS					
Frozen Fruits					
Frozen Vegetables					
Frozen Meats, pounds					
Other Products					
TOTALS					