



# DISCARD 1975-76

## 4-H Home Economics Projects and Materials

DOCUMENT  
COLLECTION  
OREGON  
COLLECTION

**Beginning Home Economics**  
**Fun with Children**  
**Caring for Babies**  
**Clothing**

**Knitting**  
**Crocheting**  
**Food Preparation**  
**Outdoor Cookery**

**Food Preservation**  
**Food Fun (Nutrition)**  
**Home Environment**

Experiences in Home Economics projects are not only interesting and fun, but offer opportunities for developing skills which will be useful throughout a lifetime. Male or female, married or single, we all eat, wear clothing, live in some kind of dwelling, and relate to other people. Home

economics projects help prepare boys and girls to assume adult roles and at the same time provide a setting for enjoying the exploring, investigating, and learning experiences of youth.

Project manuals are listed in **boldface** type; leaders' guides in *italics*.

### Beginning Home Economics

This project is for 9- and 10-year-olds who want to begin by doing several home economics activities including clothing, foods, child care, and interior design. It is designed to teach basic attitudes and skills in home economics projects.

### Child Development

**Fun with Children** is for members 9 to 12 years of age. They choose a child 3 to 6 years of age to play with. This project will help 4-H boys and girls develop an interest in younger children and develop positive attitudes toward younger children, learn skills and techniques of working with younger children, provide satisfying experiences for pre-school boys and girls, develop more concern for others, and cooperate with one another as club members. This project can be continued for several years. It has four parts, which may be done in any order. They are Fun with Children through: Stories and Make-Believe Activities, Art and Music Activities, Toys and Play Activities, and Nature and Animal Activities.

- 911 **Fun with Children**
- 911R Record Book for Fun with Children
- 911L *Leaders' Guide for Fun with Children*

**Caring for Babies** is for members 12 years of age and older. They develop skills in holding, diapering, feeding, and keeping baby comfortable. They learn about the growth and development of babies and how to keep them safe from harm. A section on baby sitting is included.

- 9121 **Caring for Babies**
- 9121R Caring for Babies Record
- 9121L *Caring for Babies Leaders' Guide*
- HE 4-750 **Homemade Toys for Small Children**

### Clothing

Those who enroll in 4-H clothing for the first time should start with **Beginning Clothing** unless they are 12 or older and have had some clothing experience. Special activities include style revues in which members model clothing they have made. Clothing projects help 4-H members:

- Select clothing which is appropriate, attractive, and economical.
- Improve appearance through health and grooming.
- Gain knowledge of fabrics, their use and care.
- Learn clothing construction skills.

The four manuals for this project except 1 & 2 are designed so that 4-H members use each for a minimum of two years. The manuals outline construction learnings for the first and second years. The members and leader are free to choose which other areas will be included each year.

- 923R **4-H Clothing Record—all units, or**
- 038R **My 4-H ..... Project Record**
- 9211 **Beginning Clothing 1/75**
- 9211L *Beginning Clothing 1—Leaders' Guide /75*
- 9212 **Beginning Clothing 2/75**
- 9212L *Beginning Clothing 2—Leaders' Guide*
- 9213, 4 **4-H Sub-Deb Clothing—units 3 and 4**
- 9213, 4L *Sub-Deb Clothing Leaders' Guide*
- 9215, 6 **4-H Junior Miss Clothing—units 5 and 6**
- 9215, 6L *Junior Miss Clothing Leaders' Guide*
- 9217, 8 **4-H Oregon Miss Clothing—units 7 and 8**
- 9217, 8L *Oregon Miss Clothing Leaders' Guide*
- 9201L *Smplicity Sewing Book—for second year and above leaders only*



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## Clothing for Boys

Boys can enjoy sewing, too—the purpose of this project is to teach boys the correct use of the sewing machine and to enjoy sewing. Grooming and care of clothing are also included. First-year ideas: belts, aprons, laundry bags, ties, tie dying, etc. In advanced, the opportunities are unlimited. Boys can make shorts, shirts, pajamas, slacks, sport coats, tent and tent bag, etc. Boys can participate in county and state style revues.

922 Bachelor Clothing—Members' Guide—1973

922L Leaders' Guide for Bachelor Clothing—1973

## Knitting

Some objectives of the 4-H Knitting Project are:

- Learn knitting skills
- Enjoy making useful articles for self and others
- Gain knowledge of the use and care of knitted fabrics
- Develop understanding of color and design
- Improve appearance through health and grooming

The project has seven phases and may be continued for seven or more years:

- I—Cast on, knit, purl, and bind off
- II—Ribbing, stockinette stitch, increase, decrease
- III—Pick up stitches
- IV—Pattern stitch
- V—Mixed colors
- VI—Advanced, which includes 10 different options
- VII—Use of knitting machine

Special activities include style revues in which members model knitted garments they have made.

- 930 4-H Knitting Members' Guide and Record
- 9601 4-H Knitting I Pattern Ideas for first year knitters
- 96011 The ABC of Knitting, Coats & Clark
- 96012 First Projects, Coats & Clark
- 9602 4-H Knitting II Pattern Ideas for second year knitters
- 960L 4-H Knitting Leaders' Guide
- 961 4-H Knitting Skills manual, provided to leaders, may be purchased by members

All Knitting members will use the above materials, but may also use the following old Learn to Knit bulletins as references so long as they are available.

- 9232 Increase and Decrease
- 9233 Buttonholes and Pick-up Stitches
- 9235 Four Needles
- 9236 Mixed Colors
- 9237 Combined Fabrics and Knitting

## Crocheting

The Crocheting Project is for boys and girls who like to work with their hands. It can be both fun and relaxing. Some of the objectives of the Crocheting Project are:

- Learn crocheting skills and care of tools.
- Learn to read and follow crocheting instructions.
- Enjoy making useful articles for self and others.
- Gain knowledge of the use and care of crocheted articles.
- Learn to work and share with others.

- \*962L Crocheting—Leader's Guide
- 038R My 4-H ..... Project Record
- 962 ABC of Crocheting, Coats & Clark

\*This new material is in the process of being printed as of August 15. Copy will be sent to organized clubs as soon as received.

## Food Preparation

Food Preparation projects are popular with boys and girls. Everyone likes to eat and most people, when they have learned how, enjoy cooking. Members will learn:

- To select and prepare foods
- To plan and prepare nutritious, attractive, and well-balanced meals
- How to set an attractive table
- Good work habits
- To be a gracious host or hostess

Activities include: baking and meal preparation and foods judging contests and national awards programs in dairy foods, foods-nutrition, and bread baking.

9312R 4-H Foods Record

9311 Tricks for Treats—for 9- to 10-year-olds, to make "beginning to learn to cook" simple, exciting, and fun. Foods prepared include cocoa, sandwiches, soups, fruit desserts, one-dish meals, biscuits, cookies, and kabobs.

9311L Tricks for Treats Leaders' Guide

9312 All American Foods—for the 10- to 11-year-old who has had some experience in food preparation. Emphasis is on the development of food preparation skills, and is spiced with facts and folklore about foods in different parts of America. Members will prepare brunches and buffets and other kinds of meals. Members will want to try Pecos Bill Burgers, Star Spangled Salads, Yankee Snickernoodles, Dixie Breakfast, Squanto's Beans, Breakfast Bunyan Style, Jambalaya, and Chocolate Brownies. Join in the fun now.

9312L All American Foods Leaders' Guide

9313 Meals for Today—The Easy Way—for 11- to 13-year-olds. Members are introduced to main dish mixes, dehydrated ingredients, new discoveries in cookware and other convenience products that save time and effort in the kitchen. Try your hand at preparing and serving Italian spaghetti, Oven Chicken, Chowders, Cobblers, Salads, Eggs, Pizza, and many other teenage foods.

9313L Meals for Today—The Easy Way Leaders' Guide

9314 Food with an International Flavor—for 12- to 14-year-olds. Members learn about International foods. They will prepare foods and learn about the culture from these countries: Mexico, Germany, Scandinavia, Italy, and Japan. With the help of neighbors, friends, and relatives of different nationalities, 4-H members can bring each of these lands right into their own meetings.

9314L Food with International Flavor Leaders' Guide

9315 Teens Entertain—for 13 to 15-year-olds. Teens learn how to plan many kinds of fun get-togethers and party foods. They learn to prepare specialty foods such as fondues and a Hawaiian Luau, and more about nutritious vs. calorie filled foods.

9315L Teens Entertain—Leaders' Guide

9316 Advanced Foods—for members who have completed the first 5 phases of foods. Many ideas for activities are listed in the members' guide, or members can plan their own. Ideas include weight control, foods for children, specialty foods, family meals, experimental foods, etc.

### Supplemental Materials for 3rd year & above members:

- 93110 Food for You & Your Family
- 93111 Right Eating & Your Dairy Food Demonstration
- 93112 New Now Nutrition for 4-H Dairy Foods

## Outdoor Cookery

The **Outdoor Cookery** project is for boys and girls who like to cook out-of-doors. The outdoors may be a city park, forest camp, beach, primitive forest, or backyard patio. The project has four divisions designed to be taken in sequence.

- 9312R 4-H Foods Record
- 9321 **Outdoor Cookery I**—Members learn “rules of the woods” and good manners for outdoor living. They learn how to build a safe fire and to prepare some foods over an open fire.
- 9322 **Outdoor Cookery II**—Members plan a complete meal, select a suitable campsite, make safe campfires and camp out-of-doors. They learn to cook over an open fire with green sticks, foil, tin cans, bean hole, barbecue, and skillet. (Can be done in the backyard if no campsite is available.)
- 9323 **Outdoor Cookery III**—Major emphasis includes menu planning, making and using reflector ovens, fish cookery, barbecuing meats and chickens, main dish meals, and improving skills in making salads, desserts and drinks.
- 9324 **Outdoor Cookery IV**—Members continue to practice and improve the skills they have learned and cook more and different meals out-of-doors. Those interested can go on more extensive hikes and camping trips and enjoy outdoor cookery even more. This division may be continued for several years with the members improving their skills and learning new techniques of enjoyable outdoor living.

## Food Preservation

In **Food Preservation** boys and girls learn how to preserve foods by canning and freezing. They learn to select suitable containers and high-quality foods for preservation. They learn approved methods of preparing fruits, vegetables, meats, and prepared foods for canning and freezing. Activities include food preservation contests, judging of canning, and a national awards program in food preservation.

Members enroll in canning or freezing or both at the same time.

- 933R Canning Record
- 9331 **Canning I**—Cold pack canning of tree fruits, berries, and tomatoes and uncooked jams.
- 9332 **Canning II**—Hot pack fruits, pie pack fruits, jams and jellies, and dill pickles.
- 9333 **Canning III**—Vegetable, relishes, and pickles and fruit juices.
- 9334 **Canning IV**—Planning family needs and advanced canning, including meats, pickled and brined foods and combination packs.

- 9335 **Frozen Foods**—Members freeze fruits, vegetables, meats, or prepared dishes. Instructors for all are included in the same project manual.
- C-9485 **Freezing Project Book**
- J 32 Freezing Record

### Supplemental Materials:

- HG 69 Home Care of Purchased Frozen Foods
- HG 10 Home Freezing of Fruits and Vegetables
- EB 688 Freezing Fruits & Vegetables
- HC 93 Freezing Meat and Fish in the Home
- HC 70 Home Freezing of Poultry
- EC 332 Home Drying of Fruits & Vegetables

## Food Fun

The **Food Fun** nutrition project offers a fun way for 9-through 11-year-old 4-H members to learn about nutrition—10 lessons with leaders’ guides filled with activity ideas for teaching good nutrition.

- 9351-9360 10 Food Fun Members’ Leaflets
- 9351L-9360L 10 Food Fun Leaders’ Guides
- 9361L Bag of Tricks—Food Fun games for leaders

## Home Environment

This project is for boys and girls of all ages. Every member can choose to make or re-do something that is needed for his own home. Parents and other adults can help.

Opportunities offered in this project include: making or re-doing articles, learning about color, texture and design, maintaining pleasant surroundings, learning to be a good shopper and telling others something learned in the project. Members enroll according to their age:

- Junior (ages 9, 10, and 11\*)
- Intermediate (ages 12, 13, and 14\*)
- Senior (ages 15, 16, 17, and 18\*)

- 9410 **Create your Home Environment**—Guide for Leaders & Members /74
- 038R My 4-H ..... Project Record

### Supplemental Materials:

- S & H Color . . . Texture . . . Design . . . In Space—Members Manual
- S & H *Leaders’ Guide to Color . . . Texture . . . Design . . . In Space*
- 94104 Storage Slick Tricks

\* Age before January 1 of 4-H Year.

