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(In full)

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

School..... Dist. No. Address.....
 Year 194.....

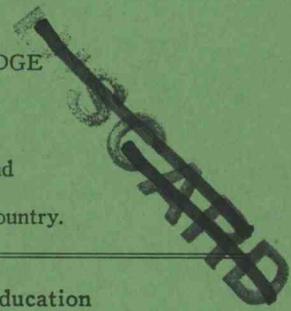
4-H Club Member's Record Book Cookery Project

DIVISION TWO



NATIONAL 4-H CLUB PLEDGE

I Pledge
 my HEAD to clearer thinking,
 my HEART to greater loyalty,
 my HANDS to larger service, and
 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 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

INSTRUCTIONS FOR KEEPING 4-H CLUB RECORDS

1. Follow the directions given on the following pages for keeping your records. READ CAREFULLY.
2. Keep your record up to date so that when you have finished all your work your record book will be complete.
3. Your record book is required and is an important part of your project.
4. Be sure to write a story.
5. Your record book is to be given or sent to your club leader or your County Extension Agent for checking and credit.
6. After all fairs, he will return it to you and we suggest that you keep it. Some day you may wish to try out in a National Contest and it will come in handy.

HAPPINESS RECIPE

If happiness is what you seek,
Live happiness each day.
Be sure that every word you speak
Will make some sad heart gay.
Be sure that ev'ry deed you do,
Regardless of its size,
Will bring a look of hope into
A pair of tear-stained eyes,
And you will find when twilight comes
That you and happiness are chums.

—Em Aitch Dee

Please go to the grocer's and find the price of the following items.

	Price	Number
CARROTS: Cost per bunch		
Number in a bunch		
SALAD OIL: Cost per can or bottle		
Cost per cup (2 cups equal 1 pint)		
COOKING FAT: Kind—cost per pound		
Cost per cup (2 cups equal 1 pound)		
POTATOES: Cost per sack		
Cost per pound—(100 pounds equal 1 sack)		
Number of potatoes in a pound		
CHEESE: Cost per pound		
Cost per cup (5 cups, grated, equal 1 pound)		
RICE: Cost per pound		
Cost per cup (2 cups equal 1 pound)		
LEMONS: Cost per dozen		
Cost per lemon		
BANANAS: Cost per dozen		
Cost per banana		

Please compute the cost of the following recipes.

Cream of Tomato Soup—Cookery Two bulletin

1 cup milk _____
1 cup tomato juice or cooked tomatoes _____
1 T butter _____
 Total _____

Boiled Salad Dressing—Cookery Two bulletin

1 egg
2 T flour
2 T butter
 $\frac{1}{2}$ cup vinegar or lemon juice
 $\frac{1}{2}$ cup milk
Salt and pepper, etc.
Total

Baked Potatoes for four—Cookery Two bulletin

4 large potatoes
4 T butter
Total

Sponge Cake—Cookery Two bulletin

4 eggs
1 cup sugar
1 t lemon juice
 $\frac{1}{2}$ t salt
1 cup cake flour
Total

Macaroni and Cheese—Cookery Two bulletin

1 cup macaroni
2 cups milk
6 T grated cheese
4 T flour
4 T butter
Salt and pepper, etc.
Total

Record the separate dishes prepared on these pages. Please note that four lines have been ruled off for each group. There are seven groups, with two dishes required in each and each dish to be prepared twice, which means 28 dishes, but all four dishes in any group need not be done before going on to the next group. These can be done at times most convenient for you and your mother.

It will be easy to tell when you have done all the work required when every line is filled, won't it? Be sure to put in the (1) date, (2) name of dish, (3) number served.

Date	Group	Name of dish	Number served
Example 6/1/45	<i>Group Two</i>	Cream of tomato soup	2
	<i>Group Two</i>		
	<i>Group Two</i>		
	Soups		
	<i>Group Three</i>		
	<i>Group Three</i>		
	Vegetable salads		
	<i>Group Four</i>		
	<i>Group Four</i>		
	Starch cousins		
	<i>Group Five</i>		
	<i>Group Five</i>		
	Eggs		
	<i>Group Five</i>		
	<i>Group Five</i>		
	Eggs		
	<i>Group Five</i>		
	<i>Group Five</i>		
	Eggs		
	<i>Group Five</i>		
	<i>Group Five</i>		
	Eggs		

Date	Group	What was baked	Number
	<i>Group Eight</i>		
	Sponge type cakes		
		Total	

If you do more baking you may record it on the following lines.

Date	What was baked	Number

MEALS PLANNED AND PREPARED

Menu : 	Date served Number of persons served Name of meal
Menu : 	Date served Number of persons served Name of meal

MEALS PLANNED AND PREPARED—Continued

Menu :

Date served

Number of persons served

Name of meal

Menu :

Date served

Number of persons served

Name of meal

Menu :

Date served

Number of persons served

Name of meal

Menu :

Date served

Number of persons served

Name of meal

Total number of meals served

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?
8. Have you followed the guides to good eating?

Perhaps there are other interesting things you want to tell.

* If more space is required please attach a sheet.

STORY OF MY WORK—*Continued

* If more space is required please attach a sheet.

WORK ACCOMPLISHED

Before starting on this page, be sure you have filled in all necessary blanks on the preceding pages. Carry totals over from pages 6, 7, and 8.

Number of dishes prepared

Total number of persons served from dishes prepared

Total number of meals prepared :

Luncheon or supper

Total number of persons served at meals

Total number of cakes made

BE SURE TO FILL IN THIS PAGE!

SUMMARY

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

Total number of persons served

Club activities for the year

Office held (if any)

Demonstration or judging team

Local leader or assistant

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

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.

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