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(Mo., Day, Year)

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

Post Office ..... Parent's Name .....

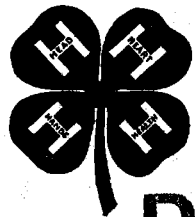
County ..... Name of Club ..... (In full) Club No. ....

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.

## INSTRUCTIONS FOR KEEPING 4-H CLUB RECORDS

Each 4-H Club member is required to keep a businesslike record covering the work done. It is *good business* to keep *complete* and *accurate records*.

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.











## **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*

## 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.

.....

.....

.....

.....

3. What other contests have you entered? (Canning)

.....

.....

.....

4. Club meetings:

How many meetings did your club have this year? .....

How many of the meetings did you attend? .....

What office did you hold in the club? .....

On what committees did you serve? .....

## PROJECT SUMMARY

Division of Project .....

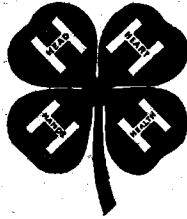
Before starting this page, be sure you have filled in all necessary blanks on the preceding pages. Pencil totals may be filled in at exhibit time so additional preservation may be added later.

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

\* ESTIMATE in number of pints.

## FOOD PRESERVATION GOALS

1. A clean work room and clean utensils.
2. Plenty of water, both hot and cold.
3. Fine quality products, neither too green nor too ripe.
4. A pressure cooker for all low acid products.
5. Care in grading and packing jars.
6. Accurate use of the time table for processing.
7. Jars washed and labeled for storage.
8. A cool, dark room for storage of canned products.
9. A well filled canned products storage room.
10. An economical use of the fruits, vegetables, and meats to extend their period of use.



## 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.