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4-H Home Economics Projects and Materials

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Fun with Children
Caring for Babies
Clothing

Knitting
Food Preparation
Outdoor Cookery

Food Preservation
Enjoy Your Home

This is the largest segment of the 4-H program in Oregon with nearly 25,000 projects annually. Ninety-four percent of these projects are carried by girls. Nearly all of the boys are enrolled in food preparation or outdoor cookery. More boys should be encouraged to enroll in foods and other projects relating to the home. As more

wives are working outside the home, it is important that husbands learn to share the responsibilities of the home. 4-H projects can help teach boys homemaking skills and promote their acceptance of homemaking responsibilities.

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
HE 4-753 Why Toys?

Clothing and Knitting

923R 4-H Clothing and Knitting Record

Girls who enroll in 4-H clothing for the first time should start with Beginning 4-H Clothing unless they are 12 or older and have had some clothing experience. Activities include stitching contests, style revues, and a national awards program. Clothing projects help 4-H members:

- Select clothing which is appropriate, healthful, and economical.
- Improve appearance through health and grooming.
- Learn what is good in color and design.
- Gain knowledge of fabrics, their use and care.
- Learn sewing skills.
- Find joy in making attractive, wearing clothing.

The four manuals for this project 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.

9211, 2 **Beginning 4-H Clothing**—units 1 and 2
9211, 2L *Beginning Clothing 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*

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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 articles include aprons, duffle bags, laundry bags, and show bags. In advanced, the opportunities are unlimited. Boys can make shorts, shirts, pajamas, socks, lined sports coats, tent and tent bag, etc. (No project outline available for advanced.) Boys can participate in country and state style revues.

L 82 **Bachelor Clothing**

922L *Leaders' Guide for Bachelor Clothing*

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.

- 960 **4-H Knitting Members' Guide and Record**
9601 4-H Knitting I Pattern Ideas for first year knitters
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
9234 Pattern Stitch
9235 Four Needles
9236 Mixed Colors
9237 Combined Fabric and Knitting

Foods-Nutrition

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.

94, 5L *Meeting Plan for 4-H Food Clubs—Leaders' Guide*
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 **Food Preparation V**—for 13- to 15-year-olds. Emphasis on yeast breads, cooking tender and less tender cuts of meats and fish, preparing main dish meals, salads, making pies and jellies, buying food wisely, planning a week's menu, planning parties and buffets, making tea and coffee, and serving as a hostess.

9316 **Advanced Foods**—Members should be 15 years old, or in the 9th grade, and have completed at least four years of 4-H food preparation projects. Members plan, prepare and serve breakfast, lunch, and dinner for their families; add recipes to their file box; make a scrap-book and plan; prepare and serve an emergency meal.

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

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**—Vegetables, 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. Instructions for all are included in the same project manual.
- C-9485 **Freezing Project Book**
J 32 Freezing Record
HG 69 Home Care of Purchased Frozen Foods
EB 688 Freezing Preservation of Fruits and Vegetables
HG 10 Home Freezing of Fruits and Vegetables
HG 93 Freezing Meat and Fish in the Home
HG 70 Home Freezing of Poultry
EB 820 Prepared and Precooked Foods for the Freezer

Enjoy Your Home

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. Instead of exhibiting an article at the county fair, the club (or each of the members) can prepare a display that will tell others something learned in the project.

The requirements for each division include the following areas: Making or re-doing an article; learning about color, texture and design, maintaining pleasant surroundings, learning to be a good shopper (for intermediate and senior), telling others something learned in the project.

The three divisions:

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

- 9410L *Enjoy Your Home Guide for Leaders*
S&H *Leaders' Guide to Color . . . Texture . . . Design . . . In Space*
- 9410R *Enjoy Your Home Record*
9411 **Enjoy Your Home Junior**
9412 **Enjoy Your Home Intermediate**
9413 **Enjoy Your Home Senior**
S&H *Color . . . Texture . . . Design . . . In Space—Member's Manual*
- 94101 *Finger Painting*
94102 *Easy Picture Matting*
94103 *How to Make a Display*
94104 *Storage Slick Tricks*
K 19 *Work Sheets, Color, and Room Arrangement*

* Age before January 1 of Club Year.

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