

1977-78

# DISCARD Home Economics Projects and Materials

DOCUMENT  
COLLECTION  
OREGON  
COLLECTION

Beginning Home Economics  
Child Development  
Home Environment

Clothing  
Knitting  
Crocheting

Food Preparation  
Outdoor Cookery  
Food Preservation  
Food Fun (Nutrition)

The Oregon State University Extension Service through county Extension offices provide 4-H publications and certain other 4-H materials to enrolled 4-H leaders and members. A few items must be purchased.

4-H materials are not generally available to the public except that teachers and leaders of other youth groups may request single copies of most items. A few items are available for sale to the public.

This form is intended to provide a brief overview of the home economics projects and to assist you in determining the 4-H literature your group will need this year. Please do not order materials you or your 4-H'ers already have or will not use this year. While literature is provided at no charge (except for special items) to the leader or member, publications are a significant expense and discretion is desirable. In many instances a "club library" can be used rather than everyone needing copies of the materials.

Each Extension office will have its own methods and procedures for handling literature. We suggest you note in the margin the number of copies needed of the various items, then submit this form together with enrollment materials to the office secretary. When your order is filled this form will be returned with the materials.

Members' manuals and some record sheets are provided upon enrollment. Leaders also receive appropriate leaders' guides. Supplemental publications should be ordered as needed. Adult subject matter bulletins are also available from the county Extension office.

## Teaching Aids

Through contributions to the Oregon 4-H Club Foundation a statewide audio-visual library has been established to assist 4-H leaders in their educational efforts.

A catalog of available materials (both state and county) together with procedures for ordering is available at the county Extension office.

## Home Economics

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.

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

## Members' Materials

- ....032 **My 4-H Records Folder**—all new 4-H members may have one, if needed, for their 4-H materials.
- ....039R **My 4-H Notes**—this ruled sheet is for members to keep a narrative record of their 4-H work for the year. Optional.
- ....033R **My Permanent 4-H Club Record**—recommended for second-year members who want to keep a combined record of their 4-H activities and accomplishments. It will be needed when applying for certain trips, scholarships, and other awards.
- .... **4-H Song Sheet**—one for each member if desired.
- .... **Oregon 4-H Sings**—a pocket-sized song book with words and music of 4-H and other favorite songs—25¢ per copy.
- ....0310 **4-H Show and Tell**—an introduction to presentations for younger members.
- ....0311 **You Present: Demonstrations, Illustrated Talks, Speeches**—for older members.

## Leaders' Materials

- ....0215L *Let's Organize a 4-H Club*
- .... *Leaders' Handbook*—a nine section reference dealing with what is 4-H, 4-H leadership, how clubs function, working with boys and girls, activities, recognitions and awards, etc.
- ....027L *Tours—A Teaching Tool: Leaders' Guide*
- ....028L *4-H Opens the Door for the Mentally Retarded*
- ....029L *4-H Advancement Program Leaders' Guide*
- ....0210L *4-H Reaches Out to Youth with Special Needs*
- ....0211L *4-H Record Keeping, A Guide for Leaders*
- ....0212L *Youth and Accomplishments: A Guide for Leaders*
- ....0225L *Judging Teaches Decision Making, Leaders' Guide*
- ....0226L *4-H Demonstrations and Illustrated Talks, Leaders' Guide*
- .... *Safety Handbook for Leaders*
- .... *Backyard Wildlife Program Kit*
- .... *Black & Gold, 3-ring, 4-H Notebook (purchase item)*



OREGON STATE UNIVERSITY  
**EXTENSION  
SERVICE**

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## Parent Materials

- ....0317 You Have Become a 4-H Parent. A one sheet discussion of roles a 4-H parent can perform.

## Officers' Materials

- ....035 Manners for 4-H Meetings—(2) for president and vice-president  
....036 4-H Secretaries' Book  
....037 Headlining 4-H—for news reporter.

## 4-H Member Recognition Items

The First National Bank of Oregon, in cooperation with the Oregon 4-H Club Foundation provides the following recognition items.

Please check with your members and do not order items they already have or that have been ordered for them through another club.

- .... First year member—4-H member's button.  
.... Second year member—Chevron patch. Green and white washable fabric, circular, 1 $\frac{3}{4}$  inches in diameter. To be sewn on cap, jacket, shirt or blouse.  
.... Third year member—Oregon 4-H pin with safety catch.

## Food Fun (Nutrition Leaflets)

All 4-H clubs are encouraged to include at least one lesson in nutrition. Select one or more of the following for a fun way to teach nutrition. Order one leaflet for each member, a leaders' guide will be included. If you want to teach by games and puzzles, order the "Bag of Tricks," too.

- ....9351 Super Snacks  
....9352 Mighty Milk  
....9353 Vitamin C for You and Me  
....9354 Meet the Meat Group  
....9355 Bring in Bread & Cereals  
....9356 Eat Your Way to Vitamin A  
....9357 Milky Ways  
....9358 Meat & More  
....9359 Amazing Ways With Grains  
....9360 Get It All Together  
....9361L Bag of Tricks (Nutrition games)

## Community Pride Activity

4-H members are encouraged to study, plan, and work to improve their communities. Improvements may include beautification, conservation, safety, health, recreation, services, communication, and government. A leaders' guide and additional information are available from Extension offices.

- ....0214L Community Pride Leaders' Guide

## Junior Leadership

The Junior Leadership project is designed to help older boys and girls develop their leadership abilities. Junior leaders share responsibilities with an adult leader in leading a 4-H club.

Junior leaders provide valuable leadership for the club, but the major objective of the project is to provide leadership experiences for the junior leader.

Junior leaders must be in the 7th grade or higher, have had one or more years of satisfactory 4-H or equivalent group experience, and have the approval of the adult leader.

- ....651 Oregon Junior Leadership  
....651R Junior Leadership Record  
....651L Junior Leadership Leaders' Guide

## Beginning Home Economics

This project is for 4th and 5th graders who want to begin by doing several home economics activities in the areas of foods, clothing, child care, and interior design. It is planned to teach basic knowledge and skills in home economics.

- ....901 The Beginner's Project—Members' Guide  
....038R My 4-H ..... Project Record  
....901L The Beginner's Project—Leaders' Guide

## Child Development\*

The Child Development project has two sections. One focuses on experiences with pre-school children; the other on the care of babies:

- Fun with Children (grades 4, 5, and 6)  
Caring for Babies (grade 7 and over)

"Fun with Children" is divided into four parts, each emphasizing a certain type of activity. Members may do one part each year or more than one part. They may enroll in a Child Development Club or work on some of the activities in another club (such as Foods or Clothing) or by themselves. Leaders will need to help members plan for the project.

"Caring for Babies" is designed to focus on skills useful for babysitting activities and parenthood preparation. It can be used in a club setting with a series of ten or more meetings or as a basis for a concentrated short-term project preparing youth for baby-sitting activities.

### Unit 1:

- ....911 Fun with Children—Introduction  
....9111 Stories and Make-Believe Activities  
....9112 Art and Music Activities  
....9113 Toys and Play Activities  
....9114 Nature and Animal Activities  
....911R Record Book for Fun with Children  
....911L Leaders' Guide for Fun with Children

### Unit 2:

- ....912 Caring for Babies—Introduction  
....9121 Caring for Babies—Growth and Development  
....9122 Caring for Babies—Diapering Baby  
....9123 Caring for Babies—Feeding the Tiny One  
....9124 Caring for Babies—Feeding a Bigger One  
....9125 Caring for Babies—Bathing a Baby  
....9126 Caring for Babies—Playing with Baby  
....9127 Caring for Babies—Toys for Baby  
....9128 Caring for Babies—Safety for Baby  
....9129 Caring for Babies—Being a Sitter  
....912R Caring for Babies Record  
....912L Caring for Babies Leaders' Guide

## Home Environment

The **Home Environment** project is for boys and girls of all ages. Every member can choose to make or re-do something that is needed for his or her 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 grade in school:

Junior (grades 4, 5, and 6)  
Intermediate (grades 7, 8, and 9)  
Senior (Grades 10, 11, and 12)

- ....9410 **Create Your Home Environment**—Guide for Leaders and Members  
....038R My 4-H ..... Project Record

**Supplemental materials**—order only as needed.

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

## Clothing

Through the **4-H Clothing** project, boys and girls have opportunities to develop decision-making abilities, express themselves creatively, and gain knowledge and skills in the area of clothing and personal appearance.

The project consists of a series of nine progressive skill levels incorporating activities in five learning areas:

Planning and evaluation  
Individual development and outreach  
Management, consumership, and wardrobe-building  
Textiles  
Construction

Skill Level I materials were introduced last year; materials for Skill Levels 2 and 3 are new this year. New literature for Skill Levels 4-9 will be phased in over the next several years, replacing the Sub-Deb, Junior Miss, and Oregon Miss material.

The nine skill levels and suggested learning activities are described in the 4-H Clothing Program Guidelines for Leaders.

*All Skill Levels:*

- ....9210L *4-H Clothing Program Guidelines for Leaders*  
....\*921R 4-H Clothing Record

*Skill Level 1:*

- ....9211 **The 4-H Clothing Project—Skill Level I**  
....92111 Sewing Equipment  
....92112 Cutting Skills  
....92113 Basic Handsewing Skills  
....92114 Woven, Knit, and Other Fabrics  
....92115 The Sewing Machine  
....9211L *Clothing Project Leaders' Guide—Skill Level I*  
....921L *Felt Quicksies*  
....EC 893 *Sewing Equipment—What Do You Need?*  
....EC 895 *Cutting Skills for Garment Construction*  
....EC 894 *Basic Handsewing Stitches*  
....EC 897 *The Structure of Woven, Knit, and Other Fabrics*

*Skill Level 2:*

- ....\*9212 **The 4-H Clothing Project—Skill Level 2**  
....\*92122 Pressing Skills  
....\*92123 Plain Seams and Their Finishes  
....\*92124 Facings and Enclosed Seams  
....\*92125 Hemming Skills  
....9212L *Clothing Project Leaders' Guide—Skill Level 2*  
....\*EC 924 *Pressing*  
....\*EC 922 *Plain Seams and Seam Finishes*  
....\*EC ..... *Facings*  
....\*EC 933 *Hems*

*Skill Level 3:*

- ....\*9213 **The 4-H Clothing Project—Skill Level 3**  
....\*92132 **How to Construct Darts**  
....\*92133 Easing and Gathering  
....\*92134 **Centered and Lapped Zippers**  
....9313L *Clothing Project Leaders' Guide—Skill Level 3*  
....\*EC 930 *Darts*  
....\*EC 923 *Ease and Gathers*  
....\*EC ..... *Zippers*

*Skill Level 4:*

- ....9214 **4-H Sub-Deb Clothing—Unit 4**  
....9214L *Sub-Deb Clothing Leaders' Guide*

*Skill Levels 5 and 6:*

- ....9215, 6 **4-H Junior Miss Clothing—Units 5 and 6**  
....9215, 6L *Junior Miss Clothing Leaders' Guide*

*Skill Levels 7, 8, and 9:*

- ....9217, 8 **4-H Oregon Miss Clothing—Units 7 and 8**  
....9217, 8L *Oregon Miss Leaders' Guide*

**Supplemental materials**—order only as needed.

- ....9204 4-H'ers Be a Model Everyday (Skill Level 2)  
....PNW 166 Removing Stains from Fabrics (Skill Level 6)  
....EC 892 Decisions about Recycling Clothing (Skill Levels 7, 8 and 9)  
....EC 891 How to Recycle Clothing by Restyling and Making Over (Skill Levels 7, 8, and 9)

## Knitting

In the **Knitting** project, members can learn knitting skills for making useful articles for themselves and others. Also included are opportunities to learn about color, design, and the care of knitted articles. The project has seven phases and may be continued for seven or more years.

- ....960 **4-H Knitting Members' Guide and Record**  
....9601 **The ABC of Knitting**—Members' Guide from Coats & Clark (right-handed)  
....96011 **The ABC of Knitting**—Members' Guide from Coats & Clark (left-handed)  
....96012 **First Projects**—Members Guide from Coats & Clark  
....96013 **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*  
....961L *4-H Knitting Skills* (provided to leaders, may be purchased by members)

\* These revised materials were in the process of being printed as of August 15. Copies will be sent to organized clubs as soon as supplies arrive in county Extension offices.

Also available to members are the following "Learn to Knit" references, as long as they are in supply:

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

## Crocheting

The **Crocheting** project offers opportunities for boys and girls to develop skills that can be useful and bring pleasure throughout a lifetime. Objectives include learning to select, use, and care for crocheting tools; read and follow crocheting instructions; and create articles for themselves and others to supplement wardrobes and enhance home environments. The project has a sequence of six phases.

- ....9621 **ABC of Crocheting**—Members' Guide from Coats & Clark (right-handed)
- ....96211 **ABC of Crocheting**—Members' Guide from Coats & Clark (left-handed)
- ....96212 **Crochet Projects**
- ....038R My 4-H ..... Project Record
- ....962L **Crocheting Leaders' Guide**

## Food Preparation

Everyone likes to eat. And most people, when they have learned how, enjoy cooking. In the Food Preparation project, members can learn to select and prepare foods and to plan and prepare nutritious, attractive, and well-balanced meals. Although preparation skills are the major focus of the project, activities are included in six learning areas:

- Preparation
- Serving and courtesy
- Food safety and storage
- Nutrition
- Management
- Consumership

### All Units:

- ....9310L **4-H Food Preparation Guidelines for Leaders**
- ....9312R **4-H Foods Record**

### Unit 1:

- ....9311 **Tricks for Treats**—for 4th and 5th graders, to make learning simple, exciting, and fun. Foods prepared include cocoa, sandwiches, soups, fruit desserts, one-dish meals, biscuits, cookies, and kabobs.
- ....9351 **Super Snacks**
- ....9352 **Mighty Milk**
- ....9311L **Tricks for Treats Leaders' Guide**
- ....9351L **Super Snacks Leaders' Guide**
- ....9352L **Mighty Milk Leaders' Guide**

### Unit 2:

- ....9312 **All American Foods**—for 5th and 6th graders who have had some experience in food preparation. Emphasis is on the development of food preparation skills, spiced with facts and folklore about foods in different parts of America.
- ....9353 **Vitamin C for You and Me**
- ....9356 **Eat Your Way to Vitamin A**

- ....EC 776 **Focus on Nutrition: Cooking Information**
- ....EC 825 **Focus on Nutrition: Serve Homemade Quick Bread**
- ....EC 827 **Focus on Nutrition: Serve Vegetables**
- ....9312L **All American Foods Leaders' Guide**
- ....9353L **Vitamin C for You and Me Leaders' Guide**
- ....9356L **Eat Your Way to Vitamin A Leaders' Guide**

### Unit 3:

- ....9313 **Meals for Today—The Easy Way**—for 6th, 7th, and 8th graders. Members are introduced to main dish mixes, dehydrated ingredients, new discoveries in cookware, and other convenience products.
- ....9359 **Amazing Ways with Grains**
- ....9360 **Get It All Together**
- ....EC 911 **Nutrition Labeling**
- ....93131 **Basics About Beef**, Oregon Beef Council
- ....93132 **Cakes**
- ....93133 **Pasta Primer**
- ....9313L **Meals for Today Leaders' Guide**
- ....9359L **Amazing Ways with Grains Leaders' Guide**
- ....9360L **Get It All Together Leaders' Guide**

### Unit 4:

- ....9314 **Teens Entertain**—for 7th, 8th, and 9th graders. Teens learn how to plan many kinds of fun get-togethers and party foods. They prepare specialty foods such as fondues and a Hawaiian luau, and learn more about nutritious vs. high-calorie foods.
- ....93141 **The World of Wheat**, Oregon Wheat Commission
- ....93142 **Baker's Dozen**
- ....93143 **Bake-a-Bun**
- ....93144 **Bake-it-Easy Yeast Book**
- ....9314L **Teens Entertain Leaders' Guide**
- ....EC 915 **Choosing and Using Electric Skillets**
- ....EC 896 **Choosing and Using Slow Cookers**

### Unit 5:

- ....9315 **Food with an International Flavor**—for 8th, 9th, and 10th graders. Members prepare foods and learn about the cultures of Mexico, Germany, Scandinavia, Italy, and Japan.
- ....9315L **Food with an International Flavor Leaders' Guide**

### Unit 6:

- ....9316 **Advanced Foods**—for members who have completed the first five units. Ideas for activities are listed in the guide or members can plan their own activities. Ideas included relate to weight control, foods for children, specialty foods, family meals, and experimental 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.

- ....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. This division may be continued for several years with the members improving their skills and learning new techniques of enjoyable outdoor living.
- ....9321R **4-H Foods Record**, all units.

- ....EB 820 Prepared and Precooked Foods for the Freezer
- ....EB 685 Making Berry Syrups at Home
- ....HG 106 Home Canning Meat and Poultry
- ....HG 93 Freezing Meat and Fish in the Home
- ....SG 7 Home Freezing of Seafoods
- ....FS 21 Canning Tuna and Salmon at Home
- ....EB 790 Game Foods
- ....EB 800 Treats with Venison
- ....FS 146 Home Drying of Prunes, Filberts, and Walnuts
- ....FS 213 Preserving Foods at Home Without Salt or Sugar  
Appropriate junior or intermediate supplemental materials not previously received.

## Food Preservation

The **Food Preservation** project provides opportunities for members to learn principles of safe food preservation; practice techniques in canning, freezing, and drying foods; and use preserved foods creatively in meals and snacks. Members enroll according to grade in school:

- Junior (grades 4, 5, and 6)
- Intermediate (grades 7, 8 and 9)
- Senior (grades 10, 11, and 12)

### All Units:

- ....9331L **4-H Food Preservation—Leaders' Guide**
- ....933R **4-H Food Preservation Record**

### For Juniors:

- ....93310 **4-H Food Preservation for Juniors**
- ....93311 **Ways Food is Preserved**
- ....93312 **Canning Equipment**
- ....93313 **Labeling Preserved Foods**
- ....93314 **Using Preserved Foods Safely**

### Supplemental materials for juniors—order only as needed.

- ....HG 56 How to Make Jellies, Jams, and Preserves at Home
- ....EC 864 Home Freezing of Fruits and Vegetables
- ....HG 8 Home Canning of Fruits and Vegetables
- ....93315 Pie Pack Method of Canning Fruits
- ....FS 232 Making Dried Fruit Leather

### For Intermediates:

- ....93320 **4-H Food Preservation for Intermediates**
- ....93322 **Family Food Preservation Plan**  
Appropriate junior division material not previously received.

### Supplemental materials for intermediates—order only as needed.

- ....EC 889 Drying Fruits and Vegetables at Home
- ....HG 92 Making Pickles and Relishes at Home
- ....EC 696 Fresh Fruit and Vegetable Availability in Oregon.  
Appropriate junior division supplemental materials not previously received.

### For Seniors:

- ....93330 **4-H Food Preservation for Seniors**  
Appropriate junior or intermediate division materials not previously received.

### Supplemental materials for seniors—order only as needed.

- ....EC 873 A Daily Food Guide
- ....93331 Making Maraschino Cherries at Home

## Food Fun

**Food Fun** offers a fun way for 4th through 6th graders to learn about nutrition. It consists of 10 lessons with leaders' guides filled with activity ideas for teaching good nutrition.

Lessons may be used individually to supplement other home economics projects such as clothing, knitting, outdoor cookery, or all ten lessons can be used together as a 4-H Food Fun project.

- ....9351 **Super Snacks**
- ....9351L **Super Snacks Leaders' Guide**
- ....9352 **Mighty Milk**
- ....9352L **Mighty Milk Leaders' Guide**
- ....9353 **Vitamin C for You and Me**
- ....9353L **Vitamin C for You and Me Leaders' Guide**
- ....9354 **Meet the Meat Group**
- ....9354L **Meet the Meat Group Leaders' Guide**
- ....9355 **Bring in Breads & Cereals**
- ....9355L **Bring in Breads & Cereals Leaders' Guide**
- ....9356 **Eat Your Way to Vitamin A**
- ....9356L **Eat Your Way to Vitamin A Leaders' Guide**
- ....9357 **Milky Ways**
- ....9357L **Milky Ways Leaders' Guide**
- ....9358 **Meat & More**
- ....9358L **Meat & More Leaders' Guide**
- ....9359 **Amazing Ways with Grains**
- ....9359L **Amazing Ways with Grains Leaders' Guide**
- ....9360 **Get It All Together**
- ....9360L **Get It All Together Leaders' Guide**
- ....9361L **Bag of Tricks (Nutrition Games)**
- ....038R My 4-H ..... Project Record

## Group Determined Project

A group determined project is one that allows an adult or teen volunteer and group of young people to select, plan, develop and evaluate their own project. Such a project may:

- take a different direction or expand upon an existing project;
  - be one not currently available through the Oregon State University Extension Service.
- ....0227L **We Decide, Leaders' Guide** (A guide for development of a group determined project.)

\* This project is undergoing a revision. Leader and member materials are planned for availability in the fall. Copies will be sent to organized clubs as soon as supplies arrive in county Extension offices.