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DOCUMENT COLLECTION OREGON COLLECTION
Parent's Name.....
(In full)

County..... Name of Club..... Club No.....

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

School..... Dist. No. Year 19.....

4-H Club Member's Record Book Cookery Project

DIVISION THREE—DINNER CLUB
Junior or Senior



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

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. Record everything that you make. Add pages if necessary.
3. Your record book is required and is an important part of your project.
4. Be sure to write a story.
5. Junior members (those of you who have not reached your 15th birthday by January 1 of this year) fill in project summary under "Junior" column.
6. Senior members (those of you who have passed your 15th birthday by January 1 of this year) fill in project summary under "Senior" column.
7. Your record book is to be given or sent to your club leader or your County Extension Agent for checking and credit.
8. After all fairs, your record book will be returned to you and we suggest that you keep it. Someday you may wish to enter a National Contest and it will come in handy.

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 to the fulfillment of these things which I believe.

THREE EASY STEPS IN KEEPING YOUR RECORDS

STEP ONE

Record
Book
pp 4, 5

How to find the cost of different foods such as sugar, butter, eggs, bread, etc.

1. Let some of the members visit the grocery store and get the prices of all the different foods listed on pages four and five of the record books.
2. At the next club meeting divide the list of foods among the members to find the cost of the amount usually called for in a recipe. For example, sugar—2 cups in a pound costing 8¢ a pound, one cup would cost 4¢. Put these costs in the column headed cup or teaspoon.
3. Use these costs every time the food is used in preparing a dish or meal even though prices change.

STEP TWO

Record
Book
pp 6, 7

How to figure the cost of any recipe or dish.

Let's take sponge cake. Use the figures found in step one:

3 eggs15
1 c sugar04
1 c flour01
	<hr/>
	.20

STEP THREE

Record
Book
pp 8, 9

How to figure the cost of a meal.

1. At first plan meals using recipes already used as individual dishes.
2. Write the menu this way:

Breakfast

Apple sauce12
Oatmeal (cream and sugar)15
Toast with butter (12 slices) ..	.20
Milk (for 2 children)11
	<hr/>
	.58

If mother and father drink tea or coffee it won't be necessary for the club member to figure the cost as it would be less than one cent per cup.

* * * * *

USE EXTRA SPACES FOR EXTRA DISHES AND MEALS. IF MORE SPACE IS NEEDED, ADD EXTRA SHEETS.

Don't guess, figure.

Use this table in computing costs.*

PRICE LIST OF FOODS

Food material	Relative		Price paid in local market	Cost per cup or teaspoon	Food material	Relative		Price paid in local market	Cost per cup or teaspoon
	Wt.	Meas.				Wt.	Meas.		
FAT:					CEREALS:				
Butter	1 lb.	2 c	Finely ground ...	1 lb.	3 c
Cream	1 lb.	2 c	Flaked	1 lb.	7 c
Salad oils ...	1 lb.	2 c	Chopped	1 lb.	3½ c
Other fats ...	1 lb.	2 c	Whole	1 lb.	2½ c
FLOUR:					SUGAR:				
White	1 lb.	4 c	Granulated ..	1 lb.	2 c
Whole wheat	1 lb.	3½ c	Powdered ...	1 lb.	4 c
Other	1 lb.	3 c	MILK				
BAKING POWDER ..					2 lbs.	1 qt.
½ lb.	50 tsp.	EGGS					
CORN-STARCH ..					1 lb.	1 doz.
1 lb.	3 c	CHEESE:					
BREAD					American, grated	1 lb.	2 c
(½" slices) ..	1 lb.	12	FRUITS:				
CRACKERS:					Dried Raisins (seedless) ..	1 lb.	2 c
(White)	1 lb.	120	Figs or dates	1 lb.	1½ c
Graham (large)	1 lb.	30	Prunes	1 lb.	2½ c
					Canned	4 c or 1 qt.
					Citrus	1 doz.

* It is not necessary to compute these costs all at one time. When a food is used for the first time, compute the cost and record in the proper place, thereafter use the costs so found whenever the food is used.

PRICE LIST OF FOODS—Continued

Food material	Relative		Price paid in local market	Cost per cup or teaspoon	Food material	Relative		Price paid in local market	Cost per cup or teaspoon
	Wt.	Meas.				Wt.	Meas.		
Fruits, continued					NUTS:				
Raw	1 lb.	3 apples			Shelled	1 lb.	4 c		
					CHOCOLATE	1 lb.	16 sq.		
					COCOA	1 lb.	4 c		
VEGE. TABLES:									
Leafy (shredded) ..	1 lb.	3 1/2 c							
					JELLO	3 1/2 ozs.	8 T		
Root	1 lb.	3 potatoes			GELATIN ...	1 1/2 ozs.	4 T		
					VINEGAR ...		4 c or 1 qt.		
Other									
					Other products				
MEAT	1 lb.	3 servings							

SEPARATE DISHES PREPARED AS PART OF A MEAL
 (Record for all dishes prepared.)

Date	Name of dish	Number served	Cost
Example 6/1/52	Strawberry Shortcake	6	35¢
Total each column			

SEPARATE DISHES PREPARED AS PART OF A MEAL—Continued

Date	Name of dish	Number served	Cost
	Totals brought forward		
	Grand totals		

Additional sheets should be added for recording extra dishes.

BAKING RECORD

Date	What was baked	Number	Cost	Date	What was baked	Number	Cost
	Total each column						

MEALS PLANNED AND PREPARED

(Record for all meals prepared.)

Menu:	Date served
	Number of persons served
	Total cost of meal
	Cost per person
	Name of meal
Menu:	Date served
	Number of persons served
	Total cost of meal
	Cost per person
	Name of meal
Menu:	Date served
	Number of persons served
	Total cost of meal
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	Number of persons served
	Total cost of meal
	Cost per person
	Name of meal

MEALS PLANNED AND PREPARED—Continued

(Record for all meals prepared.)

Menu :	Date served Number of persons served Total cost of meal Cost per person Name of meal
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STORY OF MY WORK*

Tell what you feel you have gained from this year's club work. Mention any safety measures you learned and any activities you took part in as music, recreation, achievement days, health, etc., and any better ways that you've learned of doing things.

* If more space is required please attach a sheet.

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? (Dollar Dinner, Bread or Cake Baking)

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.....

4. Club meetings :

How many meetings did your club have this year?

Number you attended

What office did you hold in the club?

On what committees did you serve?

MINIMUM REQUIREMENTS AND PROJECT SUMMARY

Division: Junior Senior (Check one)

Prepare and serve (at home or at club) the following foods and meals.

Item	Junior		Senior	
	Minimum requirements	What I did	Minimum requirements	What I did
<i>Foods</i>				
Number of vegetable dishes prepared	5		10	
Number of meat dishes prepared	5		10	
Number of yeast bread bakings	5		10	
Number of pies baked		5	
Number of other dishes prepared or baked	
Total foods prepared				
<i>Meals</i>				
Number of family meals prepared and served..	5		7	
Number of guest meals prepared and served ..	1		2	
Total meals served				



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.