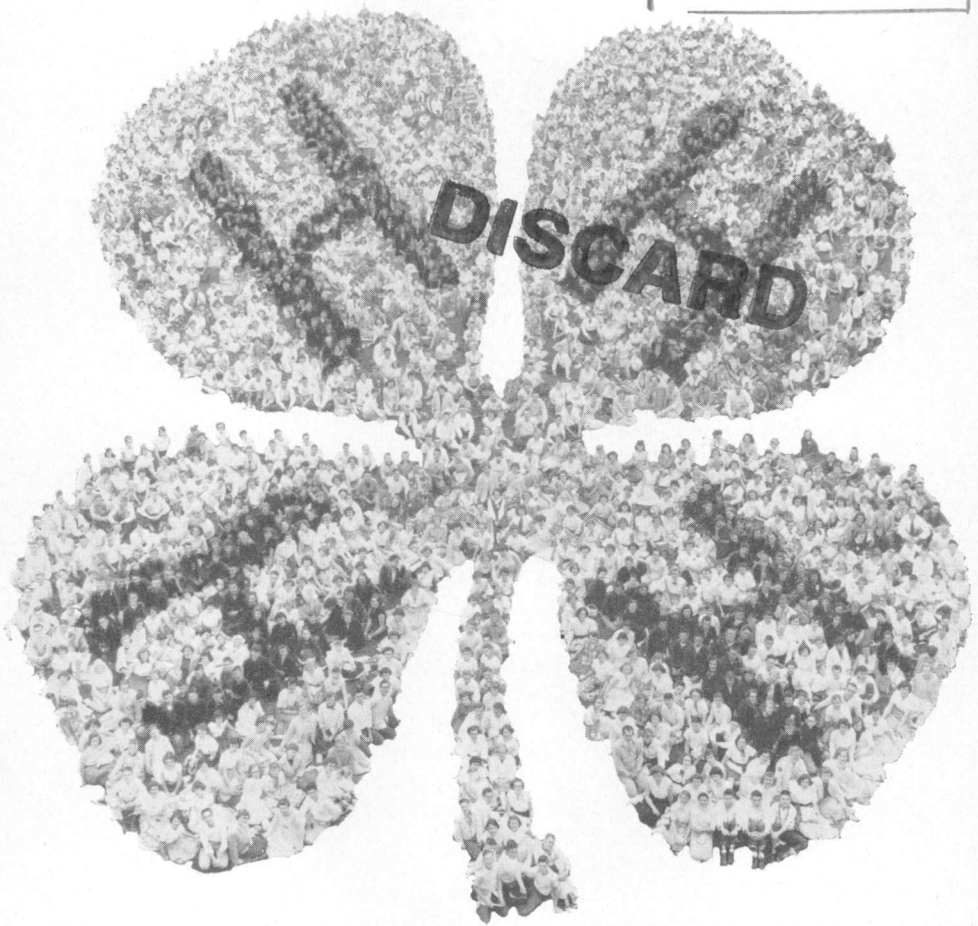


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Oregon 4-H Club Project Handbook

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"Make the Best Better"

Club Series A-48

October 1954

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 cooperating. Printed and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.



This 4-H Club Project Handbook is written for you. The Oregon 4-H Club Department of the Oregon State College Extension Service is pleased to provide this introduction to 4-H.

Parents, along with the young ladies and young men of their families, naturally are interested in learning about the type of activity provided for their young folks in 4-H. This project handbook provides a brief story of what is done and why it is done.

The volunteer 4-H Club leader long has wanted a digest of project requirements, as well as the basic purposes of certain projects and activities. This "get-acquainted" booklet supplies that information. It is anticipated that leading a 4-H club will be made easier for the leader now that the project handbook is available. The junior leaders will find it most helpful with their work in this rapidly growing leadership force throughout Oregon.

Members of the home economics extension units in various counties now have the project handbook to use in providing information about 4-H in their respective communities.

The County Extension Agents have many calls for information on various 4-H projects and activities. The project handbook likewise will aid them in serving all who are interested in 4-H Club work.

The State 4-H Club Department suggests that you read the entire handbook. It won't take long. It tells a real story. It tells about the worthwhile opportunities available to the Oregon boys and girls as they have fun "making their own best better" in 4-H.

Oregon 4-H Club Work . . .

- is the youth program of the Oregon State College Extension Service in cooperation with the U. S. Department of Agriculture and the various counties and cities in Oregon.
- is for all boys and girls between the ages of 9 and 21. To be a 4-H Club member in Oregon, a boy or girl must have passed his 9th birthday and not have passed his 21st birthday on January 1 of the current club year.
- gives thousands of club members in Oregon an opportunity to be one part of the two million club members in the United States. Through 4-H Club work they are linked with other young people in the United States and throughout the world.
- teaches boys and girls through projects and activities:
 - ✓ desirable skills, attitudes, and ideals for better living.
 - ✓ responsibility for self, family, and community.
 - ✓ cooperation—how to work with others.
 - ✓ leadership—how to help others.
 - ✓ courtesy—to get along with others.
 - ✓ health habits for healthful living.
 - ✓ good grooming for better looks.
 - ✓ confidence in themselves.
 - ✓ pride in a good job well done.
 - ✓ to finish what they begin.
 - ✓ appreciation of nature, beauty, music, and life itself.
 - ✓ conservation and proper use of natural resources.
 - ✓ ambition and desire for better things and better living.

4-H Club Members' 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.

4-H Club Motto

To Make The Best Better

Oregon 4-H Club Projects

Child Care	Horticulture
Clothing for Boys	Junior Leadership
Clothing for Girls	Knitting
Crafts	Livestock
Electricity	Marketing
Entomology	Photography
Field Crops	Poultry
Food Preservation	Safety
Foods	Soil Conservation
Forestry	Tractor
Health	Wildlife
Homemaking	Woodworking

Child Care

This project is for club members 12 years of age or older. Interesting experiences are in store for them. They will work with children. Learning more about children will help the club members understand themselves better, too.

- Take care of a child 1 to 6 years old at least 25 waking hours.
- Take part in a group activity for small children, such as a story hour, a party, or several children playing together.
- Make one or more simple toys, arrange a play corner, make a picture scrapbook or a garment for a child.
- Help with each of the following jobs:
 - ✓ Give a child a bath and clean up afterwards,
 - ✓ Dress a child or help him dress himself.
 - ✓ Prepare food and help him during his meal.
 - ✓ Assist a child in undressing and going to bed.

Clothing For Boys

Bachelor Sewing. Boys have an opportunity to learn to sew on a sewing machine. They learn some of the essentials in the selection and care of their clothes and how to be neat and well groomed.

- Make a cap or chef's apron, pot holder, first aid kit, or a carpenter's apron and tool kit.
- Learn to darn a sock, make a patch, and sew on buttons.
- Make a knife or hatchet sheath.
- Learn to press trousers.

Clothing for Girls

The 4-H Clothing project will help girls develop into well-dressed, poised, and charming persons who can take their rightful places in their communities. To achieve this goal, there will be help given in the selection of clothes, in sewing methods, health and grooming tips, in learning to buy wisely, and in finding pleasure in doing something for other people.

Just So Girl. For 9 or 10 year olds with no experience in sewing. They will learn to:

- Select and use sewing supplies.
- Make a needle case or pin cushion, a head scarf, and a toy or bean bag.
- Improve their personal appearance.
- Care for their clothes.
- Enjoy doing something for others.

Sew It's Fun. For 10 or 11 year olds with some previous sewing experience. Members learn to use the sewing machine.

- Make a scarf or kerchief, pot holder, and drawstring apron.
- Begin to learn about selection and handling of fabrics.
- Learn some basic sewing techniques.
- Learn to sew on buttons.
- Emphasize graceful posture for self-improvement.
- Do something for others.

Charmingly Yours. For 11 to 13 year olds with previous hand and machine sewing experience.

- Make a peasant apron and a dirndl skirt.
- Make a garment protector and laundry bag to take better care of clothes.
- Learn how to buy socks.
- Learn how to improve grooming by caring for the hair.
- Do something for others.

Teen Age Miss. For 12 to 14 year olds depending on their experience. The girls have a chance to learn how to use a commercial pattern in making a simple cotton blouse and dress.

- Make a blouse and dress.
- Buy a blouse.

- Show someone how to use a pattern, several helpful hints in making a garment, and points to consider in selecting a blouse or in caring for a blouse.
- Participate in dress revue.

Clothes for Fun and Sun. This project is planned so that it can be taken more than once. Girls can make different garments each year to fit into their wardrobes.

- Make any two of the following:
 - ✓ Slacks, pedal pushers, or shorts and a blouse, halters, or bodice to be worn with the one chosen.
 - ✓ Sun suit or bathing suit.
 - ✓ Beach coat.
 - ✓ Robe, housecoat, or brunch coat.
 - ✓ Pajamas.
 - ✓ Blouse and skirt.
 - ✓ Dress of cotton or cotton-like fabric.
- Choose to:
 - ✓ Repair and launder play clothes.
 - ✓ Buy a sweater or a skirt.
 - ✓ Wash a sweater several times; iron a blouse several times.
 - ✓ Make a pressing ham; check your sewing supplies and equipment and arrange for ease in sewing.
 - ✓ Do something thoughtful for someone.

Clothing IV Best Dress. When girls need a best dress or a party dress in their wardrobes, they should enroll in this project. They will have more experience in working with commercial patterns, learn more difficult techniques in sewing and handling better fabrics, and improve their ability to buy wisely.

- Make either a best dress costume or a party dress.
- Make or buy a slip.
- Renovate a garment.
- May enter the Wool Sewing Contest and Dress Revue.

Clothing V Winter Street or School Costume. When the older girls need a tailored dress or suit or dress and coat in their wardrobe they should enroll in this project. They will have more experience in choosing patterns and fabrics, altering patterns, tailoring, fitting, wise buying, and in the selection of accessories.

- Make a tailored or semi-tailored dress, or a suit or coat.
- Make or buy a slip.
- Assemble accessories to complete the costume.
- Remodel a garment for self or others.
- May enter the Wool Sewing Contest and Dress Revue.

Crafts

This project is available in certain counties. Talk to the County 4-H Extension Agent about it.

Electricity

First Year. This project is being revised. Requirements will be announced later. Project materials will not be available until January 1955.

Second Year. For club members who want to learn more about electricity; they study

- Meter reading
- Connecting light switches and lamps
- How wiring plans are made
- Principles of good wiring practice
- Improved house wiring plan
- Appliance maintenance
- Building an electrical device, and
- Do experiments.

Entomology

The Entomology projects provide opportunity for club members to learn about insects and their value, go on field trips, make collections of insects, and learn how to control certain harmful insects.

Bug Catchers—Entomology I.

- Make a collection of insects.
- Undertake the control of one insect.
- Do five or more electives.

Know Your Bugs—Entomology II.

- Collect more insects.
- Make a life history mount of one insect.
- Undertake the control of one insect.
- Do ten or more electives.

Insect Life—Entomology III.

- Collect more insects.
- Conduct a life history study of at least one insect.
- Prepare a mount or exhibit a plant material showing insect injury.
- Make a control study of one insect pest.
- Make a survey on the emergence or degree of infestation of one insect pest.

Junior Entomologist—Entomology III.

- Collect more insects.
- Give a public demonstration.
- Prepare information on 10 insect pests.
- Do a special study on insects.
- Draw and label insect parts.
- Conduct an insect survey.
- Do at least three electives.

Beekeeping. This project will help club members learn about bees and how to care for them, about the honey-producing plants, how bees pollinate and increase the yield of many fruit and seed crops, and how to produce honey.

- Own and care for one or more hives of bees.
- Collect and mount specimens of honey-producing plants and prepare an educational exhibit about bees or beekeeping.

Field Crops

These projects provide opportunity for boys and girls to learn how to identify common crop and weed plants, to grow and harvest field crops, to produce needed feed for livestock, and to learn that crop production is the basis for livestock production.

Club members need not own the land or equipment for the Field Crops projects but a definite business arrangement should be

made for use of land and equipment. Members have a choice of three plans: ownership, partnership, or management.

Corn. Grow at least $\frac{1}{2}$ acre; 1 to 5 acres suggested.

Forage Crops. Grow at least $\frac{1}{2}$ acre of pasture, hay, or other forage crop.

Potatoes. Grow at least $\frac{1}{8}$ acre; 1 to 5 acres suggested.

Seed Crops. Grow at least $\frac{1}{2}$ acre of grass, grain, or legumes; or $\frac{1}{8}$ acre of vegetable or sugar beet seed.

Small Grains. Grow at least 1 acre; 5 or more acres suggested.

Other Field Crops. Grow at least $\frac{1}{2}$ acre of sugar beets, oil seeds, or mint.

Range Management.

- Learn the care and management of grazing land.
- Make a collection of range plants.
- Make at least one field trip on a livestock range.
- Examine and score a grass nursery, or assist in planting a grass nursery.

Food Preservation

Division I. For young members 9 to 12 or those who have had little or no experience in learning the principles of canning or freezing foods. Mother and members may share the work and results.

- Can at least 25 containers of fruit, not less than two varieties. (Members may freeze half of fruit requirement.)

Division II. For those having had previous experience canning fruit.

- Can at least 25 containers of fruit, at least one variety not canned in previous experience.
- Make at least 20 containers of jam, fruit butter, marmalade, or conserve. (Members may freeze half of fruit requirement.)

Division III. For those more experienced in canning processes.

- Can at least 15 containers of fruit, including at least one variety never canned before.
- Make at least 15 containers of jam, fruit butter, marmalade, and conserve. Include one new kind.

- Can at least 25 containers of vegetables, at least two varieties.
- Make at least 10 containers of pickles and relishes.
(Members may freeze half of fruit and vegetable requirements.)

Division IV. For the older, more advanced club members.

- Can at least 10 containers of fruit.
- Make at least 10 containers of jam, fruit butter, marmalade, or conserve.
- Can at least 20 containers of vegetables.
- Make at least 10 containers of pickles and relishes.
- Can at least 15 containers of meats, fish, or fowl.
- Make at least 15 glasses of jelly.
(Members may freeze half of fruit, vegetable, or meat requirements.)

Foods

These projects will give club members some understanding of simple food selection and preparation. They will learn the importance of developing good food habits.

Camp Cookery. Primarily for boys who like to camp out overnight or for a longer period.

- Plan and prepare at least five camp meals using at least five new recipes.

Mealtime Fun. For 9 and 10 year olds to have fun by helping with preparation and serving of some simple foods.

- Make milk and fruit drinks, sandwiches, vegetable and fruit treats, cookies, and easy desserts.
- Help mother prepare and serve some meals.
- Help entertain.
- Make some food for others.

Breakfast Club.

- Prepare two recipes at least twice in the following food groups: Toast, cereals, milk, quick breads, eggs, fruits, breakfast meats, sandwiches, cookies and small cakes, breakfast or school lunch.
- May enter Dairy Foods Demonstration Contest, Bread Baking Demonstration Contest, Cookery Demonstration Contest, and Judging Contests.

Luncheon Club. For the club members who have completed Meal-time Fun and the Breakfast Club, or for those who have had their equivalent in experience.

- Check on food habits.
- Prepare and serve twice at least two dishes in each of these groups: soups, vegetable salads, starchy foods, eggs, milk dishes, fruit desserts, and sponge cakes.
- Plan, prepare, and serve at least three luncheons or suppers.
- May enter Cake Baking Contest, Dairy Foods, Bread Baking, or Cookery Demonstration Contests, and Judging Contests.

Dinner Club. For those club members who have completed the previous divisions of the foods project: Mealtime Fun, Breakfast and Luncheon Clubs, or who have had their equivalent in experience. There is much to learn and perfect in this project.

The project is divided into Junior and Senior Divisions. The minimum requirements are more for senior members than for junior members. The juniors are those who have not yet reached their 15th birthday by January 1 of the current club year; the senior members are those who have passed their 15th birthday by January 1 of the current club year.

- Prepare and serve the following. (Minimum requirements for the Junior and Senior Divisions are listed.)

	Minimum requirements	
	Junior	Senior
Vegetables (different recipes)	5	10
Meats (different recipes)	5	10
Yeast breads (different bakings)	5	10
Pastry (different pies)	0	5
Plan, prepare, and serve meals:		
Dinners for the family	5	7
Dinners for guests	1	2

- May enter the Dollar Dinner Contest, Cake Baking Contest, Bread Baking Contest, Judging Contests, and any of the following Demonstration Contests: Dairy Foods, Bread Baking, or Cookery.

Cookery IV. This project is for club members 15 years old, or at least in the ninth grade, who have completed the above foods project. They will gain experience in planning and preparing the three meals in a day to include all the necessary foods for good health.

- Plan, prepare, and serve three meals a day to the family for 14 days (need not be consecutive days).
- Make or purchase a recipe file box, and file at least 25 recipes.
- Make a scrapbook.
- Plan, prepare, and serve an emergency meal.
- May enter all of the contests listed under the Dinner Club. (Food project club members who have completed three years of club work in any project are eligible to enter the Jam and Jelly Special Exhibit Contest.)

Forestry

Forestry projects provide opportunity for club members to learn about the forests, to get to know the trees, other plants, and wildlife found in the woods, and to learn the value of our forests for lumber, soil, water, wildlife conservation, and for recreation.

The forestry projects are being revised in cooperation with the State 4-H Forestry Committee. When this revision is complete, there will be four projects designed to meet the needs of all boys and girls. The first three projects are suitable for those who live in towns or cities as well as those living on the farm. The last project is for older members who have one or more acres of timberland that they can manage.

The 4-H Forester.

- Collect, press, and mount foliage and seed or flowers of ten forest plants including five or more trees.
- Take at least three hikes into the woods to study trees, other forest plants, and wildlife.
- Do five or more forestry electives.
- Give a demonstration on forestry.

The 4-H Woodsman (available spring 1955). Possible requirements—

- Learn more about trees, forest plants, and wildlife.
- Camp outdoors.
- Visit a ranger station or forest lookout.
- Give a demonstration on forestry and complete five forestry electives.
- Use axe and other woodsman tools.
- Learn simple first aid and survival skills.

The 4-H Forest Ranger (available fall 1955):

- Learn about the growing, harvesting, marketing, and use of forest products, including forest management practices.

The 4-H Tree Farmer.

- Manage one or more acres of forest land.
- Choose one of three plans: ownership, partnership, or management.
- Plant, remove brush, trim, prune, cruise, harvest, and market timber products.

Health

Most of the 4-H Health clubs are conducted as school clubs. They give boys and girls an opportunity personally to put into action in their communities what they learn in their health classes. 4-H Health club members can take part in county and state fairs through their demonstrations and health improvement activities.

Homemaking

My Room. For girls approximately 9 to 12 years old, the project combines sewing and care of their rooms.

- Take care of own bedroom for at least four weeks.
- Make two articles for own room.

Our Home. For girls approximately 12 to 15 years old, to learn good methods of housekeeping and to share with mother her housekeeping responsibilities.

- Take care of own room.
- Select one of the following for at least six weeks:
 - ✓ Daily and weekly care of living room.
 - ✓ Daily and weekly care of bathroom.
 - ✓ Setting and clearing the table and washing dishes for evening meal.
 - ✓ Care of own clothing.
 - ✓ Planning meals for the family with mother's cooperation.
- Do at least 10 tasks other than those listed above.
- Iron at least five cotton dresses, five shirts, one dozen handkerchiefs.
- Make one article.

Room Improvement. For boys and girls 15 years old and over who have had experience in other Homemaking Project divisions. This project is divided into units so that a member can improve a part of his or her room each year. Suggestions of units for the project are Study Unit, Rest Unit, Sleep Unit, Dressing Unit, Furnishings as curtains, rugs, lamps, etc., and Clothes Closet.

Horticulture

Vegetable Garden.

- Grow five or more different kinds of vegetables. Beginning members may start with as little as 200 square feet. Older members should have larger gardens and raise more kinds of vegetables.

Flower Growers (available spring 1955):

- Learn how to grow flowers.
- Improve the appearance of members' homes.

Home Beautification.

 For older boys and girls.

- Improve the appearance of members' homes.
- Study their home grounds, plan and make improvements.

Commercial Horticultural Crops. For older club members 12 to 21 years of age who are interested in growing vegetables, fruits, nuts, flowers, and nursery stock primarily for sale.

- Choose one of three plans: ownership, partnership, management.
- Plan projects large enough to make it practical to market the crop.

Junior Leadership

The Junior Leadership project is planned to give older club members experience in leadership. To be eligible the club member must be 14 years old or older on January 1 of the current club year; have had two or more years of successful experience as a 4-H club member or similar experience; be currently enrolled in a 4-H project or actively participating in a county wide or district Junior Leader group; be recommended by the club leader and County Extension Agent; and agree to participate in training programs for junior leaders.

Junior leaders choose five activities for their year's program. Their leadership experience may be in organizing a club, training club members and officers, leading discussions, helping with 4-H events, and many other activities needed to keep 4-H clubs running smoothly.

Knitting

This project is planned so that a club member can take a different unit each year for six years. When she has completed this project she should be skilled enough to follow any directions and make anything she wants.

The Beginners' Unit is for the members who have done no knitting or for those who have not learned all the skills listed.

The Intermediate Unit is divided into four divisions. Members can choose any division each year. More experience can be gained here before proceeding to the Advanced Unit which is considerably more difficult.

Beginners' Unit. For those who are learning to knit for the first time (any age).

- Make at least three articles to show that the following skills have been learned:
 - ✓ Cast on stitches.
 - ✓ Bind off stitches.
 - ✓ Knit or garter stitch, and the purling or stockinette stitch.
 - ✓ Combine knit and purling to make ribbing.
 - ✓ Increase and decrease stitches.
 - ✓ Wash woolen knitted articles.

Intermediate Unit. For those who know the skills listed in the Beginners' Unit. A member may choose any of the following divisions any one year. By choosing to do all of the divisions in different years, the member will have learned how to

- Follow directions to make a patterned stitch.
- Make an eyelet or buttonhole.
- Knit on four needles.
- Wash and block a knitted article.

The different divisions from which to choose are:

Intermediate A—a plain knit article with buttonholes or eyelets.

Intermediate B—a plain knit article which includes pick-up stitches.

Intermediate C—a patterned, stitched article with buttonholes or eyelets; or which includes picking up stitches.

Intermediate D—anklets or mittens in a plain color knit on four needles.

Advanced Unit. In this unit the more skilled knitters will find a real challenge. In either of the garments they may show that they can make a design such as argyle with two or more colors of yarn, or a conventional design with a contrasting stitch.

- Make a pair of anklets, mittens, or gloves knit on four needles.
- Make a sweater.
- Make a knitted patch on a knitted garment, or a knitted mend on a knitted swatch 6" x 6".
- Wash and block a knitted article.

Livestock

Livestock projects provide an opportunity for boys and girls to learn to feed and care for animals; to learn responsibility by having an animal of their own to care for regularly; to learn how to select good livestock; to develop business ability by having a business enterprise of their own; to learn how to keep and use records; to enjoy working with animals; to learn how animals live, grow, and reproduce.

A 4-H Livestock Club member shall

- own at least one female or market animal; 4-H livestock need not be purebred but should be of good quality.
- be enrolled and have an animal by June 1; weaner pigs and lambs may be secured up to June 15.
- feed and care for his animals; have sufficient feed for the livestock.
- have a regular time each day to care for his animals.
- have a suitable shelter to protect his animals from the weather.

Beef. Own one or more beef-type heifer, cow, or steer.

Dairy. Own at least one dairy-type heifer calf, heifer, or cow.

Goat (Angora). Own one or more does and kids.

Goat (Dairy). Own one or more females of any age.

Rabbits. Own at least one doe and her litters.

Saddle Horse. Own at least one horse or pony that you can ride and handle safely, or own a colt or young horse that you are raising and training for a saddle horse.

Sheep.

- Own one or more ewes or ewe lambs for breeding, **or**
- Own one or more ewe or wether lambs for market.

Swine.

- Own and raise one or more pigs for breeding or market, **or**
- Own and care for a sow and her litter.

Marketing

This is available as a project in certain counties.

Photography

Shutter Bugs. For boys and girls who want to learn about photography. They learn

- How to use a box-type or other simple camera.
- How to take good pictures.
- How to develop film and make prints.

Poultry

4-H Poultry Club members shall

- Own the number of birds shown in each project.
- Feed and care for their birds.
- Have suitable facilities for birds.

Chickens.

- Hatch and raise two or more settings of eggs, **or**
- Raise 25 or more chicks, **or**
- Own and care for 5 or more laying hens.

Ducks. Raise 10 or more ducks for market or breeding (may include mature ducks kept for breeding).

Geese. Raise 5 or more goslings for market, weed control, or breeding (may include mature geese kept for weed control or breeding).

Pigeons. Own and care for one or more pairs of pigeons.

Turkeys. Raise 10 or more poults for market or breeding (may also include a year-around project of turkeys kept for breeding).

Safety

This is available as a project in certain counties. Safety is essential in any 4-H project. It should be considered an important activity in each project.

Soil Conservation

This activity may be combined with any agricultural project. Contact the County Extension 4-H Agent for information.

Tractor

Tractor projects teach boys and girls to service and operate tractors and other gasoline engines. It is recommended that boys or girls be 12 years old before enrolling in a tractor project. The program is divided into four units: A, B, C, D. Each unit is a separate project; the units are not dependent on each other. For example, you may take Unit D first; you may repeat a unit if you wish; Unit C may be carried with any of the other units.

Unit A.

- Tractor Care
- What Makes an Engine Run
- Oil for the Engine and Hydraulic System
- Mixing Fuel and Air
- Ignition—Battery Service, Spark Plug Care, and Wiring
- Tractor Safety
- An Operator's Manual
- Clean Air for Your Engine
- Cooling Systems

Unit B.

- Tractor Care
- Saving Fuel
- Steering and Foot Wheels
- Care of Tires
- Winter Care
- Engine Ignition Systems
- Valves and Valve Service
- Power Transmissions
- Trouble Shooting

Unit C.

- Tractor Care

- Tractor Service and Cost Records

Unit D.

- Machinery Care
- Tools for Breaking the Soil
- Nuts and Bolts, Screws, Rivets and Nails

- Servicing Seed Planters
- Transmitting Power
- Tools to Work the Soil
- Cutters for Crops
- Seed Separation

Wildlife

These projects include Pheasant and Bird Study. Fish and Game Conservation projects are being studied for future development. Contact the County 4-H Extension Agent about projects or activities.

Pheasant. This project is conducted in cooperation with the Oregon State Game Commission. Eggs are furnished the club member. Pheasants are purchased from the club member by the Commission.

Bird Study. This project is available on a county basis. Those interested should see their County 4-H Extension Agent.

Woodworking

Members learn how to select, care for, and use common carpenters' tools, to care for equipment, to use hand tools skillfully, to make useful articles of wood, to follow instructions, and to appreciate good workmanship. Club members have a choice of three groups of articles to make and exhibit.

Home Woodworking. Make three articles useful in the home or shop with hand tools.

Farm Woodworking. Make three articles useful on the farm or in the shop; power tools may be used.

Machine Woodworking. Make one major or three smaller articles. (A desk, chest, table, or similar articles are major articles.)