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4-H Club Member's Record Book Cookery Project

DIVISION ONE



NATIONAL 4-H CLUB PLEDGE

I Pledge

my HEAD to clearer thinking,
my HEART to greater loyalty,
my HANDS to larger service,
my HEALTH to better living,
for my club, my community, and my country.

~~DISCARD~~

Oregon State System of Higher Education
Federal Cooperative Extension Service
Oregon State College
Corvallis

Cooperative Extension Work in Agriculture and Home Economics
Wm. A. Schoenfeld, Director

Oregon State College, United States Department of Agriculture, and State
Department of Education Cooperating

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Club Series M-46

4-H Club Cookery Project

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.
3. Your record book is required and is an important part of your project.
4. Be sure to write a story.
5. Your record book is to be given or sent to your club leader or your County Extension Agent for checking and credit.
6. After all fairs, he will return it to you and we suggest that you keep it. Some day you may wish to try out in a National Contest and it will come in handy.

NOW BETTY SINGS

Betty thought the kitchen
Was a place of toil and gloom :
She hated pots and dishcloths
And the sight of mop and broom
Till she bought a red geranium
And set it on the sill,
And hung a little curtain
With a crisp and perky frill,
And a saucy, shining kettle
With a whistle shrill and gay :
And now she goes about her work
And sings the livelong day.

Please go to your grocer and find the prices on the following items:

Item	Cost	Cost per pound	Number in pound or loaf	Cost per cup	Cost per table-spoon
APPLES: box					
BREAD: loaf					
BUTTER: (2 c equal 1 lb) (16 T equal 1 c)					
EGGS: dozen			(per egg)		
MILK: quart (4 c equal 1 qt)					
FLOUR: sack (5 c equal 1 lb)					
ROLLED OATS: package (2 c equal 1 lb)					
SUGAR: (2 c equal 1 lb)					

Record the separate dishes prepared on these pages.* Please note that four lines have been ruled off for each group. There are nine groups, with two dishes required in each and each dish to be prepared twice, which means 36 dishes, but all four dishes in any group need not be done before going on to the next group. These can be done at times most convenient for you and your mother.

It will be easy to tell when you have done all the work required when every line is filled, won't it? Be sure to put in the (1) date, (2) name of dish, (3) number served.

Date	Group	Name of dish	Number served
Example 6/1/45	Five, eggs	Poached eggs	4
	<i>Group One</i>		
	Toast		

* If more space required insert additional pages.

Date	Group	Name of dish	Number served
	<i>Group Two</i>		
	Cereals		
	<i>Group Three</i>		
	Milk		
	<i>Group Five</i>		
	Eggs		
	<i>Group Six</i>		
	Fruits		
	<i>Group Seven</i>		
	Breakfast		
	meats		
	<i>Group Eight</i>		
	Sandwiches		

BAKING RECORD* COOKIES AND QUICK BREADS

Date	Group	What was baked	Number served
	<i>Group Four</i>		
	Quick bread		
	<i>Group Nine</i>		
	Cookies and small cakes		
		Total	

MEALS PLANNED AND PREPARED*

Menu :	Date served Number persons served Name of meal
Menu :	Date served Number persons served Name of meal
Menu :	Date served Number persons served Name of meal
Menu :	Date served Number persons served Name of meal

Total number of meals served

Total number of persons served

* If more space required insert additional pages.

*STORY OF MY WORK

This story need not be long but is a requirement, so be *sure* to write it.

You may like to use some of the following suggestions:

1. Do you feel that you have learned something from the project? What?
2. What are some of your favorite dishes?
3. Have you prepared more meals than were required?
4. Have you done more baking than was required? If so tell about it.
5. Did your club have any parties, picnics, contests, etc.? Tell about them.
6. Have you been of any particular help to your leader?
7. Have you taken part in demonstrations and judging contests?
8. Have you followed the guides to good eating?

Perhaps there are other interesting things you want to tell.

* If more space is required please attach a sheet.

WORK ACCOMPLISHED

Before starting on this page, be sure that you have filled in all the necessary blanks on the preceding pages. Carry totals over from pages 4 and 5.

Number of dishes prepared

Total number of persons served from dishes prepared

Total number of meals prepared:

Breakfast..... School lunch.....

Total number of persons served at meals.....

Total batches of cookies made.....

Total number of bakings of quick breads.....

BE SURE TO FILL IN THIS PAGE

SUMMARY

Name of Project..... Date closed.....

Total number of persons served.....

Club activities for the year.....

Office held (if any).....

Demonstration or judging team.....

Local leader or assistant.....

Clubs you organized: No. Kind.....

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.

BE SURE TO FILL IN THIS PAGE!

Member's Name..... Age.....

Parent's Name
(In full)

Post Office County.....

Name of Club School.....

Name of Local Leader..... Address.....
(In full)

Years in 4-H Club work completed (1, 2, 3, etc.).....

Projects you plan on carrying next year.....

Times, if any, you have carried this division or divisions.....

Other projects carried this year.....