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# 4-H Home Economics **DISCARD** Projects and Materials

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**Beginning Home Economics**  
**Fun with Children**  
**Caring for Babies**  
**Clothing**

**Knitting**  
**Food Preparation**  
**Outdoor Cookery**

**Food Preservation**  
**Food Fun (Nutrition)**  
**Home Environment**

This is the largest segment of the 4-H program in Oregon with nearly 25,000 projects annually. Over 90 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.

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

## **Beginning Home Economics**

A project for 9 & 10 year olds who want to begin by doing several Home Ec activities—project includes clothing, foods, child care, and interior design. Project is designed to teach basic attitudes and skills in home economics and hopefully create an interest to continue in Home Ec projects.

EB 586 **The 4-H Beginners Project**

EM 3026 *The 4-H Beginners Project—Leaders' Guide*

Use My 4-H ..... Project Record if members want more than record sheet on page 37 of member book.

## **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

## **Clothing**

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 except 1 & 2 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.

923R 4-H Clothing Record—all units, or

038R My 4-H ..... Project Record

9211 **Beginning Clothing 1 /74**

9211L *Beginning Clothing 1—Leaders' Guide /74*

9212 **Beginning Clothing 2 /74**

9212L *Beginning Clothing 2—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*

9201L *Simplicity Sewing Book—for second year and above leaders only*



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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 ideas: belts, aprons, laundry bags, ties, tie dying, etc. In advanced, the opportunities are unlimited. Boys can make shorts, shirts, pajamas, slacks, sport coats, tent and tent bag, etc. Boys can participate in county and state style revues.

- 922 **Bachelor Clothing—Members' Guide—1973**  
922L *Leaders' Guide for Bachelor Clothing—1973*

## 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  
96011 The ABC of Knitting, Coats & Clark  
96012 First Projects, Coats & Clark  
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  
9235 Four Needles  
9236 Mixed Colors  
9237 Combined Fabrics and Knitting

## Food Preparation

**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.

- 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 **Teens Entertain**—for 13 to 15-year-olds. Teens learn how to plan many kinds of fun get-togethers and party foods. They learn to prepare specialty foods such as fondues and a Hawaiian Luau, and more about nutritious vs. calorie filled foods.

- 9315L *Teens Entertain—Leaders' Guide*

- 9316 **Advanced Foods**—for members who have completed the first 5 phases of foods. Many ideas for activities are listed in the members' guide, or members can plan their own. Ideas include weight control, foods for children, specialty foods, family meals, experimental foods, etc.

### Supplemental Materials for 3rd year & above members:

- 93110 Food for You & Your Family  
93111 Right Eating & Your Dairy Food Demonstration  
93112 New Now Nutrition for 4-H Dairy 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.

- 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

In **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. Instructors for all are included in the same project manual.

- C-9485 **Freezing Project Book**  
J 32 Freezing Record

### Supplemental Materials:

- HC 69 Home Care of Purchased Frozen Foods  
HC 10 Home Freezing of Fruits and Vegetables  
EB 688 Freezing Fruits & Vegetables  
HC 93 Freezing Meat and Fish in the Home  
HC 70 Home Freezing of Poultry  
EC 332 Home Drying of Fruits & Vegetables

### Food Fun

The **Food Fun** nutrition project offers a fun way for 9-through 11-year-old 4-H members to learn about nutrition—10 lessons with leaders' guides filled with activity ideas for teaching good nutrition.

- 9351-9360 **10 Food Fun Members' Leaflets**  
9351L-9360L **10 Food Fun Leaders' Guides**  
9361L *Bag of Tricks—Food Fun games for leaders*

### Home Environment

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.

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 their age:

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

- 9410 **Create your Home Environment**—Guide for Leaders & Members /74  
038R My 4-H ..... Project Record

### Supplemental Materials:

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

\* Age before January 1 of 4-H Year.

