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Boys' and Girls' Club Work : Bread Club

Cooperative Extension South Dakota State University

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October 1921.

BOYS' and GIRLS' CLUB WORK

BREAD CLUB

EXTENSION SERVICE

South Dakota State College of Agriculture and
Mechanic Arts and U. S. Department
of Agriculture Co-operating.

W. F. Kumlien Acting Director

Prepared by
State Club Leaders
Bookings, S. Dak.

THE BREAD CLUB

I. The object of the bread club is two-fold. First, to teach the boys and girls the best methods of bread preparation and thereby encouraging them to assist with this particular phase of the foods work in the home. Second, it affords an opportunity for the boys and girls to learn something of the close relationship of food and health and consequently the effort to develop good food habits will be encouraged. Food habits are of the greatest importance when we find that about thirty-three percent of the school children in South Dakota are so much under weight as to be in the malnourished group.

II Every month a circular will be sent to each club member from the county agent's office giving directions and instructions to promote the two-fold object as given above.

III. Years work shall consist of the following:

- Two bakings of Wheat Muffins.
- Two bakings of other Muffins.
- Two bakings of Ginger Bread.
- Two bakings of Biscuits.
- Two bakings of Short Cakes or Fruit Rolls.
- Two bakings of Nut Bread.
- Six bakings of yeast bread
- Four bakings of Yeast Rolls.

RULES AND REGULATIONS

1. Any junior 10 to 18 years inclusive may enter.
2. Enrollment closes January 1.
3. A club shall consist of not less than five members and a local leader
4. Each member will receive circulars each month from the Extension Service, State College, Brookings.
5. Each member does her work, follows instructions, keeps a record book and makes reports.
6. At the close of the project each member will send their final report and record of achievement to the County Agent, Club Agent or Home Demonstration Agent.
7. Each member makes an exhibit of quick breads and yeast breads.
 - a. Quick breads:
Six muffins, six baking powder biscuits or six of other quick breads.
 - b. Yeast breads.
One loaf and six rolls, the rolls may be of any kind.