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Let's Begin Here: 4-H Project for Beginning Members

Agricultural Extension Service

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LET'S BEGIN HERE

4-H PROJECT FOR BEGINNING MEMBERS

Agricultural Extension Service
South Dakota State College
U. S. Department of Agriculture
Cooperating
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EXTENSION SERVICE, SOUTH DAKOTA STATE COLLEGE OF AGRICULTURE AND MECHANIC ARTS, BROOKINGS, SOUTH DAKOTA


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Let's Begin Here
4-H Project for Beginning Members

What We'll Do This Year

The four main things we'll do this year make up the project plan.

1. Make treats for family and friends.
   This could be a 4-H club meeting, a party, a picnic, or a special family occasion.
   Make and do (at least once)
   Beverages—Cookies—Sandwiches—Learn the food groups needed daily.

2. Get Ready.
   Make place mats or luncheon cloth.
   Make, select or arrange a centerpiece suitable for the occasion.
   Set the table.
   Do dishwashing or other household tasks such as dusting or cleaning for the occasion.

3. Be an attractive hostess.
   Keep neat and tidy.
   This means “good grooming”—Keeping yourselves clean and healthy.

   Take care of your clothes every day.
   Start right with sewing box and tools.
   Learn to use the sewing machine.
   Make a hostess apron or skirt.
   Choose some articles of clothing you need for your wardrobe.

4. Show others how to—
   Set a table—Wash dishes—Make a favorite treat
   Care for your clothes—Make a centerpiece—Others

5. Exhibit at achievement day (suggestions)
   Place mats—Luncheon cloths—Apron
   Skirt—Cookies—School lunch—Others
   The beginner's project is planned for 9-11 year old members. A member may enroll for two years. After completing one or two years of the beginner's project, a member is eligible to continue a project in any of the three major phases.
   An older member may enroll and in addition carry the area project. This will qualify her for continuing in any major project.
Beginner's Project

BEFORE YOU START TO COOK:
Choose a time that you and your mother can work together.
Wear an apron to protect your clothes. Be sure to wash your hands.
Read recipe and directions carefully before beginning.
Assemble ingredients and equipment.—You may want to use a tray.
Check to see that you've added all the ingredients called for.

FINISH THE JOB:
Have you put away all the things you used?
Is the kitchen spic'n span?
Did you thank mother for her help?
Being neat and careful makes cooking fun for you and for mother.

LEARNING TO KNOW KITCHEN TOOLS
Every job requires some tools. The tools you will use in the kitchen are called utensils. Here are some of the utensils you will need.

- Mixing bowls
- Glass measuring cup (for liquids)
- Rubber scraper
- Nested measuring cups
- Cutting board
- Measuring spoons
- Spatula
- Mixing spoons
- Flour sifter
- Egg beater
- Cookie sheet
A GOOD COOK MEASURES EXACTLY
Correct measuring is very important. Read this page and be sure you know how.
Practice measuring. Have Mother help.

FLOUR: Sift flour onto a waxed paper or shallow pan. Spoon lightly into cup; heaping it up. Level off with a straight edge of a spatula. Don't shake or tap the cup.

SUGAR: White—spoon lightly into cup. Level off. Don't tap the cup.
Brown—Fill cup and press down. Pack until sugar holds its shape when you turn it out.

SHORTENING: Take small amounts with the rubber scraper and pack it into cup. Level off. Have fat at room temperature.

SPOONSFULL: Dip spoon into ingredient and level off with straight edge of knife or spatula. Do not measure over mixing bowl.

LIQUIDS: Set glass measuring cup on table and pour in liquid. Now lean down so your eyes are level with the cup and you can see when you have exactly the right amount.

Refreshing Drinks

When the club meets at your home you may want to serve a special beverage. Try one of these:

Chocolate drinks: Many chocolate drinks can be made from a basic syrup. The syrup is easy to make and saves time and dishes later.

Cocoa Syrup
1. Measure and mix in saucepan

\[
\begin{align*}
1\frac{1}{2} \text{ cup sugar} \\
1 \text{ cup cocoa} \\
\frac{1}{4} \text{ teaspoon salt}
\end{align*}
\]
2. Add and mix to a paste

\[
1\frac{1}{2} \text{ cup hot water}
\]
3. Cook about 15 minutes. Stir with wooden spoon. It will thicken.
4. Remove from heat, cool and then add vanilla.
5. Pour into jar and cover and store in the refrigerator.
For Cocoa
To each cup of heated milk add
2 tablespoons cocoa syrup
Serve, topped with your choice of
whipped cream
whipped dry or
evaporated milk
marshmallow

Try Cold Milk Beverages

Chocolate Milk
To ¾ cup cold milk, stir while adding—2 tablespoons chocolate syrup. If you are mixing more than one glass use the electric mixer or an eggbeater.

Fruit Milk Drinks
1. Stir together until dissolved
2 tablespoons sugar
6 tablespoons fruit juice*
2. Stir, while pouring juice into
1½ cups milk
4. A glass fruit jar and tight lid make a good shaker.
*Juices that could be used are: raspberry, strawberry, orange, banana pulp and peach or apricot pulp.

Let's Make Drop Cookies
Drop cookies are good and taste even better with cold milk drinks. Good drop cookies are:
1. Medium sized and fairly round.
2. Even light-brown color.
3. Crust fairly crisp.
4. Tender and moist crumb.
5. Pleasing mild flavor.

Oatmeal Drop Cookies
1. Get equipment and supplies ready.
2. Turn oven on to 375° F.
3. Sift and measure
1 cup flour
½ teaspoon soda
4. Add
1 teaspoon cinnamon
½ teaspoon salt
5. Cream
½ cup fat
6. Add and cream
½ cup brown sugar
7. Beat into creamed mixture
1 egg
8. Add to creamed mixture and egg
1 teaspoon vanilla
½ cup milk
alternately with flour mixture
9. To add milk and flour alternately, start with the milk and add ¼ cup at a time, while adding the flour mixture in three parts.
10. Combine and fold into dough
1 cup raisins or nuts; or ½ cup raisins and nuts
1 cup rolled oats

Measure a rounded teaspoon of cookie mix, then drop from a teaspoon onto a greased cookie sheet about 1 inch apart.
Bake in a pre-heated 375° F. oven for about 15 minutes. Recipe makes about 4 dozen cookies.

Chocolate Chip Cookies
Try making chocolate chip cookies. You will find a good recipe on the outside of most any chocolate chip containers. Use the recipe that comes with that brand. You’ll love ‘em.
Ask mother if you can make her favorite cookie recipe.

Sandwiches
Sandwiches are always a favorite for lunches. You may want to serve sandwiches with milk and cookies when the club meets at your house. Butter should be softened before spreading on the bread. Spread all the way to the edge. Be generous with the filling but not
so much that it “oozes” out. Sandwiches can be “open-faced” (one slice of bread) or made with two slices.

Try different kinds of bread for sandwiches.

Try some of these recipes for fillings:

Tuna Burgers

1. Mix into bowl
   one 7 oz. can tuna
   1 cup chopped celery
   ½ cup diced processed yellow cheese
   1 small onion, minced
   ¼ cup mayonnaise
   salt and pepper to taste

2. Split and butter
6 hamburger buns

Fill the buns with tuna mixture and replace tops.

Put in paper sandwich bags or metal foil wrappers.
Heat in oven at 350° F. for 15 minutes. Eat ’em hot. They’re Yummy!

Open-faced Hamburgers

1. Mix thoroughly
   ¼ cup evaporated milk
   ½ slice soft bread, pulled in pieces
   ½ teaspoon salt
   1 teaspoon grated onion
   ½ lb. ground beef

2. Stir vigorously to blend.
3. Place on rack under broiler
4 slices bread

4. Toast bread on one side and spread hamburger mixture on untoasted sides. Be sure to cover the edges.
5. Return to broiler rack and broil until hamburger is done—5-10 minutes.

Egg Salad

Mix together
3 hard cooked eggs, chopped
¼ c. finely chopped celery
½ teaspoon minced onion
3 tablespoons mayonnaise
¼ teaspoon salt

Spread on slices of bread or serve in scooped-out hot dog buns.

Peanut Butter Filling

Combine
½ cup peanut butter
¼ cup chopped dates
2 tablespoons raisins
1 tablespoon cooked bacon or
t grated raw carrot

Cottage Cheese Peanut Filling

Combine
1 cup cottage cheese
¾ teaspoon onion salt
¼ c. chopped peanuts
¼ cup mayonnaise

Spread on your favorite kind of bread.

Learn the Food Groups

Each day our food should supply us with many different nutrients. Most foods contain more than one nutrient. But no single food contains all the nutrients in the amounts needed.

The Daily Food Guide is one way to choose food wisely. With it, you can get the nutrients needed from a variety of everyday foods.

Vegetable-Fruit Group
4 servings daily; one citrus, one green or yellow, one potato, one other.

Milk
At least 4 glasses a day for growing boys and girls.

Meat Group
2 servings daily; to include meat, fish, eggs, poultry, dried peas or beans.

Bread-Cereal Group
4 or more servings daily.
Let's Get Ready

Placemats

Many materials are used for table covering. The table covering should make a suitable background for the dishes, silver, and food to be placed on it.

Placemats are nice for family breakfasts and dinners. They are easy to make and easy to care for. Let's make some for our table.

1. Select material with a fairly coarse weave such as Indian head.
2. Decide what size you want. Usually 14x18 inches is a good size.
3. Fringe makes a pretty edge for a mat. Straighten the edge of the fabric by putting a thread and trim along that line.
4. Now draw a thread one inch from the outside edge. Machine stitch (or handstitch) in the space where the thread was drawn.
5. Ravel the threads of the fabric back to the stitching to make the fringe edge.

If you want placemates for picnics, cut pieces of oilcloth with the pinkng shears. They’re pretty and easy to care for.

Tablecloth

A table fully covered with a cloth is also very pretty. You can make your own cloth. Squares of 36, 48 or 54 inches are usually found in ready-made cloths. You may need a different size. Your leader or your mother will help you if you want to make one.

Make Your Table Gay

When the table is pretty, the food seems to taste better.

There are lots of ways to dress up a table and make it more attractive.

A bouquet of flowers.
A potted plant, if it isn’t too big.
A fruit plate.
A single flower in a little bud vase.
A little cactus plant growing in a flat container.

You will want to think about containers. Your leader will help you select the right one.

Setting the Table

Tables that are clean, neat, and colorful are the favorites. Food looks and tastes better on an attractively set table. Follow these rules for a blue-ribbon table.

1. Use a clean cover; whether a cloth, oilcloth, or mats. If cloth is used, be sure it is ironed nicely.
2. Use a suitable decoration in the center of the table.
3. Next place the dishes and silver for each person.
4. All the dishes and silver for 1 person is called a "cover." How many "covers" does your family use?

5. Dishes and silver are about 1 inch from the edge of the table. The cutting edge of the knife faces the plate.

6. The hems on the napkins are toward the edge of the table and the plate.

   If you are setting the table in the dining room or away from the cupboard, use a tray to carry dishes and save trips.

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**Dishes Done in a Hurry**

Are you hep to the easy way of doing dishes? Here’s how!

**Use the Right Tools**

- Hot water and soap or detergent.
- Two dishpans if you don’t have a sink with a stopper.
- Rubber scraper to scrape dishes.
- Dishcloth, mop, brush, or sponge.
- Metal or plastic mesh ball to clean the “hard to wash” pots and pans.
- Tea towels.

   Keep the tools for the job near the place you use them. Under the sink or close by.

   Scrape the garbage off the plates and stack those that are alike. Rinse the dishes before beginning to wash. Use hot soapy water. If you’re right handed it’s easiest to wash dishes from right to left.

**Do the Job**

- Wash silver and glasses first.
- Then the plates, cups, etc.
- The dirtier dishes, pans, etc. are last.

Rinse in hot water.
Place in rack to dry or dry with a towel.

**Finish the Job**

- Put everything away.
- Don’t forget to wipe the stove.
- Put pans and towels away.
- Clean the sink.
- Wash and rinse dishcloth and hang to dry.
- Now you’re done.

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**Be An Attractive Hostess**

**Be Neat and Tidy**

To be your “own best exhibit” you must start with good health. Eating the right food; getting plenty of sleep; and keeping clean are the “first aids” to good grooming.

Some special things to do toward keeping clean are:
- Wash hands often; keep nails short and rounded.
- Bathe daily. A clean scrubbed look is the basis for a smart appearance.
- Brush teeth at least twice a day.
- Brush hair every day and wash it at least every week.
- Work toward better posture.
- Develop a pleasing personality.

**Take Care of Your Clothes**

Good care means longer wear. Clothes will look better, too, if handled carefully, aired and mended.

Try these for better care:
- Handle clothes carefully when dressing and undressing.
- Hang them up on hangers as wide as the shoulders of the garment.
- Brush and air woolen clothing.
- Keep shoes well brushed and polished.
- Try not to wear anything that needs mending until it is repaired.
Learning to Sew

Sewing is easy and fun if you learn one thing at a time. Learn each thing well.

BEGIN WITH

Good sewing habits
Sew with clean hands
Work on table
Sit where light is good

Use a thimble
Press as you sew
Do the best you can

Fix Up a Sewing Box

You need the right tools to work with as you learn to sew. You also need a place to keep the tools so you can take care of them.

Any sturdy box about 10x14x4 inches in size would be suitable. Wood, metal or heavy cardboard.

Get these tools for your sewing box:

SHEARS. Always use separate shears for cutting paper which dulls them; shears that cut materials must be sharp.

SMALL SCISSORS for clipping threads.

Different size NEEDLES for all kinds of materials. Size 5-10 provide a good variety. Small sharp pointed PINS are right for the job.

THIMBLE—Wear on middle finger of right hand or left hand if left handed.

THREADS: There is a thread for every sewing need. You will need cotton thread number 60. Thread should match the fabric in weight and color.

TAPE MEASURE is always a necessary item in a sewing kit.

PIN CUSHION makes it easy to pick up pins while sewing. A wrist pin cushion is convenient.

RULER—Measuring gauge is good for measuring short distances.

YOUR SEWING MACHINE

Ask your leader about help with your sewing machine. Books are available through the program of “Getting the Most Out of Your Sewing Machine.”
Let's Make an Apron

Wouldn't you like to make a simple apron?

1. PREPARE YOUR MATERIAL

Be sure your material is straight. Ask your Mother or Leader to help you straighten it.

2. CUT OUT YOUR APRON

Measure and cut the length for the apron. This is the length from your waist to the bottom of the hem plus 3 inches.

Tear or cut two widths of material each 5" wide for the band.

3. MAKE THE WAIST BAND

Put right ends of the 2 5" strips together. Make a ½ inch seam on one end. Press the seam open.

Fold right sides of band together lengthwise. Sew right sides together, but leave open eight inches on each side of the center seam.

Clip and trim the seam. Turn band to right side and press. It should look like this.

4. HEM AND GATHER APRON

Mark center front of apron with chalk or thread. For side hems—remove selvedges, turn edge ¼" to wrong side. Turn again and stitch.

For hem, turn one cut edge to wrong side of fabric ½". Use your hem gauge. Now, make another turn over the first one exactly 2" wide and pin in place—see diagram.

Baste along hem line, then sew by hand or by machine.

5. GATHERING THE APRON

Lengthen the stitch on the machine to 6 to 8 stitches to the inch.

Make two rows of stitching along the top of the apron.
STITCHING BAND ON APRON

Now, place right side of band to the wrong side of apron. Match center seam on band to center of apron. Be careful to pin only the edge of the band to the apron. Pin at center and at each end of the band opening. Gently pull on both bobbin threads at each end. Pull until the apron is gathered to fit the opening in the band. Be sure to place gathers evenly. Pin it several places.

Stitch band to apron ½ inch from edge. Remove pins and press. Turn other edge of band under ½ inch. Pin over gathers on the right side of apron. Baste and stitch on machine. Be sure to back stitch at each end.

Now press your apron very carefully. Remember to press with the grain. You may have to dampen your apron with a wet cloth to press it well.

CHOOSE SOME ARTICLE OF CLOTHING YOU NEED FOR YOUR WARDROBE

It is important that you learn to select clothing. Why not start with ankle socks?

There are socks for sports, school and best wear. Select them for the occasion for which you intend to wear them.

A good ankle sock is closely knit, has a top which will hold its shape and the cuff is knitted to the foot. Choose colors which blend with your dresses, skirts and sweaters. Socks should be one half inch longer than the foot.

Look for the labels and read them carefully.

Choose other articles you need by following the same steps.

Become a good shopper.